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Penal Code of California, 1915, Section 623.
(3)



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n-t (0)-the minute usefulness. That what maken Henredon


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Gas appliances are so efficient that when you use them, you use less of America's energy. You'll be saving your own energy, too. A new gas range has modern features that save you work while they're saving gas

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ing to turn things like coal into clean gas energy. It's going to take time and money and government cooperation. But it's vital to get the gas energy America needs.

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show you how it works. His address is in the YeHow Pages under "Dishwashers." ()r seme us the coupon,

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ON THE COVER:

Eeauty and Health

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Features
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## MARY JANE POOL

DENISE OTIS MIMIDENHOF

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biclentennial celebration

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Hold Waterford to the light and you can see faintly etched the signature that identifies it as an authentic work of art. Each piece of Waterford crystal is a signed original, made by hand with heart. Born in white hot hea its sheer brilliance reflects the glory of the distant past.

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ight of ten thousand yesterdays to illuminat ten thousand
tomorrows
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Isn't it time you started collecting signed originals by Waterford?
(And English bone china by Aynsley, to go with it?

## $\square$

 $(\mathrm{m}, \mathrm{c}+5.5 \mathrm{c}$ (n) arat )

## COLIECT WATERFORD.



I stayed home fromeschool because I had the measles (or was it mumps?) and made mountain hideouts in the covers. Sheets and pillow cases to dream on. And remember. Like new Calico Dot here. From a little town in Georgia called Thomaston. иungustin Tiomiaston Mills

## The no-compromise vacation. The only place you cut corners is on the cost.

Weid like to help you perillion money for your vacation this vear. Without getting leas wasateon ter vour money. Son weive put tergether what - pronkhly the most helpful vacation planmengurle in America lis full of facts about things you can do here Andsuu il he uurprised how many of them are free. Fren the Trip Kit sfree fust end us the compon. ffomburn how far your sacatu on dollar can take you.


Free South Carolina lirip Kií

## Cmtiques




MEABEAEB万1

## 

I urould like to kinnu if my sumorar is at serluine Russimen one. I formed this inseription urxt to the steam remt. N.C.C.-Domer, Com.


Sio. yon have a mennine Rusian samevar. Which wan made at the Medviodeni factury, e-rabilished al Tula in 1840. Sour samovar is especially interesting lecaune it in a complete serice comsinting of teapen, hot water him, bewl, and tray. The tea essence wan hep warm in the teapot and was diluted in the traerup with hot water


## Krbllougg Dlidallion

I hane "I solu and six chairs with this medellion. The nume is "C. L. Kel logg," for (:lara Louise Kellogg. " famous Imericrun opern singer. Is this poppalar furniture or modede for an individurl? K. W.CC.-Tomah. Il is.
It in popular furniture, prolahly matle in the 1870 or early 1880 . Singer Clara Lomina kellowg (1842 1916) ongamized an "pera company in 1871. which wan widely known in the (.s. and her enterpion and enery in diresting it were notalde. She mired from leer profsonon after her marriane in 1887.

##  Onar bank has tuo bors planing leonp frose: ane jumps oreer the ather and lomens a leper that lots the" roin doop into the tambi. If here dees the bomki come from? Is it old: <br> I'. I. l'ittston. '' <br> 





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Its wh prottery has bingish monks. It hy are son mum mertis English? II hew now |his mull used!? II .II . (imeinumi, Ohio
 for the American marhel wore the Eat


 an Inc latal word in-teat of Emaland.

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The authentic Independence Hall Collection by Pemnsylvama House remembers 200 years of gracious Amencan tradition
The greatest furniture designs of two centuries recreated for the American Traditionalist

Many Americans are accepting their vast furniture heritage as a valid part of a mature culture. And for them, Pennsylvania House recreates gracions American masterpleces of the late 18 th Century. They rival treasured antiques in the infinite patience devoted to each hand detail. In the timemellowed charm of their finishes. And in their roots to carly American history. Here is furniture of quiet refinement to bring a fascinating tradition into the home you love, for your kind of living. The Independence Hall Collection and others are particularly significant to all Americans as we approach our

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ANTIQUES continued from page 6

I bousht a pair of ladder-hache rhairs at aurtion. I donit limone if tha) are whe Il hat is wort "pinion?"

GT. Intorlutern. I.I.
ludgeng from your photowraph. wer are in - lined to thinh your Chippemdate - bla bedder
 duetiom. The seats for this tepe of elatir were "there of the "slip in" kind ar with upholatery enering the -rat rail. We think that the former give the chair a more fimithel and therefore mone rlequan look:


## 

Hare yon any information aloent this tuse of img that I gat in England?
I.C-I'ort Ciognitlam, B.C.Camada

The Lom of sour pithere or juy hax beem adap. ted leom a dixtinctive lemman Remaisatane nall-glaze soneware form, natmely the ring-flask,
 Ifacad, earthenware ring-flath is proloably also Cemman in wiom, about the 1870s or 1880s.

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1 anit identifr the ongin of m
 trom the mentis that Ita shemtered? Fi C. W. Wilumulere. II is.


Bobleapot wa mate loy the Ameriean pewtere Samuel Simpeon, who wombed al talesille, Comn, alout 1835-52: New lork about 1815-47.


## Mohamiat Eparafue

This epergne weis sold to me as being fmberima. F'm not sure. Il hat do vou think it is $\quad$ I. Sic:-Luftin. Tex
 like Amberina il in a localomplatiore ghans. meaning when a pertion in reheated a -round lime it tahes on differemt tenes of color. ) our epereme is Bohemian glas, probably dating atome the 1880 o.

 abomi ulocu! II. I. II astporit. (onn.







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Timeless Federal furniture was created by the skill of the hands. It still is today


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KITTINGER

## SOME NOTES ON GOOD LOOKS AND GOOD HEALTH

## Going into <br> the new year feet first

Firer stops ra fool rare fromm
 spmedialisir. MIr. Narhamidl Gimmal

## 

Font-lonse and fancy -free . . sounds lovely. does nt it? The intereating thing is that being fancy -free has a lot more to do with your feet than you might imagine. Unhappy feet. whether through bad circulation. arcing muscles. poor lialanee or constricting shoes, can cause backache. neck pain, and ant allover feeling of fatigue. 1) bum! people. particularly. who complain of tiredness and lack of energy are often found simply to lee wearing the wrong kind of -heres. 1
We are however. becoming mucks more foot-conscious-particulard women. \cording to De. \athaniel Gould. chief orthopedic surgeon at Brockton Ilospital. Massachusetts, a founder and former president of the American Orthopaedic Foot Society. Inc.. most women today are wearing shoes that are practical and comfortable. " I- far loach at the 1 th century!." he salts. "we find high heels and pointed bes for women. People in the past paid no attention to comfort. But today with nomen out of the house. doing jobs that men were doing. they are on their feet mon ch mere and find it's essentaal to be comfortable.

There ate new developments afoot in orthopedics, too. Dr. Gould prints out. The American Orthopaedic Foot society. founded only six sears age for research and coloration into foot problems, works rowels with shoe manufacturers in try ing to produce better-shaped Sones. One of its earliest successes was selling manufacturers to -top making pointed-toed shoes for children. in vogue at the time. A his effort is being made to "polucate the man in the shore store" to give !on the right design and fit. "I fan wee the time." says Dr. Gould, "when you will walk into a shoe store in the morning. casts will lee matte of for feet. and you will ream in the afternoon to pick up war shoes."

Dr. Could alto told me a piece of exciting new. for the feet of the future. "We have just discovered that certain defects of the feet [ for example. calcaneo-vulgu* feet. where the feet muscles and riga-mont- have been stretched, causing painful and inhibiting flat feet] arr a predisposition before birth and can be diagnosed at that time. This means a bal! (an lee given corrective surgery within the first a mumbles. which is when it is mont effective. Before now. flat feet sufferers had little recourse. (hikdren today can start out with heathy feet and straight lease.

 (;oral:
 of !gore lo rads wat them. ponder them. aam them. brim
 herp theme than.




Skin Life smooths away the years. Makes your skin feel renewed, revitalized.

We have used the science of biogenics to develop a unique beauty treatment. It's based on an exclusive bio-complex, imported from France, called GAM and made to match as closely as possible
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Helena Rubinstein/the science of beauty

If the masten are not evercised steadily every day to some dearee wou tend to eret stasis of the eirculation and a tiredness. which afferts you all oner. Circulation is improsed just by motion-wou domit have to climb wr los. just wath al your own most comfortable paree.
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(b) Stomes slould be as lish as possible. Thimh lom mam time
 mome effort.


(el) It ear as lou heels as pessible. High heel- throw you wfl baiance. To see what this means. strip down in front of a long mirror ambl wately pourself wath arerose the room in high heels. The knee has to be bent. the hip atso bents. the lumbar region has to make an extra high arth. the nech pranes. the head is held badla. The
 wearing a 2 -inch beed bou do not antomatieally beeone 2 inchen taller. because your body is hasing to make these eompensatery cumes for balance. Ilish heels also thant the metion of the foest
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 wot proper for you. Ilase a foul check-ap to find ont the prediopositions of your feet with an orlhoferdie surgeon opertalizing in feet.




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 wh reall will be font-lowe and fane - free this moming !ear and forever.


## The Danish way to make you warm all night, make your bed all day.

With their fone a wil sinter mights the l anes had to eome up Woth it father and don if comforter like lhe Body Comfort. Yioulust smaggle und 11 . and the lengthwise chammels *itre e themselves around work fexty. Then, the feathers and (fown and air inside pand whl four own bedy heat. And yolterlor warmth without werght

With I he suxly ("omfort, as oppesed to heary quilts and mankels. wour movements will be unrestrocted,
and woll wakerefreshed. And because
I he Body (eomfort is se) light, yeu cian
use it on all but the hottest summer nights.
But it's not only a year-round bed covering, it's round-thectock. too. In the morning. just fluff it, and you've made your bed. All Bendy Comfort covers are made of "down-preef" cambric cotton and co-ordinate with the latest sheet designs.

The Bedy Comfort comes in twin, double/queen, and king sizes, can be machine washed and dried. And comes with a 5 -year quality guarantee. These days, those are comforts in themselves.

## Ceramictile makes a lotof sense inalot of rooms besides the bath.

A lot of people wouldn't think of a bathroom without ceramic tile.

And yet the same people have never thought of using it anyplace else

But, as you can see, ceramic tile is very practical for other rooms.

And much too beautiful to be hidden in a place few people ever see

Just consider your living room
You probably think of a carpet when you think of the floor.

But think about this a moment
'The best carpet money can buy will wear out eventually. But ceramic tile will last longer than a lifetime.

Every year or so, carpet needs a professional cleaning But all tile ever needs is a little soap and water.

Carpet gives rooms wall-to-wall sameness in both color and texture.

But with ceramic tile floors, you can have a mixture of patterns, colors textures and designs.

Just think of the spectacular effect you could get by using ceramic tile on your living room floor.

Ot think of the dramatic look you can get in a hall way or in your foyer

And you'll never have to worry about the heavy traffic in these areas because the natural finish of ceramic tile never has to be polished

And, as strange as it may seem. the older it gets, the better it looks.

Now, if ceramic tile makes a lot of sense on floors, just consider it for the kitchen. On the walls. Countertops And on splash backs.

Not only are they a lot easier to clean, but theyre virtually waterproof. Fireproof. Stainproof. And cutproof.

Yet with all of these advantages ceramic tile is sensibly priced.

The glazed decorator tiles used to remodel the fireplace shown above cost just \$149.40. Which shows what a little tile and a little money can do to warm up a room.

But these ideas dont have to be just pretty pictures in a magazine.

You can create the same kind of excitement right in your own home.

In your dining room, with one accent wall of sculptured tile.

In a family room, with an inlaid game board on the floor.


Or in the bedroom, with a wall mural from floor to ceiling instead of a headboard for your bed.

And, of course, in the bathroom With tiled vanity tops and cabinet tops, a tub alcove, walls and floors.

As you can see from our picture, the most beautiful bathrooms are still made with ceramic tile.

Because all of the materials that try to look like ours, end uplooking like what they are: cheap imitations.

But there is still another place for ceramic tile: the great outdoors.

When it comes to exterior walls, patios, porches and pool areas, it works better and looks better than any other material under the sun.

And every penny you put into it is really a good investment.

Because if you ever have to sell, ceramic tile can make your home look like it's worth more than other houses in the same price range.

There are still lots of other ways you can use ceramic tile. Onthe inside. And the outside.

And we'd like to tell you about them in our new book.

It's filled with color pictures to show you the stunning effects you can create with ceramic tile.Effects thatcan turn your home into a showplace.

You'll also learn where to find ceramic tile, and what it costs.

And wèll bring you up to date on the new joint filler: mastic grout,a special formula that resists mildewing, staining and chipping.

Just send twenty-five cents and this coupon, and our book is yours.

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Tile Council of America, Inc.

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Make an old house at home again in its proud place in history. Help us save it, and all the other landmarks that remind us of America's heritage. Lend your support to the historic preservation programs in your community. Join The National Trust for Historic Preservation and save part of America for later. Send your $\$ 15$ membership conncribution to The Jational bust for Histomic Preservation Decatur House
Rm 101. 740-748 Jackson Place, N.W Washingron. D.C. 20006


1ke llans Christian Andersens little girl whose red shoes wonlduit lee her atop dancings, pe:ple whome American glass canit stop collecting. Nin don they wanl to. Indefatigable, they hume matil the find what they want, which they usuatly. do. unless it is a piece of stembern glass designed by Prederich Carder dhming the first thiod of this combery. To comme loy, this is at trophy that repurien the patience of a same. Mr. Carder was an English. man whe (anne to this comntry in 19033 and estal)lished in Comings, X.Y. We Stemben Class Wionhs. an indepenetent firm. Which in 1918 became a division of the Coming (ilass Wenks. (Stenlen is the name of (iomings comuty.) In a few years. (arreler had monolutiomized the indnstry, al least in its destign aspect. A comblination of aisionatry and attisall, he problablly (atme as clese to erenins in his field as has ameme. Patadexically: hee was a chats-sicist-ancl alto a revolutionary.

This was the peried of Ant Xous cant, Hat astommedings style based on matmal lomis that toelay we find somewhat mone extratagant tham natural. Carder adnitied it, hut interproted it in his own waty in mintold tomis and colors. He designed enerything tronn table services (some of them inchuded sis difteremt stemmed glassen tor as many wines-a test
 that lowked an thomeh they were made of prectom
 Garder that lowhs and toels like tromen sith. He nerem stepped weating new techniches, men formulas. Il is colors were an ishling and arrised at in such compli(ated wats an inconperating erushed glass of ome colon with molten glass of anothere and then enchosing the whole-a tase a bexl in clear crestal. Sometimes he would combine there lavers of coler (1) produce a comions tint neither he mer anyone else hnew eonld exist ouside mathere His tavente he called Ihlow Jade. Ha lowed the work of the alleients and learned heme to reprochuce the aridenerent ulass of the pharambs. He matencent glass at the Pharaths. fle bucame it was tashamathere he mate it, dull billiantly: He liherl
emmaned and exthed glass, however, and his trimph, to him, he called lutarsia, the Italian wors for intaid wosd, and produced bey antricate tech niepue whereby a desigu in ewloned glass was encased between two laters of clear crystal. The there layers had atotal thichness of less thant hot an ench. II hegan experimenting with this process in 1916, anc when he thenght it wats perfect, so died the Metropeditan \usemon of Ast, who exhibited it in 192.5 Tonday. tewer than $1(0)$ examples of litarsia are homen to exist, and mest of them are tucked away like geld in musemus.

And that is whe the collector is apt to go slightly mad tracking down his charre. Occasionally, some of the (aurder pieces appear at estate auctions, but not often. There isnit that much of it. Sometimes a plate or two (an be wheedled out of a friend or be fomed sitting like a duste jewel on a back shelf in :an antigness slopp. Aned the tace that the glass ceased being made in 19:32, when Mr. Carder retired, help: net al all. It was the year that colored glass, as most things do, wenl ont of style. and after thity years of pleasant profit-making, steuben began to lose

$t$he mly obvions answer was a change of image and the man whon changed it was Arthur A. Iloughtom, Jr., who became president of the company. homm, incexperienced, but enommously audere (his great-grandfather was the temuler of Coming (;lass), he knew that the pemchumblom had swing as far to the left as it had Io the right (or vice versa), and procecded aceordingly. With two associates, John VI . Cates, an architect, and Sichey W'angh, a sconptor, Houghtom initiated the new regime. Where Carder's glass had been as resplendent as a rambow, Houghton's was absolutele colorless, pure, and, an first, anstere. The carly pieces, mostly tablenare, were more utilitarian than decomative. but they bowe the stamp of elegance that matde then then, as mow, mique. In time because 11 oughtom loved seulpthre and painting, lee instiwated the creation of the decorative object-bot utilitarian all all, simply Cominued on page is

 Courler. Latin in deritation. it mems seld sheron. Large








FIVE FAMOUS PRIZE ROSES SHOWN ABOVE
Forever - The new deep red classic with rich glossy foliage and wonderful damask perfume. Apollo - Deep pastel gold with delicate pink blush and exotic olive foliage. Superb sculptured blooms to $5^{\prime \prime}$ diameter. Eiffel Tower - Tallest of all Hybrid Teas. Majestic stems to 3 feet. Huge translucent pink buds and blooms, deeply scented. Ann Factor - Spectacular new deep blushing apricot rose scented with deep fruit-like perfume. Puerto Rico - The vivid new bi-color, developed in France with splendid deep orange with flashing gold reverse.
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#  colleret it intwo ways: for its sheremonammentall beantry. ol for somerthing meant do berlived with and asced every dary of vorng lifere 

AMERICAN GLASSMAKING continued from page 16
something leaulitul to look at and womder how it had ever taken form. Inspired loy legends, mature, and paretry, they were poems in themselves-sculptired ones. Some dexigns were one-nf-i-kind, or made in a limited number; , ollers can still bee conminissioned if one can afford the mot inconsiderable price.
Which brings us right back in the sulject of collecting. These are not (in the sense of idl pressed glats gillicts) "collectaille" objects (except for museums and millimaires), and while most of them can be seon at the Coming Nusemon of Glass, this involves traveling, not easy if youl live in the far reactres of Teras or Nelraska. Which is "hat inppired the Tolecto Musemm of Arl, nowed for its coillections of glass, to pase the idsat of a traveling echilitit that would eross the
 show" hat would pertomin in nine diflerent musemins, iSce schectule? hedene.) Delighted with the ideat. Steulen immediately went to work assembling the collection, lamrowing from its own museum and any others that owned an important piece. The glass tavels like rovalty in mereially derigned cases will felt-lined ups seetioms that look like itrines, and lighted as carefully ats a lallean in the theatre-sometimes with ineandereen light, sometimes with fluorescent tubes. dependinges on the nature of the glass

$w$hen it is time to move on to the next city, the glass groes
 plastic packing material. Then off of the travelers, safe as houses. Alrent one eprater of the exhibititemsists of Carder designs, the rest is drawn from the Homghtom period. Some are so magnificent that they have been gifts of state to oflee enmmitres. Others are so simple that they are meant to be lived with and used every day: Always, the emplounis in on the emystal itself and the eycle it has run trom glorions colon th its present and unique erolorlessness, purity, and oplical hrilliance. In either case, the glass is startingly alivea great achiswement in the craftemanship of Amerien glass-making. We are fortumate to have it, if only to lonk at it in musemins. beeanse there is nothing quite like it inywhere in ine world. $\quad$ -

## ENHIIBTHIN NOHEIDILE

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- MAGAZINE.


## THOUGHTS FOR the Postess <br> IBY MARY MADCN IIEMINGWGY

A wecent chance discovery of mis old high school yearbook reminded me of m indomitable principal's constant exhortation to her pupils 10 "finish in style." Iler admonition hames me agatu amb aldough it may seem somewhat paradonical to begin a men year with all (mphtasis on endinge. I thimh it's a somed idea to make a great last impression. That's what is often remenbered most.

II ith this in mind. you drould plan yotur desserts carefully. Whor can be beller than fruit for a fine finale? Pears in particular: Pears peeled. simmered in a medium brown-sugar sy rup. then swahed in triple ser and sersed cold . . Pears cored. filled with marmalade. dashed "ith cumaçan, and steamed . . Pears poached in sanilla syrup and doused "ith hisseds-flatored raspbery satuce and -primhled wilh chopperl pistachio nuts . . Fresh pears with a subte. woft wheere (LDExplorateur. St. Benoit. Coutommiers) or with a - tronger Stilton. Corgonzolat Bleu de Bresse.

Thoress more to apples thon pie. Peel. core. butter. sugar. and loake aphes mutil just slightly soft. then flame with kirsch or apple loands at the moment of servin! . . Cook apple quarters in amilla stup. kepping them from. Drain and place on a bed of -pherel applesature. eprinkte witls mataroom bits. and bake until warm. Superh "ith sour "ram... Apple ereppes: apple bett! made "ith butter-fried boteal and Calsades: applos baked with a fitting of matren purée: applejack sonflif your can ereaie any mumber of :reed desserts will apples.

On a cold misht iry a loot mucedoine of fruits stepped in
 I lome a bahed consaril paturake clafontio with fruit.
lud amd a dimuer parly will coffee wihh a differencere. Theres alwars the perpular lriah affee but why not try roffee




 coffee serve temon peel aut dimamon tich stimets.
think it's fun to hate a high tean which can merge disereetly imbo a beforedimuer. informal cockitail party-a ereat
 For won tate with a memorable bariels of forels (mant call be

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## The gift of love. (and how it all began 450 years ago)

We know she was young. Blonde. Beautiful. And widowed.
But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it to stir romantic fires in Bernardino Luini, the artist who painted her in 1525 ?

History has lost the answerseven her name-leaving nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...

her romantic, intriguing liqueur. We still like to think Amaretto di Saronno is a potion that inspired a great love. It's something to wonder about tonight as you sip its intriguing, provocative bouquet.

Discover the many other ways to use Italy's rare liqueur of love in our free recipe booklet. Just write: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, 11021, New York, Dept. HG3.

The original: Amaretto di Saronno:

## SPECIAL SUPER KITCHEN BOOKLET OFFER

Many of the marvelously efficient appliances, decorative materials and furnishings featured in House \& Garden's Super Kitchen ' 75 were supplied by the country's leading manufacturers. A number of them offer consumer booklets that explain and illustrate how beautifully their products perform. Colorful and informative, these booklets can show you how easy it is to bring super new looks to your kitchen too. You may order any of them by filling in the coupon below, circling the number of each booklet desired. Arrangements have been made for you to order directly from House \& Garden so that your booklet requests can be filled as promptly as possible.



## Introducing old-fashioned slow:cooked goodness at microwave speeds.



New Litton solid-state Vari-Cook control makes it possible. In up to one-fourth the time. Until now, microwave ovens cooked everything the same way at the same speed. Litton's exclusive Vari-Cook control has changed that.

For the first time it lets you change speeds infinitely as you change foods: cook, reheat, roast, simmer, warm, even defrost. Actually set your own speed and cook foods just the way your old family recipes meant them to be cooked.

## Best cooking results ever.

 With Vari-Cook control, even economy cuts of meat are cooked luxuriously tender.Creamy milk-or soup-based casseroles retain their delicious texture. And meals can be kept warm with no loss of flavor. Just "dial" the desired cooking speed, or push a
button for automatic defrost or quick cooking. Then simply match the speed with the exact cooking time. (The free cookbook tells you how.) And relax. The oven shuts itself off automatically.
Vari-Cook oven control. Another Litton innovation. Only Litton offers solid-state Vari-Cook control. Litton has also introduced these other firsts: Family-sized countertop microwave oven. The Micro-Browner ${ }^{\text {A }}$ steak grill for browning. Automatic "quick thaw" defrost. And Micro-Timer ${ }^{\text {™ }}$ digital control for accurate cook times from one second to 60 minutes. Isn't it time you make the change? Taste a microwave cooking demonstration at your Litton dealer. For the location nearest you, Call 800-328-7777 toll-free.
[1 LITTON
Microwave Cooking


## BAD NEWS FOR PEOPLE WHO DON'T SHINE COPPER WITH TWINKLE. <br> Tests show, of all the leading copper

 cleaners in the United States, none gives a shine that lasts longer than Twinkle.Know why" Twinkle contains Chronite ( no other copper cleaner has it). It really holds back retarnishing. Repeat -it holds back retarnishing.

Isnit Twinkle the copper cleaner youive been dreaming about?

Should you throw out your present brand and get Twinkle right away"? That's your decision. But if youve been using Twinkle all alones, you know what a long lasting shine meeans.


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equipment for malsing more

## EBYNINIDEA ADIDIB

llere it is Januain again, antel chilly. Cas is in shomt supply again. We are nen surprisecl. There's still a margin of time but weite one vear lurther inter a sere difficult energy situation. It is, as ihe tille of a recenty pullished Ford Fomediation energy project repmen says, 1 Time to chionse.
lore and mome evidenlly, the best chroices seem to be the natural oneq-wind, smin, and water. Ener--4 somerces that are allematives th forsil thel, that donit have to be Strip-mineel or broken down be Dombing, that have been artumed as lane as the werted las-1) but that are sucklonly new and young and ur swn. Of lle companinies handling Haw "onipnem low alternate forms of chergy, pertaps half ane less Ham two years ald. Thevie tormed of idealisists, inclividuatists, people "Whate concerned for the ensirom-ment-and whe also bappeen to be. it seems, laircl-headed technicians. (:romps of perple ill 'ermont. Cobrorato, \ew York, Massachusetts, and Califomina have begun to (ix) is build conntertable, valle crimmunities that do not depend (on the use of fossil tuels. And the building committee for one Niddle Western church is seriomsly loonking for ways (1) put the sun io work for its sraceful Gothic sanctuary
Things are still mon moving near 1s fast enmgin th, suit many con cerrucl and aware people: Vost \&uvernment progranis in athernate Chergy 10 date have been grod prograns, but the ic obecon for in-stitutions-selmons: office lynikl ings, loespitath. Privateceriterns are begriming (t) (1) it low themsehes
in is. pertraps.a a tuming perint in mational character and ennscimis-


 ractiect the erned of the thomw-it "as crat From men om, the slo. ants mints low: Build it lecture, mase loneer. wahne it mere. Beeans - bomon a logan lrom lashions.


"Basies" means, at his pooint, emserving the fossil encrgy we have left, and finding replacements tor it. Energy conservation is more than a matler of switcling ofl lights. Willout a remientation in thinking, old lazatits quichly reassert themselves. But once a eommitment 10 ennservation is made. mice a house bectumes a bablitat, some new patterns become olvi mis. Sown, big-time chergy spenders look like, well, the last of the bigstime spenders. Several new wats of looking at houseloold genods and mactlinery may help.
Hifif--•valle coosits. This is the higs step. Acquire major heme appliantices not on the hasis of what they cost to buy, lout on what they const to buy, operate. and sertice A $\$ 400$ refrigeritor. for instance. will actually const alowut $\$ 1,100$ oner the eight vears of its nummal lifespan, according to a study done al V.I.T. The owner of a 5.500 color Ielevision set might expeet to spencl another 8500 during its nsalde life, 3.5 percent of that fon repairs. A $\$ 600$ set might be a bet ter hargain, if it cost less on a life evele-cost lasis. The life-eycle cost of a leating system is probrably the most significant single figure in the cost-in energy and monev-of a house. A solar heating system mav cost from 53,000 to $55,(000$ to install but the operating ensts are virtualNo nil. Eleetric heating is much less expensice to install. but its life cyele costs are staggering- $\$ 9$ per milliom BTU's (al 3 ce a kilowatt lowir), (compared with $\$ 3.20$ for solay heat, ateserching in Dr. C. C. C. Soego, president of hater-Tectmology. Find ont life-avele ensts from mamfactures.
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## " C hoonse major home appliances on the loasis of what dhey rost to 

THE ENERGY YOU USE continued from page 26
rates) (1) put (nie alluminimun sodal can on your grocer's shelf, acending to a sturly dome low Dr. R. Stephen Berry of the L"niversity of Chieqgo. if 25 pereent of the alhminnm were recocted. it wombl hate cost 1.7 kwh he sating 2 ge percont of the energy for mone im. pretant things. Every product of a manulacturing process can be evaluated this waty. Een though plastic bauss are a petrolemm prodinct, for instance, they still cust less energy to produce than paper bags do (and they can be reused)-so the energy consectationist prefers Hem. Your combuncers wote cast thenghturnly through what you buys can hat ea real eflect. ("Encer29' Thrift in Packaging and Marhecting." a stmmary of Dr. Berrys findinges is an ailable for \$1.25 from the Departurent of Chemistry, thiversity of Chicago, 57.35 S. Ellis Street, (hicago, ill. 606637.)
"ith these (iv) principles in mind, cancfully examine your patlemb of energy use, remembering Wat mermything involves energy. How can youn cint net cont (and sometimes it takes some digging to find out what that const is )? How (:in) yon reduce life-cycte const? What's becing wasted? What have wou got that you can use better? Veannulile . . donit forget to turn off the lights and keep the themotat down.
With all the good will in the world, the individual citizen is not acesuntable for more than alown 5 percent of the savings pessille throngh energy emservation. Residential use of chergy aceoments for less than one fitth of the natiomal pie-chart of energy use. But the individual citizen cim still do a s.smprising amoumt. with a certain :mmonnt of determination, to free himinself from the toxal domination of petrolemin and commerciatly gencrated electricity. Free fued abomels arromed us, pollution-tree. constantly renewed. in sumbight and in the wind.
"Id have to agree that :unveredy buikling a new house now, withoui considering the use of solar heating, would be fooclish," salys Dr. Sengu. It's lie most casily available new chergy ressurce. Emough sum falls on thic U.S.S. dially to supply all our present needs with colleetors on 2 percent of onvil landmass, even if we cerllectert it at ine mence than the presemily possible.

10 percent efficiency, aceording to Vand Citters, manager of information services for General Electrie. A recent G.E. survey indicated that 40 million of the 60 million Hew housees that will be huilt by the year 2000 will have the capacity for solar heat. If present comsmer trends continue. only tha million will actually have ii-but 20) years hater, 4.4 million houses will be heated by the sum. Even mow, cenco in morthem parts of the country (where interest in solan hean seems to be stromger, despite less, smu), a solar installation can be expected to supply between 60 and so perremt of heating needs. Last vear at this time, there ifere less Hzan a dozen solar-heated houners in this comutry. This year, the leest guess is that there are morc than 100 in construction, the first results of the "thousands and thousiands of requests for information" reported by thesse tew industries that make solar heating еquipment.
Solar heating ancl coorling of houses still have massive problems Dut they are mustly problems of ecomomies and esthetics, now techmology. If you should want to add solar heat to your house, new on old, here's what you wrould need:

- A grood south-southwestern - Some place-roonf, garden house wall-to put solar esillectors Thee slowuld be placed at an angle chase 10 . 45 degrees where they wil receive the mast possible sumilight
- Some solar collectors. Yo can luy one, design your own, on build one from evisting plans. Col lectors are basieally flat black sur facees that allsorl) heat from the suli, insulated belined and coverec with gliss in from to keep leeat from escenping. Air, water or othe flluid circulates over the plate ance carries the heat avsay to be used Each spinare foon of collector sur face will heal two to three square feet of house. Fom will provide all the hot water one homselok! may neeel: 20 should heat an : werag honse. Single collectors cinst be ween $\$ 1.50$ and $\$ 300$; an entirn system completely installed migh rim from aromed $\$ 3,000$ to $\$ 5,5000$
- Some place to store the heat Sminshine, minfortumately, jus dwessit croincilde with the peal meed for lueat-and the smin has :

Comtinucel on page 33

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## NO MATTER HOW YOU COOK NOW, WITH CORNING'S NEW 3+1 RANGE YOU'LL COOK BETTER AND WORK LESS. NO OTHER RANGE CAN MAKE THAT PROMISE.

Imagine melting butter or chocolate, or thickening a delicate sauce, without a double boiler, and without fear of it burning.

Or cooking up a pan of bacon until it's crisp, setting a dial to "lo," and knowing that your bacon will stay warm and crisp, without overcooking, until you're ready to serve it.

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Imagine a cooking system with temperature controls that simply do not allow food to burn, scorch or curdle.

One that will eliminate most pot watching and a good deal of pot washing.

In short, a system that will help you cook better and work less.

You get all this with the CORNING ${ }^{\text {® }} 3+1$ Range.

## The secret?

> The most precise temperature control ever built into a range.

To get it, we've equipped three of the cooking areas (this is the " 3 " in $3+1$ ) with thermostats that actually read the temperature of

cookware with each $3+1$ Range or cooktop.

This way, you're assured of the incredible cooking precision we've been talking about.

And one more thing about Cookmates cookware. They go from freezer to range to table. That means one pot to wash instead of three.

The more you use Cookmates cookware, the more you'll appreciate their versatility.
Now for the "l" in $3+1$.
Some things don't require all that precision. Like boiling water for spaghetti.

Besides, not all your pots and pans have flat bottoms.

So we've given the $3+1$ one "Multipan" ${ }^{\text {TM }}$ unit. It works with any pot and pan in your kitchen. Flat bottom or not. Which means it's ideal for a canner, pressure cooker or soup pot.

Of course, a great cooking system wouldn't be complete with-
out a great oven. And ours has two advantages.

First, it's big. Big enough to hold three $8^{\prime \prime}$ cake pans on one shelf.

Second, it's self-cleaning. In fact, it gets completely clean in about two hours.

What about those other smooth-top ranges?
Corning invented the smooth cooktop in 1966.

Suddenly, everybody's making them.

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You don't get the thermostats, the even heat, and the cookware. And you don't get Corning's exclusive 3 -year warranty on the glass top.

Remember this when comparing prices.

You pay more for the Corning $3+1$ Range.

But you'll cook better and work less.

No other range can make that promise.

For more information about the $3+1$ Range, or our built-in unit, the $3+1$ cooktop, see the yellow pages under "Ranges" for your nearest Corning dealer. Or write Corning Major Appliances, Corning, N.Y. 14830.

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## How liberated is your household







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## BERUMHFUL VIEWRND PUW IT Where You whntr



A choice of views is getting to be a luxury We at Libbey-Owens-Ford have a few ideas about conserving the ones we have. Bring them indoors. Just pick the appropriate wall and do it with mirrors.

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With rising construction costs becoming an increasing limitation to the size and detail that go into today's homes, solutions like this are a more and more important way to build in size and beauty.

Mirrors always create new ideas For more information on decorative uses for mirror products, write Bill Maxwell, Libbey-Owens-Ford Company, 811 Madison Ave.,Toledo, Ohio 43695.

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THE ENERGY YOU USE continued from page 28
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- A heat pemp might help. It concentrates heat trom outside air - exem below-fremang air-or from solar collecterss, and dumps it inside the homse. General Electric Which expects 10 sell nearly a millime of them this vear, estimate What a heat pantip (ant increase the efficiency of any heating systemb nearly 50 percem.
Using the sum to generate electricity is far more difficult and fan mere expensive than mising it th prochuce heat. It's done with solan batteries, wafers of silicon on call miun sulficle ervstals that encourage charged electrons to travel when theyre exposed to light, generating electricity. It costs, says Rubert Johnson, marketing manager of Solar Energy Systems, some $\$ 50$ (0) $\$ 7(0$ a watt to do it. Solar cells have been installed in some experimental houses, but so far, their real use has been to powContinued on page 12


Aladdin's Greenery Machinery combines the features of professional gardening products the indoor gardening hobbyist can appreciate. Their usefulness and attractive designs make them right at home anywhere, showing off plants and helping make indoor gardening practical. It's like bringing the outdoors in for your convenience. At garden shops and better stores.


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THE ENERGY YOU USE continued from page 38
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Next on the tour is the Tappan Food Waste Dispose sound-insulated, continuous-feed unit disposes of food scraps
and bones in seconds. clean your dishes plus high-volume, 3 level washing action. Now let's move on to the Tappan Microwave. This family-
size oven cuts cooking time as much as 75\%. It really conserves energy! And the automatic defrost cycle will save even more time. It's an affordable necessity.
kitchen. A whole ideas. And we've assembled them together in one totally Tappan kitchen. We'd love to give you a tour.
Our first appliance is a new side by side refrigerator/ freezer. Its water dispenser gives you a ready supply of cold water. At the push of a button. This 24 cubic foot beauty rolls on wheels, so it's easy to clean around.


In a sense everybody believes in growth and progress and rightly so, because they are essential features to all life. The whole point is to make the idea of growth qualitative.

Quality is much more difficult to handle than quantity. As in all human affairs, the question of scale is decisive. The really helpful things in the pursuit of a new economical, enjoyable way of life will not come from the big organizations, government or committees of experts, but from individuals. Man is small and, therefore, small is beautiful. Everywhere people ask: What can I actually do? The answer is simple: We can each of us work to put our own inner house in order. What is most needed today is the development of a new lifestyle based on the economical merit of permanence, because nothing makes
economical sense unless it has a future or will last for some time. Wisdom demands a reduction in needs, a reorientation in patterns of consumption. And this implies a new life, it means opening the doors toward everything that is gentle, organic, elegant, and beautiful.
Remember the Taj Mahal and all the cathedrals
in Europe were built without electricity, cement, and steel. If we can recover the sense that it is the most natural thing for every person to use his own hands and ingenuity and imagination in a productive way, then we will achieve more for our money, go a long way to solving our problems and find a new, satisfying life based on peace, happiness, and permanence.






om top 10 bottom spaces designed to use as you wish-here, master bedroom and






How to make the best use of space is becoming more and more of a challenge in the seventies. For instance, designing a kitchen that not only works, but is also pretty enough to eat in with guestsin a space only 15 feet square, the size of a smallish average kitchen in a house or apartment. William Machado and his associate, Norman Diekman, who designed the 1975 Super Kitchen for House \& Garden with Corning and Formica, went even further. This kitchen opens up by the use of sliding doors into the dining room, see plan, below, thus doubling the entertaining space and showing just how flexible a small kitchen can be
A small kitchen demands ingenuity of design. Sliding doors, for instance, mean that you can steal space from dong or Ivang areas tudd to the hitchen and have complete pr vacy - yet if you want that space for parties, just slide
ving are the the the hitchen and have complete pr vacy-yet if you want that space for parties, just slide
cors' $\mathbf{I}$ The ror. ined sliding doors are seen here open, revealing Corning's Counterwarmer and cooktop, rateg ca', biacec i the euned fron either s'de, whichever room you are in. Mirrors are used extensively, because Whes scace-on both sides of the doors, on the kithen wal oppos te, which contains doors to laundry. pantry, by the National Association of Mrror Manufacturers. Vinyl quarry tile floor -d easy care - is by Flintkote. 2 The opposite vew, from the kitchen looking both rne B ue Form: : alor theme of this

## uper Kitchen 1975

## 5 feet square and action packec








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## BY CHARLES MOORE

 many of whose homs's have appeared in Honse \& Carden, has been head of the architecture schools al Yale and Berkelveg and is now Professor of Architecture at the University of California at Los Angeles. Recently, with two other architects-Gerald Allen, an cditor at Architectural Record, and Donlyn Lyndon, Professor of Architecture at M.I.T:-he has written the Place of Houses Holl, Rinchart is W'inston, \$17.9.5). "The main premisc' of our book is that ampone who carres conough con create' a house of erreat worth, or renosate one already built, whether with luis ourn hands or with the aid of an architest and builder." In detailing the choieces that arre inwolted in achioting a successful housse, the anthors have draum on their oun experience as practicing architects and on their study of the houses of the past. Here, Charles Moore, drawing on the look and his own experience, suggests some ways. to get more honse for your mone?

Getting the most for your money is getting the things you care about in a house; waste cormes in paying for things you don't care about. When you're building a house, mum of the most uscful exlist of all the things you think y' ant and see how matr: if them you really want mindeed. De. peruding on your sircum. stanes and interests there are lots D, f things that may not be really imantwint in you, from appliances
never use to standard expendable rooms that you have no need for. Does the way you live demand both a family room and a living room? Or if you are happy to slecp in a closet bunk like the Norwegian ones, there's absolutely no reason to have a 16 -by-20-foot bedroom. Spend your money on something you're interested in. On the other hand, if sleeping in a closet would drive you erazy and you like to wake up in a big room, then that's what you ought to have. Or maybe some of the rooms you want can be combined. For instance, if a dining room is not something you care a lot about but a library is, you can certainly have a libnary that becomes a diniug room on the occasions when yon need one. Making check lists will help you identify the components of your house and the cherices that you have -even if you are buying a readymade house instead of building. The curality of the space you have is just as impertant as the amount. The biggest, best-equipped kitehen you (an phan won't make you happy if you like to cook in a sumy place and it isn't. In our book, The Place of Honses, we've worked out a tenpoint (unestionnaire to help people visualize the kind of space they want for what they do. Co through the days youct like to spend, auswering the following ten questions for cach action of the day (how and where you'd like to be, for example, when you get up in the morning, take a bath, eat breakfast, work ou your household accounts, or on your needlepoint, fix lunch, read a book, cook dimuer, welcome friends, mix dinkss, eat dimer, talk after dimner).
from view, but with another in a large sumny space opening to a terrace. Another person might prefer to squeeze into a shower alone in a small sheltered, quiet, indoor space. Your lists eombined with those of the other members of your family will help you clarify what each of you cares about, judge the number of separate rooms you need, and what they might be like.
If you are buying a house or an apartment, it scems to me that a very good rule is to look for-if it's still possible at this inflationary point -something simpler and cheaper than you can afford so you have the leeway to do something that is of special interest to you. Often there is not that much difference in space or pleasure between a $\$ 35,000$ honse and a $\$ 40,000$ honse. But the differcnce in money lets you have something you really want-a pool, maybe, or a luxurious bathroom or a reatly great garden room-a plaee that is everything you want it to be, but is just not included in the normal format of a house.

Excitement, it seems to me, comes in a house where there is some kind of vivid imbalance of effort, when effort has been put just on the things that really matter to the people who live in it. Trying to maintain the same level of finish or expensiveness from the laundry to the living room usually gives you no chance for the exciting moment-the wall of glass opening to a beautiful view, a magnificent fiveplace, a superb painting. I remember vividly an apartment in St. Thomas-simple white walls, white British officer's chairs, a simple table and then several Dufy

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People naturally vary in their desires and their personalities. Let's take as an example the circumstances of a bath, for two very different people. Onc would like to sweep into the bath, undressed and sheltered
paintings. It was wonderful. You really saw those Dufys as you would not have in a room where all the furnishings were competing for your attention.
don't have any furniture for it, you have just so much money seems to me more to the point to the beautiful table you really even if it takes most of the buc and then get inexpensive direct chairs to finish the furnishing.

Part of the point is don't sp' money unless you care. But par it is also that a director's chai quite a beautiful object, inexpen. as it is. If you are able to free w you're really seeing from all the sociations that go with it, and if can see it in other surrounclings, $t$ it means more and the surroundi mean more. And then, for exampl you necdlepoint covers for your rector's chairs you add still anot level of surprise and involvem Old houses are full of possibi and they can satisfy our desire connect with the past. Also $t$ were built to be eomfortable witt the mechanical devices like air ( ditioners that are in standard today. If people wanted to be c fortable in the summer in the c with only limited directions that can come from, they knew eno to make the ceilings high enougl that the hot air would go to the and the cool air would go drif around where they stood or sat big part of the excitement $w$ $10(0$-year-old houses that were $]$ fectly standard when built is the not standard now. They're just al umbuildable. You couldn't start fy scratch and afford one.
Another thing worth noticin, that you don't have to think of y house strictly in terms of the lin of your lot. In faet, the walls of $y$ house don't relate to some ima ary lot line, they relate to the 1 wall you see, to the bounds of space on the other side. So thi that are interesting that happen' side the walls of the house-bea ful sumsets, a park to walk in, 1 shops to shop in-can give an el mous added value to your ho And these considerations apply well to the house huyer or ap ment renter as to the honse buile

Once you've clarified what (are about, you can pare and c bine until your honse fits y budget. From suppliers you can costs of specifie material and eq ment. An architect or a designe a builder can help you realize y ideas in technical terms, but for $y$ house to be of real value to you, $y$ values must inform lis expertise

Decorators tell you

## how to

 get miore decorating
## fior your dollar

BY PATRICIA CORBIN

House \& Garden asked leading designers to give their ideas on how to get more out of the decorating dollar, particularly today with rising costs. All the designers had definite view's, bringing their personal thoughts to the problems of decorating and giving specific ways of getting more for money spent.
"Everybody has to work within a budget, no matter how rich he is," says Joseph Braswell, "and whenever you spend money, you should spend with caution." He agrees, as all the designers do, that a total plan is necessary. "It must be like the script of a play, every facet thought out with a projected timetable-and that means all levels of living in terms of a lighting program, a color program, a furniture program, and so on. After all, living creatively, in harmony and peace, is the best vahe for your money."

David Easton and Michael La Rocea define value as twoford: getting your money's worth in dollars, and getting your money's worth in esthetics. "To get the most out of money, you have to define yourself: How do you live, what do you want? We have to have a reassessment of values, in ourselves and in our surromendings. If you want to buy value, remember, the simplest things are the purest, and the most valuable."
"Put more thought into what you buy," say Nancy Goslee and John Robert Moore II. "Style is free, you mmst have vahe in yourself. Use your personality and grow with a room. Pamper what you have. Add to that with care, and do not be inhibited by what other people have or what other people like."
"In decorating a room you can save money by losing some preconceived ideas," explains Ronald Bricke. "For instance, some people think that windows and beds should always be covered up, but often that isn't necessary. Particularly, if there is pretty light from the windows. And when pillowslips and sheets are coordinated with handsome blankets or comforters."

Angelo Donghia believes that there are peremial money savers that will ahways give a big effect for less spending: wallooverings and slipcovers. "Whether you have a tiny apartment or a big house, you can cover more space with pattern; and for fabrics, think of ussing sheets. They're still the best bargains for materials. For a bectroom you can use a top sheet for a bedspread; have it quilted and it doubles as a comforter. I think, too, that inexpensive pillows can make a big decorating statement; you can have them as small as pincushions or as large as mattresses. All the variables can be used in a room to make it cozy and warm with color."

Architectural designer Martin Lipsitt says that large masses of color and texture can bring the most daring transformations with the most magical results. "Most of us make changes in our surroundings to keep up with the changes we're constantly making in ourselves. It's a process that never stops, and getting the most change for the least amount of money is a nice habit to get into. You can cover a lot of decorating ground quickly by the lavish use of beautiful but less extravagant materials. Use pol-
ished cotton and woven straw instead of polished steel an. Aere-3
Betty Sherrill agrees: "You want to get maximum
money, and paint can do it. Floors can be painted, stencil tern and protected with polyurethane. Windows needn't ha eurtaining-you can use slim Levolor blinds. Bringing colon is ahways good vahe; you can do it with books, pillows yourself in necdlework or patchwork; or have one colonfol and use it on all the sofas and chairs."

Alexandra Stoddard, author of Style for Living (Doubleday) few fine possessions give quality to a room, and a plan of action be to go from room to room, removing the mistakes and clutter things in shopping bags and either give them to charity or sell them Rooms shouldn't be clogged up, because there is no space for peop) Everything should be gleaming and meticulous-fresh paint, polished floors, clean windows, flowers and green plants. A room shonld be partsready every day. It's not how you spend your money on new possessions; the most important thing is spending your money to maintain what you have. Get the Mr. Fix-its to repair and refurbish."
David Barrett has advice for the young with few possessions: "Don't buy anything trendy. Basies are best, like solid upholstered furniture, comfortable and long-lasting."

Ellen McCluskey thinks that one of the best values for a room is what goes on the walls. "When you walk into a room, you see everything at eye level. It's important to cover sinful architecture with paint or pattern and to concentrate on the 'eyes' of the room: the windows and pictures. Prints and drawings can be made important with matting and beautiful frames. Windows can give an uplift with gay chintz."

In Robert Metzger's opinion, background is all important, too. "Color and fabric can give the most impact, make the most success of a room." He advises anyone thinking of changing or adding to a room to stay away from gimmicks and tricks, and to concentrate instead on permanence and classicism. "Every purchase must be evaluated carefully, and in order to choose, you must familiarize yourself with everything available. Notling should be a whim."

Tladimir Kagan is firmly against what he calls "disposable decorating." "Put your money in permanent
 items, fumiture that will be as attractive tomorrow as it is todaynothing frivolous, bart things that are utilitarian, comfortable, that possess good style and excellent quality."
"If you get poor quality construction in furniture, even though it may look good and cost less, then yon've spent you money uselessly," says Ruben de Saavedra.

Mark Hampton thinks that a lovely piece of fumiture may be expensive becanse of its great quality. "If you want one extravagant thing, you have to coment it as anvestment on a long-term basis."
"The best quality is the most you can get for your money," is Mario Buatta's advice. "If you buy a really well-made piece of fumiture, you know your dollars are well-spent beeanse that furniture will last." Ite also prefers slipeovers to upholstery. "Upholstery gets soiled so fast that I have sofas and chairs covered in cotton twill, then slipeovered, and everything can be easily taken off and eleaned."

Robert Perkins cautions that decorating not done to a basic plan is usually decomating with waste. "If you do things hodgepoedge, yourre apt to make mistakes. His tricks for dollar saving are to invest in a few big pieces of firniture, instead of having more little ones. "You get a solid substantial room; and it looks more comfontable and setted." He also thinks that if you cover your soft famiture in one color it brings unity, giving the space a more finished look. "Cotton materials are the great bargains for curtains, slipeovers-less expensive and your don't spend as much for yom falbries as you do for your furniture.
"With labor costing more," John Rieck says "the decoratn dollar can go much further if you can do much of the went yourself. Old-fashioned elbow grease saves money; ani .... thing you can make yourself will give you a great sense of .. a Louis Bromante has the last word: "If you are inno. .t
 whole house, then think of it as a project the eanire ? ? must approve of. If your husband doessit like rem area rugs, then you better know it before money. Rooms are for people and what they whe [? Bereat est saving can come about if you keep this mand

## 变 <br> How to make a room lea

To make one room serve as both a living room and a dining rooma space 20 by 23 feet to work with -_furniture has to be versatile. The round table, $\mathbf{I}$ (foreground), is covered with a quilt during the day, but at meals can be set to seat eight or as a buffet to serve twenty or more. For sitting and talking, big comfortable sofa parts are designed to move into interchange able seating arrangements. Four corner armchairs, one armless chair, and two ottomans can be put together to make sofas, a long Lshaped section, or they can be put against a wall if there's a big party. Making the most of a wall of windows, walls and ceiling are glazed the blue of the sky on a sunny day, which seems to bring the outside right indoors. Canvas shades control the light and keep the room simple. Indoor trees and plants echo the leafiness of a tree-filled square five stories below windows.

## Living room-

 ining room-studio with pull-aroundfurniture andan open arramgement

## anylives



Making one room do the work of two while still preserving a sense of lots of space to move around in is
essentially what owner Marie-Pierre de Cicco and designer Gilles Saint Gilles have achieved in her living roomdining room on these pages. Besides furniture that moves and uncluttered walls that look like the sky, certain treasures collected since childhood or found on trips lend the room warmth. For instance, Marie-Pierre de Cicco's love of plants and baskets and Chinese bamboo is just as important to the room as the 18 th-century French commode, $\boldsymbol{B}$. The sculpture on top is by a friend, Bruno Romeda. A Chinese cock on a pedestal near the windows, 1. came from her family. A kilim rug bought on a trip warms up the floor and gives it some pattern. Other pattern is provided by the quilt on the round dining table. At night straight-backed Chinese bamboo chairs \%. can be pulled up around, the quilt can come off, and the table set with a batik cloth from China Seas Often, however, the table is set up for a buffet. Zigzags in pink and yellow provide more muted pattern in Johe Stephanidis's canvas design th? covers the big armchair. The lig also contributes to the atmos Lamps called "Rocks" sit on t by the plants. They are $m$
fiberglass, shaped to to
boulders when not lit, b
glowing from within, the
the room. From Aiswier A


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Taking a conventional bedroom ( 18 by 13 feet) and bath ( 8 by 13 feet) and treating them one room frees much more space for living. The result is a place to rest, to read, listen music, watch television, write letters, and do accounts. The beauty of the room, however, that mest of its different functions, apart from the books, 2. are tucked away, making th space there is seem larger. Lacquer white bookshelves and cabinets fit all along one e of the room. Television, record player, records, files, radio, and camera equipment all behind door', in these camets. Part of the cabinet top folds out to make a writing and a ty ings talle The bed. 1. with an American red and white quilt and another geometric patte trom Keriya, covermg headfooard and box springs, provides the color focus that ties the roo the strawtable. Iwo brass figures, left, by Hans Rudolf Giebeler. Red lamps, Boutique Danois
One wall organized for books, music. television with an oflice-in-a-cabiney




## SOME FIDWEIRING PIANTS TIIAT IDO WELI INIDOOISS <br> NOTE: Warm, (30-75 degrees. Mod-

eralety cool, 50-(60, Cooll (1)-50.

## Begonias

Angel Winged Semperflorens Rhizomatous Semi-tuberous Rieger

## Hulbs. forced

 HyacinthsPaperwhites Lily-of-thevalley (precooled pips)

## Daffodils

 Tulips Hyacinths Crocus
## Isromeliads

## Camelliat

## Gesineriads

## Moliday

## Plants:

Azaleas
Chrysanthemums Cinerarias Primulas Poinsettias

## (1)rahids

Cattleya
Cymbidium
Paphiopedilum Phalaenopsis

Warm to moderately cool, 60-70 daytime, 55 at night. Full sun fall and winter, some or filtered sun in spring and summer. Good humidity (50 percent if possible). Soil evenly moist when plant is in active growth.

In water: Set in glass so base of bulb barely touches water. Root in cool dark place (or refrigerator) 4-8 weeks. Put in moderately cool dark place 1-2 weeks. Move to warm sun.

In water on gravel, perlite, or sand: Set so base of bulb barely touches water. Cool stage not necessary Root in moderately cool dark place 2-4 weeks. Move to warm sun.
Covered with soil in pot with good drainage: Water, drain, keep in warm room 1 week. Root in cool dark place (or refrigerator) 10-15 weeks; keep moist. Put in moderately cool dark place 1-2 weeks. Sun.

## Warm. Full sun to indirect. Keep wa-

 ter in leaf cup, soil dryish. Mist.Cool, prefers daytime 68 degrees, or lower; 40-45 at night. Indirect sun. Moist. Outdoor summer shade.
Warm. Full sun to indirect. Moist. Family includes African violet, gloxinia. Moderately cool for most. (Poinsettias like 70 degrees in daytime, not less than 60 at night.) Filtered sun or indirect light. Moist. Avoid drafts and drying out. For repeat bloom put in greenhouse or outdoor garden; discard cinerarias.

Sparhiphyl-

Warm for most (moderately cool for
cymbidiums). Bright light but not full sun. High humidity (a humidifier almost a must). Phalaenopsis least demanding. Moisture needs vary but fiber or bark should not dry out.


Bulbs in water last a long time and can be enjoyed in head-to-toe beauty; tulips are grown in earth, rinsed, set in sparkling glass, opposite page, far left. Plants that grow as tall as trees make spirits soar, like the camellias in a cool stairway, left, of a Chicago house designed by architect I.W. Colburn. Newest containers are natural. A basket slipcovered with sheet moss, kept alive by misting, holds a pot of primulas, top, by Jean-Jacques Bloos. Lights can maintain plants through winter. In Seattle kitchen of the David Fukuis, Boston ferns, above, hang from adapters on light tracks by



Bright sunlight and :ool hallway keep writer Valentine Lawford's geraniums blooming happily all winter on Long Island. The good looks and vigor of all his plants are enhanced by the way he groups them. Middle-sized and small plants like each other's company; they need the shared humidity. Massing them also makes watering simpler These plants are staged on waterproof glass tables and a tile floor. To protect wood floors or carpets: Set pots on rigid invisible plastie. Group them in galvanized or plastic trays or large kitchen pans filled with pebbles. Move in a pic nic bench to use as a shelf under a window. Put a rolling dining cart to work. Put a box on casters. Fit three or

 ind tall plants like living art oljecets. On a table covered with an American patchwork quitt, -r A cartus iker grant euphorbra is a triumph in form and texture. It is in a straw cach quite dry between waterings. Cactus plants are neglectables, good for people on the g ouche. the coulng Its wide fronds are dramatized at night by a gleaming parenthesis fan Ghews neat the fern. Living with Plants: A Book of Home Decorating \& Plant Care (Wi thes by 'slee, style, decorative use. House Plants Indoors/Outdoors (Ortho) is a colorfuf, info (h,w To llandlyerk (Wolker) by Pater Loewer describes hydroculture (water plus nutrients) for 150 plants. Th Elbert describes plants, equipment. Many plants in House \& Garden's Charts available through Teleflo


Growing plants in glass, behind glass, and in baskets



|  Bborigaillville:a | Full sun. Moist. Humid. Prune to preven |
| :---: | :---: |
| H6-goniar | Light needs vary. Moist |
| Chloroplivinn Spiderplant | Indirect light. Moderately dry between water A baby boom - pot the offshoots for new plants, |
| Christiniss がaltills | Sun in winter, indirect light in summer. Moist. summer growth, keep quite dry, unfertilized, a 55 degrees 6.8 weeks to set buds for winter b |
| Cissms. <br> Grape ivy Kangaroo vine | Some sun to indirect. Moderately dry between ings. (Plectranthus, Swedish ivy, likes similar c tions.) |
| Courus | Full sun. Moist. Humid. Pinch to make bushy. |
| Feris <br> Asparagus | Indirect light. Moist. High humidity. Boston, rabbit's foot, and sword are good basket vari Not a true fern, but culture similar. |
| Gerstreriands <br> Achimenes Columnea Episcia | Full sun to indirect. Moist not wet. Humid. Colorful flowers. Keep episcias on the warm side. |
| Horlos. Thyme Rosemary Tarragon | Some sun. Keep on cool side. Keep rosemary erately moist, others moderately dry. Mist often. |
| Impatioms | Indirect light. Moist. Humid. |
| Iv. Hedera English ivy Canary ivy | Some sun to indirect. Moist. Moderately cool ni Prone to spider mite if dry-shower weekly. Ca also called Algerian ivy, easier. |
| L.allialla | Full sun. Moist. Moderately cool nights. |
| scrindarpsus | Indirect light or filtered. Barely moist. |
| sedroms and suralulans | Indirect light. Needs vary, from moist to dry bet waterings. No hot sun or wind. |
| Tolnima <br> Piggyback | Indirect light. Moist. Moderately cool nights. |
| Tradlescallatial <br> T. zebrina | Some sun to indirect. Moist, but tolerant. Prod tiny flowers in bright light. |

Painter Peter Bradley, whose work is shown at the André Emmerich Gallery, wanted to grow or chids in his Manhattan loft. Architect Paul Heyer succeeded in designing a living room, a bath, an entire apartment around a hexagonal, tropical greenhouse. Roughly 12 -by-6 feet, it has glass and waterproof Sheetrock panels framed by $2-x-4$ 's. A brick and sand floor was laid over polyurethane sheets. Three fluorescent units, each with four High Output tubes, are suspended by chains from the high ceiling and give good growing light 12 hours a day. The temperature range is 68 to 85 degrees, while humid ty stays at a high 70 percent. There are a heater, humidifier, humidistat, faucet, and hose. Ventilation is provided by a jalousie transom in the door and a fan facing it. All wires are grounded. Hanging plants hooked on stout rods filter light for plants below. Mr. Bradley bought some of his orchids at Lager \& Hurrell, please see page 145. Metal sculpture is by Anthony Caro.


# How <br> IO CEAN YOUF 

PREVENTIVE CLEANVING INCLUDING MACHINES THAT DO THE DUSTING

TRICKS TO SAVE TIME: Keep a household book. Staple in all "how to care for" ins tions and warranties that come with furniture, fabrics, and appliances. Index brand nam. household supplies, other information relevant to you. Whether for overall or spot cleat start with mildest treatment and gradually increase strength to mildest treatment that wi job. Test treatments first in an inconspicuous place. Make the most of limited time by c most important task first, least, last. Make every minute work-while the washer is g kitchen floor is drying. From former White House housekeeper Mary Kaltman's book Keepin With Keeping House (Doubleday, $\$ 5.95$ ). For everyday chores find a time that's easi" maybe wash the bathroom before your bath. Keep your head busy with your hands - put on m you love or think up the week's menus. Give yourself a reward at the end to make you wa finish faster. -Don't feel peculiar putting dusting cloths in end-table drawers and lemor in your desk drawer. You never know when the urge to wax your desk will hit you and shouldn't pass it up. Keep a "room-by-room resumé" of your cleaning and plant-care ins tions for housesitters. From Alexandra Stoddard's Style for Living (Doubleday, \$12

EMERGENCY Fill basket with stain remova STAIN BASKET book plus pieces of clean lifter, like K2r, and powder absorbent for greasy stains, cleaning fluid to dissolve greasy stains, water in squeeze bottle to dilute waterbased stains, medicine droppers. Note:

When in doubt, phone dry cleaner for advice before attempting treatment. Delicate fabrics (silk, satin, gabardine, velvet, taffeta, suede) should be rushed to the cleaner-amateur treatment can worsen stain. 2. On rugs, carpets, upholstery use as little water or cleaning fluid as possible to avoid wetting backing or stuffing; never use soap or detergent-you can't rinse it thoroughly, and soap, made to attract and hold dirt, causes rapid resoilling.

- For nongreasy (generally water based) stains: alcoholic drinks, berries, blood, catsup, coffee or tea without cream, fruit juice, milk, mud (let dry, brush off, then treat), perfume, urine, vegetable juice. wine. Method: Immediately flush with water, blot with clean towel. For most use cool water; for blood, cold, for coffee or tea, as hot (boiling if possible) as fabric will stand. If insufficient, work liquid detergent into stain, rinse thoroughly. If stain persists, soak in cool water. Repeat detergent treatment. Sugary stains, like fruit juice, soft drinks, may dry invisible, but turn permanent brown when ironed or put in dryer. Don't let dryflush with water at once.
- For greasy stains: butter, car grease, waxes, lard, margarine, olls. Method: Spoon up, soak up
 are not advisable for dark nonwash ables). Shake or vacuum it off as it absorbs spill, replace with new until most of spill's up. For small stains use spray spot lifter. Treat with cleaning fluid that's safe for tr fabric, following labe! instructions. If possible pl stained area face down on clean towel, medicin! dropper cleaning fluid through back to flush sta: off (not through) fabric. Shift towel as it absort stain. Never put articles dampened with flan mable solvent in washing machine or dryer.
- For combination (both greasy and nongreas) stains: chocolate, coffee or tea with cream, crean gravy, ice cream, lipstick, mayonnaise, paint, sala dressing, shoe polish, soup. Method: Use cleanir fluid treatment first, let dry completely, then us water treatment.



# OUSE LIKE <br> AN 

IING IDEAS FOR SPECIAL MATERIALS an vinyl with mild soap and water or vinyl cleaner hyl Magic" by Magic American. Good for asphalt, and linoleum tile, which may soften with too strong detergent solution-Murphy's Oil Soap, also moisFor quarry tile, cover with paste of scouring pow-- water. Let sit five minutes, scrub with stiff brush. wipe dry. Don't use colored cleaner (may stain). To rust and mold, use "Copper-Brite," also a great pol-tarnish-retardant for copper, brass, or stainless steel , hearth equipment, frames-takes blue heat marks oless. Any colorfast lampshade without glue can led in cool sudsy water. Remove colored trim. Brush bm top to bottom with clean soft brush. Rinse well. atightens as it dries (hang by frame). Put on lamp urn on light to finish drying. Finger-press pleats. For nd parchment shades, wipe with "Absorene," which rks on vinyl windowshades, nonlacquer paint, sturdy st) wallpapers. Clean glass fixtures, chandeliers p-dry "Chanda-Clean" by Hagerty or "Crystal Glo" by intinental. Before spraying turn off light, put down th or mask wall with newspaper. Then wipe glass with il-sheds dust! From Seguin Mirror \& Brass. $\mathbf{~ C}$ Spead finishes--Oil: Wipe dirt up with boiled linseed oil. p soil sand with 0000 steel wool, reoil. Antiqued or : Wipe very gently with cloth wrung in Ivory soap m water, one wrung in warm water, dry. From cabinetCharles Sundquist. Raw wood: Scott's Liquid Gold izes, cleans, heightens natural color and grain, is oellent and anti-mildew! Great for any wood finish lached.

## NG WOOD FLOORS

 he William J. Erbe Company, Wood Floor Specialist the best finish, apply paste wax by hand with soft cloth. Rub (ion of grain or inlay. Let dry as long as possible (so paste izes" wood). Buff by machine weighing at least 60 pounds, ly 100 , work usually for professionals. With paste wax and hat gets average wear, wax 2 or 3 times a year; 3 to 6 times for fic areas. New floors are thirstier-wax 2 or 3 times in first six Paste wax never needs stripping.Liquid waxes take up soil, some old wax. Faster, easier to apply, but need waxing ten (once a month) and stripping (about twice a year). ir the wax, the secret's very thin even coats, each thoroughly re the next's applied. The more coats, the less often you wax.TIPS FROM INTERIOR DESIGNER, ANTIQUE DEAIER RICHARD V HARE clear water, no soap or cetergery nia. (Close curtains before cleaning.) Have plenty of clean white towels on hand. Dip clean towel in water, wring out till just slightly d Roll towel into cylindrical shape and graze the surface of the item with light uniform strokes, working in one direction only and always turning the tow so a clcan surface is exposed. Don't rub and take care (especially on water stainables like silk) to cover fabric uniformly. Dry using same procedure with clean dry towels. Can be used on virtually everything-even Oriental carpets and wood paneling.

- To keep antiques and other wood furniturc clean, waxed, and shiny in one swipe use selfpolishing liquid waxes like Pledge-less smeary than lemon oil and gives a somewhat stainresistant finish. Don't use on oiled surfaces. One caution: Use a very thin coat, especially around crevices where polish can clog. Unlike paste or non-self-polishing liquid waxes, this type isn't absorbed by wood but builds up on surface. Occasionally use naphtha to remove excess, on soft cloth or on cloth-wrapped fingernail for crevices.
 - Whatever the finish, if it's wood never put a drink directly on it-use coasters. A remedy for water and heat stains, which he uses-gentlyeven on antiqued finishes: Apply a paste of cigarette ashes and olive oil to stain. Let stand, rub gently with grain with damp cloth. Dry. Rewax. - Great trick for window sills, especially in the city. Clean thoroughly-he swarars by Fantastik spray, "It is fantastic! It may take up a littlc paint,
 but the speed is worth it." Then apply transparent paste wax with soft cloth, let dry, buff. (As soon as a new paint job is thoroughly dry, wax!) Then spray' lightly with Fantastik-seems to eounteract soot, grease, and brings dirt up without streaking when you wipe sills. Renew wax as necded. Don't forget to clean the outdoor beforc the indoor half.


## Moolilein Hon u"an spad for:

The U.S. Government's Removing Stains from Fabric, Home and Garden Bulletin No. 62, 404 . List of other pamphlets, The Home, free. The Superintendent of Documents, Washington, D.C. 20402. Housekeeping Directions, 25¢, The Soap and Detergent Associotion, 475 Park Ave. S., New York, N.Y. 10016. Furniture

Care, Rug and Carpet Care, Floor Care, free, Johnson Wax, Consumer Education Dept. HG, Box 567, Racime, Wisc. 53403. Aids to Interior Decor Fabric Care, frec, AIDS International, Dept.HG, 4420 N.Fairfax Dr., Arlingtom, Va. 22203. For Love of Wood, 50¢, Scott's Liquid Gold, Box 7192, Demver, Colo. 80207.

RUGS AND PHOLSTEIRY
umin thoroughly at tonce a werk. high ie areans more ofExperts dineour-do-it-yourself ning exeept for lemergencies (sec (e). Insiead une a essional servicethat will elean uptery, rugs.cearpets, our home is Dural n International.

## 7

CEIRAMIC TIEE
Clean with anmmonian solualion, Top Job, Lysol Basin/Tub/Tile Cleaner, or similar germiand fungicide-strongpr, leaves less film than detergent. For touchups. window cleaner. T'se vinegar on hardwater spots, kerosene on soal scumr. To ease cleaming, seal cement grout twice a year wilh a Haphtha-silicome brick sealer. From American Olean Tile.


VENETIAN BLINDN
Wash with giation me glowes dipped ita somaty

 Catch slan ill one gun lioll. Do dontsiagn ? in Iowel-limad frem
 Nonf di grolerogen A $880-$ 181 $11=$
dies. -
-


ACRYLIC PLASTIC
Dathip dust to ernt witlit". provent nerallehithg. an will prastre ear was (not at eleatrer-was (conblimationt). Testr mity yellow whire. Wasln wilh cepial water andl mild dishwanhimg liquidf. Itemove greasme, patimt, with nitphthat. Nover unce loothpinsie.

