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On the cover: House & Garden's new family-room kitchen was designed to bring peace of mind to the mother who must keep a watchful eye on young children and cook three meals a day—two tasks that can involve an enormous amount of footwork. But in the familyroom kitchen, children become a captive audience, happily doing whatever they like, while cooking receives the concentration it deserves. Added bonus: Once the young are in bed, the cook becomes a hostess able to entertain and, by being right in the center of things, have a good time at her own party. Except for a cooking island, all the equipment pertinent to a kitchen, laundry, and utility room is lined up on one wall behind a sweep of bifold doors. When they are closed, the room loses all kitchen overtones and becomes a good-looking, wonderfully comfortable haven for family and friends. For all the details of how the room plays its double roles, please turn to page 34.

JANUARY, 1972

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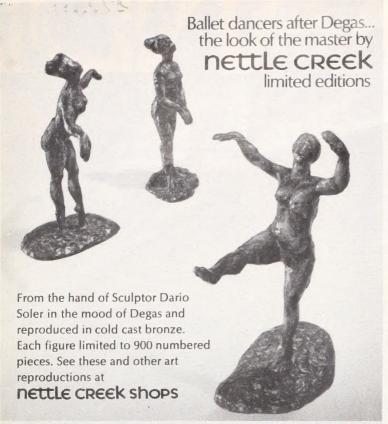


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What to make of a Wall

By William Baldwin

alls seem to be a biological necessity to most human beings. I have visited many modern houses with practically no opaque walls at all, and they are beautiful to see: Outside walls made almost entirely of glass; rooms flowing into each other without interruption. But many people cannot live happily in rooms like that for very long. Sooner or later, up go the curtains or shutters, in come dividers, such as bookshelves, screens, and doors.

The walls are key to the room's character

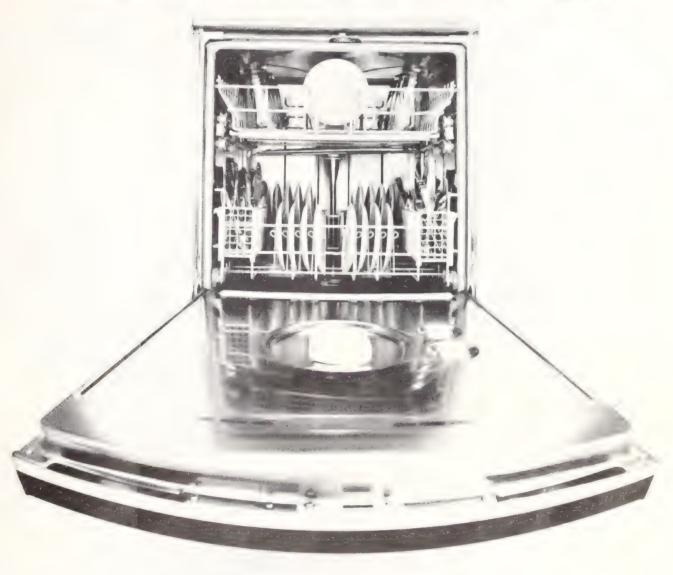
It is the walls that turn space into a room. When you decide you want a blue room, it's the walls you're talking about. When you want to expand the feeling of space, or to make the room seem cozier, it's how you treat the walls that does the trick. You can make the walls pure background, making them recede into space. Or you can pour on the color and pattern and gleam, turning the walls into the principal decoration, moving them closer to the heart of the room.

ecause the color of the walls dictates the color of every other thing in the room, you must feel completely natural and amiable toward it. Wall color, above all else, should never be contrived or chosen according to fashion. You can pick up an extraordinary ashtray or even a little chair on a whim, but the wall color, never. If possible, expose yourself to various wall colors in actual rooms, to see if you really feel more comfortable with brilliant color, dark color, white, or pastels. Remember, however, that walls must suit not only you, but the physical character of the room as well. Is there only one exposure? Then rule out white and vary dark colors -lack of cross-light can make them deadly. Shiny dark brown walls can have a terrific slick city look, especially when combined with lots of black and shimmer. If you want the same dark walls in the country, however, I would use lots of white woodwork and white linen or cotton slipcovers to add freshness.

Paint: a lot of color for the money When you want a lot of color for the money, you can either paint the room white and have lots of clear-colored cottons on the furniture, or put a clear fresh color on the walls and use patterned cottons with lots of white for even more freshness. When I say clear fresh colors I mean just that—not hard, raw colors.

Continued on page 6

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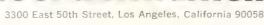
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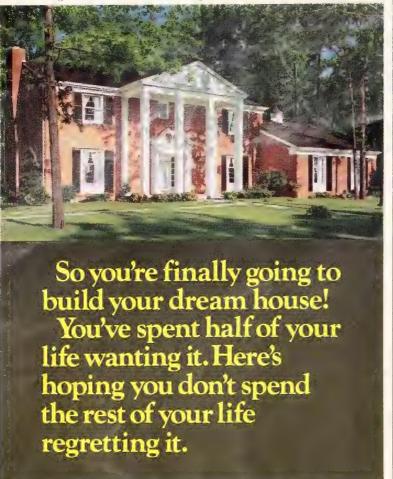
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The green of new grass or tender leaves, rather than the somber greens of moss or avocado; lemon yellow instead of harsh gold. Pure clear colors seem to have a wonderful translucency about them. And like white, they can be equally charming in matte or glossy finishes. The paler or softer the color, the better it looks in matte, I think. Who wants to lacquer a daffodil? On the other hand, black and very dark colors must be shiny, or they make the whole room look drab.

would not hesitate for a minute to paint right over wood paneling, no matter how elaborate it is. Some people revere antique boiserie to the point where they don't dare touch it. I think that's nonsense. Originally it was probably painted anyway. But I would never install a copy of eighteenth-century boiserie—paint is so much more straightforward.

Glazing: color in layers

If you want a painted wall with a little extra depth, you can glaze it-first painting it a flat color, then, section by section. coating it with a deeper tone and wiping that off with a brush or cloth so the ground color shows through. The effect is very much like that of antiqued painted furniture. A most traditional combination, originally done in the eighteenth century, is white paint glazed with yellow. But I have gotten beautiful effects with pale pink glazed with raspberry pink, or pale blue over white. "Glazed" is not to be confused with "glossy." If you want the wall shiny as well, you must apply a top coat of clear lacquer.

he most elaborate paint job for walls is, of course, trompe l'oeil. I have two favorite trompe l'oeil rooms: The first is a small square entrance hall in a house in France, its walls decorated with vignettes of Grecian gardens enclosed in fool-the-eye frames. The second is a greenhouse in Virginia painted to look like a fantasy pavilion with flowers in pots and a low painted wall on which lies a pair of painted gardening gloves. It's a tiny room, and very charming. The danger of trompe l'oeil is that it can get too "amusing." You have to know when to stop.

Wallpaper small scale or big scale When you want pattern on the wall, paper is the answer. Wallpaper does not necessarily require pictures as a painted wall usually does. Yet if you do want pictures, a not-too-overwhelming pattern or a small-scale stripe is often a better background for them than plain paint. I love small rooms hung with a big-scale wallpaper, with curtains and furniture

Continued on page 8

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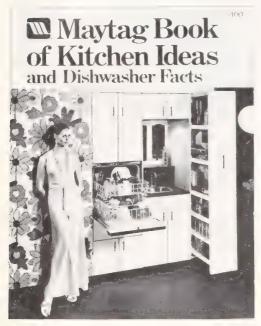
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WHAT TO MAKE OF A WALL continued from page 6

covers in matching fabric. Rooms like that have real character. For doors and woodwork, you can use glossy enamel in one of the pattern colors or the background color. For the ceiling, use flat paint in the same color but lightened with a few drops of white.

In England they go in for wallpaper murals, I've never liked them very much, especially the ones that repeat, but there is nothing in the world more glorious than old Chinese wallpaper, which never repeats. Each panel is different, and they hold such a wealth of intricate detail and color you can't possibly take it in all at once. Frequently old Chinese papers are worn with age, but to over-restore one would be a crime. It becomes even more beautiful with the mellowing.

Foil papers glorified with glaze

Modern foil wallpapers are great if you want a high-fashion, decorated look, but in my opinion they're not too well suited to home interiors. Sometimes, however, they can be made absolutely marvelous with a glaze of umber. Some old Chinese wallpapers also have silver foil backgrounds, and I would glaze them too. In fact, I know of one old one that, glazed, became even more glorious than it was originally.

If it's textured walls you're after, look into the vinyls. Some look and feel just like linen, and don't show nailholes. Others impersonate leathers and suedes well enough to fool anyone. You put them up just like paper, but with special paste. And they last almost forever. When your walls are too irregular for shiny paint, you can substitute patent-leather vinyl in brilliant jewel colors. And vinyl is a gift from heaven for children's rooms. For a young boy's bedroom, we chose white woodwork and shutters, and shiny vinyl walls in brilliant electric blue. The floor we covered with an Oriental patterned wall-to-wall carpet in blues and reds and beige. The bunk beds are beige, the bookshelves brass. For a boy of eight, the room is great fun. But the wonderful thing about it is that it will grow up right along with him.

Two ways to apply fabric

I rarely suggest putting fabric on the wall, simply because there are such fascinating wallpapers around. But if you're in love with a fabric that has no matching paper, there's nothing else to do. I always have wall fabrics backed with paper—laminated—so they can be applied with wallpaper paste. Otherwise you have a great to-do: first covering the walls with clear plastic sheeting, then installing wood strips, then flannel for body, and finally the fabric. Then you've got to go back and cover all the edges and borders with braid.

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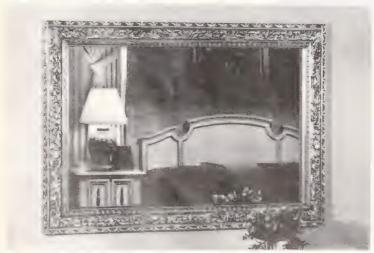
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QUESTIONS &ANSWERS ANTIQUES

BY LOUISE ADE BOGER

FRENCH DRESSING TABLE

What is the style and approximate age of this dressing table which has been in our family as long as I can remember?

C.H.R.-Paoli, Pa.

Your dressing table is in the French Empire style (1804-1814) and is a characteristic piece, with its rectangular marble top, frieze drawer for toilet articles, and



curving X-shaped supports. As a rule, the two metal uprights to which the mirror is attached are provided with candle-arms. Your table was probably made around 1810-1820.

BRITANNIA WARE

I inherited four pieces of Britannia ware. They are marked "James Dixon and Son 1782." Can you tell me their history?

M.W.H.—La Jolla, Calif.

Your Britannia-ware vessels were made by the still existing firm of James Dixon & Sons, Ltd., Sheffield, England. They were made about 1830 as the firm was called James Dixon and Son for only three years. 1782 is the stock number, not the date.

QUEEN VICTORIA'S PLATE

This plate, made by Minton, was given to my husband's grandfather when he was American Consul at Stoke-on-Trent about 1899. It was said to be from Queen Victoria's china set. Is this possible?

J.D.B.—Morrisville, Pa.



Yes. Minton has identified your plate as being part of a dessert service produced by them and used by Queen Victoria at Balmoral Castle, Scotland. This service was first made in December 1878 and supplied through John Mortlock of London, who was then Minton's agent.

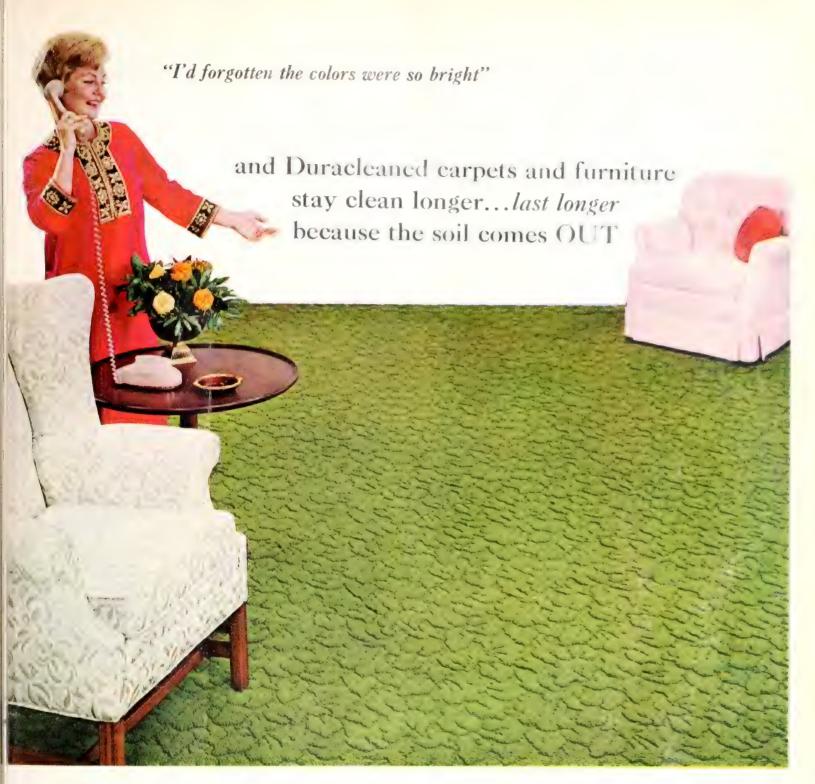


SCROLLED CLOCK

On the face of my oak, seven-day clock is "E. Ingraham Co." The clock strikes each hour and half hour. Can you tell me its style and age?

J.B.B.—Everett, Wash.

From around 1880 to 1900, kitchen clocks, many of them charmingly carved and scrolled, were made of oak or walnut by E. Ingraham Co. and by E. N. Welch. The style has no particular name. (Continued on page 12)



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PARENTS'
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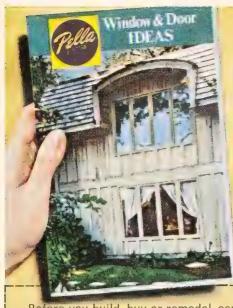
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ANTIQUES continued from page 10

We have a table with a revolving circular top and drawers all the way around. What kind of a table is this and where and when was it made? C.E.R.—Bryn Mawr, Pa.



Your table is described in contemporary catalogues as "a round mahogany library table." The frieze was fitted with drawers and occasionally divided for books. It is in the late Sheraton style, made in England around 1800. Many of these tables dating from the early 1800s were on a turned column with splayed legs.

ENGLISH TRADEMARK



I have copied the hallmark from an old plate. The plate is 9 inches in diameter, deep yellow to gold background with brown decoration. Any information about it will be appreciated.

 $J.M.\!\!-\!\!Frostburg, Md.$

The mark is a typical example of a William Ridgway & Company (active at Hanley, Staffordshire, England, about 1830 to 1854) printed mark, with the individual pattern name included.

AMERICAN PARLOR ORGAN

Would you please give us whatever information you can about this organ? The only identification are the words above the keyboard "Cornish Co., Washington, N.J., U.S.A."

J.C.F.—Batesville, Ind.



The Cornish Company was active at Washington, N.J., from 1879 to 1922.

It was a mail-order house that started out as organ builders. Your organ probably dates around the end of the nineteenth century.



G. AUSTRIAN

I received this platter
AUSTRIA and vegetable dish as
a gift. Can you tell me anything
about them from my sketch of the
mark? L.B.—Union City, Mich.

This mark was used by a porcelain factory started by Oscar and Edgar Gutherz at Altrohlau, Bohemia, Austria, in 1899. Your tureen and matching stand were originally part of a table service.



I believe my figure of a woman cutting a lion's claws is Parian ware.
Can you tell me anything about it?
The only marks are J & TB on the back.

H.M.—Armonk, N.Y.

The initials J & TB were used by Staffordshire potters James and Thomas Bevington, active at Hanley from 1865 to 1878.

EDITOR'S NOTE: The eighteenth annual Winter Antiques Show will be held January 21 to 30 at the Seventh Regiment Armory, Park Ave. at Sixty-sixth St., New York, N.Y., 10021.

How much do you see when you look at this painting?



Think about it for a moment, then read the paragraph below, from THE WORLD OF VAN GOGH.

signs of Van Gogh's grief-and his fears-abound in this urbulently emotional work. The sky is a deep, angry blue that overpowers the two clouds on the horizon. The foreground is incertain—an ill-defined crossroad. A dirt path seen in part in he foreground runs blindly off both sides of the canvas; a grass track curves into the wheat field only to disappear at a lead end. The wheat itself rises like an angry sea to contend vith the stormy sky. Crows flapping over the tumult swarm

toward the viewer. Even the perspective contributes to this effect; the horizon rolls relentlessly forward. In this picture Van Gogh painted what he must have felt-that the world was closing in on him and his roads of escape were blocked, with the land rising up and the sky glowering down. Created in the artist's deepest anxiety, the painting nevertheless reveals Van Gogh's power, his expressive use of color and firm sense of

Now look at the painting again.

Do you see more in it this time? Is it more interesting to you? Do you feel the emotional impact in a way you didn't before? Would you be able to interpret the painting for a friend or a ounger member of your family? Do you think you've learned omething not only about his work, but about all works of art?

If your answer to any or all of these questions is yes...if a single paragraph from The World of Van Gogh helps you to see more, feel more, know more about art...just imagine what a 188-page book can do for you. And how much you can gain from an entire LIBRARY OF ART.



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also offers profusely illustrated chapters on Gauguin and Toulouse-Lautrec, as well as examples of the work of Cézanne, Degas, Renoir, Monet and others. For all its luxurious features, the book costs only \$5.95 (\$6.25 in Canada) plus shipping and handling. With it, you receive free a specially written 3,500-word essay on art history. plus a large, full-color chronology chart which lists 368 major Western artists.

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2:36

You start mixing vinegar and water *very* carefully. (But the recipe's not on the bottle.)

2:38

Oh, dear, it's too strong. Hey—now it's too weak. Oops, you just spilled some. And what's that smell? Of course, the vinegar.

2:40

You begin douching. How awkward. And the bathroom's smelling like a tossed salad.

2:50

Still douching. And the vinegar smell is spreading.

2:55

And you still have all that mess to clean up.

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New Dersian impressions

EDITOR'S NOTE: House & Garden's team—Editor-in-Chief Mary Jane Pool, Paris Contributing Editor Marie-Pierre de Cicco, photographer David Massey—went to see what is going on in Iran now and the preparations for the Shah's celebration, see report on pages 58-65. The following are their travel notes of the trip—what to buy, where to stay, what to eat.

Strangers and travelers always benefit from the gentle, alert disposition of the Persian people, whose country is the perfect destination for tourists, a mecca for amateur archaeologists and others who love to shift back to a life style a thousand years old. What made our visit more than a charming trip through the past was the impression that the country was on the move, led by young people, architects, teachers, the Shah and Empress who without uprooting tradition were transforming Iran into a modern country. Anybody going to Iran—Persia's modern name—usually has three or four destinations in mind—Teheran with its museums, Ispahan with its mosques, Shiraz with its gardens, the famous ruins at Persepolis. David Massey felt he'd flown into a beige lunar landscape with three oases—the cities—each protected by mysterious baked-potato mountains. The country, actually a 7½ hour nonstop flight from Paris on Iran Air, borders on the Caspian Sea, the Persian Gulf. to the northwest Turkey, to the east Afghanistan. Though most are Moslem, the people are not Arab. The language is Farsi, but English and French are spoken in hotels, most shops. Three newspapers are printed in English in Teheran.