 From Hobion iv Mais, mallem of Plexiglan.
 anil this 1ype leathere Firome furniture athalier Kroehler.

## HEATHER

Nost uphatintery leatill-
 "Ciars is spectially fill-


 repid waner anme milde. sutiv like fitstille ar lvory. Nadelle vorip. anntionitil water. firronio allmanoltial


## tof a little piece of land





## with a handmade look

Simple changes pack a wallop. I Big design for walls-super-sized "Eggs" silkscreened on cott sailcloth. 50 by 50 inches. Looks great stretched on the wall or hung as banner. Designed by $/$ bino Cimonetti for Big/Art Designs. 2 Tile to a different drummer-big, A-shaped "Serie Amant ceramic tiles jigsaw together on walls or floors. By Hastings. : Graceful weathering of aged whi paint--"Country Place" plywood paneling. By U.S. Plywood. I As delicate looking as birds' eg. _- "Flowers and Birds" ceramic tiles for floors and walls. By Mid-State Tile. © Autumn's harve: "Apples," silkscreened on heavy canvas. 50 by 72 inches. From Big/Art Designs. it With natural bleached and weathered look-"Forester" hardboard paneling by Masonite. I Deek gnarled and grained with the look of random planking. "Conestoga" plywood paneling by Evar
 A small. 40 s Spanish-style house in Northern California-nothing remarkable, you might think, looking at the outside, opposite 1 But ins ite is an unexpected world of space, light, and purity of line. Space is created by taking everything out except the essential or the beat For the owner, Dr. Leo Keoshian, it's a nonmaintenance house. For the designer, John Dickinson, it's an understated house. "It has a look the longs very much to this century," he says. "We removed all Mediterranean-style interior moldings and woodwork round the windows, and $r$ the windows to give height to the room." The trick is to eliminate, rather than to add. You don't need much to create an effect like this-the les betler. The money in this budget goes on a few, perfect things. The living room reflects shades of the white spectrum-infused with a soft, $f$ fight. On the floor, a specially woven wool carpet with a Mondrian-like pattern on white, camel, and pale gray, designed to frame the location furniture. Canvas upholstery everywhere, with two sets of cushions (so one set is always clean). White vinyl base for sota and two armless c,

## in a little house




Inventive ideas in a little house
The same pale colors and beautiful materials flow room to room
 Stainle,s steal for windows alld service door, raised to make height. Lighting behind panels the whirge. like eabinets so you can ehange bulbs all on dimmer. Canvas blinds, pulled down, give ont c.flect. At the far end, two consoles made of marble, crafted with a broken edge all the way round as th



More for your money in a make-over


Big living
and imaginative design in a three-room house

Before remodeling, this was a typical, pleasant but tiny three-room weekend house. Patterned wallpaper and slipcovers didn't help its rather ordinary rooms. After, opened up and all-white, a place where light plays all day, it seems like a big house. Its owner, Miki Denhof, has gained responsive space to live in indoors and out, but extensive changes look more drastic than they really are-rooms, roof, all but one wall remain the same.
The first question was where to steal space. With the help of designer Gina Beadle, Mrs. Denhof found that even small houses can have a surprising amount tucked away. First, the ceiling came off, 1. opening an overhead triangle to the roof. Old ceiling joists were bunched, then boxed in to make beams. Planks applied to strengthen roof make triangles at beams and emphasize "psychological space" gained by removing ceiling. As do the indirect lights, controlled by rheostats, along the beams' upper sides. The back wall was moved out 4 feet to make a dining area. Stripping away interior walls from the fireplace to the middle of the ron, also rises eccentrically hall, once a dark tunnel. The bedroom, 2. got new windows and, by moving a door from its front to its side, a closet twice as easy to get at. An attic stairway gave way to let-down stairs and the kitchen, : $\boldsymbol{B}$. gained two Closets. New cabinets, a little rearrangement finished the job.


Around the chimney, right side of the roof triangle is open. The other, left, is covered in mirror cloth to reflect light from the window opposite.


Ihavalla.


Driftwood plank, Siamese rubbing are cabinet doors in bookcase. Desk top is cantilevered.




 Rever dusw

diesign a a thee.room house
fotly placed
dows and a deck
t in the outdoors


# How to get more fion YOUR HOOD MONEY 

## Plammimg and the stupermarbet

Sound plaming will inrariably result in more food for your moncy. Ptem urekly menus carefully and realistically and shop speceifically for them.

Writo our a groocorylist and stick to it. lmpulse lmying can wreck a budget.
 out at tho lanst minulat lon piofin up a couple of Whilngs at the nearest specialty shop, always a more expensive preposition.

Comparinour shop. Wateh advertisements in local newspappers. It may pay to gon slightly ont of the way for the best huy ( many city dwellcos find that despite the high cost of gas theyve cut their foos bills by geines to the subnths and (combtry to shop). Fthme areas are also a somere of georl value. Be aware of prices of thems that konil fhathate moth so you can immediately poot which wathet oflers the best buy. Keep a cost list of basic smpplies. When it comes to sates, if von'se moterl prices all akong, yon will knows if it is really a sate on just a eome-ome

 prices and (puantities a smap and leptps you stay within yom buelper. And yon can domble-cherk vone hill right at the checekent connter.
 optimatartafar-stoch ip) when there arespe-
 (ouponis bat onty for items you like ant mese Comsider what vonth was at eamed erood for for determine what form to bur it in-it is silly do buy solitl tuma instratel of chmok when it will be tlaked for salath, of whole lomatoes insteat of crushed for satuere or sonp).
 properard comernionere fonds that you are payines much mone than domble for them on a price-per-pound basis.
 fior imstanee, substitnte fresh truit and vegetables for expernsise. Fow mutrition stateks.

 atly does atl the wonk for which you have three.
 Shopes in many stater) loy lall wher a discount if buyingly by

## Cultivate your butcher

Many people fund it pays to go to a butcher or fish market instoad of alucays buying precut, prewrapped meat or fish. You can get exactly what you want, and also bones and trimmings for stocks, soups.
 ativer. The best seem to be small, about ten to twelve members, who know each other's cooking habits so that purehases are truly usable.

Ladarn about meat gradex. Choice is best for economizing and if properly aged by a good Intcher, flavor and tendemess. There is more waste in the more tender prime.

Ladrim mear ruts. Which have a lot of bome and waste?
 Churek is a good all-areund beef cut-it can be used for braising, stewing, ground meat dishes.
 dheir madet bu!fin!f—and ratin!f—habits to loss. Shoppers are buving more poultry and fish, and looking for protein in other sources such ats erges, peas and beans, and cheese, then boying more vegetal)les to fill out the meal.

 monol. Veal and lamb, shanks, ribs, and breasts are still groxd buys. A steak such as round or shomkler, marimated to tenderize it, can be as flarorfal as a porterhomse. Beef liver eut in strips, cookerl (puickly can be as lovely as calfs liver.

Lanoli fier sules anal sperials. bin! in
 (which hereps out air), weigh, label, and freere. Meat prices nised to be seasomal, but no longer.
 ơutiru!. Veal is more expensive eut into seallopine than if bomght as a piece; beef fillet, more cut into mignons than whole; chicken breasts, boned than whole; fish, filleted than whole. It pays (o) learn to cut your own meat, but at the same time, you must balance time spent agranst money saved.
 monals-cemut on leftovers. Roasts thus are a geonl buy: a whole leg of lamb can vield chops Fon one incal, then the mast and leftovers for two or more meals.

## IBY IPENELADPE WAETE

## firtting the most from yotr cooking

"Time is money, too, and you can make it for you by cooking intelligently," says Jo Boarl in How to Eat Better for Less Money Jame's Bearl and Sam Aaron (Simon \& Schus To get the most from your food money, it i. sential to learn how to cook properly and in natively. It pays to know such things as roas at a lower temperature means less shrinkage less drying out than roasting at a higher
vimply ear loss meat. Americans eat much meat and don't need it. One way to the amount consumed and its cost is to rn Jifforond!!-carve an expensive steak, as would a London broil: across the grain d mally in long thin stices; it grees a lot further.

Lurart chinese and other ethnia sinos to streteh meat; by adding vegetal grains, peas and beans, or pasta to make ir esting, flavorful dishes.
 meat, poultry, or fish bones and trimmings stocks and soups, the leftover meat, vegetal salads ground or chopped for stuffings, has cropuettes, quiches, soufflés, erêpe fillings, son Make bread crusts, stale eake, and eookies crumbs. Save and freeze egg whites. Vegeta scrapings make a good soup stock. Leftover fr are good for souffles, crèpe fillings, tartlet filli

 cheaper, for example, to make your own yogh

Hara goood acguipurnt that urorlisu for goat to saro both timbo athat monc! you have three good knives and keep them sha atl boning, slicing, chopping, and paring bece a breeze. Do as much as possible by hand to s on utility bills.

Conl: in qummity, eren if condin! rwo. especially dishes that will improve by ting. This pays in lower utility bills, time, eflort.

## It is lows expensive to phterrinin

 horrer" especially if you serve "luxury" for than it is to eat them in restaurants. Refleet th in mem planming: a first course, which can the vegetable course, can be relatively inexp sive and filling, so you and your guests won't h as much room for extravagint cutrécs.
## 


 for asparacous or prathes In Jamuary. I al forsh prostuere at the preak of its sereson for minimmm



 Froven peas, lima heans, and spinach are usually less expensive than fresh; beets, lomatoes, and e better buys camed, exeept at the height of their season when you ean buy them from local grow Cunnool ar frazarn fruits aro more expensire than fresh becanse of preparation lat anct the spimating cost of sugat. Yon pay for the syrup.
 mad also a groxl soumere of proterin.

Heodiscorer pontaroes. They are cheap, a good somece of carbohydrates, potassimm, , itamin (: if they ane conkerl in the ir jackets, and a small portion is filling but is mot tattening. .


## Close your eyes and, if your taste has such a memory, think of the sweet, tender, butter-drenched meat of a king crab,

yet only 35 years ago that taste was a secret, buried 600 feet deep in the cold waters off the Alaskan coast. Then one summer day in 1939, sailing off Kodiak Island, the tide was unusually low. And there they were. Mountains of them. Strange, thorny-legged monsters that stretched nearly four feet from

but his hours are long, the risk - though diminished - is still there, and there is great demand on the spirit.
You've taken the king from his ocean. The problem now: how do you preserve and package the special, seafresh flavor of your great discovery?
The solution wasn't easy. But the breakthrough finally came. By cooking the crab immediately after the catch in a cauldron of boiling seawater, then flash-freezing the cooked crab meat, we were able to keep its luscious taste and texture intact. (Incidentally, to be sure you get every last bit of Wakefield King Crab taste coming to you, move the package from the freezer to the refrigerator 24 hours before serving.)
Which brings the king crab right where you

claw to claw. As ugly to behold as they were good to eat. (It's amazing that anyone ever thought of eating one.) What a surprise to find the leg and claw meat so pleasingly sweet. The crew feasted well that afternoon. And as they ate, each thought to himself: that crab has a future.
The first crab fishermen Wakefield hired were salmon fishermen, moonlighting during the two month off-season of their year. They were perfect. Already familiar with the deep, choppy waters and the blustery Alaska weather, they were right at home fighting 100 mile an hour winds to haul in the massive nets. (Trawl nets were the first method of catching king crab. Later, "pots" or wire-mesh traps were used and still are to this diy. Fiven though the average pot may yield $3(-30$ crabs, all females - and males averaying less than seven inches across their backs-are returnest to the sea.) The life of a crab fisherman can be taxing and dangerous. In the carly days three or four fishing boats were lost a year. The modern crab fisherman is handsomely paid for his 10 months work


Hot Crab and Cheese Crescents, Deluxe Crab Quiche, King Crab Legs En Brochette, Wakefield Salad-in-A-Bun, Wakefield Crab Jambalaya, Imperial Crab Appetizers, Avocado and Crab, Alaska Crab Chowder, Crab Cake Bunwiches and King Crab Seashell Supreme.

## For these recipes and more write:

Wakefield King Crab Recipes Box 2444 H City of Industry, California 91746 We'll send them to you. Free. As a matter of fact, here's one right now. Free.

## KING CRAB LEGS EN BROCHETTE

Thaw and drain 1 (12 oz.) package frozen Wakefield A laska Ready Split King Crab Legs. Carefully remove crab meat in large pieces using kitchen shears to cut away tendons. Cut into 12 portions. On 4 ( 7 inch) skewers, alternate 8 musbroom caps, crab pieces, $81^{\prime \prime}$ squares green pepper, 8 chunks fresh or canned
pineapple. Start and end with mushroom caps. Brush with 2 tablespoons melted butter. Bake in shallow pan at $400^{\circ}$
電
for 10 minutes. Turn occasionally; baste with additional butter. Serve on rice pilaf with mushrooms and onions prepared from 2 (12 oz.) frozen packages as package directs. Pass curry or other favorite sauce if desired. Makes 4 servings.
Though we've dedicated this page to our first love, the king crab (available as Frozen King Crab Legs and Frozen King Crab Meat), there are other Wakefield seafood specialties equally deserving of your consideration:
Frozen Snow Crab, Frozen Deviled Crab, Frozen Flounder 'N Deviled Crab and Frozen Tiny Shrimp.
In the months to come, Wakefield will bring you information on these products with recipes and serving suggestions in the hope that your taste for fine seafood may have only fond memories.

## What has the fewest calories? <br>  <br> 4 oz. serving of sherbet. <br> with $1 / 2$ tablespoons <br> Roquefort dressing

Two 4 oz.lean lamb chops.

## 路

Unless you said the potato, you were wrong. But don't feel badly. Lots of people make the same mistake. They think that carbohydrate foods are really a luxury, with little or no nutritional return. But actually, the body needs more carbohydrates than fats and proteins put together, so carbohydrates are really the biggest single need in a well-balanced diet. $2 / 3$ of a cup of potatoes mashed with milk is a surprisingly low 87
calories, topped with a pat of butter ( 35 cal ories) only 122 calories total. In addition, the potato provides you with significant amounts of Vitamin B1, iron, niacin and close to $1 / 3$ the recommended daily allowance of Vitamin C.

So next time you sit down to a really terific meal like this one, don'tlook askance at the potato. lt's really something good that's good for you.

[^1]
# Avocado magic from soup to dessert 20 quick．easy ideas 

## d

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Only one heavy-duty washer has a unique "up-and-down"agitator to clean your clothes from top to bottom.


## Vegetable surprises

## party custards，puddings，and tarts from Richard Olney＇s new book

## LETTUCE CUSTARD

Ingredients：1＇e pounds（4 heads） Banston Jettuca；I cup heavy cream： toges，salt，pepper，and mimery In taste；butter．
Wethod：Preheat aven th 375 Pick aner，wash lettuce heads as for a satad，parthoil them，comenting ： 3 － 1 mimutes from the time that tha water retumes to a beril，elrain，we freshl benwath cold maning watere and spumere them tree of excess mosisture（hoplether．
ha：bewl whisk tugether ereanl．
 stir in the lethere，taste har scatson ing，and pomintual bittered char potle meld or deep bahing dish aquanst the bestem of which has beon firmly pressed a remmed of buttered parchment paper．Cooh in owen in a main－marie lay 15－50） mimutes or mat the center is firm （1）the toncli．lime a huile aromet the enteres before momeltings hift ，ill the romme of parchineme and， as a gannish，seme withere as is or mastaned with masting juices．As a comse apart it is lowely with a

Pop rabroots in an phalding．make lerince




lightly buttered tomatos sauce． Series 4 －f

## POTATO TART

Ingrolionts：I pie dish lined with shome paste，crimp edges as for a single－ermest pie and a round of pass－ fiy（ant th the inside dimensions of minel；the promels potatoes，fincly slieed，wiperl tree of excess starch， but wot rinsed；salt； 1 cup heary

Methed：Prebleat onen to 375．Fill piestect with lavers ol onertapping pentaton slicese salted，and place pass－ ta（on top）piercines it in several places with the sharp tip of a par－ ing honite．Bahe for athout 35 min－ ntes．Remone from the wen，care－ tully lift wit the pastive liet，pere the erean wer the potate surface，

## SUB－ZERO

## Built－in refrigerators and freezers are easy to disguise



SUB ZERO FREEZER COMPANY INC．Dept $729 \cdot$ Bo× $4130 \cdot$ Madison，Wis 53711
pepper to taste，replace the pastry lid and bake for another 15 min－ utes．If pastry is browning 6.0 math，plater a sheet of ahminum foil loosely（on top．Seves 4－6．

## CARROT PUDDING

Ingredients： 2 pounds carrots， peeled amel coarsely grated or passed through the medima blade of a foncl mill；解 cup butter；juice of $1 / 2$ lemon，or to taste；salt，to laste；I teaspoon sugar；1道 eups heary crean， 3 coges；salt and pep－ per，to taste；butter．
Mchorl：In a satucepant add call－ rots，loutter，lemen juice，salt and shgath and add just emough water to barely cover，bring to a boil and simmer，covered，for aloost 曾 hour； oscr a high flanace，stiming con－ stantly with wooden spoon，cook montil the liquid has evapomated． Conl mixture about 10 mimutes．In a bowl whisk together the cream， exess and salt and pepper，stir into the carrots，pour into a louttered baking dish，and bake for aloont 35 mimutes or until the surlace is swelled aud brown．Serves t－6．

## TURNIP GRATIN

Ingredients：garlic； 3 talblespoons butter；1／2 pounds turnips，peeled thickly，sliced ${ }_{1}^{1}$－inch thick，par－ boiled 2－3 minutes，drained；salt； pepper； 1 scant teaspoon finely crumbled dried herbs； 3 ounces proseiutto，cut into fine julicone；is onnces Swiss Comvere，（ant into very thin slices；cup heary

Merhod：P＇rcheat wem to $f(0)(0$ Rul）a small eratin dish with garlic let dry and grease with 1 table spoon hatter．Armatere the tumip sliees，slightly werlapping，in there layers，sprimkling with salt． pepper，herls，and the ham in be tweon the 2 intermerliate lavers． Arrange the stices ol cheesedollop，
penir ower the eream，sprinkle wit bead cmmbes and cover with re manning butter．Bake 45 minutes Serves 4.

## ONION PUDDING

 Insradicuts： 1 prond sweet onions talveel，finely sliced； 3 tablespions： butter；有 cip flour； 2 egos；salt pepper；桨（品）milk．Mohod：Preheat oven to $450^{\circ}$ ．In a pann stew the mions gently in 2 tablespoons butter for about is houn without letting them color．In a howl add Howr，egos，salt，pepper， and milk and whisk until smooth； stir in onions（slowly if still hot） butter gratin dish with remaining butter．Pour into elish，bake 20－25 minutes or until swelled up and brawned．Serves 4.

## GRATINÉED SPINACH LOAF

 Ingredients： 1 cup lieavy eream； 1 cge；salt，pepper，lint of nutmeg， to taste； 1 pound spinaeh，par－ boiled，drained（but not squeezed （hy＇），and chopped；freshly grated Pamesan（or a minture of Parme－ sall and Gruvere）；loutter．Mothod：Preheat oven to $450^{\circ}$ ．In a lange bow beat the ercann，egg， salt，pepper，and mutmeg together， stir in the spinath and pour mix－ ture into a buttered gratin dish． sprinkle surface with grated deeese and distribute shavings of butter．Bake for 20 minutes or un－ til well colored．Serves 4.

## GRATINÉED <br> CAULIFLOWER LOAF

Ingicedients： 2 small or 1 large cau－ liflower（emongh for 2 cups of pure（），in flowerets and parboiled； 2 cogs；紫（up heavy cream；salt； pepper；点（up freshly grated Par－ inesan！； 2 tablespooms hutter． Wethod：Preheat oven to $450^{\circ}$ Coarsely purce cauliflower through a vegetable mill．In a large bowl mix canliflower with whisked eggs， cream，salt and pepper to taste， and penr into a buttered gratin dish．Sprinkle sumface evenly with cheese and distribute paper thin shavings of butter aurl bate for alomit 20 mimates or matil the sum－ lace is miecty colonect．Sorves 4．－

## ＂Cauliflower whipped with eggs and cream and a hint of cheese makes a savory custard＇

## Barins Barinatrí



While you're enjoying House \&s Garden, why not enjoy Barn \& Barnyard too? That's the name of this house and garden. It's a Yankee Barn Home, and a very special place to live. For one thing, we will deliver it directly to your site, your future barnyard.

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decks, and interior details.
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If you're a lover of rustic contemporary: then write directly to the Yankee Bam Homes manufacturing plant for an infor mation kit.

[^2]
# Why not a tot of malt whisky to sip and savor？ 

## by Henry McNulty

Macphorsom had a som Who marriced Noalis deunstrier
tod weorly sposiled ta Flood
By trinkin＇up ta water ＂hich he would ha＂dome－ 1．at least beliewe it－ Had ta mixture beon （）nly half Glemlitert

yain shomed try a lielle emperi
 Hrocl whishe with water lathe al fince vingle math wlish

 If＂atere．put werm hame oner the
 mulbimation a sement lake．Sinill
 hate likerated lle bounget aurl
 Singele math whishien gitw ．．．．｜．．
 cuil flaver of what is sirtualls the migimal sooteth It was the mill kind if Sownd there was mult
 becing distilleal nearly fifteen hum－ deed caran le ture that．Is a drimh． Whishe athel＂rater or somata is a hath thardly a humdeal wom and pirre malts are mblemided whis
 Hasla it malted bairley．and the beyt of them are centriparalle the a time leprew brands．Most of them ande andurnt peatt late．which the Ine combrixacir is ctuser tus nectar than why wher modern drime．The peat flater is there becemse the

 he mont people durk．We hemet （．） 1 huid what makne it tave le like Cowth，is dithingurblad Iron




 and hate，Mallo－1 ：No．



1．stav：Shee Orheey，and Null．
Once 1 was maromed ont the istanct of thay for cight hours bee canse the single plane that flew mie to the single mathes needed at－ tontion．One of my traveling com panimis found the place so em－ chantinge of possibly intoxications that he bought himedf a homes there during thase eight homers．Ite laas spent all his vacation time there ever since，mear a hime peat Iong．the very low that leyones to 1．aplhroaige sine of the minst aron－ matic of the single malts．Div ine to its tams（its flaver has heem do－ urribed as＂a misture of sean eed aund tarty rape＂），this miegre ancl murveromedelicaterowes itsopectal
 lailf－turneed croal，which is peat． carved ant of the neimblyming mit ＂ill houge wonden yaders and pilect atheng the mbay varals to dey lefore lexing med for malting

## CABIEDTE WITH M．at Whisky

slicen up $11 / 2$ poumels araroots and putilaminto a path，raw．Mis in！
 inticearad shanar．

and yobrfavorite math

Stirthinaromad with
dhecrarratsonara low
flamac metil buteromelts．
（overerandiputimthos ovan（：8750）for anthonr sirring once ill al while．
\！fricul \amporice Heilbom， ＂ife of the director of the Lomer John Distilterien Hat onvis Lap． hroaig．has given me a seeree mate Whishy recipe for carrots that （omests out slightly calramely，ant （astes supert）．

The ereatest mall whishien there are wer 100 malt distil－ kerien in Sentland）inchude（Blen－ liset（ethe oldest obtainable beemer twenty vearn wht）（ilen（ramb． （：3 mfiddich tem wame old），Talis

 allel 小ロパい？ －ane momperesel in the Sown blond of simgle malt Hパリ has
 met at all of How some（phality． muld lote the s．ariation of wines

## M．M．T LEAEB MBAD

Twoparts 10－varar－old Gilenfidlliulu siasion （ atacanining the product of ous divilllery ）．I of swrot vermonti．al dasil of
 into al glass．This IRolbltoy lian at purgernt．subty alifferroul ilamoor
from diflerent suryards in France． Cencrally malts take 1 meser to mature Hain grain whiskies．Most of them are in the heer for seven vears at least，The spectial chamace teristies of the best of them are said to derise from the peat，the dimate，and the prome water of t？e Sontish burns，or rimalets．Each hats its own partienlar bumpuct． daracter，and taste．
\ailt whishy is distilled in commercially inefficient，tradi－ timal，c．．pper vills with all mion thape hat hats wot kamed for centurics men has ther distilline process，Barley is first dampenced （1）sart it serminatimes．Atter at week un so the wet harley＇s ape mot ing is stopped by drying over perd fires．Then is is mixal with het water and termerted with yeast． This prexluces a sont of weah ＂beer＂Hall is swiee distitled．Malt Whishy is ham from t？e recemel distillation．It is theen that thee hum leclger ancl shill of the stillman comes inter play，it a moly his sivth semse call decide where to stant anct seop the rum ot＂lishs
important（d）whishy dis－ tillers thinh the size and s！！ape of the old time pot still，that when new distilleries like Tommere，on the spey near scontanel＇s the re－ sunts in the heart of the malt whish comutery ate hoilt，I！evill， are faithful erpies of the old．Exen them，creation of a mew distillers is all act of faith tor，the cyperts saty，it is impenssille to abseno t！e e quality of a hatacl new still in athance，whl pat sill on ine．

Present day blemeded whishs came aloout partly he mitahe． When the＂patent still，＂a sont of prodnction lime procers，＂as in－ cented．Sonland suddembly had a esher of alcolmen（homis it persiblas） （1）＂Fat ypirit．＂The alcolnol was shippeel to Lamelen astemsibly w mahe gin，the then poppular drink． But mutil it was redistillecl．it re taineed a quod deat of whishy flat
ror．So some sly publicans mive the morelistilled gin with a bit malt whisky，thms avoiding som of the malt tan that made whisk expensive（ther had inflation the （100）and soled it as whisky．Th caused il really large publice stimb ame a lecrat ease in 1909 that finall deceded，once anel for all，tha mived \＆rain and malt was．＂whis ky＂mu matter what purists satic And purists always have a lot 1 For cample，the true mal drimher insists it should be sippere satored．and revered，perhap witl at dopp of water．＂lout on on ace vint with ginger ale or simila minerals．＂Addings soda（o pur matt＂hisky，they say，is lik foring the singing at the Met Eyehtows will be raised．Ostra cism will be youm lot．
Yod，there are partisans of mix ：ns－a Malt Rol）Roy（：acktail，for （wample，such as the haverians ome 1 lack al Lomden＇s Savoy Bar．

Despite iconoclasts，malt re mains essentially a fine sippins drink，Mre of the smoothest is （；lentullan，from a distillery that usually sells only blending whisky It is not oxer－pealy and has wate ad for your taste buds for twelve vears in kegs in Dufftown，An－ other is Balsemie，like Clenfiddich， made be William Grant and sons， ＂ho sily＂hishy was first a meli－ cinc．＂quocl for preservation of health，prolengation of life and the

## MAIT SIDE C．MI <br> Two parres malt whisky． I part Conimtreatil．I part laratom juicor．Nhalke。 straint．antle serve．

relief of eolds，colic，drepses，palsy atad smallp，N．＂In 1505 only sur－ geons and harlers，who were con－ sielered medical atsisistants，hat the risht tosell whisky．

A faverite clish of mine to go with malt whish！is haggis，the old Seottish johe，Buit ton＇t langh，you must try it．It is a goummet treat when well made，like a spiey sam－ sage．Traditionally the Scots nse a sheep＇s stomatell to wrap the sam－ sage in for cookincs，hut you dont need to．Any hig sambinge easing witl do if you boil the dish．（）r simply put ingredients in a bowl allel steallo it．Here is lom

Boil half a ponmal of liver＇calf， slacep，ow pig）for formimes cool，
he broth. Mince liver finely, ; it through a seive. Parboil hions and chop small. Chop pound of beef suet. Put 1 Quaker Oats in a thick, dry id toss it over a flame until Add the liver, onions, suet. with salt, pepper, cayenne. nixed Italian herbs (marthyme, oregano, basil, rosesavory, and sage-or any nation thereof that you like) en with the broth intil it is f." Turn into a greased bowl team for two hours. When rve it, serve tots of straight hisky, or pour some over the itself. Mouth-watering. fig a sausage casing is more fional. Fill the easing 5/8 o give it room to expand, "Out air, sew up easing. Thrust fast looiling water; turn the down and boil slowly for hours without lid, adding as needed. Priek the casing it first swells to prevent an fion. (The real recipe also for sheep heart and lungs, bed finely in the mixtureeave that to the hardy Scots. ) e farther North you get in the h Isles the better the malts There is nothing like a tot alt after a freezing day of ng a deer or trying to catel fmon in the Spey. You can I a few days living like a at the same time satisfying possible yen to do a malt by tasting, at a place ealled Seafield Sportings Club in shire for about $\$ 150$ a day, $\$ 60$ for salmon rights and for deer stalking.
ow for a few business notes. whisky as an investment ean s interesting as drinking it. e are, however, 115 malt disies in Scotland and what they e is loy no means a productioncommodity. Prices vary wildike grain futures, so whisky ng is speculative in the exe. There is no organized sky Exchange, no official list ying or selling prices, and no antee that a parcel of whisky produce profits. In short, the formula for a would-be ky investor is to trust your , count costs, and take chances. or those of you who like someg more solid for your money, e is always the possibility of ming a distiller. In Seotland one ean do so simply by applyfor a license, and paying about for it. There are a couple of Il hitches, like having to build mises that the exeise authorities rove and the plant has to be of mercial size. But still (oops, y) it's a lovely dream.

$\dagger$here are many good, inex-
pensive wines in the stores now waiting for you to discover. If you find one that looks interesting, try it; if you like it, buy. a casc, which usually carries a 10 percent discount. Here are some favorites of people who love wine and love to entertain. Most are well distribnted; the prices are approximate and will vary somewhat across the country.
A fan of wine for parties, James Beard, together with many of his friends, likes to serve a sparkling one and a dry white one. His faverite, Ba!ger brim abtane do EBian'res. al sparkling wine from the Savoie, $\$ 4.99$, served alones with saisat Verarr. a white wine from the lower Burgundy area, $\$ 2.99$. Mr. Beard serves these wines as they are and also witl a splash of hack (irrrant, strawbery, or raspberry liqueur: "Sparkling wine is lovely with a drop or two of any of these fruit Havorings; the wine takes on a beautiful wash of color."

Suzame Taylor, see her party page 94 , and her playwright husband, Samuel Taylor, have their own favorite jug wines, which come in fifths as well as the half and full gallons. Lareis Martini Mountain rearl. \$4. 85 half gallom, they find a rolust, fresh red wine; Culian suriss Colon! Htrinesforllar. $\$ 2.69$ half gallon; diallo Clablis Iblance $\$ 2.89$; . Iancrlón Monutain whita Cluatolis. $\$ 3.50$, are their picks.
"It is sometimes fun to serve a red and a white wine together for dinner," suggests Julic Dammenbaum. "I have friends whon don't like red wine and you slould alwavs le able to drink what you like, so 1 eopy the Italians who serve lootlo a red and a white simultaneously at formal dimers." Mrs. Damenbaun's choices : from California, A /unctón Monntain White Cloctblis and Mrucrérut
 about $\$ 3.50$ half gallon; from Italy, Itusticano Iboll and Ibusticana Whire, both 68 ounces, $\$ 3.89$. "The white I also serve before dimner as an apéritif, sometimes mix all with a half teaspoon of cassis."

Virro Dar Tareolar, $\$ 3.50$ half

Gallon, "an exeellent, hearty, homest red wine," is photographer Emerick Bronson's latest wine find; her also picks up giallo Heraru!
 Countrea fiod \$3.99 half gallon, to seme for dimer and parties like his dimer for eight on page 93. Recoutly at a large party Manrice Voore-Betty, served Eritere. that great sparkling wine from Burgunds, 54.95 . "It's festive, eass to serve, and inexpensive in the long run, as you don't usually drimk more than two or three glasses. If a guest asks for wine as an alpéritif, I serve a French jug wine, Earn
 $\$ 3.99$ a half gallon. As an inexpensive wine to serve witl dimer, I like waina Vuran 1!98:8. \$2.99 or


From the new wines, Women's Wear Daily's food and wine writ or Doris Tolbias picks Callo's new selection of varietal wines; a great value for a party at $\$ 2$ a bottle and \$t a magnum. "I like the dicillo Clacmiar Iblane for a white, the Burberafor a red, and the new Ta!lor American Chablis at $\$ 1.85$ a fifth, $\$ 4.19$ a half gallon is a good new one from Now York State." "Easy to drink and gentle on the buidget," she says of
 and Itonge suporiar from Monsieur Henri, a magnum, is onnces, for $\$ 2.99$, "it comes in a large Borcleans style bottle that looks nice on the dining talle." Miss Tolias also likes dire!! Goosse Licbiranbilallo a gentle soft German wine, a double liter. 67 ounces, for $\$ 4.49$ is soocl value for a party of cight.
"Look for the Freneh comentry wines," advises José Wilson. "Tri one botule, if you like it, suap in a casc as the price is bound to gon).
 $\$ 2.29$, from Sherry Lehmam in New York or Macon IBtanc ID


 red wine from the soutlo of France. is a terrific value at $\$ 1.99$.

As an inexpensive wine aperritif Nika Hazelton serves a Yingoslavian dry red, Hepolis Mostar Bharima, $\$ 2.65$, and a spicy white

## Sarin Traminer. \$2.55

The much fancied jue
 a half gallon is the choice of cleo K. Cruber-look for her party page 93. It is also the one and onls house wine at her housband Lester's London Chop House restaurant in Detroit. At home thes also like (1)
 $\$ 3.17$ al fifth, or a soarre lbollar $\mathbf{I} 9 \boldsymbol{\text { IV }}$. Which is about $\$ 3.59$ a fitth or $\$ 7.49$ a balf gallon, or a young Ibranjolais Bromill!!.
" Jagnums are great hurs when you're having a group of people, suggests Emalee Chapman, who recommends two magnums for ten people; one favorite is Lomis da-
 Mrs. Chapman also picks jug
 J!t at $\$ 3.25$ at gallon, whichs she
 in San Prancisco ancl serves at her buflet for ten on page 152.

Light fresh wines, like ParaI

 תionsé. \$2.00 a fifth, ancl PranI Masson Cabornes sarrignoon. $\$ 3.49$ a fifth, are all grood with the lamb ragout that Exadna Hammersleys serves for liee hudget parYy page 91. "Laml) is sucla a delicate meat it neeels a light winc. says Mrs. Hammersley, who finds a Rhine or Moselle a good chorice for those who prefer a slightes sweet wine with lamb, "It's just a question of persomal taste. it's no longer considered bat form to serve a white wine with red meat."

Young and fresh with a spritos quality is how Amemaric Ituste describes her favorite meano Iredroffire $\$ 1.85$ a bottle (John Deminis selection). She serves it for parties and at her cookings seloonl.

Lolita Roy likes montar barala-
 Iais. $\$ 2.55$, to serve for her pathe: page 91 .

| Villargos I!oze at \$2.50 is choiee of Molly fimn cod: with Jeri Labler of cool: Carefree Weekend Schuster) and : Tro 10 ch siver. She also lik. Pboson zo <br>  exTraisqrosat \$: naboulle |
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\section*{13．＂ITALIAN INTRIGLE＂} a colerfully：illu－trated pamplitet from Forcign Vintages．Listed arr many recipes for food and drink： Amaretto bi Saromno－a legen－ dary Italian liqueur is the deli cious tante in earh．Brief history of how the ligueur came to be in given．

14．＂AVOCADO BRAVO＂——a 48－page lowklet tracing the history of this most versatile New World fruit－includes dozens of tantaliz－ ing recipes for appelizers，bever－ ages，entrées，desoretto．Nutritional information，buying，storing and preparation lips given．California Avoeado Advisory Board．50c

15．＂TIIE IIORS D＇OEI VRES RECIPE BOOK．＂Twent－five prize－winning recipes，solerted from 10.000 tempting entrice in the Seagrams V．O．Intemational Reecipe Contest．have been awom－ bed in this colorful 16 －page book 1．t．Seagram Distillers．

\section*{Pentpoderitioi}

16．SOUTH CAROLINA TRIP KIT．A packet containing folders on campgrounds，state parks， bearhes，mountains．golf cotrmes． historic homes and gardens whes a hig color broehure and South（arr

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I9．SOME HELPIFL DON AMD DON＇TS ABOUT MOB－ ING are dimatard in tha lem Mastlower Van Lime Voning Kit． from how mucla it will cont tor what to de aboent－torage．There is als－1 a handy fhecklint to organize sour move out and in．

20．＂INVITE WHDIIFE Tイ YOUR BACKYARD＂is a 12. page．coler reprint from the \a tional IVildlife Federation shon． ing low to deralop wor own kand into an insiting lablitat for amimal life．Inelowed are istean for the kind－of trore and shrub bou can plant tol lelp provide food．coner． and saff arria for rearing the young．

21．MOVING DAY MADE EASY is the subject of＂（eored fuck．pal ．．．and good lye＂－an 18－page broedure from Lilan Van Lines that outhines the meving ex． periener from preliminary esti－ mate Io final platronent of promato bons in sour new hous．50，

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\section*{X Howard Miller Clock Co.}

ANTIQUES
continued from page 6
Winglish Tansi MRaclis

I pictied up this teast rach on Portobetlen Revad in London. I have dranen the markings that apperar on its back.
 I would lee interested to know if it is an antique (and, if so. when and where it was made) or if it is merely an old toust rack. C.O.P.- II ashington, D.C.

Your twat rack was made by the English Vietorian silworplaters William Hutton \& soms of sheffiehd and lomdon. (The "BP" in your mark indi(caten that it was plated on Britannias a metal similar to pewter.) Toast tacks were introduced in English sitver in the 1770). Today they are fropuently used as desk accesoories to hold letters.


\section*{Gerrificilal clocki}

Our clock has the words" Insonia Clock Company. Brootilyn, I.Y." inside the back wall. Il hat can wou tell me about its age and background? Ir.R.P.- Vinneota, 1/inn. This clock in the "Garfield" model, made aś late as 1908, and is one of six clocks introduced tate in 1896 or 1897 known an the " \(G\) " assort. ment (Griswold, Callatin, Galatea, Gilmore, (;irard, and Garfictl) made by Ansonia. They sold for \(\$ 5.25\) with strike, \(\$ 5.55\) with gong.

\section*{Hararian Chinat}

I hare sketched the inscription and mark that's on the bottom of my old china. It here and when was it made? J.N.I.-Macon, Ga. Your china was made at a procelain factory

sarled at Marktredwitz, Bavaria, Cermany in 1872 by Jareger \& Co. It mate ss Malmaison "hiefly table, coffee, and tea services. "Malmaison," the name of the pallorn, comes from the château of Mahmaison, an 18th-century building fameras as the residence of the Empress Josephine.


\section*{Fronth Perfinme Bottle}

I have a glass fan-shaped "object" mith raised Horal designs. Where the base joins the fan on the bottom is the word "Baccurat." N"hat was this used for and can you tell me how old it is? J.F.II.-Sikeston, Mo. Your Baccarat "object" is a perfume bottle whome stopper has been lost. lt is typical of the costly and beautiful ghas bottles ordered by major French scent manufacturers who were rapidly developing in the first years of the 20th century.

\section*{Npercial offer (a) \\ Hipuse © Giaroden readedemos}

Copies of L.onine Ade Boger's book, Homse \& Carderis Intigues: Ourstions \& Inswers - over 900 Hem- from past cohnmes arranged by attequry for casy reference. ()nly \(\$ 9.95\) per cepy, phas 4. 5 for polaye and handling. Write to Conde Nast Books, P. (). Benx 3308, (iram Central Station, New York, N. Y. 10017.



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\section*{Henredon}

\title{
SOME NOTES ON GOOD LOOKS AND GOOD HEALTH
}

\section*{Lend me your Eatrs}

\section*{Nome reoreds of adriaro from parespoceialisy Ibro. S. Eiratus Garuz}

The joy of musice, the vice of someone you lose the sound of a bird singing, of silence-pleasuren granted us by that most remark. able of instruments. the human ear. Nol onls does the ear allon un to hear what groes on in the world, but it also works to keep us oll our feet.

It consists of three parts. The outer ear in the part you see-a -hell-like cartilage with man folds 10 catch the sound waves. It is cosered by win. which ver (losely atheres to this underlying cartilage. This is important. beeause if you get even a tiny ear inferlion. there is very litle roem for swelling. and the pain is therefore much greater than you would expect. The cartilage of this onter ear comtinues along a canal until it meers part of the mastoid bone, which goes to the cardrum-a distance of roughly 1 to \(1 \frac{1}{2}\) inches. This canal is lined with lime hairs and some 2.000 wax producing :lamds. Since it is cenered "ith shin. it also contains sweat and selbaceous glands. The job of the outer ear is to gather sounds from the air and pass them on to the eardrum. which vibrates these vibralions are then conducted into the imner ear. the organ "f hearing.

The middle ear. on the other wile of the eardrum, has three tiny bomes the smallest bones in your body). Which conduct the earIrnmes vibrations to the imer ear. The imner ear contains two very delicate organs. hensed in the mastoid bone. (the hardest bone in wour bows) the coctilea. which is shapet like a shell. and three small chambers. Which control sour balanere. The cochlea contains the organ of Corti, "hich is covered with mam fme hairs arranged like the string* on a harp. Here the vibsations of sound are changed into neme impulses and conducted to the hearing center of the brain. The oryan of balance contains semicireular canals. filled with fluid, monitoring bour sense of balance. If you close your eyes and lilt your head. yon can feel it-berause the fluid in these canals has tipped. Seasickness is the result of the malfumetioning of the smmicircular canals when rapid. irregular, and continuous Warso of mostion persist, your balance is tislurbed.

By the age of ten, your hearing is at its keenest--as many as 20.000 ) , ihrations per serond. By thirts. its down to about 15.000 . Is wou get older. your blood supply diminishes. and since the two orobans of the inner ear are supplied ln only we blood vessel, obvously hearing is affected-it's simply part of the aging proeess.

There are. however, ways you can keep yonr ears at their finely Inned best. atconding to I)r. S. Evans Canz. Attending Surqeon, Uanlattan Eye. Ear and Throal llompital, amd Diptomate of the American lbard of Otolarynentory. Here are his sheqestions:
 a protectise mechanism in the ear that nature protided, and normally it lomens itself and fatls omb. P'ushing cotlon-tipped sticks or wher thinge in the ear to disloclae wax simply pashes the wax further down the canal into the eartram where it camot possibly coeape ame affeets your hearing. If fou do have a problem with wax (some people simply have more active wax stands (han others) lave it professionally removed. "In facl." say - Itr. Canze "I don" adsine patting anyllimg down the call-sticks, drops, fracers they cant all came infertion. The ole adage that you shouldnt put any-

Continued on page 12

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\section*{*The old adage that youshouldint pitanything smaller than voare elbowin yonar ear mabasereellent sense"}

LEND ME YOUR EARS continued frompage 10
thing smaller than your ellow in your par maker exellent sense."
 Lerate. "Since the shin of the ear adheres ven dosels to the underlying cartilage." explains 1)r. Gamz. "and sime blood supply to the ear is not profuse. the ear is highly subject to changes in temperature. particularly to frosthite. Both frosthite ant ane ere burns come from the same cause a disturlance of the blood supply tissues. All skiers should mover their ears.

If yon hare a robld. alo neor if!!. If you must fly for reasons of emergenct. spraly ?our nose with a nasal spray. "This is very important." Dr. Ganz says. "When you have a cold, your nose is congested. and the pressure spreats from the nose along the eustachian tubes to the ears. If you fly, what happens? No plane is completels pressurized - so there is increased pressure in your cars. With a cold. What doulbe preseure can rupture your eardrum. And the precaution is no simple if only more people knew about it a nasal pray opens the tuber and prevents that pressure. In fact. it** not a bad idea to do it eren if you haven't got a cold. This also hold- the "illa sruba diving-if you have a cold, use the spray lefore sou dise."

Aroial lomal moisars if posssiblar. Children who listen (1) wery lout pop music combantly are damaging their hearing nerne and will he hard of hearing at an early age. Industrial noise causen the same damage. Am one exposed to excessive noise should wear carmuffo or earpluse as long as thes are not of a very hard material this is the only pereption to the "nothing in the ear" rule.

Tohnow more about wor ears is. perhaps. to appreciate them mere -and to care for them means that sou can continue to be en"hanted. in Shake-peare"' words. by the "noises, sounds, and sweet airs. that give delight."

\section*{HEEAETY ANHIMEALTHIPIBODEGTE
}
poldy bergen. . Whats new and great to use with one of those hand-held shower -pras- featured in the Dew Bath Equipment on page 6\%? Ilead-th-tue products that really go together-New Woisturizing shamporo for your hair and soap for your bodyboth lightly scented with "Tortue." "Tortue" Soap comes two cakes to the box. 57 . Shampoo. \(\because\) ounces. 55. At Bloomingdale's; Carson Pirie Scott: Richix, Alamta: Robinson's.
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"Aliveness" is very muld a part of the 'Trust's philosopley, and in ils 2.5 years of atetivilu, areat deal mone hatn the restenation of eedebrated hameses has been added to its prosgram. Historical socioties thanghont the combtry can now make use of the Trmst's advisery serviees. The Department of loidel Sombess ofters protessional experlise in propeets so (empreherisive
and nshington to his foster da that, beramse one might not ever dream that they exist, we list then here. 'They are: administration archacologes architectmal history architecture (historical and resto ration), (arreer (omuseling, deco ratimes ats comatorship, fand rais ing, historic loulding surveys, hor liculture, legal techniques of pres crations, maseology, museum ind terpretation and programs, plan? ning, preservation reseach, prop orty management, publications pulblic relations. An awesome list With wo stone left unturned. So much activity, naturally. expensive, and is omly possibla throngl grants from foumdations sifts (property, money, histori (h)jects), fund raising, and the in conne from membership, subserip donss. These fall into three cate wories: one for individuals, one fo momprofit organizations, one for business firms. They range in cos from \(\$ 5\) for a student membership (0) \(\$ 1.5\) for an active membership to \(\$ 1,000\) for a business firm smstaming membership. Between these figures, the fees climb the scale according to the kinel o membership-supporting, smstain ing, contributing-desired. What wor the member needs and cal Cominued om page 22




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\section*{PROVENCE}

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THE NATIONAL TRUST continued from page 18
allond. he wry ... an tham his mum": sumet formetik and privileges mednle whemptions to the cuaran If Instorice Powemation and the monld Preseration Vens, fice alonission (1) Xallomal Tonst propatmes protessional commsel on preseration prohlems; epportmihes to attencl the Dational Thmis ammal meating: regional comiter
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Alone whth all deese lascinatines Hings, the Trust has prepateel ant (avamolinany hit (a atilathle at the abone artlionos) dealine with the appratehing Bicentemial and what the imdicidued (:an do lo lectp: lumer it ancl stimulate interest in our heritage and learn mere almon omer terctathers. Tha Trust's sug gestions ate momel. prosocative. durd in certain instances, finn. See some of them in the bex bedow.

The mencertions, below, ate only a samplines. 'there is a detailed vouth progrann, and a list of sup. port combacts-architects. Jomion Leagues, the Pryat and mand mone - (0) \(\mathrm{l}_{10} \mathrm{l}_{\mathrm{p}}\) von. As the Trast points ont. exery commmity in all the 50 states call lave its oivin commen

Fanally, as its very personal comtributient to the Bicentemial, and as a micpue way of celebrating its 25 th hirthelay, the Trast, for the first time in its histery, is allowing replicats to be made of certain of the rater pieces of fumiture in its persaession (all of them are in one on amother of their fistoric llomses) and mamufactured for sate to the eenemal publice. The wonkmanship, as it must bee, is impectal)le (see page 72) and the cost is met emorbitant.
In all these wils: the Trust is lepping all Americans interested m the locpping annl planning and implomenting of preseration prosgramis in the years immediates alload. "Becanse we are a mation of deners," the bicentemmial Adminismation has stressed. "ley us work logether (1) satere one heritage in a rememed spirit of 76.

\section*{Whar yont ratlo dor}

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1Interest lecal historical erompsis in comblucting an architectural surtey of significand commmaity properties: sites, luildings. structures, obigetes, and districts.
- Pressera a historic building in your community and put it to - wriv adaphito uses:
:B Launch fumel-raising drivess such as costume balls where gucsts come dressed as one of thriv anerstors. (Fiun, surch!!) - Comeluer aral history program.s to tape-recored the remimiscemees of older members of the commurity.
- Fincourage ciric onganizations. and schools to show films on histovia presertation and related suljeects.
(i) Sugesest that local theatere groups pat on original plays serery commmmity has an aspiring playmeright) will historical then: ". (The Bromadualy musical comedy hit 1776 ran almost two y/cars anul lu came a sucerss ful filur.)
\% C'omluct walking towes (or bicycling of boating tours) of his
 (a) wrepes and humergron'o ingerdients. If you don't bate Herm, hir diavoudto.)
 Wrat omphent Ihe history of the commmity stiould be sollicited from locenl: (larm.






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\section*{NOTES OF A}


It hen we mosed into this houser and remodeled the whd hitche en. We hat the problem of where to plase the kitchen stove. Whe wanted to put it directls under one of two large window. "Imperible." -aid the contractor. "\o way to in--tall the rentilatin! fan." "("an"t do it." -aid the apptiance dealer. "berau-e the "indon -ill i- lower than the bach of the -tore." The onl w, ther -port for the -tove wa- a dark cormer. Fimalls. one of the workmen rame up with a bright ided. He -usereted we -arrifice the lottom third of the "indsu tw matere the -ill flu-h with the top of the stove and ure the upper third tw accommordate the sentilating fan. This would lease a wimdon almut 2 feet hish. which could be titted "ith lomered ald... The idea worked sers well. Fir-t. I have a prett! outloch when I'm coohin! and because the birn tilt- ...mewhat the the wot. [im often treated to a lovely -unet. seromd. there is a epenerous windon sill above the -twe for pot- of dhisw and parles and our blue and white Comith Ware -alt. pepper, and flour shakere. We put hookon both -ide of the windon reveal and the hold cooking utem-ilo. Bert of all. I can crank the window lousers open for a few minute- when the hitchen becomes too warm.

It tomat lat there: a new extension hose that fits virtually all makes of conister racuums and add- a generou12 fret to the arerdee howe tripline it- cleaning range. This mean- that the whole interion of ? our car can be vacuumed "ith the couri-ter -till on the wround. Ind a stairway can be cleaned from top to buttom without moving the racuum. It rnable- ! on tor redh into difficult comers. duat high rafters. The wide range the how prosile- make- cteaning more eff cient -ince the cani-ter doe-n't hase to be mosed on often. Thi- Rewind extem-inn houe and adapter kit come- in a sturds filertward Stwe-and Cam hit, whith include a crevice tool and upholtere bru-h. It rethe for under \(=15\). Great for use on boats. two.

Mans peoplo who wear Vodie tlert dishs dround their nerh- (1) wri-t- do -o berau-e thes hate areute allergies. It follow- that the (ould ahou be allergic to nichel. the bare metal in mosl ine पpen-ise jewelry. When I firet -tarted wearins ms Wedic Hert. the tase didnot buther ms -hin but the thain did. where it ruthed deaint my newh. That left me with tho whoiem: Hare it mpled in pure wold or silver or find
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 that i-at cold- "ith the di-h. I ju-l lahe it off. (ott a -hort piece. of the mlonline and wean the dish on me writ.

Comtinued on pume \({ }^{\circ}\) I

\title{
How acep alo yout plant a peany? \\ \\ anal otherr jottings. \\ \\ anal otherr jottings. \\ from a garden motebools
}

here is no good reason for any ardener to have instant recall of formation on the planting depth other idiosyncracies of plants at are not hard to grow but hich will sulk if handled on terms her than their own. For ycars I pt a small alphabetical referice, and jotted down information hat I found in books, was told by mose who knew more than I did oout gardening, or that I (o)rved. I still do. This is a distillaon of that notebook. Some of it is

\section*{riright frivolous.}

Achilloras the botanical name or common yarrow (whose mod(m hybrids are not common), was devil for me to learn how to proounce. For years I called it "ia ill'ea." Then I bought a book on e pronumciation of botanical ames. "Ack-ill-lee'a" is right, but still tend to come down hard on re "kill." The hybrid, "Coronation bold," makes a spectacular bouuet when dried, and arranged ery tightly, blossom-to-blossom, nd formed into a dome. Blooms, vhen cut mature, keep their shape nd turn to bumished gold. If lusted carefully with a vacuum leaner, the arrangement keeps inlefinitely. It can easily use up a ouple of hundred blossoms.

Idraophorcc. The only way o tell this perennial (A. farreri is he best variety) from campanula s that its blue flowers are droopng and appear as racemes on 30nch stems. It is indispensable in in all-blue border, but the thing is mpossible to move-so those who want more plants must take cutings, for divisions invariably fail.

Ayoupacollous. Not the least aardy, but a great patio plant in the north, for it over-winters inside with a little care. It is hard to believe that offsets from one plant will fill an 8 -inch container in three years and produce six to eight wiry stalks with flowers that stay in bloom for nearly two montls. Later the seed heads make unusual dried flowers. Getting this result requires summer and winter feeding with 20-20-20 soluble
fertilizer. Feed half strength every two weeks. Watering: It is difficult to give Lily-of-the-Nile too much water when it blooms; water normally at other times. But don't forget watering or the tips of the leaves will brown. Compost for potting should be coarse for good drainage. Don't worry if the plant becomes heavily root-bomel-give it just a touch more food.

1ja!, When I started to take t keen interest in plants, I believed everything 1 read or heard. One was that ajuga would drown out weeds. It is not true that this pleasant creeper with its pert short flowering stalks keeps out weeds, not in the north, anyway. It may be true in the south where it is evergreen. Here one gets enough weeds to be troublesome.
d/thura cosser. Years ago, a friend, an artist and dedicated gardener, reported he had a new strain of hollyhocks (he guessed they were mutations), which were dwarf. He had found them in :m abandoned garden. He gave me some seed, which produced lovely 7 -foot stalks with luscious single blossoms. He was baffled. Artists sometimes have very little money, and he had less than that. His real interest was in herbs, which he grew well, so I figured any money he spent for fertilizer was for the herbs, and teased him about not feeding the hollyhocks. "Creat Scott!" he said, "I was starving those nice things!" I am reminded of the story because single hollyhocks seem very difficult to find. There seen to be none in the hig catalogues and garden centers don't know about them. The swing toward the doubles and powderpuff varieties seems unfortmatethey have the size and leaf shape but they don't look like holly hocks. All hollyhocks are hiemials in cold climates, but they reseed so heavily they act like peremials.

Ahyssmons. The varicty saxatile citrinum makes a delicious cascade of palc yellow flowers in the spring when planted in a hanging Continued on next page


keep the plant growing lushly Failure of these plants for sereening fommlation plamlings of stome or brick buidings, alon alter tre swil has been properly prepared, is invariably clue to rain washing lime cont of such strmetures ancl swectemines the soil aboun tolerablo levels. Mukching with alome 2 inchers of compost or ond com manme is argured and the mule) Ghould be hept at that depeth with . Inmalal additions but donit mulde bevoned the 2 -inch mark. If yon ma frest wowldips or chmes of pince low muld, remember that in rotting down thes deplete the suil (f) nitrosen-so pull the malch back in the spring and work in fertilizer. It is well to pinch oll spent howns a heep the plant Erowing instade of producine Seced. But il you have many plant this will be time consimining, si (hip) it hig plantings mean spece lactular displays and card plamt dencsit have to bee at its wery beest Lor anomer-all slow, : แ! way

Bregonias. ruborous. is an amatemi I had very meven result Fon vars. Adertiscmemes said w plant them in the stade; ever sume gardening books mention this shade-loning chanacteristic fod me potling medimes, al themesta mate of suil, comprost, and samd, were heave. I grew a few
but couldn't explain my many fa wres. 'Then in 193:3 I saw t Blatckmere \& Langedon strain England and lomed out all I cou alonut begonia collure from It firm. But it washit matil atter it was 1 made much headway. A sirtere we started to produce die in 1952, colture has changed rapielly me old motes are date But some points havemit dange The hmsiness ol shade was nev tries. They lihe all the light th (and get, mit) direct smulight, exce for perhaples a cemple of hours the moming. Spacing tubers in th llats. boolom heat, concering tube with a half mell of starting mo dimin, pollting them to larger pe as they grow have not change Bul starting-anl-growing-on mee mus for pet collure have be radieally altered. Now a soille medinm is nsed for bouth startia ancl grewinge. It is half coarse pe annl hatt vermiculite, trace el monls, a low nitrogen fertiliza and lime. (For 5 poomeds ,use pinchal powedered trace element a leac tallespoon of 5-10-5 copuat :mmont of lime. If Germ peat, which is colarse, camnot tomol, sereen Canadian peat a nise the coarse parts. This emonglo to start and grow on abo (col tubers.) This medium pu vietes splendid drainage of ex water, a high retention of mo

\section*{GARDENER'S MIND continued from preceding page}

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 If grown well. whom produce
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 arple than 45 or onc higher than


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You can chense a Deautiful Marlite textured finish (like "Country House"
e, but feeding once a month leaspoon of fish emulsion to a Ilon of water during the grow; season is neeessary.
When I first grew begonias, I id that the little red buds identid the top of the tubers, so I aited for those buds to appear fore starting them. The ones I red had plenty of red buds hen I looked at them in late bruary, but the new ones did t. So I waited for red buds on em. But my failure rate on new fies was triple the rate on old. hat happened? My bulls owed buds because they had en badly stored; the new ones, mmereially stored, were in fine mdition when they arrived. hey should have gone into a flat. then a gardener has success with is old tubers and loses most of he new ones, he is eertain the new hes were not sound. And no one in possibly elange his mind.
Canipanula. These perennials end to fail after more than three ears in place. So divide them bere they disappear. Campanula re not different from other perenaials growing from erowns; they 1st have to be rejuvenated more ften. There are so many speeies If this fine blue or white peremnial hat a late June to Oetober garden ould be made with nothing else.
Chrysanthomum. It is hard ot to buy bright pots of mums the late fall, for they are so apealing. And that's reason enough or planting them. But in eold clinates they ean't be eounted on to five more than the last good show f the season, for few of them surive. Hardy mums are not really ardy, something garden books, atalogues, and dealers (obviousy) do not mention. A bushy, rootd eutting or strong side shoot rom a elump, planted in the spring ma pinehed baek until July 4, will rrow into an exeellent border plant py mid-September.
Chr:!gsanthrmum Marvimmon. Far too many gardeners try to grow shasta daisies, a delightful plant with masses of flowers, in unprotected loeations in eold elimates. Shastas resent eold, below minus 10 degrees and they should have proteetion at that iemperature. They are successful in our minus 20 -degree elimate in only one loeation-midpoint in a white border faeing south, to the north a 4-foot terrace wall; the plants are proteeted with pine boughs and snow eover is usually excellent even into spring. Chances of finding warmer zones on your grounds are good; experiment.

Cimicifugu. Almost all gardeners know the snakeroots lout


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hand tailored in your choice of literally hundreds of rich, colorful fabrics. Or your own fabric, if you prefer. Send \(\$ 2\) for a beautifully illustrated catalog of the complete Pearson line. Clyde Pearson Company, Dept. N02, Box *827, High Point, N. C. 27261.

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}
many don't grow them heeause they are so hard to find, whieh, in turn, means that they are so hard to propagate that few nurserymen are interested. Once in hand they are no trouble to grow. Moving them after they've been in place couple of years is gencrally fatal.
Cormorris. This is alonout the showiest vine and one with a very long season of bloom. It is easy to grow well, but unless you've heard that it must have al quarter of a cup) of lime each spring, geutly worked into the soil, it just sits sulking silently-then dies. Correet pruming is important, not only eosmetieally, but for the production of flowers. The jackmanii varicties are promed back to 18 inches above the ground before growth starts in early spring; prume others for shape and air circulation.

Sometimes a clematis vine will start dying back-one or two eames, then it all goes. This is caused by a virus albout which litthe is known-except plants well cared for are seldom bothered. CHiria. Getting this old-fashioned house plant to bloon (my greal ame had one) baflles a hot of indoor gardeners. The secret, if it eam possilly be called that, is that elivia conjoys being pot bomed, cramped in its living space. When will clivia that you have just bought hurst into bloom? If it is a good strong plant in a 5 - or 6 inch pot and pot bound (you see lleshy roots on the surface), it eould bloom within the year, otherwise, it will have to grow some more. I have three hig plants and can't possibly tell you when they will bloom-one may bloom
a month after the others, then next plants can show in Fidnuary, hut some will wait until midl-July, in 1974 one of our plants heomed twice. Two large flushes. It would be nice to know who. There stant going domant shortly after blown but thon new leaves again ahout twen menths later. Duning this time they wamt little water-1.on much and the rools rot. Yomill hon
when this happens, for dhaplow when this happens, for en p" aths roots. Remot it. I throwing new roots It is conougly at this that herbaceonv (1) den) peonies are pla placed This


\section*{Come away with Sugar Hill Pinc．}

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\title{
Music \\ a murvelons means of commmunicating your feelings
}



1：Dmens＇s \ome：Werner Torkanome sk！is Musical Dircelor and com－ ducter of the Vere（）trans Phillore－ momic Symphomy Orchestra．Ite hals pervormed rith all the major wethestras in Burope and the I＇S．S．In the South．Lu＇embarked own an important shleme for intro－ durinis esoned music through the symphemy archestral to common－ willics that hate not beent arenis－ tomed to comserts．He has ini－ liated rom successaf ell progerams for young childers．loo．all of which arc recognized as a combrihulion to the equality of life in the Soull coaroline Stocssinger is a comererl piennist anel musical celucalionis！． formerly a facully member of Browklyn Collowe She has simen mettals all oree the world，is＂
 semble and recombly produred a six－colume sed of records for chil－ dern，called The（Bift of Varic．
 are somly disappearing in the tre membenstre reatistic womld we live in．There is a differencer between a standared of lis ing and a dradity of lis ing．Sometimes we lose sight of his．Iom can increase form stan－ dard，bun the quality of life maty gorlown．Look，almsilutely mothing is left to the imagination really to day！Comsider the difference be－ tween telension and radio．Vou voll see it all．In the past you were ien ereative whem you listened to a program．The voieses were there． but yon smpplisel the seemarionald lion sure secmarions were as diflerent as the perple who were listening Wusic remains as a 1 all 101 （anl mercise som imaqination and yon fantasios．And I donit mean it an escaper，lant as ant collancerne of of reality，to make lite amel event mume lecantitul．Vasic fits cerery reality in a semse．
somssiverar：Aul it＇s a way of re leasing emmomal lamions，of hereping the somsitivitios alise．It von（or to music．He musie is mot grong io lamgh allom．Yon can feed
 meject yom．There is ine thereat w

you ats a persom in expressing par－ tienlar emmetions through musie，so the release it offers becomes tre mendomsly valuable，espectially since mest of us have been taught from chilethonel to hold back our foclings－lowe，hate，anger，what ever it is
Tonk ハOハいshy：Music can make you ery，it can make you feel very happs，want（w dance，to lover It （anl make yon want to do all hinds of things．And the same musie that mate yom dance one daw will make yon teel satl another．Why？I doni huon anel I hope I never have an answer．The whole thing is that music can increase vour communi （ation on a persomal level．Musie comelucts limman emotions and per－ ssonalities like metal conducting leat．And we need this dimension in our world of almost total clee tronice emmmunication in which hmman communication has almost broken down．The abstract con－ cepts tratel sery quickly from per－ ssm（0）person．If two people listen （1）music，somehow they can tell ＂hat each is thinking，without any－ thing leeing said．It brings them wer inuch closer together．whech－ or they talk words or den＇t talk words
STorssiverar：Sometimes it＇s hard to put dwoughts into words．Our langnaue，which was invented as at moans of commmineating rational thongliss，is sometimes just too limited la explain profound ideas． There are no words to express joy． But yon maty be able to play some－ thing en recorels，if not actially on an instimuent yourself，that helps somembe mulerstand how you feed ow huow som thenghts belter．
romh Mowshy：Words are really olten mashs we hide lechind．you huen．There is always the residuc ol the misainl．IVhat did she mean by that？What died he mean les that？Commonication thong musie is mere direct．
I alsolveliceremusie is importan！ becalmse it is ：m attimation of or der．Sudendy yon listen and theme

Comtinured on page：30）

\title{
Thelma Turkel. Wife, mother, and Interior Decorator:
}

A growing number of women leading successful double lives. selma Turkel is one of them.

She spends most of her day oking, cleaning, chauffeuring, and king after her family in a lovely burban town.

But for two or three precious furs she lives in another world, joying all the excitement and wards of a career in Interior ecorating.

It's a shame more women don't ke it up, as an enjoyable way to take mones.

Asan interior decorator you ver have to punch a time clock or ag yourself through a 9-5 day.

Youcanset your own schedule. n can work in your spare time. ,ur office and "showroom" can - your own home-furnished your special decorator scounts. And if you do work home, your accountant can how you how to legitimately educt lrom your income taxes 11 expenses necessary to rumning business, including your home office.'

You can even take your career as n interior decorator with you if ou move. There are countless open-igs-highly paid jobs (part-time or (ill-time) to be found throughout the ountry as the interest in home urnishings continues to boom. Forbes magazine calls it, "perhaps he hottest growth field of the 970's.")

\section*{Train at home}

Perhaps, you have considered his as a field you would like to get nto someday. There's no reason to vait any longer.

If you're serious enough to pend a few hours a week preparing or this exciting carcer, you can now fet a thorough training programn your ocon home.

Today, ICS, America's oldest rome-study school offers a complete. ractical and up-to-date program in Interior Decoration and Design.

The entire program is based on he experience of Joln Gerald. founder of one of America's topfight decorating firms.

And you can be sure there's ne dull, dry text Marguerite Rittenhouse, Ph.1)., a well known educator, worked closely with Mr. Gerald. She also checked out every lesson with untrained but interested women

as well as sales people m furnture departments and decorating shops to make sure each ictea or way of working is not only interesting but logical and casy to follow.

Right from the start, you work with top-motch professional equipment. 'Templates, sketching materials, architect's scale, folding rules, T-square, triangle, fabric swatches and color charts are included in the material you get. (The basis for your busimess workshoplater on.)

Ways to make learning easier
You also receive: a thice-dimensional viewer and 130 slides that put you "inside" rooms; and a cassette tapeplayer with tapes-modern audio-visual learnine aids that bring your lessons dramatically to lite.

Each lesson takes you one step
closer to your goal-the confidence and knowledge you need to be a wellpaid interior decorator. Soon you'll be analying a room's arclitecture, exposure, and traffic patterns like a "pro.

You'll talk expertly aloout furniture periods, oriental rugs, color, batance, lighting, and more.

Youll master all the principles of Interior Design: form, proportuon, scale, balance, and mity.

\section*{Your home as a showplace}

Your friends will first motice the difference in your own home. You'll know it from their comments. Your drite will be songht. And yonll know yource tands. to make a place for yourself in Interion Deconating.

At this poime vom lessons change from the primetplen of decor-
ating to the practice of making money.

You'll learn how to get as sigments. How to charge. How to set up your own business. Even what to sily to clients "ho want to bring friendson shopping trips (never) - or to thonc whow wat you to talk budgetswith their husbands(alzoys).

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Mail card for free information
To find out whether becoming a well-paid interior decorator could give you a more interest ing and re"arding life, simply mail the attached card today: We'll send you by return mail "Should I Become an Interior Decorator?": a helpfal booklet containing the questions you probably have on your mind right now and detaited information that will help you answer those questions.

We'll also include a demonstration lesson so that you cansec how you can develop your skill in lnterior Decorating at home on vourown time schectule. There is noobligation whatsoever.

ICR School of Interior Design



\section*{Aidices.}

City
State

\section*{CeramicTîle Picturebook－25 （A lot of ideas for a little．）}


Ceramic tile can turn anyplace into a showplace．And we＇ve got a great book to prove it．It＇s filled with ideas and photos to help you create stunning visual effects all over your house．

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Name
Address
City
Zip
Tile Council of America，Inc．

（9） Artine INTERIOR DESICNERE \＆WALLCOVERING STUDIOS
is an order in sound，a form，a mel oxl：a beginning and a middle and ant oncl．This is satisfving，because while we do like change，we also uerd a semse of constance
storssiverz：When people who we begiming to explose classical music ask me what they shonld lis－ tento，I aloays saty，try Mozart．Ife wrote melodies with a begiminge ant a middle and an end．Thev are oferwhehningle beantitul．but eass to remember，eass to hear， edse to hather out to．Think of the perpularity of the slow morement of the C \ajor Piano Concerto， ＂hich was used as a backeronurd in the Elvira Madigan monic．
то及к \owsк\％：For me there is only wood or bad music．Not popne lar and mopophar．There are some ereat rock somess，great．Rock and popmlat monsic commmoncate the fove of bering alive．But for an cmotional probling of vomr own solf．we mont leave that to the Ereat classical composers．Thev proside more of a spiritual thing． Pop and ruck are a plovsical thing． Theress room for both，there must be both．I（Jomt beliexe in the sep－ atation of the two．Whore meeds to helieve that phosical is bad and spiritual is arood？It could also be the other wav．Goond popmbar monsic is social ermmentarv，and there are all kints of vere excitine visceral ＂品erimaces when vou listen to that kuadolmasic．
 ines valane loo．It＇s masic of the soul， Which has lised amed beem handed fonm from generation to genera－ tion．It＇s imolved with maversal ideas，which is whe elassical comm－ posers have often borrowed from this thematic material and incers－ perated it into flowir works in a Hone compley way．I agree von shouldnet feel bomel to like a com－
 （0）be＂roud＂or＂Ereat＂and has been historically recoenized as mell．You dent meeressarily like to cat eservkind of forel in the world． You max prefer ome color oner an－ otlace．Yom simply do，it＇s more （ongenial forno．Bacllmay appeal if son haso a legical matlematio
 （ lompin，Brahmos \＆Gahler will comesponel to bome emotional natherp．
Explorines mase lables thencop

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 （onlal lexat！Son are mome con－
 beamly of all kiarls of sumad．Aud
very acutely aware of silence too，and the importance of quiet товкдヘоぃsку：We talk about mu sic giving vou ant＂垃，＂And it does I see people who come to our con certs－ind something happens when theverome the third or fourt time．A commitment to something other thant the nsual values they have in their lives．I mean，sud denly besides the materialistio values there is something else；it＇s toward their own identits：They discovered themselves personally and eadd other through music．It changes their relationships．It＇s a bit like a Spanish audience after a b）ulfight or a theatre andience aft－ er a Greek tragedv．The good com－ cert，let＇s say Beethoven＇s Ninth， promotes a chain reaction．This particular segment of music re－ minds you of a part of your life， vonr experiences，your childlaod memories．It brings forth associa－ tions if wu are open to it－sights， smells，sounds．Evervthing can be released in a condensed wav，rath－ or like the last minutes of vour life， when it all flashes in front of you． stoessiveer：Like so many activi－ ties in life the more vou are in－ Folved with musie，the more von get out of it．It would be nice to （9）to a concert every day，lut vomire not going to suffer if vou don＇t．The live performance is al－ ways mone inspirational than the recorted one．It＇s precious because it exists for one moment only in time and space，richer becanse there is the sense of commonica－ tion and contact with the perform－ er and you add yom own amral di－ mension．The performers probalbly take more risks，it＇s more stimulat－ ing for them to have an audience to plas off．They struggle to ex－ press in a more direct way，the beants of the sadness and all the other emotions in whatever they areplaying．
 one of the very few genluine things we have left in life．It remains m － elamsings uncormpted in a world of fad and lashion．I somed like a missonaty．Though lim not a mis－ sioman，reallv，at all．I just happen （o）believe it＇s temibly important． \hasie ties into those areas of mom－ definable definitions，the shadow land．the twilight zones．Wo were boma in mostery，originated in nsserv．We don＇t know where ＂le canie froms ancl we domit know Whowe we are going．We hatre a naive．diblellike belief in the ma－
 the pstedie．I teel this is the hasie need for masice

\section*{Are you getting the most? out of your weekends}
ur weekend and vacation life is changing in America. We know ow how important a change of pace, a change of scene is to a calthy and full life. New living patterns are developing and we at ouse \(\&\) Garden want to know how involved our readers are in these anges. Will you take a moment to fill in this questionnaire? Check ore than one answer to a question if you wish. You don't have to gn your name. All you need do is mail it to House © Garden. ept. S. Hox 1910 , Grand Centrall Station, New York, N. 0017. Then, in a future issue we will tell you what everyone has pld us. and you'll know more about what's happening and, peraps, find some new ways to get more out of your weekend living.

\section*{Do you consider the ureefiend a dime to}
est and refuel?
ngage in sports and activities? o crafts and projects? Catch up on household chores? Prganize for the week ahead? ie by yourself?
ee family and friends?

Do you change the ura! you live at home on urectiends?
\(\square\) Do you get up later?
\(\square\) Earlier?
\(\square\) The same time? \(\square\) Eat fewer meals? \(\square\) Plan more elaborate menus? \(\square\) Entertain more?
\(\square\) Dress less formally?\(\square\) Simpler? \(\square\) About the same?
\(\square\) Less? \(\square\) Alout the same? \(\square\) More? \(\square\) About the same?

3 What wonla be a typical trochored wohedule in your amily right now? What aould you be doing . . .

\section*{Priday night?}
;aturday morning?
Saturday afternoon?
Saturday evening?
Sunday morning?
Sunday afternoon?
Sunday evening?
 Winter summer

\section*{Gardening \\ Cooking}

Crafts
Entertaining
House-fixing projects
Picnicking
Camping
Outdoor sports like golf. tennis Sports events
Movies. theatre. concerts
Museums or art galleries
Shopping
Short excursions
Reading
Listening to music
Other


5
(1) aroblionds which rooms alo youlive in more? Winter Number
Living room Family room Bedroom
Kitchen
Library

Fion cellarme of the past．．．FA South，！Jounly mman， gney of the present．．． thrifl of the future． go South！

\section*{IBV．INY IITEISIBEN}

I low sprines of the year is encoll the som best times to visit the Sombl （ran states．Tle wathere is batmo the combtriside colortal will atal

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\section*{JIBEIVAIS}
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Momlicellor．Pionorer Daly：Arta amell Corafto Festival．Ipr．2（）－20． Eurcker Sprimes．Antipuco Sloow and Sale．Ma！（9－11
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Adelitional intormallion：Xrhatn
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Palalkar Vaalaa Vromival．Var 7－\(\%\)
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 tival．Pomm of old buiklines ancl gatrdenis．patatule ol lumses，motedou

Vion l＇orl Richry．Home and líre ration Sloow． 1 pr．25－27．
Pronsarola（）naymide Xre show． Vore haan foll artists and cralls－ men（lisplay：Ma！！！－II．
Fort Walmon Brarh．Billy Bow logaramival．Buall parade，pirald matrhet，treatsurallomls，salld se mp） ture comlest．May：3／－／mur is
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 Ionre \ame llati 20 historic homses amel garlems．I anstinn and
candlelient toms．Lecclures seminars．Apr． 1 － 3 ． d Ihata．Dogwood Festival．I
 Trail．＇Fomms of homses and entre art slows．1pr．5－13．
Thomosatle：Rose Frestivall．Ila tation lonlos antifues show， sow．Ipr．21－27．


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Arlational inlommation：Fonn D）ivision，（ Ceorgial Dept．of（ Co momity I Crelopment，P．（）．B 35009 ，Atlanta，C：at，30：3：34．

\section*{KENTICKI}

Bardstouch．Antidgem Show all FFlear Market．Apr．12－13．
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Additional information: Tonrist velopment Commission, Box 291, Baton Rouge, Lai. 70S04.

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Additional information: Travel nd Tourism Dept., Miss. Agricul--ral and Industrial Board, 1504 Valter Sillers Bldg., Jackson, Miss. 99205.

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Vinston-Salem. Sonthern Arl how. Mar. 7-9.
Southern Pines. Antignes Fiair. Iar. 27-28.
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Statestille. Carolina Dogwood Feratival. Apr. 9-I:3.
Bonthern Pines. Honse and Canlen Tonr. Apr. 9.
Charlotere Home and Gamen Ionr. Apr. 10-12.
Edenton. Pilgrimage of Historic Edenton and Conmtryside. Apr. 11-13.
Fontana. Spring Flower Walks. Apr. 20-26.
Wilmington. Nortı Carolina Azalea Festival. Mid-April.
Mockstille. Antiques Show and Sale. May \(7-8\).
Asheville.Spring Wilalflower Pilgrimage. May 16-18.
Bakemstille. North Camolina Rhododendron Festival. Jume 16-21. Beaufort. Old Homes Tonr. louse tours. Antiques show and
sale. Late Jume.
Additional information: Travel and Promotion Div., Dept. of Natural and Eeonomie Resources, Raleigh, N.C. 27611.

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Milton Head Island. Tour of Honcs. Fourteen homes recently built among live oaks, palms, margnolias, and pines. Mar. 15-16.
Beauforl. Tomr of Antr-bellman Plantations. March.
Charleston. Festival of Honses. Sixty-five of the city's finest preRevolutionary and ante-bellum houses, garelen tours, arts and crafts shows, other events. Mid-March-mid-April.
Colmmbia. Sonth Carolina Spring Featival. Carden toms, arts and crafts shows. Firist wook in April.
Georgetown. Plantation Tonrs. Early May.

Additional information: Dept. of Parks, liecration \& Tomrism, Box 1358, Colmmbia, S.C. 29202.

\section*{TENNENEEE:}

Gallinhbrg. Spring Wilalilower Festival. April.
Kuoxille. Dogwood Arts Feativall. Marked trails, antiques shows, art exhibits. Late April.
Cosbly Ramp Featival. Food and masic. Tribute to "sweetest tasting and vilest smelling plant that grows." Late April.
Memphis. Collon Festival. Parade of Hoats, tours of historic houses and sites. May 3-10.
Vasheille. International Counuy Masic Fanfare. The nation's leading eountry music pertormers in eoncert. Junc 11-15.
Elizabethton. Rhododendron Festival. Over 600 acres of rhododendrons on Roan Mt. Jume

Additional information: Div. of Tourist Information d Promotion, 2611 West End Ave., Nashville, Tenn. 37203.

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Mexandria. New Hones Tonme. Federal style houses. Foh. 8.
Vexamdria. Old IIomen Tour. Colonial houses. Fobr. 22.
Williamshurg. Ammal Antiques Formen. Fobruary.
Williamshurg. Garden Symposium. Micl-March.
Statewide in Virginia. Hintoric Garden Week. Houses and gardens are opened to the publice throughout the state. An official guidelook giving dates and details may be obtaned from Historic Garden Week Ileadquarters, 12 E . Franklin St., Riclımond, V'a. 23219. Apr. 19-27.

Charlottessille. Domwood Femtival. Late April.
Norfolk. International Azallea (Comimued on wext page)

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GO SOUTH continued from preceding page
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\section*{Sale. Mall}

Romonse. Art Show Jome Portsmomll. Historia Home Tour. Jmere.

Addlitional information: Vio ginia State Fravel Service, 911 F Broad St., Richmond, Via. 23219.

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Homse do Carden will send yom, tree of charse any ol these beoklats (or licp yon plan your (rip in He somula if yom fill mit the coupon an page 36
a.ansum. Trultholly, if immoxesth, a colontinl booklet deMares "V Vabrame IIas It All" (1)the "all" being seconic and historic attractions, sportings facilities, in fact whatever thims fon ont (o) an (minalble vacation . . Imerstate Introfludes (2) sugerests twemeHiree dillerent and ill-the-beateinHakl shomt varations vou call chfore while in Alatuma, with maps dedailing somer rome and descriptions of what tom will want to see ancl do . . The Cirand lloled in Proint ( Mear (3) ollers a pachet of brechmess on the matiad lacilities of this fomrscatasen resont on Nabite Bats. In addition to booklets describine the hotel and the many wats yom (atm comey vourself while staving Hures pon weceive a brief listoms of Point (lean and a folder giving local weather information. Exersome whos lascinated with space travel (and who isnt?) will "ant to visit the Alabrama Space and Rockel Comer (4) in Hontsville, and if youre cmions abont batleships, yon can tom the L'SS Alabama (5), tamens for its World Wiar II expleits and nuw a state shrine anchored in Mohbile.
arfanisis. This state proclaims that "Arkansas Is a Natural" (6) in a booklet graphically describing and illustrating the miany reasems to visit the state anct revel in its natmal beantre recreational tacili tics, traditiomal Ozark crafts ancl mombtain music.
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One ol the most pepular vaca tion erenters is Font landeratale and ane of the moss pepmbar platers



If instead of a resont city you preter the "tropic isle" approach look inte Itarco Beach Hotel ane Villers (9) sitmated on Marce Islancl ont the Gulf of Mexico. Al thengh it offers \(3 \not / 2\) miles of white sand beach, it is not a primition tropice isle. Marco Beach Itotel hat 12 tcmis courts, two 18 -hole gol comeses, and all the amenities noce essary Lor a hascions vacation
eileonabils. To keep Ceorgia on your mind-ats the song suggestsits lomrist department offers pacher of looklets spelling out the attratetions of Geergia (10), whetleer you want to go there, as me looklel proclaims "for a good time or a liletime." Particularly interesting (1) House \& Garden readers, perlapes, is a booklet illustratinge many of the historic lonses that your cam see throughont the state.

Cenggia's Stome Mommain (11) is a place lovers of natural beauty and omdeon recreation revel in. Foderes tell about its skylift, the im where you can stay, camping facilities, railway tour, places of histaric interest.

The Cloister (12) on Sea Island is one of America's outstanding resont hotels. You'll see why it is justly famous as you peruse its booklet . . On St. Simons Island, Sora Palms (13) is a delightful golf and racepuel club, fine for both the doer ant the watcher.

Callarca! Cardens (14) at Pine Momtan is the place to enfor the Southern Appalachian wildwools and flowers or, if you want a little action too, play goll, fish, swim, callue.
KIENOUCHI: This state's wrap)"ip) is "Call of Kemlurky" (15) and Whe call is a siren semg incleed be(amse of its many hatiog places of interest the Blate (iatass commter lanisville ame The Derby, Man-
 زor listoric importance, and hosh monntain and late seernery.

UISIIN. When you think of isiana you immediately think Sew Orleans, but this state has y more places you should find relating and they are described ic and Savor Louisiana (16) two other booklets included in packet . . . However, New Oris will probably be your home Where to stay? There are y hotels in the famous French inter all of which offer modern venience combined with the velous old-world ambiance for ch the Quarter is renowned. help you select the hotel that's right for you, consider: The it Louis (17) with its typically neh fumishings, authentic neh courtyard, and prize-winG restaurant; The Pouchartrain ) a luxury hotel, world-famous, 1 rated 4 stars in the Mobil ide; the Sheraton-Chateau Letue Ilotel (19) combining all Sheraton know-how without cificing any French Quarter inact (a bonus: there's no charge children under twelve) . . . If want to be in the heart of the but don't want to stay in the neh Quarter, investigate Le Paon (20) a hotel that, according its brochure, features "the Bane elegance of 18 th-century once combined with a rare atsphere of good living."
Pice settled, you'll want to exre New Orleans. To help you, cw Orleans Is a True Original" 1), a two-booklet packet details various guided tours available Certainly one stop will be the Louisiana Superdome (22), largest stadimm-arena-exposiin center in the world, completeenclosed, designed to house jor sports attractions, exposins, live entertainments, convenns . . . Ten minutes from downon New Orleans are 8 acres of dscaped loveliness, Longuc Vic riders (23).
When you leave New Orleans, u'll probably head for Baton uge (24) as a result of reading alluring booklets . . . And not - from Baton Rouge are Rosewa Plantation and Gardens 5). Rosedown, built in I835 and e of the great ante-bellum manins, has been completely restored d decorated with period fumishss, offering a look at a way of e that's about vanished.
The Shreveport-Bossier Region 6) of Louisiana has many outming attractions-house tours, dutiful gardens, an outstanding useum. Included with the brohare package is a list of hotels id motels.
ISNINNIPIPI. To discover all Continued on next page

\title{
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GRANDEUR ON THE MISSISSIPPI Rosedown, a restored plantation empire on the Great River Road (U. S. 61), is a superb monument to lifestyle of 19th century. Many original furnishings. Ancient camellias and azaleas. Rewarding aesthetic experience.
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\section*{GO SOUTH continued from preceding page}

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Nobody remembers the first time Brenda Henry had the audacity to sneak a cigarette in the baggage room of the Fullersburg train station.


\section*{How to capture he new American spirit and make it work for you}
 ow is it that some people always seem to get things done? Apparently nothing snags their course, stops them from achieving what they set out to do. Are they special people? If so, can they pass along their special formulas? These questions seem well chosen today, as we walk on the edge of history with so much change, so many new possibilities and alternatives opening up before us. We may feel a need to readjust the way we live. We may have a clue about how we want to live. But how to do it? There's a new American spirit that gives us the will to achieve-where does it come from?

It turns out, from research by social scientists, that achievement is a compound of various factors that make up inclination. Put organization, creative thinking, imagination, enthusiasm, interest, curiosity, initiative, concentration, hope of success together into the same project, temper it with a dash of selfishness (which is what gives us drive) and you have the certain basis for achievement.

Professor John W. Atkinson, psychologist at the University of Michigan's Survey Research Center, author of a new book Motivation and Achievement (Winston-Wiley)—a capstone of 25 years' work on achievement-goes on to tell us the person with that enviable knack of getting things done rarely tackles more than he judges he can manage successfully. He or she is never too eager, or too pressing. "The true achiever is a realist, opts for the 50-50 risk, rather than the more difficult and speculative one, and will not stick doggedly at a highly improbable venture, or waste time in pursuit of the impossible. Thus, you have a person operating at peak efficiency most of the time." Not that he or she automatically selects the comfortable, safest route, either! "This type will not rest content with continual mastery of the old, familiar tasks, or with successes, when there are new realistic possibilities of accomplishment open. They like challenge and the sense of having done something well, so will strive more persistently when confronted with an opportunity."

The achiever achieves partly because of a love of life. Daily activity comes naturally and is not a critical test. Work is never a duty but offers intrinsic reward. Success is a matter of effort and ability, failure never attributed to bad luck or unexpected circumstances beyond control. e find this analysis fascinating and an accurate monitor in reference to all the people included in this issue. All have achieved the satisfaction of living in the way they really want to live. They represent the new American spirit spreading right across the country, a spirit of individual action mixed with thoughtfulness. A revival of personal effort to improve both the private and public world around us. "In the affluent sixties, there was much more interest spent on personal relationships," declares Professor Atkinson. "The emphasis on personal achievement, and effort, and energy has become more salient in the seventies. Shifting views about individual roles are tied into this. Achieving, traditionally part of the male role, is very much in the process now of being defined as the central part of the female role, as well. We're in for a very exciting period."

Just to dispel those lurking fears of failure, psychologists have indicated that achievement is made up of 25 percent inspiration, 50 percent endeavor, and 25 percent distraction-in other words, you need some time for other activities to compose an interesting life.


What this new house in San Francisco represents is a couple's decision to rethink the way they live. They wanted a house with all the rooms as informal and comfortable as a small library in their former house had been.

Apart from the clean, spacious lines of the shell of the house, its thick walls and high ceilings, what gives character more than anything else is the use of natural, untreated materials everywhere. Cottons, wickers, woods, stone, over-sized plants, and big comfortable furniture are all the work of interior designer Michael Taylor
who also helped to design the house itself. In the living room, below and left, sofas are covered in cotton-linen herringbone. Cypress tree stumps serve as tables, massive mantel is fossilized stone. Me oncolored, melon-shaped pillows are designed to go under an arm to make leaning and lying on the sofas even more comfortable.

he bet is made of pine logs
tained dark. Pillow shams, comforter, ushion-all white sheeting.


Jntreated oak planks panel he library. The rug is straw.


With a grown family, it was easy for the owners to streamline when they built their new house, top. Fewer bedrooms were needed. They wanted more fun and less housekeeping. Accustomed to traditional furniture, they still wanted some of it but wanted new things that would look right in California. Michael Taylor designed floor to ceiling windows, which he fitted with shutters. Storage throughout the house is hidden in the thickness of the thick walls behind touch doors. Lighting is recessed. There are no fragile materials. In the bedroom, above, the comforter bedspread is made from white sheets and goes to the laundry. There's a duplicate to be used while the other is washed. Floors are either oak or a pattern of stone in wood, opposite page, bottom.
a dining table is a big pedestal shape made of travertine. Consoles fossilized stone with a pair of plants used as though they were sculpture 17th-century grain thrasher hangs up as art at the other end of the room.






Here's a city apartment that up dates and streamlines a way of living that already included lots of well-loved furniture and art-as well as a steady flow of guests for dinner, cards, drinks. It had to be an apartment that worked effort-
 streamlined for living and entertaining

A fresh background for favorite furniture and art


The versatility of the living-dining room is what makes it so easy to entertain in. The same table used for dinner splits into two for cards and the same comfortable chairs in a cotton stripe pull around them, opposite page. When Lewis Bloom has a buffet party, both tables are pushed up against the windows and everyone sits all around the room. A third card table is at the opposite end of the room, opposite page, inset, near the door to a terrace that serves as an extra room in summer where guests can have drinks before dinner. The bedroom, above, follows the theme of modern comfort, and neutral colors that Angslo Donghia felt would update the existing furniture. The bed where two figures buttress the headboard has been covered in gray flannel along with the walls. A gray flannel pillow sham comes off at night. The spread is a comforter. The library, left, retains the original paneling and a cozy atmosphere. It doubles as a guest room with a sofa that pulls out into a bed. HORST

\section*{ARE YOU LIVING THE}

\title{
\(7_{\text {storeses dpeopene who }}\) are living just the way they want to and how they've managed it
}

\author{
By Beverly Russell
}

Do you ever have any doubts about the way you live? Do you wake up sometimes in the morning wishing your bedroom and bathroom were different, yet you don't exactly know how? Your feelings may get confused when you come home from a weekend or a vacation-so glad to be back with the old familiar things! You love your house,
why should you change it, you think? The reason is that deep down, because we all like stability, we hesitate about change. Yet change can be stimulating, invigorating and until you go through it you can't possibly know how much better your life could be. Listen to the California couple whose house is photographed on page 40

1"We were so happy in our old house, really We loved the antigues and the paintings wed eollected over the years. Wir decided to make a move when our children were all gone, all hut one mariced, and a house with si bedrooms was too big for me. Most of our friends were moving into condoninimms on apartments for convenience; when we decided to lonild they told us we were out of our heads. But it turned out we had two marselouss years doing it." The horshamel went on: "I am an ontdoeres man and 1 like to be very comfortable. I conform in lusiness like everyone else so that iřx important to me oo hare a homen thaton essexy tolire in. I don't want to ba cold drase If can"t arallis on tho ruags. In muy "oru ons, there is mothing to ithtorfere with mys frocolom.

The idea of total change evolved slowly a they worked with their deeorator Miehaed Tay lor. "I ahways thought wed move with all our things, then gradually I came to reatize that practically all we were keeping were the mattresses," recalled the wife. "I started ont looking at prints for contains and color chips for paints and so on. It turned out there's not a curtain in the honse and all the rooms are white. Most of our paintings are in the garage, a lot of furniture has been sold but we haven't missed it for two seconds. In fact, when we mosed into the house
we lad almost mothing in on bedroom, except the carpet and a box spring and mattress, nothing in our don, but we couldn't stop admiring evers room and it was practically all empts

The couple found ont simply that living with natural texturcm, wool, travertine, wicker, rat tan. Sisat, sherepshin leatlier. with sheells anel plants "Whan ever thought weil be lroppy living with cacturs" of athe created an atmosplacere that matched haer sutaing, freer-and-eash personalitios. Whn - in romens snited their expansive watures. Jown Hex entertain inore than
 tince dimmg table seats 1 bown on rattan chairs

 lablentotlos, all puat a Thery added on a fual - 'meming in) () (an othen Iomse was beantifnl, but thes is re laninge. It in is a hege smprise to ans at then stage of dives to hane a new hemse, thet it has been Wrandiman moeres and vers regenerating."

2If this tells the stery of how close personal possessions and surroundings can be altered to express personality more accurately, Victor Skrelneski' carriage house, page 44, indicates the cflect of plysical location on individual happimess. If you're a combtry person at heart, feel locked in in the cits: or if you prefer one city's pace over another's, perthaps there is something som can do about it, In this instance, Mr. Skrebneski, a photographer, decided to give up New York for Chicage, his hometown. "The slower pace is one of the attractions here," he comreded. "Life is much simpler. It would be impossible for me to lise like this in New York, to have this space, my own coutsard and parking. It's like having New Yonk's Paley Park all to myself. Actually I had that in mind when I remodeled the carriage house. Itaving the trees is a very comforting situation. From here 1 can be in New York in two hours, spend a weekend with my friends on Long lsland if I want to, and it's much quicker to get to the Coast, being central, Midwest
The remodeled building allows him to live and work in the same place-for him a partieularly successful arangement. "Tho idra of having erergthing bogothor helps ma to
 iemt just to walle upstairs. rather than fight with traffic. I know I don't have to get into a carr, be somewhere by a certain time. I like things organized so l've tried to make everything as simple as possil) le for muself. Mentally this does simplify. I'm in the eity center yet in summer I sumbathe in the atrium, the refrigera(t) is in the kitchen, I dom have to go anywhere I love being alone, I like to read a lot-when yon're with perple all day you have to have time for sourself. I can do everything I want to here. in this ensiromment.

3Sometimes greater satisfaction with a living enviromenent comes through be ing alle to work under the same roof, part time. Donakl (hapedl, ant architeet, thomghtforlly: lmilt his homse ont Lomg Istancl, page \(\overline{5}\), watr (emmghto Vew York (1) that hee ean spend fomertay "working week ends" in it. "1 get more dome", Her remarked. "It's vers quict ont there, yon can wonk all the time, there's reath? mothing moth else to tho, no distactions. Yon can't get television and yon can
barely get radio. These contrasts make for great er concentration on work projects. I wouldnt give up New York completely, I like the city being involved in all that it has to offer, but I couldn't enjoy it unless I could get away: I need more light and space, to see trees in my ourn barliyard, in fact I even see deer sometimes while I'm eating breakfast.'

4When there's a big personal interest in vour life, work apart, your house can and should be organized to take it in. On page 62, see how Sammy Davis Jr. wired his whole house for sound. Music and old movies have always been important to him. "At one time," he admitted, "we used to show films on an old sheet draped across the wall. The times it fell down! Now we have a professional projection room, which nceds a professional projectionist, and a permanent screen fixed in the living room. You practically need to have majored in electronics to understand how some of my equipment works. Hat we just lore bo hare people to see mories, tohatemusianhenerermewant.

5The Addisons, page 54, love entertaining, too. Bruce Addison is a good cook and thinks absolutely nothing of doing a party single-handed for sixteen or thirty with help from his wife Gillis on marketing and preparation-and does so very often on Saturday nights. He plamned their iseekend barn with decorator John Rieck to have a kitchen that is part of a living room library. Here guests gather for drinks while the cooking is finishing off. They may set up a table in the main living roem for eight, in addition to the table for twelve in the dining room proper "This is our fourth house in fourteen years of marriage," explaned Gillis Addison. "Bruce has to have a project, he's not happy mess he's designing or building something. I don't mind exchanging honses. I don't dig my heels in and oll l'm never going to move. Things change, you have difterent needs. A lot of people do feet terribly possessive about a house and its contents, hat l'm not the kind of person who gets sentimental alonit things. We sold everything with our last homse on the beach and started this from seratch. Before, everything was red, white, and blue and modern. this

The New England barn-shaped house nestles ence. Mr. Rieck, working with the Addisons for the into the Long Island landscape as if it had third time, helped them combine tradition with been there forever, 1. But only two years ago these were potato fields and the lovely old wood that panels the entire house inside was two tumble-down barns and an old log cabin on a Virginia ranch. Now it shapes a new way of life with traditional things for its owners.
\(\overline{\text { Mr. and Mrs. Bruce Addison wanted a complete }}\) change. And they like to build houses. The beach house they built several years ago was crisply modern but when they moved, they left everything, even the furniture. This house, designed by Mr. Addison
and decorator John Rieck, is country - with a differ-

Weekend living in the American spirit

\section*{A beautiful new barn built from old barn materials}


12

















\section*{HOW TO TAKE CARE OF YOUR}

\section*{HE LATEST WORD ON Detergents are chemical mixtures compounded to DETERGENTS work well with present-day laundry equipment.} , typical laundry detergent formula contains: 1. A surfactant to lift dirt from lothes. 2. A. builder to soften water, aid cleaning. 3. A processing aid to help owder pour freely. 4. An agent to protect washer parts. 5. An antiredeposition gent to prevent dirt from going back on clothes. 6. A fabric whitener/optical rightener for a whiter looking wash. 7. A perfume. Phosphates were the main pompounds used as builders for many years, but they have been banned by egislation in some areas; in others, both phosphate and nonphosphate build-rs-carbonates and citrates-are available. Citrates are used in liquid detersents, carbonates in powders. If your detergent has a carbonate builder, you pay want to add a nonprecipitating water softener to wash and rinse water to Grevent calcium carbonate build-up on fabrics and washing machine parts. Nith continuing research, formulas are changing. For example, unbuilt laundry letergents (Era, Dynamo) that function without phosphates, carbonates or litrates are available. For best results, read regularly all usage information on our detergent and laundry aids packages. Dr. Mary Purchase, Professor, New Work State College of Human Ecology
WHAT TO DO ABOUT Moderately hard to hard water occurs in over half the HARD WATER households in the United States. Call your local water fompany to find out the hardness in your area. There are three ways to combat pard water. 1. Make sure you use enough detergent, or 2, use a nonprecipitating

ening unit installed. With a softener, you'll need much less detergent. A case study printed in Hotel Management shows that linens washed in soft water will last longer, feel softer, and look brighter. You can install either a water softening unit or an entire water conditioning system, which filters and refines water to take out pollutants. If iron is your problem, have an iron removal filter installed. The Water Refinng Company, Culligan, and The Bruner Division of Calgon all make water conditioning systems. They can be piped to provide conditioned water only where you want it. Write for information to Water Refining Company, 500 North Verity Parkway, Middleton, Ohio 45042; or Culligan International Company, Northbrook, III. 60062; or Eruner Division, Calgon Corporation, 4767 North Thirty-
-TO BLEACH OR Chlorine, oxygen, and perborate bleaches are available for NOT TO BLEACH home use. Chlorine bleach, the strongest, is great for leodorizing and sanitizing and removing many stubborn stains. Great for cotons, it shouldn't be used for wool, silk, spandex, and noncolorfast items. ;heck care labels. Be sure to know if there is iron in your water-chlorine eacts with iron and can cause yellow and brown stains. Dilute chlorine bleach t parts water to 1 part bleach, and pour into washer when full of water, not firectly onto clothes. Oxygen bleach is safe with a wide range of fabrics and is 10t as strong as rhlorine bleach. If used regularly, it will keep synthetics and rends white. Perborate is the mildest so should be used for the most delicate fabrics in the wash. Maytag Encyclopedia of Home Laundry.

\section*{VEW LIFE FOR GRA: -D OR YELLOWED LINENS}
nd graying "athr are usually caused by improper washing methg appears wh .and is applied to a grease or oil build-up. Graying bled from other 'w,rics or redeposition of dirt. Reconditioning t water washing. To strip the fabrics of If the situat then inash with lots of a nonprecipitating If the situat thin really wad, add 2 cups ammonia. Wash and ammonid or bleach, but never both together as the Washing Tips booklet from Frigidaire.

STEP BY STEP TO

\section*{A GOOD MACHINE WASH} For a large fatmily wasile sort colloms and firmens from blemils alld symthelles. Dark from lisht colors, allal boilh froll whiles. Lith-pivers (torry lowels) from lillrecelvars ( manis soches). Harally soilad from lightil. soilloti.

2Dreitreat witins. Mont witill. LINT GIVERS will ocome qut inthe wanlt. but fopr nil or grabinc. presodiak in detergent or une al prewanli product.

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If the wish is heavily woilect wou will wallt to bleach. Decride what hindilis rixtht for the fabries ill the logad.

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Fill minchint atmal andal detergant and


 solvad dermegent Io wash water.

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9









\title{
HOUSEHOLD INENS LIKE AN EXPERT
}

\section*{SHING BLANKETS}
akets should only be washed if labeled so. Treat blankets as you would your good wool sweater. < in Woolite, or a similar detergent designed for al, in your washing machine or bathtub. Dry over ie and stretch into shape. Electric blankets can etimes be washed. Fill washing machine with n water and dissolve detergent. Soak for 15 to minutes, then agitate gently at slowest speed for minute. Use fabric softener in the rinse water. dry the blanket, preheat dryer with some fluffy y towels in it, then put blanket in for a few min. Remove while still slightly damp. Finish drying a line or rack stretching back to original shape. synthetics, use the same method as for electric. all blankets, when completely dry, brush up nap press binding with a cool iron if needed. Try sig a blanket cover to keep the blanket clean and h. It can coordinate with your sheets and keep xa work to a minimum. "Your Guide to Brighter ih Days," a Kenmore booklet by Sears.

\section*{WN COMFORTERS}
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rycles in your dryor
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William Sollatchitor.
-I. Schachiter
Corporation.
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maker of finc alown comfortors.

TIPS AND TECHNIQUES
FROM MRS. ELLA MCALLISTER WHO HAS SPECIALIZED IN LAUNDERING FINE LINENS
FOR OVER 35 YEARS Mrs. McAllister washe's evere then and ad and her surprisingly simple methe whon "1 easy to deal with anv situration. Henc techniçues. Mrs. Mc:Allister irses for Cimbel's fine collection of embroiden lace table linens gathered oser the all over the world. - Most important for these linens of voile, bis, and handkerchief linen is soaking in tepid water with mild soap--Mrs. MeAllister uses Ivery Flakes. This will take out just about anything, she says. If not, just rub gently with more soap. - But never bleach. - After a good rinsing in more tepid water, take the linens out and wrap them in terry towels to absorl, excess
water. -Then iron damp on the wrong
side only, and with the straight of
the fabric, on a well-padeled ironing table. (Mrs. McAllister uses a table with Fonmica top padded with 2 layers thick felt, 2 layers muslin. Covers with oil cloth between ironing sessions.) The table makes it much easier to do the lig tablecloths.
- Iron with a cool iron until
completely dry. Fold napkins atcording to design (cuarters or thirds, and tuck tissue paper in folds of tablecloths to prevent wrinkling. - Store mat and napkin sets in plastic envelopes to keep them together and clean. - As for stains-again Mrs. MeAllister makes it easy-donse with cold water, then soak. - For wine stains, soak in cold water, sprinkle with salt if stubborn, let sit, launder as usual. - For mildewsalt and lemon juice is good, or just soap rubleed directly on spots. - To remove candlewax, scrape off excess, lay pieces of butcher's paper on looth sides and iron with cool irom. Wax will melt into paper. Rum hot water over area and faunder as usual. For lipstick-try soaking and gentle rubbing with lots of suds. Combat yellowing with liquid bluing. - Use Carter's iron rust soap for rust stains.

\section*{NHEN TO STARCH}
;tarch is a natural product made from wheat or rice to use on fabrics of hatural fibers to add body and crispness. Dry starch is good for large loads n the washing machine, liquid starch when you are doing only a few hings at once. Both are added to fresh water after the final rinse. Spray tarch to use while ironing includes silicones to let the iron move easily. t's good for touch-ups and may substitute for dampening fabric. Plastic tarches penetrate fibers and last through several launderings. Maytag Encyclopedia of Home Laundry. Spray-on fabric finishes give extra body o blends, much as starch gives body to cottons and linens.

\section*{IRON LIKE A PROFESSIONAL}

Iron linens damp, but never wringing wet, on a large table with a good, dry iron. (Professionals use heavy, 7 to 10 pound irons and the old-fashioned flat irons heated on gas burners.) To be absorbent and soft, sheets and napkins are never starched. Lawn and batiste mats or cloths need light starching. Damask is glazed so needs no starching and should be ironed on face side to bring out sheen. Iron linen damask with a moderately hot iron, silk or rayon damask with a warm iron. Harold Lamel of Madame Blanchevoye, Fine Hand Laundry recommended by Porthault Linens.

THE LAUNDRY It should be attractive, colorful, and )OM OR CORNER part of the working and living section the house. You'll need a few shelves for supplies, bins, or indry baskets so youl can sort immediately. Bright papervered cardboard boxes are pretty, too. Label boxes for ting. A bulletin board for stain-removal tips. A box or file - your equipment's instruction booklets and for the care itruction labels. A radio or TV for entertainment.


\section*{LINEN CLOSET, WHERE?}

Any closet, cabinet, or armoire will do. Adjustable shelves are good. Keep a supply o! tissue paper to tuck into fold that may crush and for wrappir keep them from yellowis freshly laundered thing bottom. Plastic case, protection, especially fo tablecloth used anly o Hang pine needle or a kiobrincl, of lavender from the calling, or put sachets here and there.

\section*{1 5rimexere
 \\ Grafton, Vermont, is at once a preservation and a} rejuvenation. After 200 years of ups and downs, the village has become so full of life and charm that it is attracting all kinds of people, some as visitors, some eager to put down roots to build a new, more satisfying life.



Main Street, :1. with some of Grafton's grander houses, restored by the Foundation as faithfully as possible outside, modernized inside. Sensible idea. The library, \(\boldsymbol{1} \boldsymbol{1}\). the formen Dr. Butterfield house. 16,000 books are listed in its catalogue

1.5. for the Grafton Tavern, 16. a beautiful building built in 1801. A museum in itself, it is noted for its delicious New England food. The Brick Church, \(\mathbf{1}\). Unheated it is the summer church. The heated White Church is used in winter. Reverend Parsley preaches at both. Head, heart, hands, and health, \(\mathbf{1 8}\). the 4 H Club on Memorial! Day.

treatment for an upper veranda, 1. Arched roof is painted pale blue emblazoned with gold stars. Landmark: Target Rock Farm, \(\overline{\mathrm{r}}\). home of Mr. and Mrs. Harold
lel, Jr. Memorial Day highlight, (i. the Grafton Cornet Band. Organized in 1867, the ranks have swelled. and due to added instruments, so has the music. The ; Covered Bridge Cheese Factory, \(\overline{\mathbf{7}}\). often mistaken for a church, and at the roadside, its "billboard," \(\mathbf{8}\). A delicious Cheddar, the cheese is shipped far and wide.

 + 34 Bavitr en HH CLUB FTaN VERMaMr thy
painted furniture, 20. in the Robert Hall house. He ecutive Vice-President of the Foundation. The Halls an outdoor buffet, \(\mathbf{2 1}\). The "new" Post Office, \(\mathbf{2} \boldsymbol{2}\). irafton gift shop, 2:3. announces its whereabouts.


Gala breakfast party, 19. in the huge country kitchen (called, in its day, the Keeping Room) of the Harold



\section*{CORATING T WITH NEW MERICAN SPIRIT}
 design-new things for your house to be and enjoyed. A complete tablesetting, of new pewter. "Charger" service plate, hestown" flatware, tankard and porringer aw vegetables and sauces. All by Reed \& on. Handmade quilt, handcarved wooden s and bowls are from America Hurrah
ques. Pitcher and celery holder of Ameripressed glass from La Cuisinière. The pic "rat-tail" pattern in easy-to-care-for less flatware, 1. "Bicentennial" also by
\& Barton. 2 Tiny 4-inch pincushion is roidered with birds and flowers in crewel hery. From The Lark. : Reading glass a 5-inch handturned handle. From
les Deacon \& Son. 1 Gambrel roof of pine rs "The Old UmbrelHouse." It is one o old façades found in Harbor, Long Island,
gned and constructby Bill Ball. :T Bright "Bandana" vinyl wallring with small black
ers. Designed by Leers. Designed by Le-
De Mar for Perive Concepts. fi Lin-
and cotton fabric in a Wedgwood Blue. ncil Flowers" from Williamsburg Collec-


 by Schumacher.
Lemon yellow enve-
s are lined with the
onial pineapple deonial pineapple de-
"Hospitality" sta-
ery by Crane. 1 Ma any letter rack reproed from an original h-century piece. From
rles Deacon \& Son. \(h t:\) A sitting room with
hiture reproduced to rk the 25th anniver-
of the chartering by gress of The National st for Historic Preseron. (Please see "A se 18.) Wing chai table, end table, and screen are derived n originals at Wood-
n Plantation near Mt. non. The footstool and e chair are reproduced m pieces made in Philelphia. All by Hickory ' fabric and vinyl wall. ering from the Charles Collection by Greeff. miture, Imari china vice, rug, pear dish d basket from Lord 8 a
open




\section*{New Rodm Addet To Al Iandmapk Holse}

4 you see potential in a "gaggle of run-down buildings around a middle yard connected to the t by an alley" in central Manhattan? Today this area is not only a delightful green backwater the city but also a designated landmark: a tribute to New York decorator James Amster who saw nssibilities way back in 1946. Recently Mr. Amster's own house, once a single story carpenter's tucked at the back of the yard, went through further renovation, with the approval of the Lands Preservation Commission. He moved his office to another building, turned the work space into nfortable new living room, the drafting room into a kitchen, and extended out into the garden a bay window addition. Upstairs, where the kitchen and living room used to be, he made a secpedroom and bathroom. Finally, architect Raymond Wing Jean added on a little glass vestibule.

From "dreary office" to entertaining room, below, tawny in winter; opposite page, top right, with summer slipcovers. "Here I can have dinner for four or entertain twenty-two easily explains Mr. Amster. people if I choose to move outside." Terra-cott tiles for the floor; a cluster of Charles tiques. Sideboard, with new black slate top serves as buffet-divider between room and kitchen, opposite page, below right. "Living this way makes life much easier





Fenced vegetable garden edged by sunflowers and hollyhocks between house and open field
"This is a picking garden, a food factory, a movable feast," says painter Robert Dash. His work is shown at the Fischbach Gallery in Manhattan but he lives year round in rural Long Island where he puts his land to work. Instead of a lawn he has flowers protected from gales by a studio-barn, linked outbuildings, and ar bors. He surrounded a 25 -by- 50 -foot vegetable patch with a locust fence. Chicken wire stretches the space for cucumbers and other climbers, guards against rabbits. Herbs grow in 11 -foot gardens shared with choice Epineuse and Mirabelle plums. Strawberries and pears squeeze along a cinderblock tile path and patio. Frugal use of footage-dwarf fruit trees, no corn or pumpkins-and imaginative planting make this garden bountiful. Grapes add shade at doorways. Blueberry hedges are windbreaks; apple and cherry trees are boundary markers. To keep the soil rich, Mr. Dash washes vegetables outdoors "so dirt can go right back into the garden where it belongs." He mulches with salt hay in winter, adds compost in spring, manure in fall. "Learn your garden's microclimates and wind currents. Watch your shadow
line. What won't grow in one spot may in another. Keep seeding and harvesting. While

\section*{one plant is yanked, another comes into its own. For his recipes, turn to page 87}

\section*{How to grow}

50 different vegetables in a 50-foot garden

\section*{50 VEGETABLES}

Asparagus, Beans (bush, pole), Beets (red, gold), Broccoli da rapa, Cabbage, Cardoon, Carrots (Nantes, others), Celeriac, Celery, Chinese cucumber, Chinese cabbage, Collards, Cornsalad, Cress, Eggplant, Escarole, Endive, Leeks, Lettuce (Bibb, others), Mustard greens, New Zealand spinach, Onions (red, Egyptian, yellow), Parsnips, Peas (garden, Snow), Radish (Icicle, others), Romaine, Roquette, Shallots, Sorrel, Soybeans, Spinach, Squash, Swiss chard, Tomatoes, Turnips (white, yellow), Zucchini

\section*{26 HERBS}

Basil (Opal, sweet), Burnet, Camomile, Coriander, Chives,

\title{
Make the most of Vandermint the great Dutch ater-dinner liqueur:
}

Etcoure not only can you drank Vandermint, you can eat Vandermint. In a parfait. Or ple. Or mousse: Imported from Holland, Vandermint is an ex quisite chocolate liqueur that has great possibilities

What more could you want? Somebody special to give it to.
1. VANDERMNT CHOCOLATE CHESSR PIL Cream \(3 / 4\) cup Vandermint, \(80 z\). cream cheese Add \(1 / 2\) cup milk, pls \((4-1 / 2\) oz.) Instant chocolate pudding; beat smooth. Spoon into 8 "choc olate crumb crust \(1-1 / 4\) cup chocolate snap crumbs; \(1 / 3\) cup soft butter. 2. NANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDRRMNT ALIXANDER: Shake 1oz. Vandermint, 1 oz. gin and 1 oz. cream with cracked ice Strain into cock tail glass. 4. VANDERMINT \& ICE CREAM Plle scoep of ice cream into dessert dish Top with Vandermint. 5.VANDERMMT \& VODKA(VSV): Pour 1 part Vandemint and 2 pork vadk over
cubes in a "rocks" glass 6. V1 VDERMIT PARFAII: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whoped cream, splash Vander mint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, \(1 / 2\) cup Vandermint. Blend. Add \(1 / 4 \mathrm{lb}\) soft butter (in pieces), 4 egg yolks, Blend. Beat 4 egg whites 2 Tbsps confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8.VANDERMINT FONDUE: Melt 6 oz. Semi-sweet chocolate pieces. Stir in 1 cup sour cream, \(1 / 2\) cup Vandermint. Serve warm. Dip strawberries, cook ies 9. DUTCH COFFE Pour jigger of Vandermint into a cup. Add hot coffee and top off with whipped cream 10. VANDERMNT STRAIGHT:

8.
 or uternsils if yon spraty them liberailly with at mon-silick rookirge sppray \({ }^{\circ}\)

NOTES OF A HAPPY HOUSEKEEPER
continued from page 22
I found a new kind of glue the other day and it's turning out to be quite indispensable. Stix-A-Lor Chue Stick comes in a (rlumk) lipstick-ulaped (combiner. Whicls makes it handy to use. Its greal for all sorts of pasting - seraphooks and photograph albums. of course, and restoring the stickinese to envelopes and stamps that have, been attacked by humidity. It's alor just right for our smatl granddaughter's artistic efforts, becalne there's mo oozing or dripping an the glue is oolid. The Clue Stick is made toy the Carter Ink people.

I aluay- lay in a winter supply of leather ellow patches for Tom's sweaters. He must have the world's sharpest elbows. As I dutifully sewed some on last yearis red sweater and his bright blue one. I suddenly wondered whs we didnit anticipate the problem and sew the ellow patches on the inside of the swenters! That way they won't show and will keep the sweaters whote much longer.

I must admit that -pinach is persistent. he it steamed. sautéed, creamed, or simply trimmed and washed in a salad -no matter how it's prepared. it stichs to everything it touches. Even the damp bits that pacapee when you wath the spinach before rowhing it clin! to the simk when wet. and after cooking, the bond in even stronger. Howerer, weive leamed how to cope with alhering spinach to some degree. We spray every thing the spinach will twich fork, spoon. pan. colander. and cren the sink - witl a liberal application of one of the new nomstick cooking sprays. We use plenty of water when rimsing all utmoils and serving phates, and never tet the spinach dry on anything.

We hat an interesting demonstration al our garden club meeting and learned some practical tricks for arranging flowers. For instance. when you use a pin loolder to hold Oasis for a flower arrangement. it helps to sip a piece of otd nylon stocking over the pinholder so that nome of the Oasis remains in the hodder. lou just pult it off and then lift the piece of stowhing and all the last litule shreds come too. Or, you can coser the ()asin wilh a piece of haimet to help heep it together. And the orran makes a good stem extender.

Onc of our faborite presents we got for (lluristmas is a set of umusual sorving trays called the Pienie Pack. Made of heady platioc. they are imemionsth dexigned on the airline's serving tras principle, only they 're - Hurdier and larger. Each tral has plastie tableware, its own drinking glase, and cach compartment on the tray hats a lid to prevem spills and keep thimes narme. Sou (an prepare the trays in the kitehen and



 for four.


\section*{Jt. Charles}

FASHON KITCHENS-
FOR YOUR OWN INDIVIDUAL LIFE-STYLE

Isn't now the time to own the kitchen you've dreamed of all these years... one that's customfashioned for your way of lite? Your St. Charles dealerdesigner will create a fashion
kitchen that is a total reflection of you, mirroring your ideas, your favorite colors, your individuality. Imaginatively coordinated. Efficiently workable. Pictured is our new Shaker
kitchen, which embodies the functional purity and elegant simplicity of distinctive Shaker craftsmanship.

Let us create the one fashion kitchen that is right for you


How to make a perfect salad and other delicious ways to serve vegetables: and herbs from Robert Dash

oainter Robert Dash has a thriving kitchen garden, see page 82 , and delights in the growing, tending, id cooking of his own vegetables ad herbs. Here are his favorite riek and easy salads, secrets for poking delieious vegetables, and laginative ways to use herbs for adeners or those of us who pick ir vegetables at the vegetable arket now and into the summer.

\section*{IBIB.IGE}
eel outer leaves of a green cabge and quarter. In a eovered pot, ok cabbage in a small amount of ater, a drop of peanut oil, 2 oves, MSG, and a beef or ehieken uillon cube until fork tender. rve with a dal) of butter and non juice to taste.

\section*{Ifrots}
move the bitter green area, peel th a hand peeler, and quarter rrots. Cook them slowly in water eover, MSG, and a little sugar. rve carrots hot or eold dressed th oil and vinegar and freshly ound blaek pepper.

\section*{GEEV GEINS}
ap beans with your fingers and nove ends (if they are very ung, use the whole bean) and parate beans in paekages aecord; to size, as the larger bundles 11 take longer to eook. In a little ter, a drop of oil, and MSG cook ans quickly, until erisp. Sprinkle th erushed peppereorns, olive , and lemon juice ands

\section*{HINATED HEETS}

It off tips of beets, do not peel, pp into boiling salted water and ok for 5 minutes. Plunge beets o cold water and skins will slip . In a shallow flat dish, marinate t beets in oil, white vinegar, ale peppereorns, ground pepir, bay leaf, 2 eloves several

\section*{IINEEE CAMBAGE}

Iw or cooked, needs little to ennee its delicate flavor. Added to salad, it is surprisingly good. I le it cooked with a drop of oil, ;G, and a chicken bouillon eube ded to the water, in which case broth can be saved and served d the next day with raw shreds the green part tossed in.

\section*{HNEse cuctmbers.}

\section*{(ong!ar, curly farion!!)}
e deliciate skin needs no peeling. Srve in strips, chilled, with just st and lemon juice as a side dish.

Slice extremely thinly for a salad with ground white pepper, a tcuch of sugar, oil and vinegar, mix thoroughly. Chill. When ready to serve, dress with finely ehopped fresh dill.

\section*{HRIRCCOLI}

Stems and broceoli blossoms have entirely different tastes, and should not he eooked together. Broccoli stems, at least a good part of the trunk, can be peeled and cut into long narrow strips, poached in chieken broth, drained and served hot or eold with salt, fresh ground pepper, pressed garlie, and oil and vinegar. Broccoli blossoms, cooked in a little water and oil and MSG, which helps retain broceoli eolor, should be cooked until they are just tender but still crunchy. Dress with oil and vinegar, or, if you prefer, pressed garlie and ehopped savory.
Mamenatell vegetahen
s.itids

Cook vegetables (carrots, green beans, parsnips, or eelery) in a little water with a teaspoon of peanut oil, a little MSG, and a clove of garlic until eooked but still crunchy. Drain, put in a shallow dish, and marinate while still hot. For the marinade, substitute lemon
juice for vinegar, or use two kinds of vinegar with olive sil, addins whatever herbs are availahle. Best ones-tarragon, parsley, garlic (tops while long in the season, bottoms while still young), chives, leeks (young, split, and diced), femel, dill, celery tops. Marinate overnight in shallow dish bathing them with marinade once or twice Do not refrigerate until vegetables have cooled in marinade. Drain and serve vegetables as a side dish or added to a salad the next day

\section*{colditids}

They ean be served hot or eold. Take the smallest or mediumsized leaves-a great deal of them, for they compress in the pot-and strip them from the mid-section, which is too tough to cook. Slice them in thin strips. Place in a large pot with a little water and a bit of butter. Cover and cook slowly over kow heat. When halfway done, about 15 minutes, add ehips of ham, a ham bone, or bits of laeon, and add salt. When soft, they are ready to serve with a squeeze of lemon juiec. Collards ean be served with hot red pepper sauce, or cold with a little vinegar as a terrific side dish for slieed cold chicken or ham.

\section*{Deprofect \\ gherene saltosel sEPTD! sLeD}
saltals lasto best romb, not cold straight from the refrigerator.
Whon arashing sulad greons do not dry completcly, leave a few drops of water clinging to the leaves to blend with the dressing. A completely dry salad becomes too heavy with oil.
Ebuild as sastall corroriullyg with the

coarsest grecus (romaine, outer parts of esearole, cabbage, celery tops) on the bottom and the finest greens (parsley, elites, dill) on the top. Makec a border or top salad with scallions slit lengthuise and crisscross them (easy to remote for those who don't like onions).
Add an mulitemen bittor ansto to the salad; it could be a little cheese that is hard, eapers, pickled eggplant in a pinch, juice from a jar of pickles.
 cubed ham) should be chitled, but not the greens and fruits (apricots, apples, or pears). Add mint and tarragon at the end.
- Ian!!! drossing: Use coarse salt, frestly ground pepper, garlic, wime. and eider vinegar together and olive oil mived to your own particular taste. (Mr. Dash likes to use cequal proportions of oil and rinesar.) Tip): When you huy the sconomical large-sized bottles and cans decant vincgars and olive oil into cmpty wine bottles and cork fromly for casy pouring. UEicoolda and phain !pougharr. one or both with a little garlic, make a delicions creamy dressing for cucumbers cut lengthwise into fingers.



Robert Dash's table
 A smooth-leaved smaller variety needs little washing. Take only the tips, and two or three of the larger leaves with stem intact. As a salad, use alone, as its taste is umrivaled, but for the dressing, add mustard. Cook in a large pot with a drop of peanut oil and MSG added to the water. It should retain its color. Toss with olive oil, wine vinegar, and a grinding of freslı ground pepper.
路』TITOUIHLHE
Calls for tomatoes, green pepper, eggplants. Brown a peeled clove af garlic in a tal)lespoon of olive oil and remove clove. Add in layers, sliced tomatoes, strips of green pepper, cubes or slices of peeted eggplant, adding after each layer freslis ground pepper, salt, and a drop of olive oil. Continue until you have used up the available vegetables. Cover the pot and cook over slow heat with two or three chicken louillon cubes if vou wish. It is important to prevent the dish from being too rumny and, after it is cooked, murch of the liquid may be drained. Ratatonille keeps weil and is best cold. Chill and serve with pressed garlic and shreds of freshl basil, and more olive oil to taste. The brotlo may be used as a

\section*{-PIVINE DNHON:}

Take large Spanish omions, slice
ocked dandelion greens, the
- mergest surrel tips (sorrel in sall.
ads should ahways be used sparing-
ly), lemon juice, (rumbled feta cheese, olive oil, gromed pepper, and black olives for an alarmingly

\section*{tasty salad. Chill.}

MTABAAN IPEPDPEIES
are delicious sliced length
in about four or five strips.
skillet with extral hot olis
rispl, then blot dry on pap
inice and fresths aromed pepper

\title{
Elkay stainless stee sinks
}

The world's finest, most beautiful, most complete family of stainless steel sinks. . . and fresh ideas for using them throughout the home ... in kitchen, bath, laundry, recreation room, terrace. Tempting
Bon Appétit recipes, too.
Mail coupon today for this 36 -page idea book showing how water can serve you throughout your home.
 4
tery flasor. Seal in parchanent patper or foil scraped new potatoes to-
gether with a little salt, a kuol, of butter, and a little fresh mint. Bake in 400 orell ahout 35 minutes. Maliod poracores: Rublyaking potatoe.. With salt before cooking. tatoe.: with salt betore cooking.
Split open, flake a little, and atd salt; for a Trexas porater sprinkle on grated cheese, crumbled bacon, sour cream, and smipped chives. For a splarge a dollop of nopur rream and a spoonful of cariar. Toasted sesame seeds; whipped butter and a dash of popppy seeds; butter and a dish of popply seeds; green pepper: mehted butter thinned with lemon juice: grated Pamesam cheese-all make georl (oppings for a baked pootato. Potato profinge (an be loaked in a hot wen until crispy or fried alongs sith chopped onion and connutry

Inger dirnts: 6 tablesporms butter;
 slierel with a shamp knife: if mabaGas, perelex and slieed on a manclolime or bory thinty with a sharp huife; satt amd pepper to taste; 1
Neur poratoers Buil potatoes until tender, rub skins off, then dip in melted butter and roll in toastacd "rumbe or finely chopped nuts. Flatored with lemon Dress new potatoes with butter flavored with i little grated lemon rind, lemon juice, and mineed fresh chives. Add a sprig of mine to the water when beiling new potatoes. Drain and toss with butter and seasmings. smip fresh dill anch toss with portateres as you conat them with butter. Pnoforn poraroow ats Emerick Bronson does. (See them on the coner.) Wash and dry small potatoes and rul) all ower with oil. Cut in halt, sprinkle surface with satt and bake in a hou oven, 450, until puifed and browne Serve in a basket to accompany the entree Cook timy putatwes con papillote for a lowsty butgreen pepper: meheed onter amsage.

\section*{JULIE DANNENBAUM'S \\ GRATIN OF POTATOES AND RUTABAGAS}
-

\section*{Rediscover \(1 \bigcirc\) quick the potato recipes}

\author{
by Jane Ell
}
 to the main disha. ats at salad or broad. More aro 20 groat watys to add fillip to dhis fime numpitions vegetalble inf vonr kitolnem.

\section*{PDTATM THPS}
- Potatoes retain nutrients better if cooked whole.
- Steaming potatoes conserves nutrients; leaving skin on potatoes during cooking also prevents loss of mutrients; use as little water as possible when loviling potatoes. Peeled potatoes turn dark if not conked at once-to protect whiteness, tuss with a little lemon juice. - Store potatoes in a cool. dry, dark place that's well ventilated. Do not refrigerate
- Cluose uniform-sized potatoes for even cooking. Potatoes should be firm and smooth with regular shape so there wont be two much waste in peeling. Avoid potatoes with wilted. wrinkled skin, soft dark areas, cut surfaces on with a grech appearanee.
cup freshly grated Parmesan cherese; mutmeg to taste; enough chicken stock to fill dish 学 full. Methorl: Preheat oven to 350 Butter :in oval baking dish with 2 tablesporons butter. Attemate Layers of washed and dried potatoes ancl matablagas; using 2 tablesporens butter in all dot each laver and salt anct pepper. When dish is half full. sprinkle with the cup cheese and mutmeg. On the top layer sprinkle the remainung eheese and top) with 2 tablesponis butter. Add chicken stock to dish and bake 1 hour or until vegetables are done.

Finger food poratooes foobli
riny neru polatores. weoop out combore and fill urith nour crean topped with ehires.

rernmbled batoon. roontiod
chopprad chicolian Iivere or vod cratiar altilnaraonn
hore droentran.
Protcitoon ran bo whifforl with great variety for a furick lunela or supper dish.
For samsaga potatoom Iterb Sicen parboils 1 Large Idatho petato for each person 15 minutes. Skin potato, scoop ont conter and trim to form a boat shape. Stuff
with a mixture of erumbled ho and sweet Italian sausage an homemade seasoned bread crumb that have been bound togethe with an egg. Place potatoes in a viled baking dish, brush surfac with beaten egg, bake, eoverec in a \(375^{\circ}\) oven for 40 minutes.

Thrift poratoesinto wlondero wlramenfor a mein potaten malaf an Julie IDannenbanm dieas. Geq therm ont the rearer monnded inta the ecenter of al horbed rucumber monsme urith walmon. Enrióa** Polatece: TakelIdaho poratous, peel and slice longthmise, rery thinly on a mandaline or vegetable centter. Cut them urith a rheifo Ifmife into the finest shrods possible. Wash and drain. I'ut therm intan a liettle containing half uhite rinadar, half w'ater at the' boil. Ibring back tobail and coonl: 1-z minutesuntil tonden crisp. Drain and tows in a lightrinaigrette. Dille inten reptrer of a manswe or nerre on lorivicleaiesasa salad.

\section*{RUDI GERNREICH'S EGGS CINDERELLA} Ingredients: 3 large baked pota toes, halved lengthwise; 6 ho cooked shrimps, ehopped; 3 tahle sponns butter; 6 anehovies; \({ }^{\prime \prime}\) cul Parmesan cheese; 6 poached eggs Method: Preheat oven to \(400^{\circ}\) Scoop sut the potatoes and in bow mix the potato meat with the shrimp and butter. Refill the shell: with the potato shrimp misture Top each half with an anchovy sprinkle with cheese and bake un til cheese is browned. Remove po tatoes from oven and with a tea spoon indent the center of eact potato half and insert a poached ege Rebake for a mimute or two Sorves 6.

Oran ahipped pordorow. In large shaltow greased baking dish arrange in a layer 4 Italuo potatoe that have been sliced but wo pared. In a small sancepan melt? anp butter anch adel I tallespoon Continucd on page \(9 x\)

\section*{How to use a pot.}

Everybody thinks hey know how to use ipot."It's easy,"they ay. "You just pick t up and put somehing into it and stick tover the heat:"

And thus having aid, they burn and wil their way to nfamy.Blaming the ot for the trip.

Some pots, howver, are harder to go o ruin in.If you know I few things.

The first thing to now is Farberware pots.

Farberware pots lave heat resistant landles. They have nterchangeable overs.

And, most imporant, they're made of tainless steel with luminum clad vottoms.Todistribute eat evenly and well. jo high temperatures ren't necessary.

Second, don't eave an empty pot n a high burner. tburned pot smells vorse than burned abbage.

Keep a clean pot. Nhat you can't see an scorch. Some

cooking oils, for example, don't mean harm but can do it.

Because they contain sticky substances which can stay behind and cause a fried egg to become a scrambled one against its will.

Make sure the pot fits. Even if you're only boiling water: Little things don't cook well in big pots. And big things stick out of little ones.

Use a cover where a cover is due. What dries up won't taste good.

Don't cut things inside your pots and pans. Slicing and slashing can cause scarring.

And last, but not least, be adventurous in your cooking.

Because even Farberware pots can only cook what you give them. But if you supply the ideas, our pots will see to it that your ideas come out as delicious as they went in.

FARBERWARE
AN LCA DIVUSUOM

\section*{Inside every avocado there's a free tree.}

Your love affair with California avocados needn't end with eating. Save the seed and let a tree sprout out. - Simply wash the seed in tepid water. Drive three toothpicks into it and suspend (broad end down) over a jar, covering only half an inch of seed with tepid water. Place in a warm spot out of direct sunlight. - It takes about 2 to 6 weeks to root. When the stem reaches 7 inches, cut it in half so it branches out. Once roots are thick and stem has leafed out, carefully plant in potting soil leaving seed half exposed. Use a large pot with good drainage. • That's all it takes to start a beautiful garden of love! Just you. And the California avocado.
grated mion, 1 teaspoon salt, teasponn pepper. Brush petato sliees with seasemed butter. Bake in a \(4255^{\circ}\) overn for I hemer, or until petatoes are erisp and brown. Serves 4-6.
 orento 12.50. (int it pereled

 uritla I sliglatly besatern eq!


 Nerrers if cot - Joll alemides purn servirig.

For brarafidust: Mix purced portutoes with pureed spinasoblan and a little parsley, spread into a serving dish, make a hig indentation in the middle and fill with soft scrambled eggs. Decorate with parsley. Or put purced potatues in a little well dish, make an indentation ancl popp an egg in and bake intil the egge is doue.

Ledifover mashed perattores can be mited with greterl adorose. seasonings, and an eger and formed inte patties. Dust with flour and santé in butter on both sides for a (puick breakfast dish. Leftover por tatnes and rowblucegr are mixed for Hb, bbobe und squarnit and sautced in bacon fat until the are crispy brown and warmed through.

Empobiar ratprathes go well with mash chl patatoos. Combine peas, chives, spinach, or mushrooms, with hot mashed potatues. mahe a well in the center and fill with sour cream or melted butter and serve.
 wonderful pienic lunch or hors doencre. Fill an omelette as you make it with diced builed potatoes that have been well-seasoned. Cut into welges when cold.
 from Mre. IDonald Eirann. For







grovato stran raks lo ateomi Danve a coast whichen laom Riech ard Ohner, auther ol the mew Simple Firnell Fooed (Athememon) Brate peotatoes with a Whouli gratere Syak in water, then dry carrdully in a linen twarl spuea\%
ing out all liquid. Heat a kuob of butter in a heaws and pite potatoes into skillet ten down, salt, and cook wit lid on for 10 mimutes or unti derside is golden brown. Care reverse potatoes on the lid. mow lutter to the skillet and p tatees back into the skillet (\%) \(\begin{gathered}\text { mencored antil other si }\end{gathered}\) brown and potatoes are done like a cahe.

Thas seroret oi gobledenthash
 man!! !|curs a!go bif Ifr.
 on en Worr Vork fertractara is ro aldal a limberinogur. 1 up about I'z potaroes int !/, -illoll diree. Pools in ce sm slibllet rialle a lithob al butt to uhhirh your"re addodl ca raspeoniul of rimegar. Ḱ lurning or-ar until er"śs!! brourn. Thorincgar hifps lorouning alal cerlils flaror.

Mashod potato soup Me stick butter and sauté 2 chopped onions until lightly ored and transparent. Add 4 mashed potatoes and mix Blend in 2 quarts half and half scason to taste. Bring mistur the boil, stirring constantly. move from heat and serve in ] ed bowls. Camish with chol chives. Serves S.

Puratoces saméed wirh ba and atrrlice for a hearty la dish. Saute 1 pound thinly sl raw potatoes in a small amoun diced bacon and a clove of ga finely chopped. When the pota are almost cooked add 2 ou Cheddar cheese, diced and the potatoes several times so cheese spreads all over them. ( er the pan, tum the fire off, leave the cheese to melt be serving.

Purecto **Brionelia" from Potato Book (The Hampton School Press) by Myrna D Siix leftower mashed potal with ant eoger yolk. Lightly fl a pastry board and flatten pot misture into a 1 -inch thickn Using a small glass or cookie ter, eut out romads to lorm the b at the brioche. Vake a depress in (ach with your thumb). Roll (eprat momber of small balls, al) I inch in diameter, amel nise th to top the depressions. Bunsh (Ner with egeg yoll, and hake 3.50 oran malil golden bro These can loe mate altaral amed lasilerl.