We stayed in the Park Hotel right in the center of Teheran, which has a brand-new wing and a marvelous leafy terrace where we ate lunch every day—barbari bread toasted, sweet butter, mounds of pearly caviar from the Caspian, tall glasses of iced tea. The Hilton up in the hills has a great view of the city for \$18 a day for single room and bath. We got around by car and driver-easily hired through the hotel. The Archaeological Museum in Teheran is very good—gives a rundown of Persian history, a briefing for seeing the country. One treat, the Crown Jewels-more exciting than we'd ever hoped. There's lots of good modern architecture to see -a new stadium, theatre, the Shahyad Monument, plus wonderful crafts-hand-printed silk, pottery, glass, leathers. The best of the country's crafts get channeled to Teheran where the Empress started two handcraft centers. Shops close for lunch, reopen until around six. Food is not expensive. With 75 reals to the dollar, the most expensive thing on most menus was caviar, a big portion cost 400 reals or around \$5-\$12 for the same thing in the U. S. To drink, the light refreshing vodka, only 30 proof, and local wines-red, white, pink-all

Continued on page 126

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SOME NOTES ON & GOOD HEALTH

BY REBECCA WARFIELD

PERMISSIVE NEW YEAR'S RESOLUTIONS

OF

CHANGING WITHOUT TEARS

Jotting down a list of those Changes that will make next year so different from all others, most of us start gamely out and wind lamely down. Before it is half through, half of the promises are already broken. No wonder. The real reason that those Resolutions are such a classic flop is that we all ask far too much of ourselves. It's anti-natural. Why should any one of us move into Seventy-Two uncomfortable, inconvenienced, undone, traumatic, and paralyzingly bored? And too, without our favorite cigarette with morning coffee, our favorite dry martini with the black olive, our favorite baked potato with sour cream and chives, our favorite chocolate with anything? All our favorite things. It won't work. It never has.

But we do have to change constantly—it's the only known formula against aging that positively works. Simply ease into change—with all the cozy connotations that word brings up—taking painlessness just as seriously as if it costs us a fearful struggle. Our boogeyman, The Puritan Ethic, keeps telling us that it only helps if it hurts. Not true—there are certain complexion aids, for instance, so wise and action packed in themselves that they can change your skin to youngish or moist or less lined or unmarred, depending on your circumstances—without a yip from you. There are half-way measures that slide you along, almost invisibly to a goal . . . little private attitudes to take that will make you smile—and you're on the move before you know it.

HAVE YOUR FAVORITE THINGS FOR A CHANGE. . . . It doesn't need an ounce of will power for your new Favorite Thing to change you so much that people will notice how much better looking you're getting. It takes a search, though, because that thing has to become a team with you—that's all. Involves a little testing, a little asking of your friends, "What's your favorite lipstick, make-up, cream, eye shadow, whatever?"

To switch on a current of professional opinion on this subject, we asked some of the pioneering Beauty People to choose Favorite Things from their own domain... Richard Salomon, the Chairman of the Board of Lanvin-Charles of the Ritz, is drawn to Revenescence, that monument of moisturizing, its winy, apple-y scent as nostalgic to many women as their own first perfume... Estée Lauder, president of Estée Lauder, feels deeply for the mystic mingle of substances and exotic animal oils called Re-nutriv Creme... From the panoply of Helena Rubinstein

Continued on page 23

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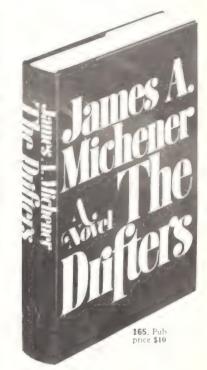
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continued from page 18

things, Mala Rubinstein goes toward that extraordinary transferer of moisture, Skin Life Emulsion. . . . Pablo, portrait painter of women's faces on their faces and Creative Director of Elizabeth Arden, believes in the creative properties of Velva Moisture Film, which, he says, pulls moisture from the air. . . . Max Factor's Chester Firestein thinks that their Geminesse Enriched Moisturizing Make-up, a meringue of color and dew for the face, is highly significant. . . . Revlon's Chairman of the Board, Charles Revson and the Consciousness III of this group, decided that Research was his Favorite Thing (his associates say he not only haunts the laboratory but calls them faithfully each day at ten to see what has been coaxed out of the test tubes).... And Kenneth, who some people believe invented hair and certainly trammeled it, says that clean. healthy, untrammeled hair is his favorite thing (also goes for Skin Drink, a stuff he says explains itself).

TEN MORE LAZY CHANGES TO MAKE.... 1. Think highly of yourself all one day. Marcus Aurelius said "Everyman values himself more than all the rest of men, but he always values the other's opinion of himself more than his own."

- 2. Use—in fact squander—your Sunday-best perfume Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and if it doesn't change things—change it.
- 3. All one day go for a rôle rehearsal . . . if you're reticent, speak up, if you're garrulous, shut up.
- 4. Since wine is less maddening than Strong Drink, you might take it up, ticking off the thought that red wine is supposedly less maddening than white, and both of these less fattening than beer.
- 5. If you'd like to inch along to the Big Change, switch to low tar and nicotine cigarettes, an obvious but kindly thing to do to yourself.
- 6. Instead of renouncing starches, try switching the color scheme, in place of white bread put brown bread . . . instead of white rice, brown rice, which includes, of course, super luxurious wild rice . . . and, because it gives a kind of romantic ballady "Nut Brown Maid" look, from red rouge to brown.
- 7. Choose one day every six months for your Holiday at Home. Abandon all your duties, don't go to work, of course, don't answer the telephone if you don't feel like it, skip your dentist appointment, stuff your pockets with money, lift no finger, take no unpleasant transportation (think about hiring a "limmo"), don't be polite, have a facial, pick up some friends and take them along with you to the most voluptuous of all restaurants. Relish this all deeply, and when someone asks you where you went for your vacation, you can answer "On an Ego Trip."
- 8. Pick a day of the week, such as Wednesday, and every Wednesday of the world get yourself something new even if it's only a new newspaper, bearing in mind this heartening saying of the Koreans: "Men are better when they're old, things when they're new."
 - 9. Disenthrall yourself from some dumb hang-up.
- 10. String along with John Milton who moved forward with "Tomorrow is fresh woods and pastures new."



Margaret was found in a back lane of Calcutta, lying in her doorway, unconscious from hunger. Inside, her mother had just died in childbirth.

You can see from the expression on Margaret's face that she doesn't understand why her mother can't get up, or why her father doesn't come home, or why the dull throb in her stomach won't go away.

What you can't see is that Margaret is dying of malnutrition. She has periods of fainting, her eyes are strangely glazed. Next will come a bloated stomach, falling hair, parched skin. And finally, death from malnutrition, a killer that claims 10,000 lives every day.

Meanwhile, in America we eat 4.66 pounds of food a day per person, then throw away enough garbage to feed a family of six in India. In fact, the average dog in America has a higher protein diet than Margaret!

If you were to suddenly join the ranks of $1\frac{1}{2}$ billion people who are forever hungry, your next meal would be a bowl of rice, day after tomorrow a

piece of fish the size of a silver dollar, later in the week more rice—maybe.

Hard-pressed by the natural disasters and phenomenal birth rate, the Indian government is valiantly trying to curb what Mahatma Gandhi called "The Eternal Compulsory Fast."

But Margaret's story can have a happy ending, because she has a CCF sponsor now. And for only \$12 a month you can also sponsor a child like Margaret and help provide food, clothing, shelter—and love.

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THOUGHTS FOR

THE HOSTESS

BY MARY MOON HEMINGWAY

Brand-new seventy-two and I am filled with resolve. More than just lists, I have roomfuls of hospitable resolutions. For the house at large I resolve to take a new look at every room with open eyes and an open mind and be willing to ring some lively changes. I resolve to make the house a safe haven-flawless electrical fixtures, well-anchored rugs, firstaid supplies, emergency telephone numbers, fire-safety devices, fire-fighting equipment. From bathtubs to back stairs, no booby traps allowed.

Whenever I entertain I resolve to introduce a new dish into the menu or make a new switch on an old tried and true. An unexpected entrée perhaps: chopped chicken livers mounded on apple slices and watercress. Poached eggs in jelly. Cold white asparagus with Caesar dressing. Custard timbales dressed with creamed mushrooms. Clams in aspic. Gnocchi. Cucumbers garnished with blue cheese and groundup macadamia nuts. Kippered salmon.

Or an uncommon soup: Cold avgolemono (Greek lemon) soup. Cream of almond soup. Oyster bisque. Jellied borsch cum sour cream and caviar. Cream of consommé (stock blended with curry, chopped apple, and sweet cream).

An out of the usual main dish: Pork birds with sweet potato stuffing and brandy raisin sauce. Beef and kidney pie. Oxtail stew. Broiled steak topped with broiled oysters. Braised lamb shanks tart with lemon slices. Honey-glazed, roasted corned beef. Fresh ham.

Or a fresh version of fish: Fish curry. Cheese-stuffed fish for baking. Halibut or haddock simmered in cream. Codfish elevated to a soufflé made with whipped potatoes. Salmon wrapped with sole fingers and baked on a mirepoix.

Or a rather odd bird: Braised goose with prune and pear stuffing. Duck hash served in stewed orange cups. Baked stuffed chicken legs. Cornish hens plump with a filling of crabmeat and bread crumbs. Pheasant cooked in sour cream.

A variety of vegetables: Hot avocado purée brightened by grated lemon and black pepper. Scalloped eggplant. Tiny beets simmered in pineapple juice. Stewed celery and green peppers. Braised leeks with Hollandaise sauce. Scallions cooked with string beans. Chopped spinach topped with a horseradish-mustard whipped cream.

Starch with a new slant: Buckwheat groats (kasha) cooked in stock. Couscous. Whole canned hominy bathed in a piquant Mexican sauce mixed with a cheese sauce. Polenta Parmigiana. Pastina. Tinned flageolets.

A switch on the side salad: Marinated raw mushrooms and cress. Raw broccoli and romaine. Orange and chickory dressed with oil and brandy. Sliced radishes and raw spinach with a mustard dressing. Individual heads of Bibb lettuce.

Dessert with a difference: Gooseberry or current sherbet plus lingonberries. Dark chocolate floating island. Baked apples filled with marmalade, glazed with honey and orange juice. Brandy jelly laced with crème Chantilly. Ice cream pies with crusts made of brownie or cookie dough.

Continued on page 30



BIG NEW GARDEN CATALOG from Jackson & Perkins

RUSH my coon of your 1977 coming Carden Carden NEW ROSES! See Golden Gate, the 1972 Rose of the Year, a brilliant intense yellow — outstanding or cutting! Plus White Masterpiece, a brand new J&P exclusive with huge 6-inch blooms specially pred for disease resistance. Here's Heirloom — exquisitely fragrant, pure lilac — one of the arest colors in the rose world. And two fabulous new Floribundas — Faberge, with blooms hat look like costly florist roses, and Apéritif — its strawberry-and-cream-colored petals are stiff like heavy taffeta, so blooms last longer in arrangements. All these plus the new All-America Winners and famous favorites . . . including First Prize, the hybrid ea rated as top exhibition rose in the nation by The American Rose Society.

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For more ideas on how you can incorporate new concepts into your own remodeling or rebuilding plans, we invite you to see the advertisements of the following companies participating in this issue.

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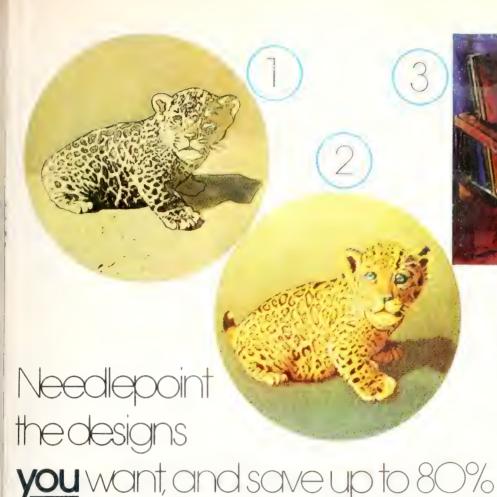
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For further details about other products featured in Super Kitchen and Super Bath, check the Shopping Information pages.



Needlepoint design shows you how this cuddly cub came from the black-and-white page of a magazine, and the process by which he came to live with relatives—one real leopard skin, one needlepointed faux

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up to 80% of the cost of needlepoint sold in shops!

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Over 100 of the author's original designs—forty in full color, over sixty to do in your own choice of colors, with a special beginner's chapter on coloring your own. Designs range from graceful flower patterns to Op-art motifs, old-fashioned samplers, to the dazzling modern "malachite" of the bookjacket, a nest of fragile robin's eggs to fool-the-eye animal skins.

the-eye animal skins.

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And the design's bound to be beautiful. After all, it'll be signed by a famous American artist.

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THOUGHTS FOR THE HOSTESS continued from page 24

Meanwhile I promise to use the dining room more flexibly. A centerpiece on the sideboard can be just as effective as one on the table and for big parties leave the latter less cluttered. I will try to bring the living room into the dining room and vice versa—serving one course (first or last) in the parlor, lingering in the dining room for coffee and uninterrupted talk. Anything to break that static table-and-chairs syndrome. I will make space in my dining room, on my dining table

too, for house plants as well as cut flowers: African violets, several pots in a basket. Babies' tears and ornamental peppers in a copper or luster bowl. Maidenhair fern, potted in Lucite, set on a mirror. Small ivy and piggybacks trailing from a tureen.

Candle happy as I am, I promise to have on the dinner table. enough light to please the men and just enough to flatter the women. I'll have the courage to use *candles of many colors* at the same time. With white flowers, rainbow candles; with green leaves of many tones, green and white candles; with a decorated porcelain centerpiece, tapers in complementary colors. Candles in pairs, candles in masses, candles at each place but not always in the same place.

For a colorful about face for a lunch or dinner I resolve to run up some *tablecloths in chintz* and make matching tie-on seat covers. Instead of single mats, parallel runners of appealing fabric—plain, printed, lace, em

broidery—are not to be hohummed. Neither is the look of a highly polished table set with place plates or trays instead of linen. Also worth a whirl: doilysized sheets of plywood, polished and stained to match the table, backed in felt. And even if I have to cut and hem them from a stored-away damask cloth, I resolve to have *really ample dinner napkins*.

In the living room I am resolved that there will be no insupportable chairs, no chairs without a table to hold coaster and ashtray within reach. The fireplace will be a constant thing of beauty-laid for a fire, filled with a fire, discreetly covered with a fan or treated to plants and flowers. Never an aching void. I won't succumb to Noah's Arkism either-everything including the guests disposed in balanced pairs. And I'll study the lighting again. Subtle illumination is a must for a living room.

I resolve to spend a night in my guest room to check the springs and mattresses for comfort, the bed linen for freshness and warmth, the closet for hangers and convenience, the lights for reading, make-up, and other needs. The books will get my attention, too. I'll see to it that they are interesting, varied, some old, some new, and that there is other late-night browsing material as well-art books, magazines, a puzzle or two. I'll make sure there is no ticking of an unfamiliar clock to bother a sleeper, that the room is provided with mending and writing supplies, that there is a place for ice water, a radio, and other welcoming touches; and that the bathroom is well stocked with the amenities. I resolve to be certain that I would enjoy being a guest in my own house.

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mects

Beautifies

ince we're all devoted to living better, feeling well, making things more fun, and then sharing this good life with Licente must friend, there may be a first the many free on them. For priorities straight the what would do not have a first the many free on the first and the privacy to do all those things together that build stronger bodies and good character.

In the midst of great intentions about the life we create for our families, who wants to be off in the kitchen cooking those glorious meals that build healthy bodies or make for marvellum parties while the action is going on some Whith the most of Oin the hour of Oin the highest of the big switch in values about kitchens. In 1970 we showed an eating-cooking island in the middle of a modern kitchen—an attractive setup where it would be terribly easy to make five different breakfasts while still seated at the head of that cooktop table. The following year our kitchen was a combination of dining room and kitchen with storage areas separate. This year the super kitchen looks more like a living room. The dining table is lower, sofas sit around the cooktop the way sofaring most fireplaces. Perhaps a new family room, this kitchen allows for the fact that children love to be in the kitchen, as do most guests. It also makes it possible to be both hostess and cook.

Another aspect of the good life is feeling good—regular exercise, soothing baths, invigorating showers. Another kind of family room is our new super bath, really a spa big enough to do all the things you'd like to from exercise, to soaking in a deep tub, napping, using a sun lamp.

An even more extensive version of the great family life was worked out by three families who, for their vacation houses, found that by buying a piece of land together they could enjoy a larger curving piece of land on an unpolluted bay. Each of the houses is different, but all three by the same architect. Some of the children are grown and have families of their own, others are in their teens—because of these varying requirements this effort in group living stopped with owning the land together. For other families with lots of children, however, the idea might be to have pool, tennis court, and dock in common.

One other way of creating a good family life is training a family away from the hot-dog men tality onto something more balanced. Long the chief of the eat-right-to-stay-healthy, have-a-good-figure-and-improve-your-looks experts is Gayelord Hauser, who in a special interview at home gives recipes that will keep any family happy and will certainly endear friends who are tired of coming to cream-sauced, pastry-filled dinner parties.

If you've ever been tempted to carry the whole family off somewhere and just pitch a tent, we've seen tents that are as comfortable as luxury hotel suites with all the fun and practicality of real canvas. The construction of tents at Persepolis, for instance, would be easy to imitate—a cement circle for a base, running water, room dividers, a metal frame, and yards of weatherized canvas with countless pluses like air conditioning. We imagined pitching such a tent for several months a year, taking it down in the fall and storing it in a small next-door toolshed. Add some sturdy cover for the cement base and utilities.

HOW TO DECORATE

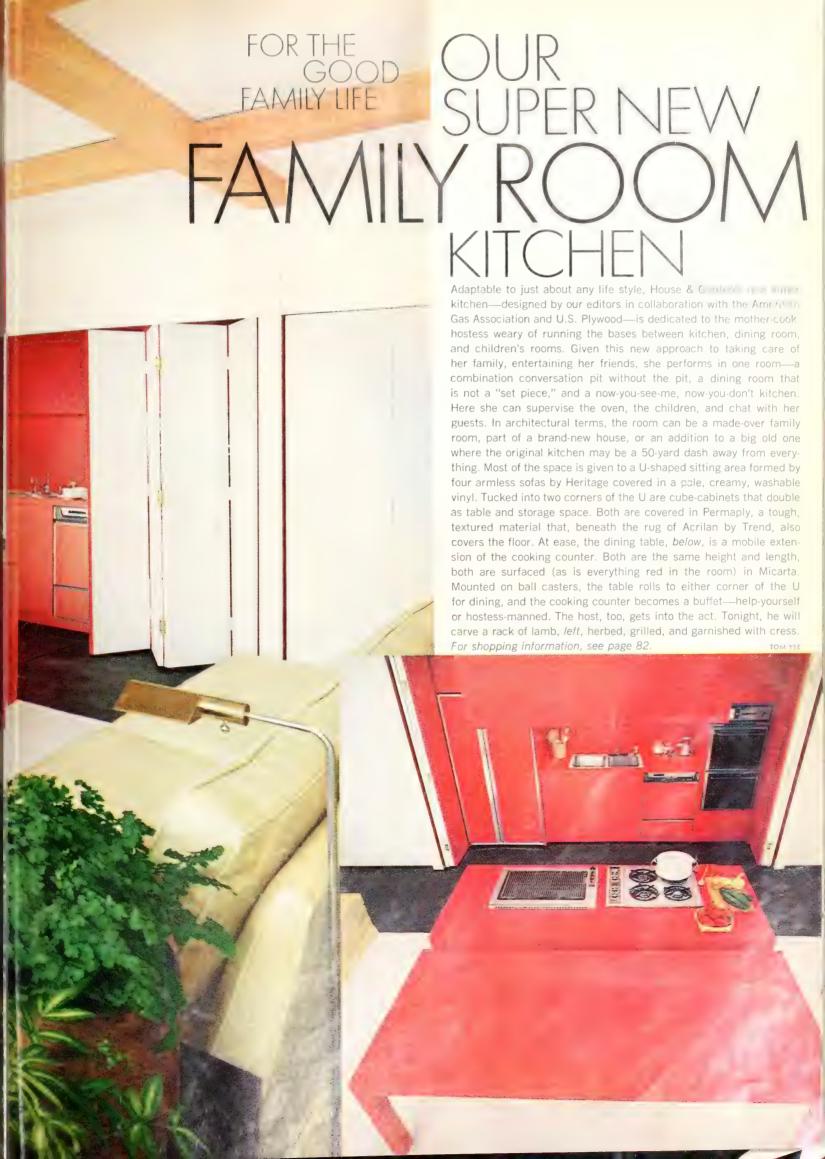
More inspiration from Persia to use here at home—the plan of the magical Persian garden, which in plain terms is the perfect way of laying out a garden in a small space. It's done in Shiraz with blue tiled pools connecting to make a long axis that provides organization and the intricacy of detail that keeps the eye interested, no matter what flowers or trees line it.

News in this issue are whole new systems of lighting, ways to do walls and floors that extend the uses of rooms or make them prettier, clean faster, last longer—plus the newest Italian furniture—modern classics that are evolving into softer more natural shapes.

Aside from real structural changes and whole rooms that have begun to work in new ways, how you decorate is still one of the most persuasive ways to create an atmosphere that family and friends respond to. One of the houses in this issue is decorated in a way that makes you feel sheltered and protected—it's full of rich colors, soft textures, beautiful wood; another is all opened up to nature. Both are decorated around the habits of the people who have there rather than to create a look. All these ideas help make a house function the way you and your family like it to.

to nature. Both are decorated around the habits a look. All these ideas help make a house function of the second s





















TO SAVE STEPS, TIME, AND SPACE— AN EQUIPMEN WALL

Because it is just as much a room for entertaining as it is a place to cook, the super kitchen solves the supposedly insoluble problem of mixing business with pleasure by a simple ruse. For example: I When all the bifold doors that conceal the appliance wall are open, the room reveals its behind-the-scenes secret. 2 But with all the doors closed, there is little evidence of being anywhere except in a good-looking family room. Even the cooking island, quite out in the open, seems more like a piece of furniture than the source of tonight's dinner. 3 The core of the kitchen: refrigerator, double sink, dishwasher, and wall gas oven and broiler. There are storage cabinets both above and below the sink counter, and additional storage is housed in the cooking island. 4 The laundry with its stacked washer and gas dryer (good idea in limited space), shelves for baskets of linen or anything you want to put in them, and a little sink in a counter that can work as a bar, or for flower arranging, or both. Beneath the sink, more storage. 5 What might be called the "utility" cubicle with its gas incinerator and hot water heater. The incinerator is for everything and anything except food. The actual food disposer is in the double sink. 6 The cook's crow's nest. By doing little more than turning around, she can control the gas oven, sink, refrigerator, and the burners and grill in the cooking island. When the dining table is pushed tightly against the island, it augments the work surface, and considerably. When cooking on the countertop burners and grill is going full force, an exhaust fan in the hood over the island takes care of all the aromatic and smoky overtones one does not want in an entertaining kitchen. 7 A supper place setting by Dansk. 8 Bird's-eye view of the precise juxtaposition of the dining table, cooking island, and the kitchen core. Opposite page, top: For easier serving at a family breakfast, the dining table is kept in its grillside position next to the island. Everyone starts off with orange juice, goes on to chicken livers, cherry tomatoes, and mushrooms grilled on skewers, and

ends up with a compote of apricots and prunes. Eggs (if anyone has room for them) are cooked to order—scrambled or fluffed up in an omelette. And never, in this house, does the coffee grow tepid, because a special burner keeps the proper heat consistent.

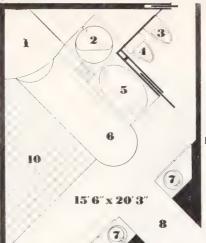












- Shower
- 2 Soak tub
- 3 Bidet
- 4 Toilet
- 5 Stretch tub
- 6 Bridge
- 7 Washbasins
- 8 Entrance
- 9 Exercise bars
- 10 Exercise mat

SUPER SPA-A PLACE FOR EXERCISE

The enjoyment of our super bath is perhaps most appreciated in the very simplicity of its plan, left, in which every area and level within the room reveals its own particular use-and where all areas flow quite naturally one to the next to complete a harmonious design. The main entry to the bath, top left, leads up a ramp through a compressed T enclosing twin mirrored vanity cells. The mirrors angle outward reflecting the larger space and calm natural colors of the bathroom itself. Each washbasin is a round stainless steel bowl set into a Plexiglas surround, which is lit from beneath for shaving. Vitamins, lotions, towels, soaps-all fit into spacious under-counter cabinets of off-white Formica. The bath itself is paved on all levels with American Olean's "Ceramic Mosaic" in a matte finish. A bridge, below, which may be used for exercise or for resting after a bath, links the exercise area and the baths. Two tubs, left, are both from American-Standard: the higher one is their luxurious "Designer Line" cylindrical soak tub; the lower, a stretch tub, is their oval "Ultra Bath." Tub hot-and-cold controls share a mirrored panel. Bath brush, sponges, horsehair strap, and soaps are all available from Caswell-Massey.





The bath fans out from the main entry, and then angles backthe far corner is the shower, above left, which is only partially enclosed by two clear curved Plexiglas shields, from Rohm & Haas, to refract spray. Controls are placed to the side of the shower out of range of spray. Along the blue Formica shower wall is a recessed light track, by Gotham, which, with spotlights in the ceiling and in the mirrored vanity cells, diffuses light throughout the room. A long clerestory window in the ceiling brings in additional, natural light. The toilet, American-Standard's "Luxor" with Vent-Away and their "Margate" bidet, left, occupy an alcove behind the two tubs; they can be closed off by a sliding wall. Towels by J. P. Stevens. Color note: "Wabash" by Robert Indiana from Multiples.



AND A left, occupy an a two tubs; they come by a sliding wall stevens. Color by Robert Indian.

FBATHS





of the equipment above—exercise bars, rings, and mat—and the tiled exercise bridge a doubled by their reflection in the burnished stainless steel wall from the Committee Stainless Steel Producers. The exercise mat, covered in mushroom Naugahyde by Uniyal, is tufted for a firm grip. Next to the bridge by the mat is a convenient outlet for a nlamp and another for a telephone hookup. By the exercise bars: a Terraillon scale. It is shopping information, see page 82.



3FAMILIES SHARI ONE ARCHITECT AND ONE CHOICE PIECE OF LAND

hat do you do when you find waterfront land for sale—7 tree-filled acres with 4 curving around a delightfully unspoiled bay—but it's about four times the price you're prepared to invest in acreage for a vacation house? If you've got imagination and initiative you don't give up. You get together with friends—and you share the land. The advantages of this kind of group building are many, especially when the land is on the water. You know the people next door are going to add pleasure to weekends and vacations. You can control the landscaping, save the trees, preserve the natural environment as much as possible, and of course, you can enjoy a long stretch of private, shell-studded shore. And then, if you really want to develop the land in the best possible way, you can invite one man to design all the houses, so there's a unifying thread in

the architecture. Architect Norman Jaffe was chosen in this cas and it was, for him, "an architect's dream."

"When I heard that these three families had bought a piece of land together to build second homes, I never thought I'd be asked to design all three. But after I designed one house, I was asked to put forward plans for a second. The third followed shortly after that. Each couple came to me separately."

While there is unity in the architecture of all three houses (each has stone masonry somewhere in its design, lots of glass, and a feeing of nature flowing in and around the house, plus a private maste bedroom apartment away from other bedrooms at the top of the house) they are irrevocably different, reflecting the varied personalities, needs, and pursuits of the families living in them.

"This was the challenge," agrees Mr. Jaffe, "to achieve an in



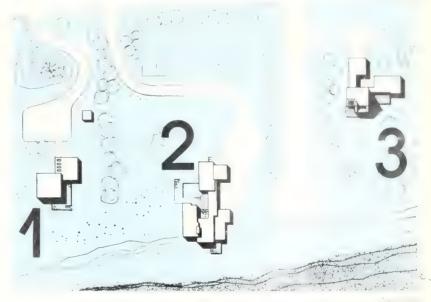
ted, related feeling on the land, while giving each family the of house they would feel comfortable living in. There are cerpasic ideas to any family life style that must be satisfied by the tecture. I always say a church is a church before it's prayed ut a house is not a house until the family lives in it. In these , for example, I have designed three very different kitchens, use each wife has a very different approach to cooking and taining. One kitchen is totally enclosed from the dining room, use this couple has live-in help and does not have much to do the kitchen at all. One kitchen is very much out in the open, iving, dining, and cooking spaces flow together. This couple n't have help, and they are the sort who arrive from the city e country, turn off the car ignition, and get out the drinks all ne movement. The third kitchen is somewhere in between. It's le open to the dining room, but there's a sense of privacy for vife who likes to do her own cooking without having pots and in full view of guests."

he houses took two years to complete, with each couple using the same contractor, "for a moderate saving on cost," says Mr. Jaffe. They are just as different visually on the inside as they are on the outside. The flat-roofed cube house in white painted wood, above left, is filled with pure color, it reds and blues. The granite-walled multilevel house, center, g from the water's edge like a modern castle, has a pale intlike the inside of a shell with glass, stone, and pearled wood. shingled, regional house, above right, set back among the trees, warm homespun feeling with soft leather, terra-cotta tiling, of redwood and handwoven fabrics.

"This was a very satisfying project," adds Mr. Jaffe. "There was onflict within the individual couples because each had been ied long enough to agree on basic ideas—this helped me a lot. d many talks, many conferences. It did take time to discover sets of personalities, but I felt this was terribly important.

After I'd discovered what each couple was like, it was not hard to draw up the plans. But discovering them took the-time. As far as the group are concerned, there's no compulsion to mix, but they do when they want. I think they're all very proud of their houses, they're all very different, but all very special."

Close-ups of the houses are on the next six pages.



123

Flat-roofed cube house in fifte painted wood, lots of light, lots of glass, five levels for living.

Romantic modern castle, three stories, granite walls, a first in a sheltered term, plus a tennis court for a sports-loving family.

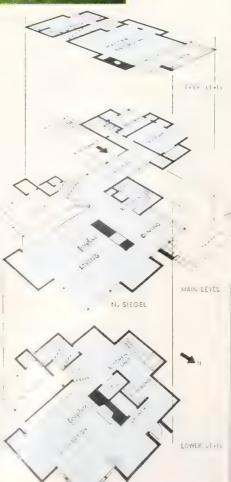
Shingle-and-stone house among the trees, warm textures, a country feeling, wood decks all around. For building materials and equipment.



WHITE AND BRIGHT WITH LIGHT

Five levels for living: Children's bedroom is halfway between the lowest level and living area. Study between living area and master bedroom.

VACATION HOUSE



he family in this house are interested in people and ideas, books and art," comments Mr. Jaffe. "In fact there are artists in each of the houses. In this case, the husband, who is an engineer and a scholar, is also a sculptor. Their house is a cube, a strict geometrical form, because I thought they would relate to it. And they do. They like the purity. It's formal, intellectual. There's a quietness and symmetry, and each corner emits light. They have one married daughter and a grandchild, so they wanted a house that would work for three generations all together."

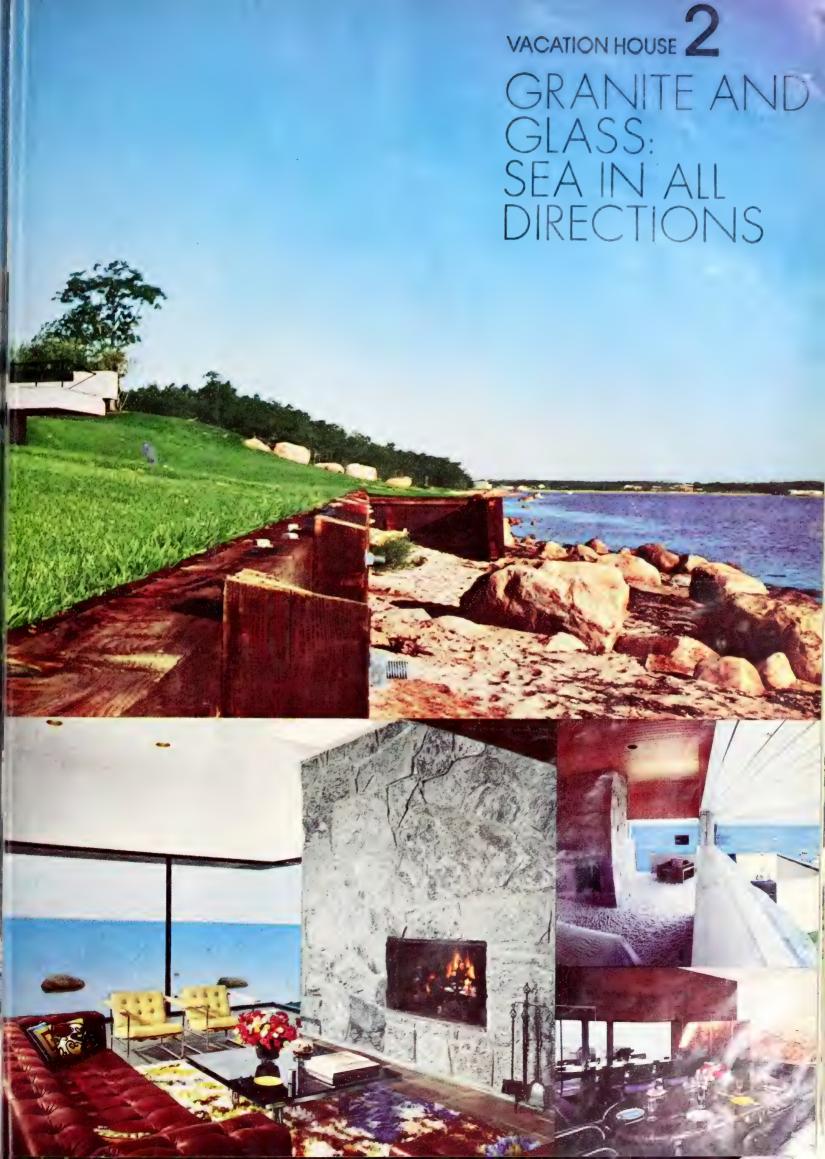
The house is beautifully designed in white-painted, vertical cedar and is on five levels, with a large playroom, a bedroom, and a little kitchen serving visiting children on the lower floor. The hub of the house, especially in winter when ice floats out on the bay, is the great stone-floored living room, opposite page, with its two-way fireplace. Soaring two stories high, with a gallery library along one wall, it is always full of light and the window framing casts interesting, ever-changing patterns across the room. In summer, when the activity is outdoors, guests tend to converge on the stone-walled terrace beyond the dining room, below. In all three houses,

dining tables are practical, good-looking, fixed to the floor, especially designed by Mr. Jaffe. Here, a square of white marble is partnered with cane and chrome chairs by Breuer. Upstairs the master bedroom has a secluded covered porch facing the ocean and a very spectacular adjoining bathroom, all in matte black mosaic tiles.