\title{
Great weekend breakfast parties
}

\section*{Menus and recipes the whole family will love}

\section*{by Elizabeth Colchie}

Fresh Pincapple
\({ }^{\circ}\) Apple－Molasses Cobbler with Sour Crean
Sautéed Canadian Bacon Café au Lait
Hot Chocolate or Hot Milk with Honcy and Vanilla hould be served on all menus if children are prescut）

\section*{IPPLE－MOLASSES COBBLER} redients for filling：治 stiek but－ ； 23 cup molasses； 8 cups Granny ith apples，peeled and cut into nch pieces； \(1 / 3\) cup raisins； \(1 / 2\) tea－ on cimnamon；\({ }^{1}\) teaspoon all ce．
thod for filling：Preheat oven to \(0^{\circ}\) ．In an 8 －inch－square baking a stir together the butter and lasses over low heat until the tter melts．Add the apples，rai－ s，cinnamon，and allspice and \(s\) the mixture．Bring it to a sim－ r．Bake in oven for 20 minutes， sing several times．
gredients for pastry：\({ }^{3}\) cup flour； ablespoons sugar； 2 teaspoons uble－acting baking powder；\({ }^{\prime}\) spoon salt；\({ }^{3 / 3}\) cup whole wheat ur； 4 tablespoons chilled butter， t into tiny bits； \(1 / 2\) eup milk． thod for pastry：Sift into a bowl e white flour，sugar，baking pow－ I and salt．Stir in the whole heat flour．Add the butter and x it with a pastry blender until it ms small crumbs．Stir in the Ik．Pat the dough on a lightly ured board to form a \(7 \frac{1}{2}\)－inch are
sembling cobbler：Preheat oven \(400^{\circ}\) ．Place the dough on top of e hot apples and bake for 30 nutes．Divide the crust into whs and spoon the apples and rup on top．Serve the cobbler hot th sour cream．Serves 6 ．

\section*{Sliced Oranges with Mint －Mucnster Quiche （or Monterey Jack Quiche） Broiled Mushrooms Chervy Tomatoes} Coffec

\section*{MUENSTER QUICHE} gredients for pastry：1棠 eups ur； 6 tablespoons ehilled butter， t into bits； 2 tablespoons chilled d，eut into small bits；苂 teaspoon lt； 3 tablespoons ice water． cthod：Preheat oven to \(375^{\circ}\) ace flour，butter，lard，and salt a bowl．Cut with a pastry blen－

\begin{abstract}
A festive weekemd bratafast is rmertaining for both paremts and ehildren．It is al cozy，amialble way to share food and conversation．Hera are somme ineals that have been well recerived in my house by all．
\end{abstract}
der until it forms small erumbs Add a little of the ice water at a time，blending quickly with a fork． Press the pastry into a ball，wrap it in plastic，and chill for at least 1 hour．Roll out dough \％－ineh thiek on a floured board．Fit it into an S－inch shallow，false－bottomed， flan pan with a removable fluted ring．Press the dough firmly into the pan and trim the excess．Chill the shell for 1 hour．Line the pastry with foil，pressing it firmly against the sides．Bake the shell on the bot－ tom of the oven for 15 minutes． Remove foil and paint bottom of shell with \(1 / \frac{1}{2}\) tablespoons Dijon mustard．Bake 10 minutes until lightly browned．Cool．
Ingredicuts for the filling： \(1 / 2 \mathrm{c}\) cup minced onions； 2 tablespoons but－ ter； \(1^{1 / 3}\) cups grated Muenster or Monterey Jack cheese； \(2_{3}^{2}\) cup milk； \(1 \mathrm{egg} ; 1 \mathrm{egg}\) yolk；有 teaspoon salt． Method for filling：Preheat oven to \(350^{\circ}\) ．Sauté the onions in a skillet in the butter for 10 minutes，or un－ til they are soft and golden．Sprin－ kle half of the cheese in the pastry shell and spread the onions on top． Sprinkle on the remaining cheese． In a bowl mix the milk，egg，egg yolk and salt．Pour the mixture into the shell and bake for 40 minutes， or until it is set and lightly browned．Serve at room tempera－ ture．Serves 6.
\({ }^{\circ}\) Frittata with Artichoke Hearts Sliced Tomatocs with Basil Espresso
－Orange and Amond Rusks

\section*{FRITTATA WITH} ARTICHOKE HEARTS
Ingredients： 2 9－ounce paekages artichoke hearts，defrosted； 3 tablespoons butter；salt and pep－ per；桨 eup minced proseiutto； 10 eggs； \(3_{4}^{3}\) cup grated Parmesan cheese．
Method：Preheat oven to \(400^{\circ}\) ． Cut the leaves off the artichoke hearts and halve them．Rinse them in boiling water and dry them． Saute them in the butter in a large skillet for 5 minutes，or until they are lightly browned．Divide them between 2 heavily buttered round baking dishes，about 8 inches in diameter．Salt and pepper them
lightly．Add the prosciutto to the skillet and sauté it for 1 minute． Sprinkle it over the artichokes． Beat the eggs in a bowl and stir in the eheese．Place the baking dishes in the oven and heat them until the butter sizzles．Pour half the egg mixture into each dish and bake the frittatas in the top level of the oven for 10 minutes，or until they are just barely set．Serves 6 ．

ORANGE AND ALMOND RUSKS
Ingredicuts： \(1^{\frac{1}{2}}\) cups flour；品 tea－ spoon nutmeg；将 teaspoon salt；1 stick softened butter， \(1 / 2\) cup plus 2 tablespoons sugar； 1 egg； 2 tea－ spoons grated orange rind；虔 tea－ spoon almond extract； 1 cup ehopped，blanched，toasted al－ monds； 1 egg yolk combined with 1 teaspoon water．

Mothod：Sift into a bowl flo
meg，and salt．In another bewl cream the butter and \(1 / 2\)（up）sugar until they are very light and fluffy． Add the egge，orange rind．almond extract，and almonds and mix well． Stir in the flour mixture．Shape inte ball，flour lightly，wrap in plastie， chill 1 hour．

Preheat oven to \(375^{\circ}\) ．Divide dough in half and shape each piece into a cylinder 1／1／2 inches in diameter．Make a eross－hatching on the top of each roll with a knife． Brush the top and sides of sach roll with the egg yolk wash．Sprin－ kle each roll with 1 tablespoon sugar，place them on a buttered baking sheet and bake for 25 min－ utes．Place them on a rack and lot cool for 10 minutes．With a very sharp serrated knife eut them into年－inch slices．Arrange them（on their sides on baking sheet and bake 15 minutes．Turn them over and bake 10 minutes more，until golden．Cool．Makes 2 dozen．

Continued on next page


\title{
Cristina found a friend
}


\author{
One who is helping her survive
}

\section*{（}

Her father works long hours as a share－ eropper despite a chronic pulmonary condition that saps his strength．Hed mother takes in washing whenever she can．U＇ntil recently，the total income of this famity of six was about \(\$ 13.00\) a month．Small wonder that the were forreed to subsist on a diet of unpofished rice，swamp cabhage，and tiny fish the children seine from a nearby river．

Now（ristina enjoys the support of a Foster Parent in Tennessee whose con－ tribution of sixteen dollars a month ascures（ristina and her entire family of better food and health care And． when（ristina is old enough，the help of her Foster farent will give her a chance for an education，an oppor－ tunity Io realize whatever potential she has to offer to this world．

How can such a small monthly contri－ bution do so much in the life of Cris－ tina＇s lamily？In the undercteveloped countries where Foster Parents Plan is at work，the need is so great，the pow
erts so deep，that very few dollars can make a tremendous difference．In fact， with PLAN programs and sorvices in place，the very communities where Fonster（hildsen live are aided toward saff－improvernent．

To bocome a Foster Parent is a special responsibility ．．．and a most rewarding one．You become an influence in shap－ ing the life of your Foster Child．You come to know the child through photos and a regular exchange of letters．Prog－ ress pephorts show you vividly how much grome your contribution is doing．Of the many fime causes that ask for your support，fow can offer you such a tang－ ible and immerliate way to help others．

Torlay，mone than ever，people dike you are needed to join in this wonderful work．Hundreels of children wait in desperate，often shocking，circum－ stances for a Foster Parent（o）offer them a hand toward a deeent life．

Please join us if you can．．．or let us send you more details about how PLAN is working around the world．

\section*{FOSTER PARENTS PLAN，Inc．}

Box．403．Warwick，Rhode Inland 02886
YEN．I wo kl like to know more about becoming a Foster Parent． 1rleasesiond one the full facts．

I am ready now to beerome a Fostor Parent to a boy air girl \(\square\)
age（erumtry or whoever you frel needs me most
Please sey ne a photo and casce history of the Foster（＂hild．Enclosed is my

While I cant a Foster Parent risht now，I enclose a contribution of


\section*{BREAKFAST PARTIES continued from preceding page}

\author{
Sliced Straubervies and Oranges \\ －Cocur al la Creme \\ －Anisc－－Momey Bread Cafr an Lait
}

\section*{COEUR A LA CREME}

Ingredients：\＆omees softened eream cheese；I eup plas 3 table－ spoons heaty（ream； 1 （ap）pon－ dered sugar；pinel salt；I table－ spoon lemon juice；the serets seraped from 1 vanilla bean； peeded slieed oranges；hulled sliced strawberries．
Method：In a large bowl blend erean cheese， 3 tablespoons heary cream，and sugar motil smooth． Add salt，lemon juice，and vanilla seeds and blend．Lightly whip re－ maininge eream and fold into cream fheese mixture，Line 12 small p：r－ celan coeur à la erème molds with （lmup）cheesecloth．Divide the mix－ thre among the mokls．Refrigerate wermight．U＇mmold onto individu－ al plates and decorate with oratoges and strawberves．Sorves 6.

\section*{ANISE－HONEY BREAD}

Ingredicuts：：3 eup honcr：＇i（up） boilines water； 1 teaspoon bakines sodia； \(1 / 2\) stick sweet butter，soft－ ened；话（11p）sour cream at room temperathre； 1 egers；2 tablespoons dark rum；保（ap）florr； \(1 \frac{112}{2}\) leat－ bpooms．gromud anise seeds； \(1 / 2\) tea－ spoon double－acting baking pow－ der；ix teaspoom salt； 1 cup）reo flour： 1 eup fincly grated walnuts． not packecl；：s cup raisins．
Mothod：Preheat oven to 325
In a bowl stir together honey，wa－ tor，and baking soda．In the bowl of an clectric mixer cream the but－ fer and sour cream until light．Add ches and locat well．Add the rum and the loney misture to the mixer bowl．

In a separate bowl sift together the white flour，anise，baking pow－ der，and salt．Beat the we flour in－ （o）the honey mixture and mix well． Add the white flow misture，nuts． and raisins．Bake in a well－but－ tered 4 enp loaf pan for .50 min－ utes．Let cake cool for 15 minutes． then ummold it onto a rack to cool （ompletely．Wrap）it tightly in plas－ fic and let it rest at room temperat－ the for at least \(2 t\) hours before soning Somes 6.

Tomato（）molettess
\({ }^{\circ}\) Caranay（：hecese Bread －Spicael Dried Fruir Ciompote Espressos

\section*{CARAWAY CHEESE BREAD}

Ingredionts： 1 pachage ative dry
 Watm watro； 1 （mp）milk； 3 tablel－ spoons lontter； 2 teatpoons salt； 1
tablespoon caraway seeds；about 3 cups or more thour： 1 cup finely grated evtra sharp Cheddai cheerse； 1 eage wolk mixed with 2 tablesporoms eream．
Method：Combine the veast，sugar． and wam water and let mixture stand for 5 minutes，or until dou－ bled in volume．Ileat the milk，but－ ter．and salt in a sancepan until wam．Add the camaway seeds to （he milk．
l＇ut the flour in a large bowl and stir in the veast and milk misture． Add extria flour if neceessary to make a fairly stifl dough．Kinead the doush on a floured board for 10）mimutes．or until it is shiny and clastice Place the dough in a well buttered bowl．tum it to coat with butter．coner it with plastic，and let stand in a draft－free place for 1 loour，or until doubled in bulk． Punch down the dough and knead it on a floured board for a moment． Knead in the cheese．Fomm the dongh into a rounded loaf and place it on an oiled circular eake panl．Cover it with plastie and let it rise until doubled in bulk．Pre－ heat over to \(425^{\circ}\) ．Brush loaf with the egeg－cream wash and bake it for 15 minutes；reduee the heat to \(350^{\circ}\) and bake the bread for 35 minutes，or until it sounds hollow When thimperd． 1 loaf．

\section*{SPICED DRIED FRUIT COMPOTE}

Ingrodients：grated rind of \(\frac{1}{2}\) orange；grated rind of 次 lemon； cup sugar； 2 cimamon sticks； \(2 \not / 4\) （rups water： 3 medium－sized pieces candied ginger，ehopped；the seeds from 2 cardamom pods； 4 allspice berries； 4 cloves； 1 string Calmyma figs，tips eut off and halved； 1 box pitted prumes；bran－ dy，to taste；garnish：sliced Ganges，if desired，or serve with cream．
Method：In a large saucepan com－ bine orange rind，lemon rind，sug－ ar．cimamon，water，ginger，car－ damom，allspice，and eloves．Sim－ mer the mixture for 5 minutes． Add the figs and simmer，covered， for 10 minutes．Adel the promes and cook gently，eovered，for 20 mimutes，or motil the fruits are soft． Adel bramdy to taste．Cool and chill mixture．Cammish with oranges or some with arann．Sorves \(6-8\).

\author{
\({ }^{\circ}\) Cranberry Kissel \\ －Buckuheal Blimi wilh Sonr Cirram，Honcy，and Mollod Butter Freshly Roasted Viuts \\ Russian Tra with Lemon
}

\section*{CRANBERRY KISSEL}

Ingredicuts： 3 cups cranberies； 3 cups sliered tart apples； 3 （ripes plus

Comtinuced on page 90

\section*{New ways to drink and cook with America's great spirit will be bourbon's Bicentennial, too!}

\author{
by William P. Rayner
}
ourbon whiskey is more American than apple pie. That is to say, if given to believe in Chapter 3, V'erse the Book of Genesis, one must fude that apples are not comlely an American idea. Com is, com is the basis of bourbon. is as American as the Redman f first cultivated it and we, the man's heirs, employ his legacy ur all-purpose product, good hog and hominy." It is the priy feed for our cattle, our fowl,

\(n\) is designated by an act of gress to compose 51 percent etter of bourbon.
ourbon itself is as entwined I) our history as wine is to ice or beer to Germany. It is national drink, our Yankee dle Dandy bom in Bourbon nty, Kentucky, in the first year ur independence in 1789. That same democratic county that, ugh good will and indifferent oning, adopted the name Bourin recognition of France's help ng our Revolution. The timing exquisite for just then the presgeneration of Bourbons, Louis and Marie Antoinette, were \(g\) scrutinized by the Paris mune to discern any demoic or revolutionary proclivities might hold.

\section*{ルbon GIazofor Iar Croarn:} nbiur 1/i rup bonrbon h 1/2 व"p hono!! in a repan and urarm sliylutly. everend Elijah Craig-Baptist el minister, a man of the cloth is not concemed with demoic or revolutionary proclivities n he became the first man to y bourbon down in Georgen, Ky. He was a razzle-dazzle, eler-dealer, country preacher
out for profit, who knew that whiskey was not just good for tooth pulling, frost bite, and Saturday night, but a reliable means of exchange as well. Others knew this, moluding our 16th-President's father, Tom Lincoln, who took in exchange for his Knols Neck Creek farm, twenty dollars and 400 gallons of bourbon. When, on their trip from Kentucky to Indiana, a raft carrying the Lincolns capsized, the first thing that Tom saved was the bourbon. Sentimentalists like to think that perhaps Father Lincoln struck out first for Abe, age 7, but history doesn't record that fine point. Years later, when the young railsplitter became our chief executive and was confronted by the Senate with Grant's "drinking problem," he mused, "I wish I knew what kind of whiskey he drank, I would send it to my other generals." He found out and a case of Old Crow was dispatched.

Long before Lincoln had to deal with Grant's "clrinking problem," other Presidents were to be faced with solving a different type of drinking problem. Because whiskey was "monied," Congress, while still sitting in Philadelphia, decided to emulate Charles I, not a particularly good example, and place a tax on liquor. President Washington's "drinking problem" started on or about March 31, 1791, when he signed into law the Whiskey Tax and thereby created our Internal Revenue Service, a most unpopular move. Before the summer was out Alexander Hamilton was to field a force of 13,000 , almost the size of our Revolutionary army, to do combat with rebels who didn't want to pay a whiskey tax, but who did want to break off from the Union and form an independent state. Serious issues were involved. Would a militia composed of the citizens of Pennsylvania, New Jersey, Virginia, and Maryland invade another state to enforce a federal law? Yes. Though the Rebels caved in and amnesty was granted, the policy of federal command was set and the final act would await Lincoln's administration.

But that was some time off and Jefferson reckoned that any tax that took \(\frac{113}{1 / 3}\) of its revenue to administer should be rethought. So he
rethought it and repealed it; it surfaced again during the War of 1812 and was reburied once again until the Civil W'ar. Though Jefferson had a whiskey still, as did Washington, it was unimportant to the decision to repeal this tax.

\section*{Hoburben Todely:}

Combinc t/2 touspoon sugur
: anncors bourboni, relories.
I smell pirour rinnamon stire ill an dhllashiontod glass. wir. Fill glass mith hot reatore.

What was important was that our great westward expansion had begun pushing Pacificwise the rough and ready frontier life of "com bread and common doings," and substituting in its stead the more genteel plantation society. During the first quarter of the 19 th century, the shadow of the frontier moved through Kentucky-mosed westward from where Daniel Boone had ended his formal schooling because he had mixed an emetic with his teacher's whiskey, where Davy Crockett went to Congress on a campaign promise to lead his constituents to the mouth of a barrel of whiskey, and where John James Audubon loaded a boat in Henderson, Ky., with 300 barrels of sour mash whiskey to be paddled down the Ohio to Gencra, Ky., where he sold it at an 800 percent mark up. The shadow moved and in its wake came blue-blooded horses, the barbecues, the country fairs, the bango music from the cabin, the goatee and broadbrimmed Panamat hat, the Jimswinger coat, the ruffled shirt, the string tie, and straight cane. That is the stuff Kentucky Colonels are made of and at one point there were \(1 \overrightarrow{7}, 000\) of them. A century later Happy Chandler's Attorney General would become fed up with the Colonels and decommissioned the entire lot. W.C. Fields, lately ordained, was irate, struck back, declaring "I stand on my record," and henceforth signed his name "Colonel W.C. Fields, Retired."

It was during the period hefore the Cisil W'ar that bourbon began to be identified with the character of the Kentucky gentry-the man with the goatee, the old Colonel. Look at the word "old." In the Continued on mext page
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\section*{"Bourbon is as entwined with our history as wine is to France or beer to Germany’}

\section*{BOURBON continued from preceding page}

South it commes excellemee-Old Dominion, Old Virginia Military Institute, and, of conrse, Old Kentock: The labels on bourlon reHect this Old Crow, Old CrandDad, (Old Fitzgerald, Old (harter, Ohd Hickorv, Old etc. While all bourlonens do not contain the word "oll" mone claims to bo new. For evanple, Virginia Gentleman is four years old, I. W. I Harper is five, and IVild Turkey, eight. But bombon, whether called oldor mot, is at distirctive whiskey-Congress sees (1) that. It sees to it in the manner in which it is brewed. It sees that bomrtom is made with better than 51 percent of dear okd American conn (in practice bourbom usially Inas a (i0) (1) 75 percent enm base) and permits the remainder to be divided between rye and barley mash. The grains are ground. mixel with clear springe water in a conking tat where barley math is adeled. Which changes the starch into sugatr. This sugary mash is passed througl conoling pipes into a lementing bat where yeats, that "prolifie mictoorganism with a voracious appetite for sweets" causes "hatt scicmists like to call "atomic "conmetioni" and the sugar becomes ant alcohol, or "distillers" beer." This beer is pumped intor a stith, is brilect, baporized, and carriocl antar via a condenser to become "low wine." The "low wine" arest Urough a second distilling process, at which preint it becomes "high wine." Distilled water is added to reduce the proof to 110 120. The whiskey is then stored in mow white oak Darrels, which have beon chamed on the inside. Four (1) eight years later it is botted. It is, of course, this combination of ingredionts and process that make bourlon a mique, quite superior Whiskev. Part of the uniqueness connes from the white gak barrels that may only be used once (act of Congress), then they are shipped of th the thrifty Catedonians for their use in making Scotch (not an act of Parliament)

Also, part of the miqueness connes becanise carly on the men what sel the pace were one personality brokers whose aill was "mere chatfing for cheapuess" as Colomel Edmund II. Tayler, "Old Tivklor," one of our carliest brewars and nephew of President Taylor put it, but they rather strived ahter "quality." Unfortmately
there were others who were not principled and lecamse of the the great wriskey frauds seand ized Crant's second term. Gra was not to overeome this "drimki problem." The President's prive sectetary, a Mr. Orville E. Ba cuck, was, to frote the histori Geratd Carson, "presiding on the anteroom leading to the Pre dent's office, receiving and rejer ing visitors, managing patronaç participating with relish in Repu lican Party intrigues." Baboe also worked with the "Commite to Re-elect the President." It " in this capacity that he obtain campaign funds from whisk trusts that, for tax purposes, we allowedto ignore declaring a spe ified amount of their run. For tl privilege the distillers compe sated Mr. Babocock in behalf of \(t\) Committee to Re-elect. T scheme was unmasked, after whi Secretary Babcock authorized d tectives to break into and burgla ize the office of the govermment torney for vital evidence concer ing his case. Whether the Preside sanctioned the contributions, kne about the break-in, or participat in a conver-up has not been esta lished. Ite, however, was not ele ed for another term, a thing dearly coveted.

Iboneloon Iboflini: Peal and ID Gripe peraches. Ilaresin blender uidh I rimbuaror. Thoroughly pulvoriza anal strain intobonl.
Mboirigerate undil radaly tan

 juicerol I part bonrbon asoricen. Von uill nood approximalel!! 2 a"tps babrbon.

Lucy and Rutherford Haye for whom Grant was set asid were mot disappointed with th twist of late. Mrs. Hayes, "Lemo ade Lucy," who was to be first lat for only six months, is remember best for banning spirits of any kin from the Whrite Itouse-a mo Hrat so ammoyed Mark Twain th when asked by "Lemmade" antograph a volime, the demurre saying, "I am abstaining from a stinence." But Mrs. Hayes h supporters, too. The most vocal which was VIrs. Carry Nation, wl cometheted a ernsade mot on against lifuer, but also against
acco，sex，politics，politicians，fed－ ral and local governments and he Masonic Lodge．
These and other events heeded he newest＂tyranny of history，＂ hich would haunt the nation a it later in the form of that noble xperiment，Prohibition－a disas－ rous amendment，which took the enate 13 hours to vote on，the tates 13 months to ratify and the ation 13 years to repeal．With the 8th came Al Capone，the St．Val－ ntine＇s Day Massacre，the one－ fay ride to paradise，corruption， ijacking，gang warfare，killings market price for murder was \(\$ 50\) ， ，ughing up \＄25），bootlcgging， he speakeasy and organized rime．The bourbon industry just losed down，banking its genera－ fons－old yeast cultures in refrig－ rated safes，or exiling them in canada to await repeal．

\section*{Bossbon Lag：Combine 1 1／2} ancres bourloons with \(11 / 2\) uncers hat apple juire nd a slicer of lemon．

And so bourbon goes out，tem－ orarily，and the＂blues＂become opularized．What doesn＇t go out －what can＇t，must not，would not o out，was corn，and so it becomes ang for bourbon．If you don＇t take
my word，take my gramn＇s．It seems that one night way down South，during a particularly fine dimner，Granny＇s hostess was too busy berating the 18 th to motice a butler as he passed the vegetables． Waiting a moment，he touched her shoulder and asked，＂Com，Miss Amy？＂Not moring，Miss Amy re－ sponded，＂Thank you，Carter，and with one piece of ice．＂
\[
\begin{aligned}
& \text { KIDNEYS WITH } \\
& \text { BOURBON SAUCE }
\end{aligned}
\]

Ingredients： 6 veal kidneys， 3 ta－ blespeons shaltots，finely dhopped； \＆tablespoons butter； 16 suices tomatoes in purée； \(1 / 2\) teaspoon each salt and coarse cracked pepper；； 14 cup bourbon．
Method：Remove skin from kid－ neys and split lengthwise．With scissors remove as much center fat as possible．Set aside．In saucepan sauté shallots with 2 tablespoons butter until translucent．Add to－ matoes and mash and stir ingredi－ ents thoroughly．Season with salt and pepper．Add bourbon and sim－ mer over medium heat for 5 min－ utes，stirring occasionally．Set aside．Melt in each of two large skillets 3 tablespoons butter．Sautć kidneys for 5－7 minutes，turning occasionally．Remove to chopping board．Reserve juices in skillets and combine into one pan．Con－
tinue to heat．Slice kidneys cross－ wise into thin sections and remove to hot plate．Glaze skillet with slathot，tomato，bourbon sauce． Prour saucc over kidncys and serve． TOMATO AND BOURBON SOUP
Ingredients： 1 can（ 28 ounces） Red Pack whole tomatoes in thick purée； \(1 / 2 / 2\) cups beef stock or 1 can （10\％ounces）consommé；11\％cups milk； 6 basil leaves，coarsely cut； salt and pepper to taste；\(\frac{1}{1 \pm}\) cup bourbon．
Method：Place tomatoes in blen－ der．Add stock or consommé with \(11 / 2\) cups milk．Add basil．Blend thoroughly and transfer to sauce－ pan．Season to taste．Add bourbom， lring to boil and simmer for 15 minutes，stirring occasionally． Cool，and chill 6 to 8 hours．Cor－ rect scasoning and serve in chilled soup bowls．

\section*{BOURBON CUSTARD}

Ingredients： 5 eggs；界 cup grami－ lated sugar； 2 cups milk； 1 table－ spoon vanilla； 2 tablespoons bour－ bon．
Method：Beat eggs with wire whisk until they start to lighten in color．Slowly add sugar continuing to beat until mixture thickens slightly and turns to a lemon color． Heat milk and vanilla to boiling point，but do not boil．Pour hot
milk slowly intse ege－sugar combi－ mation，beating with whisk until well blended．idd bourbon and return to lon heat mitil sauce thickens sufficiontly to cout sperom． Do not boil．（eool and mitrier rate until ready to serve．1）elicions wer pears，peaches．

\section*{BOURBON CAKE}

Ingredients： 2 ounces un
eried chocentate，\(\frac{1 / 2}{2}\) porind swew butter； 1 （inp）granulated
1／2 dozen eges，separated；
chopped pecanis（IV－ounce pach－ age）； 1 teaspoom vanilla，贠 pommel ladyfingers（212 pachages）； 1 （1p） beurbon；复 peond ahnond maca rooms；确 pint heary creant． whipped．
Method：In a double boiler，melt chocolate．Beat butter and sugar together until flufly．Beat eggy yolks until lemon colored．Thoroughty combine yolks with butter and sugar mixture，add melted chocor late，pecans，vanilla and mix well． Split and soak ladyfingers in bour－ bon．

Beat egge whites until stiff but not dry．Fold into chocolate mix－ ture．Line a 5 －cup mold with lady－ fingers，placing a macaroon in the bottom．Fill center with altemate layers of chocolate and nacaroons． Freeze．Unmold and serve with whipped cream．Serves 6.

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 pantion．or milll it in whf．Prent the mexnon thamela a fine sieve
 the pentuth sturch inten the remainin－ ing waster and aded it to the purree with How usar．Simmer the mix． turce atiorimes．for 3 minimter．on min－ til it is thichencell．Lett it coull Pount He misture into fo serving distres and diall it memighat．Simen os． BUCKWHEAT BLINI
Ingralionts：＊s cip warm water： 4
 yonoms ugar：I＇s cink hatwarm milk：I stick butter，metted and
 Homer：＊se pimchulical flomir：？ eques separatedel：I stich lowter clavificd：homen：smer crean．

 shgar and lom stand for the nimintes． lin a blemeler combliun dice warm milh．Hedted butter．I teatponn hugar，and walt．Wded the your min－ ture．Flomes．and volks and blemel miviturie for 1 finimute at ligs speed．Scrape the batter into at
bowl，eover it with a towel and let it stand in a turned ofli onen for 2 hours．Piecheat onen to 2001），In a bow l beal the equa 11 hites mutil stifl and fold into the batter．Heat 2 larec shillets and lrinsta them with clavificel butter．Pown＇i cap of batter for math cahe and bake them for alnome 2 minutes on each side． or until browned．Place them in He oren and comtimuc process tur－ til all the batter is meed．Wahes ：thom 3t cakes．Seme them with remaining butters，heated homes． and sonn crami．Sepves（6．

> VariousFash Vicgetabla Juices
> \({ }^{\circ}\) Cormural Buns with Turkry Stuffing
Couffer

\section*{CORNMEAL BUNS} WITH TURKEY STUFFING
Ingradicuts for the dough： 2 em－ woper action dry yeast；＇e emp ＂atrol water；I tablespoon sugar；
 （11p）Wallol milk combined with 12 （11）Watm Water；1（11p）stons Gromud vellow commeal．
Weflod for donegh：In a measmine （alp）stir towether the yeast．Water， and sager atul let the misture stand
for 5 minters or until it is cloubled in whane．liatee the flom and salt in at large bown and stir in the least mivtrone and milk－water com－ hination．（imathally adel the emm－ meal，stirting motil the mivture is a heaty mass that leaves the sides of the bowl．Knead the domeh on a flomed board for \(10-15\) mimestes， or motil it is smooth．Put the dotesh in an oiled bowl．bunsh the lop with oil，ancl let it rise．covered witle a（lamp cloth，for 2 homis．or until it is doubled in bulk．
lusedicuts for the filling：＇s cup onions，fincly minced：\({ }^{1}\) cup lard： 1 1－pomad can plinn tomatoes， packed in purie，chopped；21，teat beonss chili powder； 1 teaspoon Eromad cmmin：曾 teaspoon garlic． minced；21：cups cooked turkey， minceed；I（alp）eanned com kernels， （ratimed；scasoming to taste．
Methorl for the filling：Saute onions in lard in a large skillet for 5 mimutes．Add the tomatoes，their licpuit，chili peowder，cumin，and garlic and stir the mixture over moderately high heat 5 minutes， mutil mosi of lignid has evaporat－ ol．Adel thre and cenn，stir 2－3 minntes．Fiaste for seasoning，conl （1）roonn temperature
Mcthod for buns：Preheat oven to
3.5 ．Panch down the domest．C ofl＂slightly less than hatf and 1 it out on a flomed board to form rectangle 16 by \(S\) inches．Cut into 8 t－inch spuates．Evenly ville the filling among the squar leaving a margin of 有 inch around．Roll out and cont the rest the dongh in the same way，b mathe it a little larger：Blend l e with I tablespoon creatm and bru the marein of a filled square wi the minture．Fit over it a spatare dough，press the edges togeth tightly and seal theoll furmly wi the tines of a fork．Contime \(i\) process matil all the packages filling are sealed．Prick a clesign cach with a meedle or a thin ske er．Place on oiled baking pan an let them rise 30 minutes．Bru tops with remaining egg was Bake 2.5 minutes，until hrowned．Cool．Shams

\section*{MAPLE CREAM FOR BAKED APPLES}

Ingredionts for cream： \(1^{1 / 2}\) cu heaty cream；䒜 cup maple syru \({ }^{1} 4\) cup light com syrup．
Mothod：In a heavy saucepan sil mer cream and syrups 5 minute or until the sauce is reduced 1 about 后．Chill．Serve with bake apples．11／3 cups sauce．


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\section*{－CIRUCTURE}

Fooundilion：Reinforoal comemets．
Framinge：Standard word frame（onn－

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\section*{How to score your answers}

\section*{THE "B" COLUMN}

Look at every check in the " \(B\) " column and appreciate it. Every one is a plus in your life.

\section*{THE "A" COLUMN}

Each check mark in the "A" column points to an area that should pay off, but doesn't. This is the column that will give you a clue to how much satisfaction you are missing. Add up your "A" checkmarks.
0-3 Yours is an enviable situation. Sit back and enjoy your good fortune. Only rarely does anyone have this beautiful score.
3 to 5 Still very good, but leaves you with important satisfactions to work on.
6 to 8 You're missing more, but by the same token you have more to gain through improvement.
9 plus Good you found out. Pay special attention to the suggestions below. Look forward to an adventure in better feelings.

One point to consider. Suppose you have only one checkmark in column " \(A\) ". This doesn't necessarily mean everything is bliss for you. That one hazard could turn out to be your really big worry. Be sure to examine it carefully. If you usually see your friends as an obligation, for instance, try to minimize this tendency. There will, of course, always be people you have to see to avoid feeling bad. But stop punishing yourself by letting this happen often. Don't be overly concerned about total score, weigh each item carefully to evaluate its importance to you.

\section*{HOW TO RAISE YOUR SCORE}

Man is the only animal that actually makes most of his own environment. You made most of yours and you can, within wide limits, change yours, too. You will find plenty of hints about how you can go about improving your satisfaction score, by studying the B column. Suppose you indicated that there was no real novelty in your daily life. Stop at your newsstand or bookstore and pick up some book, magazine, or newspaper simply because it looks interesting, not because it could "do something for you." Or wander through the craft and hobby section of a store and pick up something attractive to work on when you have time.

Suppose you indicated discontent with your house. What about those colors you like to have around you? Look for them in a new painting or drawing and put it up soon. (Or take down one you really can't stand!) A quick way to introduce new color is through a throw or a rug over the back of a sofa or chair. Plan to introduce what you really want to live with in your future decorating plans.

\section*{FOUR IDEAS THAT WILL HELP YOU FURTHER}

1 Realize how old routines and habits can bind you until you determine to untie the bonds. Make a list on a card, to keep in your purse or wallet. Jot down your plans for change. This will help you recognize outworn habits when they assert themselves and let you change for the better.
2 Keep an open mind about new ideas to replace the old ones. (In an experiment those who were told, "Keep an open mind!" solved puzzles much more quickly than those who were simply asked to solve the puzzles.)
3 Expect and tolerate willingly that little feeling of tension and risk when you start something new. In no time at all, that slight apprehension will be replaced by new confidence.
4 Finally, store away the checklist and look ahead to an encouraging experience a month from now. Make a note in your calendar to recheck the check list in thirty days. Chances are you will find that some of your "A's" have become "B's." Your satisfaction score will be raised!

\section*{AVERY BOARDMAN}

Enter drama with the unmisuakable inluences of (has pats and an awareness of the bext that is to be Fnter the unique showatace for the champlathe af custom convertbles: Onisnal concents as displayed in our showroons: or with yout own cuktom-derall touches. All designs also avalable as soras Aver Boardman 1td. Maker of Custom Convettoles D \& D Bulding, 18th floon



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1'ange (18-69:
1. Bathroom walle: 12" - If , :3" hiph.
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 left pattern. \$17. On mantel with plants: porcelain butterfly wathout\$3.5 cach. On teal tabla: grep leaf ntate with pear te-ign. Mo. ()n flaptop table: 830: percelam laaf tras. \$10. All from Wottahemeh
Pair of rovered jars on mantel: \(8^{\prime \prime}\) high. 818 earh: conered berhise bas. ket on mantel. 11" high. s3k: lace surered box with tulip decompare on tra table. \(\$ 12\); worn triman basket comtaining arlamers. S33. Froms Lim ited Edition:-
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"The Shomy Bipper" permonal -hower: \(59^{\prime \prime}\) flameropated how. im"luden rhommophated hal-s adapter mome for - lower arm. fingeatip wator flow control. \$21.9. . B Akoms. At Hammarlore sehammer and Abraham 8 Straus.
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8. Counter and Jasin: Imain, \(16^{\prime \prime} \mathrm{x}\) 19". Ovalyn barin lon American Stan lard: romenter of Plaxigla- hy Rohm \& llaan. made to order and available (1) ". andors To wrder from Paul Ason ciates."
y. roreclain perdestal shell bavin: \(21^{\prime \prime} \times 181^{\prime 2}\) " \(3^{\prime \prime}\) high, imported from France. S495. From Varion Wieder.* 10. Vitreons china soap dish: 12 " \(x\) \(r_{1 \prime}^{\prime \prime}\) wide. It Hattings Tiler.
11. "Pro Cinn 1000" dryer: 4 heat -rtling:- \(8^{\prime}\) cord. witl iable tand. \$30.99. 13) Chairol.
12. "Artichohes" wallpaper: \(\$ 30\) a -ingle roll. B Sherle Wagner.
13. "Artichokes" china basin: 14" - \(17^{\prime \prime}, 15^{\prime \prime} \times 19^{\prime \prime}\), or \(12^{\prime \prime}\) diam. round or orrodqe lowl; lirushed chrome htting- By Sherte Wagner. \({ }^{\text {B }}\)
14. "Protty Power" 2-fan styling dryer: with 5 attarhment- fors than \(2^{\prime \prime}\) round. \$28.99. Br Clairol.
15. "Super Twin Action" hand ma-sager: \$4.9.5. (\$1.75.) A| Hanlmacher Shlommer.
16. Molded fiberglan-s tub: \(5^{\prime}\) round. fits into il \(f^{\prime}\) or \(\bar{r}^{\prime}\)-If selting ; in black. white. hort pink, -un-rt orange. gold, hifadon green. alua: cintom colors (ill tequent. By Xonaglan Corporation.
17. Acrylic magazine rack: \$50. At Harion Wieder."
18. "The shower Massage by Water 'ih": \(60^{\prime \prime}\) chrome hase for hand letel mondel: wall mounted model avalahle both hase a dial to adjust for shower -pras. ma-rage action -pray or both. 39.95 hand held: \(\$ 24.95\) wald mounted. From Trledyne Syua Tee.
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\section*{l'ager 74-75}
rableorllime
-Chargar" service plate: prwtor. 12" liammer. \(\$ 30\) eath. From the " Inthem. Early Amerian Prator" (ontortiom. "Jammown" perter flatware: \(\$ 35\) pro S.pired -ttime: pewter tankard:
 mondaced from a deron lo frederick Banart. \$19.50; powter porringer: *9.9. Fiom the \({ }^{-}\)Luthenti" Earls
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(:rotal pitcher: 1()" a \(9^{\prime \prime}\) \& \(\mathrm{J}^{\prime \prime}\) diam. sio: colom holder: (1" diam. x 12 " high. soto. Both from la (animione Woorlan loos: \(3^{\prime \prime} \times 8^{\prime \prime}\), in ylem, 835 ; wooden box: \(100^{\prime \prime}\) - \(\mathrm{l}^{\prime \prime}\). \$18: largo noorlon loml boul: 181.2" x \(9^{\prime \prime}\) ligh


 Inticm...
wam: \(\$ 1795\) per 5 pione orting. Reed\& lantwn.
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1. "The" Old I mberela Hon: souppore: "xecuted in relif \(f\) b arason. how polish, oite, atryl wonds. \$100. To order from bill is Bandana" vinal walleoveria \(27^{\prime \prime}\) wide. Demiened ins Leoda De I \(\$ 2250\) at al Premeptive Conerp 3. "Sterbil Flowers" cotton linen fabrie: \(31 \%\) cotom, \(60 \%\) lin 21" wide, \(12^{1} 2^{\prime \prime}\) repecat. \(\$ 12\) a sul. F the Wi'tiamsump (oblection ins mad her."
. "thoppitality" stationery:
 bex. Ris Crans.
8. Mahogany letter rack: 7" > 4 higls, halds 15-25 letters.
It (\%arlo l)eacon 8 Soms. Ltd. Insel
Wing chair: \(29^{\prime \prime} \times 26^{\prime \prime} \times 16^{\prime}\) 。" hii Haplewhite ule. \$563.
Qucen Anne stale tea table: 28 "26 2 " \(\times 28^{\prime \prime}\) " high, mahogany. loped"apron. cabriole Iegs. \(\$ 225\). Fo tood with upholatered exthon: ( 11 " x \(12^{\prime \prime}\) high. \$115.
(hippondale style fire armern: 22 ( \(21^{\prime \prime} \times 5.54^{1} 2^{\prime \prime}\) high, mahogany. \(\$ 195\) End table with Lewis finioh: x 19" x \(28^{\prime \prime}\) high. 1 drawer. trai lexs. 8175.
Side chair: \(21^{\prime \prime} \times 24^{\prime \prime} \times 38^{\prime \prime}\) hi fretwork detail at comers, straight le \$245. B! Hirkmy Chair. At Lord Tavlor.
"Plantation Bridges" cotton to fabrie oll chair: \(560^{\prime \prime}\) wide. red natural.
"Plantation Bridges" vinyl wa coverillgn: \(26^{\prime \prime}\) wide. 321 " " repe Fabric and watloovering from Charleaton Colle etion lo Cireeff."
Bargello pillow: from a selection needlepoint designs and pillow:. \$ At Woolwork:
Rug. harket, tea service. cat-shap teapot. Imari china, pear dish at Le \(\&\) Taytor.
Page 76-77:
1. "Liberty Memorial Collection 13 worling ceins \(1^{11} 2^{\prime \prime}\) diam. cach, a velvel rase lined with silk. limit edition of 5.000. \$195. By Comham. 2. Porcelain "Patriots Bowl": 91 liam.. 24-karat gold garland wrea fameo portrait- \$75. By Lenox. 3. "New England Cooker" 8-qua pot: \(\overline{\text { rqt. atuminums inset hasket bl }}\) arilic fimith. \(\$ 15.95\). By W゙at Bet 4. Triple-seat Windsor bench: 58:3 x \(19^{3 / \prime \prime} \times 37^{\prime \prime}\) high, with scat cushic B) Heritage. At Mars-

5 and 6 . Two-seater ottoman/talol \(40^{\prime \prime} \times 24^{1} 2^{\prime \prime} \times 16^{\prime \prime}\) high. of pine. \(\$ 18\) (3) The Bennington Pine. At T Comitr Vanor.
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10. "Ilcarthetontr" (anat iron coo ware: 101," killet, \$11: 101.2" gla lid, 81.75 . Sit of 6 alow imelouldes 7 Liller. I'eqt. sancepan and
 ral Ilonew wares. It strawhondge Cothior.
11. "Tip Tow Thalip" walleoverin ald bordom: overall pattern. 2 wide. in paper on vimel, \(\$ 1590\) a


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Flesh-colored foam rubber pad adhere to glass frames. Savvy solution to glasses that slide down on the nose. Pads also re lieve pressure of frames on sen sitive skin. \(\$ 1.98\) for 18 pad plus 15 c post. Anthony Enter prises, HG2, 585 Market St San Francisco. CA 94105.


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COLORFUL ZOO
Bright multi-colored elephant, hand made in India, is part of a colorful collection of hand-embroidered \(100 \%\) cotton animals. Also available: horse, camel, bull. \(2^{\prime \prime}\) h., \$3.50; 4½", \$5; 7", \$7; \(10^{\prime \prime}, \$ 10\). Add \(\$ 1\) post. Sona of India, HG2, 11 East 55th St., New York, NY 10022.

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Treasured old patterns, authentic reproductions. Dramatically decorative; through-to-the-back construction for wear. Red, ivory, navy or moss green ground. \(4^{\prime}\) by \(6^{\prime}, \$ 24.95 ; 6^{\prime}\) by \(9^{\prime}, \$ 49.95 ; 9^{\prime}\) by \(12^{\prime}, \$ 89.95\). Ppd. International Rug Co., HG2, 360 Amsterdam Ave., New York, NY 10024.


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How You Can Win Contests!
}

\author{
Discover 14 Secrets to Winning . . . and Cash In On \\ Exciting Vacations - Luxury Cars - Money and Thousands of Other Fabulous Prizes to Be Given Away This Year
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\(I^{\prime}\)you dream of having enough extra cash to spend any way you would like. If you have longed for a few of the luxuries in life before you are too old to enjoy them. It you receive a special thrill when you are named a winner. Then continue to read and learn how to make your dreams come true.

To be a winner, the first thing you must do is forget about being lucky.

Pure luck has very little to do with winning contests.

If you follow any kind of sports activity closely, you know the best prepared team wins. They don't leave anything to chance.

The same systematic approach can help you win contests. If you prepare-if you have the proper tools - - if you know how to make the law of averages work for you ...you will soon be winning such valuable prizes as color television sets-tape recorders-radios appliances. Even cash and vacations to exotic places

Why am I so confident you can win - and win big?

Because I am doing it. I know the thrill of winning. I know what it takes to be a contest winner. I know if you are determined you can win too.

But learning how to win didn't come easy.
Until a few years ago, my wife and I were like the average person. We would occasionally enter a contest that caught our attention ...with always the same results. Nothing. You may have experienced this same thing

All my efforts left me frustrated. I knew I had to do something different to win. I decided to find out how I could improve my chances of winning. I started by interviewing the people who knew what it was all about. Contest judges

I spent hours in writing letters and talking to judges. I studied carefully their advice and the techniques they suggested. With their help - and my own trial and error-I developed 14 simple-but effective rules - for entering and winning contests.

During the next three months my wife and I won valuable prizes in ten national contests ...an average of winning one prize every 10 days.

Believe me, this is not luck.
To prove what I am saying is true, here are just a few of the letters I received announcing my winnings
- You will be bappy to know that your entry bas been selected as one of the uinners in the Purina Dog Cbow \(\$ 150.000\) Triple Treasure Sweepstake Spectacular.
- Your entry bas been selected as a winner in the Armour "Win a Wish from the Wizard" Su'eepstakes.
- Congratulations! Your name bas been drau'n as one of the...winners in the Awake "Free Groceries for Life" Sweep. stakes.
- Congratulations... you are a winner in the "007 Colgate-Palmolive Sueepstakes." Please allow six weeks for delivery of your RCA Tape Recorder.


My name is Haywood Kelly. My wife and I bave won thousands of dollars in valuable prizes. You can be a big winner too, it's easy wben you use the 14 simple steps \(I\) bave disconered.
it - they will think you struck it rich.

So, forget about being lucky Don't take as long as \(\frac{1}{2}\) did to find out what it takes to be a systematic winner.

Give in to that impluse. Theres nothing to lose.

I'm not asking you to believe what I have said. Just try it. I guarantee you will be a winner. It's as simple as that.

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To prove there is more to :winning than luck-you have this \(100 \%\) no risk guarantee. Order my book "How to Win Contests." If you don't like it when it arrives, return it for an immediate refund. No questions asked. Or, keep it and enter several contests using my 14 successful rules. If in one year's time you have not won at least two national contests, return the book. You still get your \(\$ 3.00\) back.

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Wicks water plants while you're away. One end goes into soil, the other into water; the wicks slowly feed the moisture for as long as eight weeks! No rot or mildew. Set of four, \(\$ 1.98\) plus 20c post. Anthony Enterprises, HG2, 585 Market St., San Francisco, CA 94105.

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From the gaslight days, a Vic-torian-style cast iron coat rack handy for trench coats, umbrellas, scarves, hats. Five large swing arms each has three hooks. \(71 / 2^{\prime \prime}\) from wall; \(14^{\prime \prime}\) w. \(\$ 3.98\) plus 75 c post. Holiday Gifts, Inc. Dept. 302-E, Wheat Ridge, CO 80033.

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3:3" high. \$125: vellow ehatir right: \(28^{\prime \prime} \underline{2}^{\prime \prime}\), \(322^{\prime \prime}\) - \(27^{\prime \prime}\) hiph. \$150; (0ttoman: : \(23^{\prime \prime}\), \(22^{\prime \prime}\), \(18^{\prime \prime}\) high. \$180. Thr state of trobbre for land \& Tirlor Wing chatio loy fircplater: 34" , \(33{ }^{\prime \prime}\)
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Porecelain lamp: 26 h higla. white paper "patue hater 19" diam., colon white front. © lamp (in. It Land \& Tashor.
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EXCITING NEW HOUSE continued from page 58

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\title{
Gardener's \({ }^{\text {Notes }}\)
}
byJames Fanning


aneatly drawn plan of your grounds, whether small house lot or many-acred estate, is a practical way of keeping track of what happens where, helping guide visitors around, and deciding on necessary or desirable improvements. Such a plan can also be an attractive part of your decoration, like the one graphic designer Donald Wise created for Miki Denhof (January House \& Garden, page 84). The plan, left, not only shows the exact location of every major tree on the Denhof property, it is bordered by a frieze of pressed leaves from the trees themselves. Each leaf is numbered to correspond to its parent tree's location on the plan. With the actual leaves as guides, there's no question about what grows where.

> "No one who has ever enjoyed garden-fresh vegetables-
> fresh peas, beans, carrots - will have to be persuaded of the virtues of growing your own"

Now comes seed-ordering time, and in 1975 the most-thumbed sections of our catalogues will be those devoted to vegetables. Inflation fighting is only part of the reason for this. No one who has ever enjoyed garden-fresh peas, beans, carrots, or what-have-you will need to be persuaded of the virtues of growing your own. With space for growing things becoming more and more restricted, though, a great many would-be vegetable growers simply don't have the ground to work with. In Europe, where the problem has existed for generations, municipalities set aside areas outside the town limits where small garden plots are rented to whoever wants to use them. The idea is beginning to take hold in the U.S., nowadays, and there is even a monthly newsletter to keep those interested informed about who is doing what, and where. This is Community Garden News, American City Building, Columbia, Md. 21044. A subscription costs \(\$ 25\) a year and sample copies are available for \(\$ 1.50\) each. Also, Gardens for All, Inc., Charlotte,

Vt. 05445, has a how-to kit giving exact instructions for setting up community garden organizations. The kit is priced at \(\$ 10\) and consists of a procedural manual and various sets of hints and suggestions.

Speaking of catalogues, it is comforting to find that some of the finest are still on the free list. Burpee continues to offer its fine selection of garden vegetables, with instructions for growing them included. Write to W. Atlee Burpee Co., P.O. Box 6929, Philadelphia, Pa. 19132. And Park's, as usual, sets forth an array of things you're not likely to find anywhere else. For a catalogue, write to George W. Park Seed Co., Inc., P.O. Box 31, Greenwood, S.C. 29647. The longest list of vegetable seeds, though, is that of Stokes, who offers a staggering assortment of edibles old-fashioned and newfangled. The address is Stokes Seeds, Inc., P.O. Box 548, Buffalo, N.Y. 14240. Of course, all of these seedsmen have a large assortment of flower seeds, too. Even the most down-to-earth vegetable garden needs a flower or two.

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The whole world of gardening is spread out before anyone who hats a pen and a few postal cards. Catalogues and plant lists galore are free for the asking, and the information they have to offer could be equalled only by a whote shelf-full of encyelopedias. Many a gardener has won a reputation as an expert through studious

Be careful with fire:


There are babes in the woods. And these hathe anmath and trees neced a plate where they can grow up erong and healthy. the forest t there home Wherr you come we visis please don't harn 11 down
application to a stack of seed catalogues, and many a long winter evening has been-and still may be-put to good use in the study of nursery lists.
Nowadays we are asked to pay for some of the more elaborate catalogues. This is money well spent, since the price of the catalogue covers the expense involved in making better illustrations, more thoroughgoing text and a generally more informative publication than most giveaways. Whether you get it for free or pay the nominal charges, though, all of this information is well worth having. For one thing, it tells you where to buy what and how much you should pay for it.
When it comes to seed orders, of course, there is no problem about possible delays in transit. With live plants speedy delivery helps insure that the plants will be in prime condition to grow and thrive for the buyer. The United States Postal Service is still our number one carrier for live plants as well as most other things, and gets plant orders into the hands of the gardener with its customary dispatch. Some nurseries, though, are finding it more convenient to have their deliveries handled by United Parcel Service, so don't be surprised if the UPS truck shows up with your order.
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\title{
"Imagine being the head of the world's largest model agency and waking up to find yourself over forty and overweight!"
}

\section*{By Eileen Ford}
"Overweight, out of shape, and looking older than you are doesn't appen overnight. You can kid yourself or years. But one day you can no longe pide that you've let yourself go.
"It's a distressing day for any voman. But, if you're Eileen Ford, head f the world's largest model agency, it's lso downright embarrassing.
"Not only am I surrounded by eautiful women all day long, but veryone knows how critical I've been f women over 30 who let themselves lide. Yet, I let the same thing happen o me.
"And to make matters worse, ny husband picked just this time to hed 20 pounds. With his longer hair nd new clothes he looked younger than e had in years. All the models were alking about it."

\section*{A More Beautiful You in 21 Days} Eileen Ford was determined o make a comeback.

She gave herself 3 weeks to do t. And she did it, spectacularly. She lost 6 pounds in 21 days plus 2 inches from her waist and 3 rom her thighs.

Now, step-by-step and day-by-day she reveals o you the plan that she devised for herself. Eileen Ford's lan uses everything she knows about beauty care, exerise, and diet. Plus everything she knows about how easily busy woman can fall into the trap of overweight, middlege drab and flab.

Eileen Ford hates boring repetitive exercises. So, he put together a pleasant, varied program that you'll be ble to do in a few minutes.

Eileen Ford loves food and has a family to feed. to you'll share her slimming menus and recipes for 21 days. Chey're so delicious and filling not even your family will now they're dieting, too.

Why should they with dishes like Positano Seaood Stew, Scallops in red wine, Rouille, New Orleans Gumbo, and many more delights that Mrs. Ford has eaten n the best restaurants in the world.

\section*{Beauty Secrets of Top Models}

In addition to day-by-day exercises and menus, you'll learn the beauty secrets that Eileen Ford has revealed mly to models like Ali McGraw, Candice Bergen, and Jane Fonda.

Tips that keep on-the-go models looking like they ust stepped out of a magazine page. How to cure The Erizzies. No more dry skin. The perfect and portable hair style. First aid and lasting beauty for fingernails and rands. Quick make-up magic. The secret to a sexy voice.


You'll learn little-known tricks for a vibrant, glowing skin tone that are remarkably easy to do.

And many more secrets that beautiful models use to make the most of their assets, and the least of their worst features.

Eileen Ford's 21-day plan can't make you look or feel like a teenager again. But it can make you slimmer, more attractive and happier every time you pass a mirror.

It's a realistic plan that takes into account your busy life - whether it's caring for a family, building a career, or both. So, if you're really determined to make a comeback as Eileen Ford was, it can work wonders for you, too.

\section*{It Costs Nothing To Try It}

Find out how three weeks can change the rest of your life. Visit your bookstore, or fill out and mail the coupon below and we'll rush you \(A\) More Beautiful You in 21 Days. Examine it in your own home.
If after 21 days, you're not happier with yourself, the way you look and feel, just return the book and owe nothing. But if you do keep it, it's yours for only \(\$ 9.95\) plus mailing. You have nothing to lose but inches and years. So send for Eileen Ford's book now.

\section*{21 Days' Free Examination}

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Lindblad invites you to follow in the steps of Alexander the Great through the

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areas covered and so much to be absorbed, we have divided these journeys into two expeditions. One explores historic Turkey, the other one encompasses ancient Persia and Afghanistan. This journey may be subdivided for those who wish to see only one of these countries. For beauty, adventure and education, join us in these lands, You may write forour informative brochure or see your travel agent.

\section*{LINDBLAD TRAVEL, INC.}

\author{
Dept HGG375
}

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ANTIQUES
continued from page 6
 Are your able to date this old clock and pinpoint its plare of arigin? Is it an anlígur? D) C.M.-La Jolla, Carl. lom prosed a ak hite hen dock wat made abeert 1900 hy the Willian L. Gilbert Clork Company of 11 insted. Conn. The gla- of these clock- was dererated with a Hampret deaign, It is considered collec.

tible bot is mot an antique. as actording to customs regulation. an antixle mant be no las than 100 years wld to he so comsidered.


\section*{villedrestuith Nearlo}

IF hert is the significance of this mark on my sterling silter frnit dish?

\section*{4.L.- Houston, Tex.}

The mark, with the motto "By hammar and hand all arts do stand," was the insignia of the N.Y. Mechanic Society, organized at the end of the 18th rentury. It became a popular Wewre, frequently appearing in silversmiths" and silver manufacturers marks and even occasionally in their advertisements.

\section*{Italian Cabinet}

Can rou give me some lalea of the borkground and age of my inlaid cabinet? N. Frager-Engene, Ore.



Sour lavary dabinet in the dassical tradition with a recessed superHowlure emiched with mlaid decoration is North Italian, perhaps Venetian, datimg about the 187(1). This distimetive style of inlay was clearly berepthble in 15th-century Italian furniture

\section*{Wiral!furanal Platter}

Har'r you any information on this platter? On the burli is "Hredguood Peorl" and an "I" aml "R." L.T.-Rishmond, Ky Josiah Wedewood introduced his pearlware in 1789. It has a white earthenware budy with more flint and white elay than his ereameonored earltonware 1 small atmemen of mball is added to the glaze. Yome peatluate platere tray dates aloon 1810-1860.

\section*{}

\section*{the marl. l.K. Gumu, lriz}
lour pererlan lra semire.

marle al lle 人rantlém amt Adrlowe fartory
barled al hell, liavaria in K \& A 18831. 11 probatas dates \(S\) berome 1890 - - os 20



Lovers of the real thing. In this case beautifully grained wood, hand-rubbed to a clear, warm, vibrant gloss. A natural look you just can't paint orarub or beat into plastic, no matter how hard you work at it. And since the imitations save so little, why not


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eniay the geiminch sicum here a thiple dresse from our Areadias, collection for bedroom and dining room. For color folders of Lane furniture, send 254 to The Lane Co., Inc., Dept. N03, Altavista, Va. 24517, In Canada, Knechtel Furniture, Ltd.

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Well ser a century after Homace Greeley advised ans vomen man who read the Vore Gork Tribune (o wo west and grow II with the comutry, the Buston Snsemen of Fine Acts is intugeraling ann extramedinary two vears of (Whibits wo whldrate the Bicemtenmial. Vr. Coreley womble cortainly have liked the first show. Firoutier Americo: The Par West. which openesl on Fanmary \(2 f\) of this year :and will amb throngh mid-March. Firom Bestom, it enoes oll to The Damen An Vhseum (April lif fone 1), 'The F"me dits ( ballere of San 1)imgu (Julv 2-Angust 17). The IVillian Rockhill \olson Calhervol lime Arts. Kansas (3i), Mo. (september 17-Vovember 2) and The Wiknamkee Ant Conter (b) (amber 5 -Jamary 18). Sponsorship is providect through mateding grants from the National Endownent for the Arts and Philip) Uorris locemporated on behall of Uarlboro.

The Musemun deseribes Fromtion therica as ant extibition present. ing a realistice multi-cultural picwire of the life and land in the American W'est thromeht tem ectutmics of settemen and ehange. A "ide rangend decomative and htilitamianoticets, dranimes, paimtings, anct phowomaphis provides a look at the regemis artistic heritage thay Easterners ravelv sere. limmine (onemerenths and aptly, will be an "habit of \ataifo blankels repres senting a Smulnestem ant of wean ing that reached its lecight in the secencel hath of the figh cent
K2t 'snot lifter lifts more upots from yin wish Wables than abreut int poret trem lust about ashabe fabric

The spot (2) lifter. "

firomtier Arf: "M!! Cabin on Elk Cocek, Montana Territory." IS66i uatercoler by Peter Petersen Toffe.
fary. Along with the bold geometrie patterns of shouldere and saddle blankets witl be womeris dresses worked with homespun and innported wool, natural and syonthetio dees, matioc and foreign patterms. Martan C. Rucppel, Director of the Musemm, and Jonathan Panbanks, (Amator of American Dece onative Acts chose Fromtior Americel: The lar West to open the two vears of celchmation becanse. as Vr. Fanbanks savs, "little serions attention hats beren given to shed at wick sariety of the arts of the aroll West, exm though these work possess eompertirng grabitios Secondla, traditional collections of American aft seem to gravitate to warl hiogh-stule works matle for the ирper elasses. While this is a


\section*{IBYKIVNNETHIBMT}
vaturall pattern for art musceu it does exclude an important large part of American materi whture without which it is hard moderstand the wide acceptance popalar and functional arts in th country today.

Consequently, practically no pect of the arts of the Far West "xelncled in the exhibition. F lmmelreds of vears the vast at vals imhabited boy Indians, a later, Spaniards. Then, in the 19 contury, it became a magne force attracting a heterogeneor rollection of miners and mountai eess, explorers and soldiers, ze lots, sodbusters, and ranche homesteaders, traders, trapper and people simply looking for new home. The joumey, in tho days, was interminable, bach breaking. sometimes lieartbreah ing. Not much could be brougl along, so it had to be made, ofte enough in the image of somethin remembered from the Easter Conast or Europe.
\(s\)
it is no wonder that the seope of the exhibit is (simply (o) molerstand it) chron logical: from the Pacific North west, a masterions, monmmenta stome figure pecked and painted b prehistoric Indians from the Co lnmbia River area; amazinglv phisticated pottery made by Mo (s) llon and Anazazi eultures of the Southwest; smooth steatite stome aminals from southern Califormia Spanish seulpture and wrough iron, and them, with the arrival o

Continued on page 12


\section*{Polly...Sculptures in Gorham Pewter}

The wonderment of childhood experiences, children at play, symbolizes this new, very special collection of "Little Boy-Little Girl' figurines in pewter. Created exclusively for Gorham by "Polly" (noted sculptressi, Pauline M. Wehner). The poignant figurines capture a rare glimpse of children in their make-believe world. Win someone's heart. \(\$ 17.50\) each.

Price subpect to change without notice.


GORHAM DIVISION OF TEXTRON, PROVIDENCE, R.I

GREAT AMERICAN IDEA continued from page 10
the Eablem setters a monse lom chair, teviles, paintimes, farm int plements. and the womberfal fumibure (see page 7 (i) made low the Gemben crathemen whon settled in Tevas.
There wats a great deal of barter. The white trader kiew esactly What the Indian wameed-bright sautlet doth, blamkets. beacts.
 and tobatecos. And the Indimh hu* evaretle what the white man wantcal. Luris 1 lair mongh oxthang probath athomigh it was the for dian "how haud the thonglat ancl shill ter refoshiom toude materiak


Hing talue to the white man, were jenels to tho hadians. and he ar ramed them in pratterns and strang them on buckskin thengs with an adepthess we domit aren try to duplicate toclay. Red stroneldoth, a lan orite wooken homght to the hedians. "Ias sometimes made into shirts of striking design. Ledtoner scratps were mised with feathers and har and used to omament peace piper. Poectically (anet iromically ) ann (uceasimal gin harrel was redashimed (o) hecome a (o) urting flute. Again, to guote \hr Fairlanks: "hmpulse for this cohibition cante from a need to hums meme about lle kinds of people whan acerpted


Finn at rocrov, huldran
"ilh full banl|
Sllultelld sc lioul in ( lat

 Colllo t tom if the
the ehallenge of life in the Far West. There are many vivicl aecombts of their timblatent times in letters, jommals. and lrooks. Bul nome of these offer the phasical molerstanding that one can sense while lowking at the very objects made and used be those who "restled with the perils of Fromtier life. like the saried contrasts of the Western landscape itself, the whects are strong and fragile, sophisticated and maive. hrutal and tender-all eypressive reminders of times now past living memory. If ome can still the e clamers and pres. sures of today while reexamining these mute inarrators of histom: the spirit. Which shaped the farwestemen experience will offer the viener insight into a time now midel misinderstood.
Opening on April 18ih ancl rumning throngh October 12th. the Whsenim, still celebrating, will prescont Paml Revere's Boston: 17.35. 1818. a spirited "yom-were-thace" look at the famonis patriot's socicty. curiromment. and contempor rances. This six-month exhibition will assemble paintings, furniture silver, rave prints, drawings anel historical documents produced during Revere's lifetime. For the first time since the 1 sth centiry objects dispersed all orer the
comntry will be brought back hon to be secil together once again

rrom Jime through Septer ber, Bostonians and visito will be regaled with Tho Valiant Upstarts-a diorama quence of dramatically tempest ous seenes recreating the violen aud the trimmph of such events : the Bustom Massacre, the Boste Tea Party, and the Reriew American Troops Entering Bosto be Gencral Washington.
blat 1976, ruming simultaneou 1. from July 23 rd to October 17t Coplly, Siuart, West: America First Masters, and New Englan Pror incial Painters will offer a pai orama of American painting home ancl alrood from 1740-1840 Thee first gromp is devoted to th development of artists who lef America for Europe; the second t those whon stayed home and, ofte withont formal training, created minfuely American expressión in the visual arts.
Throughout the summers 1975 and 1976 , there will be craf demenstrations of such diverse categories as silversmithing, cord waining, miniature soldier casting, furniture making, flag making and stitchery (1975); and coin casting, spiming and weaving, glass blowing and painting (1976).

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\section*{THOUGHTS FOR the Postess}

\section*{IBY MABY MADCN IIREMINGWMI}

The weather in Warth warm on but will ham an inverating tang (0) it and vonite apt to hase plents of berege. ©o whe tot hate " kille-flyilly perty on a weehent afternoon? ) on can forltow it up, appopriateh, with a Chineme supper. sine hite fh ing has been mie of the great (), iemtal patime for generations.
Bersone bring- a hite and plenty of string and you award prizes for the handemest hile. the one that flese highest and oo forth. Bis hites. hittle hiles. Ion kiles. evolie kiles. home designed Litw. (bise the gueste plents of waming ahead of the party so they hase time to prepare their entrion and practice with them somewhat. If you dwent hane eroongh room on your home grounds or if trees present a hazarat. The parts might gather at a lucal school field. a park. a meadon. or--best of all-a beach.
lank in the house yon could ane those enchanting little Oriental hites onlo. bats. Julterflies-for decoration, somesurpended. some taid flat on a bitiliant coner on the supper table.
If yon hate a really goond take ont" Chimese hitchen handy, by all means tet it provide the food. If mot. keep your meal simpleChinese barberved spateribo. lots of frozen snow peas sautéed at the last moment (keep them out of water if yout have them crisp). a salad of twan sprouls. plent! of rice. of course and to satisfy the ()cridentat penthant for a sweet enting, mandanim orange segments with almond combies soaked in Triple Sec: then recrisped.
 pmonde an ammsing way to rary the monotony of the usnal get-togethor. Volhing beats the datese-thess. backgammon, wheckere and there are the modern dameses too Monopolys sablble. Chimese (hechers. Whon more than a fen people are imotsel som either hatw all-indusibe games such as horse racing,
 romme: rete of thompols. Sirable table of vamasta or gin. Each guest can then choose the game or games she prefers. For refreshment. an eat-when-1 on-tihe banish open-walwich board (amerrebrowl and pitchere of wine and beer.

Bem vear about this time I am dedighted by seed catalogues. My




 bewh- oun a talle fow brow-ing.
In herpinge will the theme. why not a himtoffspring buffer?










\title{
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he beautiful recipe file shown here contains more than 1,000 kitchen tested recipes in the world famous Betty Crocker Kitchens. In your kitchen, each one of these sure. recipes will produce a mouth-watering dish as tempting as the ones pictured here se dishes are produced by simply following the recipes, and the pictures show exactly what you are preparing as you prepare it

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\section*{How to bu the secona}

With wopering, as with anything else, you lean trom experience. So when you're buring carpeting the second time around, ti's a chance to correct the mistaken sou made the first time around bow may not hnow earatly what vou do want but you donnow what you don't want. So with your hnowidelye and our hints, this time around bould the alot happier than he laut. And in case voutre buving for the thist tume, congratulations. Iovire athout to avond some mistaker.)

COLOR: This time around, look for more than a beautiful color, look for one that'll stay that way. Choose a color that won't show dirt easily, especially tor busy areas like hallways. Dirt is more visible on gold, for example, than on most any other color: Choose a carpet color that's compatible with the soil in your part of the country. That way, trached in dist won't show as muth. Consider colortastness too. tou don't want your Roval Blue to gradually fade into Baby Blue. Acrilan \({ }^{\circledR}\) acrylic fiber by Monsanto rates high
in color and colorfastness. It can be dyed in an incredible range of colors, al of them bright and vivid. And its colors really resist fading.

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but good looking carpeting even after years of use. A lot of things determine how a carpet will look after years of use, but one of the most important is density. So use your hands when you'r carpet shopping. Feel the carpet pile for thickness and density. Bend the carpet sample back. If it feels and looks thick and dense, good. Because the thicker and denser the pile is, the better the carpet will look after years of use. Carpets made of Acrilan are always thick and clense. Monsanto makes sare they are by closely regulating their construction. And because they're constructed in the proper density, they assure you of the value you want.

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- High soap and detergent bills
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\title{
SOME NOTES ON GOOD LOOKS AND GOOD HEALTH
}

\section*{Feeling it in your bones}
 shregronn Dr'。 Willies mat (F. Hamilton HEY (AIB(DIINENEEIBAIMM

\begin{abstract}
I:mTores vote: Ir. II Allium G. Ilamilton is orthopedist for the New York ('ivy Ballet. orthopedic surgeon at Roosevelt Hospital. New Sorta. and Instructor in Orthopedics. Columbia L'niversity College of Physicians and surgeons. He is a fellow of the American College of Surgeons, member of the American Academy of Orthopedic Surpeons, and has published various papers in the field of children's orthopedics.
\end{abstract}
 ormally we don't spend much time thinking about our boner. sometimes the ache. sometimes the: are stiff, sometimes you 1 is hl the were different (it being the fashion to desire "pored bones" in a fare) sometimes they tell you things (think of the chill that rime through your bones when sou are sated of something. lout most of the time we tend to concentrate on the more exdermal parts of the lords. because they are what show.
lint yon bones hold you up, move you around keep body and ont toe ether. \ate of mineral and protein. they are the supporting part of the bods. and like the muscles, heart. and almost all parts of the bowls. they work best when they are used regularly.

The most common problem with bones is ateoporosis, or softening of the bennes. This means the bones become brittle, and break (easily. As 1)r. William G. Hamilton explain it: "Constantly durins your lifetime, there is a turnover of calcium. phosphorus, and other minerals in :our bones. The minerals are taken out of the bows atm then replanted. But as you get older. for some reason the mineral groves out and is mot replaced. There are tho possible causes of this. ()ne is disuse -inactivity leads to premature softening of the bones. For instance. when you put a limb in a cast for a fraetore, this causes a softening of the bones. Of course in this situation it is ont temporary, but disuse han that effect on the bones. The other possible cause we mow think. is poor diet-- not enough cal(cum and it amin I)."

Dr. Hamilton says there are tho vital questions you should ask yourself if you want to keep your bones good and strong.
 Gals that the sing te most important thing for a heathy body-bones, muscles. and joint- is regular physical activity!. "It always comes bark to that." he emphasizes. "The biggest problem in modern so(idly in disuse. The skeletal system responds to activity?, and the pull of the musettes helps bones stay strong. This was proved with the astronauts. It was found that they suffered a severe lose of catdiam from their bones when they were in a weightless condition. In order to prevent this. special exercises had to be devised to heep the mine rat in their themes."