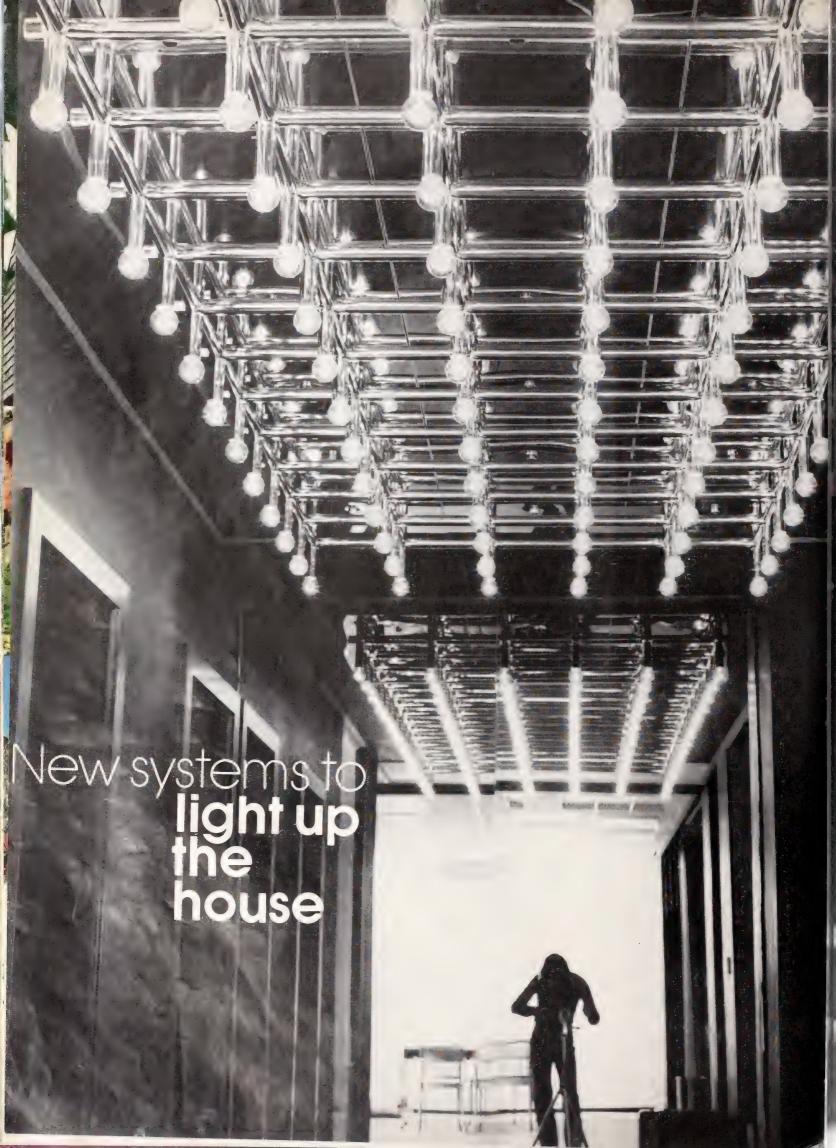


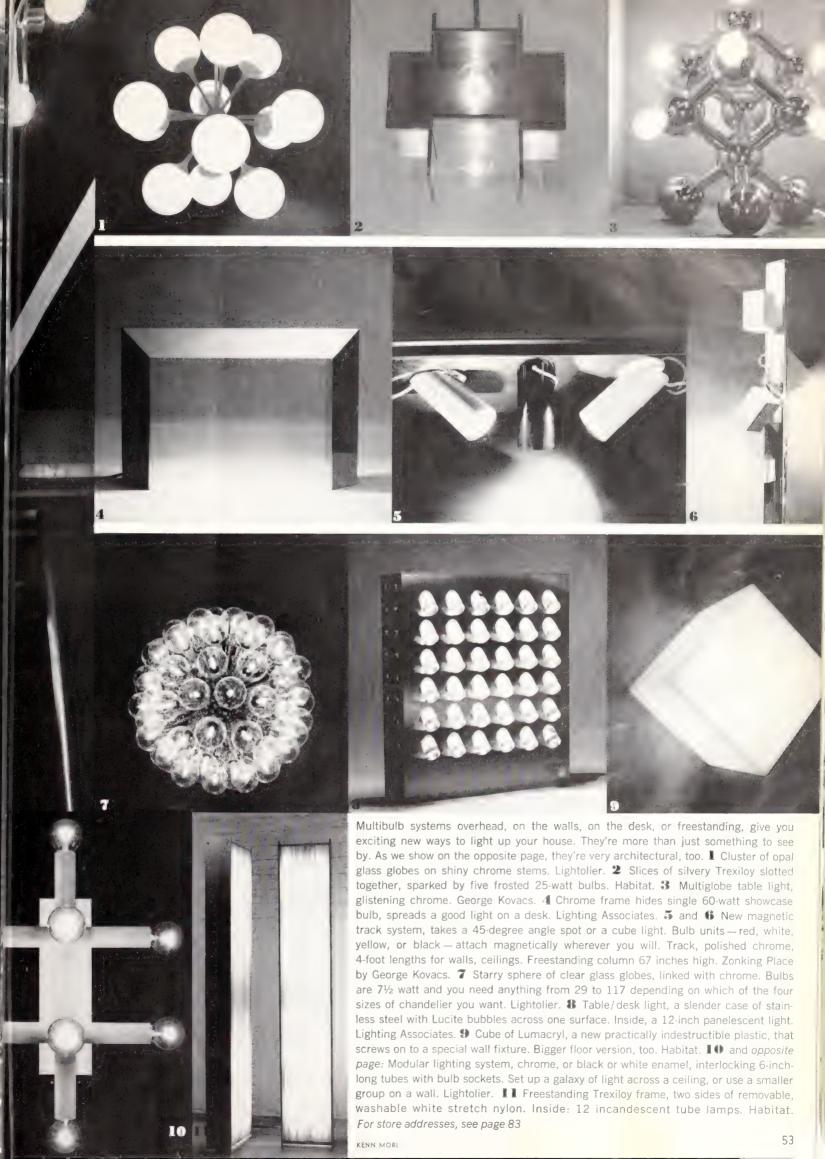
















Circle-in-a-square tiles, now colors. Agency Tile.





8 Persian-look vinyl tiles. Amtico.

14 Corkwood panels. Luten-Clarey-Stern.



Great new graphics

for floors and walls

Tile imphigh-sh sheet vi

GAF Co

1.5

Coin-s
cerar
Ager
Tile



Mosaic self stick-ons, instant floor tiles. Armstrong



5 Three-dimensional look from Italy. Designers Tile.

More wall and floor ideas page 84



Glazed tiles with a rander of core.

American Olean.



sy-on sheet wall tiling. American Olean.



I I Great graphic wall panels, black-and-white plastic finished hardboard. Marlite.



12 Beautiful browns for floors, walls. Designers T

18 Tiles of semiprecious stones including ameth

malachite, lapis, tiger's-eye. House of Floors







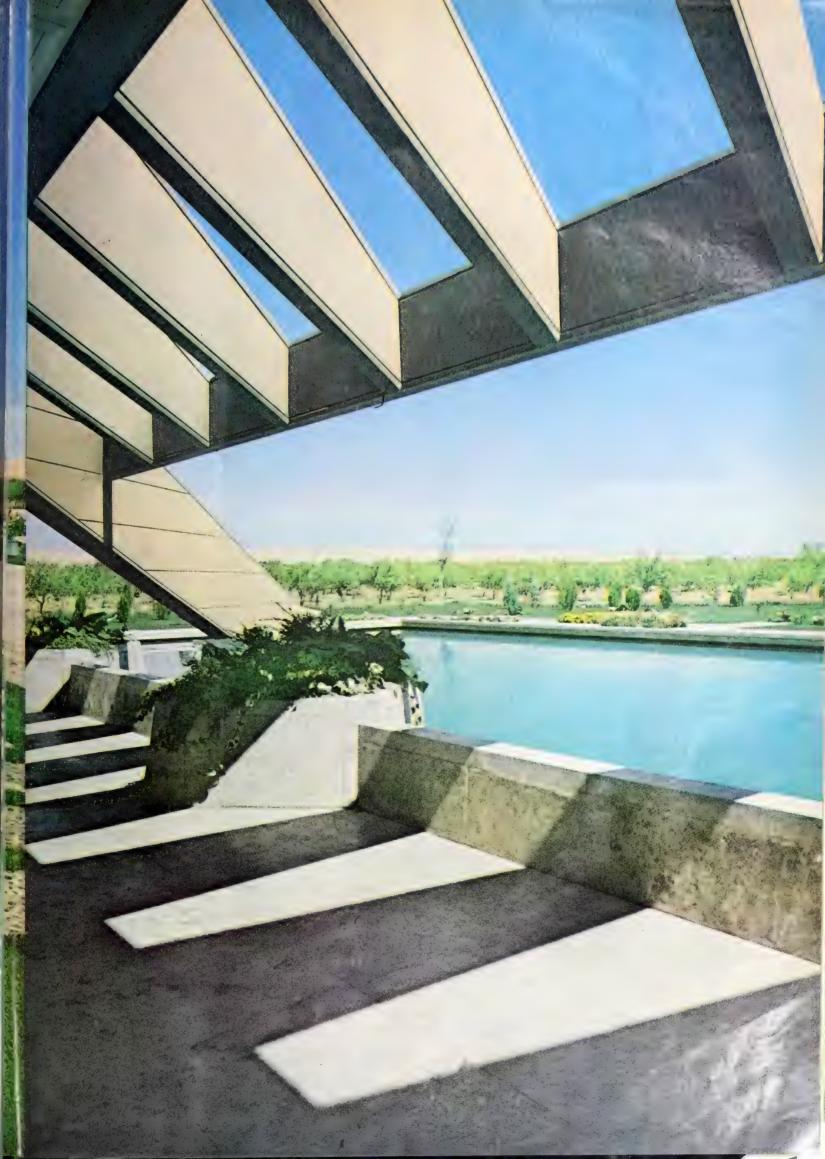








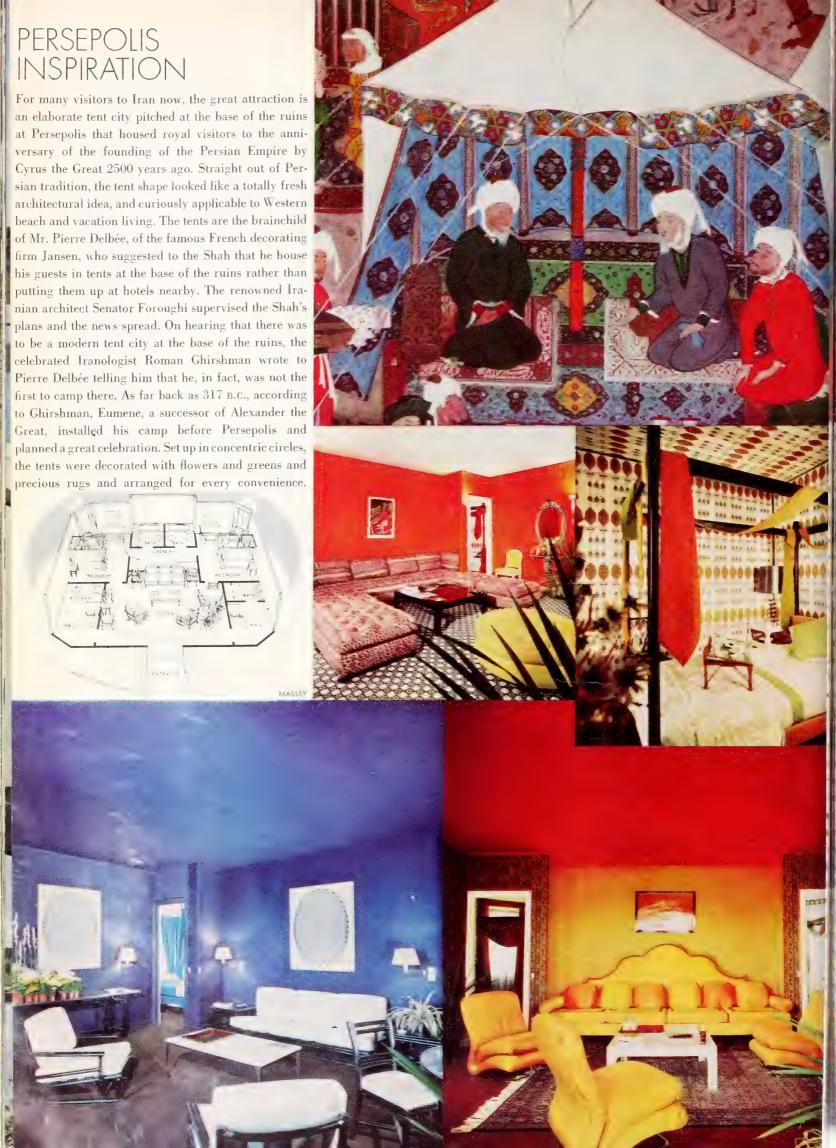


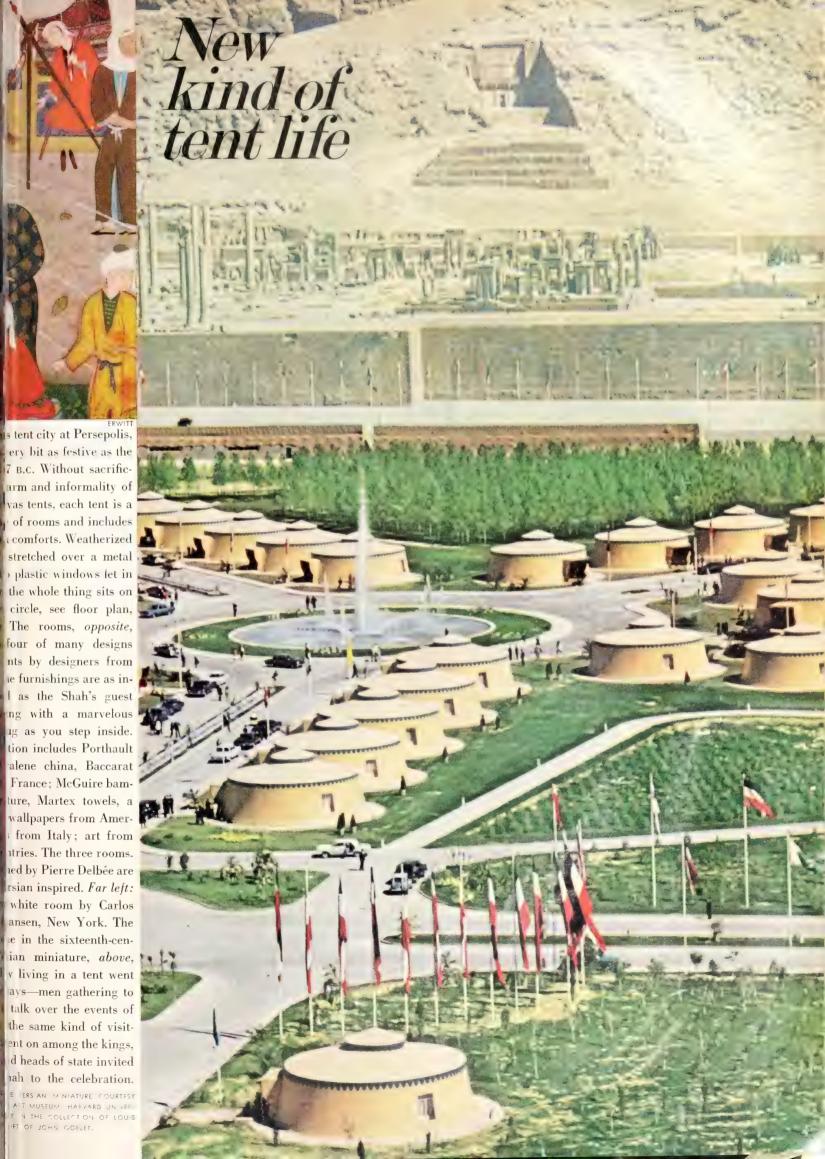




of a walk leading to a gazebo and peach orchard to the side of the house







A MAGIC CARPET OF FLOWERS The Magical Persian The ses bloom The

"Delightful to the heart, where roses bloom

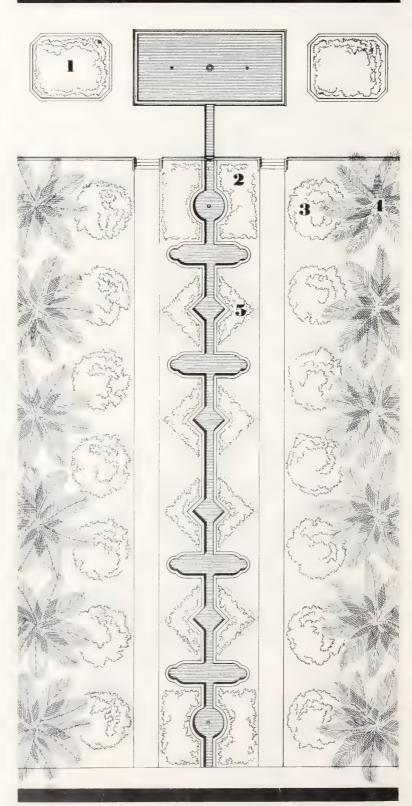
And sparkling fountains murmur, where the earth

Is rich with many-colored flowers . . ."

FIRDAWSI, A.D. 1000

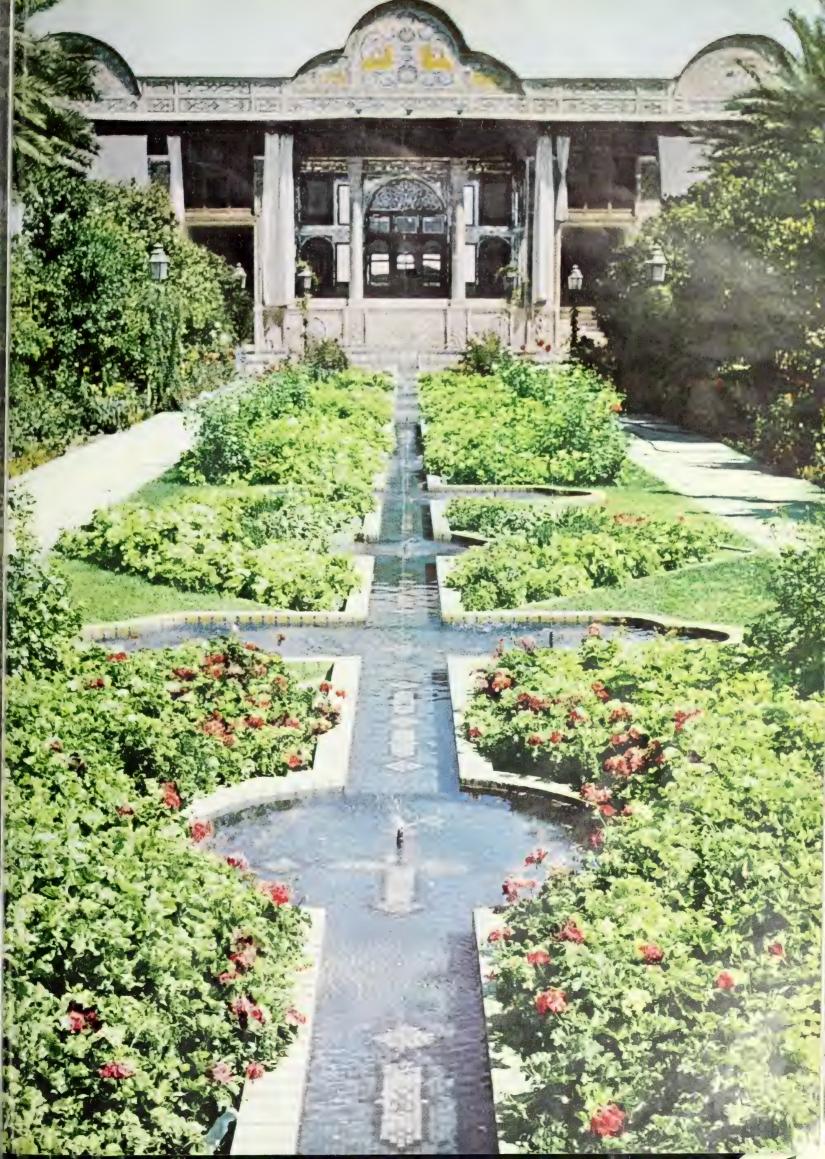
Fragrant with roses, geraniums, pomegranates, and orange trees, this enclosed garden in the city of Shiraz, Iran, distills many Persian pleasures and shines with ideas for small gardens, urban gardens, and dry-climate gardens everywhere. Persian gardens, like Persian rugs, are designed never to weary the eye. The balance of curved and straight lines insures restfulness; the variety of detail prevents monotony. Water shimmers in raised pools and channels, lined with light and dark blue tiles. Persians have known for centuries that shallow channels and thin fountain jets create an illusion of watery abundance delicious to all the senses. Water is a most precious resource in Iran, where the climate and topography resemble Arizona and New Mexico. Yet almost every house, however simple, has a tiny brimming pool useful for refreshing a dusty terrace or watering pot plants and serving as a reminder of the garden paradise promised in the Koran. Iranians also know how to make the most of water in festive ways-sometimes floating flowers or rose petals on a small pool, placing candles along the rim of a watercourse or adrift on small rafts, even suspending apples on fountain spray.

This oasis of repose, with shade dense enough to attract the nightingale, is called Narenjestan, the place of oranges. It is in the large city of Shiraz. 40 miles south of Persepolis, and famous for its wine and roses, its poets and gifted gardeners, architects, weavers, silversmiths, makers of glazed blue and gold tiles and mirror inlay. Built by the Qavam family only 100 years ago, the garden's axial symmetry and imaginative use of water resemble gardens that inspired poets and painters long centuries before. A contemporary garden as well, it was remodeled three years ago under the aegis of Her Imperial Majesty, Empress Farah Pahlavi. The columned town house with fine crescents of tilework on its brow now houses the Asian Institute and the largest collection of Iranian art documentation. Serene, yet crowded with ideas for the borrowing. Persian gardens, like the rugs and other arts of Iran, are filled with timeless enchantment.



From the town house, OPPOSITE PAGE, to the sunny courtyard, a coo verandah of wood and mirror inlay makes a transition soothing to the eyes. Paired gates open to a small orchard of orange trees and date trees bordering the garden's medallioned carpet of flowers. Rug-like garden plan, LEFT, shows watercour and symmetrical groupi of roses and geraniums 1 and 2; orange trees, 5 date trees, 4; geranium:

DAV D MAS

















At home with a health food expert

GAYELORD HAUSER'S RECIPES

for living forever better

This year is Gayelord Hauser's fiftieth year as a nutritionist; a teacher to the famous (Garbo is a great friend and disciple), he has through his many books, television shows, and lectures taught people the world over that a healthy diet holds the secrets for living longer, looking younger; and at seventy-six, he is a lively, handsome testimony to his theories. Now he is compiling a new book, Tender, Loving Cooking, which will contain the simple quick recipes that he feels this "calorie-loaded, calorie-conscious, overweight country needs." Calling himself "a foodist, not a faddist," he is a great believer in nature: "I trust nature more than the chemist," he says, and finds himself right in tune with the younger generation in their demand for natural whole foods.

unbleached flour, natural sugars (never uses white), fresh unsaturated vegetable oils, fresh butter, eggs, milk, cheese, yoghurt, lean meats, fish, poultry ("especially organically grown, as they taste better, too"). "The neglected seed"—almonds, pecans, walnuts, soybeans, sunflower seeds, pumpkin, and sesame. "All the health and beauty givers from our garden" -fresh vegetables, salad greens, and herbs ("the green leaf contains the highest quality of nutrients,' says Mr. Hauser quoting (Continued on next page,

Gayelord Hauser divides his time between California and Sicily, where he spends the summer in a house designed by his business partner Frey Brown and surrounded by terraces of olive trees. Here he entertains mostly at intimate luncheons and dinners for six or eight on one of the terraces, left, or in a gazebo by the sea, but once a summer at one large party with a magnificent buffet. Top left: Gayelord Hauser pounds basil in a mortar for a pesto sauce. Above: Ingredients for a Sicilian Moussaka (recipe, page 79). The entrance to the house, right, surrounded by olive trees, a tapestry of vines.

"Food must look good, taste good, do good," says Mr. Hauser. He is a believer in whole foods-



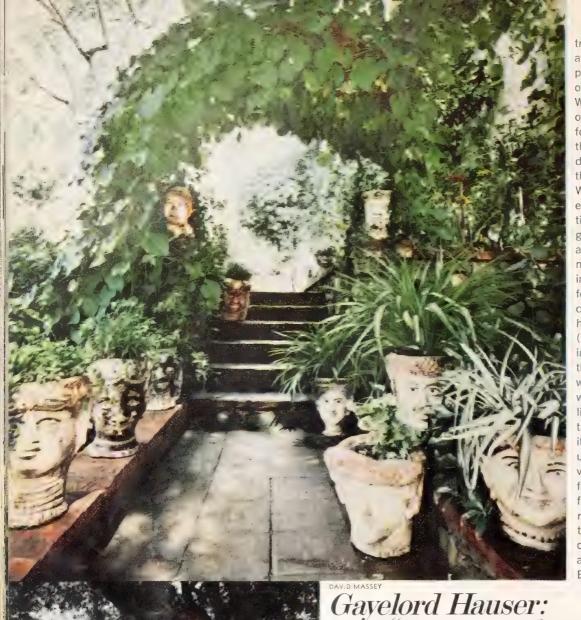


Dr. Bircher-Benner, Europe's pioneer nutritionist). And last but not least the mifruits and fruit juices fresh or frozen. "Look inward and eat more first-class at teins, lean meats, fish [provides natural fluorine to harden teeth], chicken, cott cheese, honey, salads, vegetable juices, and whole breads," suggests Mr. Haut "but whole grains are not enough; it is protein that holds the body together." animal fats to the minimum. His breakfast: fresh seasonal fruits, two soft-boi eggs (three and a half minutes, sprinkled with Spike—his blend of thirty he and spices, on sale in health food stores), one slice of whole-wheat toast (i good for dieters, more filling than white bread; better for you"), butter and hot (occasionally he indulges a weakness for apricot or raspberry jam), café au lai half coffee and half hot milk (whisked to make it frothy), one teaspoon of ho to sweeten. A great believer in eggs, he eats at least two a day. "Eggs are a great source of protein. All healthy people should enjoy one or two a day. They are hin cholesterol, but they are also high in lecithin and the B vitamins, which help ke cholesterol on the move. They can do you no harm as long as you move—must exercise." His exercise: one hour of walking each day and just one exercise.

Above top: The eclectic living room is filled with Persian, Tunisian, and Sicilian treasures. Above: Steps down to the terrace, massed with flowers and greenery, lemon-colored blooms in a Caltagirone pottery head. Right: Bedroom in a guesthouse converted from a stable has tile floors, Sicilian furniture, handwoven woolen bedspreads. Opposite page, top: Luncheon for six on the rich color-drenched dining terrace where potted palms and painted banana trees combine to make a Rousseau setting. On the vivid purple tablecloth, a haik or sari worn by the Bedouin women of Tunisia, a centerpiece of fresh vegetables, acid green plates, orange napkins. Bottom: Entrance hall to the house.







trying to lose weight to eat a hearty salad at the beginning of the meal when appetite is keenest; it nourishes you, staves off hunger pangs, prevents overeating. We eat undercooked vegetables instead of overcooked; they used to be cooked for twenty minutes in water, now I sauté them just a few minutes as the Chinese do. The less you cook them the richer they remain in vitamins and enzymes. We have also learned to eat with our eyes-undercooked vegetables look prettier as well as being more nutritious. I grate cauliflower and just cook it quickly and gently in butter for three or four minutes. I slice carrots and stir them in a frying pan with butter for just a few minutes. I shred beets, cabbage, carrots, zucchini, and cook over low heat in a little butter until tender crisp (5-10 minutes). I always cook potatoes in their jackets to preserve vitamins; they lose too much of their goodness when they are peeled and cooked in water. Garbo taught me how to cook delicious potatoes. She would scrub a potato, cut it in half, scoop out most of it, oil the skin, and bake in a hot oven until brown and crispy. I take a lot of vitamins. Vitamin E is most important for men; has a way of keeping the blood flowing naturally, helps to keep the arteries open. I take vitamin B12 when I need to be pepped up to go out after a strenuous day; it gives me energy immediately. When I get home I take vitamin B6 to relax (Continued on page 81)

Gayelord Hauser:
"The great beautifier
is a contented heart
and a happy outlook"

bite-sized raw vegetables: cauliflower, green and red peppers, mushrooms, kohlrabi, asparagus tips, tiny tomatoes, served with a simple dip of yoghurt and mayonnaise highlighted with Spike or simply a bowl of Spike. For hot hors d'oeuvres: hot toasted almonds or mushroom caps broiled with herbs and a dot of butter. To drink with dinner, wine. "It is beneficial in the second half of life, from fifty to one hundred, aids digestion, cuts grease, and provides enzymes," says Mr. Hauser.

How has Mr. Hauser's diet changed over the years? "Today we don't need as much, I eat less. I used to eat 3500 calories a day; today I eat only 2800," he says. "My diet is more sophisticated now, there is more variety of fruits and vegetables, more spices and herbs such as basil, thyme, and saffron. There are high-protein and high-gluten breads. Now we eat fresh things first, our salads first, and fruits. It's a good idea when you're







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cut into lengthwise strips 1 a inch wide and 1/s inch thick. Put on a buttered baking sheet and bake in a 500 oven for a few minutes until they puff up. Serve these potato crisps instead of crackers or bread. Shred cauliflower coarsely. Bring 3 tablespoons vegetable or chicken broth to a boil in a small, heavy pot, drop in the shreds, cover tightly, and cook for 4-6 minutes. Flavor with vegetable salt and butter. For salads: Shred a head of cauliflower finely and mix with dressing. Add celery root if desired. Serve on a bed of greens. Shred a cabbage very finely and

Cut 4 large oranges into small pieces, and add honey to taste and 2 tablespoons finely chopped mint. Flavor with 1

add a little grated onion. Dress

just before serving with 2 parts

sour cream to 1 part lemon juice,

and a little vegetable salt.

tablespoon lemon pince inreed with I teaspoon bone, and carnish with mint leave.

For a frost pure die in combine pineapple, orange, lemon, or lime juice. Season with vegetable salt and a little honey.

For basic French dressing, shake in a covered jar 1 crushed clove of garlic. I tablespoons of lemon juice, 1 teaspoon of honey, 1 teaspoon of vegetable salt. ½ teaspoon of paprika. I teaspoon of dry mustard, and I cup of olive or vegetable oil.

For dessert: For a five nanute applesauce, melt butter in a heavy skillet and when hot, add shredded unpeeled apples. Heat through, turn over once, and add honey to taste if desired.

Wash prunes, apricots, or raisins, cover with warm water and 1-2 tablespoons orange blossom honey. Soak 24 hours. Delicious too for breakfast.

LIVING FOREVER BETTER continued from page 76

me for sleep. Teeth are fed through the roots like plants and need calcium and vitamin D. Children should drink one quart of milk a day, adults a pint. Vitamin C is needed for protection of collagen, the connective tissue that provides a framework for the body. I take 1000 grams a day plus a multivitamin."

Food for beauty-"The best complexions are in Holland and Scandinavia where women love milk, voghurt, cheese, and fresh salads with golden oil dressings, many seafoods." Mr. Hauser suggests mixing these oils for a skin fuel: 3 tablespoons safflower oil, 2 tablespoons avocado oil. 2 tablespoons peanut oil, 1 teaspoon olive oil, 1 tablespoon wheat germ oil, 5 drops of rose geranium or your favorite perfume. Find these oils at health food stores. Or make a mayonnaise for your face with olive oil and egg yolk, a drop or two of per-

Vegetable oils are necessary at all times, even when you are reducing or weight-watching. Have not less than two tablespoons of your favorite oil a day, every day, in some form: use it in cooking, in plain salad dressing, or in your own homemade mayonnaise. Real mayon-

naise, made with unheated fresh oil, a fresh egg yolk, and a dash of vinegar, is a splendid food. The oil furnishes your body with the fatty acids it needs: the egg yolk contributes lecithin and vitamin A and the vinegar adds flavor, speeds digestion.

Eat foods that are in season: in spring eat all the leafy vegetables, salads: in fall, squash and pumpkins are the highvitality energy foods.

Wheat germ is a fine cereal. To make it taste better for children, sprinkle it on a baking sheet and top with honey. Bake, then crumble and serve with milk. Buckwheat is a dreadfully neglected food and makes a marvelous breakfast cereal.

There is no substitute for a balanced diet; when you are trying to lose weight, don't deprive yourself of foods but eat sensibly. Cut down on starches and carbohydrates. Make the flavors sharper with herbs.

"Last, but not least—the great beautifier," says Mr. Hauser. "is a contented heart and a happy outlook. Nothing so electrifies bodies as hormones flowing freely through the body—happiness hormones! The physical and inner spirit work hand in hand. Beauty, after all, is fed from inside."



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SUPER KITCHEN

Page 34:

"Bright Velvet" Acrilan carpet by Trend, 12' and 15' widths, \$12 sq. yard at House of Carpets, \$14 sq. yard installed at W & J Sloane. Adjustable floor lamp designed by Cedric Hartman, stainless steel with brass shade and base, 37" high, \$285 at Luten Clarey Stern.* Dining table: Malgache fiber hot mats, 10" diam., \$1.25 each. Stainless steel pepper mills, 3" high, \$8 each. Both at Patricia Moore, Aspen; Harriet Amanda Chapman, New York (mail orders only). "Capri" glass saltcellars with teak spoons, 3" diam. x 1" high, \$10 pair at Far Corners. Napkins made from "Malabar" cotton print fabric, 48" wide, 1858" repeat, \$14.25 yard at Brunschwig & Fils.* Buffet: Handblown lead crystal oil and vinegar set by Dartington, 5" high, \$11 pair at Bloomingdale's. "Flora" glass salad bowl, 91/2" diam. x 51/2" high, \$21 at Georg Jensen. Kobenstyle enamel-on-steel casseroles, 4-qt. capacity \$23, 6-qt. capacity \$26. Statement white porcelain sugar bowl (shown as butter crock), \$14. All by Dansk at Lord & Taylor, New York; Marshall Field, Chicago; Neiman-Marcus, Texas. Light oak cutting board, 16" x 10", \$6 at Bazaar de la Cuisine. Robert Carrier slicing knife with boxwood handle and molybdenum blade, 12" long, \$8. Robert Carrier natural walnut pepper mill, 6" high, \$4.50. Both at Higbee's. Indian breadbasket, 12" diam. x 14" high with handle, \$30 at Terrestris. Left of sink: Glass basket, 10" x 8" x 10" high, \$40 at Bloomingdale's.

Page 35:

Shaved wood basket, 6" square, \$2.50 at Patricia Moore, Aspen; Harriet Amanda Chapman, New York (mail orders only). Handblown lead crystal storage jars with cork stoppers by Dartington: "Rice," "Flour," or "Dried Fruit" lettering, 5¾" high, \$9.50 each (\$9 plain); "Coffee," "Tea," "Sugar," or "Salt" lettering, 4½" high, \$6.50 each (\$6 plain). At Bloomingdale's, New York; Gump's, San Francisco. Braun electric coffee grinder, 9 grinds, 7¾" high, \$30 at Bloomingdale's, New York; Marshall Field, Chicago.

Pages 36-37:

Left of sofa: Mexican lidded basket,

26" diam. x 22" high, \$100. Dark rattan log basket, 24" diam. x 10" high, \$50. Dining table: Natural rattan log basket, \$40. All from a collection of new and antique baskets at The Gazebo. Right of sofa: Antique wooden planter, 15" diam. x 7½" high, \$40 at Terrestris.

Page 38:

3. Magnalite 4-qt. covered saucepan by General Housewares, \$16 at Altman's and Bloomingdale's. Portuguese cork mat, 9" square, \$2 at Patricia Moore, Aspen; Harriet Amanda Chapman, New York (mail orders only). Tiered bamboo steamer, 12" diam., \$20 at Taylor & NG. Chinese wok, 121/4" diam. x 7" high with cover and ring, \$12 at Hudson's. Pyrex beakers, \$4 to \$6.50 at Terrestris. Spice tins, $2^{1}2''$ high, \$4.25 set of 8 (4 spice tins and 4 herb tins) at West Town House and Creations 'n Things. Ekco stainless steel mixing bowl, \$7 set of 3 at all True Value Hardware Stores. Left of sink: Robert Carrier wooden cooking utensils, 50c to \$1.50 at Macy's, New York; Higbee's, Cleveland. 4. Top shelf: Castagna basket, 14" x 1434" x 15" high, \$7.50 at The Basket Shop. Burden basket, 12" diam., \$36 set of 4 (10", 14", and 16" diam.) at Taylor & NG. Antique wooden bowl, 8" diam, x 5" high, \$30 at Terrestris.

Bottom shel/: Willow trays, 12½" x 21", \$4.50 each at The Basket Shop. "Ebb Tide" cotton velour towels from the Vera Collection: bath \$4.50, hand \$2.50, washcloth 90c. Solids from Vera's Boutique Palette, same prices. By Burlington Domestics at Bloomingdale's, Gimbels, and Macy's, New York; Bamberger's, Newark.

Countertop: Chrome flowerpots, 6" high, \$5.50 each at Bonniers and Bloomingdale's. 7. Statement "Cloves" porcelain dinnerware, 5-piece place setting \$30, beverage server \$35. "Tjorn" sterling silver flatware, 5-piece place setting \$110. "Kirsten" water goblets, \$13 each. Teak endwood bar board with knife, 5" diam., \$12. All by Dansk at Lord & Taylor, New York; Neiman-Marcus, Texas.

Page 39:

Breakfast table: Yorktowne Stoneware oven-to-table dinnerware: 6" cereal bowl, \$1.25 each; $8\frac{1}{2}$ " luncheon plate, \$1.50 each; cups, \$1.40 each; saucers, \$1.20 each; 10" dinner

Coopertown Housewares, New York: Hempstead China, Long Island. "Facette" highball glasses by Dansk, \$5 each at Lord & Taylor, New York; Marshall Field, Chicago; Neiman-Marcus, Texas. "Longo" stainless steel flatware by Oxford Hall, 5-piece place setting \$15. For store in your area, write: Oxford Hall, 95 State St., New Cassel, N.Y., 11590. "Blue Tile" cotton napkins, \$2 each. Polka dot cotton napkin in breadbasket, 22" square, \$3.50. Both at Tablerie. Handblown lead crystal covered jam jar and spoon by Dartington, \$11.50 at Bloomingdale's. "Rhapsody" 32-oz. glass pitcher by Orrefors, \$11 at Altman's and Lord & Taylor. Toastmaster 2-slice toaster, \$26 at all True Value Hardware Stores. Robert Carrier white porcelain mixing bowl, \$5.50 at Higbee's. Chemex handblown glass coffee maker, 2- to 14-cup capacity, \$13 at Bloomingdale's, Macy's, and McNulty's Tea & Coffee House. Magnalite 12" covered chicken fryer, \$19 at Altman's and Bloomingdale's. Handmade Turkish skewers with steel shafts and polished brass heads, 10" long, \$2 each at La Cuisinière, New York; Bon Appetit, Philadelphia. Right of sink: Yellow Melamine tray, 131/4" diam., \$5. Braun electric juicer, 61/2" high, \$21. Both at Design Research. Glass juice pitcher, 11/2-qt. capacity, \$7.50 at Far Corners. Left of sofa: Basket with handle from Parrish Woodworth. "Trimline" phone courtesy of Western Electric. Major appliances: 1. Single compartment stainless steel bar sink. 15" square x 7½" deep, \$120. "Tiara" gooseneck bar faucet, 10" swing spout. Both by Elkay. 2. Laundromat Space-Mates washer and gas dryer, 27" wide x 25" deep x 70" high when stacked, washer \$270, dryer \$244. By Westinghouse. 3. "No-Frost" Foodarama refrigerator/freezer, 20.8 cubic feet total capacity, automatic icemaker, \$630. By Kelvinator. 4. Double compartment stainless steel kitchen sink, 33" long x 22" wide x 7½" deep, \$185. By Elkay. Stainless steel single handleball faucet with spray attachment, hand lotion and soap dispensers, 8" swing spout, \$40.35. By Delta. Superba heavy-duty disposer with Magnestart automatic starter, Teflon-Scoated drain chamber, \$150. Hot-water dispenser, adjustable water temperature to 190°, ½-gallon capacity, \$75. Both by KitchenAid. 5. Superba built-in dishwasher, 7 cycles, 24" wide x $23\frac{3}{8}$ " deep x $34\frac{1}{2}$ " high, \$340. Optional stainless steel trim kit, \$21. By KitchenAid. 6. Built-in gas oven and broiler with continuous clean interior finish, 231/2" wide x 207/8" deep x 423/8" high, \$319. By Tappan. 7. Gas incinerator in gold (shown painted white), 18" wide x 24" deep x 36" high, \$225. By Calcinator. 8. Gas water heater, 50-gallon capacity, 201/4" wide x 233/8" deep x 647/8"

plates, \$2 each. By Pfaltzgraff at

high, \$193. By A. O. Smith. **9.** Char-Glo gas broiler, 4-position height control, $28\frac{5}{8}$ " long x $20\frac{3}{8}$ " wide, optional cover, rotisserie and windshield available, \$224. By Waste King Universal. **10.** Built-in 4-burner gas cooktop with thermostatically controlled Burner-with-a-Brain, $25\frac{3}{4}$ " long x $21\frac{1}{2}$ " wide x $3\frac{1}{2}$ " deep, also available in gold, avocado, copper, and white, \$119. By Tappan.