Kep p arrive. Dr. Hamilton whee "People are inactive for tharteen days and then on the fomesenth day they go out ant ley to make up for all that inactivity. That's the wrong approach. I see

Continued on page \(2: 3\)


A kid in the cavity-prone and 15. But a Colgate fluoride ars can wind up with a juthful of cavities. 11 is avtreatment every day can help
helps strengthen teeh prevent some of thosecavities. decay. Remember or age between the ages of 5 dentist can giveter


\section*{"Like the minsoles. lhearot. and almosit all parts of the body.
}

GOOD LOOKS AND GOOD HEALTH continued from page 26
patients all the lime with strains and palls ant loack pains simply beratuse thes tried to mathe mp for their inactivits all at one
 on a dails lasi-. Fía mathine to work is better than sitting all dars Tra bievele ridin! lbal- exe ellent exeroise far better than plan

 Ifamiloon. it is bow thomolnt that diet phas a much more important part in lome lacalth than was previousty believed. "In fact. wre berinning lof ferel that softening of the bones in old peoppe is not
 In the inadequate intahe of ralleime ame stamin D. Nost elonetore
 Wimmed mith a dan in calcinm intahe thromehout bom life. ) on domit meert the fint of whole milk. but shimmed milk eontanins Ihe
 milh is just for childiem that in mot trme.
-Wereonmmond drimking al quart of shimmed milk a day or its

 Wilk is simpl! the most comemiont wall of taking in tale fitm- rat. -imm tablete are often peoty abobibed. liy drinking enongh Shimmerl mith from childtomel on, yon will heep your caleinm intake "p all your life and heep your bomes strong."

Since mone and mome people are tahing up shime in this conmory
it is also worth taking a look at the winter sports syndrome ant seeing what you can do to get through the season in one piere. 'The pattern of shi acocitents is (hamging. I report pobblisheet in the Son \}orli Times shons that shi injuries are occurring more in the ppper hoty these dily. This is due to more sophistieated equipment, which releanes the boot from the ski vert quickts. thes proterting the lower parts of the bods. hut making the arms ant the shenteters absorth mos of the fall. For instance, in 1900-61, 50 percent of total frathomes were ankle fractures. amd 3.3 persent were upper extremities: in lりな?, only 16 persent of total fratures wre ankles. amblo. 10 peremot were upper extremities. 1

In -pite of hetter equipment. homeser. ski injuries continue to multiph. Shing ton fast is still the came of nearls all injuries. I)r. Hamilton ark inso that if you feel you are about to hase a fatl. relax an manch ats prosible thard to tho when you are going very fast). If fou do fall, and it seems serions. do mot mose until a doctor or expert can help !on. If the injury is not so bad, such as an ankle -tram or a spain. Hen pack it in ice and heep it elevated as much ds posible. ( Cits people take sperial mote. Is well as skiers, city dwollers are prome to ankle areidents beeamse of uneven sidewalks :and potlowes. 1

Before sonr bones start reaking at the thought. herees someHin! to eheer som 11p. I)r. Hamilon is orthopertist for the Sew tork (iit) batlet amb if you ve ever lomged for your bones to move

Comtinued on page 1.19

\title{
Remember when crystal was something you were proud to give but thought you couldn't afford to own? \\ Now you can do both. With Cristal d'Arques.
}


We make more genuine lead crystal than anyone else in the world. That's why we know how to make it so beautiful and so beautifully affordable. Cristal d'Arques gives you everything you expect from fine ciystal. Full lead content ( \(24 \%\) ).

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\section*{From \(\$ 3.00\) per stem.}
by J. G. DURAND
Onternational
Tuileries \(\$ 4.50\) per stem, Versailles \(\$ 3\) per stem,
Villandry On-the-Rocks \(\$ 20\) set of 6 , Beaugency \(\$ 6.50\) per stem.

\section*{"Apply polishes in one stroke from leit to right or right to left, but be consistent"}
hardness are determined by the amounts of undissolved particles of these minerals suspended in it. When hard water combines with the minerals and chemicals in dishwasher detergents, the result is a loss of color to the silver, yielding a dingy, dull look. If the water in your area is naturally soft or if there is a water refining system installed as a part of your personal water supply, half of the mineral/detergent combination is eliminated.
-The drying cycle during automatic dishwashing can cause another instance of color damage. Even more important is the fact that the intense heat inside the dishwasher is destructive to the cement or plastic compound that holds stainless knife blades to their sterling handles. As a rule, do not put knives in the dishwasher. Should the handles turn or separate they'll require professional care. If the rest of your flatware is put in the dishwasher on a daily basis, at lcast remove it after the last rinse cycle and dry by hand.

IF YOU USE Rinse all the flatware and hollowware before A DISHWASHER: placing it in. Be sure that eggs (sulphur), mayomnaise (sulphur), vincgar (acid), salt (chlorides), fruit and vegetable residues (acids) are removed from between the tines of forks and the bowls of spoons. Do this immediately after a meal. Don't be tempted to "just let them soak awhile." Prolonged immersion in water can be permanently damaging.
-Use the compartments of the utensil bin as dividers for organizing your pieces-this applies to flatware. All the forks together, all the soup spoons, salad forks, single-structured butter knives. Don't mix. There is a degree of rattling and shaking that occurs inside the dishwasher during the wash and, in the newer models, the "scrub" cycles. Unnecessary scratching can be avoided by reducing the amount of flatware put in at once. Since the utensil bins are designed to take the silver "standing up" separate the pieces as much as there is room for.
-Separate sterling from your stainless cutlery and cooking utensils. Once again the intense heat and water create an electrolytic action between the two metals that will result in pitting the stainless, if left overnight. If you will remove your sterling flatware from the dishwasher before the drying cycle begins, remove the stainless as well. Both deserve careful drying by hand. (Edward Munves Jr. of James Robinson, Inc., specialist in antique silver.)

\section*{HOW TO POLISH A LARGE COLLECTION SAFELY, QUICKLY, AND WITH GREAT SATISFACTION}

The process of removing tarnish is quite simple. Just remember to use a gentle hand. The cleaning and polishing products available to you fall into the following types:
- Liquids wipe on and off and do not require a prewash in the hot, soapy water. Apply in one stroke from left to right or right to left, but be consistent. A clean, soft cloth or sponge is an appropriate applicator. Remove the liquid with another clean cloth with strokes in the same direction. Towle and International both have liquid polishers/cleaners. Towle's and Hagerty's Silversmith's Polish both have a tarnish preventive added.
- Dips are a subject about which there is a disagreement among experts. Regardless of what it says on the bottle, "dips" remove more original metal from the silver than any of the other silver cleaning or polishing products available to the public. They give an instant mirror-bright result. When used with restraint, they can be marvelous time-savers. To be on the safe side, Mr. Munves recommends that dips be used solely for cleaning the tines of forks. That way only a half inch of the silver fork need be immersed in the dip solution. Goddard's Silver Dip can speed up fork cleaning.
- Pastes and soaps come in many formulas. They are mostly the classic formula of silversmith's whiting and rouge-a ferric oxide. Gorham's Silver Polish is a most effective paste formula. Apply a paste or soap in the same consistent stroke motion as you would a liquid. All polishes have some degree of abrasive in them to cut through the "crust" of tarnish, so it is important to keep an even pressure as you stroke on the

Continued on next page

\section*{The no-compromise vacation. The only place you cut corners is on the cost.}

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Your favorite vegetables-earlier Grow a summer salad ...from inexpensive sends Vine-ripenced, easy
to grow tomatoces Cool, crisp, cu-
cumbers, tangy radishos. Just al hint if the abundant harvest you ban

Greenhouse. BACO lets you start Create your own world of beauty Color-plant your BACO Creenhouse for your own objectives decora tions for the home, accenting the garden, or the thrill of experiment ing to produce varieties of your very own. And grow them from seeds or eultings. Your BACO greenhouse-a wonderful place to spend your time Sheltered. Quiet. Your place to enjoy a relaxing hobby and forget the caras of the workaday world. BACO GREENHOUSE EQUIPMENT
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\section*{Avoid rndbing the lathmarks on
 valute atmal atro atu important part of the iderntity of vonre piorers:}

HOW TO CARE FOR SILVER continued from preceding pag paste. Towle's Silver Soap is a new paste that "rinses" tarnish away an an preventive as well. Twinke Siver Polish is a paste the : soft cloth or chamois
- Dry polish is a powder form of both cleaner and polish. Hagerty Silversmith's Gloves polish silver while you "dust" it. Hagerty's Dry Silve Polish is sprinkled on the gloves to renew their effectiveness. This meth od should be especially time-saving for big pieces such as trophies, pic ture frames, heavily worked trays.
- Cotton wadding, saturated with a cleaning agent, called Duraglit highly recommended by Seymour B. Wyler, president of S. Wyler, Inc dealer in old English silver. A \(2^{1 ⁄ 2} 2\)-ounce can should last for years a only a tiny piece of the cotton need be torn off at each polishing session And even that piece may be returned to the can to be used again an again. S. Wyler also has its own silver polish that contains no perfum and cleans beautifully
- Spray silver polish delivers essentially the same instantaneous resu that the dips produce. Hagerty's Spray Silversmith's Polish also contain - Invest in a pair of gloves. Disposable, thin plastic gloves will mak difficult, delicate polishing easier and will protect your skin from the ho water and chemicals in the cleaners. Never use rubber gloves as ther s sulphur in the rubber and sulphur is one of the demons of the spirit ralled Tarnish.

\section*{CLEANING AND POLISHING SILVER \\ BEFORE A PARTY}


HOW OFTEN SHOULD SILVER Opinions difler. Kevin Tiemey BE POLISHED? head of the Silver Department of the international auction lemse. Sothelow Pathe Bemet Galleries in Xew York, lelieves that an tique silver shomble be pelished as seldom as possible, as long as it is aloavs dean. How and where yon store ron silver is an important factor here. Elizabeth Willarel, a manager of the Silver Department at Tiflans de (on. mambactmer of fine sterling, polishes her 1 sith
 collection stands on active shemes where it is exposed to the air all the time ( (kaning is mitical lom her.
RICHLY PATTERNED is trated somenthat differently from that SILVER with plamer limes. Professional opinions re Wr. Tiemer preters a piece of siber that is pertectly clam. "() vida tion" of the delibecate dathenime of silver to provide shateling in pattem is a relatively uen aspere of silven design. Mr. Tiemere points out that the tratitional Einglish and American Colonial silversmiths atilized the gleam of the metal itsell to give highlights and shadons. Theredome it is mot mexessany to add or allow a lmikl-יp of this deli cate "tannishing." 'lobe best instmment to nse to memme the tamish on depply pattemeal flatware and thays is som wom-ont, mathral histle


If you love your plants, you're going to like this remarkably easy way to keep them well-fed and growing.

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\section*{LIGHT, WATER AND}


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dhat melem reperelnctions of anticues siber pieces have imitated the lankencel lines in flated bons whene time and men intention has left ふ mark' Dip a thin piece of clotlimto some polish, place it over fingernail, and rim it along the flutes of a bend to reath some of that tarnish.

Should you wish to metam the delicate ovidation that is in a pat tom, simply wash anel polish witly a solt cloth and minimize the

 lípuritan valne and are an mpertant part of the identity of your pieces. If wom hum thot a particular piece is an antiope, leave the - DID YOU KNOW THAT 1 acepmering siber is appropiate SILVER CAN BE LACQUERED? only for those pieces that will
 femsomally: It will proted silver from polluted air for a reasmable


 to have a slight yellow cast or when light, delicate spotting begim. Combact a sibere dealer who will dren direed vom ter a silser erpaiman

\section*{ABOUT STORAGE}

If you will remember that sul phur in the air + moisture \(=\) tarnish, storage that elimi nates them both will be the best. Store your silver in Pacific Silvercloth lined drawers and chests. It is available by the yard so any drawer can be converted forstorage purposes Be sure to use a sulphur-free cement when applying Pacific Silvercloth to a surface. Pacific recommends DuPont's Duco Household Cement and EImer's Glue-All. Keep those slot ted, felt bags your silver came

in for double protection. Large pieces can be wrapped in Saran Wrap though it is a bit difficult to remove when it has been on for many months. ZipLoc plastic bags are great because you can push air out of the bag while you "zip" them closed. Baggies in the large size are fine, too. Clear polyethylene bags facilitate finding specific pieces, too. This suggestion from Mr. Munves. If you wish to display your silver in a case or cabinet, place a small bit of camphor in an inconspicuous place. It absorbs moisture and sulphur, thus drawing those tarnishing agents away from your silver.

Mr. Munves further recom mends storing your silver dry Make a special effort during the summer when humidity is high to dry it as thoroughly as possible. If your silver storage places knives on top of each other, alternating stainless knife blade with sterling handle, another instance of electrolytic action can pit the blades if they are not completely dry

SPOTTING Very occasionally
ON NEW spoting may oecur
STERLING anywhere on a new has been put into the dishwasher for cleaning. "The spotting on new sterling is a residue from droplets. of rinse water [contabing miner als] as they arr drying on the silSlervinir Silversmiths (:uild of Imerica)
Torasoid these spot
1 Thash your wew sterling ley hand and dry with a soft cloth the first few limes you wash it; or 2 hemesse the silver before the druingevele begins: or
:B P'mehase a welting agent that (ames in the form of a block. This
wotting agent will prevent the mase droplets from fomming in the first place. Water will rinse ofl the silver completely. Your dishwasher may alreaty be equipped with rinse ingerdor feature; which prod net lo nse is usually recommended b, the mannfacturer of yom anto matic dishmasher.

r the rugged good looks
the great Northwest,
cover Oregon TrailtM lt's just e of our new Great nerican Look panels. At your P Registered Dealer.

\section*{Georgia-Pacific}

\section*{ D를률}

\section*{*Most states havestate-managed forests with premandaed treas ready to be cent and lianled awayoo}
lugs. Wood suppliers in big cities usually debuy the nood by removing most of the bark.

\section*{Is a firropluce really sffiriont?}

Only about 10 percent of the heat generated in a fireplace is actual ly reflected into your room unless the fireplace is equipped with some reflective device. So fireplaces are best suited to heatiny small areas.

One cord of hickory is about equal to the heat value of 1 ton of hard coal or 200 gallons of \(\# 2\) fuel oil. On a pound-per-pound basis, hardwoods used for firewood have one-half the heat value of coal and one-third that of oil.

If you would like to know more alout the burning qualities of different woods, where they are available in America. and much other useful information, you can obtain Firewood for Your Fireplace by writing Warren Domelly, P.O. Box 19432, Kansas City. Mo. 64141 and enclosing \(\$ 4.10\) to cover the cost of book and postage. Or, for 25 c you can order a U.S. Government pamphlet als, called Firewood for Your Fireplace from the Superintendent of Docunents, Washington, D.C. 20402.

\section*{Wharcs yho adrantage of seasomed arood?}

It lights more easily, smokes and sparks less, releases fewer tars into the air, and costs less if you're buying by weight. If you are going to buy green wood. buy it a year ahead and season it.

\section*{My uroad supplier sells arood byg the card.}

\section*{What doess theer it eren?}

A cord is the standard measure of firewood, a 4-hy-4-by-8-foot-long stack. Cords have many names: standard cord, face cord, stovewood cord, rumning cord, short cord. The meanings change according to locality, so get to know the local jargon.

\section*{What if goul hare arood on !gour property but noor the time}

\section*{to cut it gourself?}

In many states, if you request it, the forestry bureau will send a forester to review your acreage ( 3 to 5 acres minimum), mark the trees for removal. and give an estimate of the cord volume the cut trees will y ield. He can recommend local logging contractors to cut the wood for you. Also lists of contractors are usually kept on file at the regional offices of your state Environmental Conservation Department.

\section*{What is the proper wraty to store weood?}

The stack should be elevated about 2 incles off the ground in a place where plenty of sun and wind can get at it. The air should be able to circulate over. under, around, and in the pieces you have stacked. Cover it with a tarpaulin or plastic wrap to reduce the soaking effects of rain and snow. No more than what you'll use in a day should be kept in the house since firewood often attracts worms and


Renaissance paneling: the rich, elegant look of old New Orleans. Just call, free, to find your G-P Registered Dealer: 800/447-4700; in Illinois, 800/322-4400.

\section*{Puors Ill while emoving smoke} and odor.

The Jenn Air Grill-Range is a ompletely different kind of ange. A range that can hhange its top. Because it has an exclusive built-in ventilator hat whisks smoke and odors down into the range and outdoors, before they can escape into your kitchen.

So you can grill on top of the range. Or in seconds ou can add an automatically evolving rotisserie. A shish kebaber. A non-stick griddle hat can cook up to a pound of pacon. A french fryer to deepry donuts or shrimp. You can even have a choice of 4 glass or 4 conventional electric ourners with just a flick of a sartridge.

And if you like to grill, ou can sear delicious putdoor flavor into steaks, urgers, lobster, chops, ham, hicken, even corn-on-thezob. Without the deep knee pends, the greasy spatter, the nessy clean up of broiling. The Jenn Air Grill-Range. It hanges to suit your taste.


\section*{TiF JWNATR GRIL-PMYE:} grills what you used to broil

TIBAK IIGIITING FIXTHIEISS are now available in colors. These movable electric fixtures. os popular for gemeral illumination or for highlighting paintings, plants, sculp. ture. or as "watl washers" come in parrot green, lemon yellow, tiger lity, all brilliant colors. The fixtures. left which c slide along the track to various locations. are each separate models. different in style and use. 10 indiate a at able choices. They have no individual switches but the track las a cord to attach to a standard electric oull like a plug-in wall lamp. The cord can be concealed or the track can be recessed in the ceiling and controlk by a wall switch. Halo Lighting Division, NeGraw-Edicon Co.





 Hell as risualt!, without the rost of roofs. insulated uralfs athal Hindoms. Dme of the menst durable and strong moods. it is alsolight
 designts. Tho hocarturood garden grade of reducood is resistant to
 Coliformia lhedmood Associalion.

\section*{Have you discovered the? positive power of color}

What does color mean to you": 1) o you lind it refreshing or exciting? Do you think people and rooms and things come alive with color? Do you use it to communicate or set a mood in your house? We would like to know just how our readers feel about color and would appreciate your answering this short questionnaire. You don't have to sign it. All you need do is mail it to llouse of Garden, Dept. s,
 In a future issue well tell you the results and you may find some new ways to put more color pleasure into your life.
1
Do Hour consider color important
\begin{tabular}{lcc} 
& lien & No \\
In your life? & \(\square\) & \(\square\) \\
In your house? & \(\square\) & \(\square\) \\
In your clothes? & \(\square\) & \(\square\) \\
In your garden? & \(\square\) & \(\square\)
\end{tabular}

2
 To lire frith?

3
Here are nome II tone di Garden Colorn-pleane indicate those hon particularly lilia in order of importance:
\(\square\) Real Red
\(\square\) Ultramarine Value
[] Orange Peel
\(\square\) lavender
1 Creamy Apricot
\(\square\) Pure Cream
G Sim Yellow
\(\square\) Memory Cray
] (oren Mint
\(\square\) loot Fudge

4 what color or coolers do hon thinks are
Masculine?
Feminine?
sexy! -
something?
Stimulating?What is the predominant color in Hour living room non?

What wa- it five years ago?
Are you planning to change it in the next two years? Yes \(\square \quad\) No \(\square\) If yes. (t) what color?

What's the predominant color in Hour
Dining rom m:
Kitchen
Matter heetromm
Bathroom
Sturdy. den?
7


IVAfrigerallor
Ftw\%er
Range
b) -hwa-hor

Clothe washer and fryer
Bathtub,
Wash lo karin

When hon decorate a room where do godlike the most color?

\author{
\(\square\) On the walls At the windows \(\square\) On the furniture
}
\(\square\) In art \(\square\) In accessories - On the floor
\(\square\) In plants and flowers

Other

9
What do these colotomy malice Houthink of? (For example, yellow reminds you of sunshine.) Brilliant red

Pastel pink
Bright orange
Dark green
Pale b, hue
Soft beige

What is the color of Hour present living room carpets

Did you choose it
\(\square\) To fit into an existing color scheme?
\(\square\) Because you like it and will plan the room around it? \(\square\) Because it's practical?

Other reason
11
What in Hour farorite color combination? (For example, blue and green)

12 Tou"ae fallen in lore with a beautiful multicolored mints. Would yon use it if
? Nos No
Your mother said it was "old hat"?
Your best friend told you it was an unattractive color combination?
The salesman said everyone was buying it?

13Hare hon ever careered the walls, floor, and ceiling of a room acth approximately the name colors les \(\square \quad\) No \(\square\) What room?

What color?
14 If are you prep considered furniture or appliances in different bold colors used together in one room?

Yes \(\square \quad\) No \(\square\)
15 If Hou're painted the outside of hour house recently, whet color did hour paint it?

16Hate you ever ordered House \& Garden Color Chips to use in Hour planning and decorating? les \(\square \quad\) No \(\square\) 17 Garden in color: \(\square \quad\) br in black and white? \(\square\)
18
Wo houdream in color?

19
\[
\text { Are hone milo: } \square \quad \text { Female: } \square
\]

What part of the country do you live in?
20 Ara there things you want for hour house in portionJar colors that youlhaton't been able to find? Vies \(\square\) No \(\square\) What things and what colors?


TAVA BY STE. PIERRE SMIRNOFF FLS.
promishing new VILDETILLIAS.

Have seen the act of Carter and Carter at the StarTheatre. Hilarious! At one point "Peaches" Carter lights up a cigarette and Stanley Carter puts it out with a seltzer bottle. Loved him; hated her.
\(m \sim n\)

\(2 \epsilon\)
of
no
qu
osi
fin
kir
a fi
a p the
VIRGINIA SLIMS
With rich Virginia flavor women like.


5here is more to color than meets the eye. When you come to think of it, each color has a taste, each has a sound, and each has a smell. Some colors sing; some colors dance. But the color that makes one person feel alive can make another sad. This is because we each sense colors differently. Claude Monet, the impressionist painter, pictured the façade of Rouen cathedral in dozens of canvases, which glow with rose and tilac colors. To many, the exterior of the same buitding appears gray and colorless. Did he paint what he saw, or what he imagined he saw? Did he suffer delusions, or color hallucinations?

Art historian Alexander Eliot, author of Sight and Insight (McDowelt, Obolensky) believes: "In my opinion Monet did paint what he saw every time; whether from the Thames embankment or at Rouen or in the fields of haystacks or beside the water-lily pond at the bottom of his own garden. He actually saw colors that would be invisible to most people. It was not a case of conjuring tricks. These were the precise actions of someone who understood color in its very nature."

Everybody's world can be more colorful, Mr. Eliot maintains, if we develop our abilities to visualize. "Vision involves not just the eye but the mind as well," Mr. Eliot goes on. "Thinking and feeling are involved in seeing." Certain exercises can hetp us enhance our perception of colors. Put your-
self at ease, close your eyes, tune out the rest of the world and think blue, paint it in front of you and all around you. Whatever the blue you choose for this exercise. it belongs to no one else and is yours alone. Then try the same thing with yellow, let your yellow go up and around you. A third exer. cise is to imagine blue as before, but rising only on one side of you, on the left hand. Now imagine yellow arising and spreading on the right. Where they meet and merge overhead will be a particular green. The green again betongs to you. It is a mixture of your own blue and your own yellow. Your own shadow and light. A fourth color exercise: put yourself in the green, in nature. and then rise up imaginatively through and out of the green so that it swirls belon you. Then let the eye of your imagination open to see-what color? Only you can answer that. Your inner eye-your insight-will conjure up something very brilliant and beautiful.

All this may sound illogical but is marvelous training for visuatizing color in your personal surroundings. Just as every great painting shows something seen, plus something seen into-sight plus insight-so your own rooms will possess a special quality when you begin to use color imaginatively. Before you look at color chips or swatches of material, consider first what atmosphere, what feeling you want to achieve. Shut your eyes and think in images. Pictures will instantly form. Then look for the colors that can recreate those mental pictures for you.
"Far more than words, such pictures are the raw material of creative thought," Mr. Eliot concludes. "We all possess this eye of imagination, and almost everyone can develop it further."

We've put together an extra special color issue for spring. It is threarled with House \& Garden Wild Violets, a bouquet of Witd Iris, Lavender, Blue Flower, linked with a new crisp green called Sweet Lime, which you will see in rooms and in ideas and things to buy in the stores now. For expert inspiration on decorating with color now, we spoke to 18 leading devorators. Read their refreshingly different thoughts, page 49. We offer stories of extra colorful living to raise your spirits and promote happiness in your life.

Color is a vital influence in mood and feeling, cultivate \(\square\) your color sense and make your house come alive with

If you stand in an orchard
In the middle of Spring
And you don't make a sound You can hear pink sing

\section*{You can smell white}

In a country room
Toward the end of May
In the cherry bloom

\section*{Content is gray}

And sleepiness, too
They wear graly suede gloves
When they're touching you

\section*{Brown is a feeting You get inside}

When wondering makes
Your mind grow wide

\section*{The purple sound}

Is the loveliest thing It's a violet opening In the spring

\section*{Gold is the sunshine Light and thin \\ Warmas a muffin \\ On your skin}

\section*{Green is a coolness}

You get in the shade Of the tall old woods Where the moss is made

\footnotetext{
... quotations from
"Hailstones and Halibut Rones,"
by Mary O'Neill (Doubleday)
(c) Jgo, W, hars Le Duc o'veill.

Keprinted b permission of
International Crenture Mantkement.
}
How lo make your pooms come alive will colop
(1)


H W o make your rooms come alive with color
A symphony of peds and violell




\title{
Some of \\ America's great decorators tell you
}

\title{
How lo male your rooms come alive will colop
}

Michael Taylor. Experiment with the continuity of one color in a room-only one color in different textures and variations. Or, choose a background that's a sharp contrast to the rest of the room to make it very exciting.
Joseph Braswell. Look at your room and see what light it needs-does it need to be shot full of sunlight, or full of blue shadows, like the light in the afternoon? Get your inspiration from nature. Nature never makes mistakes with color. Why do flowers seem so beautiful? Because they are played against a background of green, or an cxpanse of sky. Do the same in your room-put the color in the middle, like a bunch of flowers. Be led by nature for light and color and you can't go wrong.
John Dickinson. Use lots of one color. It is a great camouflage for awkward picces of furniture and allows good furniture to look its best. Don't be shy about painting pieces of antique furniture-just bccause it's old doesn't mean if's good. Here's an example of how to use color: Slipcover all the upholstery in palc pink duck, with khaki walls and white tables and lamps. Line the shades with the same pink, but in cotton velvet. The result is instant authority without trying too hard.
Robert Denning and Vincent Fourcade. Start with the walls-walls are the most important thing. Put fabric or wallpaper on them, using enough to make the color really work. Avoid white except as trim. Albert Hadley of Parish-Hadley. Here's one quick way to give new color to an all-white room. Invest in theatrical floodlight gelatins to put over your own spot or floor lights. Experiment to find the color effects you like.
Richard V. Hare. Color can furnish a room and make it change its shape. If you use darker or richer shades in a room you make it more intimate, or, you can paint a floor dark grecn, say, with a sky blue border and sky blue walls-the border and walls will merge to make the room seem smaller. Light colors open up space. You must decide what your room needs and then use color to do what you want. Today you see more monochromatic color palettes. Pcople scem to like rooms that are all one color.
Jay Spectre. Choose varying color schemes for your
rooms, but use colors that blend, room to room. For instance, an apple green room next to a sky blue one, with white or ivory woodwork throughout. Accentuate ceilings-don't be afraid of a blue or pink ceiling with contrasting walls. Pink ceilings give a glow to the room and make everybodly look well. Try a dining room in coral with shades of chocolate or charcoal. Do a room in all the various hues of one color, from pale to strong yellow, for instance. Color gives a warmer environment for living.
Angelo Donghia. Here are thrce ideas for using color in a room. 1. Color the walls. For instance, if a room has beige walls and fumiture, paint the walls a dark brown/black, with a pale blue ceiling, and oyster color or off white for all moldings. 2. Color the furniture. Cover in red, yellow, or blue canvas or cotton. 3. Slipcover the fumiture in dark brown, with bone pillows. Paint the lampshades dark brown or cover them in fahric. These are colors flattering to most people and easy to live with.
Jay Steffy. Color choice is a psychological thing. Some people need a shot of red; others a shot of blue. You should think of color not just for a room, but for a whole house. Start with the emptiest room, for instance, an entry hall. Try swatches of paper, paint, fabric to see which color gives you the most interesting reaction. If necessary, mix your own paint to get the colors you want to live with. Also, remember color can alter perspective-if you paint a window wall darker than the rest, for instance, the wall will recede
Tom Britt. Use fresh colors-such as yellow, celery green, or coral. Alternately, choose the opposite effect, such as black, dark blue, or aubergine-this gives a dark and dramatic effect to a room.
Betty Sherrill of \(\backslash c \backslash\) illlen. Fellow for city apartments is like having sunshinc in a room. Use strong colors and colors that clash a bit, rather than blend too closely. For instance, here's a conthination dining room/library-aubergine lacquered walls with twotoned huminous red silk curtain and aulsergine Bessarabian rugs. The room runs the gamut of reds, from pink to purple to orange-relieved by the shimmer of stainless steel strips in the bookeases and mantel facings.
(Continued on page 156)

\section*{Blue fly lo dream in \\ Bathed in Blue Sky, a bedroom to rest, to dream, to}
linger in. It is one of the guest rooms over the red entertaining room on the previous page in Mr. Hicks's own house Britwell Salome. The two main decorating components here are both inexpensive: a plain Blue Sky cotton fabric and Oyster White haircord carpet. David Hicks, the decorator, gathered the fabric into cascades at four corners of the bed, trimmed the canopy with series of bows. The lining for the bed cur-
tains is a white cotton with a Bue Sky dot desinit. and the bedcover is in the same material. W. are wrapped with more of the Blue Sky cotton, codged at the ceiling with a band of white buckram A bedside table and two French-style English 18th-contury elbow chairs are covered in cotton, too; the sofa in a tapestry of blue and white. For lamps, a pair of 18 th century brass altar candlesticks, converted with long metal candles and topped with tiny black shades.



How to make your rooms come alive with color Dick a bouquel of wild violels

Super sleek Swedish canisters with Wild Iris covers filter out light with a double wall tinted pale Lavender, 1:3. of dishwasher-safe plastic. Imported by Seabon. 11 Early American pattern pairs up with Wild Iris and Lavender on "Newburyport" vinyl wallcovering. By General Tire. 1.5 Danish design goes Wild Iris-dishwasher-safe melamine dinnerware from Rainbow Wood Products. It Rattan armchair and ottoman come in 22 finishes. From the "Malaya" collection by Ficks Reed. Covered in "Suva" cotton fabric, a tropical jigsaw with Lavender, Wild Iris, and Sweet Lime. By Woodson. 17 Centura "Cook 'n Serve Companions" are a beautiful way to freeze, cook, and serve all in one ceramic dish. White detachable handles available. \(1^{1 / 2}-2\), 2 -, and 3 -quart capacity. The pattern here with a touch of Lavender is
"Shangrila." By Corning Glass. I\& A singular Windsor chair with scroll and paw details. By Harden Furniture. Cushion of Lavender and Wild Iris striped cotton and polyester fabric by Peter Pan. 1:s Sleek ready-to-go portable phonograph in Sweet Lime. 3-speed, with BSR automatic changer and flip cartridge. By Emerson. 20 Big bold Lavender and Wild Iris plaid is "Manhattan" vinyl wallcovering by Imperial. 2 I Sweet Lime rings this plastic dinnerware by Gustavsberg of Sweden. Imported by Seabon. \(\mathbf{2 2}\) Coming up Wild Violets-"Precise" Timed Release African Violet Food provides a perfect diet of nitrogen, phosphorus, and potassium. And it's Lavender and unscented. One application lasts up to six months. By The 3M Company. 2:3 "Delicious" baker's rack painted Blue Flower. 73 inches tall. By Schoolfield. Shopping information, page 103.




\section*{Heng make yourrooms come alive with color righlil flower colorg will mallural malerials}

How to turn a rather large dark, beamed room with walls of brick and siding into a light, attractive place with a modern feeling This was the challenge fa ing a young couple with interest in collecting co
temporary art, when the bought a 1930s house ou side New York, so differen
from their city apartment Mr and Mrs. Alain Fischer turned to decorator Jo
Braswell, who began b Brick, siding, wood floor, beams
lightening all the textures Brick,
were all brushed
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Airy and inviting in soft, seashell-fragile colors and drifty stripes, a four-poster bed in mix-and match sheets designed by Missoni for Fieldcrest. Sheets turned into canopy and curtains, right, are "Diagonal Dot" flower print and "Pullover Stripe." Ready to-buy quilt, ruffled sham, and pillowcases, detail below, are reversible different patterns on each side. All in Seatones. "Pinpoint Dot" sheets on bed in Earthtones. All available also in Suntones. No-iron, permanent-press cotton and polyester, Kodel fibertill quilt. Cane and bamboo bed, barkcovered chairs by Waldo's Designs for LCS. Rattan table from the "Pacifica" collection from LCS. Durrie rug from Stark. Wild Iris, Lavender, and Sweet Lime, 1, make an Oriental garden on "Primavera" vinyl wallcovering by Billy McCarty for Kirk-Brummel, 2 "Flora Danica" china takes its exquísite handpainted flowers from a set originally commissioned as a
gift for Catherine the Great. Each piece a different flowerover 200 flowers in all. 18-karat gold border. By Royal Copen hagen : Circle put-togethers: ceramic wall and floor tiles with dark Lavender from the "Portfolio" group by Interpace. I Won't your clinging vine love this Sweet Lime plant stand. By Dírec tional. - Silk sweetpeas in a lacquered basket. To order from Diane Love, 1 Famous violets on a luscious terry towel. By Martex for Bonwit Teller. 7 Dramatic transparent Wild Iris for serving--and dishwasher-proof! "Plastic Medley" by Gunnar Cyren, colored by Ritva Puotila, for Dansk. \& Lavender Lady Norelco "Tripleheader" electríc shaver. !) "Pilgrim" chair with turned oak frame, rush seat. By Plymwood. Cushion in "Verbenas" cotton by Arthur H. Lee, 10 Hungarian wool durrie rug with Lavender from Stark. II Wild Iris bowls and serving pieces of dishwasher-proof melamíne. From Rainbow Wood Products. For shopping information, please turn to page 104

How to make your rooms come alive with color
Add the zet of wild violels












The fruit tree fences and gazebo are 10 feet tall,

oknig toward entrance to the apartment with a ifuctural column enlarged into sculptural form.

Curved glass block wall makes an inner room, allows the light to flow through and yet maintains privacy.

Designed to accommodate a 2 spectacular collection of books and African art, and also to allow complete privacy for a husband and wife who both work, separately, at home, a New York apartment was transformed-here's how. It faced north—dark—with 8 -foot 3 -inch ceilings and lots of separate rooms. Now all that remains is the space-about 3,500 square feet, with one long window wall about 60 feet long, see floor plan. The architects, Gwathmey/Siegel, opened up the apartment to house the books and the art, and also divided it into interior, separate rooms to give privacy without ever losing the sense of space and light. They call this "transparenc:" The entrance, of books can be acheved. The front shelves slide back to reveal another, deeper layer. On the pedestal, Bush Cow Mask from Ba-
houan. Cameroon, and by the bookcases Luba Shankadi from Zaire. Looking from the green door (the only bright color in the room) the space opens up, \%. past the structurd column (emphasized by making
it larger. 4 teet in diameter) toward the dining area Walls and ceiling are white; carpet glass blork wall is old industrial materia and yet to levt transnits a refracted light parent "At the ent ht the book wall, the wal 3 math


Make-over for modern living

\section*{APARTMENT DESIGNED FOR BOOKS AND ART}



Track lighting spotlights the flexible changeable display of African art.

\section*{Apartment make-over}

GREAT SENSE OF
SPACE AND LIGHT ccommodating the wonderful sculpture collection
is a wall running the width of the apartment,
The art The art juts out on specially designed white
painted brackets. Thus when the wall is lit, you can see behind the sculptures, and also their shadows, making the whole effect three dimensional, light, and airy. The cabinets on the outside wall of the husband's study, 1. are designed to work from both sides, and also do not go all the way to the ceiling - not so enclosing as a wall. The glass from shelves to criling on the opposite wall also gives an open feeling, while providing light to the other side. an inside dressing area with no light of its own. On the desk, an Obodo-enyi mask from Nigeria.


Vertical blinds on the windows accentuate height, give an adjustable view, and disappear into neat pockets.


Apartment make-over

\section*{ONE GREAT LOOK THROUGHOUT}

Continuity of materials-- a feature of this apartment. In the kitch en, 1. white oak blends with butcher block. The oval table on butcher-block pedestals fits into a curved oak cabinet in the wall. Another structural column, once square, now becomes a white sculptural curve. The dining table, … a Gwathmey/Siegel design, has staınless steel base and marble top. Mies van der Rohe cane and steel chairs. On the white oak built in bed, : \(\mathbf{B}\). is an East African hand dyed fabric brought back by the owners. The bathroom, 1. has another curved block glass wall. Black glass shower doors. Washbasins hang free on the wall. i.. a sliding wall stores book collection, the front part 1 foot, the back 2 feet deep. Her study, \(\mathbf{i}\), with glass block wall and Eames chair.

Master bedroom with 60 -foot vista that can be closed off by a sliding smoked glass door to give privacy.


\title{
Everyday stress How well do you handle it？What you can do about it！
}

\author{
A psychological quiz \\ by Dr．Syvil Marquit \\ and Marilyn Lane
}

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 and ealling the Better Busines Bureath．

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14
Enereg Christmas and Thandisfla


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（1，）Youderide that you＇ll be with those member al the family you like to be with liest，as wher－ 10 join you for lesser hotiday：．
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\section*{15}
（a）Yon tiasmone your own illnes．reat up on i
 lomer and gotanee your doetor．
 haings，will eventually right themselves．
16
 malid al agill．
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17


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18






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\section*{WHEN ARE YOUR BEST YEARS SOCIALLY? SEXUALLY? CREATIVELY? INTELLECTUALLY?} Have you discovered the pluses of being

1ror's note: Psychologist RobTyson, Ph.D. studied at Yale I the University of Vienna. He : member of the Department of chology, IIerbert II. Lchman hege, N.Y. His books include am to Lose Your Mind (Farrar l Rinchart, 1937) and The Psyplogy of Successful Weight ConI (Nelson Hall) coauthored with wife Dr. Mary Catherine Ty2. He is presently working on his ut one, to be called More Joy in ving. Dr. Tyson is an extraordirily active grandfather. His rections with his wife molude lik; in the Rocky Mountains. His aole attitude toncard life is one continual crescendo in profesnal and personal activities. ime has given me an eclectic w," he says, "which gives me a at deal of satisfaction."
- he youth eult tells us: "The work is for the very young. Older people are done for, finished!" Do you simply aceept this mystique? The a advantages of youth are well own and if anything, overemasized. Is there a plus side of ing over thirty? Are there comusations for the passage of ars? Yes! Discover them. They 11 enrich your life today.
Another question: If eompensans so elearly exist, why is it neeary to discover them? Why en't they in plain view? This is le beeause people stare in faseition at idolized youth. Spellund, with their attention fixed, ey literally don't see what the ars have brought them!
Take an eneouraging inventory the pluses of being over 30:
an"ve arthicved real idfundity
is can be ealled self-aetualizan, the fulfillment of your potenlities. It refers to your most vital aimment, whieh is making the st of yourself.
As an infant you laughed, slept, d ate a little more or a little less an other infants. These tendenes were only the dimmest outes of true individuality. Then wly, depending on what nature ve you and the way life treated \(u\), recognizable but still poorly tablished personality traits be-

\title{
OVER 3O?
}

\section*{gan to emerge.}

Even at age twenty you were still becoming, trying to find out what sort of person you were. You vere on the road to a genuine identity. Now you're miles ahead.

Yon've earned loyalty from friends and family, and reeognition from acquaintances. They reaet to you as a known quantity. You constantly experience your personality from the inside in the form of self-awareness.

You've filled a role in a business or a prolession, in your home, and in the whole community. You have likes and dislikes, habits, a whole eolleetion of interests, and an outlook on life. The possibilities of your earlier years are realized.

All of this forms a solid basis for security. Time has made you into a real person, secure in your life setting. It's as if a seed, first resting loosely on the soil, has sent down deep roots to hold it firmly while the plant grows from the surfaee.

\section*{You learin more rfiferiently}

Take an example: At age twentytwo or twenty-three a law student needs extra time and energy for his work. So much of what he studies needs new understanding and a new place in his mind. Ite has to read almost every line of am article in a law journal and often goes baek to reread. Why? Ile hasn't acquired the baekground, the mass of information that later forms a frame of reference into whieh to fit each new idea. Graduation from law sehool and a few years of practice let the same student quickly grasp the essentials of a case and he skims an article. He sees at once what he already knows and what requires full attention. No matter whether it's keeping house, caring for ehildren, running a business, or following a profession, by the time von're thirty you have the broad background of experience into which new learning fits easily, quickly, and gracefully. Why don't intelligenee tests reveal this increased
ability? The answer is that tests of that kind ask you questions for whieh your long experienee helps you very little. They involve an exeeptional, laboratory type of problem solving that purposefully minimizes the great advantages your education has given you. The practical problems of your everyday life are not like that. Your experience does help you solve those, and your experienee has had time to grow.

\section*{Yoniva colllemeded at whole kit of problam-solving rools}

Life seems to give us one puzzling situation after the other and asks us to do our best with eaeh. You've had time to assemble a whole kit of teelmiques and a whole manual of ways to use them. You know where to go for help, by reading, talking to people, and taking courses. Time has given you skill in the three main steps leading to problem solution:
- Identifying the problem preeisely.
- Colleeting relevant information about it.
- Selecting a way to deal with it. All this adds up to being a good practical deeision maker!

\section*{Von arre jusi beginning volur age of archievenmemt}

Research with the life history of composers, artists, writers, and others shows that they produce more, both in terms of quantity and quality, between the ages of thirty and forty, and not usually before. There are carly and late bloomers, some of them speetacular, but they are still exceptions to the rule. What a remarkalble faet, that thirty, the very age at which ignorant younger people have clamed worthwhile life ceases, actually is the age at which the most achirable achievements are just beginning!

\section*{}
those "happy years," the late teens and early tiventies, and examine them critieally. Remember how longingly you looked way ahead to when you would be independent, have a job, and establish a family of your own? Remember how distant that goal scemed, when you'd really be "grown up"? Well, congratulations! That time has come.

The infant is a perfeet pieture of utter impatience. Ile wints what he wants when he wants it, or he thrashes and yells whether it's in the daytime or the middle of the night. Slowty he learns to put up with the inevitable troubles and delays of everyday living. Ite builds frostration tolerames. Nevertheless, even at age nineteen or twenty a person's family, the town, and the whole nation move too slowly for him and progress toward independence is irritatingly sluggish. The next ten years typically bring a more aeeepting, checrful attitude toward the postponements, compromises, and mcertainties of life. Emotional maturity, the ability to "take it" and even to enjoy a lot of it is one more benefit brought by time.

\section*{ alpprora•izate whillis roablly warthwhila}

What are the basic satisfactions in life? There's the widest agreement that they are these: An intimate relationship) with another person. This can be with a hasband or wife, or a rriend with whom you ean talk frankly, with no need to make an impression and little need (t) edit. A goorl love relationship and, for most of us, children. Perhapss this is the most rewarding of all. A circle of friends whose company is tmly enjoyalle. Their nomber will vary considerabls: Satisfying work, not necossaril, with great achicvements or gre. finameial retums. Vocationall wo
few people mature at an cark ant Good health. On the simplent leat this may be the more absence of pain. Pain, once folt, teathes the great pleasure of its abosencere Being able to see fect. and hear being athle to see RCd. and hean



ier influences-Indian, Anglo, and Germantogether in peace in this stone house undel oak tree. The living room, right and below, idian rug, Wilson bird prints, German sea , settlers' patchwork. Furniture is typically , as is the midday feast, far right, of chicken, cornbread, pickled figs, iced tea. loors have a characteristic Round Top touch alf-escutcheons painted around the knobs I fingerprints, fool and delight the eye.







\section*{Kitchen magic-}

\section*{flip-up cabinets} drawers-within-drawers touch control cooking a refrigerator that talks plus a plant corner
There are working surfaces and storage the corner, which also doubles as eating area with pull-out table, and desk area see floor plan. Royal Plum Micarta countertops everywhere. I The plant corner and diagonal counter, with Elkay double compartment sink and faucet and Frigidaire undercounter dishwasher. Tielsa's new storage idea above it-free-floating white laminated shelf (it can go flush against a wall if you want). Pull-out drawer holds cookbook at the end, middle drawers have lock for medical or precious items, and open shelf for much-used equipment. 2 Storage under cooktopbig drawers with inner pull-out drawer for pots and pans. All Tielsa wood cabinets are sealed to withstand heavy use and open easily by means of carved finger niches running under the horizontal planks. : Left-hand cabinet contains built-in table. Next to it, drawers for table linens. Chair and desk area with TV and phone. More innovative storage-drawer for flatware at left, with swivel rack shelf below for mixers. The shelf swings right round, using all the space that usually gets wasted right inside the corner. At right, adjustable pull-out shelves with white rack on the bottom-easy to clean. The middle cabinet, here closed, contains three white vegetable racks. Spice rack fixed on the wall above, with more cabinets up high. :- Custom made stainless steel hood by PM Range Hoods. Frigidaire's Touch 'N Cook Ceramatop built-in cook ing top has a completely new look_no switches or knobs. All controls are operated by the touch of your finger-its warmth activates the control panel, which also contains a clock and timing controls. It requires no special cookware. © To the left above cooktop, lots of storage for china. These cabinets lift up with the lightest of touches and stay up as long as you want-easy to reach things. All walls are painted off white, with a sand textured

refrigerator/freezer, separated by a Mi carta-lined storage niche. The refrigerator/freezer (three doors for refrigerator, freezer, and ice compartment) has a special new idea-a "Conversation Piece" fixed on the third door. It has a built-in Panasonic AM/FM radio, tape recorder and player, which not only can be installed on any Frigidaire 3-door refrigerator, but can be removed and used elsewhere in the house as well. It plays music, tapes, and also takes messages on the cassette recorder. The curved Micarta-covered closet at left, which swings open to reveal more shelves, was designed by John Saladino. ds The curved storage closet door is now closed. Wood pull-out pantry cabinet has shelves you can reach from both sides. d) Another view, with doors open to cabinets over and under the oven. Under the niche, tray storage and pull-out drawers specially designed for cans above and bottles beneath. 10 View of the mirrored wall at left of sink, with shelf for cookbooks, and below, drawer with another swivel shelf. Left-hand small drawer above it pulls out to reveal a built-in meat slicer

119.5-cubic-footireezer 19.5-cubic-foorage
for quantity toodstorage

 rum c'uc'umis.
"- andseape" ! otr table with a or flower-colored chinas. \ars dianthus. daffodils. with biblat leture or irehere hearts in a hasket conterpiece. For smaller, individual tahles. It! formed hullo in pors and fill as many places and spaces as ! 0 ran with more earl blomming bull) in a variet of different hinds of eontamers - a lovels wat to eome out of hibernation and turnt toward -prin!
chonld there be enounh expertise amony some of war guests. an informal colloguinm on stmposium might be held before or after lunch to help one another with gardening adice of lo answer questons. For farnos: take-home small pots of soodlines. ormamental peppers. herbs. a rate rutting.

Fantor comes eath this bear. I love Easter Siaturday luncheons complete with rhildren and a traditional eog hunt. Baster is a monahle feast so wou misht pack "hos" lunches in Eaterer haskets to be picked up from a desiemated (eenter and onjored wheresoever bon winh. Whatroom haskets lined with colored tissme papere and fersonered with bright riblons do wert well for athlto: sand paile
 deviled chichen leses. cumbed stuffed eoses. qudites. brionhes or a hard moll. a wedge of (amembert. ard a split of white or rose wine
 hereal amd hutter samduidnes. brownies. a fen biater camdies. and a -plal of ginger ale atol strans

of the year twrejoice in the renemal of all thinse. An open-honse brumah wonld be fitting for the sason. Have suitable hors d'oeurres: hard-owohed pullet eases semed whole to be dipped into as seacomed salt. beatem bisenits split. readt to be filled with bits of carved ham. Fior the premeal heverage hate a peadh bowl, perhaps and whiskt sours on the roeks. Fior the brunch itself: meat balls made of minced dhicken livers and dhicken mod in a sherry sance. fried wild rice (a wild rice mixture treated to bits of fried peppers, onions, and eqge shreds) . mall "hamburgers" male with sausage meat and served between baking powder biscuits. And for dessert, what else but oeufs a la neige and a cake made in a lamb mold or in the shape of a rabbit.

For a differencetry:
A crown roast of lamb (instead of the usual Easter ham) filled with green herl) stuffing. wreathed with cress and radish roses.

Sorving different ice creams for desert with a tray of liqueurs to pour over them: Amaretto. Cheri-Suises. Kahlua, Vandermint, Leroux Gold crome te mentle.

When visiting, send a house present after you've left, when it is often casior torealize what will be appreciated - a plant for a special -pot, a flower arrangement ordered for a spectal occasion, a book mentioned by the hostess, an addition to a collection, a record with particular meaning.

A welcome-home party for couples who have been on an unusual (rip) so that everyone can get vicarious pleasure from hearing about their out-of-theordinary adsentures and looking at their photograplo of the places ther hase been.

\section*{For an extra \$17a year, you can cook better and work less for the next 12.}

A CORNING \(3+1\) range costs more than the average self. cleanng smooth top range - -about \(\$ 17^{*}\) a year more figuring that you'll probably keep it for 12 years. What a small price to pay to change your hite in the kitchen.
Only the Corning \(3+1\) range has temperature controls that can eliminate burning and scorching.
Three cooking ares are regulated by thermostats that actually read tice temperature of the bottom of the pan and do the pot watching tor you A simmer stays a summer automatically. You can even melt butere of chocolate or thrcken a sauce a ubout a double boiler. Sere smply, with a CORNIN(;3+1 range, you'll cook better and wourk leas No other range can make that promse.

Only the Corning \(3+1\) range gives you this choice of cookware.
I amounaflat hentum pans on the three thermostatu ally

 The fourth. on Bultipan," ctement lets you use any pot and




CORNING 3+1 RANGE



\section*{Pis first
fove letters. Dimer for two.}

My own strawflower arrangement. Perhaps not a professionallooking job, but personal and honest

He knows why tied the letters with a yellow ribbon.


A bare wood table tells him this evening we shun pretentions.
Yorktowne stoneware and Touchmark accessories by Pfaltzgraff.
Because nothing else I know could create such a mood of sincerity retentions.

\section*{}

Perhaps tucked away and long-forgotten in some book. A letter. An old photo a reason to remember. With a special setting only you could create. A setting of Yorktowne stoneware by Pfaltzgraff. For its old-fashioned handcrafted charm, surely But even more so for Yorktowne's down-to-earth yet somehow delicate appearance. For its quiet statement of sincerity.

\title{
Walnut－stuffed meat loaf，Southern shrimp pie，and 15 great main dishes
}
from a new book on＂American Food＂by Evan Jones

\section*{WALNUT－STUFFED MEAT LOAF}
reclicnts： \(1_{1 \neq 1}^{14}\) pounds lean beef， und； \(1 / 2\) pound veal，ground； \(1 / 4\) and lean pork，ground；1／3 cup \(\mathrm{k} ; 1\) egg； 2 tablespoons minced llots or scallions； \(1^{1 / 2}\) teaspoons ；freshly ground pepper；y／2 spoon dried sage leaves；I cup f bouillon．
redients for stuffing： 2 eups h bread erumbs； 2 tablespoons reed shallots or scallions； 1 tea－ on salt；freshly ground pepper； eups very finely ehopped eel－ ； 114 teaspoon dried thyme； \(1 / 4\) spoon dried basil； \(1 / 2\) cup red e；\(\frac{3 / 3}{4}\) eup chopped walnuts aek preferred）．
thod：Preheat oven to \(375^{\circ}\) ． s meats in a large bowl if eher has not ground them to－ her；be sure they are well nded．Beat together milk and and stir into meat with shallots I seasonings．Reserve bouillon． mbine stuffing ingredients． an meat mixture out on wax ber and roll into a flat rectangle， out 12 by 15 inches and \(\frac{3}{4}\) ineh k．Spoon stuffing along widest ge of meat，shaping into a ooth roll．Lift wax paper and meat over stuffing，joining two ges of meat reetangle and eov－ ig stuffing．Carefully slide ed meat loaf off wax paper and ，a shallow loaking pan．Pour ut \(\frac{1}{4}\) eup bouillon over length loaf．Bake for 1 hour，basting quently with bouillon．（This ipe ean be frozen．）Serves 6. SOUTHERN SHRIMP PIE redients： 2 pounds raw shrimps； iees white bread；11／2 cups white re； \(1 / 8\) teaspoon grated mace； ited nutmeg；salt；cayenne． thod：Preheat oven to \(400^{\circ}\) shrimps in boiling salted wa－ and eook for about 3 minutes． ar up bread，spin in blender for eeond or two，then soak in wine． el shrimps and add to wine and mbs，seasoning liberally with ce，gratings of nutmeg，salt， 1 cayemne，enough cayeme so e ean taste it．Turn the shrimp into a buttered baking dish， ke 50 minutes．Serves 6 ． SCALLOPED SHRIMPS

IN SOUR CREAM
redients：I pound uneooked imps； 4 tablespoons butter； ound fresh mushrooms，sliced； up sour cream at room tempera－

\author{
Some of the best \\ Ameriaran fosal is to be \\ fonarl int the tradidional andl regionnal reaippes \\ for good simple main
}
dishes ．．．the wonderfinl merat loatves．pies．
and pobitiry dishes that are family favorites alcoross the coonnatry．
ture； \(1 / 2\) teaspoon salt；freshly ground white pepper；I teaspoon soy sauee；paprika；星 eup grated Parmesan eheese．
Mcthod：Shell and clean shrimps． Melt butter in a skillet and stir in slieed mushrooms；sauté for 5 or 6 minutes，then stir in shrimps and sauté until they turn pink， about 3 minutes．Put sour eream in saucepan and heat slowly，stir－ ring in salt，pepper，soy sauce，and enough paprika to make sauce pink；do not let boil．Stir into shrimps and mushrooms and eook just long enough so satuee is thiek and well blended．Spoon into 4 scallop shells and sprinkle eheese over tops．Put under broiler until eheese turns golden．

> LAMB BLANKETED
> WITH DILL SAUCE

Ingredicnts： 1 large buneh of dill， about \(\frac{1}{4}\) pound： 5 cups water； 8 peppercoms；1\％bay leaves； 1 ta－ blespoon salt； 3 pounds shoulder of laml），eut into good－sizerl pieces with bone left in； 1 cup meooked rice； 3 tablespoons butter： 3 table－ spoons thour； \(1 \frac{1}{2}\) tablespoons vine－ gar，preferably white wine； \(1 / 2\) teaspoons sugar； 2 egg yolks； freshly ground black pepper． Method：Preheat uven to \(375^{\circ}\) Mince very finely about 2 table－ spoons of dill tips and set aside； simmer remainder in water with peppercoms and bay leaves and salt for about 20 minutes；let eool to lukewam before adding lamb） pieces to stecp for 30 minutes． Bring to a boil，remove scum，and simmer for \(1 / \frac{1}{2}\) hours or a little bit more，until meat is tender．Mcam－ while remove 2 \(\frac{1}{2}\) cups of hot broth and strain；put riee in heatproof dish，pour broth over rice，cover tightly，and lake for 20 to 25 minutes．Let the lamb eook for 10 minutes more；remove and kecp warm．In a saueepan melt butter，

\author{
Here are somie \\ easy－fo－follow recoipes \\ （ some can loe coboked ahead and frozeri）fronn \\ a new bandi．American \\ Food－The Giastronomic． story from Calonial \\ Days to the present and a Personal Treasinfy loy Wivan Dones．＊
}
stir in four，and eook for 2 or 3 minutes．Stir in remaining lamb broth，add vinegar and sugar．Beat yolks lightly，stir a little hot broth into them；blend this misture into hot lamb sance；add meat．Adjust seasoniag．Serve on a hot platter； sprinkle with reserved mineed dill with baked rice spooned aromed meat．Serves 4.
FLORIDA PORK BACK RIBS Ingredients： 3 pounds pork lack ribs，cut into pieces； 2 teaspoons salt；符 teaspoon Tabasco；复 eup finely minced onion；燐 cup orange juice；\(\frac{1 / 2}{2}\) cup water； 1 lemon．thinly sliced； 2 teaspoons arrowroot stareh．
Mchod：Preheat oven to \(300^{\circ}\) Parboil meat for 15 minutes；cool． Rub salt and Tabasco into meat． Place fatty side down in skillet and cook over low heat to rencler some of fat；pour ofl all but 3 tablespoons fat．Add onion and continue cooking for 3 or 4 min－ utes．Transfer meat and onion to a shallow baking dish，add orange juice and water，and bake，un－ covered，for 2 hours，basting fre－ quently．Skim off fat（or drain most of the juices into a shallow dish，put in freczing compartment of refrigenator，then skim when fat has congealed）．Meanwhile put lemon slices on top of meat piecers and return to oven for 30 minutes． Blent the defatted juiees with arrowroot by shaking together in a covered jar；mix this with meat juices in baking dish and let thicken in owen for 5 mimutes more．Serve with baked tomatoes

CAPON WITH WILD RICE

\section*{AND PECAN STUFFING}

Ingredionts： 1 capon， 6 to pounds； 1 （oup cooked wild riee I cup pecans，fincly chopped；I small onion，grated；legg，well beaten；I teaspoon salt；freshly
ground pepper； 2 to 3 tal）lespoons molted chicken fat or butler； 4 tablespoons chopped parsley； teaspoon dried satrory； 4 table spoons softened butter； 1 （1up） heavy cream scalded； 2 10 3 lea spoons flour．
Mathorl：Preheat wven 10425 Remove fat from insicle capon and render．Mix cooked wild rice with peeans，grated onion，beaten eges， salt，a little freshly ground pepper， and enongh chicken fat or butter to moisten；then stir in the herbs． Pack the stuffing loosely into the bird，sew up，and truss．Rulb all over generously with softened butter，then place on a rack in roasting pan and roast for 15 min－ utes；reduce heat to \(350^{\circ}\) and continue roasting for another lía hours，basting at intervals with scalded cream．When done，re－ move bird and make gravy： sprinkle flour in bottom of roasting pan，scraping up all browned bits， and blend in any remaining eream and a little water if too thick Serve in separate gravy boat． Serves 6.

\section*{CHARLESTON} BENNE CHICKEN
Ingredionts： 1 frying chicken， 2 ， to 3 pounds； 12 （iup sesame seeds；無（11p flour；1 tablespoon salt； teaspoon caveme pepper；解 tea－ spoon hatak pepper： 2 orataes； 2 tablespoons bacon fat；-2 lable－
 eups chicken stock．
Method：Preheat oven（o） 325. llave chicken cut into serving pieces．In a paper bag combine íf \(^{\prime}\) （aip sesame seeds，the flour，salt． eaveme，and black pepper．Chate rind from oranges and add to flour－sestame minture．Shake piece of chicken at a time，comat ing thoronghly with contents of hag．Over low heal brown ehick en pieces in bacen fat．Mcammbile molt butter in a samcepans：stir in 2 tablespoons of the flour sesame mixture remaining in the bag，then gradually add eream and stoch making sure no lomps form． Squeeze juice from the and slowly add（1）sance santere is thick and smoonlow w Tarime 4（mp of
Transfer browned
ene to oxenproot cal
all but 2 or
killet，the
bits and atel to them the watme



 Hes mare illas reciper（alit lo tromen in a cencred cassemole．）

CAPON BREASTS
WITH ORANGE AND
BLACK WALNUT SAUCE
Ingrodiruls：breast of 5 to 6




 ＂ploeracel lo make：

 hatk waltmos．
Wallod：liemon a bratst meal Iram
 butler in a latese shilled，shim at Gmand Han satmé brease pieres in bot bitter，berines carchal to kerp）



 \(12 \quad 10 \quad 1.5\) mimmes．Spminkle all siden with sall athel senumal laims

 hamn slices in shilled allel wamm them in rematuing hatter，Hes lill them omt，Keltimg labler drip）
 af loreast．Stir Honm into skiller to abont rematming butter and conk for almon 2 mimuces betane stirmas
 stir in slock．II lem Hichemed adel



\section*{COUNTRY CAPTAIN}
monedionls \＆latcon blecers I














 ith rice A scaltritus ol
（mambled bate．an．（mrramls．al－



\section*{BARBECUED DUCK IN SOY SAUCE}
matralienls：（）me lamer Island


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DR．RAY＇S CHINESE BASS
Inswedicols： 4 dried（Bianese


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 Mallle of lis！





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 Sere immertiately with rice．

\author{
PONTCHARTRAIN JAMBALAYA
}

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 1：1．n，diced；：m medimm－sioe．l 1．1． mat．ens．peeded．seecked，atrel

 chichent slock：liz－inch pieco of dried ied peppere \(p\) el，erushed，or

 Hっかme；I medimm－sizod green pep－ per．dicerl；is talhlesproms minced paralev；l！pomalls raw shrimps． peredel；1＇2 piats ratw oysters． Meliand：L＇se a lecaly pet witlo
 tat．Add omions and samsades and stir wer m xlemate heat matil sam－
 tramshernt．Stir in flomr and e：on st anly，stiming constantly mollo． ＂ras＂has harned the colim of perat mot lontter．Adel lam and tomat 1．© ：and exer tightly，simmering
 mes．Ackl rice，gartic，stack，seat －mings，greco pepper，anel pars－ las．Cover tighty amal simmer ox l．M heal for t．mames a：res．matil rice is comhed lom！ 11 川
 ma！conk fon 2 mimates．Stir in
 （＇untry latur shamel eliminato
 catsomme as desimed．（＇llise rex．ips ＂all he lrorew．）Smine（i．

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 （ \(1: 1!2\) prameds late slarimpo pected；（＂x）hed rice
Wollod：Same（momos mel

 lavelat llatme sall，allel（aviomme
－beil amal simmer lor fis minulu Adal a dash al Talaseos，stir shrimps．（anoh 5 mimules．Serve thot llally riee．（This recepe can

\section*{MINCED CHICKEN SAM WARD}
pamel liesh mushrooms； 3 tab） p rous butter，or more； 2 eb
 leaty cream； 4 baeron sliees，eris Iy fried．
Mrellod：Clean dricken and by motil donce．Remose all meat fro locines and clopp inlo fine dic （ \(7_{11} \mathrm{p}\) buns！：rom．ms and satuté armit is tablespons butter for

Adel white wi：te，brime to b）il，and let it reduce to one thir Ifommbile put pitato throus rimaler．Add ehopped chicken reduced wine－mushrom mistum and stir in potato to bind mixtur Ackl just enougl eream to make smoonh，thickish bleud．Serve pi hug hot，topped by crisp hacon half slices．（This recipe
CHICKEN LIVERS MADEIRA Ingredients： 1 pound chicken li cup fincly diced eount lann；1兑（athlesporms butter； \(1 \frac{112}{2} \mathrm{t}\) ． blesperons oil：a pinch of sage；sal freshly ground pepper；s brea triangles，先 eup Madeira．
Wrfhod：Trim livers of eomedis lissores，and emmbine with han Heat butter and oil over brisk hee and stir in meats，searing live puickly aud turning eonstantl Adel sage aud salt and peppe Aftor no more than 5 minutes（lis ers should be resy inside），remor meats with slotied spoon，kee warin．Pry loread triangles in sam paln，ronone，put on hot servin plates．Heal Madeira in same par in mata．Let bubble up，por

MINNESOTA WILD RICE AND BEEF SALAD

\section*{migrodionts： 2 emps julieme strip} if ratre roast beet：ly to 2 cull －ohed wild rice or other rice： 2 lathesp：xoms pine mots； 1 sma W：ite（min）minerel； 2 to is t： latesproms（dopped ereen peppet

 hersp 1ried domil：lellose lea
Welleed：Mis beet，riee，pine mut：
 （i）taste will mustard
tille sossar，allal
 amel rier mistare will dressin alnel retrigerate lor ant forme of st
（imlmmed om pase lo


\title{
Delicious ways to use coconut
}
including a spectacular cake, a surprise mousse

Ccombs exotice romed.
ruits from the tropical palm "ith delicions (a) ol water and rich, sweet meat. can loe used with great versatility. The meat can be eatem tan ats a quod smack grated for addines to cakes, (a) mfections, comvers, salads, and s:mps. th average coromit weigh abom 1': pemmeds and vields \(3-4\) (mps of choppect on grated meat, which can bee stored in the fremer lou later me it you 1 isht. Camed swertened cocomut eall replace the trenh in all the dessert rexejpes and derice cated misweetemed conombt ean bo med lom the

\section*{COCONUT CAKE}

Virs. Altred blemmingilale's famfionel (oncor) lais becoll ereatly ad
 Ehtumed Bom of Fanthon Inseralicolls: 212 (mpes sitted flome 3 trapoomis bahine p sider: tat
\(\qquad\)
\(\qquad\)



\section*{CuICDVT THEDA}
 of model or cracks. Shake to mahe ume it has plenty of water inside -this imsures a moist imterime.
Too grater coronent: before von grate coremot, taste a small pieve (1) mate sure it is sut ramed. L'mesed grated eremot will stat Iresh in the retrigemater for 24 hemers if it is well conemel. As it gres rancid and turns vell.sw om tast, it is best to stome unused grated ene omm in the freezer. (int off dark hrown shin om meat with a wegetable peeder or a shatp knite betore grating. Grate diecon of conemont meat on a hand grat


 leaving bown shin on and put in the hemere with I app hot, not hoiline watere. Blaml. Slawly add 1 (ap) meme leot water. Strain. Formake a thimer milh, repeat process with core ome pulp. Frozern romme mith san be bought at (asa \omeo in \ew Sork and

 (an also be benght in (ans, one brand, Coco Loper can be bemght as stomen like. Add' anel Fimast.

 athe. \owis, shereded, swedemed enemme pached in sealed cans


\section*{Swing-a-way is not only the "BEST" can opener you can buy, but one you can afford as well.}

Back to basics
In todays economy, people are loohing more and more for products that do the job
-really perform. They demand quality and value. Our answer is the Swing-A-Way Portable

Superbuy.
\(\qquad\) Extra quality.
lependable gear-diven Swing A-Way Portable is the \(\# 1\) selling fuallity manual can opener The fuality is so outstanding NASA ralfecterf it to be the first can

Medhod: Prelicat aren to 37.5. In a lateromel sift flomr. bahines Daw lor, atod salt tosether, set aside la a sopatate bowl beat exes whites motil soft peaks form amel
 a time, motil stitl peaks form and set aside. In a separate bowl eream shontenting adeling remathing susar erathally (cratil until flall.). In a separate bowlorat exe volks and almonel extrace amed hemed into reansed shomtenines mistore. Add liesheremont and altermately adel llanm mintmre and (e) (0) mol water besmming and encting with flour


1. Tap) llec Ihres sofl arcas on lle (op) will


 leards shell crackis amul falls off. I. Seperalle' me'a forme shall laj prying aparl nill as sharp kuifa mixtmes. Fold in egg white bo vere stifl. Crease and lig Hour 2 S-inch cake pans and mixture into them. Bake lor 2 a mimutes. Cool cakes and tum (on wire racks.

\section*{FROSTING}

Ingredicols: \(l_{1 / 2}^{1 / 2}\) cups sugar; \(1 /{ }^{1 / 2}\) vater: dash of salt; y teaspi creant of tartar; 2 egor whites teaspoon ahmonel extract; \(1 / 2\) lresh shredded coconut. plas se lor garnishines.
Method: In the top of a dou boiler mix sugar, water, salt, cream of tartar and place o boiling water and beat motil ture is stiff enongh to stand boaks. Romose from heat and co time lo beat until thick enough spreat. Add almond extract ceremout and mix well. Frost c mol sprinkle with additional co

\section*{COCONUT MOUSSE}

This delicious coconnt mou from Slrs. Alfred Bloomingde mo served as it is on our Wi d Food coner or sprinkled grated coconut.
Ingredients: 1 pint half and ha 3 tablespoons gelatin soaked in (יㅣ) Water; I (up sugar; 2 cu fresh erated coconut; 1 teaspo thond extract; ly pints hea reallo.
Mellored: In a satucepan heat ha and half to the boil and add gel tin misture and sugar and dissols Corol and add cocount. In a bo beat almond extract and crea mutil stifl. Fold into coconut mi ture and porne monsse into an ('ון) mold. Chill the mousse until
s firm. Serves 10 .
Contimued on page

\title{
Your first microwave oven should be a Magic Chef.
}

\section*{Here's why: teery day, every neal , yurt} save time with your Magic Chef microwave oven. With conveniences like the Magitrol Defroster that lets you dial the amount of microwave energy you need. So your frozen breakfast rolls taste the way the baker intended them to. So your hamburger isn't frozen in the center and burnt on the outside.
Colorful. Magic Chef has microwave ovens in popular kitchen appliance colors. So you can match your other appliances.

Clean. Cool microwave cooking means easier cleanups. And most of our ovens have stainless steel walls and a sealed-in ceramic shelf that wipes clean with just a sponge.
Budget-saving. Because you can reheat leftovers in minutes. Without drying them out. And because
most families can do a full year's microwave cooking for less than \(\$ 7\).
American-Made. By Magic Chef. Makers of famous gas and electric ranges. One more reason that our complete selection of microwave ovens is a food lover's dream. Magic Chef, Cleveland, Tennessee



\section*{COCONUT CRUMB CRUST}
 (whillis mew lamok. Itclen Contill
 \iflliw) (anl be troien beantalls and lilled wilt at aricy of himus hom iere credm (o) pie fillines.
 Hahed (wermut: 2 tahlerp onis hut. tere metted: a tallappans sugrar: (1, finct (Tmbed gratam - wheme sineser maps. watilla "alem. ur doculate "afers: piok (1) immam!.

Wh thend: Predean (Nem 10.375 In 1 bowl combine cromat and hat-

 1. Prome firmly on bultum and
 I2 mimutes mat lichlily browned.

(rust mav be filled with c.llew ich cream. 'mplect with butler-
 () fill with chillon or cream pie filline and chill mult firm.

YOGHURT FRUIT SALAD
 the health fored latheromt shop P'annem, in Vow Kink. meverlions: 1 pint plain umlla

 aned. shredded. (oxmmat: (mp) serellens grapes: 1 medium bomanal -liced: 1 small apple. conech amel -liced: I mall pear cored incl Hiced.
Mcthod: In a heml hemed yougher

 (hill. berves.

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satad exerpl eranges ancl pineapple Hocy make it too rumes: If yon are using dricel fruits, soak them in water first.
CHILLED COCONUT SOUP

\section*{}

Ingredionts: ta stich butter; 5 table yroms Home 4 (mps hath and hall .5 lahterpowis brown sugar: 1/2
 danilla; "oup fresh shredded coco-

Yetheded In a sameepan melt hut(or ancl stir in Hour and conk for abounts mimutes (don mot tel mixture color). Stir in hath and hatf, -ngar, mumers, and yanilla. Conk, stirime constamtly, low 1t) minutes. liomere from heat and add corenwht and cocomut cream. Allow smp to cond and then relrigerate sorves 6

CABBAGE WITH MUSTAF SEEDS AND COCONUT This wonderlully simple reeipe cablhage comes from Madhur fres, the amther of In Imeita 10) Indian Cooking (Kuopl) is mow working on a book ol dian vegetarian cooking
Ingrodicons: (i tablespoons 1 lard oit (olive oil may be use 1 teaspoon whote black must seeds (yellow monstard seeds a be smbstituted); 2 bay leases medimm-sized (abbhage (3 pomals). erored and fincly shat ded; 3, teaspoon salt; 1 hot gr chili, cut fine into long strips sembling cabbage strips (str (out from half a green pepper a he substituted); : \(1 / 3\) cup tres grated coconut (loosely packer Morhod: In a wide casserole-1! pot heat oil ower a medium-hi Hanne. When hot, add musta seeds and bay leaves. As soon bat leates darken and mansta sereds bergin to pop (this takes j al lew seconds), put in the shree ed (ab)bage. Turn heat to medit and stir. Cook for about 5 minut Add satt and green chili strips. S and eork 5 more minutes. Turn heat. Sprinkle with coconut a mix well. Scres 4-6.
COCONUT SAFFRON RICI This Indian way of preparing ri connes from Gaylord's, the popul Indian restaurant in New Kork. Ingredients: y cup onion, fine chopperl; 2 tablespoons butter; (anps Water: 2 large and two sma picces cardamom; 2-3 black pe percoms; 2 dowes; 1 cinnam stick: 后 teasporm saffrom; 2 cu washed rice: Gamish: to tas boiled peas and fresh grated eoo milt.
Morlood: Prelicat oven to 3000 a living pain live mion in butt until lightly golden brown. A water (o) pan and bring to the bo and leet mixture simmer. In a pie of mustin wrap cardamom, pe perconths, closes, and cimbam amel tie to form a bag. Add spi base anct rice to pann and bring How beil. Adel satlion and mix we (iover pol with hitchen towet an will a lid and place in the or lor about It) minules or matil ter hass crapomated. Camish ri with peas and lresh eneona Serves 6.

PIÑA COLADA
Some lor a motritoms lreahta withom the rmm and as a kon exol drinh in the summer for lume Ineredicols: 1 onnce ereon (re:mo: 2 ounces primedpple juic I Punces white rom (op)lional Vellond: \ia in a bewter ( moll (reath, pioseapple juicer, blat optional. and emsloed ice fon secomeds. Servers I.

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\title{
15 \\ fabulous sauces \\ Quick ways to give a dish a lift
}

\author{
by Doris Tobia
}



fillip to an manassummimg



 sprobit anmal flimudrofill
 finish ta vorar awn


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phlus sumern satma゚As（a）
Ibmilal anrounatif it．

\section*{SAUCE ROBERT}
l＇idnath and savory for santóed slowimp，grilled meats．
Insredicmis：2 tablespoons onion， fincly chopped，I lablespoon but－ ter，is cup dry white wine； 1 cup basic brown sance； 1 teaspoon

Grev Poupon mustard；salt and freshly ground pepper to taste． Mathod：In a skillet sauté onion in bulter until limp and goldern．Add wine to the skitlet and simmer over low heat 5－7 minutes．Add brown sauce，mustard，salt，pep－ per and serveatonce．Makes aboul 1 （1up．

\section*{SAUCE DIANE}

The most widely belowed steak sance，will also do justice to a filet mignom．
Ingredionts：steak； 2 tablespoons butter； 1 tablespown olive oil；2 stallots，fincly cloppect；解 chove garlic，fincty mincerl； 2 table－ spoons cograc：salt and pepper to laste；dash or two of Worcester－ shire sance，I tablespoon chili sance； 2 ablespenms hown satuce； 2 tablespoons swee butter，名（ap） chopped parsicy；smatl amome of fresh or dricel tarragen．
Method：Pan broil steak to desired doneness．Remove steak from pan aned keep warm over an ashestos


Ad chances are he uses 11 lymedf Since 1895 ，Hagerty has meant slver care prextucts to few arat millions of silver owners．


\begin{tabular}{|c|}
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To recaive a sampic of Hagcray SILVERSMITHS＇POLIGH sond foe and your inding and addros to－ \\
y．I．Macsitr a SONS，1TD．INC． \\

\end{tabular} \\
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\end{tabular}
patd．Degrease the skillet by wip－ ing it out with paper towels．Add （1）pan hutter，olive oil，shallots， garlic and cook，stirming，over low flame motil limp．Add cognace to the pan，step back，and Hame using a long match．When the Hames subside，add satt，pepper，Wor－ cestershire sance，chili sauce，and brown saluce．Stirring constantly， bring sauce to the boil．Lower heat （0）the simmer and stir in sweet butter，parsley，and tarragon．Pour sance over steak and serve imme－ diatcly．Serves 2.

\section*{HUNTER SAUCE}

A flavorful，stimulating satuce for lamb，beef，and pasta dishes．
Ingredients： 2 tablespoons butter： 1 lablespoon shallots，chopped；在 ponnd fresh mushrooms，sliced； 1 cup dry white wise；奖 cup toma－ to sance，homemade or camned； \(1 / 2\) cup basic brown sauce； 2 table－ sponis sweet butter；＇s teaspoon sall；fresh black pepper to taste； \(1 / 2\) laspoon dried chervil；ia tea－ spoon dried tarragon．
Mothod：In a skillet satut butter and shallots until limp but not brown．Add mushrooms and wine and stir over meclium heat for 10 minutes．Add tomato sance and brown satuce and simmer，stirning，
for 5 mimutes．Just before serving， ackl sweet butter，salt，pepper， chervil，and tarragon．Makes about 2 cups．

\section*{SAUCE BORDELAISE}

Red wine，shallots，and herlos give this classic sauce its distinctive flavor．Great with entrecote or ribbed steak，or with any grilled meat．
Ingredionts： 1 cup red wine，pre－ ferably Bordeaux type； 1 table－ spoon minced shallots；I sprig fresh thyme or \(1 / 8\) teaspoon dried； 1 small bay leaf；pinch of salt； 1 cup basic brown sauce； 2 tablespoons fresh，sweet butter； 2 tablespoons chopped parsley．
Method：In a heavy saucepan heat wine，shallots，thyme，bay leaf， and salt．Bring to the boil，reduce heat to simmer and continue to cook for 10 minutes．Add basic brown sauce and simmer，uncov－ ered，about 15 minutes，stirring from time to time．Add butter and swirl in saucepan．Just before serving add parsley and serve over meats or in an elegant sauceboat． Makes about 2 cups．

SAUCE BOURGUIGNONNE Prepared in the same manner as Sance Borclelaise，but substitute

\section*{HBASIC IBIROWN SAICE}


The classic brown satuce is use： （0）eompose finished sances sneh as Borderaise，Robert，I＇crigour－ dine，and eountless whers．＇This streamlined version of the original， whed used to take hours，evell days，to prepare，fits íl with to－ day＇s lifestrle．
Ingedients： 2 13－ommer（ans beed bomillon， 3 sporigs parsles， 1 stalk （x）ery，（at into 1 inch pieces；5－6 medimin mosheromis，diced；I Gomato，pereted，seoded，ame
 Howne or a sprise of trestr，倠 garlie．
 （happerl；is tablespanss butter，is tablesperomes flomer．
Methorl：lat leatly sallerepall
leat bonillon，parsley，celery， mushrooms，lomato，bay leaf， thyme，and garlic and bring to a boil．Lower flame and simmer， covered，for 1 homr．Cool and strain．
la a skillet samte onions in butter until linp amel golden．（）a low Himur whisk in flom until well blended．When butter－flour mix－ ture is smooth，gradually add strabed stock，stiming constantly matil blemeded and smooth．Brines samere（o）a looil，lower flame，and simmer for 曾 lome，stiming oeca－ sionally 10 keep samere smooth． Cool．Samee may be stomed in the refrigerator for hator ase or foran． llakes aloonl 3 tolps．


Iy thiekened．Season with salt， pepper，parsley，tarragon，chives， chervil，and capers．Add mustard， blend well．Pour over cooked meats or fish，or serve separately in a erystal bowl．Makes 2 cups．

\section*{MORNAY SAUCE}

This is a favorite for topping cas－ serole dishes or drained eamned hearts of palm，the rieh creamy mixture enhaneed with cheese and，if you like，a little wine．
Ingredients： 2 tablespoons butter； 2 tablespoons flour； 1 cup half and half heated；pinch of salt and white pepper； 1 heaten egg yolk； optional： \(1 / \frac{1}{3}\) cup grated Emmenthal or Swiss eheese．
Method：In a saueepan melt the butter and blend in the flour，and eook slowly，stirring，until the butter and flour froth together for 2 minutes without eoloring．Re－ move from stove and add half and half and immediately beat with whisk to blend liquid and flour mixture．Set saueepan orer mod－ erately high heat and stir with whisk until the sauee eomes to the boil．Boil for 1 minute stirring． liemove the sauce from heat and beat in salt and pepper and the egg yolk．

Add eheeses and stir over low heat until eheese is melted and pour over a dish of hearts of palm
and gratince until bubbly and golden．
For a mone authentic Mornay， add \(\frac{1 / 2}{}\) cup dry white wine that has been reduced over a high flame to half and stir your grated cherse into the winc．Try using equal parts of 2 cheeses－parmesan and Swiss，for example．Add 1 table－ spoon sweet loutter and stir until blended．Add this mixture to the béehamel and proceed as directed． Makes about 1 eup．

\section*{SAUCE SMITANE}

A snappy，sour－cream－enriehed sauce that goes wonderfully well with veal stewed in white wine； lightly sautéed top round of beef cubes，or baked Cornish hens． Ingredients： 3 tablespoons finely ehopped shallots； 2 tablespoons sweet butter； 1 cup dry white wine；垑 teaspoon salt；few grind－ ings of white pepper； 2 cups dairy sour eream；I teaspoon lemon juice； 1 tablespoon dry Madeira． Method：In a heavy saucepan sauté shallots in butter until limp but not browned，stirring fre－ quently．Add wine and，over medium heat，stir intil it is re－ dueed to about half．Add the salt and pepper and then slowly add the sour cream and lemon juice and stir over very low heat until blend－ Continued on next page
cup red Burgundy type wine for \＆Bordeaux．Makes about 2 cups．

\section*{QUICK MADEIRA SAUCE}
phistieated and winy．Perfeet th sautéed ehieken livers， toked tongue，and veal scallops． gredicnts： 2 eups basic brown uee， \(1 / 3\) eup Rainwater or Sereial， e 2 driest types of Madeira， ne； 2 tablespoons fresh，sweet
ethod：In a heavy saueepan add sic brown sauce，Rainwater or reial wine and heat．Before uce is to be served，swirl in but－ r to give riehness and glaze． akes about 2 cups．

\section*{SAUCE PERIGOURDINE}
he quintessence of elegance． rve it with filet mignon，steaks， asts，and boeuf en eroûte． gredients：I small ean black truf－ （7／8－ounces），diced； \(1 / 3\) eup hran－ ； 2 eups basie brown sauee； \(1 / 2\) pereial or Rainwater Madeira lry）； 3 tablespoons fresh，sweet atter． ethod：In a bowl soak the truf－ s in the brandy for 1 hour．ln a avy saueepan heat brown sauee， uffles，brandy，and Sereial on unwater and simmer the sauce low heat for 10 minutes．At the
last moment，add butter and swirl sauce around and pour it into the most graceful and attractive sauee－ boat．Makes about 3 cups．

\section*{SAUCE RAVIGOTTE}

This version is laeed with wine and vinegar and savory herl）s．Con－ summate eompanion to ealves＇liv－ er，brains，and seafood，especially delightful with broiled lobster． Ingredients： 2 shallots，ehopped； 1 tablespoon white vinegar； 1 cup rieh beef bouillon； 1 tablespoon flour mixed with just enough bouillon or water to form a smooth paste；I tablespoon tomato paste mixed with 1 cup beef bouillon； \({ }^{1} 14\) teaspoon salt；a few grindings of blaek pepper，or 品 teaspoon； 1 ta－ blespoon fresh parsley，ehopped； 1 tablespoon tarragon，minced； 1 tablespoon chives，minced；I ta－ blespoon ehervil，minced（if fresh herbs are not available，sulstitute发 teaspoon of dried）； 1 tablespoon drained eapers； 1 teaspoon Dijon mustard．
Methed：In a saueepan sauté shal－ lots in vinegar until liquid is prae－ tieally absorbed．Add beef bonil－ lon and flour and simmer on low heat for 10 minutes．Add paste to sauce and simmer，stirring with a wooden spoon，until sauee is slight－


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FABULOUS SAUCES continued from previous page
ed. () on not permit sance to boil. with sliced meat. Makes about? ted Mateleira. Spoont the satuce wer the hens or combine it with meats and serve it immediately \lakes abonit is cups.

CUMBERLAND SAUCE
A tractitional English sauce, tartsweet and tangy, msmally served cold over a country stile pate or terine. Howerer, it's also delicions Wamm, with baked ham or mast pork
Ingredicmes: I tablespoon finch (loppere shatlots or 1 small onion; I (oup) red (ommant polly; zest of 1 orange; zest of 1 lemont; 3 tablespoons hesh lemon juice, strainet lahlespoons fresh orange price
 fresh diacer root or in leaspoon powsked ginger, dash of tatemone pepper: a leat grains salt. Method: Blanclo and dram shallots
or onton and set asitle. lo a leald santerpan melt jollv. Adel momos, orame and leman \%est, lemont and orange fuice, imsstarel and smoncer motil it is smooth. about 10 minntes. Ald \(\begin{aligned} & \text { bine. Gin- }\end{aligned}\) ger rowt or wing (atomat peppers, and salt. Pour the santere into

\section*{cups.}

\section*{SAUCE MALTAISE}

\section*{A citrus-spiked variation on the} hollantaise theme-hascious orer fresh green broceoli, artichokes amel aspanagus.
Ingrediomls: 1 (oup) hollandaise satuere; gest of 1 orange, blanched in briling water for 1-2 seconds. dratined and dried on paper towelmge puice of \(l\) orange, stramed. Mcellod: Keep the hollandaise sance warm over simmering water and atd the zest and juice and blent thoroughly: Serve warm is a delicate ehina same cobot. Makes about 1 (cup).

\section*{FOOLPROOF}
HOLLANDAISE SAUCE

EXquisitely rich and rightifully lamonss, this one inclucles a little Ilow to ate as a stabilizer for those who find the classie loollandatise hard to master
Ingeralients: 10 talalespoons sweed buttor; -2 tablespoons flour; I (cup) heany ereamb, heated to just the loorlines point; 解 teaspoom salt; :3-1
 folks; I tablespoon fresh lemon

Method: In a heavy sancepan medt 2 tablespoons butter ower low flame. Blend in flour and stir constantly with a whisk until blended. Grachally add the heavy cream and stir until satuce is creamy smooth. Remove the saucepan from the heat and ack the salt and pepper.
ha a bowl beat egg yolks motit lemon colored. Add white satuce, a little at a time, beating until yolks and white sance are thoronglty blencled. l'our sance back into santepan and place over simmering hot water. Cut the remaining bonter intors pieces and add to the sance, one at a time, stiming. Stir in kemen juice. Makes about 1
(mp.
SAUCE MOUSSELINE Deticate, ethereal saluce for poached and rolled fillets of solle, broiled salmon, and trout.
Ingedients: 1 cup hollamatase sultce, kept warm over simmering wator, 后 eup sweet heavy cream, whippech until stifl but still creamy: Method: To the warmed hollantaise satuce add the cream and blenel until light and creamy and serve at once. Makes about 1/2

\section*{Ban'tise} the Efaxest. . this striking contemporary mural is just one of 21 beautiful designs from Thibaut's New Mural Collection Vol. Four. These handsome murals run the decorating gamut of classic, oriental, mediterranean and contemporary subjects giving you almost unlimited versatility in decorative application. For further information write:

Can you separate the wines from the women? 21 provocative questions to test your American wine know-how

By José Wilson

Call yon separante the wine - In the wornter:
(a) Aurori
(c) Dora
b) Cora
(d) Flora

\section*{In Inleriatas, farbontic} hereration is:
(a) Legal
(d) Fattening
(b) Illegal
(c) Unknown
(c) Immoral
(f) Imprudent

Tob be laberled with a vari-
 int the followingi parequitagea the grape variety:
(a) 49 percent (d) 60 percent
(b) 50 percent
(e) 75 percent
(c) 51 percent
(f) 100 percent

Eyria Vineyarel is in:
(a) California
(b) New York
(c) Ohio
(d) Oregon
(c) Pemisylvania
(f) Washington
- Itative wild girape fornat Texals is rallede
(a) Pinto
(c) Mustang
(b) Palomino
(d) Crazy IIorse
- Fumé blame is ther harme He willeries use for:
(a) Chenin Blanc
(b) Emerald Ricsling
(c) Grey Riesling
(d) Johamnisberg Riesling
(e) Pinot Blanc
(f) Sauvignon Blanc
(g) White Zinfandel
(h) A generic white jug

\section*{Hisin Tor is:}
(a) A mountain
(b) A play
(c) A Monterey vincyard
(d) A New York State vineyard
- Chaptalizalion meants that
witre has beren:
(a) Consecrated
(b) Desecrated
(c) Sulphured
(d) Sugared

\section*{Monntalir wimes ares:}
(a) Made from grapes grown on mountain slopes
(b) Special selections from mountain wineries
(c) Generic blended wines, often sold in jugs

\section*{(1). Charmant is:}
(a) A vinifera grape variety
(b) A labrusea grape variety
(c) A French-American hybrid grape variety
(d) A method of making

American wine expertise has become a favorite dimer-party ploy, but how much do you really know about the state of wine in America? The answers to many of the following questions have appared in House \& Garden's wine articles, so see how total your recall is.
(e) A fruit-flavored "pop" wine
(f) What a Frenchman says when he kisses your hand
II. Which Irann is a winery?
(a) Pem Creek
(b) Pemn Central
(c) Pemn-Shore
(d) Pem State
(e) Penn Yian
12. Nre, Niehelle willes remme from:
(a) Califomia
(b) Michigan
(c) New Mexico
(d) New York
(c) Oregon
(f) Qucbec
(g) Washington

I: If voll were offered : Greath lingariallo wend yon:
(a) Driuk it with fish
(b) Drink it with beef
(c) Drink it with dessert
(d) Drink it as an apéritif
(e) Refuse it
14. If you were offered al laced Hiesling. wonld you:
(a) Drink it with fish
(b) Drink it with beef
(c) Drink it with dessert
(d) Drink it with cheese
(c) Refuse it
I.J. Moserate allialbile is:
(d) A fortified wine that has becu aged in casks in the sum
18. Tha Thempliporl serallasa gralpe is msed for:
(a) Eating
(b) Raisins
(c) White winc
(d) Brandy
14. Conteordis:
(a) A town in Massachusetts
(b) A labrusca grape
(c) A guild of wine growers
 other llanme for:
(a) Chenin Blanc
(b) Pinot Blane
(c) Sauvignon Blanc
(d) Ugni Blanc

\section*{Styled for the future...}

FORECAST from Ficks Reed

2 I. [Pich ont the anctive vinem vards and or wimenies:
(a) Bully Itill
(b) Cold Hill
(c) Iteaven I Iill
(d) Rocky Hill
(c) Ruby Hill
(f) Stonic Itill
(g) Stony Hill
(h) Tabor Ifill
(i) Virginia 1 Iill
(j) Bear Creek
(k) Butte Creek
(1) Dry Creek
(m) Wet Creek
(in) York Creck
(1) Pequea Valley
(p) Pleasant Valley
(q) Roody V'alley
(r) Valley of the Moon
(s) Mount Bethel
(t) Mount Pleasant
(u) Mount Veeder
(v) Mount Vemon

Turn the page for the answers.

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(a) A musical term
(b) A wine festival in Napa Valley
(c) An Italian expression of praise for a wine
(d) A lightly sparkling dessert wine
(e) A wine that won't travel
18. swiz\%le is:
(a) The name of the small stick used to twirl bubbles from champagne
(b) A combination of champagnc and orange juice
(c) A fruit-flavored wine
17. Solaral is:
(a) A single-cask, unblended wine
(b) A Mission grape variety planted in California by the Spanish

(c) A system of blending


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1. ar and d. Aurora, nee Seibel

5279, is the mame given to a French-Aneriean hathid wine produced be: amome iothers, Bulls Hill, Great Wistem, and Itigh Toir in New lowk State and Talow llill in Wiehigan. Floma is a mbrid
concerised at the Linsersity of
 a marriage of the Tramimer and

2. \(\boldsymbol{2}\). Calitomia wintries are ו"N adopting Uris Bempolais methere of first fermenting stapes whole and mervishend to make a fresh, fraity, very romeng wine that can be drum within a couple of monethis of the bamest. (It mat be (ansidered fattennimy if the wime is consmanel in sufficicon !uantia.) B. re. The kemal minimum is 5l peremol. although many winerien make their sarictals amwhere
1. al. Vin (1) be cunfused with the Late Erice witw regions of Onis, Xen Kork State and Pomm
 lamhill Comints, Oregom, onernow. ing the Willamette Valle
-D. I. \hustang, a red grape. rams vile and tore in the someth.
fi. f.
alling their dre version of samsignon Blance cither Fime blane on Blane Finme, the name given to this grape in the upper Leire Val7. aribed. High Tor, a mom tain in lowhland Commly. Ven
lonk was the inspiration lon the mame of Maxwedl Audersmis prize-wiming play and, later, the imevard planted there in 195 1 l es
 liiehard Vingt.
AB. d. (' \({ }^{\text {ip }}\) talization, named lon
 of Agriculture, is a process used in (onol elimates (n porer vears to berst the aleohtodie content of wine by adding cane or beet sngar to the termenting must, or grape juice. (Amptalization is prohibited in making still tal)le "Inces in (all
8. ©0. Althometh the first momer-
menntain shopes and wineries, this
desisumation is now used for lower-
priced generic wines, sold as
Vomutain lied Burgmely and

shaterne and Bhines, and Vome
(1). d. This bulk process of
mahing sparkling wine is maned
for its French insmoter, Eugene
( harmat. The wine underenes its
second fermentation in large tanks.
rather than in individuad botles.
and is then bottled moder pressure.
Gmerican champagnes thus mado
labroled "loulk" fermented"
Chamat bulk proeess.
11. ©. Pem-Shore is a winery
, Bric County Pemsylymia
Premblan is not a winery but the
mane of the Finger lakes town
where izonedy Vinevarels has its
12. (f. The ste. \achedle vin

Haton bo American Wine Crowers

light. fremb white Califomiat
arietal, which a aries Itom dre to
-mi-dry: womld gn well with fish,
powk, in uther white meats,
could be drunk as an apmeritif.
I 1. \(\because\). Riesling is alwats white
(a) shoukd vou be oflered a mones
istent "Rod Riestine." vither vour
hoost has been sold a bill of quocts

I.f. \& and o. lemic \artinis
lightls sparkling \ossato ama-
bile 15 a delicate. eplomeral wine
(i) low in aleoled (atmere 10 per
(end) that it has to be hept mider edrigeration and so is sold onlv th the winery bever shipped.
Ifi. at and e. The swizala stick mat hate inspired the name of this fromt-flavered "pop" wine made be Italian swiss (ondme for Whe yonth market. but meme likes it was piched for its catches smmel. like Ripple and Kapalo
17. \&. Wh the selera sustem,
fomel in Spain and eetain tmeri-
an wineriom, bamels of shamies of
dillerent ages ate stached in tiers.

As some of the older wine is drawn ofl, it is replenished with newer wines in a continuous process of

I8. Ar.lb.ed.al. The very prolific Thompsen seedless grape is used for just about everything from blended white wines and champagnes to fruit-flavored wines. and through distillation, brandr.
IB. II.I. This labrusca grape, as widespread and widely used in the East as the Thompson seedless is in the West, wals first grown in Concord, Massachusets, in 1849 loy Ephraim Bull and mamed for
20. a. Pineatu de la Luire, no relation to the Pinot grape varicly, is the mame by which Chenin Blane is commonly known in the Loire Valley and mas be usect inrerchangeably in California.
2I. A. liully IIill, in
lork's Finger Lakes region; \(\boldsymbol{b}\). (oold llill, in El Dorado County, Califonnia; Re Ruby Hill in the Livermore Valley of Califomia; f. Stome llill, a resuscitated 1847 winery in llemamm, Missouri; \(\%\) • Stony Hidh, a small Napa winery; fr. Tabon Hill, a Michigan winery whose wines, made from vinifera aurd hybrid grapes, have heen served by President Ford at the White Ilouse; j. Bear Creek, one of the wineries of the Guild Cooperative in Lodi, California; F. Butte Creek, a new winery in the Sacramento Valley: I. Dry m. Yonk Creek, a Napa vinesard that doesn't make wine but sells grapes to the Napa Valley Cooperative; o. Pequea Valley, a winery in the Amish comotry, soutl of Lancaster, Penmsylvania; \(\boldsymbol{p}\). I'leasant Valley, makers of Great Westem wines and champagnes, sulbsidiary of The Taylor Wine (ompany of Hammondsport, New lork: \(\boldsymbol{r}\). Valley of the Moon, a winery in Glen Ellen, Sonoma; s. Vount Bethel,

Altus, Arkansas; 1. Aount Pleasant, all old winery revived in Amgasta, Missomri; H. Nount

GREAT MAIN DISHES continued from page 92

CABOT CHEDDAR
AND ONION PIE
Incredisuts for inust: [1/3 (91pss



loneridionts for filling: I() bateon

satt: feeshly eromal pepper, pined
 2 gonel-sized onions. finely dopped: \(3_{3}^{3}\) pemmed Vimmon (iled. dar eheese. Grated.
Methent: Prelicat man to 450 Six crast and elitl for a lew lours (a) I lown in the freerer will do Roll ont :unl fill a ! mell pie tin,
erimping the edges. Set a slightly sumaller pie tin on top to hedd down cmst, or lime with ahminum toil filled with dried beans. Bathe for minmes, then remone extrat tin filled foil, prick hotemen all bahe another 2 or 3 mimutes.
(ionk bacon stowly strowing out all fat. Bcat the eggs with milk,
f,ur, salt, pepper, and cavemne rain the bacon and wipe skillet be of greasc. Melt butter in me pan and sauté onions slowly itil translucent. Now blend tother crumbled bacon, exg mixre, sautéed omions, and grated yeese and pour into partially iked shell. Bake in \(375^{\circ}\) oven r 30 minutes. Let set for a few inutes before cutting. (This recican be frozen.) Serves 6.

\section*{ZRUSTY BAKED DUCKLING} gredients: 1 Long Island duckig, about 5 pounds; salt; freshly ound pepper; 1 egg; 2 tablewons milk; 1/2 teaspron dried vory; 2 cups fresh bread crumbs; tablespoons flour.
ethod: Prehicat oven to 350 el all skin from duck except on ings. Remove as much fat as posble and reserve. Use very sharp aife or poultry shears to cut out ack bone and neck; put these eces in a pot with giblets, about teaspoon salt, a few turns of pper grinder, and water to ver amply. Simmer for a couple hours to make stock for sauce. emove legs, dividing into drumicks and second joints; remove ings and divide breasts into 4 ieces, easing meat away from bs; add bones to stock pot. Cut in and fat into small pieces and onder over low heat. Beat egg ith milk, 1 teaspoon salt, several rus of pepper grinder and savy. Dip duck pieces into this mixire, then roll in seasoncd bread umbs, and brown in 2 or 3 tablepoons duck fat. Transfer to shat-
low casserole in which all pieces can lie flat. Cover and bake for alout 50 minutes. Stir Hour into 2 tablespoons duck fat in saucepan, adding enough of the stock to make sauce. Serves 4

\section*{RICE WITH DUCK AND HAM}

Ingredients: 2 tablespoons bacon fat or butter; 1 medium-sized onion, chopped; 1 celery ril), chopped; 1 cup uncooked rice; 21/2 cups rich duck stock or chicken stock; 1 cup canned tomatoes with juice, 肖 teaspoon dried oregano; 早 teaspoon dried basil; \(\neq 4\) teaspoon dried marjoram; 1/2 to 2 cups diced cooked duck meat; \(1 / 2\) to 1 cup diced country ham; salt; freshly ground pepper.
Method: Preheat oven to \(300^{\circ}\) Melt fat and sauté onion and celery for about 8 minutes, stirring frequently so vegetables turn color slightly, but do not brown. Stir in rice and sauté for 2 minutes, mixing with vegetables and coating each grain with fat. Pour in hot stock ( madefromleftover carcass). Add tomatoes, chopping them a bit with a knife. Sprinkle in herls, then stir in duck and ham. Add very little salt if ham is country cured; grind in a few turns from pepper mill. Cover paut tightly and simmer over very low heat for about 45 minutes. Remose coser from rice (there should be some liquid) and put in oven for 5 minutes; tum ofl heat and leave rice in oven for 5 minutes more before serving. (This recipe can be frozen.) Serves 6

\section*{-hopping nformation}

\section*{}


\section*{over}
ofa: \(84^{\prime \prime} \times 37^{\prime \prime} \times 39^{\prime \prime}\) decp. down Ilerl leose curhions. \(\$ 1345\) Coul Tholstered rhair: left foreground \(8^{\prime \prime} \times 32^{\prime \prime} \times 30^{\prime \prime}\) high. loose seat and rach cushion. \$38.3. Both by Tomlinom if High Point. It Van Leigh Furni
"Pal
"Paloma I'laid" cotoon fabric: cov. ring sofa, chairs, and shade. \(48^{\prime \prime}\) wide, \(4^{\prime \prime}\) repeat. treated with Scotchgard 6.50 a yd. By Waverly
"Missing Link" wool rug: 6 ' x 9'. By Edward FicId.:
Willow chairs: imported from Irgenina. \$400. At Bielocky Brothers. Two-paneled sercen: 6 sp. Brass and stainless reading Iamp:
\(37^{\prime \prime}\) high, \(13^{\prime \prime}\) extension, designed by Cedric Hartman. \$285. At LCS.* Carden -tool: 11" \(\times 15^{\prime \prime}\) high, pottery imported from South Victnam, \(\$ 60\)
wooden rabbit: (in table imported from Mexion. \$45: flowered bones: from \(\$ 12\) to \(\$ 36\) earh. 111 at Limited Editions:
Table: beside weker chair: eoramie cablage: \$90: y ellow -taching sallcer: : \$18. From John Ronselli.
Ceramic ashtray: on table with lamp. \$10; ceramie satherr: in forground on coffee table. \(\$ 8\). Both imported from Italy. At W \& J Sloane, Fiftı Tvenue Porcelain mrean: from Roundtree Country Reproductions
White ceramie lamp: \(266^{\prime \prime}\) high, white shade. From Karl Springel
Indian basket: near window. \(12{ }^{\prime \prime}\) diam. \$10. At The Fentery
Englioh pine rabinet: \(r\). 1870. \(1 t^{\prime \prime}\) x \(44^{\prime \prime} \times 76^{\prime \prime}\) high. \(\$ 850\). it Howard Kaplan Anticues
"Grandmother's Garden" quilt: 72" x 62" widc. c. 1920. \$200. It Surh Outlandish Stitelies

WHLD VIOLETS ZEST
Page 41-15:

\section*{Librar}

Beige horringlone rng: kilim wean of linen and flax. From L. Jone-. White goat-kin rige from L. kones "Corto"" embroidered linen falorid: cowring armlese chairs. By Schumarher.*
"Pamplemonse" colton chintz: ervering rofa, curtains. By P'attersmPiazza."
Blue linen fabric: conering sofa, Blue Fmen fabric
From Maurice Frank
Rad leaf printed chintz fabric: rovering armless chair. From \& Vice
"Caterina" red and white scallop print fabric: covering pillow. By Clarence House Imports.
Snakeskin covered table: from Karl springer."
Antique quilt: at Carhe-Cache Ltd. Basket cachepots with plants: at Iran Jactpues Blow Ltd.
Banhets: cylindrical laskets to either -ide of fireplace; covered Indian bashet. From Isobel Worsely.
Blach and white penwork table; -hell-inlaid mirror: from Mallett \({ }^{\text {d }}\) Son Intiquer."
Brass firocreen: from Edwin Jark ven Ine
Bras- lamp, flower pillow. red dagère: demigned by Mario Buatta. 1. End table: \(22^{\prime \prime} \times 22^{\prime \prime} \times 22^{\prime \prime}\), ont helf. lactucred wood. available in any color. \(\$ 790\). By Cerorge Clarkion Interior Denign.
2. "Endzo" donble vase: 7"3" diam. x 11:3" high, ABS plastic, dexigned on Enzo Mari. \$17. By Heller Designo. At Dewign Revearch International.
"Chromatics" dimmerware: 20 pieceservice for 4. \(\$ 75\). By Blork China, 4. Lotnge chair: \(33^{\prime \prime} \times 25^{1 / 2 \prime \prime} \times 25^{\prime \prime}\) ligh, metal frame covered with latex foam rubbrer. covered with stretch fab1ic. Pouf: 23" x \(14^{\prime \prime}\) high, metal frame covered with foam rubber and stretch fabric. Both designed by Pierre Paulin for Artifort. At Turner Ltd."
5. "Acroms the River" cotlonfitbris: 48" wide. 21" repeat. By Ben Mornis Print- at Eagle-ham Print-."

 7. Office clock: 13" diameter. !" decep. oil fimethed walnut rim. eleetris. 850 . By Howard Miller Clow (ompans. It The Chicago ( Itock Compans
8. "Steppin" (Out" vinyl walleovering: \(27^{\prime \prime}\) wide. \(4^{\prime \prime}\) repeat. Br Palai Papers.
9. Ceramic tiles: \(2^{1,4^{\prime \prime}} \times 8^{\prime \prime}: 3^{\prime \prime} \times 6^{\prime \prime}\)

Franciscan Terra Crantle Collem tion by Interpace.
Pages 50-51
1. "Chateatll De I3loin" vinyl wall covering: \(27^{\prime \prime}\) wide, \(27^{\prime \prime}\) repeat. B Percptrie Contepts.
2. "Tree" silkereen graphio: :3t" sf. At Tsao. \(\$ 50\) framed.
3. "Mirage" bath towels: 100\%/ rot ton, jacepuard hemmed. \(\$ 7\) hath: \(\$ 3.50\) hand: \(\$ 1.50\) washelotl. Be f"iedderest. Banket: from La Tienda.
4. White lacquered corner chair:
 By Wyembe, Meyer." "Mnltiples" cotton fabric covering chair seat: \(52^{\prime \prime}\) wide. 9 " repeat. Is (Quadrilt. Wallpapers and Fabrica"
5. Tua bar cart: 34" \(\times 18^{\prime \prime} \times 31^{\prime \prime}\) high clowed: 6t" x \(18^{\prime \prime} \times 3 l^{\prime \prime}\) high open. sanc top and fow fromts. glase oner cane top for heat and atcohol potere tions drop leaves. inside storage and shelf. By Directional.
6. "Spring Woodn" cotton fabric:
\(50^{\prime \prime}\) wide. \(18^{\prime \prime}\) repeat. Iby Cireeff.
7. "Sew \& l'res" sewing iron: movable platic water lintb, falmic quide on handle aluminnm soleplate with steam vents. \$17.98. By (ieneral Electrice
8. "Cante Primt" gneat towels: in linen or cottom, handstitched -ralloped edge. \(\$ 17\) each. At P'urthault.
9. "Lilac Time" china: platinum banding. \$3.95 per 5-piece setting. Br Continued on next page

 10．＂Prawoch Allo．＂Matir：

 II．IS IV wombe．VI． 1］．Bathoomm－－alar：12＂－ 1 ． \(3^{\prime \prime \prime}\) hiyh．remmable plasta arpert mat小，italse in mam rulan sualc． 28 ：
 tix．Rase \＆fruller．

 II illow \＆Rowd．＂ondine fabric：corrime dalacal pillow－万！
 13．Donbla wallad vallionera：I It
 11．＂





 liond l＇resho
（6．Rattan armalhair and oftoman！ hair． \(28^{\prime \prime}\)（ \(34^{\prime \prime}\) ，224＂high：ultman．






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 ＂hail meal：1．s＂wish E2．．50 a wl lis

ding page

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20．＂Manlattan＂vimyl wallconcro
 lis Imperial 11 allamoring
21．＂Top Line＂melamine dinner

 abom siamdinasiall lomert 22．＂preciac＂Timmed－Rulo：ar－Ifri ran Sioler Food：onl froling la－1
 ，व11



\section*{1’agro． \(50-57\)}
＂Primanara＂，in！l walleorrring：



＂Flor：a l）andea＂＂hinal lamatod in


 all and flows．From the loutfolio 1Pant tand：10：：＂10：＂
 ional．





 Pla－tir Madla＂－rovilng anco．





\section*{This Chair ．．．is a Bed！}


\section*{Slumber／Sent \({ }^{\circledR}\)}

Today you in wamer are faced with two basic problems ．．inflation and over－ wding．The：ecommat and space－saving Slumber Seat＇will help you fight these 4．major problems The．Slumber Sea＇is a luxuriously upholstered club chair which （10）just a fify of on mitented mech nism，readily converts into a full－length bed 76＇ W1 ，ith a firm．con mistable mattress and a built－in pillow head rest．Ideal for use in It anme．d relleran＇s room．apartment，office，resort or ski lodge，boat and where－ aremb nutll of eperat ng and dual－purpose sleep furniture is desired．Aval． oble＋fon＇frnat jr．and demement stores evergvpere，in a wide variety of styles


T0：David Skalka，Vice＂resident，Victor Stanley，Inc．，Dunkirk，Maryland 20754 Plentse serid me：a fore collor calato，and the name －youtr nearest authoriond Slumber iredt icaler

Rosselli. Green bottle-shaped vase \(\$ 800\); celadon bowl: \(\$ 300\); pair of teak covered jars: \(\$ 600\) the pr; ce ramic bowts: from a selection of an tique bowls. From Nuri Farhadi.
Kitchen \#2
Yellow canisters: \(\$ 4.95\) and \(\$ 5.95\) each, by Dansk. Ceramic cookie jar \(\$ 15\); \(\mathbf{1 2}\)-bottle wine rack: \(\$ 8.50\); red enamel tea kettle: \$24, by Copeo. Enameled frying pan: \(\$ 16.95\), by Le Creuset. Mixing bowl: \(\$ 8.95\); eut ting board: \(\$ 11.95\) by Dansk. All at Bloomingdale
Small basket with whisks and poons: from Parrish Woodworth. Master Bedroom \#3:
"Valletto Quadro" cube tables: 171/4" cube"; "Squtadra" wall lights chrome and white. Both by Moredd
"Beantyrest lackeare II" mattress and box spring: queen size shown

\section*{By Simmon}

Patehwork quilt: on bed. \$175. At The Patchwork
Wicker breakfast tray: with letter pocket and glass holder. From FO Merz. Cover and mapkin, for tray from Parrish Woodworth.
Blue and white dish on cube table: \(\$ 15\); covered basket used as table beehive basket with cover. All from John Rosselli.
Stacked tronk baskets: at La Tienda. Bashets: containing cisous and knitting materials. Botl from La Tienda. "Tweed" woven wood shades: by Delllar Woven Wood."
AM/FM digital cloch radio: solid state, 60 min . secep-timer, highted digital clock fare \(\$ 39.95\). By Panasonic
"Rob Peter to Pay P'anl" quilt:
1900. \$250. From Nonesuch, Ltd.

Closet
Stacked tronk basketn: frem La Tiinda.
Basket beside tray : al La Tienda.
Chidren's Brdroom \#4
Oak bunk beds: \(80^{\prime \prime}\) a \(41^{\prime \prime} \times 58^{\prime \prime}\), du figned by David Morgan. From Ray nor.
Clear Iaceluered anmelair: \(18 \frac{1}{2 \prime}\) Folding wall desk: 383\()^{\prime \prime} \times 183 / 4\) \(291 /{ }^{\prime \prime}\) high, ABS plastic, storage compartments on top and exterior sections "Valletto" triangular cabinets: \(22^{1 / 2 \prime \prime} \times 15^{1} 4^{\prime \prime} \times 9^{\prime \prime}\) includes tray, \(A B S\) plastic, units stack, tray fits at top. "Hebi" lights: coil bare, reflector top. All from tloreddi.
latelwork duilt over bed: "Hens and Chickens" patthwork quilt underbed: \(80^{\prime \prime} \times 72^{\prime \prime}\) wide. \(\$ 180\). Botlı from Nonesuch. Ltd.
Open basket under bed: from John Rosselli.
Covered basket with handles: under desk. From l'arrish Woodworth.
Very large open basket with plant \(20^{\prime \prime}\) high. \$90. At La Tienda
Woven basket under deak: from
Vegetables in watercolors: by Susan Crile. At Fischbach Gallery.
"The Musie Mng" portable AM radio: lattery operated, window for insertion of a favorite photo. earphone jack. \$14.88. By Pananonis
Toys: from FAO Schwarz.

\section*{Bathroom \#5}
"Bamako" Dacron and conton falb. ric: fabric shower curtain. \(54^{\prime \prime}\) wide liy Bloomeraft. At Lord \& Taylor.
Turkish runner rug: \(9^{\prime} 6^{\prime \prime} \times 2^{\prime} 10^{\prime \prime}\) wide. \(\$ 325\). At The Pillowry
Basket with painted design against wall: Top from John Rosselli: Midde from LCS:" Bottom from La Tienda.
Crayome tuly tray: \(\$ 16\); bath brush, \(\$ 13.50\) : massage brown. \(\$ 4\) acrylic tissue box, \(\$ 17.50\); plastic cups, \$1 each; nail brush, \$2.25: bathroom scale by Hanson. All from Bloomingdale's

\section*{ROUND TOP}

\section*{Pages 76.79:}

To read more about Round Top, write for a pauphlet from the Tevas Pio
neer Arts Foundation, P.O. Box 82 Round Top, Tex. 78954
For information on the James Dich Music Festival-linstitute and restau rants and motels in the area, write P.O Drawer 5353, Austin. Tex. 78763
An authentic regional Fayette Connty cooklook can be obtained by send ing \(\$ 3.50\) to Mrs. C.W. Fritsch, Round Top, Tex. \(7895+\).

\section*{SILYER TO COLLECT}

\section*{Pages 80-81}
1. Sterling watering eans: \(2^{\prime \prime}\) diam. x 1 ¹2" high. \$37.50; 4" diam. x \(3^{1 / 2}\)
high. \(\$ 57.50\). Both at Cartier.
2. Napkin rings: fluted sterling. \(11 / 1^{\prime \prime}\) diam. \(\$ 12.50\). By Towle; sterling napkin ring, \(2 \%\) " long. \(\$ 18.50\); sterling napkin "lip, \(13 / 4\) " Fong. \(\$ 10\); sterling napkin ring, \(1^{1 / 4 "}\) diam. \(\$ 28.50\). All by Kirk.
3. "Just a Thimblaful" sterling jigger: 2 oz. \(\$ 15.95\). By Towle.
Thimbles: "Blooming Flowers" por celain thimble. \(\$ 13.50\) ppel., by Royal Worcester: diagonally grooved sterting. thimble. \(\$ 11.75\) ppd.: extra thick, cdaic design sterling thimble, \$10.7. ppd.: chased dome sterling thimble with plain loand, \(\$ 12.75\) ppd.: "Liberty Bell" sterling thimble, \(\$ 19.80\) ppd. "Ilamond" sterling thimble. IIl at The Sewing Corner.
Fancy backed terding spons hown are "Foxhead." "I Love Lib "Milk Maid," "Ship," and "Bas. ket of Flowers." 41,2 long, imported from England. \(\$ 20\) earh: antique stuff ing spools. From Jamer Robinson, lne 5. Letter openers: Horling ruler, 12 long, 800; paper cutter. \(5 \%\) " long, \$12.50: letter opener with Florentine fmish, 8" long, \$14.75. By Kirk, "Puritan" storling opener. 7 " \({ }^{\prime}\) " long, \(\$ 15\) By Corham.
6. Striling shopping bagn: 1" high, 837.50: \(3^{1 .} 2^{\prime \prime}\) high, \$.57.50. Both at Cartier.

Sterling beakers: foreground French 'hased atyle. \(\$ 150\) : small beak. r. \(2^{1} ., 2\) " diam.. \(\$ 38.50\). Both at James Rolinson, Inc
8. "Legato" terling satad sciseors \(8^{\prime \prime}\) Jong, \(\$ 15\), ly Towle: "Repous-é grape shear: : \(?^{\prime \prime}\) long, \(\$ 90\), he Kirk. 9. Sterling flowrupots: I" high, \$15 2"3" high, \$20. At Carties
10. Elliptical sterling wine coolev 81050; sterling dipper, \$225: sterling bowls, \(5 \frac{1}{4}\) " diam., \(\$ 96\) earch. Ill from Tiffany \& Co
11. Sterling dimer bells: \(4^{2 / 4}{ }^{\prime \prime}\) high. \(\$ 200\) and two at \(\$ 175\) earh, at Jame Robinson: "Puritan" teabell. \(\mathrm{J}^{11}\)
high, \$17.50. Wh (;orham: "tcabell" pillbox. 438 , at Tliffans \& ( \(\%\) o. -terling eabell, \(5^{\prime \prime}\) high, \$12.95. loy Towle. KITCHEN MACIG

\section*{'ages 82-83}

Bnilding Materials
Tielsa-Toseana solid oak eabincts ides, floors, and shelver mate of three layer laminated particl. board. coated on both sides with melamine re-in thern prayed with a white ladequer: drawerhave easy slide action on metal rmmers with ball bearings: self-shutting dows fully adjustable shelves: avaitable in thandard and custom sizes, 9 wood fronts. 11 shades of plastic laminate 9860 for sh stem shown.
Muray Quarry tile: kitchen flow 6" s.⿰. x \({ }^{1}\).2" thitk, imglazed ceramic file umber color. lis American Olean Countertops: Xlicarta pla*tic laminate in Royal Plum for countertops semicircular storage (abinet, and at cove next to wall oven. By Weating house
Polished plate mirror: \(1 / 4\) " thick, on walls, behind sink, wall left of sink, door Leading to plant area. Iis National Assoc. of Dirror Manufacturers.

\section*{Kitchen Equipment}
-Door side-by-side refrigerator/ freezer: 20.3 cu. ft. refrigerator: srpa ate door to "Flex-Quik ice srvice simulated smoked onyx plastic interior compartments; fully frost proof: ad qustable shelve in refrigerator section ,uilt-i
tamment Center, AM/FM radio, tap recorder and player, battery operated brushed chrome custom doors 33.34 " \(29: 13^{\prime \prime} \times 6 \sigma^{\prime \prime}\) high. \$880. By Frigidaire Undercomnter dishwasher: 5-leve Super Surge washing action, small items basket, longhandled silverwar ba-ket. cyele indicator lights, brushed chrome door panel. \(\$ 460\). By Frigidaire
"Tonch "u Cook" Ceramatop cooh top: \(21 \% / 16^{\prime \prime} \times 61 / 4^{\prime \prime} \times 331 /{ }^{\prime \prime}\) long, left hand heating areas can be programmed th cook for a specified time with auto matic shut-off, no special cookware re quired for cooktop. \$550. Ry Frigidair
"Touch "o Cook" wall oven: 17" wide oven interior, self-cleaning oven, porcelain enamel interior, solid state Touch 'n Cook" controks, lighted dis play window doubles as digital clock

\section*{no. By Frigidaire}

Donble compartment sinh: stain less steel, "Tiara" single lever faucet hardwood rutting board fits over sink smaller sink designed for insertion of a waste dieposal unit. By Elkay
Stainless sted range hood: (ustom
designed by PW Range Hoods Corp.
"Albalite" recessed lighting sy
tem: \(12 \frac{1}{4}\) " diam. frame, 150 watt
finished in baked white enamel. \$41 earli. lis Sterling Lighting, a divimom of NuTone.

\section*{Acce}

\section*{Pige 82}

Kee" staking eolloter stool: 28 hgh, 2.) seat freight, \(18^{\prime \prime}\) wider 11: dians. "hromte tube frame with white ABS plastic seat; available in blath or yelfow. \$124. By liarretl Hill Fur niture. It Leman, Farredl \& Walsh.
"blac Canghly" earthenware bowl
Wall relock: \$70. By Howard Nille Clock.
Bhue -tainless flatware: \(\$ 12.50\) per place setting. By Spectro. At Altman
"Max 1" dinner service: denat plates shown. \(\$ 5.5\) pro 25 -piere set. Bs Heller Designs. At Altman`s.
1'age 83:
"Aeronanter" coffee maker": \(\$ 5.5\) lis Braun.
"Gontrmet Design" cast alnminmm cookware: 7 ," frying pan, \$13.95 \(9^{\prime \prime}\) frying pan. \(\$ 15.95\); "(onnvinet De igut work board: \$6.95. By Dansk Dexigns. Crystal pitchers: large \$16.50: small. \$13.50. Bi Borda.
Denigner toanter: \$33. By Bramm.
Crystal sugar bowl: (o. By Boda.
Restaumant Ware: coffeecup
atucer, \(\$ 1 . .50\) : denart plate. \(\$ 2.50\). I Iltman"
Morocean areal rag: \(5^{\prime \prime} 9^{\prime \prime} \times 1^{\prime} 9^{\prime \prime}\). 8229 At Altman
"I'adova" side chairs: natural locerth with ru-l seat-. \(\$ 92\) each. liy Lowerl -lein. Inco. It Leman, Famell Walsh.
Pagos 4
, "('onnonter Design" paratry bobard

Restanloant Ware: au glatin dinlue 8.3 carlı. It Ntman

Kitelen sale: \(\$ 12\). Lis Terrailton.
Red plantic tinnor: \$9. Ry Terrailton. 2. "Kobenstyla" enamelwaro: larg ascrole will rover, \$11.95; lare atucepan with coser, \$21.95, -mall \$18.95. By Dansk Dresigns. It VImanc "Conlomet Denigu" cant alnulanum cookware: 3-at. saucepan in drawer 8.9.9: 11/4-q1. satmepan on rooktop. 15.95. By Bansh Designs.
\#591 rabinet maler cooktop:
front pancl. 4 pullout- on ball becaring slider: witl hasket insert and wir ark, white Risan finish. By Ticlea.
3. TV: 9" black and whito portalol. \$139.9. By Sony. It IItman:
Fish trivet: on wall. hown in Hot Fudges. \$4.9. Da Dansk Designs.
Desh Calleudator: \$39.95. By Litronix Thdereotuter dratwers: 3 plastis hawers. I drawer on hall bearinge with cnamel inset. Drawers in gradu H.d sizs. IS Tielsa.
. Kitchen machine: \(\$ 160\) with at ar-lnments. Diy Bramn

Pyrex meararing eup: 69c. By
corning.
Yoghnult maker: ('ab)inet oft 2me
helf, \$12. By Safton. At Altmams
Underomintor calbinet: \(\# 227\). with bakeware, measuriny rups: 2 plastic drawers, Il basket drawer.
Undereonnter deorner ralbinet \#043. I pla-tif drawer, 2 pullout wire racks, white kialan finislı. Bu Tieloa. 6. "Max 1" "linner ervire: 55.
25 piece set. By Heller 1 )erign. It 25 -piece
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Glase salad bowl: \(\$ 32.50\); grapefrui bowls. \$15 set of 2. By Konta. At 11t man's
2-qt. pitcher: shown in Hot frudge \$5.95. B, I)ank D Dos.
Teapot: \$6. By Ridgeway. It Alt Page 85
9. Cabinet above bnilt-in *Toncoln "n Cook" oven: Bred thelf. large wal platter. \$7: small. ©4. At Nlman`.
Cabinet below bnilt-in "Tonelı "n Cook" oven: lat helf. black enamel fry pans, \(\$ 8\) and \(\$ 9.50\). In Prinz-P'is. alit; 3-qt. saucepan, \(\$ 24\), ls Nagna lite. 2nd shelf. "('ourmet l)esign" oval hake pans. small. \$13.95: nuedium, \$15.95; large. \$17.95. Diy loansk. Brd helf. I-qt. -aucepan, \$15, hy Nagna lite, at Altman": : amseroles. 3-qt.. S1: 5-gt., \$18. lionth by l'rinz-Priatalit.
Cabinet: \#586. 2 doors. 1 ,helf. 1 at justahle storage rack.
Trats atorage: \#012, 4 eompartment for trays, baking sheets, and "loppine boards, removable dividers
Bottle storage: \#401, l plastic draw
er, 1 pullont drawer on hall bearine slidera, 1 bottle bashet with Handle 10. Top surfeace of wall thedf: wood pestle. s8.50. By Norten. It Altman"s. On conutertop: English pottory mix ing low \(1 . \$ 8\). It Tluran'
Corner cabinct: \#04l, 1 plantis drawer, 2 hinged pullout wire rack. Ist helf, salad dryor, Bl:3. By Storkli At bewign Reveareh. 2nd shelf. lish poarher. 827.50 . It Uliman
Adjacent eabinet: \#02. I I compart
 lst helf, watlle grill, s37. lo Fabler ware, at Utman \(s\) : 2ntl shelf. broilor \$13. आ Sumbram
NITCHEN EQUHPMENI
l'a ges 86-87
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Needlepoint a flag bag to celebrate the big birthday. Red, white, blue with gold numerals: 1776 on one side, 1976 on other. About \(13^{\prime \prime} \times 10^{1 / 2 "}\) plus handle. Kit: design on \#10 mono canvas, yarn,


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Adults can open drawers, cabinets equipped with a Kindergard Latch, small tots' fingers cannot. Plastic latch locks automatically whenever door or drawer is closed. Three latches, \(\$ 3\); seven, \(\$ 5\). Add 50c post. Associated Baby Services, Inc., HG3, Box 208, Bound Brook, NJ 08805.


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isume the Algae of Indifference from your mming Pool of Love! This lovely wish enhances : of our 12 happy Beastly Cards, illustrated with inderfully detailed ancient steel engravings of birds easties, fatthfully reproduced from a 200 -year old gotten tome. "The Scripture History of Animals," h yellows, orange \& green on fine antique ivory ck, with a whole coolul of friendly creatures on ompanymg envelopes. You'll use these for thdays, get wells, frendship, framing, collaging Ihdays, get wells, frendship, framing. collaging \(\$ 3.75\) docen, 3 doz (to 1 address) \(\$ 10\)

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NEWS
II. HG-15, W. Yellowstone, Montana 59758 A copy of our 52-page Wretched Mess ciift Cotalog is erse circumstances.


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A precision crafted French ruler accurate enough for checkíng architect's plans Chrome plated metal upholstered in black leather. This spring-loaded 10 foot rule gives centímeters as well as inches. Useful! It's a square. It's a level with built-in bubble gauge. It scribes lines, draws circles. A luxury gift for anyone from the handyman of the house to the graduate engineer!
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... authentic CAST IRON reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Comer and minute minder cits moven range space. Prices start at \(\$ 555.00\), plus freight charges.

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hinged panels, \(9^{\prime \prime} h\) h.. fold flat for storage. \(\$ 2.98\) plus 45 c post. Anthony Enterprises, HG3, 585 Market


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CURLY CROP
A winning sheep grows a crop of curly cress herbs for delectable salads. Ceramic sheep is \(6^{\prime \prime} 1\)., \(41 / 2^{\prime \prime} \mathrm{h}\). Instructions and seeds come with it. Spread seeds on back, water-in a few daysherbs! \(\$ 2.95\) plus 90c post. Home Decorator, HG3, 606 E State St., Westport, CT 06880.

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Makes thick, colorful, screen hedge. Plant \(31 / 2\) feet aport.


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Perfect solution for drip-dry garments, sheer curtains, hosiery Adjustable 25" to \(31^{\prime \prime}\) chromefinished bar, hooks over shower rod, locks in place. No screws or adleesive: garments drip in tub. \(\$ 3.98\) plus 60c post. Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105

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Attached-cushion seat, native hardwood frame \(18^{\prime \prime} \times 18^{\prime \prime} \times 18^{\prime \prime}\) Upholstered in print, as shown \$59; your fabric (2 yds., 54") \$49. Casters add \$10. Exp. coll. Furniture catalogue with a request form for fabric swatches \$2. Hunt Galleries, HG753, Box 2324, Hickory, NC 28601.


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Amazing new "Tongue Clean Cleans your tongue, and gets Bad taste out of your mouth seconds. It's made of Stainl steel, so it will last for years. J glide the cleaner on your tong and see how clean your mo really feels! Satisfaction Guar teed or your Money back. O \(\$ 2.98\). Send to

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L)OKS AND HEALTH continued from page 28
effortlessly as a ballet dancer's, listen to what he says about these rticular clients: " \(A\) dancer's body is at its finest. Their injuries usually not serious-pulls and strains and injured knees-but ious for them of course because their career is threatened. They in such perfect condition, and yet they push themselves so hard it they all have problems. It's part of daneing-to hurt. In fact bst of the star dancers will say that they hurt off and on during teir whole career."
So when you next watch Natalya Makarova soar into the air doing e splits or some such feat of physical prowess. be comforted that long as you eat enough calcium and take enough exercise your nes will hold you up just as well as hers-and you won't even lit!

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elena rubinstein . . . Make the most of your bright eyes by arting clean . . . Two new formulas to cleanse and protect that licate area of your face-Skin Life Eye Makeup Remover in a ght, white cream and Skin Life Emollient Lash Cream to help eep lashes supple. Works just like mascara with its own brush and rould be used after the rest of your makeup has been taken off onditioning Concealer can blend away some of that less than idiant shadowing that sometimes occurs under the eyes-in four tades too so you could apply it to small freckles wherever. Next, relve brand new shades of Skin Life Deep Noisture Eyeshadou owder and Cream Base-it's a two-phase system consisting of a onditioning cream base over which glides a clingy, smooth powder. Loisturizing conditioned color! Eye Makeup Remover Cream, 4 unces, \(\$ 5\) : Emollient Lash Cream, \(\$ 5\); Deep Moisture Eyeshadon owder and Cream Base. \$6. At Bonwit Teller; Marshall Field; ;ullock's Wilshire; Rich's, Atlanta.
hristian dion . . . Four soft, dusky shades of nail enamel for pring and four zingy complementary lip colors to blend with them o make up the Red Roses and Rose Reds collection-colors such as vory Rose and Burgundy Red. Lipsticks, \(\$ 3.50\); Nail Enamel, \$3. It Bloomingdale's; I. Magnin; Neiman-Marcus.
HISEIDO . . . There's a new group of five dry-skin treatment products lesigned as a total system to combat roughness and tautness. Assimilie is to be used both day and night in a variety of formulas or maximum moisture protection. Assimilia Moisture Concentrate and Stick Concentrate for day worn under make-up: Assimilia Cream Concentrate and Assimilia Facial Oil Concentrate at evening. There's a nine-tule set of dry skin masks, too. From \(\$ 8\) to \(\$ 20\). At Bloomingdale's; Bullock's; Jordan Marsh; Famous Barr.
ANVIN . . It's the sleek black look of onyx banded with gold for a ew purser case of "Arpege." Just the right size to drop into the maller, skinnier evening bags. Refillable too! Arpege Delure Atmiseur Sac, \(1 / 4\) ounce, \(\$ 12.50\); perfume refill, \(\$ 9\). At Marshall Field; I. Magnin; Bloomingdale's.

\section*{HOPPING INFORMATION \\ continued from page 105}
ntilevered shelves, automatic defros refrigerator; manual defrost in eezer, available in white, avocado, ppertone \$499.95. By Amana.
Combination microwave oven edectric wall oven: \(21^{\prime \prime} \times 23^{\prime \prime} \times\) " high, upper microwave oven, lower ntinuôus cleaning oven/broiler: icrowave 20 min . timer, stant switch, ishbutton release, swing out door, \(35 \mathrm{ru} . \mathrm{ft}\). intorior: electric oven, lay/start/cook/off clock controlled
oven operation; full black glass duors By Roper Sales.
8. Refrigerator/freezer: \(30^{1}<{ }^{\prime \prime} \times 31^{\prime \prime}\) \(\mathrm{x} 66^{\prime \prime}\) high, \(6.82 \mathrm{cu} . \mathrm{ft}\). interior top . mounted freezer, througli-the-door ife cube and crushed ice dispenser, 10 lb . capacity; 13.8 cu. ft . interior refriger. ator, half-width cantilevered glas shelves, adjustable meat keeper, sepa rate dairy storage. "Power Saver" switch helps to reduce power consumption, 2 settings, "dry" and "humid."
in harvet gold, coppertone, and avo rade. 8699. By General Electric.
9. Carousel Microwave oven: \(133^{\prime \prime}\) -q. \(\times 8^{1} 2^{\prime \prime}\) interior, \(12^{1 \%} 2^{\prime \prime}\) dianl. revolv. ing cooking tray, automatic defrost rycle. 25 min. timer, cooking timer guide on front panel, wahnut grain cabinet with harvest gold accent. \$369.95. By Sharp.
10. Kitchen rack: easy to-assemble fir and maple dowels can be set in vertical or diagonal positions, polyvinyl feet for stability. \$7 each. By Tay lor \& Ng. At The Complacent Cook
11. Window canister set: molded, heavy gauge pla-tic, 4 graduated sizes, available in yellow, brown, red, white, l)lack, and bluc. \(\$ 23\) the set. By Copco. At Gimbels and Bullock's.
12. Crêpe Suzette pan: heavy sandcast aluminum, handfitted walnut handle, crêpe recipe booklet. \(10^{\prime \prime}\) diam. shown, \(\$ 29.50 ; 8^{\prime \prime}\) diam.. \(\$ 33\); \(12^{\prime \prime}\) diam., \$58. By Courmet Ltd. At Saks Fifth Avenue.
13. Automatic filter coffee maker: 12-cup serving carafe by Corning, elec. tric coffee maker of Lexan plastic, carafe and filter top both dishwa-her proof, makes 6 cups in 4 mins. \(\$ 49.95\). By Melitta. At Bloomingdale's.
14. Porcelain enamel cast iron cookware: \(12^{\prime \prime}\) skillet, \(\$ 27\); 1-qt. cov. ered saucepan, \(\$ 21 ; 2^{1} / 2\)-qt. covered saucepan, \(\$ 27.50\). Available in Chocolate Brown, blue, yellow. By Copco.

At Bloomingda
15. Triple satzepath: 81, " diam. \(5^{1}\) 2" high. poli-l ulaminum, l-qt. capacity per pan 29.9 .5 . At Ham. macher Schlemmer.
16. Dehne Mixmavier mixer: 12 . speed setting. 4 -qt. ant \(1^{11} w-\mathrm{qt}\). heat resistant glans mixing bowls. automatic bowl speed control, removalte cord. bread and cake recipe booklet, white, avocado. \(\$ 84.95\). By Hubseam.
17. Copper souffé di-hes: lined with tin, imported from lrance. 1-qt. \$25; 112.qt. \$35; 2-qt. 845; arljustable "hrome trivet: fit up to 16 " diam. \(\$ 7.50\). Both from Willians-Sonoma. 18. Waffle grilh: \(9^{\prime \prime}\) sq. removable grid- of llack l'TFE no-tick surface makes 2 waffles at once. 2 additional grids for grilled sandwiches, imported from France. \$39.95. By Kouli. At Altman's.
19. Grain Mill attachment : range of grinds from coars to fine, glass jar to catch grain after milling included, \$4.95: shown on K 45 ehectric mixer with \(1^{1 / 2}\)-qt. stainless bowl. \$159.95. Both by Kitchendid. Both at Hammacher Schlemmer.

Page 89:
Page 89:
Victorian silver server: ivory handle, part of set that inchodes fork. From James Robinson, Inc.
Yellow ceramic plate: from Ronaldo Maia Flowers.

\section*{travelog}

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\section*{Gardeneris Noles}
byJames Fanni


gardens created loy \irs. Arthor Adams (I (i.1) have been given reeognition by \assachaselts Itorticultural sociely in form of a Silver पtedal in 19946, a Cold Ma in 19553 and special recognition for the ari Arberctumis Cemtemial celebration. Outstane among Mrs. Adans's lorticultural achievements herespaliered fruil trees, whiel may serve as exam for all who want 10 grow fonit in limited space on trees that are garden features in themselses. ) Adams likes to poinn omt that an espaliered ord is practical as well as beathiful. Maintenance is e (1) loegin with. Ao tall latders, cetconsion proners hiesh-reathing spras equipment are weded. Thim the developing froit is ine problem, and spreat netling to protece it from liorls is ats simple as hang a sheed on at chothestine to dry. Yon must begin trees grafted on dwarf rootstocks. If you plant sin stemmed, ome-year-old whips yon can do all the traming gomself. hat this motices a couple of \(y t\) delay in time. Fon practical purposes its bedter to hay tees that have already been given their b

 (athle stmeng betwern worden pensts. ahone "ith tumbuchles to keep it tant, is simple and ecomomi bparing shomblow on the same selnedule and me the same materials as for standard froit trees-altho fens material is called fore of comse. Ameng the enemies of copaliers, seale, one of the worst, may sin loe ecrublued off with a towthbmsh when it appears

 Virs. deams cints all the slowis on her trees lack tw 4 inclees in June, repeats the process a menth la and conts manted shows all the way back in September, leat ing only fonit-bearing spurs to mature t
 banclues.
Heney Lembardt, a hading expalier expert, ties the hathenes of his trees to their supperts with wil ies. पtas. Adams mes arcen gatcon twine and both insist that wire, whether bare or enelosed in pap all men dual all, smex it invariable cuts into the bank of growing stems.
 tomedopedia of Ceardening and also in the Heme Lemplarde catalogue. Mr. Leutharelt grows and st eelect assortment of truit trees, either trainel to the cmstomary shapes or as single-stem whips. One



Help remedy the desiccating effect of heated rooms by misting house plants as often as you can manage to do it"














Hore cordlens electric lannmowers will be heard this summer than ever before. although you'll have to listen closely to hear them at all. This is due to the continued development of battery-powered mowers like the Tor "Carefree." left. A great deal quieter than gasoline powered machines, the electric mower appeals to gar deners, since it starts by simple turn of a key, rather than arm-wrenching pulls on a cord. The Toro "Care free" will run for close to an hour on a single batters charge, and is ready to go again after being phgged ints the household electricity ovemight.
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The much-lamented American chestnut may be due for a comeback. College forestry departments and agricultural stations all over the country are working on the development of disease-resistant strains and on chemical cures for the blight that has caused all the damage. Tree lovers everywhere keep an eye out for the rarely found nuts and hasten to plant them in hope of growing a healthy tree. All this activity is bound to have results some time or other, and it may very well turn out to be that our grandchildren will find the chest nut as familiar as did our grandparents. There is even a clearinghouse for information about the American chestnut: Write to the National Parks and Conservation Association, 1701 Eighteenth Street, N.W., Washing. ton, D.C. 20009

everyone who has houseplants spends a lot of time moving them around. This is necessary for the sake of giving the plants more space as they grow, to take advantage of shifting daylight at different windows, and, of course, to bring them out into the fresth air and sunshine during the warm months. It all involves a lot of work, but the burden will be much lightened by Alatdin's Plant Caddy, right. A sturdy steel framework on four wheels, it is as casy to trundle around as a baby carriage. The three shelves consist of plastie trays on heavy wire frames and ean hold an astonishing number of plants depending on pot size and height of the plants themselves. Since the shelves are movable, a single large tubbed tree could sit alone on the bottom shelf, eliminating the baekbreaking work usually involved in mov-
 ing a large plant. Moreover. the Ilant Caddy will show off plants to best advantage in any surroundings. The Aladdin Plant Caddy is available for about \(\$ 79\) in garden and houseware shops everywhere

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Marigolds make excellent houseplants. George and Virginie Elbert point this out in their book, Plants that Really Bloom Indoors (Simon and Schuster, \$7.95). But the lively approach the Elberts bring to houseplant growing does not stop with the idea of flowering familiar annuals indoors. In their own New York apartment, in terrariums, under artificial light, or on windowsills, they have grown just about everything that can be made to flower, indoors or out. And they're refreshingly candid about reporting the results. In regard to Christmas cactus, for instance, they admit to having no luck with their own plants. They give instructions that have produced good results for other people and leave it to the reader to draw his own conclusions. From common gesneriads to rare orchids, the Elberts know what to do to make things bloom. Their readiness to share their knowledge makes the book a mine of information that is also a distinct pleasure to read. Mr. El bert, incidentally, is a prime mover in the Indoor Light Gar dening Society, which is headquartered at 128 West 58th Street, New York, N. Y. 10019.