Building materials:

Poppy red Micarta plastic laminate with Lo-Glare finish, 75c square foot. By Westinghouse. Weldwood 6" hand-hewn beams, 10' and 12' lengths, \$1 foot. Fir Roughtex wall panels, 4' x 9', \$15 panel. Jet Set bifold doors, 6' x 6'8". Permaply decking, \$22 for 4' x 8' sheet. All by U.S. Plywood.

SUPER BATH

Pages 40-43:

White steel chair with cane seat, 29" high, \$60 at The Pace Collection. Chrome magazine tree (holding towels), 36" high, \$206. Individual chrome clothes hooks, \$9 each. Both by Vecta Contract Company. Weltron spherical 8-track cassette stereo tape player with AM/FM multiplex stereo radio, operates on batteries or car eigarette lighter, \$165.50. White "Fold-A-Phone" from Italy, \$56.75. Chrome heated towel rack, \$79. All at Hammacher Schlemmer. Hebi white metal gooseneck lamp, \$45. Chrome battery clock from England, \$30. Terrailon scale, \$28. Glass jars and accessories, \$5.50 to \$20. All at Bonniers. Custom-made exercise rings from Cron's Gymnastic Specialties. Exercise mat covered in "Decor" Naugahyde, 54" wide, by Uniroyal.* Walls and floors finished with "Clearline Ceramic Mosaic" 2" x 1" tiles by American Olean.

BUILDING MATERIALS

Pages 54-55:

Prices do not include installation.

1. "The Now Floor" cushioned vinyl no-wax flooring, 6' and 12' widths, about \$5.50 sq. yard. By Congoleum. 2. "Blue Circle" and "Domino" French glazed ceramic wall tiles, 41/4" square, \$3.90 sq. foot. At Country Floors. 3. Sculptured slate laminate for walls and countertops, 3' x 6' to 5' x 12' sheets. By Formica. 4. "Omega" Place 'n Press Excelon vinyl tiles, 12" square, 40c sq. foot. By Armstrong. 5. "Architectural 1" Italian ceramic wall tiles, 4" square, \$7 sq. foot. "Architectural 2," 8" square, \$5.80 sq. foot. From Designers Tile International. 6. "Cumulus" glazed ceramic wall and floor tiles, 6 sizes including 4" square, 4" x 8", 8" square, hexagon, and 2 curved shapes. From the Primitive Line by American Olean. 7. Italian ceramic wall and floor tiles, 8" square. At Agency Tile. 8. "Palladium" vinyl tiles, 12" square. By Am-

9. "Lat Scala" Luran Coronet ioned no way vinyl flooring, 6 his, about 80,50 sq. varid, By CAL "Redi Set" ceramic tile heet silicone rubber grout designed o stain, mildew, or crack between and at perimeters, 2' square is, By American Olean, 11. "Up. wns" and "Dewline" plastic fin-I wall panels, 16" x 8', too q By Marlife, 12, "Dama Art e" Italian ceramic wall and floor 6" square, \$3.10 sq. loot, From eners Tile International 13. urel Series" embossed hardboard Is, 1' x 8'. By Masonit . 11. boa" Walton Corkwood panels.

2' x 3' 9' and 10' 12' | 15 sat | 1 mm 2' x 8' panel At Laten Carry Stern 15. Ita' in compared the min small, medium, or his each and quare de em 3.7 quare At Vista Tile. 16. Spanish glazed ceramic wall Itles, 8" square, \$13.78 or tool for "Cruz" pattern, \$1.90 q fort for solid. At Country Hoor 17. Weld wood 'Shenandoah' prefuched pair els, 8 colors, 4' x 8', \$12. By U.S. Ply wood, 18. Wall, floor, and counter top tiles laminated with compression stones (malachite, lapis, tiger's-eye, rodonite, amethyst, and sodalite), from \$19 sq. foot. At House of

ADDRESSES OF STORES MENTIONED THROUGHOUT THIS ISSUE

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MINGDALE'S, Lexington Ave. at St., New York, N.Y., 10022.

APPETIT, 113 S. 19th St., Philania, Pa., 19103.

MERS, 605 Madison Ave., New N.Y., 10022.

ELL-MASSEY, 518 Lexington Ave..

York, N.Y., 10017.

PERTOWN HOUSEWARES, 316 First New York, N.Y., 10009.

SHRY FLOORS, 300 E. 61st St., New .; N.Y., 10021.

TIONS 'N THINGS, 265 W. 72nd St., York, N.Y., 10023.

N RESEARCH, 53 E. 57th St., New , N.Y., 10022.

CORNERS, 531 Lake Ave., St. s, Long Island, N.Y., 11780.

tBACH GALLERY, 29 W. 57th St., York, N.Y., 10019.

(AZEBO, 14 E. 57th St., New York.

GE KOVACS, 831 Madison Ave., York, N.Y., 10021.

6 JINSEN, 601 Madison Ave., New ., N.Y., 10022.

ELS, Broadway & 33rd St., New

.. N.Y., 10001. P's, 250 Post St., San Francisco, t., 94108

NACHER SCHLEMMER, 147 E. 57th New York, N.Y., 10022.

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ders only). 225 Fifth Ave., Room 1105, New York, N.Y., 10010.

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ramic tiles in fiery orange with white stripes. 8 inches square. At Agency Tile. 4 White ceramic floor tiles, also from Italy, with a large centered circle, and corners with swirls that form a graceful pattern when four tiles are placed together. 8 inches square, \$5 a square foot. "Ville D'Este" for Designers Tile International. 5 White caning pattern on glazed ceramic tile-yet another great Italian design. 6 inches square, \$3.90 a square foot. At Country Floors. 6 Acoustical ceiling tile to install with heavy-duty staple gun. White "French Provincial" pattern gives ceiling appearance of one seamless expanse. 1 foot square, 35c a square foot. Chandelier Ceilings by Armstrong, available in the Spring. 7 Unglazed clay tiles to accent a fireplace or door, perhaps. In natural color, 8 inches square, \$2.50 each. By Gemetron. **&** Ceramic floor or wall tiles with latticework-like design. In a variety of contrasting colors. 6 inches square. From the Franciscan Port-

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PAGE 83.

Building facts

REHITLET FOR THRLE HOUSES: 10

ONTRACTOR FOR THREE HOUSES; Vollgraff & Son, Inc.

ANDSCAPI. ARCHITECT FOR HOUSES and 3: Robert Malkin.

ANDSCAPE CONSULTANT FOR HOUSE : Robert Woesner, Cornell Land-rape Service, Inc.

Vacation House 1 (pages 46-47)

IZE OF HOUSE: 3,600 square feet.

TRUCTURE

.orman Jaffe.

'oundation: Reinforced concrete oundation walls on concrete foot-1gs.

'raming: Standard wood frame onstruction of walls, floors, and

XTERIOR OF HOUSE

Exterior walls: Vertical cedar good siding.

Exterior finish: "Old Virginia White mixed with Silver Gray" tains by Samuel Cabot, Inc.

toof: Layers of bituminous-coated elt topped by granite chips by Barrett Div., Allied Chemical Lorp.

nsulation: In walls and roof, glass fiber batts by Johns-Manville

Windows: Casement wood frame vindows by Andersen Corp. and ixed glass panels.

Doors: "Arcadia" aluminum frame diding glass doors by Northrop Architectural Systems.

INTERIOR OF HOUSE

Walls and ceilings: In major ooms, Sheetrock by U. S. Gypsum Co. On bathroom and kitchen walls, ceramic tile.

rloors: On main floor, bluestone paving; bedrooms, carpeting; in bathrooms, 2-inch square ceramic tile.

Interior finish: White paint by Pratt & Lambert.

Lighting fixtures: Recessed cylindrical ceiling fixtures by Lightolier Co., Inc.

Hardware: Brass, by General Lock Mfg. Co.

Kitchen and bathroom cabinets: Custom designed with white Formica surfaces,

Kitchen and bathroom countertops: Ceramic tile.

Plumbing fixtures: White fixtures by American-Standard, Inc. In kitchen, stainless steel sink by Elkay Mfg. Co. Materials and equipment used in the three vacation houses (pages 11-51)

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Four-burner electric range and oven by General Electric Co.; refrigerator-freezer by Sub-Zero Freezer Co., Inc.; "Trade Wind" ventilating fan and food waste disposer, and dishwasher by Thermador Div., Norris Industries. Mixer-juicer in countertop by NuTone, Inc. In ground floor kitchenette, electric range by General Electric Co.; undercounter refrigerator by Sub-Zero Freezer Co., Inc.; and stainless steel sink by American-Standard, Inc.: laundry washer and dryer, General Electric Co.

Hot water heater: 120-gallon tank by A. O. Smith Corp.

Heating and cooling system: Forced warm air heating-cooling by Chrysler Corp. with furrace by American Furnace Co.

Vacation House 2 (pages 48-49)

SIZE OF HOUSE: 3,400 square feet.

STRUCTURE

Foundation: Reinforced concrete foundation walls on reinforced concrete beams above wood pilings.

Framing: Standard wood frame construction of walls, floors, and roofs.

EXTERIOR OF HOUSE

Exterior walls: Westchester granite masonry and vertical board cedar siding.

Exterior finish: On wood siding walls, bleaching oil by Samuel Cabot, Inc.

Roof: Layers of bituminouscoated felt topped by granite chips by Barrett Div., Allied Chemical Corp.

Insulation: In walls and roof, glass fiber batts by Johns-Manville Corp.

Windows and doors: Fixed glass panels and "Arcadia" aluminum frame sliding glass windows by Northrop Architectural Systems with anodized bronze finish.

INTERIOR OF HOUSE

Interior walls: Sheetrock by U. S. Gypsum Co. and Westchester granite masonry.

Interior finish: White paint by Pratt & Lambert.

Ceilings: Sheetrock by U. S. Gyp-Continued on page 125 **Nobody but Ekco** has cutlery with a 15-year nd it starts Cut, carve or slice up fruit for a salad, a meaty roast or a hot loaf of bread, Only Ekco Flint knives give you 7 different edges to choose from . . . a perfect edge for whatever you're cutting into. Plus mahogany Pakkawood® handles and virtually indestructible vanadium stainless steel to stay sharper longer. Ask for Ekco when you buy cutlery. It's guaranteed!

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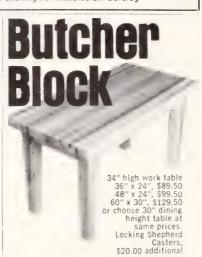
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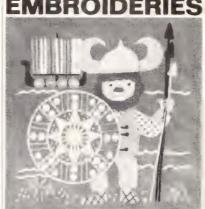
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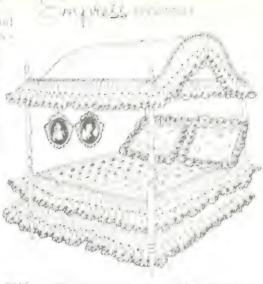


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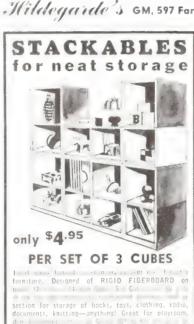
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No. 190-Broiler Mailing \$1.85 Ea



SPRING POST BOOKENDS

Post Bookends keep library books orderly, upright, Install in seconds, admist to fit 992 to 121, bush been shollyes, Keep Year built ins booking organized Gold-frashed at added administer. Set 96, 9 works.

No. 203—Post Bookends \$1.49
Mailing 20c Each Set



CLEANS SILVER FAST

Magic Leaf goes in the dishpan, cleans your silver as you wash the dishes. Keeps silver shining bright and teurish-free. It cleans engraved and embossed surfaces, even gold and silver jewelry. Odorless.

Leaf \$1.19 Mailing 15c Each No. 205-Silver Leaf ...



PAGE MAGNIFIER

Page Magnifier is easy on the eyes. Hold 7x10" magnifier 4 or 5 inches from copy for more com-lortable reading. The whole page is magnified at one time. Stop squinting at telephone numbers, dictionaries.

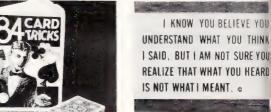
No. 204-Page Magnifier Mailing 15c



84 CARD TRICKS

An explanation of the general principles of sleight of hand. And to become an expert in this hocus-pocus requires very little practice. There are enough tricks to while away hours of time in real pleasure.

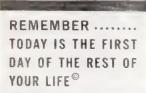
No. 171-Card Trick Book Mailing 15c each



COMMUNICATION GAP

How's that again? A wall plaq which will rivet every eve's atte tion. Makes a perfect gift and guaranteed to bridge the commication gap. Black letters on golden plate in pine-finish plaque 4" x 5".

No. 185-Communication Plaque \$1.5 Mailing 20c



A NEW DAY

Never too late to change the course of your life! Inspirational wall plaque says, "Remember... To-day is the first day of the rest of tour life! Blad between golden plate in pine-finish plaque. 4" x

No. 180—First Day Plaque ... \$1.98 Mailang 20e Each



UNIQUE TWISTY KEY RING

No more lost keys. No links to loosen...no chains to break. Intriguing twist-look opens cassilvature closed Holds 25 keys. Withstands the pull of 150 lbs. Made of aircraft cable in smart gold finish.

Key Ring \$1.29 Mailing 15c Each No. 179-Twisty Key Ring .



CORD SHORTENERS

Cord Shortener keeps those dangling electrical cords off the floor and out of the way. It holds up to three feet of cord. Just wind excess cord around the shortener and hook the cord in slots at end.

No. 195-Cord Shorteners Mailing 15c Each Set



EYEGLASS NOSE PADS

Here's the answer to glasses that slide down your nose! Tiny flesh-colored foam rubber pads that stick to any eyeglass frame. Relieves the pressure of heavy frames on sensitive spots. Set of 12 pads.

No. 127—Eyeglass Pads \$1.00 Mailing 15c



WORK WHILE YOU TALK!

"Shoulder Rest" holds the phon! for you -leaves your hands free Comfortably padded. Ends tire, arms, sore neck. Fits all phones Attaches in seconds for eithe right or left side. Black, beige, white, grey, green or red.

120.—Telephone Holder ... \$1.98

No. 130-Telephone Holder Mailing 25c Eacl



BACK SCRATCHER

An itch in time can be exasperating in the extreme. So imagine the incredible luxury of a battery-operated back scratcher that adds 15 mehes to your reach and oothes with tiny fingers. Batteres are included.

No. 175-Back Scratcher. Mailing 30c Each



IT'S EASY TO RE-STRING BEADS!

It's easy, that is if you have this clever bead stringer. It does the job quickly. Ties knots close between heads and next to clasp. Prevents scattering in case of breakage. Extra strong strands included. Complete with instructions. No. 147—Bead Stringer......\$1.29

Mailing 15c Each



PEN SIZE TELESCOPE

work. Lightweight.

No. 149—Spy Scope Mailing 15c Each



VEGETABLE STEAMER

Now always serve nutrifionsly de-licious tender-crisp perfect vege-tables with aluminum french fold-ing steam basket that makes a double boiler, 6" wide with sides up, 9" flat. Wire handles for lift-ing. Will not tarnish.

No. 187-Steam Basket Mailing 40c Each

No more shower curtain blowing Plastic snap-on Magnetic Shower Curtain Holders hold shower cur-tain tight to tub or metal stall. Permanently magnetized. Will not rust or mar any surface. Set of 3.

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vin dozens of way. 'Use one or two for 1 power or 8 magnification. Wonderful adding small type, removing ers, checking stamps or coin, a Lenses fold into stands, five case when not in use. 7—Pocket Magnifier \$1.98 Madding 1 - 1 - 1



E AWAY BURNT-ON GREASE

miracle cleaner for alumi-chrome, porcelain. Dissolves tized grease and encrusted p fast from frypans, waffle stove, oven, rotisserie, grill, ill not darken or pit utensils an with brush

4—Carbon Cleaner \$1.98 Mailing 30c Each



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Treat your chin to the luxf a Hollywood Chin Band.
it while you sleep, read or
TV. You'll be amazed at the
Fine latex with adjustable
and for proper tension.

and . . . \$1.49 Mailing 15c Each 5-Chin Band



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zuesswork, frayed nerves and defenders. Fits any type car. parking easy—even in the st spots. Adjust according to ions and park perfectly the ime—every time! Used by driving schools.

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STOP RAIN WASHOUTS

or Away eliminates washed wn areas around downspout h he 9' rolled-up green plas-leve to downspout When flows D-Rain Away unrolls ter flows and spreads through by her keys

39-D-Rain Away \$1.19 Madling 15c Each



MAGIC MENDING

New intracle cry tel clear regard gla clemical creation create a washable, waterproof tent or claim proof from bond. Per permittent mending of repensation of the creekery ceranic and percelop-

No. 178—Liquid Glass \$1.98



UNDER-SHELF JAR OPENER

No jar or bottle large or small can stay sealed when grasped by the notched steel edges of this amazing opener. Permanently installed under shelf or cupboard. Works quickly, safely—with no effort. Screws included.

No. 123-Under-Shelf Opener \$1.98 Madua 30. Lub



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Why pay a lot of money for a gasoline or electric pump? Your home water pressure operates this handy little worker. Simple syphon principle empties up to 360 gallons per hour from flooded basements, pools, washing machines, boats, etc.

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END SHIRT COLLAR "SQUEEZE"

Collar-Extender button "loosens" tight shirt collars. Ends all-day "tugging". Expands collar up to Y2 size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds.

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FINGER PUPPET

The tunny man with a thousand faces is a gloom-chaser for small sick-a-beds. Make him laugh, seewl, nade, pout by wet made with your tuneer and thumb. I structions on ventraloguem meluded.

No. 143—Finger Puppet \$1.00
Mailing 15c Each



15-SECOND RUST REMOVER!

Rail tain tain the impear the mann from fatan cill so call or ') bath (d.), as talet on chome titing the mann from the same time the mann fatan cill so call the mann fatan and both the call t

\$1.59 No. 120-Rust Remover



COUNT COINS FAST!

Sort, count, wing pennies, nickels, dimes, quarters in seconds. Simply Jule coin into I channels. Show the total at voigo No more fumbling with the wrapper. Real timesaver for merchants, cachieus, clubs, collectors, etc.

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HOW FAR DID YOU WALK TODAY?

This precision made Pelmicia measures every step you take 'In-ta-at it for your fittle, hang if from your belt Register tiple (100 mile Perfection houseways, sport in the likers, wonts, only escale of Fully quantanteed

No. 207—Pedometer Mading 5c Lach



DON'T PULL HAIR FROM NOSE!

Why rist intect on Unsightly leafit can be frimmed or ity and safety with "Grownest". Mer Is an estimated with "Grownest". We Is an estimated to the Heat is supported for printe sty and most firm surgical steel. Use it to remove hair trove cars, too.

Ma. 145 Groomette.

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Glamotous rewrited to breat to me hart strong

No. 181—Hair Spray Mask ... \$1.69



STRETCH TO HEALTH & BEAUTY

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144—Rowing Machine



SEW ANY HEAVY MATERIAL

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GLAMOUR SLEEP BRA

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For undirected constant in a Lo. tratal Lace for carrier care in control and and for a resident. Hed Hit Let inter no control of utility let us flow no Snajetier Cloud offer for the monocontrol of the total flowing case. With A B or C D

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AUTOMATIC NEEDLE THREADER

Just drop a needle into the plas-tic funnel, press button, and tre to the needle is treaded. His specially to held post of tree is plus built-in thread cutter blade. Save eve-strain, blead for a br

No. 163-Needle Threader



SCRATCHES VANISH INSTANTLY!

One took of the "A record of and operficial catche of a ceal from planes, furniture, woodwork, etc. Works wonders on Mahogany, Walnut, Oak, and other fine finches from planes for the fine.

No. 119-Almond Stick



A MACHINE FOR HAND SEWING

A branch new device to make hand-sewing easy! No re-threading. It holds a first speed of the are Lee regular secting mathrea receive Makes "loop" stitch, as in knitting. Perfect for hemming, basting, ap-plique, decorative titching etc.

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DRY CLOTHES-RAIN OR SHINE

"Drip-Dri Bar" hooks over shower rod and locks in place. Attaches in seconds. No screws, no adhesive. Can't mar wall. Adjustable 25"-31". Fits any standard bathtub. Holds full-length garments. Water drips into tab. rod or the local can't have been supported by the standard bathtub.

No. 131—Drip Dri Bar

Name Address



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No. 106-Hand Exerciser

Anthony Enterprises, 585 Market, Dept. HG-172, San Francisco, Ca. 94105 City & State Item No Him Many Name of Item

NO STAMPS OR COD's PLEASE

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Hand-crafted from solid brass or copper

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We build these lamps entirely by hand, in the old-fashioned way. The designs are authentic copies of lamps that lighted streets and houses 200 years ago (except, of course, they are electrified). Available as wall fixtures (shown above) or table lamps (\$4 more). Our little factory can't make too many of these; order early. Send \$1.00 for heautiful full-color lighting catalog.

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THE LAMP CRAFTERS (Dept. G-12) Box 501, Lawrenceville, Ga. 30245



Personalized Door Knocker \$2.98

triumph of craftsmanship! Sculptured classic beauty in an 8" knocker of solid cast metal—brass plated, antiqued for dramatic depth of design, and lacquered to withstand the elements. Solid brass plate is elegantly custom-engraved with any name. Mounting screws included.

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... makes it easy to be your own Interior Decorator!

AVOID COSTLY DECORATING MISTAKES, Create AVOID COSTLY DECORATING MISTAKES. Create miniature settings for every room in your house before spending a cent for a piece of furniture, a yard of fabric, a roll of wall-paper, or a bucket of paint. Think how much you can save if you really plan before you buy. Over 150 different furniture combinations for every room. Sofas, chairs, sectionals, tables, chests, beds, piano, fireplace, etc. Decorate furniture pieces, walls, with actual fabric and paint samples. Includes: 3-D miniature furniture of Dylite styrene. Craph Board, Walls, Windows, Doors, all to exact 1/2" scale. Design and instruction book included. Created by professional decorator NSID. Guaranteed. Only \$7.98 (we pay postage). NSID. Guaranteed. Only \$7.98 (we pay postage)

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Feel muscles tighten and see stomach shrink from first day. A few rolls back and forth with Wonder Wheel from knee position equals 100 sit-ups. Single Wonder Wheel Mailing 756 \$5.98

Dual Wonder Wheel

Mailing 95 Calif. residents add 5% sales tax Satisfaction guaranteed.

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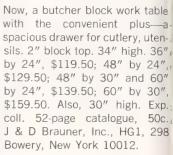
SHOPPING AROUND



POWWOW PAIR

On the peacepath, a silent set of suede softies to creep about in comfort, do your share against noise pollution. In dark brown or bone, full sizes 8 to 12, lacefringed booties have rubber soles. Heap handsome! \$13 ppd. Free 64-page catalogue. Shoecraft Inc., HG1, 603 Fifth Ave., New York, NY 10017.

WORK HORSE





EGG-STRA SPECIAL

Fix a fancy omelet the French way: high and fluffy and oh, so light. But vive la différence—pan coated in Teflon II flips the delicacy with ease and even four-egg omelets avoid the usual fall-flat syndrome. Aluminum 834" pan has stay-cool handles, recipes, instructions. \$5.98 plus 35c post. Country Gourmet, G1, 545 Fourth Ave., Mt. Vernon, NY 10550.



BRIGHT START

How better to start off a day at the office than with this cheery sign mounted on a wooden triangle 4" I. by 2" h. It's certain to bring all the guys and gals in to share in a good morning smile especially when the boss is in a Monday mood. Order #500. \$1.98 plus 20c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.



COLONIAL CHARM

Shelf and drawer unit in classic design is a perfect spot to display treasures, a bouquet and books. White porcelain pulls on false top drawer and genuine bottom drawer. Solid pine, 36¾" by 81/2" by 371/2". Finished in walnut, a great value at \$21.95. Exp. coll. Village Wood Shop, H121, Box 645, Englishtown, NJ 07726.



WHAT A WHALE!

Whimsical rattan whale 20" I. and 16" h. holds laundry, waste paper, toys or wet swim suits. Choose white, H and G parrot green, pineapple, bittersweet, space blue, azalea or black. \$18.95 in natural; add \$3 for color plus \$1.50 post. Catalogue, 25c. Fran's Basket House, HG1, 89 W. Main St., Rockaway, NJ 07866.

LOG IT

Why lug the logs inside any old how when you can do it in style, to say nothing of ease. A handsome version of the familiar canvas log carrier and just as practical comes in natural cowhide. Hefty handles are riveted for extra strength if you're toting the maximum four medium size logs. \$9 ppd. Postamatic Co., HG172, Lafayette Hill, PA 19444.

ZIP ZIP HURRAY

If you've ever suffered from stubborn zippers that just won't ziptake heart. Now there's a pull that's not only practical, it's goldplated and pretty as can be. Adds an extra 18" of length—saves you immeasurable strain. Close and open zips with ease. \$1.25 plus 15c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

WEDGWOOD TWINS

A pair of hearts in Wedgwood's pale blue Jasper are ornamented with hand-applied classic figures and bordered with garlands of leaves and acorns. Enchanting hearts are perfect for nuts or candies, pins and needles or as ashtrays on a dinner table. 41/2" long, \$5.25 each. Imported from England by Downs, Dept. 1401, Evanston, IL 60204.

BEST BOOT UPWARD

Muddy and snowy boots kick up their heels over a hardwood boot dryer that keeps them on edge until they're dry clear through. Each boot's upended on its own dowel; dryer holds five pairs and serves best right near the door to discourage a sodden heap of wet footgear. 9" by 14". \$3.98 plus 70c post. The Ferry House, HG1, Briarcliff Manor, NY 10510.

WITCH WAY

If you're about to plan it any which way, hold off for a game with gypsy fortune telling cards. Similar to the Tarot, each of certain cards bears an allegorical representation with a meaning all its own-specially for you, you and you. \$1.98 plus 20c post. Order #115 from Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

MERIT MEDAL

Unique anniversary gift cites the recipient for "meritorious service" in the military manner. In sterling silver, medal's 1" diameter for either charm bracelet. neck chain or watch chain. Specify year number to be engraved. \$7.25 ppd. Add \$1 for names, wedding date engraved on back. Bruce Bolind, HG1, Boulder, CO 80302.













Good Ideas by mail from Walter Drake

4021 DRAKE BUILDING, COLORADO SPRINGS, COLORADO 80901



SELF-STICK GOLD FOIL LABELS

Gleaming, 3dd till blot. I kin where a cartiful to per inalize letters, books, cameras, briefcases, rec ords, etc. (Li i i r bir hand

P4010 250 Gold Foil Labels \$1.98

DO YOU HAVE A WILL? Everyone should! Save on legal fees - make your own will with Will Forms Kit. Written and compiled by two attorneys, kit has 4 will forms, 64-page booklet on wills, a guide on wills and duties. of the executor, and forms for recording family assets . . \$1.98 \$4036 Will Forms Kit . . .



FLORAL **NEEDLEPOINT COVERS \$2.98**

Replace worn, shabby covers on chairs, etc. and have the beauty of real needlepoint with out the work of doing out the work of doing it. Loom-woven floral print with your choice of black, green or beige background. Foam backing; 20"

Order by color number: square Easy to attach. F6071(Black) F6072(Green) F6073(Beige) \$2.98 each Four for \$10.98



75 BILL-PAYING ENVELOPES \$1

Why scramble for envelopes at bill-paying time, or break up good stationery sets? Mail checks, orders, etc. in these 6½" crisp white envelopes made for this job! shows name, address, Zip code. P3003 75 Envelopes.



EASY COMB FOR PETS

MAKE BIKE AN INDOOR SLIMMER!

Great exerciser! Just attach rear bike wheel to this heavy tubular steel stand-raise or lower wheel against rollers to get everything from "on-the-level" to vigor-

F6061Bike Exerciser (fits 26"-28" bikes) \$9.98

1000 RETURN ADDRESS LABELS \$1

F6091 Pet Groomer

Erases ugly calluses, corns, dead skin—leaves feet smooth as silk from heel to toe. Safe, gentle vibrating action smooths rough, scratchy skin that looks so unpleasant and snags nylons. 5½ ft. cord. White plastic case.

N894 Electric Callus Eraser \$3.98



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Send in any black-and-white or color picture (no negastres) ... or 35mm slide ... and have it enlarged into a grant 2 foot by 3 foot black & white wall poster lup quality workmanship, Kodak paper and chemicals. Shipped in sturdy mailing tube. Your original returned safely by separate first-class mail

P5009 Giant 2-ft. x 3-ft. Photo.

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Fully Illustrated Catalog shows 51 ship models, over 100 pictures; and decorative Marine items by the score

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Three miniature trivets in the popular ring design form the ends of our black metal towel holder, giving it unusual decorative charm. Ours alone, holder takes either jumbo or standard size paper towels. Stands on a counter, very handy and portable, or hangs on a wall (screws included). Unusually sturdy. Trivet ends are 7" wide at base, 6" tall.

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A joy for bed readers, a must for convalescents and a welcome gift for all. This elegantly grained mahogany plywood Folding Back Rest is super size 16" by 24" high. A full 4" to 6" higher than other back rests, it gives full pillow support to head and back for firm sitting-up comfort. 5-adjust-able positions for your maximum comfort. Vertical elastic cords hold your own pillow securely in place, just where you want it. Anchored by non-skid base. Conveniently light, it folds wafer-thin—no storage problem. \$6.98. We pay postage, ship gifts direct and mail in 6 hours. NJ residents add 5% tax. Send your check or money order to:

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New Providence, New Jersey 07974

MONEY BACK GUARANTEE



KLEEN-LINE **BOTTLE CUTTER**

Make your own glasses, goblets and vases from discarded bottles. Do your bit for ecology. Sell for profit, give as gifts, use at home. Give your friends glasses made from their favorite beverage bottle. Any round bottle can be safely and easily cut in less than 5 min. Abrasive paper included to smooth the cut edges. Precision tool of plated steel comes with 3 cutters, \$9.95 plus 50c post. 3" or 4" wooden handles for making mugs only \$2.95 for a set of 4. Plus 30c post. Epoxy \$1.00. Add 10% for air shipment. Send gift card. We'll include it with shipment.

ANDERSON ASSOCIATES

Dept. HG-1, 1370 Logan, Costa Mesa, CA 92626



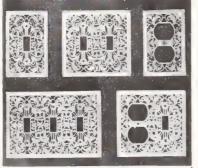
RIDE 'EM COWBOY

The cowboy plaque makes an exciting wall ornament for the study, den, or bachelor's digs. Nicely detailed metal with a gold finish to add western flavor. 13x15".

No. 173—Cowboy Plaque \$2.98
Mailing 35c Each

Calif. residents add 50 o sales tax. Satisfaction quaranteed.

Anthony Enterprises Dept. HG-172



GOLDEN FILIGREE **SWITCHPLATES**

Add a touch of charm to your home at little cot with our go.den switchplates. Brass-plated, antique non-tarnish finish, screws in-cluded. Also available in wrought-iron black.

SINGLE-3 x 412" 00UBLE-#2" x 4"2" TWIN OUTLET-3" x 4"2" TRIPLE—614" x 413" COMBINATION—412" x 412".. QUADRUPLE—8 x 413" \$2.95 each \$1.50 each PLUS 45c POSTAGE & HANDLING

THE ADDED TOUCH

12-H Water St., Bryn Mawr, Pa. 19010

BIG ON STYLE



Super size good looks combine with clever practicality in a lamp table worth going on safari for! Rhino, dog, cat, snail, turtle, too. 54" h., 22" w., 16" d. with Plexiglas table top, \$54.47. Exp. coll. Table without lamp, \$37.99 ppd. In any color! Catalogue and color chart, \$1. Joan C. Luchs, HG1, 8010 Old York Rd., Elkins Park, PA 19117.

MUG SHOT

Put your best face forward at breakfast, lunch or coffee time: photo affixes to Thermo Ware mug for memory's sake. Color or black and white photo (send one for each mug) is safely sealed into mug that maintains hots hot, colds cold. \$2 plus 25c post. Handy Calendar Co., HG1, Handy Bldg., Scott City, KS 67871.



IN THE BAG

Glitter's all aglow and always at hand in an evening pouch with inventive ways. The kit knack's in gold or silver (specify), with metallic yarn, lining material, crochet hook and instructions for a 5" by 7" bag plus fringe and carry cord. \$7.95; two, \$14.95. Add 60c post. Diversikit Inc., Dept. G1E, Box 4479, Philadelphia, PA 19140.



FACES

Watch you'll enjoy looking at morning, noon and night. Anthony puts the picture (man, women or child of your choice) on the face of the Swiss made timepiece. Send black and white or color photo: returned unharmed. Black or blue leather strap. \$15.98 plus 20c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.



MATCHMAKER

It takes a clever collector to figure out ways to show off matchbooks. Now there's a giant matchbook to do an album's job-holds over 200 and the strips of heavy paper holding the books manage to look like giant matches. The cover is a striking antique drawing! \$4 plus 65c post. Sleepy Hollow Gifts, HG1, 6651 Arlington Blvd., Falls Church, VA 22042.



JOLLY JEWELRY

A smile is one curved line that can straighten things out. A happy smile charm for the happy smiler who brightens your days, and one for yourself just because you deserve it. %" dia. 14k gold, \$20 or fire enameled in your choice of colors (specify) \$25, all Ppd. Heraldica Imports, HG1, 21 W. 46th St., New York, NY 10036.

SHOPPING AROUND

BENTWOOD BAUHAUS

Victorian curves meet stark contemporary shapings in a natural cane chair that's handsomely at home in any setting. Bentwood frame in black, white, walnut or natural finish. Give second choice. Side chair, \$31; with arms, \$39. Exp. coll. Catalogue, \$1. Door Store of Washington, DC. HG1, 3140 M St. NW, Washington, DC 20007.

ENGLISH ELEGANCE

Fragrances based on Elizabethan formulas grace aristocratic pomanders from England in jewel tones. For glamorous gifting, three designs: Wedgwood blue iasper ware. 21/2" dia., \$24.95: Wedgwood green calyx, 23/4" dia., \$7.95; Crown Staffordshire violet, 23/4" dia., \$7.95. Add 85c post. The Gift Tree, Dept. HG172. Box 55, Kensington, MD 20795.

LISTEN, MY CHILDREN

And you shall hear the alarm to tell you the parking meter has run out! Attach it to the key ring, park the car and set it for the meter's time; it will ring loud and clear saving you from the clutches of the meter maid. Key chain comes with it, \$4.98 plus 20c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

GRACE-NOTE IN IRON

Heavy wrought iron holder for real plants or frankly fakes is a beauty to hang on the wall to bring color and life to wintry days. 15" h., 61/4" w., 51/2" d. Choose black, white or avocado, \$5.85 plus \$1.10 post.; two, \$11.29 plus \$1.55. Add 75c for white with gold. Henry R. Smith Studios, Dept. HG1, 39 Crestline Rd., Wayne, PA 19087.

STORAGE SURPRISE

Six-sided storage cabinet not only acts as a stereo center, a storage bin and a bar, it sports three easy-open doors and swivels! "Susan Everything" table's 26" h., 24" w., in pine, finished in honey tone pine or maple, antique pine or walnut. \$62; ready-to-assemble and finish kit, \$50. Exp. chgs. coll. Yield House, HG1, North Conway, NH 03860.

WEATHER WISE

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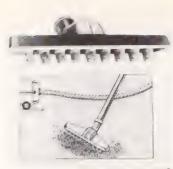
OVER DOOR SHOE RACK puts to work wasted space behind closet door, clears away floor clutter once and for all! Rack holds 18 pairs on sturdy, chrome-plated tubing, $22\frac{1}{2}\times69\frac{1}{2}$ " and just $5\frac{1}{2}$ " deep. Extra crossbars tilt down as shelves for purses. Installs without screws. Plastic end caps protect door. Can also be wallmounted. Shipped postpaid. XL156-6—Shoe Rack \$8.98

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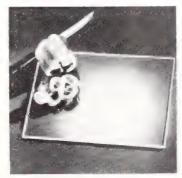
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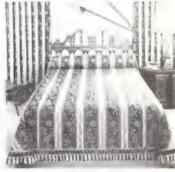
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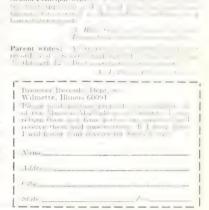
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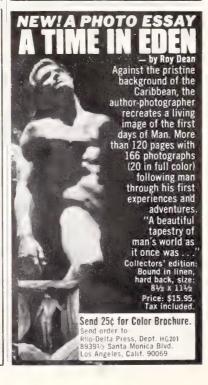
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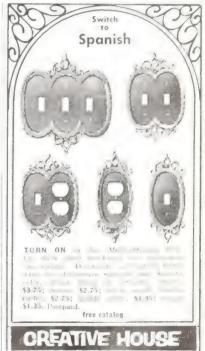
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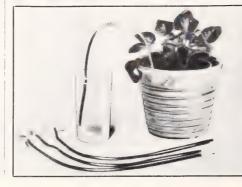
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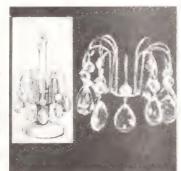












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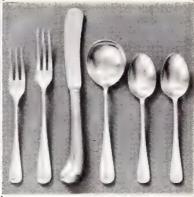
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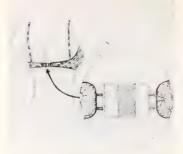


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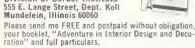
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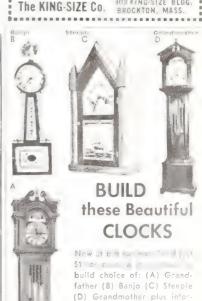
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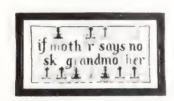
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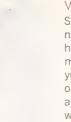
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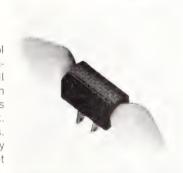
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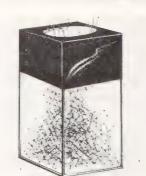
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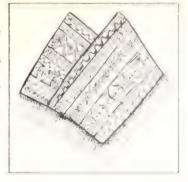


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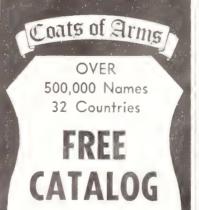
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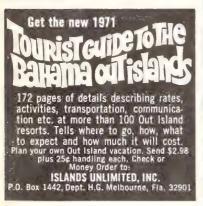
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Gardener's notes

BY JAMES FANNING

lenges gardeners have to face. The ingenious Persians met the challenge thousands of years ago by building an irrigation system to carry water from the snowy mountains and to tap underground streams. Operating today as it did in the time of Darius, this system joins forces with the brilliant Persian sunlight and fertile soil by giving plants the water they need to produce bountifully. The Persians enjoy seeing their precious water, too, and do not hide it away in underground pipes as we do. It moves through open channels in gardens like the one on page 67, where its sparkle can be seen while evaporation softens the air with moisture. Prominent in every home garden is a raised, open-topped tank from which water for plants can be dipped without stooping. Children sit on the tank's broad rim to paddle their feet, pets drink from it, and there may even be a fish or two to eke out the family food supply and keep mosquitoes under control. The best book on Persian gardens is Persian Gardens and Garden Pavilions by D. N. Wilber (Tuttle).