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\section*{14. "ITALIAN INTRIGUE" is} a colorfully illustrated pamphlet from Foreign Vintages. Listed are many recipes for food and drink. Amaretto Di Saromo - a legendary Italian liqueur is the delieiontaste in each.
15. "TIIE HORS D'OEUVRES RECIDE BOOK." Twenty-fin prize-winning recipes, splected from 10,000 tempting entries in the Seagram's V. O. International Recipe Contert, have been awembled in this colorful 16 -page book let. Seagram Distillers.
16. YOULL COOK BETTER AND WORK LESS. Corning* 16-page brochure describes tha cooking and easy-cleaning benc fits of its new \(3+1\) smoothtop ap-pliances--three thermostatically controlled surface units and one Multipan unit for all your favorite nonflat pans.

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\section*{March. 1975}

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IHE PLUSES OF BEING OVER 30 continued from page 75

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\section*{DECORATORS TELL HOW TO MAKE \\ YOUR ROOMS COME ALIVE WITH COLOR continued from page 49}

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לpace．fumithme either mentral or all white．an of－white（arpet，and ams eoloned materials in very soft paster patterns．The memaining spate is drep eserg bant－very dif－ forent from the red，and vel mand laininge a relatiomship．
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Roblert llill．U＇se the same eo Thomghout a room－carpets，wa evervthing．If the room is a quiet color，use bright colors looks，pictures，and accessories Willian Ilodgins．Keep）the w pald－－tor instancer，off white，？ sate the billiant colors for micklle of the room，upholste lables，lamps．This is simple a ine xpensive－yon can change sl eowers and add bright color w flowers．I＇aintings reat much me strongly against a soll batch grom Ha a smomer place，foy butlia color on the flow，with sime rings．

\section*{ow to}

\section*{ecorate for less money}

0mosoro mou SPRATION FROM DECORATC CHNOUES FROM GRAFISIM, funiture, floors, impise storege CK MAKE-O YEPS



\section*{Why use real brick}

\section*{when you can use Kentile?}

Real brick looks as good as Kentile Colonial Brick. But it chips, cracks, powders and stains. Its grouting can loosen crumble, or wash away. It's hard on legs and feet and falling children. And it costs about twice as much.

\title{
"Your hair takes more abuse than any other part of your body. Spend 30 minutes with it at least once a month."
}

'I've seen good hair get a little dry, lack lustre, and become unmanageable from just everyday living

Normal things like brushing, teasing, spraying, combing and shampooing can do it every time.

So I keep a record of
ery condition Beauty rack Treatment I give a customer.

And when I find they've ie about a month
thout condition, I insist iiat they take the time out to get their hair back into shape...before l'll

even go near them with a styling comb.
I use condition because it's an intense 30-minute process. It contains more animal protein than any leading conditioner. It doesn't just coat the hair's surface. Its protein-rich cream penetrates and fills in dry porous areas on the hair shaft...makes hair look alive.

It restores body, texture and manageability... makes hair feel healthy to the touch.

These kinds of improvements take time. But it's time well spent. I've never seen it fail. Hair always looks, feels and acts better after 30 minutes of condition.
Every woman needs it...


You douse it with hairspray;

pinch it with clips

and wash the living daylights out of it.
every woman should use it.'

\section*{condition}

The 30 -minute treatment.


\section*{Announcing the 1975 Sealy Posturepedic family}

See the entire Posturepedic family right now, at your neares Sealy Posturepedic Sleep Center. Every Posturepedic has the sam firm support that's built to last. But in the Sleep Cente you can choose the exact kind of comfort to suit your own persona preference. Choose Innerspring or Latex Foam construction Choose Twin, Full, Queen or King size
And because Posturepedic is built to last, you can buy now and know you'll enjoy the benefits for years to come

\title{
better time to Posturepedic morning.
}


More than just a firm mattress, Posturepedic is a unique back support system. It's designed in cooperation with leading orthopedic surgeons for firm, comfortable support.

Under six layers of surface cushioning, there are specially spaced "body-action" coils for lasting support. The patented torsion bar foundation provides extra firmness and durability.

Posturepedic promises no morning backache from sleeping on a too-soft mattress. An outstanding value, there's no other mattress like it.

\section*{SEALY POSTUREPEDIC}

The unique back support system.
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*Suggested retail price. Prices may vary in Canada. Also available in Latex Foam (sold only in sets.)

APRIL, 1975 decorating features - elec
JACQueLINE GONNET TODAY'S LIVING EDITO
BABS SIMPSON

\section*{A KITCHENAID COMPACTOR CAN GET YOU OUT OF THIS MESS.}

\section*{It's a beautiful answer to an} ugly prohlem.
Just deposit your trash. The compactor will swallow it up, compacting it to ahout \({ }^{1}+\) its original volume. It gobbles up cans, cartons, bottles and scrap Quickly. Easily. Neatly

The exclusive KitahenAil Litter Bin'm makes it casy to handle small trash "ithout stooping. And the heg trash Iraner handles whole waste basket loads at one time.

What's more, only Kitchen Aud has all activated hareoal ait tilter to climinate oders. And you can use the Kitu hen Aid compactor with or without trash hags.
Your kitehenAad dealer will show you how it works. His address is in the Yellon Pages under "Dishwashers." ()r send us the coupon.


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\section*{Beauty and Mealth}

\section*{Features}

\section*{Reader's Service}

Wine \& Food

\section*{Gardening}
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COLOR PROGRAM DIRECTOR NADINE BERTIN
WINE FOOD
JANE BACON ELLIS
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Robinson's, Los Angeles
John Wanamaker, Philadelphia
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(House \(\mathcal{E}\) Garden
discovers the products
of Ireland.
See page 5 to 13.)
}


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Waterford crystal is a signed original, made
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\author{
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Total Atme int "nclosed or chargid"

\section*{Forty shades of green \\ delights from ireland-people. places. foo}

\author{
By Bettina McNul
}

Whether you fly into Eire from the east to Shannon or from the west to Dublin. your first impression is almost hound to be of greenness. The trish claim they have forty shades of green and the air tourist sees at least thirty-nine of these in a patchwork of tields, divided by stone walls of hedgerows, as he comes in to land. Even the airports seem more grass and less macadam than most, and the huses and mailhoxes, the phone booths, and the Aer lingus planes all echo the intense greenness of na-
Ireland is practically a floating island in more ways than one. No malter which way you turn your nose or your car's. you head either for water or a pulb. There's water. water everywhere, hut no Irishman would drean of drinking a drop of it for there's also a pub within 4 minutes of wherever you may be And very well patronized they are, \({ }^{106}\) The Irish are a friendly race, tull of humor and coontradiction. lalk in an imperative need that makes even the shopgirts masters of words, with a varied, colorful vocabulary. This means that the simplest excursion, buying a toothbrush tor instance, is an adventure. louring, therefore, becomes a poetic experience. If you stop for intormation and say. "I'm lost," an Irishman would prohably answer. "And why wouldn't ye be?" Or if you suggest you thought you'd turn right, he might reply, "You wouldn't want to be doin' that, for yed be turning on yerself for miles." You need an interpreter
the pub is the center of social life, full of gaicty and talk, instinctive kindness and cheer. And as for the inner man, as long as you follow the experienced tourist's golden rule - cat what the local population knows how to cook you will have a surprisingly lasty time trom Dublin to Sligo or Killarney and
You might start from Dublín. where the Royal Hibermian Hotel keeps three restamamts going and serves delicious sweely smoked trish salmon the Irish have the nost delicate smoked salmon I
side to the shipped back home to you at either Shannon or Dublin airports or a \(2^{1} 2\) pound, ready-to-slice side of smoked salmon is \(\$ 19\) airmail postpaid to the U.S. from Thomas Murphy (Dublín) L.d.., 13-18 Lower Grangegorman, Dublin 7. Once you have it home, you should know the hest way to cut it. First you trim off the dry edges of skin all around. The satmon is then ready to slice. Ruh first with olive oil and then with a very sharp knife cut thinly and obliquely starting at the tail end and cutting at an angle away from the head. Serve salmon on very thin brown bread and butter, with a syuecze of lemon if you like. and freshly ground pepper. Some like oil and capers, too, but I find the taste of capers too powerful for the delicacy of Irish smoked salmon. You can keep it for about three weeks in waxed paper and foil in the cooling part of your refrigerator, and for a couple of months in the freezer.
Venerable waiters in green (what else") haize aprons at one of Dublin's hest restaurants, Snaffles, will help you decide between Rosie Tinne's Steamed Sole and her Fillets of Turbot in Pufl Pastry, a veritable Solomon's choice. Rosie
hish samum, suretly smoked
with a delicate flaror,
on Patrick Scott's table.
Sechishouse page 126.
Tucked in the Wicklow monutains, simple, picturesyue,

\section*{hish stome cotlage.}
has just published a hands book. Irish Country House C ing, with favorite recipes of known Irish hosts and hoste: plus a generous scattering of own from Snaffles. (Available f Gills, 50 Upper O'Connell's St Dublin 1. \(\$ 14.50\) postpaid.)

South of Dublin lives on
Ireland's most prolific \(f\) writers. Theodora Fitz bon, at Dalkey on Dublin 1 One of the newest of her eigh titles is A Taste of Ireland ( Books) containing some excel dishes and terrific period ph graphs of the Ireland of 100 y past.

Sybil Connolly, the famous d designer whose Dublin hous pictured on page 122, is a mar ous hostess. Two dishes from own private secret storehouse recipes-served in her home her engaging butler, James-

Contimued on pag


HEATHER HONEY. A BEAUTIFUL IDEA FOR A LIQUEUR.

For over 700 years we've been taking the sweetest most netural thing on earth and making it part of a fine liqueur. Imported Irish Mist.

We use just a touch of pure heather honey. So it doesnt sweeten. it mellows Irish Mist's deep rich taste. Discover what a beautifulidea it is.

Dammated 1 eg of 1 amh and pat per-thin Parsley Sandwiches that she server not just with tea but also with a first course of smoked

for homemade soup ish and seafood are delectable throughout Ireland. I he rivers. lakes, and the seat itself
around the istand are teeming Wha happs baricty of crulatcerms and tixh. In season yoll L゙an sec satmon. packed together like sar dines. under the Satmon VIer Bridge in (ralwis tomn. or watch them jumproglike leas, with great plope as they drop bach inte the stream. In mbelievable numbers atong the Blachwater River near Cort.

Moning on by car through the billboardess laish countryside, you might head for that very Cork. Fon route there are no lixed burs stops becalue the lioh buses will stop for anyone who waves brawing you to Cork like a goumet magnet
(a) Batlymatoe House in Shamagarry. run by lvan and Myrtle AIlen. (Bally, by the way, simply means "town of"). The house has is own tarm. set in the velvety green downs. supplying the fresh mashooms. cream. eges, tish, or meat that make their friendly dahes so deticious. The Georgian place has twenty-one guest rooms and its own riding and fishing tacilities. The table is among the best in Fitre and Myrtle Allen"s recipes will appear later this year in her book. but he has been kind enough 10) give me her recipe for a delectathle lrish Mist Soultlé

Trundling farther weat in bour Car or your gypsy c゙aratam. Which you can hire. complete with horse. in Clonahilty, you pass the port of Kinsale. a center for deep-sea tishing. foward the seenic king of Kery Drive of the shorter king of Dingle Drive, with its \(70(0\)-sear ohd stonce monh is huts.


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Barca\qunger
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BARCALOUNGER AT THESL AND OTHER FINE STORES NATIONWIDE.
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COMFANY
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Pillisburgh, roungstown indiana
\end{tabular} \\
\hline Stix. bate \& fuller. St louls. Kansas City & stewart der goous, Laulsville \\
\hline
\end{tabular}

Ihis part of Iretand is full of castles. ruins. dolmens. ogham stones. stone circles. ancient crosses, and historic sites of both religious and secular interest. They saly hereabout that if you pass someone on the road and do not greet him. you are a ghost. If he doesn't greet you then hes a ghost. I he lrish being essentially gregarious, this may account for the patucity of ghosts in the land, and the plethoral of leprechatus who talk all the time.

At (itenheigh, on the Ring o! Kerry with marvelous views of Dingle Bay, the Glenbeigh Hotel caterstogolfors, if they don't mind a 9 -mile drive to the 18 -hole course and to fishermen. Its low two stories are dwarfed by hoge rhododendron trees, older than the hotel itself. The sitting room, warmed by a peat fire even in August (Iretand's average summer temperature is 60 degrees) is deeorated with lsth-century trish copper pols, and layer upon layer of handsome lrish rug covering the

dexpite the mildness of the temperature and thamks to the Gull Siream, parts of like the Riviera or California, with palm tices growing in the gardems and fichsia and other bowers in protusion
popular (ilenbeigh Hotel specialty is twinkle-eyed, poetryquoting lom F vanss sardine salad. (He's the proprictor.) He lays a foundation of lettuce leaves, then a plate-sised slice of locally caught and smoked salmon, then three small sardines topped with thin homegrown onion rings. Tom: brother Ermic runs the darger lowers Hotel in the same town. I here the erew that filmed Ryan's Datmpher sutyed and gatined weight. Both ऽpeciatize in musels. cockles salimon, and delectable small lohsters of which Paris hostess. Kihi Foure and her French hushand Jacyues, who spent a holiday there, say they could "never get enough.

If you like to lish, though there is no guaramtee of catching a salmon. you need to take a local tishing "gittie" with you. The hotels have a private beach but the water is cold. cold and only "hrish and chikden swim in it even in Angust.
()n through the rain it raims sis times a day but never for tong. the brish say, so tithe a rameonat with you-io I imerich mol lar from Shanmon airport and Bumbatty (astle. The ciastle puts on a "medieval feast" it you atre teeling Gothice but nestled under it and dwarted by the ciastle, which is worth a visit, is a wonderfatly lrinh
pirate den of a pub called Юur Nelty's. Three murky rooms fulls noise and good humor plus th satmon plate and a quick beakers dralt Guinness will keep the wat dering gourmet happy till teatim Behind the castle is a tiny Iris version of Witliamsburg, the But ratty Fotk l'ark, with various hans cratt shops instatted in atuthent antique lrish cottages.

Not far away is the spa of Li doonvarna, which serves two king of mineral water. You can choos sulphur or iron tlavor. Lisdoonva na's young tarmers and pretty loc: lassies stitl carry on the ancier custom of invading the town streets, after the harvest, to danc from eleven in the morning unt well along into the night, or unt they finally drop or find themselve a husband or wite.
Between here and limerick th Ohd Ground Hotel in Ennis make a good center lrom which you ca fan out on visits to the lunar tane sape of the Burren with its pre historic dolmens. its extratordinar willlife and astonishing flora, th clills of Moher, and strange roc formations.

Never pass up a good place tu taste an lribh "tea," the day"s mos important meal for many. An Irisl tea consists of hot scones*, tin! sandwiches. truit cake (Barn Brak). brown bread, homemad jams and jellies, and a specialtyminiature potato pancakes" liku those lavored by Lord Mountbat ten of Burma. And, of course, te galore.

There is plenty to see in Galway Dayo, and Donegal, but this tour ist then turned back to Dublin ane the detights of Bewley's Orienta Cate, whose dark mahogany and stained glass glints through a cof fee-laden atmosphere mixed witt the warm round smell of freshly bathed bread.

I side trip to Howth, just out side Dublin. brings you to the King Sitric restaurant whose spe cialty is a unique thyme and Stil ton mousse. After tasting this, and having a stioll along the fishing vil lages quaint harbor and lovely ctill wath, you may be glad to ge back to the Royal Hibernian in Dublin for a rest and a glass of its tamom lrish Collce.
Whether you leave Eire from 1) uhtin airport or Shamnon the Aer I ingus lerminals are equipped with very good duty free shops. Heay nattaral wool sweaters, lrish whis hey, Irinh bread mixes and othe foodstulls like cakes and cheese and of course salmon are among the best buys.

For lrish atmosphere at home. turn to page 138 for a setection of recipes from lrish sombers to choose from. -

\section*{Ruglatchers admire the love of the Irish} for deep-pile beauty and lasting luxury.


Rugmakers who latch hook with Brunswick RugPlan components truly enjoy being do-it yourselfers. They achieve the ultimate in beauty and luxury for wall or floor decor.

Latch hooking can be quickly learned. A color-keyed design on 100\% cotton canvas guides the rug to completion. Using pre-cut yarns the pile surface takes shape beneath your fingers
But it takes the Irish to spin thicker, heftier esilient pure wool yarns your efforts deserve They make your rug more admirable because of dense, finger-deep tufts of lustrous color.
Hurry, Needlework counters are ablaze with these originals. In Kits or open stock Highlights are here-the entire collection in RugPlan Catalog Vol. 4, mentioned below.


\section*{brunsulick brunisulick RugPlan}
 No. 510-Fat Cat


R15-Strawberry Treat \(24 \times 36\)



You can tell a lot about an individual by what he pours into his glass.



\section*{The Orient Expression.}

An Oriental theme characterizes much of the furniture in Henredon's Folio Eleven Collection You'll find the same dedication to good design in the wide variety of Henredon styles spanning every major decorative influence. (As well as the most careful raftsmanship and an unfailing use of fine materials.) To see illustrations of the entire Folio Eleven Collection and xamples of its compatibility with the pure comfort of Herredon's Upholstered Furniture, send \(\$ 2.00\) for both brochures to Henredon. Dept. 111: if-iラ, Morganton, Nonth Carohima 2865.55

\section*{Henredon}

\section*{\(\int\) Priques}



II hat ran yout tril me about my tea set" Is it unusuat that a matching Toltered lutter dish is with it. R.H.K.-Beruich. P'a. The Pairperm Manulacturing Co. of \en Bedtond, Maso., marte your phated -iber tea resvere between 1880 and 1900 . Butter disheses spoon




\section*{virfiss (antorlll}

\section*{Frome the roung slietch fre enclesed. can you tell}
a) me the origitn of our old bell?
\(\qquad\) B.C.D. - Cursun Cit, Mich This lwany brane mobleth, dated 1878, bearing the maker= marh Chiantel, Fondeur, and the swise can-

\section*{Lom where he worked, saignelegier, ha- been matle} on throngh the vare in switerland and aleo in Amerisa. It is adsertioned in the sear- Roelouck catahogue


\section*{Nipportiose Plento}

\section*{(In the luentiont this phater is the marh} I hule stiotcherl. It hat is the signific.
 PFB. Broolhhmen Viss
 \ipponand Japan, meaning mivin of the -an, are interchangealde. Thac


 pollems and portelain made in dipan for the Weatern mpern tradd.

Contimued on prige 20

\title{
Should you buya Gorham Original? Now more than ever, you should.
}

In these times, there are many distinct and unique qualities of Gorham Sterling that will safeguard your investment over the years.
The investment in your Gorham Sterling endures partly because silver is a rare metal that's becoming scarcer, and because each Gorham Original is more than just a beautiful pattern. Each is a total design-a true work of art in Sterling.
Total design gives your Gorham Sterling a perfect balance between ornamentation, shape and function. This is why every spoon bowl, every fork tine, every knife blade is designed specifically for a Gorham pattern. It is why some Gorham spoons
have tapered bowls, some rounded bowls; why some forks have one shape and some another. Total design gives every Gorham Original a classic elegance and beauty. Beauty that endures time and change.
Unlike ordinary household furnishings and appliances, your Gorham Sterling will continue to live with you throughout the years, and become more precious with time. The world famous Gorham Hallmark has represented the pride of the silversmiths' art since 1831. It says that your Sterling is the ultimate in beauty and craftsmanship. Sterling that is unmistakably Gorham.


等



\section*{}


\section*{Announcing Clean.}

You're looking at one of the best reasons in the world to own a Whirlpool range. Clean.

The beautiful cook top, for example, is a single smooth glass ceramic surface. It can be wiped clean in just a jiffy. No more burners or reflectors to scour. But that's only half the story.

The oven is continuous cleaning. That means the specially treated surfaces on the walls and door continuously clean themselves. And they do it during the normal baking operation. (Spillovers should be wiped away.) There's no special high-heat cycle required.

Actually we hope the only problem you'll have is deciding which model to choose. You see, Whirlpool now makes smooth-top ranges in just about every size and combination you can imagine. From set-ins and built-ins to free standing models. And they're all available from your Whirlpool dealer now.

Incidentally, they all cook and broil beautifully. Just what you might expect from a Whirlpool Range.

\section*{Whirlpool}

We believe quality can be beautiful.


\section*{It's a new kind of warm.} lits a new kind of blanket. It's Cellulayer by NorthStar.

It's a blanket made with a process so unique that it's patented. We've put a layer of cellular polyester foam between two layers of brand name fibers or woolen blends. The blanket shown is Stardream with Dacron 88*. The cells in the foam actually trap heat and keep it on your side. That means the blanket is a lot warmer ... without any extra weight. And the Cellulayer \({ }^{\text {r" }}\) blanket is fully machine washable and dryable and resists st Iding or pilling. Because all three layers are put together with our exclusive Fiberwoven process which interlocks the fibers to the cellular core. Ounce for ounce they're the warmest blankets we've ever made. New North Star Cellulayer is available in a wide variety of style, colors, and all bed sizes. And whether it's on biankets, furniture upholstery, auto upholstery, carpet yarns, drapery cloth or fabrics for fashis, and home sewing .-. our name is your assurance. Chatham Mfg. Co., Elkin, N.C. 28621.

Anything worth covering is worth

"Dacron 88 polyester is a registered trademark of the Du Pont Co

\section*{Quality. The endangered species.}
is country may be in danger. We could be sing something we can't afford to lose.

Once, when a man produced a product it as the best he could possibly make. He stood ehind it with pride. He lived a simple idea: Do right or don't do it at all. Nobody told him that. o government agency dictated it. And it built a andard of living for all the world to aim at.

Now that idea is threatened. Today that ride in workmanship, in the quality of things, is danger of slowly slipping away.

However, there are companies, actually lany companies, that are working harder today han ever before to preserve quality in everything ley make.

We feel that Whirlpool Corporation is such company. And we feel it so strongly that we ave dedicated our entire company to the presrvation of quality. And that means more than ust making quality dishwashers, dryers, autonatic washers, refrigerators, freezers, ranges,
compactors and air conditioners. We mean quality in everything we do.

That's why in 1967 we initiated our Cool Line service. Toll-free help that's available to you anytime. Just call with any questions or problems you might have concerning any Whirlpool appliance. The number is 800-253-1301. In Michigan, 800-632-2243.

That's why we have a Quality Control Department that assures you of appliances you can count on. Day in and day out.

That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

We believe quality can be beautiful.

\section*{Keep a spill frombecoming a stain.}


You liked your furniture enough to pay a lot for it. So what are you doing to get your money's worth? A blob of ice cream, a dribble of pop, and suddenly that new sofa or your favorite chair starts looking its age.

But an occasional, generous spray of "Scotchgard" Brand Fabric Protector on clean furniture, and watery and oily spills just bead up. And you can blot them away.

It pays to invest a little in your furniture's future. "Scotchgard" Fabric Protector helps keep your furniture looking newer a lot longer

\section*{Scotchgard}


\section*{ANTIQUES continued from page 14}

\section*{Corieptral Eeptle EHaldere}

Ih unshe brought this comtraption barli from Iapan. Hare lous amb idere what it aras assed for and hom old it mav he? M.B.-I'hitadelphia. P'a. Yome wromgtiron device, which was made in Japan in
 fire. The adjumable shaft can ber rained or lowered at will-therefore it wan talled a jizai. meaning "at one's will." In the lant of the peasant, a simple affair made out "f hambere was ane lo serve the same purpose.


 and pepper shaliersueremade: Ihe the loes alrd gitl eeperesellt allowne in presticular? F.I.T. Manchester. Corme. Cour pail of salt and pepper bakern in the tom of enameled poreetain ligmes in
 the Kate (imenawat -IV. Wa- mate atonn 1880-1890 lay the Worcester Linsal Poreatan Comprans. LAl.. vemmonly called Royal Worcenter. A lemding feathre in Kate dimenawas draning= of children was her resival of the charmingly graint contrme of the lee imming of the l9th cenlury. Which poned an irresinible that it has leeen said that "hate Greenanis dremed the children of the contiments.


It hat information hate yon oll the age, stule: alld periond at this old bed?
I.P.U.-Cherry Hill. N.J. lom tall, perneil-pua bed with pineappleform finials is really Ameriean country perlaph Sonthern or Niddle Western, dating about the mid-19th century. The l, lanket roll- at eath enel sugest that it was probably intended to be placed length. "Vine alyain- the wall.

\section*{Sraiforalshired Marli:} Inomld low to lium the arigin of min lutter dish. (ian ben tell la the marli:' W.F.-Lambel. I/d. Your di-h beare the -tamelard printed mark of stafferembire penters Eloge Valkin \& Co. It
 reotivered and 1891. "Chan!" in lhe name of the patlerat.


ITE.M. © K. CO. in
\(\frac{\text { MIE.M. ©. Co. }}{\text { CHANG }}\)

verl: The morli of aloute sixtern artises includlug this portrait of Bishop II illicm II hite loy Gillome sithart illustrating the dratopment of puintime in I'hikadrephice will lee in the lowet whibition "t the athmal I nimersity of Permos)ltania IIospital Imlirfucs Shome at the Illard lingineers femorls. Iamerester here at Thint-third Sit. Philadelphia.I'は. Ipr.1.5-19.


\title{
Your home library says a lot about your home.
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\section*{Any \(\mathbf{4}\) for \(\$ 1\) when you join The Literary Guild. Buy 4 more at big discounts, anytime.}

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You have 10 days to return the order form so we get it no later than the date specified. If you receive an unwanted selection, return it at our expense. NOTE: All prices quoted are for publishers' editions. Fírst number listed beside each book is the order number.
The Guild offers its own complete, hardbound editions. sometimes altered in size to fit special presses and save members even more. If card is missing, write to The Literary Guild, Dept. (iR 266, Garden City, N. Y. 11530.


\section*{Eth Century French reproductions.}

Among antiques of the eighteenth century, those of France exhibited such individual artistry and diversity of form and character that the connoisseur refers to this period as "The Golden Age". The secretary pictured here in a aker, Knapp \& Tubbs showroom as reproduced from one in the aker Museum. The arched cresting d incised mouldings faithfully folw the nuances of the original.
The Bergère shown above, a most aracteristic form of Louis XVI ating, was first created to permit dies of the day to sit comfortably hile displaying their costumes to ll effect.
The Louis XV stool is also a delicate xample of handcraftsmanship, as is ne Empire refraîschissoir, a table sed in the dining room to chill wine. No other furniture requires such aried skills to faithfully reproduce. rom sophisticated court furni-


\title{
Weiman makes beautiful things happen
}

\footnotetext{
like this Italian Classic Style Curio Commode from the Tempo Collection. A lighted interior, surrounded by curved glass panels make this commode the center of attraction to enhance your room.
For the finest in upholstered furniture look for the Weiman/Warren Lhoyd creations. They feature a host of magnificent fabress and styles to compliment you and your room, with the look and touth of riehness and comfort.

Look for Wemman at fine iurniture stores everywhere, and get a free colorful brochure of uceasional decor ideas. Or, write lor your free brochure. In Mami or Fort Lauderdale, have your decorator show Wemman to you at the euster Showrome
}

\section*{NOTES OF A}

\section*{arpID! (anselreemedr}
lie just been reading Jessira Crowell Ityatt's My Vineyard, a delightnl accomut of domestic life in the eighties and mineties in Martha's \inesard. "hen its author was a child. Many of the -treets and houses she describes are still proudly cared for in Vineyard Haven, but l'm afraid the approach to the care, there and evertwhere else. has changed remarkably.

In describing "Spring Housecleaning Time," she begins with this "It was a family affair and took days to accomplish, one room at a time. Carpets came up, but only with the long, back-breaking procers of taking out all the tacks that held them fast to the floor. This was man's work. They were called from whatever legitimate "ork engaged them to do this menial task, but they came, Grandpa and \(m\) father, and the carpets were taken up and out into the yard to be beaten and swept, aired and sunned throughout the day. Another job was to take dow in the coal stoves that kept us warm during the cold "inter and store them. The big living room Glenwood was put on rollers and wheeled into the recesses of the closet under the fromt stairs until the cold weather came again."

In a later passage she describes washing the entire house-literally "ith yellow soap for the floors and white soap for the painted wootwork and walls. Obsiously, this is a far cry from housekeeping today-and I gness that is what it really is. keeping. Thanks to all our fine equipment-self-cleaning ovens, frost-free refrigerators, mo-iron sheets. trash compactors - we do tend to keep clean. And if wedoget seruffy around the edges. there are all the miracle sprays that instantly cope "ith everything from rust to mildew.

As for heating, even in our house a modest 125 years old, we hase a most modern heating and cooling system that's a tremendous. help in keeping the entire house clean because all the air coming in is filtered and clraned. We keep all the windows and the stom "indows down all winter and summer and just open a few strategic ones in the milder months. In 1 inter. the air is heated and humidified, and in the hot weather it's dehumidified and cooted. It circulates eventy through the house thanks to a powerful set of blowers and the happy fact that we inherited a good duct system from the old hot-air furnace. It's a wonderful thing to have in the (it) because we can filter out all the smog, dirt, dust, and pollen that are irritating and umpleasant. I'm certainly glad I don't have to depend on the old-fashioned coal stoves and have to face the ardume dean-up of their ineritable deposits of soot.

Live fomm that Liquid Ajax All Purpose Cleaner really is an allpurpose cleaner. I have newer tried it on chrome fixtures until last weckenel "law I had to get the guest romen and bath ready in a homre. I materhed up the Ajan and some wft clothes and whiped the bathroem intu- tape in no time al all. What atemished per was the
 I deamed that. (ow) fame om looking almost new. In addition to



Contimued ompage 123

There comes a time in a persons life when a larger safe deposit box is advisable.

\section*{Karastan...in celebratio}


\section*{Americana}

\section*{The grandeur of pure wool... \\ in a class by itself.}


\section*{In splendid carpets and rugs. Circa 1975.}

This historic home hosts a guest appearance by Karastan...with a present day collection perfect for an American mood. Treasures from the Orient were prized in those early days, as you will prize Karastan Oriental design rugs today. And the graciousness of that era is capture in broadlooms and rugs inspired by designs from our nation's past. Power-loomed and superbly crafted of pure wool, each bears the Woolmark...your assurance that luxurious beauty, glorious color and unsurpassed quality will endure long into the future.



Virginia is the Stratford Hall birthplace of the only two brothers to sign the Declaration of Independence. Monticello. Mount Vernon. James Monroe's Ash Lawn. Patrick Henry's Scotchtown and George Mason's Gunston Hall. All together for more fun, more vacation - more America -to the mile. Because whatever you love, it's here. Virginia is for lovers.


\section*{ youriself of tho full
 How to eat, and when}

\section*{IBY ELCDINE IB. TIRECCIHER}

(1)war II ilde once described someone as knowing the price of erery thing and the value of nothing. This could refer to lon of people nowatays when they talk about food. The rising cost of food is a Number I consersation piece but so many don't realize that the risht foods in the right amounts do help their borlies. and the lack of certain fords hinders healthy growth.

Fortunately. for all of us. more and more articles are being witten ahout nutrition, the study of how foods, once sou've eaten them. help, make !ou a healthy individual. For the past year t've "ritten columns on what to eat. and why. This column, however, concentrates on hou to eats and when.

You ran consume three wonderfully batanced meals each day, and be bor proud of yourself. but you are still wasling your time if you ornlp them in ten mimutes flat. I meal should be treated as a Eraveful panse. not as if you were tring to hreak a track record.
For a clange in pare. why not a different setting for your meals? Thic linnan general Lucullus had several diming rooms in his house so that meals of different degrees of luxury could be served nith bacheromends appropriate to the perion he was entertaining. That's calquerating it a bit. 1 agree but why not breakfast in bed after the children wo to echoon? Why not a living room picnic dimer in the midllle of the week?
Wherever you eal. on should give sixty to ninety minutes a day to eating. Whike pending more time eating. you extend the pleasure of it. Youll improne your digestion as well as help to reduce gas, burping. and prevent hearthurn. Youll reduce calorie intake. improve the health of your gums and teeth. conserve food, save money, and if that's not enoush. you might find yourself cultivating the art of cozs and informative communication with your family and guests. And eating shonly is a marvelous way to relax!

i\(f\) wou are a rapid eater all of these benefits could be accomplished b! allowing a minimum of twonty to thirty minutes for each meal. and by acquiring the practice of eating slowly, chening each bite so thomoghly that the food will be finely divided "hen it reaches the second station in the stemath.
Comparativels fon people take this adsice seriousty. Yet it is free for the tahing. What is required is a retraining of your eating hatsits. A hathit is cetal)lished mome masity if you beliene it is a halhit of salue to yourself. It is repeated again and again until it becomes a fixed laalit or a wat of life. Bh chewing food thoroughly you also man prement that uncomfortable ferling of fullness after a meal. Other canses of indigestion in the leseathe imdividual are emotional in orizin such ar hoilt-up temions and presoures. So why lume? (;ive mpaltime prionils. Relas and mion.

Thomengh matieation exerwise the geme and improves the blood
 gins in lte mouth, and, if you donit chew slowly and well. the pero-

Contimued on page 32



Just a few things
You can say here are selections from our intriguing Malay group All aluminum. Meticulously crafted Timeless Chinese Chippendale. Updated classics.

And you can say these are just two of the dorens of designs included in America's finest collection of casual furniture You can say all these things about Meadowcraft. lou can say all these things Because theyre true.
Hesuloucrafi

For alowh at all mat
Mcadowarsft. write for sur full. aolor hrexhure PO Bor 1357 ,
Bermungham, Alabama 352 rit
(d)

\title{
The no-compromise vacation. The only place you cut corners is on the cost.
}

We'd like to help vou pend less money for your vacation this year. Without getting lew vacation for veour money
Sowe've put together what's probahly the mose helpful vacation planmeng guide in Amerted It full of facts about things you can do here And woull he surprised how many of them are free.
Feen the Irepkit sfree luet nend us the coupon
Andfun\} wut how far wour vacatoon dollar can take you.


Niame Addren
Zip

\section*{Iree South Carolina Trip Kit}

\section*{NOTES ON NUTRITION continued from page 30}
cess of digestion will take longer. The stomadl will have to work harder, contracting and expanding more to prepare the food for it further travel along the digestive tract. An enzyme in the saliva act upon starcll in the moutl and begins its conversion into maltost and dextrose

Saliva prepares food for swallowing by changing its consistency and acts as a solvent. The more liquid the food. the more taste one experiences. Remember that clewing starts salivary secretion. The moistened foorl stimulates the taste buds, which are on the tongue, and enhances the enjoyment of taste.

5aliva acts also as a cleansing aqent. Particles of food allowed to stay in the mouth serve as an excellent "culture media' for the grow th of bacteria. Saliva clears them away. Sativa moistens and lubricates the lips and mouth. This improves articulation and personal comfort. Saliva serves. too. as an excretory agent of many organic and inorganic substances. and plays a vital role in the regulation of water balance in the bods.

Salivary secretion is activated as well by nerves and hormones, (The word "hormone" is derived from the Greek word meaning to evcite.") Materials placed in the mouth call forth after a short. latent period (two or three seconds) a secretion of saliva, which varies in quantity and quality with the physical and chemicat nature of the substance introduced. And taste affects the secretion of salisa. Pleasant tastes are perhaps one of the most powerful sativary -limulants. I npleasant tastes (inedible substances, strong acids) can and do caluse profuse salivation

Just as the real epicure swirls gently a superb vintage wine to sanor the bomquet. then sips it slowly to enjoy the flavor to the fullest. so the real gourmel prolones the pleasure of food by eating sontr. The erommet never gobbles his food. onty the gourmand. Later mouthfuls of forod distort the face. More serious, a large bite of food swallowed without being finely divided by chewing and moistened by saliva may become lodged in the throat or esophagus and result in death.

People with gastritis, gastric or duodenal ulcers, hiatus hernia, diverticulitis and diverticulosis, to mention a few. often find their discomfort is lessened and sometimes disappears entirely by practicing the simple act of eating slowly and chewing food thorouglily. Exen if you don't have any of these ailments, you"ll find the more sonly you eat, the less food you are likely to sat in a given time. Bating slowly is a great ruse for cutting down on total calorie intake without feeting deprived. By eating smaller quantities of food. we can reduce our food bills as well as effect a "radual reduction in weight.

Willions are spent each year on the care of the teeth. It is a sound investment. Hurh of the investment is initiated for comfort or cosmetic purposes. Nore importantls. teeth which do not occlude, or meet correctly. hamper proper chewing of foods. Remember the act of chewin! "evercises" the teeth and improves the blood supply to the wums in whiche teetle are anderered.
7 - \({ }^{-10}\) dig our granes with our teetl" is an ancient and famil ian alape. 'The impliration is that we overeat. and many do. An additional hatard is that in failing to then well we make a
 "hiclı misht will thomagla masiation and relaxation be avoided. The momal is (o cal sowly. and foster this practice until it becomes


For the rapuit ratere tricks to slow down the process oftem hetp. One is to lay down the kuife. fork, or spoon between earh hite and engage in conversation before the next bite. This practice is effece-

Comtimused on paze 31




NOTES ON NUTRITION continued from page 32
tive for man? orerweight indiciluals who ton andl excensive yuamitien of food in an amazingh b, fief time. I see⿻ond one is gradually 10, deerrease the quantities of food provided. aml a third, of course is no secomel helpings
I patient of mine low weiplit ha havine the platter of meat placed at the "pposite cond of the talle in from of his wife where he could mot contemplates. cul off. nad cat the choice morels, that he enjoved. When he stoppet eating thone small, high-ralorie snacks throughour the meal, hee liseonereet that he not only felt beelter hut his hearthurn and ferling of fullonese disappeated too. And his girth gradualls diminished. Surch beneflis are not accomplished in a day a week. nor a month. Substitnting and implementing a good habit for a


TICin that he knew that we dreuld eat more slowls and wisely.
 "illswache. This is a wers sonet idea for antive goungsters who burn





 -Hill the mestimperiant meal of the fay!
Of prime importane to the performanere of all lamils members

cause repeatedly it has heen found that a comseriemtious mother nill see that her hustanad and children hane an allmactive, appelizing hreakfast and neeglect to eat it herseelf. Often this is becanse she thinks the omission will enable her in '"nt down on calories. Cut down on calorices she may. but she also cuts out nutrients essemtial to her well being.

A batanced. plammed lireakfact at home is likely to be more nunritious and less expensive than the emply calorie snacks available at the average snack bar. In general the stomach empties between three and one-half to four and one-half hours after a meal. It is then that sou may experience hunger pangs. A carton of milk will do wonders to allay the sensation of hunger and non fill you up to the extent that you do not approach the next meal with zest.

\(t\)ea is anther snack idea. I treat for your children. it is a relaxing "ay to visit "ith friends. A cup of tea makes you stop. It helpo wou get gring again. Hemry James, obviously a devotee of teat once wrole. "There are few hours in life more agreealle tham the hour deticated to the ceremony known as afternom tea."
It is a highth personal matter whether you eat three meals a day separated In ficce to siv-hour imervals. or if you add mid-meal shack- or if you feel befler eating small. more frequent meals. The stumar小 doenn"t have a buit-in cloch. but through "sensation" of ten "Iells time" to eath. You simply musi find your own pattern.
For these who want a general background in nutrition but do not "ish thestud the sulbert in depth, an excellent book is The Science of Nurriion \({ }^{\text {M }}\) Marion Thompson Artin (Macmillan). . \(\quad\).

\section*{Ridgeways are for people who give permanence priority.}

There's nothing like owning an heirloom Especially one the thas the warmth and charm of a Rıdgeway Grandfather Clock Choose from over 40 styles, 20 wood
finishes, 5 decorator colors, 3 sets of chimes and several (apartment to mansion) sizes. One is just right for your home. And your budget.


FREE: This colorful illustrated brochure complete wilh decorating ideas
and lislof dealers nearesi you. and islo dealers nearesty
Aidgeway Clocks Division.
 Rifgeway. Virginia 24148
the Losting Impressions of

eestyle Directions, a new bed and bath collection by Missoni.
ripes, florals, and dots in easily coordinated colors and textures.


From France, at fine stores everywhere and at Baccarat, 55 E. 57 St. N Y C. 10022 Write Dept HG28 tor illustrated brochures featuring stemware, china or gitts, 504 each, silver. 109


\section*{SOME NOTES ON GOOD LOOKS} AND GOOD HEALTH

\section*{Dry shim? IDiet? Sun? phl? Four vital questions about your slive}
with ansmeps from leading dremeatologisx. IDr. Nammel M. IPodels

ESY CAIBIINE SEEHBOIIMI
The things that have been writlem aloout skin care could probably fill several branches of a pultic library, but there are certain key questions that are particularly concerning people just now and it is these questions that we pul to the distinguished dermatologist. Dr. Samuel II. Perk. Professor of Dermatology Emeritus, Mount Sinai School of Medicine. New York City.

\section*{What help.s dry shine?}

Mei-ture in given off by the skin in two forms: 1) by insensible per--piration. which is the moisture that is put on the surface of your -hin from your sweat (so sweat is a qood mosisturizer) : and 2 ) by the slow lowe of water given out, not through the sweal glands. but through all the layers of the skin from the blood stream and from the skinitself.
1)ry skin in an othernise, normal, healthy perixon, is due to the fact that the upper layers of the skin. which are dead. do not retain the natural moisture as long as they are meant to. Most often this is due to a dry atmouthere-in parts of the country such as the Soulhweat. or in over-heated romms ant where. Also some people lach eertain sulbexances in these upper layers of skin (keratin), whieh help lind water to the shin.

Von if sou took the top layer of dead skin, or keratin, from your borls. as an experiment, and put it in a dehydrator to take out the moisture. it nould took like a piece of teather, dry and brittle. You (r) (o) lend it and it snaps. But if you put that "leather" in water it at once becomes ooft and pliable again. If. on the other hand, you cover the dehydrated keratin with all the grease in the world, from mineral grease to the finest lanolin. it "ill still be an stiff as a board. In other words. dry ness of the skin has nothing to do with lack of oiliness-it is simply a question of water.
Modern moisturizers put moisture back in the skin because they are formulated so that the skin will take up water from the cream, and the cream won't fight the skin for water. Another way of moistwrizing is to use petroleum jelly. Which moisturizes the skin by a different method. It act- as a barrier so water can't get out, and you moisturize yourself.

Clycerine and rosewatter were once considered to be fime treatment for dry skin. We new know that ghererine has a very peculiar properts-it aboorlo water. So if ghererine is weet on the skin on its own, it would temet to dry it. Howemer, ghecerine is put imto some conmelice in ortler to heep them from dry ing ont, but they are formulated not to dry your shin. 'The very effective modern moisturizare are nater and oil cmulsions.

Continued on paze 10

\title{
Does she... or doesnit she?
}


Above: Grace Pelham in 1967. Below: Grace Pelham today. Her hair in beautiful condition, the color soft, young.

\section*{She still does! \\ with new improved Natural Wear Creme Formula.}


And now to the beauty of Miss Clairol \({ }^{\circledR}\) color, we've added extra wearability and conditioning. With all the haircoloring that's come and gone since we started it all, nothing has yet been invented to give you softer, more natural color than Miss Clairol. It's still the "haircolor so natural, only her hairdresser knows for sure."©

And now, it wears that way too. The new formula keeps your hair shining with the fresh young color you love, week after week. Covers gray - completely! Leaves hair even more manageable with a lovelier, livelier touch
Try it to see why most hairdressers and more women use Miss Clairol than any other haircoloring. Try it, for haircolor the best it can be.. at any price!


\section*{Nev invil}

Creme Formula
To know you're the best you can be! \({ }^{\text {Tu }}\)



\title{
USE IT AND YOU CAN SEE A NEW VIBRANCY IN YOUR SKIN WITHIN 21 DAYS.
}


Visible Difference is Elizabeth Arden's unique moisturizing and texturizing creme in one.

Clinical tests show that it can actually change the appearance of your skin. It penetrates up to 20 skin cell layers deep ...to make your skin more luminous, more velvety, what we call vibrant. Whatever your skin type.

Visible Difference. Look for it within 21 days.

"The World's Best Skier"

\section*{Moppets}

Introducing the newest "sport" members of the delightful Moppets family... an ambitious skier and captivating cheerleader. Captured in hand-painted porcelain for a gift that will be cherished forever. From the Gift World of Gorham. Make someone smile. \(\$ 12\) each

Moppets . 1975 Fran Mar. Gorham Division of Textron, Providence, R. I.

\section*{YOUR SKIN continued from page 36 \\ Hone dores diay afiferd yont sliat?}
 out what is best for sour win. The aremage known standards of stamins and adergate mutrition do sen well for a mormal shin. lant some of un later a differom metabolism amd hatse different athorption mot muly of vitamins lout of ohter compenemt- of the diet as well. Lee me take all example: the ere are some individuals. menallh in the age grouptretwern about 20 and 10 . who develop wer dre shin. and in addition. the shin has what we rall heratosen, that is. lithe gatherings of dry shin abone the suffere. In mild cases, they are often seem on the upper thighs and upper arms: in extreme rase - on the forehrad, chest, and eten hands.
 called thataminosis \(\lambda\). Where the normat amenot of stamin \(\lambda\) in thein fored is either mot abmoned adequatels or is not milized moperh in the trods. So the meed extremets laree dose (as much


 Uithin limits. His is trues. Bint the amoment meded by mothth is -o






 cription oml.


a hormonal disturbance plus bacteria), very often makes the ac worse-depending on which part of the commery you live in. If y live at the seaboard, there is less tendency to nead iodine than the is in the Middle Whest. I've tried to make iodized salt, for instanc illegal in the states that do not need it. (A.k jour doctor for advice fodized salt, and foods like shrimp, oysters, and clams, conta enough iodine to aggravate a ease of acne.

\section*{}

In our afflueut society, large segments of our population do not gi their skin a rest perionl, hut worship the sun all year round. That why 1 think skin cancer due to actinic damage ( caused by excessi sunlight) is on the increase. And if you are a redhead, or hat freckles, then you are also more prone to sun exposure and sk cancers than other people.
If you have a small scal tumor (litle growth) that looks like "art but is not in the place a wart nould normally be, such as th feet or hands: and if it grows. and if it bleeds, then you shoul instandy consult your doctor on dermatologist. In older peopl above fifty a common akin cancer called basal cell cancer, manifes itself as a small ulcer that doesn't heal. Again, consult your docto These cancers, "hich are about 90 percent of the cancers we set are curable in more than 9.5 percent of cases.
Hore sorious skin cancers are much larger ulcers, and it is no likels that tou would neglect them. The final group are the cances that arise from moles. Now there are mans people walking aroun "ith moles who are perfectly health. The average mole rarely turn into a cancer. Honever. if one of those moles becomes very black gets higater, and expecially if it tends to lleed or become inflamed please consult an authority. (1)uring pregnancy, moles tend \(t\) Continued on page 4

\section*{The Crystal Etcetera Box}

This new Gorham Original is the ultimate in full-lead crystal. Exquisitely hand-blown. Deeply hand-cut for diamond brilliance. Superb for after dinner mints, sweets 'or nuts. Or for pearls, pins or etcetera. A sparkling gift; \(41 / 2^{\prime \prime}\) across, \(31 / 2^{\prime \prime}\) deep. Only \(\$ 14.95\) at finest jewelry-gift stores and crystal departments: gorham divisionortextron, providence, r. i.



48 liqueurs, count'em, 48 of the most refreshing
flavor memories from childhood. Grown up. True
fruit flavors like Cherry, Chocolate Banana,
Apricot, Sloe Gin, Strawberry, Chocolate Cherry,
Chocolate Raspberry and Blackberry.
And 40 others.
All of them natural. The most delicious full-strength after-dinner drinks there are.

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A few of the more than 100 artists whose works will be available in signed, limited editions to FINE ARTS 260 subscribers: Alvar - Roberi Kipniss - Jacques I alande - Yigal Zemer - Cayetano de Arquer • Alex Packham • Antonio Guansé • Resalind smuth • Jeremy King • Denis-Paul Noyer • Joe Ardourel • Stefan Martin • Jose Puig Marti • Frédéric Menguy • Anton Refregier - Lebadang • Jean Sariano - Alain Bonnefoit • Diana Bennett • Keith de Carlo

\title{
FINE ARTS \(260^{\circ}\) \\ A DIVISION OF \\ BOOK-OF-THE-MONTH CLUB, INC. offers readers of House \& Garden an invitation to accept one of these fine original works of art \\ By SALVADOR DALI • ANTONIO GUANSÉ LEBADANG • EDWARD DeWITT
}

\section*{a single world-our own-we see it multiply until worlds as there are original artists" \({ }^{\prime \prime}\) marcel proust}

FINE ARTS 260, a subscription service for YOU MAKE YOUR CHOICE IN art collectors directed by the Book-of the-Month Club, commissions American and European artists to create, in very limited editions, a wide diversity of original prints-lithographs, etchings, woodcuts, engravings and silkscreens-as well as sculpture cast in lost-wax bronze and other materials. Through this plan, artists can be provided with a more assured market than is possible through the conventional-and costly-system of gallery exhibition sales; thus, prices can be substantially below those one would expect to pay for fine original art.

\section*{INTRODUCTORY OFFER}

To introduce this service, FINE ARTS 260 invites you to choose one of the original works illustrated and numbered at left. Each has been created in a special unlimited edi tion and signed by the artist in the plate, stone or mold. Exhibit the work in your home, then decide whether you would like to participate in this exciting collector's program. If you should choose to do so, the work you select will be yours to keep.

\section*{YOUR OWN HOME}

The program allows you the convenience and pleasure of choosing works of art of interest to you in the environment in which they will ultimately be displayed and enjoyed - your own home. As a subscriber, you will be sent periodically a portfolio containing descriptions and color illustrations of framed original prints and sculpture - more than forty works during the coming year in a wide variety of subjects and styles. You may select any of these with the very significant privilege of examining your choice and, if you do not wish to keep it, returning it within thirty days

\section*{TRULY ORIGINAL PRINTS}

All graphic works-lithographs, etchings, etc -meet the standards for original prints es tablished by the Print Council of America The artist himself creates the image on the stones, plates, blocks, etc., then personally directs the pulling of impressions from these plates, stones or blocks and approves the finished prints.

LIMITED EDITIONS, SIGNED BY THE ARTISTS AND NUMBERED
The prints offered throughout the subscription will be pencil-signed by the artists and numbered. Editions will be strictly limited to 260 impressions (plus no more than twentvfive artist's proofs not for sale). After these have been completed, the stones, plate's or blocks will be defaced so that further impressions can never be made.

\section*{SCULPTURE}

During the subscription, meticulously cast sculpture will also be offered in signed and numbered limited editions. The exigencies of the casting process dictate a slightly larger edition size-of from 300 to 500 castings.

\section*{ATTRACTIVE PRICES INCLUDE \\ APPROPRIATE FRAMING}

The unusually reasonable prices of these works - generally ranging between \(\$ 50\) and \(\$ 75\) (occasionally slightly higher for more complex works) - are more appealing yet in view of the fact that framing is included for all prints. Your selection will arrive ready to hang and enjoy without delay. Frames and mats are chosen in the custom design departments of leading New York houses: Kulicke, the award-winning studio that has designed frames for the Metropolitan Museum and the Museum of Modern Art in New York; and A.P.F., framer to the National Gallery in Washington and for the White House collection of Presidential portraits. SPECIAL OPPORTUNITIES
As a free supplemental service-in addition to the regular service of the program-subscribers will occasionally be offered works of art deemed to be of unusual interest to collectors. Prices of these works will range somewhat higher, commensurate with the exceptional stature of the artists, but again will compare favorably with gallery prices.

\section*{COMPLIMENTARY BOOK}

A copy of an interesting and helpful bookA GUIDE TO THE COLLECTING AND CARE OF ORIGINAL PRINTS-will be sent to you as a gitt when you subscribe. Although there is always the possibility that the works of art acquired through FINE ARTS 260 will appreciate in value over the years, another, more enjoyable approach to collecting is suggested in this book: "Buy prints because you love them and not because you calculate they will carn money for you.

YOU RECEIVE ONLY THE WORKS OF ART YOU SPECIFICALLY ORDER
A nominal subscription fee of \(\$ 10\) entitles you to all the beneits described above. As a subscriber you need purchase only one work of art during the first year, and only those works you specifically order will be sent to you. Every work of art you do choose (including your introductory selection) may be returned within thirty days for full credit or refund.

YOUR SKIN continued from page 40
:rom a littles so donit be alarmed.) Another recent disemery is that vertain moles develop a hato rount them. that is. a ring around them that hate 1 or piement. If fou notice this. comsult a doetor. Ans lumps. either on or under the skin. that do not disappeatr, experially


\section*{DIGest is thar ply factoro?}
fll is the measurement of the ateid-alkaline batante of tom shim.

 1،1 order to dierener if it bere am relationship lo the lowalization



 side. (is is mentral: alone \(\overline{7}\) is alkaline.) The emironment (sum. wiml. flalorimated water athaline suaps and on forthl tendelo make
 Whismormal, heallhies pll. For instance if you wash your hair with ، 11 athathere shampore, use at rimse that will batanere it, or if you wash
 torizor, lolions make-ap) that will halamere it. I Nok your dermas
 alkaline." ()r yon "all tex ams protlot In dipping into it Vitramime






































The Love Sea
Body Gloves Collection by Samsonite


\section*{Good-Time Furniture at these fine stores:}


\title{
The Love Seat Good-Time Furniture by Samsonite
}


Experienced femme fatales know how
to pamper the man they love. Give him a big hug ... whisper in his ear. . . and sit him down on Samsonite's cushiony
Body Gloves"n casual furniture! Pampering people is what these beautiful furnishings are all about - with specially-coated steel frames, soft airy fabric, and our exclusive "NoHands" Tm reclining chaise lounge that lets you change position without lifting a finger. Indoors or out, this versatile furniture adds elegance to any home - and it's durable enough to last through lots of fun and just about all of nature's whims!
For all your good times, pamper your loved ones and yourself with furnishings that are comfortable as a hug The colorful "Body Gloves" patio collection - another happy furniture idea by Samsonite!

\section*{Fone}

\section*{There are products designed to wear out. And there is that which endures. Kohler enameled castiron endures. Beautifully.}

A Kohler enameled cast iron tub remains beautiful to look at. Stays rich and radiant this year, next year, and for many years to come.
There's good reason. Cast iron tubs have a strength, depth of color, vividness, and lustre that other materials cannot match. Cannot retain. (The stain and acid resistant enamel on a Kohler tub is five times thicker than on a steel tub.)
It's the quality you feel everytime you bathe. It's the solid warmth, the color, the quiet security, the comfort. It's not something you
(B)
d consider this. ey're a better value. The Kohler t iron tub you install today will ve you beautifully long after re furniture and appliances e been replaced.
ere's a Kohler cast iron tub for ry building and remodeling plan. n't settle for less.
ere's no better value than a Kohler ameled cast iron tub - ask your mber, builder or architect.
(A) Sunflower Steeping Bath, 20-in. deep, with special comfort and safety features. In 13 colors, plus white.
(B) The 16-in. Mendota . . . has slip-resistant bottom. Shown in Mexican Sand.
(C) The Caribbean - 6 ft. long, 3 ft. wide. Has Safeguard, grip rails. Shown in New Orleans Blue.
(D) The Guardian - for extra safety.

Shown in Pink Champagne.
(E) The Birthday Bath in Antique Red. Ball and claw feet in gold electroplate.
(F) The Villager for economical comfort. Shown in Harvest Gold.


\section*{The durable look of leather The lasting look of vinyl}

\section*{The plush "Club Look" in Comfort-Mates}

The handsome styling captured in these matching rocker-recliners and swivel rockers is patterned in seven 'leather look' colors of Masland DURA \({ }^{\circ}\) vinyl fashioned exclusively for Pontiac Comfort-Mates. Expert detailing, deep tufting and superb seating and rocking comfort make these rich looking chairs


\section*{Aged to perfection.}


Traditional design is timeless.
The longer you live with it, the older it doesn't get. Here are three enduring examples from The Stiffel Collection.

At left: The form and spirit of the Georgian period prevail in this 18th Century American Colonial table lamp with an antique golden brass finish. \(381 / 2^{\prime \prime}\) high. About \(\$ 135\).

Center: Again, the theme is American Colonial in this "great candlestick" of cast metal in an old brass finish with the look of a well-rubbed antique. \(371 / 2^{\prime \prime}\) high. About \(\$ 119\).

At right: Stiffel's variation on an ancient Oriental theme. A blend of lustrous celadon china and cast metal parts which glow with an old brass finish. \(371 / 2^{\prime \prime}\) high. About \(\$ 149\).

Prices may be slightly higher in the South and West.

\section*{Stiffel}


\section*{A FAIRY TALE FOR REAL PEOPLE WITH REAL PEOPLE BUDGETS.}

Once upon a time in a faraway land, a carpet was woven, completely by hand. An India masterpiece, floating in flowers, with a beauty that hinted of magical powers Incredible colorings of delicate hue.. gold, cream and rose on a field of soft blue.
(Variations of color could also be seen showing off subtle fields of pale ivory or green) A magical look... and a magic price, too. A cost that's so little... a dream that's come true.

But make sure it's the genuine Dildar you buy for there's more to a carpet than just meets the eye
Only the genuine Dildar will show the gold/black medallion to tell you it's so.
Thus, our fairy tale ends as all fairy tales do.
The "happily ever after" begins now forfou.
While waiting for your fairy tale to come true send for your illustrated booklet of India handmade carpets. Every one of them ha a magic of its own. Just \(\$ 1.00\) to

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\section*{Bertha's eyes aren't what they used to be, but she still has the best ear in the clock industry}


An indilferent worker never cafted a masterpiece. That why Herschede cherishes Bertha Rago. For 32 years now be has been responsible for the final tuning of the chimes on our grandfather clocks.

The state says her eyes are no longer good enough to Irate a ciar But listening to the chames in our test rooms, she can lake pliers in hamd and adjust the (y) pins fust so

When she slmisled. the l. mporand melox at of the Wherschecle chime train are part of the centuries old ifditan of lime timepreces. I rankly. We irust Berthas
ear more than we would a computer. You just don"t push a \(\$ 270\) () clock off an assembly line like a toaster.

Bertha's skill is the final step in the manufacture of the world's finest tubular bell movements. Herschede is still the only American elockmaker which manufactures its movements for tubular bell clocks. While others were


importing their movensents from Germany, we grew our own Bertha. Wouklnt you rather own a clock made by a clockmaker than a cabinetmaker"

You can see all of the Hersehede clocks, from \(\$+400\) on down, by sending 50 cents for a color catalogne to the Herschede Hall Clock Company, Starkville Mississippi 30759. A division () Armodel Industries.


Gold modal winning clocks since 1885


Why indeed? Flexsteel doesn't begin to describe the cloud-soft foam comfort that seems to surround you.
Or the unmistakable perfection of detail only hand fitted upholstering by skilled craftsmen could achieve.

Or even the styling you sensed on sight was right that's as exclusively yours as a Paris original. No, the origin of Flexsteel is actually an in side story. About how this fine furniture is built, not how it looks or feels It starts with the patented steel spring under the luxurious exterior. These flexible steel arches are made of the finest blue watchspring steel for maximum seating comfort and support.


Durable enough to last the life of the sofa or chair. (They'll never spring up with a "b-o-i-i-n-g" as ordinary coils can do after long, hard usage!) As you can see from the pictures below, every other facet of Flexsteel's construction reflects the same pains taking attention to quality. From the unique spring the solid hardwood (mostly oak) frame . . . to the thick thick latex cushioning and selected fine fabrics, pro tected against soil and stain by Zepel. This is perfection. This is Flexsteel. These are just some of the reasons why Flexsteel fine-crafted furniture is selected by many famous - decorators ... and has been for four generations.


Lifetime springs are permanently attached to the solid, kiln-dried hardwood frame. Frames are double-doweled, not just glued


Beautiful prints are outlinequilted using lockstitch, unbreakable, continuous filament nylon thread.


Every detail in the upholstery process receives careful attention from skilled craftsmen who are the highest paid in their trade


Flexsteel makes a production ou of every furniture detail . up to thorough, complete inspection



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Nettle Creek...chic

\section*{HOME IMPROVEMENT IDEAS FOR the pouse fiver}

IBY WILI, MOH
DIOTRDBEZEID (IIADSET DOCOIB rises at the flip of a switch and allons full arcess to storage space. For clothing, washer-dryer area, home bar, it opens he pressing night-light button on door jamb, rolls up on -ide chamels into orerhead housing inside the closet. Door metor is lowated here and a top light goes on when door rises. off when it closes. Of riml and lauan wool strips interwoven, it is made in white, taffy and caramel colors. It fits openings 81 inches high, 48 inches wide tat \(\$ 155)\). 60 inches wide (at \(\$ 170)\). T2 inches wide (at \(\$ 185\) ). and can be adapted to leos than "l-inch height. If electric power fails. it can be handoperated. Aud it wont injure anyone or any thing it may descend om. Wilmot Industries, Inc.


condesist of hentrimgs that encelone the urorliin! flactis. Von bu!! and aun











 pre-fmished hardboarl. "Casa Blansa," has the strong. tex trored appearance of handtroweled stumos. Manufactured in l-ly- \(\because\)-foot panels, which are applied to interior walls by mailine or alluesive, it can lee pht in place by anyone whoran install wallmard. A rich white. it is mest effectime if framed be dark stained wood moldings, trim, posts. on Deams. Nasonite Corp.



 and allump, realio. TV. or ather anit is then plngged inwoir. The limere dial iaresis marlied for eremiag, morming, moon, and
 ulidmight. urith nucuerals for tho I..M. and IP..N. Homres: it
 atutomaticall!! at different dimes of da!l arnl night. Timor
 daveront ligluting and also start ore slut off an! y appliartere up to




UIIEOKEIB IBLOCNKS are concre grids that make it possible to provi off-strect parking for your house witho losing the look of a front lawn. The 2 inch-square-by-4-inch-high concrete gr units resemble a checkerboard with sma concrete squares providing a paved su face and the in-between spaces sodde "ith grass. Cherker Blocks reinforce t grass turf against mud and crosion, wit stand wheel and foot traffic. Hastin l'ascment Co.. Inc.



Yes, the whiskies in J \& B are rare indeed. But the essence of J \& B Rare Scotch is in our uncompromising quest for perfection. For more than 100 years, no one has ever matched the rare taste of J \& B. And never will. That's why J \& B has it. And always will.


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 doesn't like. He's carrying on the diligent dedication to (fuality started by his grandfather in 1884. If you're fussy about your lawn, if you want lawn care equipment
 that works smoother, lasts longer. hardly ever needs repairs. see your Parker dealer. He has everything a fussy lawn-care man needs for a beatutiful, lush. green lawn power rakes, lawn sweepers (manual \& trailer) , vacuums, and blowers. We try to make the world's finest!


Parker

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(ientlemur
Enclosed : 25: Piease send your new color catalog of Parket I urf-Care Equipment.

\section*{VAl:}
\(\qquad\)
\(\qquad\)

\title{
How to Heep \\ a reenlly usefinl yarralen motebools \\ plus: motes on \\ plant maistalios arel sucreosses
}


Many gardeners keep notebooks. These sometimes have a tendency to get filed with information lard to find, or useless later on. My first noteloonk was in the form of a diary, a prectonis idea and dreary when read aloud, which it was by a rery good gardener to whom I showed it, for no good reason, a (")mple of years later, "You don't mind if I reatl some of this to you and comment?" she asked. Well, I did mind, for at that monnent there was something about the tone of lier voice I didn't like, but I was too polite to say so, and, anyway, she dichn't wait for a reply. "March 23," she satic, "planted first rose garden, Thirt rarieties." Then slie saicl, "Blah, blah, blah," indicating the names of the varieties, which I hatl carchully locered. "And mo (wo alike." That's what I did when I first planterd roses, and they looked malappy together later on, but I didist know why, until the president of The Garclen Chuls, who had insited herself to tea to discoss my application for membership (atud obsionsly to see how I gardened) said, "What a quaint and (hamming ideat to have no two rone bushes alike." "Teas are bedeler plants, my dear William, and bededer plants, you will leam, shomld all be the same variety, but that's (ow expensive for me. I compromise and make them the same eonlor. Bat youd dont hate to juin at garlen (lab), so this is beside the point."
She went onf. "That "first rose ganden' entry is significant only as The reconding of a listoric exent - it it can he callerl that, which I domber The penint is that March 23 is right early fornt roses in Litediferdel. Dide van hill them adeamst leost? [ I harl mot ]. Did you prome them? 'on shomklnt hate. [1 hatl.] How deep (licly yon plant them? | I didne remember. J What homl of exmlition were they in When herve (ame? Patols dry? |That Wds lun watrs betome. l Many of Wron brohen? [A lew.] And were they promed ont? [Marbe.] Did
you place them first, then dig the holes? [I laid them out prett: Shouldn't have.]" As this shrew who is a good friend, maehine gumed along, she eould see fror my expression (I lose at poker that all I had done was plant m first thinty roses. "How many di you lose?" she asked. I told he: "You were lucky," she said. "Di you ask for replacements?" I shoo my head. "That's my big, stron man," she said. "Now you ea buy me a drink."
Notes about how plants ar cared for show how mistakes ar made. And gardeners, rarely th plants, are the ones who mak them. One of my assoeiates, Joa Sargent, an aceomplished Con necticut gardener, says that when she started to blame herself fo no-srows, she found almost im mediate improvement in her bon ders. If yon start a reeord, you may find it filling up fast until yon can get organized and write down only those facts having to do witl genera that cause vou trouble o that want to grow their way-o noot at all. The following are fron my motes.