NEWEST AIDS TO GRASS GROWING include three newly developed techniques. The Green Bay Packers, for instance, play football on a heated field. The idea is not to keep the Packers from getting chilblains, but to keep the tender roots of turf grasses from damage by freezing in Wisconsin's sub-zero winters. Many other playing fields have similar installations, some using electric cables, others, steam or hot water pipes. A second, new grassgrowing technique is forced drainage: Slotted plastic pipe and suction pumps remove excess water and keep the field from getting soggy even after a heavy rain. Underground irrigation is a third technique: Plastic pipe and pumps supply water as needed during dry weather. The soil, of course, is specially compounded to take advantage of a heat-drainageirrigation system and all kinds of grasses thrive on it. To install a turf-growing setup of this kind costs about as much as a star footballer's ransom, so don't expect to see very many of your neighbors growing these lawns. LAST YEAR'S SUNFLOWERS will come into their own in January. If you stored the dried seed heads away after they ripened last fall, now is the time to start bringing them out. Hang them with wire from tree branches so the birds can peck out the seeds for themselves, Or shuck them out by hand to fill your feeders. But don't forget to save a handful of seeds to plant next summer. No plant so easy to grow produces so lavish and varied a crop: flowers in the summer and birds in the winter.

NEW YEAR'S HANGOVER can be fatal to a house plant. Dumping an unwanted drink into the nearest flowerpot may be a time honored way of avoiding offense to an over-enthusiastic host, but the offense to the host's plant is another matter. Plants that readily submit to having mealybugs swabbed from their leaves with alcohol cannot abide the stuff when it comes in contact with their roots. So, on New Year's Eve or any other occasion when alcohol flows freely, the best place for your choice house plants is in a secluded, guestfree part of the house.

FINE, LOW-GROWING EV-ERGREEN GROUNDCOVER Edwart bookeof Room need phylla. Low by nature, it can be kept even lower by running the lawn mower over it. This should be done just once a year, in spring, with the mower set to cut at a height of 31/2 inches. Plants set out 8 inches apart will form a solid mat after three or four years of this treatment. Not to be walked upon unnecessarily, of course, and not for areas with severe winters. Like all boxwood, microphylla and its named varieties do best when slightly shaded, particularly during the winter. Kingsville Dwarf, best of the Buxus microphylla varieties, is available by mail from Eastern Shore Nurseries, Box 743, Rt. 331, Easton, Md., 21601. Also from May Nursery Co., Box 1312, Yakima, Wash., 98901.

COLOR OUTDOORS is more than a some time thing. It is always there, changing from month to month, sometimes from day to day, throughout the year. Taking advantage of this palette of color to create garden pictures calls for a good deal of imagination and skill in the selection and growing of plants. Imagination and the skill gained through long experience are amply evident in *Color for Your Yard and Garden* by Elda Haring (Hawthorn, \$12.95). Mrs. Haring takes up the colors one by one, describing all kinds of possible blends and combinations. She goes into questions of choosing the right kinds of plants and the best ways of growing them and does not forget about the important questions of relative height and texture. Almost every plant Mrs. Haring mentions has a color photograph to show what it looks like. There is also a reference chart to give heights, colors, and blooming seasons at a glance.



snowing off house plants to best advantage calls for imagination. One inventive plant lover turned a wicker hassock upside down, hung it with chains from the porch roof. LEFT, and set a pot of trailing zebrina inside. The result would be even more spectacular with a brilliant fuchsia or ivy geranium, but of course

any trailing plant will show its best when used in this way. Hassocks of this type, sometimes called ottomans. are sold in most furniture shops that handle wicker.

RACTICAL INFORMATION FOR BEGINNING GARDENERS IS ABUN DANTLY AVAILABLE FROM THE UNITED STATES DEPARTMENT OF AGRICULTURE WHOSE LIST OF PUBLICATIONS IS AS LONG AS A HOE HANDLE AND INCREDIBLY VARIED. ONE OF THE MOST RECENT USDA PAMPHLETS IS GROWING ORNAMENTALS IN URBAN GARDENS BY HENRY M. CATHEY OF THE PLANT SCIENCE RESEARCH DIVISION. DR. CATHEY'S TITLE DOES NOT REALLY DO JUSTICE TO THE GREAT RANGE

OF INFORMATION HE HAS TO OFFER. HIS INSTRUCTIONS FOR PLANTING AND WATERING, FOR INSTANCE, APPLY AS WELL TO COUNTRY AS TO URBAN CONDITIONS. THE PAMPHLET IS HOME AND GARDEN BULLETIN NO. 188 AND THE PRICE IS FIFTEEN CENTS, POSTPAID FROM THE SUPERINTENDENT OF DOCUMENTS, U.S. GOVERNMENT PRINTING OFFICE, WASHINGTON, D.C., 20402. LISTS OF OTHER USDA PUBLICATIONS ARE FREE FOR THE ASKING FROM THE SUPERINTENDENT OF DOCUMENTS.

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Because House & Garden wishes to fill your booklet requests promptly, arrangements have been made for you to order directly from us. Fill in the coupon below, circling the number of each booklet desired. If remittance is required other than the 25c charge for postage and handling that must accompany each coupon, it will be indicated next to the booklet number. Enclose remittance in the form of coin, check, or money order only. Please do not send stamps. House & Garden will do all it can to see your requests are filled as rapidly as possible.

GARDENING AND OUTDOOR LIVING

- 1. THE SIZZLING WORLD OF CHAR-GLO is a fat passel of booklets that has everything you want to know about charcoal grilling both indoors and out. Includes cleaning and cooking tips, plus yummy marinades and recipes. Waste King Universal.
- 2. BRINGING UP SPRING! With hundreds of bargains from Spring Hill Nurseries! 60-page, full-color catalogue has perennials, bulbs, fruit, trees, shrubs, hedges, roses, and house plants that you can buy direct from growers who have been in business since 1849.
- 3. EVERYTHING FOR THE WATER GARDEN is available through William Tricker, Inc. Catalogue contains many interesting items, including a great selection of water lilies—the specialty of the house.
- 4. LIGHTING RECIPES for outdoor living from General Electric, 23-page booklet is filled with ideas and easy instructions for attractively lighting gardens, steps and walks, pools, sports, and sculpture.
- **5. GERMINATION!** That's the name of the game at George W. Park Seed Co. 108-page, full-color catalogue lists over 3,000 varieties of flowers and vegetables, plus a germination table and culture guides. New selections feature Double Portulaca Park's "Sunkiss," in a rainbow of colors, and a juicy new cantaloupe called "Luscious."
- 6. TIPTOE THROUGH THE ROSES—and berries, and flowering trees, and exotic flowers. A whole yardful of color is illustrated in the new "Roses '72" Spring Catalogue from Jackson & Perkins Co.

- 7. SPRING PLANTING subjects are described in Wayside Gardens's 208-page full-color catalogue. Everything is included—from annuals to trees. \$2
- 8. HOME GREENHOUSES for the novice and expert—from Lord & Burnham. Full-color catalogue shows attached and freestanding models of all types and sizes, with detailed instructions on heating, cooling, ventilation, shading, construction, and site-choosing for the best results.
- 9. PATIO DESIGNS . . . just for the fun of it. Charmglow Products, Inc. has a wide range of beautiful gas lamps and durable grills that lend themselves to any type of outdoor setting. Full-color catalogue has adaptable landscaping designs, plus great ideas for ease and comfort and safety in outdoor living.
- 10. ESCAPE TO ONE OF THE ORIGINAL 13 COLONIES—THE ONE THAT LOOKS LIKE A FOREIGN COUNTRY. South Carolina has a big. beautiful, 36-page book that describes the art, architecture, customs, cuisine, and diversity of life in this wondrous state.
- 11. THE EVERYTHING GAR-DEN. Kelly Bros.' Nursery Catalogue has hundreds of home landscaping and garden ideas. "Howto" suggestions for using shrubs, trees, vines, plants of all types. In addition, Kelly Bros. is a specialist in fruits, evergreens, etc.
- 12. GREAT GRILLS. Columbus Iron Works "Char-Broil" Grills have heavy-duty, quality extras—like three draft controls, high temperature baked-on finishes—plus a self cleaner on the electric model.
- 13. SEEDS PLUS garden aids are in Burpee's new 1972 cataloguc. Flower and vegetable seeds, bulbs, house plants, roses, fruits, berries, nuts, trees, shrubs, vines, and ground covers are offered.

BUILDING AND REMODELING

- 14. THE DISTINCTION OF DESIGN—Elegant full-color brochure to introduce you to Scholz Homes, one of the leading manufacturers of custom homes in the \$40,000 to \$150,000 price range.
- 15. A DISHWASHER THAT SOAKS POTS AND PANS AUTOMATICALLY? Kitchen-Aid eliminates sink-soaking . . . at the touch of a button! Booklet gives complete information about this truly automatic dishwasher by the Hobart Mfg. Co.
- 16. THE LINDAL SYSTEM is depicted in a home-planning kit containing a 36-page plan book with 96 designs, many in 4 color, of precut cedar homes. Kit also contains specifications and prices, as well as a helpful *Questions & Answers* booklet. \$1
- 17. MICRO WAVE! It's a whole new way of cooking in a fraction of the time, and yet with all the flavor and rich color that used to take hours. Three booklets show different models with dimensions. Thermador.
- 18. MORE THAN JUST A PRETTY FACE, the "Counter-

chef" by Magic Chef cooks superbly with any kind of pot. Booklet tells all about the handy ideas that have been built in.

DECORATING

19. LEARN THE ABC'S OF EARLY AMERICAN FURNITURE. More than 100 pages of authentically styled pieces for every room from Tell City Chair Co. Full of handy decorating tips. Also includes graph paper and room-planning kit. \$2

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- 20. CARING FOR MAN'S BEST FRIEND. Ralston Purina has packed all the information any dog owner needs to know into a 64-page handbook. Included are facts on breeds, housebreaking, feeding, grooming, health, obedience, tricks, traveling, dog shows, and puppies on the way. 25c
- 21. CRAFTS FOR ALL SEASONS. Lee Ward's needlework and hobbycrafts catalogue is 80 color pages of great ideas. Every form of handicraft is included—candlemaking, macramé, quilting, beadwork, etc.—plus all the supplies and instructions you need at special, low prices.

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January, 1972

Circle the number of each booklet you want, and enclose check, money order, or currency in amount indicated for those requiring payment. Add 25c for postage and handling. No stamps. Allow up to four weeks for delivery.

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BUILDING FACTS continued from page 85

sum Co, and I-by Linch tongue and groove cedar boards.

Floors: In major rooms, bluestone paving: in bathrooms, bluestone paving and white ceramic tile; in bedrooms, carpeting and rugs.

Lighting fixtures: Recessed cy lindrical ceiling fixtures by Lightolier Co., Inc.

Hardware: Stainless steel by General Lock Mfg. Co.

Music system: Tuner, radio, record player, cassette tape player by Sony; speakers by K-L-H.

Kitchen cabinets: Custom made, painted black.

kitchen countertops: Formica plastic laminate in slate pattern. Bathroom countertops: Marble. Plumbing fixtures: American-Standard, Inc. and Kohler Co.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Electric cooking countertop by Corning Glass Works; two wall ovens and freezer, laundry washer and dryer by General Electric Co.; refrigerator by Amana Refrigeration, Inc.: "KitchenAid" dishwasher by The Hobart Mfg. Co.; two stainless steel sinks by Elkay Mfg. Co.: "Trade Wind" ventilating fan by Thermador Div., Norris Industries. In master bedroom kitchenette, undercounter refrigerator by General Electric Co.; two-burner electric cooking countertop by Corning Glass Works: stainless steel sink by Elkay Mfg. Co.

Hot water heater: 120-gallon tank by A. O. Smith Corp.

Heating and cooling system: Forced warm air heating-cooling by Chrysler Corp. with furnace by American Furnace Co.

Vacation House 3 (pages 50-51)

SIZE OF HOUSE: 3,000 square feet.

STRUCTURE

Foundation: Reinforced concrete foundation walls on concrete footings.

Framing: Standard wood frame construction of walls, floors, and roofs.

EXTERIOR OF HOUSE

Exterior walls: Westchester granite masonry, red cedar shingles. and redwood siding, frim, and decks

Exterior finish: On redwood, clear creosote stain by Samuel Cabot, Inc.

Roof: On pitched roots, red cedar shingles: on flat roofs, layers of bituminous coated felt, topped by granite chips by Barrett Div., Allied Chemical Corp.

Insulation: In walls and roofs, glass fiber batts by Johns-Manville Corp.

Windows: Wood frame windows by Andersen Corp. and fixed glass panels.

Doors: Sliding aluminum frame glass doors by Peachtree Doors, Inc.

INTERIOR OF HOUSE

Walls and ceilings: In major rooms, 1-by-1-inch A grade red-wood siding, Westchester granite masonry, Sheetrock by U. S. Gypsum Co. and ceramic tile by American Olean Tile Co.

Floors: Oak strip flooring and Mexican terra-cotta tile.

Interior finish: Lacquer finish by Samuel Cabot, Inc.

Lighting fixtures: Recessed cylindrical ceiling fixtures by Lightolier Co., Inc., on dimmer controls.

Hardware: Rubbed bronze by General Lock Mfg, Co.

Kitchen and bathroom cabinets: Wood, custom made.

Kitchen countertops: Mexican terra-cotta tile.

Bathroom countertops: Marble, Mexican terra-cotta tile, and ceramic tile.

Plumbing fixtures: American-Standard, Inc.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Two built-in wall ovens and warming oven by Thermador Div. of Norris Industries: 1-burner electric cooktop by Corning Glass Works, refrigerator by Amana Refrigeration. Inc.: "KitchenAid" dishwasher by The Hobart Mfg. Co.: ventilating fan and combination mixer-juicer by NuTone, Inc.; laundry washer and dryer by General Electric Co.

Hot-water heater: 120-gallon tank by A. O. Smith Corp.

Heating and cooling system: Forced warm air heating-cooling by Chrysler Corp.

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NEW PERSIAN ENERGY continued from page 58

making it modern."

An energetic campaigner for financing of restorations of all periods of Iranian history, the Empress runs into the same problems many U.S. cities or local individuals do in their attempts to preserve landmarks-often when it's known that land will be bought as a landmark, prices go up so that it's impossible to buy. Many of the landmarks of the last 200 years are ignored in the process of preserving more ancient sites. Beautiful old Persian gardens are often divided up at the death of the head of the family (there is recently a law against it).

The balance between progress and the preservation of a culture is as hard to maintain in Iran as it is everywhere. "The country is suddenly progressing and we are in danger of losing much of our culture through it,' says the Empress. Roads often plow through the sites of ancient caravan watering places or bazaars; workers in handicrafts are tempted to work in the factories for more money; chemicals replace the ancient natural dyes for rugs and silks-with the result that colors are no longer the same. What remains and what the Empress longs to protect is the simplicity of village life and values. "In some of our poorest areas in this country, there is so much spirit of community and helping each other. The people are very nice and very hospitable, very kind to visitors. I hope these human values will remain because the human characteristics often disappear with progress."

NEW PERSIAN IMPRESSIONS continued from page 16

very good. We ate masses of Persian rice, each grain almost threequarters of an inch long, served hot and steaming with long flat pieces of lamb or chicken woven onto a skewer and cooked over an open fire.

AND CONTRACTOR OF THE CONTRACT

The climate in late September was mild-warm dry heat by day, never oppressive, perfect for a cotton knit dress or shirts and skirts or pants during the day, always a sweater at night. The weather was marvelous, but everyone agrees that the most beautiful time to visit is late April and early May when all the wildflowers and gardens are in bloom. The beauty of the land is in its contrasts: the dryness and loneliness of the plains -the dust, seemingly centuries old, that sifts over everything, whirlwinds coming out of the horizon like a line of dancers; the serenity of fountains and reflecting pools, the cult of roses, the reverence Persians have for poets and gardens.

Only an hour's flight away is Ispahan, a city of beautiful old mosques and palaces, hypnotic Persian blue tile, arches, beautiful beige brickwork, wall paintings of Persian history, miniatures of men and women with enormous luring eyes. In the covered bazaar we found wonderful objects for the house—inlaid woods, colored and embroidered

leatherwork, cooking implements, copper and brassware being pounded and polished. Here we stayed in the Shah Abbas, an old caravansary, a kind of ancient motel for caravans, now a luxury batel

Shiraz is farther south, far less modern than Teheran and the north. We found more crafts at their source-archaeological bits of value, antique pieces of turquoise, glass, and metalware, old kilim rugs for under \$100. We stayed at the Shiraz Inn, a cluster of buildings like an American motel, ate long Persian melons that were pale green inside, tasted wonderful with lots of juice from fresh baby limes. (Persians eat lots of melon to avoid dehydration.) We also had yoghurt milk in bottles like Coca Cola, honey, famous Persian peaches. In the restaurant deep in the bazaar we found crushed ices, almost like granita, flavored with essences of flowers-roses, geraniums, nasturtiums.

An hour's drive from the city is Persepolis where there's a new hotel called the Darius. The ruins surpassed our expectations—we saw them at sunrise, we saw them at sunset, we saw them by moonlight. And when you go, the Shah's tents (page 65) at the base of the ruins will still be there, perhaps to spend the night in.