Cobavallarrian. A pleasant bed o Lilly-of-the-Valley (about a foo wide and I2 feet long) praetieally stopped producing fowers when i was about 5 vears old. Now it i fertilized after the tops have dies with three to four handfuls of any fertilizer I happen to find handy It produces several bowls of flow ers cach spring, and new pips ar now pushing their way out inte the lawn, which is no place at al for them.
fiolphininas. The spectacula hybrids need a morliemon of work lont wo plant is more rewarding The hemeds develop hage roo systemis to support their heaty tops. Thais requires deep prepara tion of the beet, the soil ried ir humms and evenly ineorporated The pll shoukd be nendral (7.0) or just muder so yom may need lime. Plant the erown just below

(l)



\section*{lows the me to ut on a -year-} laranteed Eertain-teed Hallmark hangle roof.
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HOW TO KEEP
A REALLY USEFUL GARDEN NOTEBOOK
continued from page 60
and hottest with this low-maintenance perennial.
Hosta. This out-giving plant does best in moist, woodsy soils in deep shade, but it thrives on a dry, shaded loank if kept damp.
Narcissus. Experts advise lifting and replanting daffodils every five vears-blooms, they say, will deteriorate. May be. But it is too much work for this fellow. There are plantings here more than 20 years in place. Blooms are magnificent. They are fertilized heavily every year after bloom. What kind? Any kind. Leftovers. When available, we use fresh cow manure. It smells like fresh cow manure, too, for a week or so.
phlox. It is not true that a fine variety of Garden Phlox changes to magenta as it ages. Seeds, dropping from the plant itself, land on the crown, germinate, grow vigorously, and take over-flowers from them revert, many to magenta. Like delphinium, phlow need to be thinned in early spring-three strong stalks instead of ten weak ones. Many varieties are advertised as "mildew resistant." I suppose any healthy plant tries its best to stay healthy, but phlox, delphinium, roses, and crab apples, to name a few, are about as resistant to mildews as man is to colds. Spray with Benomyl every two wecks for prevention; it won't make mildews, once in evidence, go away, but it will keep many from spreading.
Bosemary. It is hard to understand why rosemary, which is not hardv, is so seldom used as a houseplant. It grows neatly upright has pleasant gray-green foliage, is evergreen, and covered with a mist of light blue flowers in January. Flowers and foliage scent a room delightfully. And a sprig of it is always available, fresh to tuck into lamb or fish. Rosemary requires a sunny window, a sharp, well-drained soil. Plunge pot outdoors in summer in full sun.
scmpervivum. Gardeners in cold climates tend to equate the hardiness of Hens-and-Chickens with sedums and complain about losses. They shouldn't. Semper vivum are not in that league; few tolerate cold below minus five degrees.
Trollins. For culture it likes, see Geum.
This is the sixth in a series about practical gardening.
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binteresting rooms are mixes of
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uttiner toredter emmponents that are alive and fresh . . I Iouse do Camelen asked leating experts and immonators lo discuss their ide as and tips on lom to use paint and paper and falbic for make interest-

 Cimertara, a mastel jatinter for ins




 allisum like collece las mivare colsor wom mertallire pamal. He alson meses aritic "asles for pismatice of


 a pialette ol molt lomes of one colar. Ite grathates the shatlins. duane lishtentines it as lee patats up the
 from Bill Bell: He (reanls up) :at origimal design or copies a wallpaper pattern, then makes a silksereen and prints the design all "Ner in a contiments pattern. The satme iele:a is efferetise on kitedrent
 Van Vomis ol "llamderafted Wirls \({ }^{\prime}\) are stenceilem who special-
 To lone down coloms thery add raw
asevom lituleoil patint, heropine this Holl lem the so lhat the prality Ah b. wht anl umevon . . . Lais



the flow with deck emanel, and when dry, paint in aerylie another collor in a 2 -font square on thp. Immediately eomb the eardloward "teeth" through this wet layer of paint. Wherever the combl) touches the flow, maderconating will show through. Continue the process to make an all-over pattern. Another effect for floors is an all-over quilted look; you can de this by cutting a cardboard templet of seallaps, then laving the templet (on ant already painted Hoor and spray painting in another colon around the templet edge frilt patlern for the flow is Cile Lord's idealor adding vibrancy to a remem. See page ese for her moller tectmipne of painting, page is for directions on low to cut stencils and mark ofll fleors.



 Hermana Pleynes of Fabrications
 His. He likes Hae look of Whick. hamelwomen matterial laid on the flowe for matting: (or, tahe a tlat tal). rice. lane it cantridge quilted, and
 put falbric (on walls, burning it intes instant ant, los stapling it ontw stretcher bars. The wooten bars, Hat your put tugether vourself, (e)me in pieces from 12 inches up (1) (6) inches ancl are sold in art suply stores. Another use for stretcher bairs and falmic is to make a headlomad. Simply put together the frame, wrap with batting, then staple in fabric. Yon can crom use stretchere hars to make a sereen, then eover it with fabric. Pirst, put together stretcher bars for pancls (15 inches wide low for inches high is a gonod size fom each panel). To make al purick slipeoser for a therespand screen, cut tront and back fabrice piecers to fit the overall siac of the sereen allowing extra for coustide seams and bottem liem plose 3 inches in the width for "linge" Itevibility. Place fromt
faces of fabrice towether, scan all armuld, leating the lwotom ralge "pen loul hemmed, then tman righ siete out. If each panel is is inches


\section*{IBM TATHETIAC(1)}
going through both layers. sure that each section is eq width. Slip the panel frami tween the slipeover; there need for hinges as the vo stitching holds each panel sereen in place.
Often, three or more difi falbrics are effective used in i John Reick a new kind of patchwork: If together three different prints: falorics were first cut then sewed together diag anel used for upholstery (se Bruce Addisons' house, Ho Garden, February 1975).
Custom touches are the that can bring excitement room ...Jan Jessup of Calico ners tells how to glue fabric t H:oor: On a clean floor, center first panel of fabric. Apply liquid starch or diluted white (one-to-one glue to water). A pattern at seams and doubld overlap with a sharp, single-ed rasm blade. Lay down rume wax paper as you go to protect ric and to prevent permanent \(f\) prints. Allow fabrice to dry (tur f.rur (lays), vacuum, then seal three in four eorats of poly thane. She alss has a quick wa making pillows with gathere "turkish" comers: Cut two squ of lalnic. Sew a knife-edge pil and a muslin liner. Insert zippe one seam of pillow: After outer low is completely seamed ( still wrong-side out) wrap aurd the knife-edge eomers with st about 1 inch in from the sea (Like tying a knot around e dog-ear of the pillow.) Turn, p seams open and stuff with a mu envered immer pillow. The in pillow ean have regular square ners; they will stuff into rounded shape of the outer pill to let frilluess of falrice fall fr a self-valance of shirring across (op). Yon can also make strirred backs with a doulde fulln "tule" of faluric turned right out and backed will Shir-Ta Stitch above earla cord and gat ein emods cumly to des Tength. Tack moctal rings to e looks serewed into window fran



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\hline GENEVA & \[
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\] & KEIZER-SALEM \\
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Lakewurn Patn \& Wal !e Co. \\
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Century 21 Paint \\
Robert B. Ingram Remodel ing \&
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NORTH BEND \\
The Paint Store
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\hline Quinn Paint Ceriter & Decorating Center & ONTARIO \\
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\end{tabular} & BARTLESVILLE & Tillamook Paint Center \\
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A \& B Wallpaper C McBriers Paint \& Decorat in
Padden's GREENVILLE
Mcbriers Paint
GROVE CITY
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\section*{How to malse your own quilt-pattern stencils to fit your floor}
 Ghoring the (puilt patterned floor (m) patere (9) , vermill weed at mohair wher. zofler pan, paper buckets on
 (1) painl amel wap) rollers, cookice sheeds with sides, paper towels (tom ofll and placerl in cookio sheret to lomer athick patel), loie of tmpentime spon to mis paint, stomeils, mashing lape: japan patiol Hone to propera sumcils. It adelition (0) lle a matal tracimes atul cottine expipmont. wom will nered a shere of hatcong papor al least is
 Hoe stencils, wor will weed twor shereds of acelate 2 ! inchess splatare



First, draw in pencil on the lsinch trating paper, using the Tsequare, four lines formings a perfect 16 -inch spuare. These are vom registration lines and will appear (1) all the stencils. Now divide the 16-inch spuate into four equal pathe (ats shoman bey the dashere lince and trace the triangle design moto eateh ome of them, tumber it in form directions ats shownor in F'igne I. This is ane complete repeat of the design. Vow tape the trating papery to a llat surtace Conter and tape down oxer it the first 2.t-indels splate ateetale. Whith rapielograph perl (atailable at an at-smply stome a and metal more bace the reseristration limes atol the small sprate, amol small triamgle Wank the "ppere edee of the stem (il "Mop)." This stemeil. for print ing line will look like Figure Nons, leathes it in place, tape the secomel \(2 t\) inelo strate exactly one the lirst. Trater the registra tion line and the latere trianelo Wark the epper edge of the stem (il "Tap :3." This stemeit, Ine print ing manes, will loos like Hignore Som will follow a difleront pros


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s. for steneil 2 which is 12 inclie spratre. First, plate the "plas" at eatel of the form erossinges of the registration lines, heepinge the "Top" up at all times, amel trace the four sieles of the diamenod haper, as show'a on Figure 4. Wark יpper edge "Top 2." When printed, this will fit between form prints of the other steucils.


Ion call see the finished design in color on page ge for the vellow diamomel. The "phas" is placed at the crossings of the spuates.

When coltting all these steneils. (ant shaper just ometside the limes Honr to marli off iloors. Ans floor that reguires a regular allwer repeat of a design mmst be sepmared ofl before steneiling call begin. This is done with a plombl) lime or chalk box. To liclp, you cam me Cile Lord’s ":3-1-5 Fommula," her solntion for constucting lines at pertecet right athgles when the batere is large and a canpenters "phate will ressult in inateraracy. It "orks.s like this: If there are two lanes at pertect rieht amgles to each other, and you measture is feet alones sme and \(t\) feet alones the other from their corssimes point, then a line dratwo (or simply meat sured) between the 3 foot and 1 foot manks will meassme exatelle 5 feed. Comversely, if this lime does mot measmere 5 feed, yom do mol hate: pertect right amgle. A meat
surement of over 5 feet indi too wide an angle; under 5 too harrow an angle. In using formula, one can double or \(t\) all the measurements for even ter results prowided the roos hig enougli to hold them; fo ample, 6-个-10 or 9-12-15. greater the measurements ther accurate the test of squares This explains why a draftsm or a carpenter's square will no relial)le; it is really not big eno By the time a hair's-breadtl error at the square is carried or the end of the room, it may magnified to an inch or two. "3-4-5 Formula" lets vou const something like a large carpent square
For a grid of 16 -inch squar first, put a line down middle room from wall to wall. If des will look better lined up aracks in the floor, put this line along, or parallel to, a or at misldle of room. Otherw simply measure centers of any opposite walls and snap your throngh the two points. Call line A. A. It will remain unchans through the following steps

Now find the center of AA, measuring in both directions fr this eenter, mark 16 -inch sectis along the line. Second, two lin will be constructed at perfect ri乞 angles to AA and they will Hrough two of these 16 -in points. To make them perfec spuare with AA, use the " 3 Formula." But first, choose two 1 inch marks at the ends of AA a shap lines through them parallel the enels of the room. (These not likely to prove to be squa romes being what ther are no adays, but you have io start wi something.) Cheek these two lint \(B B\) and \(C\), , by the " \(3-4-5 \mathrm{~F}\) moma," and correct until perfe

Do not be discouraged by a slo process of erasing and re-smappi lines at this point. It is worthwh (0) ber careful, since once these a acemately placed, the rest of \(t\) jol is fast and cass
Xext measure off your 16 -in interval atong BIB and CC. sta bug tronn A A and working out. Y them have all the points needed smap all lines parallel to AA. Sole one of these last lines as far as po sible from A - (all it D) D). Me sure oll the 16 inches alongs Gou are realy to eomplete who floom by smappung lines throus points on AA and D) Whent We lines, lede are finisherd, room spratred off, ready to stemed.



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\hline RHODE ISLAND & TEXAS CITY & WALLA WALLA \\
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The Paper Shoppe \\
EAST PROVIDENCE \\
F D Santos Paint \& Wallpaper Inc. \\
PAWTUCKET \\
Hanna's Color Center \\
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PROVIDENCE \\
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RUMFORD \\
W. J. Lynch Paint \& Varnish Co., Inc.
\end{tabular}} & Reeves Interiors & Fuller 0'Brien \\
\hline & Paint Company & lumbia Paint Company \\
\hline & WACO \({ }_{\text {Roach Paint Company }}\) & YaKIMA \\
\hline & Roach Paint Company & a Sh \\
\hline & UTAH & WEST VIRGINIA \\
\hline & BOUNTIF & BARBOURSVILL \\
\hline & Cuar's Fulter Pal & Carl E. Johnson Plu \\
\hline & PROVO & \\
\hline & Sones Paint \& Glas & RL \\
\hline & 俍 & \\
\hline \multirow[t]{2}{*}{SOUTH CAROLINA} & & Bath \\
\hline & aday Color cent & RTINSBUR \\
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GREER \\
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ORANGEBURG \\
G \& G Paint Supply
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Lewis Paint \& Wallpaper MOUNDSVILLE \\
Buzzard's-Moundsville Pa
\end{tabular} \\
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\hline & BURLINGTON & WISCONSIN \\
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HURON \\
Luther's Incorporated
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\hline Carlson's Paint Center & & \\
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Smux Falls Paınt \& Glas \\
SPEARFISH
\end{tabular} & Duron Paints \& Walcoverings
Dyer Brothers Inc ( 3 Locations) & LAKE GENEVA \\
\hline 0 'Neill's Furnture and Carpeting & W R Win & The Paint Spot \\
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\hline TENNESSEE & & MILWAUKEE \\
\hline \multirow[t]{8}{*}{\begin{tabular}{l}
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Cloud Paint \& Wallpaper 2 Location;) KINGSPORT Paint Service Center
\end{tabular}} & FAIRFAX & ver Spring \\
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\hline & FALLS CHURCH & Thorpe Paint Store \\
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\hline & MT. JACKSON & RICE LAKE \\
\hline \multirow[t]{2}{*}{TEXAS} & MANASSAS & Hien's \\
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Roach Paint Company \\
AUSTIN \\
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CORPUS CHRISTI \\
Bert Paint \& Wallpaper Co \\
Briner Paint Co (2 Locations) \\
DALLAS \\
Roast Paint Company \\
EL PASO
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\hline & Chaffin Interiors \({ }^{2}\) & arco, Inc. \\
\hline & & SVILL \\
\hline & NORFOLK & Silver Spring Pai \\
\hline & Natıonal Paint \& Decorat ing Cen & VIROQUA \\
\hline & & nker's Deco \\
\hline & & \\
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\hline & Duron Paints \& & Deco \\
\hline & Locations) & \\
\hline & The Pain & WYOMING \\
\hline \multirow[t]{2}{*}{Thomas Paints of EI Paso Inc. (2 Locations) FORT WORTH} & Samnsoll Dec P.OANOKE & SHERIDAN \\
\hline & Harwood & Stud \\
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HARLINGEN & VIENN & ALBERT \\
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\hline HOUSTON \({ }^{\text {Jomes Bute Paint Comm }}\) & WOODBRIDGE & SALMON ARM \\
\hline Memorial Paint \& Decotating Center Roach Paint Company & \begin{tabular}{l}
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\end{tabular} & Ames Paint \& Floor Coverin \\
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IRVING \\
Roach Paint Company \\
LAREDO \\
Laredo Paint \& Paper Co (2 Location:)
\end{tabular}} & Valley Builders Supply Co. & MANITOBA \\
\hline & WASHINGTON & WINNIPEG \\
\hline & & Decor 8 (2 Locations) \\
\hline & BELLEVUE & The Paint Place (2 Locations) \\
\hline \begin{tabular}{l}
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Wight's Mary Cater Pants
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\hline & EDMONDS & KITCHENER \\
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\hline & Thunderbird Pain & me Decor Cent \\
\hline \multirow[t]{2}{*}{Roanh Paint Compa
PORT NECHES} & KENNEWICK & TAWA \\
\hline & Campbell's Paint \& Janitorlal KENT & Home Decor Center Randall's Paints Ltd. \\
\hline Port Nechee, Pdint and Carpet Center
RICHARDSON & Thunderbir & TORONTO \\
\hline \multirow[t]{2}{*}{Decoative Paint Center, If} & LACEY & Struther's Wallpaper Salon
Tonecraft Limited \\
\hline & "The Paint Store" & \\
\hline \multirow[t]{2}{*}{N} & Ray': Decor' Center & QUEBEC \\
\hline & NITY & \\
\hline B W. Mdse & NITY & SHERBROOK \\
\hline SAN ANTONIO & RAYMOND & Dec \\
\hline \multirow[t]{6}{*}{\begin{tabular}{l}
The Genie \\
Gerhardt: Paint Store Roarh Patit Company SEALY \\
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STAMFORD \\
Buie's, Inc
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\hline & RENTON & SASKATCHEWAN \\
\hline & Gaiy's Pant " \({ }^{\text {S }}\) & REGINA \\
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KENOSHA LAKE GENEVA The Paint Spot Lauerman Bros. Co Silver Spring
MONROE Thorpe Paint S
OSHKOSH Wally Zahn's Tower Paint 1. H. Haumersen \& Sons RICE LAKE Walpaper, SCHOFIELD SHAWANO

THIENSVILLE SIVER Spring Paint
VIROQUA Banker's Decor Stolit Paint, Glass \& Wallpape
WEST BEND WYOMING SHERIDAN CANADA AND FORE ALBERTA Decor 8 (2 Locations) BRITISH COLUMBIA SALMON ARM

\section*{MANITOBA}

WINNIPEG
(2 Locations)


\section*{The most} o-wax cushioned pors in your color. -ike 38 in Brown.

You want color, comfort and easy maintenance in a new
floor. Congoleum has all three. The most patterns in your color. The comfort of cushioning. The ease of a no-wax, Shinyl Vinyl \({ }^{\text {® }}\) floor. In dramatic designs like this new Highlighte.* A no-wax, Shinyl Vinyl floor stays fresher looking longer, usually
with just spong= ino e noq In time, a reduction in gloss wilheorin oncreas of heavier use. We reconmenc corgelam Vinyl Dressing co poxice bir hel shme if preferred.

Find us in the Sellow pares uicer "Flooring". Come in soon for Jatr color. *Pattern \$40001 shown.



Buck in 1910 Mrs. Mullins never understood why her husband wouldn't let her smoke. Mr. Mullins never understood why his


\section*{How to put more of yourself into your house}

Doing-it-yourself, making things, whether it's providing the household with jam, vegetables. or a new painted floor, is often a way of saving money, but it's more than that. What becomes increasingly clear, is that the whole tradition of family life, and the activities surrounding this tradition. should be thoughtfully examined and reactivated today "We've got to restore the status and importance to some of the traditional roles," says sociologist Dr. Freda Adler of Rutgers University, author of Sisters in Crime ( Nes Graw-Hill \(\$ 8.95\), to be published in May , which looks into aspects of Jiberation. "Recently weve considered things like making a quilt as feminine, passive, and therefore lower status. But there is nothing wrong with that sort of activity. Handerafting can be an anchor line and a tremendous support within the family. We tend to tall about gourmet cooking and home economics as minor occupations. We should build them up-as legitimate activities for both male and female."

> One thing we must realize is that saving timethe habit of instant living-is probably not going to save the dollar and may not even make good sense in the long run. "We've got to think differently," Dr. Adler insists. "We've tended to think the more we did, the more we produced, the quicker things happened, the more we gained. We have to change, to see that the more time you give
> to a certain task, the more value it has."

This issue is concerned with what's good value in decorating and living today. We show how handerafts, marbleizing, stenciling, furniture decoration-the personal investment that requires little more than time and effortcan bring fresh brilliance to your surroundings. We give you ideas for making over your house. See how decorator Jay Stefly helped a family, page S4, with paint, pillows. and platforms. There's the loft renovation, page 100, done with little more than "grass" earpeting and super-sized boves that act as storage-dividers. On page 94, a farmhouse is beautifully revived with inexpensive wash-andwear sheets.

Reporting on architecture, page 112, a house learns to take advantage of its location, getting power from sun and wind. A valuable guide for the future, in light of current thinking about energy

How to decorate with less money and more you? Put more of yourself into projects. Ask, how can you express your feelings, your talents, how can you contribute to make your house and environment more you? In the process you will surely determine a more valuable and more manageable way to live.



To live in a bright new way in a stiff old house usually means taking tradition by its horns and twisting them a bit. This is a house of Spanish-Colonial derivation built forty years ago in Beverly Hills, Cal. In it live Gail and Marty Stayden and their three daughters, two of them teenagers, one almost. They are a lively, comfort-loving family who like stylishness, but even more, ease. Interior designer Jay Steffy gave them both with just enough remodeling to make the house less stilted, less pretentious; an extravagant use of such nonextravagant basics as paint, canvas, and sisal carpeting, plus two totally different handlings of color-one monochromatic (downstairs) ; the other (upstairs), rich and variegated. For anyone puzzled about "making over and the extraordinary things it can do for you," here is a very good guide. "Very basic," says Mr. Steffy of the living room. "The furniture boils down to what I call 'pillows' of different shapes, some on platforms, all with foam or Dacron cores wrapped in down, all with artist's canvas covers that whip off for the washer, all designed to cradle one's backbone when sitting down and leaning back. In the dining room, where one sits up, the design changes. The fireplace is new and has a platform hearth 7 feet deep to hold two pallet-cushions that become extremely confortable fireside chaise longues."
Descrantag for Inters \%oy Pillows, paint, platforms, and imaginationingredient for a great make-over



"The billiard room [abore] was part of a eatacomb) on the lowest of five levels. The alcoves are now filled with banquettes--quite high, so people can sit and still see what the players are doing-and a bar. Here and everywhere, ceiling beams were sandblasted for a lighter look, and every room is lit with outdoor lighting fixtures. Simple, good-lonking, ceonomical. The drawing is by Bruce Nauman. When we got to the bedrooms, which are not family rooms, it was time for indisidualism. Hence, no paleness. The master bedroom [left] has rich hrown walls, a brown banguette, and a bed with a brown sofaback for a leadboard Again the covering is artist's canvas, which looks quite velvety when it's dyed. The elammel-quilted throw is stuffed with eiderdown, the 'sky' painting is by Joo Coond. Xext-door, eme of the girls' bedrooms [rieht] is painted a cross helwern cornflower dund nay hlue to set ofl the eeriling, whieh has an ivory center bordered with soft-lmed circles.

\section*{Dsisp Color}
to add warmth and interest to a great make-over



To bring
a house new life
Pretty pick-me-ups that you can paint, selw, of weave
1. Pretty pick-me-up for the twenty-year-old m.s. bamboo chairs and sofa with hibiscus patterned cushions. low table of painted redwool. "Garden" is potted. 2. Corner of living room, Mr. IIodgins's pride, with red twill sofas, big painting by Carol, necellepoint pillows by her mother. White lacquered table is Morocant; big table, painted by Jay Friedline of Rockport, Mass., is topped by a huge "doily"--flowered, fringed, and tasseled-a delightul example of freehand trompe l'ocil painting. On the fable, a vitrine full of butterflies, and a decoupaze lamp with its cut-outs glued to the inside of a slass wrin, then sealed with paint. Not difficult, once you get the hangy of it. 3. Blue amd white guest room with a handwoven, reversible rus and a quith-one famous old "Lone Star" pattern. 4. Anothe living reom corner: Both the table, with its random flowers and bugs, and the chair, its cancel back painted to look like brocade, are he worh of tork kembedy. Bete, the rit stylized pine cones. 5. A tahle settime to re mind one that vesetables make stunning flow ers. And you can eat them. 6. Back in the lis arer-curtains are linced with aquamarine cot is covered in a flewer-drenched fabric; white painted, carsed rope chair of thalian ances thy is olle of "petr. . Domble zutest room new in 1932. His new again, thanhes to fool the-eve vellow and white treillage painted by Mr. Pritedline. The latice is bloched om with " ruler and a soft pencil, then filled it with paint. Athoush the lithle medallion of flow urs could be stenciled and still be effective. O

the floon, ras-rus carpeting: at the windows, ellow collon curtains from Grecce. 8. Another guest room with a friedline masterpiece -a chest paimed in "potpoutr of nowers. velatives, squares of faux fabric, and a charming little still life. Not for beginmers, althoush if one wanted to wr. Isabel O Neil's book, The Ant of the Painted Finish, would be an invaluable wade. 9. Entrance ball: another Pricallime painted chest, and a calliseraphy by (arol, who smedied the ant in Japen. In Bostin, he' work is show'll at the Marcus, Kraing room, looking toward the sarten and
pool. 11. Again, the demble suest room, its
(





lors as soft as early davn turn a country porch into a charming dining nook
all quick decorating magic sewed from sheets. The tablecloth is made from "Surabaya" pattern. Curtains are stitched of "Kowloon." Here, there are windows measuring 26 inches wide by 52 inches long. Curtains are banded around with a 3 -inch border, shirred on a spring rod, tied back with a floppy \(w\). To make the unlined curtains and tiebacks, you would need one king and
one twin-sized sheet in yellow, one king in coral. For the width, double the size of the window; for the length, cut the same length as the window. Add the border, a 7 -inch band as long and wide as the curtain. Fold each band lengthwise right side out, sew to curtain taking \(1 / 2\)-inch seam all around. Make rod pocket 2 inches deep by running 2 rows of stitches across top band for \(3 / 8\)-inch rod. The 26 -inch-long bows and the 54 -inch-long tiebacks are 7 inches wide.

Quick changes for lasting effects - that's what these next six pages are all about. Four ideas for projects to get you started plus things to buy that can add just the right measure of polish to perfect the job. Like the sleeping alcove. I. that's a virtual bower of "Wild Poppies," a delicate new
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\section*{Ready-to-Use decorating zest plus do-it-yourself techniques from craftsmen techniques from craftsmen}

Ir




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\(\qquad\)
siling with a roller is a technique that can pattern a floor with splashy color in half the time it would take to use a brush. The adapter painting is to make sure the paint is thin enough and the roller itself is dry enough. Cile Lord, the stenciling expert adapted a quilt pattern and translated it onto the floor, below, has some tips on how to manage this. She recommends using land down eight or ten times, crossways a few times to even out the coating. Have a thick stack of paper toweling already on a cookie sheet and roll the paint out on the towels. It should leave a solid block of color, with a dry texture. Roller can

\section*{How to painta patterned floor from with stencils you make design}





犭uick drying acrylic paint, a 2 look could be yours in less in hour. This rapid technique :orative painting was created
ring S. Hayden of Nantucket ias marbleized wood for fun riends but also the paneled of a grand salon in a French iu. While a Fulbright Scholar is he was fascinated watche marbleizing of the halls in ace des Vosges where he had udio. Now Mr. Hayden turns od into marble, bird's-eye , curly maple, fantasy woods, time at all. And so can you. ment first with plywood, then ny old piece of furniture that new zip. Mr. Hayden, \(\mathbf{6}\). cizing a little table. When rst start, have a picture of e nearby to use as a guide. arbleize \(3 / 4\)-inch plywood top, ply two coats of gesso to sursealing the wood. When dry, antly with 180 finishing paper. ze Acrylic Artist's Color onto e. Note: Rinse brushes in wa-
ter each application as this is permanent and dries fast 2 applying paint sprinkle enurface with water. Then with inch brush, 8. streak surface paint (water makes it run) purface with wet paper towelhen use sable fan brush, !. read lines. Slap with loosely \#d newspaper. Sprinkle more

water to make the paint spread. Outline with a thin \# 1 sable brush, 10. For lighter shades dip brush into paint, then into water for veining. For fork or dual veining use fan brush. Sprinkle with water Then spatter with stiff \(33 / 4\)-inch bristle brush for characteristic mottling. Pat dry with newspaper. If you wish to add a second color, do so immediately, the paint dries very fast. If you feel you have made a mistake wipe it away instantly with a wet rag, but marble isn't precise, so relax. This tabletop, II. took half an hour. For added protection cover next day with two coats of urethane. Here, a variety of Mr. Hayden's work on Nantucket. 12. Old pine column made marble. 1:3. In curly maple, ledge and window frame in The Boarding House. 1.1. Mr. Hayden's own mantel. 1.7. Roman head, found in a yard sale, now elevated on blue "marble. 0. For lighter shades dip brush


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 with tablecloths fet setting for tea with the flavo
fllure of the South Seas, inspired indigo and white cotton cloth es designed this cloth and the shown below for Henri Bendel. teapot and plate in the center
e table from David Barrett; blue el-handled "Saturn" flatware Carole Stupell; small teacups
covered rice bowls, wicker s , antique Chinese plates from ctor's Cabinet; lid of a Seneca hg basket with a blue design the American Indian Arts Cen-mother-of-pearl handled teains from Altman's. 12. A place cotton cloth and napkin Navaho bracelet used for a ring, "Directoire" flatware from Stupell; whalebone sculpture, Navaho silver box, oblong bracelets, tray from The Ameri Indian Arts Center. I:8. Water
au gratin dishes, duck planter Primitive Artisans; tiles from hitry Floors; lacquered vases and
ty feathers at Limited Editions;
(ers, Schwarz \& Sons Feathers.
filliant coral shells outlined with een on "Shell" cotton cloth, 1. "Spectro Green" stainless flat re by Supreme Cutlery, "Latham" asses, and soup bowls in the shape gigantic clam shells, clear crystal pkin rings-all from Carole Stupell he decanter from Georg Jensen
yss soup plates from Cardel; crysta ulpted. seal from Georg Jensen. Fo opping information, see page 184.



\section*{Decorating for more you How to make home where the heart is}

In Alexandra Stoddard's world, happiness is a natural state of mind; she lives every day jovtully, making a delight of \(+2\) ar. "Pelieves in living every day in style. "Preparing a heautiful meal, setting a dazzling table, lighting candles. playing music you love, having fresh tlowers . . . all add to the atmosphere. Have a scented candle burning. Have green plants hanging in your hathroom. Use lemon or your tavorite almond soap. We flowered sheets. All these simple pleasures add luxury and romance. Its what your taste can accomplish, not what money can buy "Everybody has to make a place her own, and "when you've got a
good thing going, your friends would walk harefoot in a snowstorm to be with you and your warmth." She thinks that surroundings should be very personal, full of small treasures and memorabilia, accessories that are used and loved. "Using our things makes them join us. Cachepots can hold ice cream or a plant or Christmas cookies. Baskets can be for sewing or popcorn or whatever." And on color, she is all for saturation: "Color is the quickest and cheapest way to transform your surroundings. If you study Matisse you'll learn about balancing colors. Open up your closet and take a close look at your clothes: there's a color story right there. Study your stationery boxes, your scarves. Be suspicious of any color that doesn't look well with white and back." Here, and on the following pages.
 these pictures show Alexandra Stoddard's enthusiasm for decorating with warmth and heart. The quotes are from her recent hook, Style For Living (Doubteday) on "how to make where you live you."



Home where the heart is has your colors and your favorite things




\section*{Powered by the sun and wind}
a vacation house that mokes the most of nature



\title{
HOW TO LIGHT YOUH rooms IIK AN EXPER
}

Four lighting consultants give you tips, the newest techniques, and interesting ways to bring a room to life with lig Here are plans for dining room, kitchen, bedroom, and bathroom, complete with light fixtures to buy or to ma

\section*{"A dining room should have a sideways glow to flatter faces and down spots to dramatize food." Paul Marantz}

\author{
Partme in the archive tural lighting firm of
}


Incandescent light strip inside box providing sideways glow


Fluorescent ceiling fixture, 4 feet long and 12 inches wide with curved aluminum lonvers, which prevent glare-Modular High Visual Performance Lutminaire by Lightolier.


Front view of the kitchen, showing the \(U\)-shape with central island and pot rack. The far wall has a sink and countertop, with a window above, and two row's of shelves, which continue round the sides. The four fluorescent fixtures are in the center of the ceiling, giving a down light that is shadow free, essential when you are working.
"This is a U-shaped kitchen. In the center is an island with chopping block and pot rack above. The main lighting comes from ceiling fixtures with fluorescent tubes behind curved louvers to prevent glare. The other lighting comes from the shelves. which are 4 inches high, built like open-bottomed boxes. Concealed inside them are warm white fluorescent tubes. On the upper shelf, the front section of the top surface is glass. The light thus diffuses up as well as down to the lower shelf. The lower shelf has no top glass. so the light shines only down, on the work surface. This lighting technique shows up utensils and jars on the shelves, and is attractive when the ceiling lights are turned off. Both ceiling and shelf systems give you light where you need it most-at whatever angle you are working." Shopping information, see page 184.

* view of kitchen showing ceiling fixtures, designed to avoid direct glare-and specially tructed shelf lights. Front view, above, showing the lighting effect of both systems.

\section*{Glass top \\ Glass top}


Fluorescent tube
Ballast

Shelf lighting-fluorescent strip bencuth the shelves. The strip is powered by ballast (also concealed under shelf), connected by wires at the cross supports. both by Lightolier. The two components are separate to reduce the size of the fixture.


An adjustable horizontal light strip across rear of beat comopl: above. l:ach segmemt is I foot sematres. Metal plates call stot int to conct light source if desired - mait (11storn marke by Lightug Somices.

Bedroom, right, with all imstallationts. I I serecoll opposite bed. W'intom for II projector apperars betwer"l slictins pomels at heced of beal. Ithe projector is installed ill the useat roollt. I he flumescent beses-
boand strip, betow. by Lersion Lishtias

Up light
for plants
Control
console

\section*{Morizontal}
light strip
Wall washers
"There are two main lighting systems in this bedroom-at the specially built bed canopy, and at the sitting area. Across the rear of the canopy is a modular adjustable system of incandescent strip light on dimmer, with custom built decorative louvers. Inside the canopy is a light projector which projects silhoucttes and color through the small square apertures at the front of the canopy onto a screen on the wall facing the bed. You can al(o) watch TV on this sereen-TV projector is in the next room. Concealed beneath the base of the bed is a fluorescent strip to light the floor. In the sitting area there is a pieture light over the sofa, a white plastic drum table lit from the inside (on dimmer), an uplight to throw shadows of plants onto the ceiling, and, hidden behind the valance, wall washers to graze the vertical blinds with light. A control box for all lighting rests each side of the bed." The bedroom is designed by Jeflirey Milham, I.A.I.D. For shopping information, see page 184.

Custom made master control console for operalu! lishtuing requipun'll wsts in might
 (omblot - at a certaill time. Wall washoes dime to lull up). athl ladio or record plan er tarns ont.


The bed canopy, above, stowing modu lar adjustable sy:str'th of incandesceout lisht oll dimmmer. Light projector hiddern ill cant opverojects pattorns throush stpure apertures. Flumesescom strip muder the bed. W'all washers, right. hidden behind valunce Lytespor track lighting by Lishtolicer.
LIGHT YOUR ROOMS LIKE AN EXPERT


"A bathroom needs general illumination both functional and flatteringno directional lights, which cause shadows."

\section*{Howard Brandston}
"This bathroom has 2 basins, toilet, bidet, bath, shower, closets, and exercise and dressing areas. Only incandescent light is used-bulbs and a strip. This is because no fluorescent light has a continuous spectrum. With part of the spectrum missing, colors change. Bathrooms should have no spot or direct down lights to cause shadows on your face. The round bulbs recessed in this bathroom ceiling give a diffused, wide distribution of light providing a bright glow. The shower light is a smaller round bulb in a vapor-tight fixture. The closet lights are round bulbs, wall-mounted at eye level to left and right of closet doors, not right above you shining in your eyes, making it hard to see. The lighting at the mirror for shaving and makeup are Linestra incandescent strip lights, used vertically." Mr. Brandston advises that if you are looking for new lighting, invest in a light meter. "When you feel comfortable in a space, check the light level on the meter. You'd be surprised at how low it is, but that's all the light you need.' Shopping information, see page 184
 areas of activity and the position of all the lights in the ceiling and closets.

President of Howard Brandston
Lighting Design, began his
career in lighting in the New York theatre.


View of bathroom showing ceiling and mirror fixtures


Detailed look at the Linestra incandescent fixture by Osram Lampsstrip light clamps onto a chrome socket, then is screwed into the mirror. Each strip is 20 inches long. In this bathroom three strips are fixed vertically onto the mirror for better light on the face.

Ideal bathroom lighting-ceiling fixture 2 fect in diameter, white chamel inside, custom made; containing 6-inch round incandescemt bulbs by Duro-Test. Another round bulb in the shower, below, also from Duro-Test, with va-por-tight fixture available in any hardware store to protect it from moisture. The closet light, bottom, round bulb by Duro-Test, is wall-monuted on the inside of the door at eye level, so it does not shime in your eyes. The whole cost of the lighting fixtures for this bathroom is about \(\$ 350\) ).


Vapor-tight shower light


Light mounted at eye level on side walls of closet \\ \section*{decorating \\ \section*{decorating discoveries discoveries \\ \\ from \\ \\ from \\ \\ ireland \\ \\ ireland \\ \\ to buy \\ \\ to buy \\ \\ across america \\ \\ across america \\ }

n melond

\section*{Designs from a romantic heritage}

1. Pastoral scene near Kildare gimpse of Couristan "Adelante"
and nylon carpeting woven by Yougha
i3. again in green, beside the Powers-
reflected in numerous poems, engrav-
ings, and paintings. 1. Isolated cottage in the Wicklow mountains has a fairy
path of white painted stones to the front path of white painted stones to the front
door. \(\overline{\mathrm{s}}\). Topiary frames windows of this cottage near Tipperary. 1i. The living room of fashion designer Sybil ConnolIy's Georgian mews guesthouse, Merrion
Square, Dublin, recently restored. The floor paved with hexagonal tiles, wood painted to look like marble. Chintz covers most of the furniture. Shells ornamenting the cornice echo the scallop shells in the Connolly coats of arms; were copied in plaster from a sample Miss Connolly picked up at Long Beach, Cal. శ. Out on the trellised terrace, afternoon tea, the table spread with an antique Irish crocheted cloth, Belleek's very pretty "Limpet" china, "Celtic" pattern silver
compote dish and teaspoons from Irish Silver. 83. One of the bedrooms, an enchanting retreat in blue and white toile, paneling walls, covering beds, blinds

\section*{Honter}





Decorating discoveries from ireland

\section*{A farmhouse restored for the rustic weekend life}
 match but all seem to harmonize beautifully. They go together because they informal, rustic nature that's not only fortable to live with at times when you
want to relax. The owner, painter Patrick Scott, converted two cow barns into
living space. "We pushed through walls here and there I decided to make it
livable without using any conventional neighboring farmer,"" he says, "so it
took rather a long time--four years."
\(\mathbf{1 .}\) Grassway entrance to house, old stone
drinking troughs beside the footpath.
\(\mathbf{2}\). The country kitchen, large and
friendly for a man who loves to cook. The
curtain is a blue and white checked
horse blanket handwoven from Kilarney.
The balcony above leads from the up-
stairs hall, is used for storage and some-
times for overnight guests. \(\mathbf{\$}\). Supper-smoked salmon and baked ham-in the studio, once the barn with space for
twenty four cows. Rafters are original, the pine floor is not. "What we had was
inches of mud and a 4 foot slope. So we made two levels." Spread on the wall great red and white Irish handworked
fuilt. On the table, Simon Pearce glasses. 1. Lunch of leek soup, soda bread, at the fireplace end of the studio. "There were fireplaces everywhere except the barn,
cows don't need them, so I put this one cows don't need them, so I put this one
in.". F . In the kitchen, a pine cupboard and a late 18th-century plate rack "from" 4-xamer 8. Everything for colcannon an Irish ish of cabbage, onions, and potatoes see recipe, page found in a scrapyard were adapted into fourposters. The red and white quilts
 are the same yet different, like the re
lated rag rugs. \(\mathbf{3 6}\). The couch was a junk
 yard find, an old wrought-iron bed, now covered with gingham cushions. The tea able is also a chair; top flips back to make a high backed seat. !!. Stones bottles, and jars in the pine hanging shell 10. Breakfast in a studio corner, blach pudding, white pudding, bacon, an grilled tomatoes. The painting by Patrich Scott from his Arcady group. The pot tery from Kilkenny Design Workshops.
\begin{tabular}{l}
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\section*{Miared Domotes.}

Chris \& Jimmy vs. Stan \& Billie Jean isn't who we had in mind. When we designed our new Wimbledon pattern we were thinking of another group: the 20 million tennis buffis in the USA.

So get ready. For Tom \& Sally or Dick \& Jane. With the best of three sets. Refreshment. Juice. Or Martini. And a variety of Tumblers. So after they play some doubles, they can mix some doubles. In Wimbledon from West Virginia Glass.

\section*{West Virginia Class Company Weston, West Virginia 26452}


HAPPY HOUSEKEEPER continued from page 26

Last summer we actuited two pieder of metal eralpture most intritate in their oremall comstraction ated detail. They are stardy pieese but at the same binte. much of the detail is wer delicate. After We'd hat twe pieces for a fen weeks. He inev itable problem arose: Hom to kerp intricale comstrurlions rloan athd dusted wilh-
 finally sulvel it b pusting the how of the canister vatum on the hlowing emt ant eronth blowime the duy anat, I attarthed the soft
 like a chamm.

That indi-pernable item. a habdy pair of all-parpose shears, should nerer go iuto the dishucasher. In the fire place they
 amt. serendlls. if the handles are pamted. the paint will soften and eraduath come off bee ause of the hioh heat of the dishwasher. Ans wat? We wee ontroverantly. - I like to heep them handy I hang the shears on a hook near the sink after live carefully dried them With a lowrl.

Lim quite impresed ha a wow oren cleaner that vintually eliminates ratu-tio famme thome and unpleatant ontors, and the danger of inflammabilits. The new lam d Itammer Oren Cleaner works on a combmafion of -peat-on liquit and heaf the oven is heated

 fatche nat be left in plare ant can be teaned at the same time. Is soon as the wen coets. ! ou quickl wipe it clean. the eprat -liquidfoam hasime turmed imto a dry powden residue that is easily disposed of leasing the oren -potless. lien of all. it is completely noncamblic mo damere of bumin! thin, intated eses. and you don't hate fopmotel the floor and counters with all those newspapers.

Arican voblets are often bert hard to gron-eren for people "ith
 expersure. and you ir learned how lo water yout plant. it is now possible to feed tfrican riolets with our application of muIrioufs that will last mp to six momlls. Veu from the 3 ll Compans. which has alreat! pmonered -uteresulk with Precise Plant
 siats of timb lancmber coprule that releare just the right amount of nifosen. phosphoms. peta-ximm. ant ohther mitro-nutrients on contart 11 ith monst mol. They follow the time-release principal that is used by many decempertant redel remedies, The capsules themselves are biotegratable ant hleme -alely into the soil as the violets are steadily and menly fed.

Terrace fime in almos here and were getting everthing un-


 ome will stom le e enming batk from stotage al the matery. It this
 ers for smaller plashis aud atumals. So far, l've foumt soume







\section*{10 GREAT VEGETABLE MAIN COURSES} from a new book by Arabella Boxer

\section*{Delghts}

FROM IRELANDby Bettina McNulty - pepplafonces, food - ing uolint pientous quick 1b:gun by áaid H2 MTO FINT WINES yol geala
figon how
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For free recipe bookletr, write. Carillon Importers, Lrd., 745 fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof. of

\title{
10 great vegetable main courses from a new book by Arabella Boxer
}

\begin{abstract}
egetable main courses are refreshing and nu－ tritions．＂suggests English rook and anthor rabella Hoxer．＂cThey have great variety of fila－ ors，textures，and colors，and in season，vege－ ables are good budget bilys．＊Here are ten deli－ ions recipes that star vegetables from Arabellat oxer＇s new book Nature \({ }^{\circ}\) ：Harrest（ileginery）．
\end{abstract}

\section*{CARROT RISOTTO}
redients： 1 onion； 6 ounces all carrots； 5 tablespoons but－ 4 strips bacon； 1 cup rice； \(3^{3}\) s ehicken stock，boiling；black pper；l ounce freshly grated mesan cheese．
thod：Chop the onion and cut earrots into thin slices．Melt 4 lespoons butter in a skillet and水 the onions until soft．Add the pped baeon and eook until den．Stir in the rice．Add \(1 / 2\) the ling stock．Add the carrots． ok gently until the liquid has an absorbed，then add the re－ ining boiling stock as the rice ts dry enough to need it；all the ck should be absorbed by the he the rice is cooked．Season the otto with blaek pepper and dot th the remaining butter．Top th eheese．Serves 4 as a main urse．

STUFFED CABBAGE LEAVES
gredients： 2 ounces rice； 1 small ion； 1 ounce fat； 1 pound raw nced pork；salt and black pep－ r； 1 green cablage； 3 cups beef chicken stock； 1 tablespoon but－ ； 1 tablespoon flour； 1 egg yolk； cup sour cream．
cthod：Boil the rice until barely hder．Drain．Chop the omion hely and brown it in the fat in a fing pan．Add the pork and cook hatly，stirring often，till browned． dd the drained rice and mix well． bason with salt and black pepper id leave to cool．Separate the bbage leaves，discarding the htermost ones．Cut out the ickest part of the stalk in a V － ape，and throw them，a few at a me，into a large pan of boiling ater and cook for 4 minutes，then ft them out and drain，while you ook the others．When cool，wrap ah one around a mound of the uffing，making a little enclosed 11．Cut up the unused leaves in rips and lay at the bottom of a asserole．Lay the stuffed leaves on p of this bed．Heat the stock and our over enough almost to cover
them．Cover with a lid and cook in a moderate oven \(\left(350^{\circ}\right)\) for 45 minutes．Drain off the stock，re－ serving 1 cup for the sauce．Melt the butter，stir in the flour and add stoek to make a thin sauce．Stir un－ til cooked，adding salt and black pepper to taste．Beat the egg yolk with the sour eream，stir in a little of the boiling stock，and return the sauce to the pan．Stir until smooth，without allowing it to boil．Arrange the cabbage leaves in a dish．Pour sauce over the cab－ bage or pass separately．Serves 6 ．

\section*{COLD STUFFED TOMATOES}

Ingredients： \(1 / 2\) pound cottage or cream eheese； 2 tablespoons lem－ on juice； 2 tablespoons olive oil or sunflower－seed oil；salt and pep－ per； \(1 / 2\) cueumber，diced（ 1 cup）； 4 tablespoons chopped chives； 6 large tomatoes；salt；sugar．
Method：Mix together lightly all the ingredients except tomatoes， salt，and sugar．
Skin the tomatoes by covering with boiling water for exactly 1 minute，then plunging into cold water．Do not leave a moment longer as they must stay firm．Cut a slice off the tops and remove the insides carefully with a small sharp－edged teaspoon．Sprinkle the insides with salt and leave to drain upside down for \(20 \mathrm{~min}-\) utes．Shake dry，sprinkle a pinch of sugar into each tomato，and di－ vide the filling among them．Chill or serve immediately．Serves 6 as a first course．

\section*{VEGETABLECOUSCOUS}

Ingredients：屑 pound precooked couscous； 2 cups cold water； 6 cups chicken stock； 6 small onions； 4 leeks，sliced； 4 carrots，sliced； 2 stalks celery，sliced； 4 zucchini， sliced； 6 tomatoes，peeled；salt and black pepper； \(1 / 2\) pound chickpeas， presoaked and cooked；草 teaspoon saffron．
Mcthod：Put the couscous in a bowl and pour 2 cups cold water over it．Leave to alsorb．Put the

chicken stock in a large pot，add the whole onions and bring slowly to a boil．When the stoek reaches a boil，add the leeks，carrots and celery．Put the couscous in a muslin－lined strainer，place in the pot and cover．Boil gently for 30 minutes，then remove the strainer and add the unpeeled zucchini． Season well．Stir the couseous， and break up any lumps with a fork．Replace and cover the pan． After 10 minutes，add the whole tomatoes．Cook another 5 minutes after it returns to a boil and re－ move from the heat．Turn the couscous into a heated dish and break up with a fork．Add the chickpeas and saffron to the vege－ tables．Pour the vegetables and stock into a tureen and serve the couscous separately，garnished with a fow of the vegetables． Serve with Hot Sauce．Serves 8.

\section*{hot Sauce}

Ingredients： 2 teaspoons ground emmin； 2 teaspoms ground corian－ der； 1 teaspoon chili powder； 1 teaspoon celery salt； 4 tallespoons tomato purce； 4 tablespoons heated stock．
Method：Put the spices and toma－ to purée into a small bowl，pour on the hot stock and mix to a paste． Serves 8.

\section*{ONION SHORTCAKE}

Ingreclichts： 1 cup flour； 1 teal－ spoon baking powder；存 teaspoon salt； 7 tablespoons butter；alout 6 tablespoons milk； 1 pound on－ ions； 1 eggs ，\({ }^{2}\) cup cream；salt and black pepper
Method：Sift flom with baking powder and salt．Cut 2 table－ spooms butter in small pieces and rub）intos the flour，or cut in with a fork．Mix with cnough milk to make a dough．Turn onto a floured board and knead once or twice． Put aside while you make the on－ ion mixture．Slice the onions thin－ ly and evenly．Melt the remain－ ing butter in a heavy frying pan and cook the onions gently until they are soft．Stir mow and then so that they do mot stick．Beat the egg with cream；season with salt and black pepper．When the on－ ions are soft，lift them out of the pan with a sloted spoon，leaving behind the juice．Put them into a bowl and beat in the eqge and cream mixture．Taste for seasom－ ing and adjust．Roll and pat out the shortcake till 景 inch thick． Place in a quiche or a pie dish． Pour the mion mixture in and hake for 25 minutes al 12.5 ．Some the Onion Shortcahe hot or＂arm． Serves 4

\title{
Crisp banana fritters and a creamy tart plus a dozen other delicious banana recipes
}

\author{
byJane Ellis
}

ba a wonlertil ratural hood．perfect for a frich creves pich in）when atelomet ol hambl．Wonder ful in milh shates，laceats．and athers．Sanleed，hated，andel erilled they（：all acconppany all motro om prosicle all cats densemt．liemath

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 romen temperature but per in the
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\section*{BANANA TART}


 ly at（imanels in \em lonl，amel
 PASTRY DOUGH




Vothorl：I＇late ther flome on lowl，amel make a well．lote Hoe wall place the butter，sugat，とald．
 or a pastas blander，blemel the in arerlionls wereller grichls：Tho domel slomkl begin to lould to exther when it reaches the cent mbleme of amand meal．If it is tox dry：akl amother lablerperen wat

 fort will ther leed ot your haturl．Re
 is stmontla．\ake a flat romolel of the （fomelar Wrat）it in plastic．and re－


\section*{PASTRY CREAM}










\section*{HB．N．N．IIDCRN}
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－In a 35050 onell berlior basagarases in their jackels until quite black and vore seft about \(1.5-20\) mimutes．Slit and sprimkle with \\
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 1）leneler ancl whirl． \\
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 dered mith with 2 leasponms hat water to discolve．Blend in 2 tablesporoms peamm bulter．Spreat on a bamana for a fast mutri－ tions lmoaklast． \\
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 whisk．Pour mivance intolonclal and add vamilla amel rime．（ioncow will plation wrap）．pressimg（lown light Is witla thee wrap）motil it lies frexpen the surtace of the paster
 mes．liefrigerate

\section*{TART FILLING}

Ingedichts：\＆large ballanas；2 ar－
 Merlored：Peed and blice banamas intor fommes．Sprimhle witl sugar amel mustern will white wine， which prexents lhe batamas froma

\section*{GLAZE}





ASSEMBLING TART



BANANA FRITTERS
（Brigurts Somffés Anx Banane． from Richard（iramsmam） Ingredients：oil for cleep frying； hamana，diced： 2 teaspoons sug．
 tablesporens masaled butter；保te boon salt；名 leaspoon vanilla； （in）（ippped and leveled all－pis pose flome； 2 extra large ege powdered sugar．
Me＇thod：In a deep fryer heat matil il reaches 365

Place banamas in a boovl an prinkle with sugar and mom a ret aside
In a panl bring water，Intte salt，ancl vanilla to boil．Remor pant from heat and sift florer i Sir oner heat for 20 ）seconds wit a wooden spatula．Remore pa from heat and add eggs one at lime，stirring well．The mixtu should cling to the sides of th pan，and to the wooden spatuli When it does，stir in the clice banamas．Drop the batter by tea spoonfuls into the oil．The litte will lake approximately 5 minute Io fry，and during this time the o temperature should gradually b raised to 385 ．In the course of th frving，the lritters will pufl up and hmon themselves over severa times．They are done when the hase pufled up，tumed a dee brown eonlor，and stopped turnin oser．Drain them on paper towe sprinkle with powedered sugar an serve with a hot apricot sauce serves 6 ．

APRICOT SAUCE
Imgredicols：多 cup strained aprico jam；告（up lum and water mixe to taste
Method：In a samcepan bring jam rim and water mixture to a boi atud serve all once

BANANA FUDGE
（from（arib）ean Cooking by Con nir and Amold Krochmal LQuac ranglel）
Ingrediconts： 2 banamas，matshed 1 （alp）milk；早（mp）sugar； 1 lab）le spoon margatime；lita leaspoon vanilla fatrace．
Mothod：\(I_{11}\) a sallucepan combin bantanats，milk，smgar，and matga rime and simmer matil the mixtur Hackerns．Stir in the vantilla ame beal will （ool）．P＇onr mistme into a grease platter．Whare the mixtare is firm cot inter splares． 4 sorvings．

Comitimidolom page

\section*{ook outside your castle on a Charmglow gas grill.}



\section*{is the year'round alternative to indoor gas cooking,}
m city townhouse to suburban split level, a larmglow gas grill will make your castle more oyable than ever. An ordinary meal becomes last with Charmglow. You get delicious outdoor or without any lighter fluid, charcoal or messy an-ups. And gas heats quickly, gives you
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\section*{Charmglow}



\section*{Grapes, like people, need a time torest.}

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All day long our grapes were hard at work, maturing and ripening under the warm California sun. Then, at day's end, the sun sets, and the important events of the night begin

The Pacific Ocean breezes slowly roll over the mountains and down into the vineyards where they cool and rejuvenate our grapes. When morning comes, our grapes are rested and ready for the work of the new day's sun

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\section*{Almadén}

Only a fine grape can produce a fine wine


For a copy of "News trom the
Box 997 K Los Gatos California

FRENCH FRUIT SALAD
Frmils Rafrairhis Al＂Coiutrean from Richard Gransmam） Ingredients： 2 manges，peeded and rectioneed； 2 banamas，peeled and sliced； 2 peats，peeled and sliced； I small pineapple，cont in half and sectioncel；桨 pint stranderries：3－4
 wine（a \tacen blante is nice：：1－2 ommes Comentrem．
Me－thoed：About 2－3 homers betore serving，place froit in a bowl and sprinkle＂ith sugar and moisten with winc：loss gronly and refrig． erate．

Before serving dimor，remose lomit from refrigerator（fruit should be chilled but ant too eorld）． Adel Conntrean and toss erontly Semer 6－s

 Thofiolden Lemon int Mr．
Kirts．In Itecaspooms butrer sumtíz choppod moditum ontions until goldern．If ！！on



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1／6 tacemporn salf．and


 cobld．Sondp tornals to loceorme thiret：if rhilledl：thin out

lirereses rerll．Nerres 1.

\section*{BANANA CHUTNEY}
（from EImerick Bromsom）
Muserelients：is tablespoonis whole
乌at；（alongh bex ripe and soft 1）amamas to Cepral 2 （fluarts，sliced； I whole how pepper pod，seeded and stem remowed，sliced； 1 gatic head pereled and sliced thin； 3 mions pereled amel sticed thini： 2
 \＃rapmes（ont in hatl ant seeded of
 bacel midneeseceloth．









 oos．

\section*{BANANA ICE CREAM}
（from Caribheam Cookings）

 masheed．
Merboel：In the tep）of a cloul）le moniler place milk，extes，amel sugar and coosk over loot water motil the mixture thichems．Remose from locat and let cool．Stir in the bat manas and freme．Serves \(t\) ．

 ＊poorrs butcersaratio？



 Hbineql to a bobil and simaner mivinrofor tiominntes．
 ranconnti．I ripor bathatial．and Itraspoon sugar．and liguial tougulter＂．vimmer

 surred caldi．Nerries 1－fi．

\section*{BANANA CURRY}
（from）Ca！lord＇s Restamum） fogeredients： 1 latese omion，peeded and sticerl；I omeres butter；I teat sposen gatlice peected amel ground；
 meric：papmika to laste；salt to taste；I tathlesporn coniander pow－ （ler： 2 tombatoes，mashed； 1 （mp） Water，o bamanas，sliced；cimma－ ＂10日 pesider．
Mrethod：In a trying pan try omion in loutter motil mions ate a light golden brown．Add garlice，ginger， tumeric，paprika，salt，erriander and mashed tomatoes．F＇in for 20 minutes，tuming atl the time． Sprinkle water lrom time be time to prevent ingredients from stich－ ing to the bottom of the patro．Add 1 cap water and let simumer for an－ other 20 minutes or matil all in－ greelients are smoulh．Adel bat－ Hantas and cook for 1.5 mimutes． Sonse sprinkled with cimmanmon as ant accompantiment（0）an lutian dinner or with burniled chichen．

\section*{Bergatal Ifatu Pballs irom}
 1．50․ Wrap if perelodrapo
 Harn and placeain absutcored berliin！！dish．Top widh 2 cups



 ariall wicea on orn un Einglish


BANANA CHAAT
（from（＇allylord＇s Restatrame） This is a delicious condiment for a （oury supper．
Ingeredicmis： 4 banamats，sliced． salt to taste；paprikia to taste：black pepper to taste：juice of 后 lemon； ateaspeons sugat．
Mreflod：In a bow place banallas． salt，paprika，black pepper，lemon fuice，alld sugar and mix all in－ Eredimets well．Adjust scasoming （o）yoner taste．

Hanarnal lifips．IIcat \(1 / 2\) inf－h of sulad oil in a slifled until

hathatas and slicup intodhin ronnde．Freg until golden
 on puper tornels atill sprintilo arith salt．Nerre hot ar reald． The efreremer and firmere the batratla．thor rerispere ther chilf．

BANANA OATMEAL COOKIES
Incredicnts：\(\because\)（up packed brown
 mashed ripe banamas（5－6 medi－ （mn）；组 teaspoon salt；\(\&\)（mps me corohed regular wats； \(1 / 2\) cup （loppere wathmes；在 cup raisins． Molhod：P＇releat avell to 350 ．In a boul beat sugar and oil together matil well blended．Stir in lauran－ ats and salt．Gratually blemed in oats．Stir in walnuts and ratisins． 1）rop ley teasporonfuls onto greased baking sheet．Bake for 25 minutes． Conl on baking sheet for 10 min－ utes；remove and cool． 4 dozen．

Girilleal mananas．Illour I firm loantilla pereserving．

 tho ededesand drizzIo honc！！ or＇unaplosurnf and brush
 onslef．IPlaceo ont grill orer gloming roals amilif peel turns ！l／ossif blact：und palp is




\section*{GLACEEED BANANAS}

A womlerful dessert witl a Clii－ besce meal．
 Water，I tablespromi light eorn
 of bimamas，perted amul（oll in ？
 lighll lxaten：peamet ail；Gibowls wlex livater．
Wrolhod：In a sallerpall mix shgar，
 tarlar tocedier and buing mivtme
to a boil，stirring until sugar solves．Lower leat and cooks mutil it reaches \(320^{\prime \prime}\) on a c themmometer．Remose pan heat and place over a pot of water．

Dust binnanta chunks with aurl slake ofl excess．Dip fru egrs and deep fry in about 2 in of heated peanime oil motil go brown．Remove and drain on per towels．Carefully dip hot into sugar syrup and place（ buttered platter．Sorve while with bowls of ice water．As fruit is dipped in the ice wi glaze hardens instantly．Serve


 Wrerミa．Irtimpaliately boion ＊errififl reminieframifes and urricraf）．fintimularery trim sliceps direded！y inta chilled glaswes．Nprinlile


 urill freeze tu ther nlicers． ©erreimmindiamely．

BANANA WALNUT BREA
（from Janice Donotan） Im\＆redicuts： 1 （cup）sugar； shortering； 2 eggs； 3 medium Hantas，mashed in a blender；pi of salt； 1 teaspon baking so y teaspoon baking powder； cups flowr； 1 （up）chopped wah Mothod：Preheat oven to \(350^{\circ}\) a large bowl cream sugar shortening together．Add e banamas，salt，baking soda，bak powder，flour，and walnuts blend well．

Grease an 8－by－5－by－3－1 bread patn．Pour batter into and bake for 1 hour and test doneness．At high altitudes，c 10－15 minutes longer．Make loal．Refrigerated and wrappee foil，this bead will last 2 month

BANANA CREAM SHERBE
（from Mrs．Dechin Coman） flogredicols：：1／2 pint healy cre \(2 \frac{2}{2}\) talhlespoons sugar；salt； ounces eontentrated frozen ora ¡nice；somees crusherl pineap） I bathana，sliced．
Mathorl：In a bowl beal core sherm，amel sall motil stiff． fince，pine：apple，anct bamama frecere in an ice tray molit firm． low to thaw in refrigerator ab \(1 / 2\)
home before serving．I gran


\title{
Delights from Ireland 15 recipes，including a famous quick brown bread
}

\section*{by Bettina Mc＾}

\section*{
}

\section*{PARSLEY BUTTER SANDWICHES}
from Miss Syhil（ommolly）
Ingredients： 1 haudlial treshe pars－ ley，very finely choppedi it table－ poons innter；多 teaspoon English massard：salt and treshly gromold black prepper to taste； 1 small． tresh loaf whole wheal heade 道 loaf plain loread．
Methoel：In a bowl mix parslex butter．mustard，salt and pepper motil they are soft emough for spreating．Spread on S Abinly cort slices of whole－wheat bread and samelwich together witla platin piece of bread．To cut bread water thin，chill in the refrigerater beforchand and cat with kuite dipped in hot water．Serve will smoked salmon on homemarle somp．Somess．

\section*{MARINATED LEG OF LAMB}
（ from Miss Sylill Conmolly）
Ingrediconts：1－41\％－pomed lear of lamb；：3 lablespoons French dress ing：I elowe earlie，crushed；首 leat
 butter aml wil for cookines： 2 teat Spoons shas．
 lriek lece of lamb all wor witl （arving fork and penur on Premely dressing．Rable crushed gatlie over lamb and then spriakle witla sale and theme．Cover amel leatc lo
marinate ovemight，sponing juice ower as ofter as possible．Rul） lamb with butter and oil and cook for 2 hours．Sprinkle sugar ower amel cook ： 30 minmes more bast－ ing frequently．Sorves 6－S．

\section*{IRISH COFFEE JELLY}
（from Viscountess（arormanstom）
 coffec： 2 level tablespoons super－ fince sugar；I lablespoon powdered （rolatian：总（up）lrish whiskey； 1 cup lacaty cream．
Mothord：Pat the coflere into a pant Witlı thes strgar and gelatin and lacat almosi，lant not quite，lo boil－ ing stirring all the time montil sugar atrel grelatin are dissolvect．Take the path off the stove．stir in the ＂hisker，then shate the cofle among of hepint elasses and prot into the refrigerator to set．Before serving，top with cream．

\section*{IRISH MIST SOUFFLE}
／from Mrs II an Vhroll at Ballymalore House）
Ingredients：Juice of I lemon；1 sweer gromimollat： 2 egess sepa－ rated； 1 tablespoms superfine shgar；I tablespoon lrish Mist liguenr：I rommed teaspoon pow－ dered exdatin； 2 teaspoons water： 4 lemons strells or 4 ramokins．
Meftod：In a bewt spuce\％e lemon and soak the geranimm leaf in the

\section*{QUICK IRISH BROWN BREAD}

Ingredients： 3 （apps whole wheat flome I leasperon salt；＇í leaspoon
 Method：Prebicat oven to 425．In a large bowl，mis the flour，satt．
 an less depentines on the absorbent（patity of the flemer）．The domer shomal be sticky hat cass bu handle．Kincationto a ball in miving bowl
 flomed iron parn，shilled．or cookie－ lecel．I lallem intos a T－inet cirele \(\because \because l_{1}\) vom hatncl and．Wallow
 forn rde．In ide in H1世＇oり of



juiee．In a separate bowl heat eger yolks and sugar mentil thiek，arkl the Irish Mist and beat again．In a cup dissolve gelatin in 1 teat spoon of the lemon juiee and wa－ ler warmed slightly and add（o） eggs with remaining lemon juice． Beat egrg whites metil stifl ard fold inlos misture．Freeze in lemom shells or ramekins for a few hours before serving．Serves 6 ．

The following recipes have been aclapted for American kitchons from Irish Commtryhomse Cooking compilid lm Rosic Timme．

\section*{GAELIC STEAK}
（from Mrs．Regesie O＇Reilly） Ingredients：：is cup butter； 4 fillet steaks（f－6 sumces each）；salt； freshly grouncl black pepper； 2 tablespoons shallots or ereen orions，fincly choppect；is pommel mushrooms，sliced； 1 cup heasy （ream） \(1 / 2\)（1リ）Irislı whiskey； 1 ta－ blespoon parsley finely clopperd． Method：In a large frving pann． molt butter orer medium heat． Arkl steaks and samté paickly for about \(\mathrm{I}^{12}\) e mimates on each side， bmang once．Scason with sall anel pepper Remowe steaks to heat－ prode elish and keep warm．

Add chopperd shallots and mushooms to frying pant samti motil shatlots are tender and mushor rooms lightly browned．Adel cream and Irish whiskey（1）pran and cook ower medium heat until sallee is reduced by half．Pour satuce oxer sleaks，sprinkle with parsley，and serveat once．Sones 4 ．

\section*{WHISKEY PARFAIT}
（from Mrs．Francis Cooper） Ineredients： 4 egess，separated； 5 tablesporms plas 1 traspoon super fine sugat ： 2 tahlesporons lrish whisker：－tablespoons flaked loasterl almonels：
 mixaed perel．
 mon later bow l．lecat wall will ： wooklent bexon matil light and （reamse Stir in Whisker and al monels．In a separate bowl beat ages whites motil stifl ancl bokl （rean and whites inter whisher miverre Blowl genlly but
 ring molle with coll water．Spron
kle mold with peel and \(p x\) misture．Chill well．＇Tum dipping the mold in boiling for a seeond．Serves 6 ．

\section*{STEAMED SOLE}
（from Mrs．Derek Timue
Snaffles Restaurant）
Ingredicuts： 4 fillets of fresh I lemon，quartered；melted I or hollandaise sauce．
Mefhod：Make sure skin mover from both sides of the Place fish on a lightly but plate and eover with the sam plate and place in pan of b water for about 7 minutes or it becomes white and opaque fish will require no seasonimy will cook by steam．When co serve with lemon and melted ter or hollandaise sauce．Sen

\section*{SOMERTON SALMON STE}
（from Mrs．Tom Laidlau Ingredients：41／2 pounds sa stoaks；\(\frac{1}{2}\) pound soft brown s freshly ground pepper； 1 teas mixed spice．
Mofhod：Preheat broiler： both sides of salmon steaks mixture of brown sugar，pe and mised spice and leave dish for 1 hour．Grill under bost heat for 4 minutes on side．Serves 4.

\section*{GUINNESS CAKE}
from thr Coumless of Ir cag Inseredients： \(1 / 2\) pound butte pommed soft brown sugar； 4 \(1^{1 \prime}\) caps flour： 2 level teasp miverl spice； \(1 / 2\) pound see raisins；促 pound sultanas；解p mised peel；it pound che clopped；y pound wal （ropped：I pint Cummess stou Mefhod：Preheat oven to Ceram the butter and surga esother metil light ancl cre （irathally beat in the eoges in the flour amel mised spice the raisins，sultamas，mived cheromes，and walmuts．Mix we gether．Stir 4 tablespoons of 0 mess inlothe mivtrre and mix Trim inlo a prepared 7 －inch r cathe tion and lake for 1 hour．
Reoluce heat to a cool （300）and bake for amothe lomes．Allew to cool．Remone tin．P＇rick the batse of Hre eak
ver, and spoon over the refiler of the Guinness. Keep the l week. If you like, before it spoon over 8 tablespoons lional Guinness into the base cake

POTATO PANCAKES
from Lord Mountbatten

\section*{of Burma)}
lients: 2 medium potatoes, l; 2 heaping tablespooms 1 teaspoon salt; 1 teaspoon r; 2 eggs; olive oil; eold of beet.
d: Grate potatoes on medirater. In a bowl, mis flour, and pepper, and add to potaThen add 2 eggs, broken in it a time. Beat all together rough purée. Lightly eover m of frying pan with olive oil neat. Put 1 teaspoon of the re into the hot oil for eaeh ake. Spread out quickly with fon into thin ragged shapes. ntil crisp on both sides. Serve ith eold beet sliees. Makes pancakes to serve 5 .

\section*{MY GRANDMOTHER'S SCONES}
(from Lady Mahon)
quiek and easy to make as seones involve no rolling or 1g.
ichts: 1 eup self-raising 2 heaping teaspoons baking ler; 年 teaspoon salt; 1 tea; sugar (optional); 1 egg; 1 nilk
od: Preheat oven to 450 Thoroughly grease 12 mufns. In a bowl sift flour, baking ler, salt and sugar (if de). In a separate bowl beat egg milk together and pour into Mix very thoroughly. The ure should be very ereamy not at all dry. Drop small nfuls into greased tins and for 10-15 minutes until welland brown. Makes 12 muf-
following recipes have been Deded for American kitchens Theodora Fitzgibbon's A e of Ireland

2ADITIONALIRISH STEW from Theodora Fitzgibbon) ; is the original, simple reeipe Irish stew as it is found in y places in Ireland today redients: 2 pounds leg of mutfor lamb; 2 pounds white on2 pounds white potatoes; freshly ground blaek pepper. hod: Cut the mutton into 2 h ehunks. Peel the onions, leave ble. Cut the potatoes to the size the onions. In a large pot, ead a layer of potatoes and sea-
son with salt and pepper. Then add the mutton or lamb and finally the onions. Repeat layers until all ingredients are used. Cover the misture with fresh cold water. Bring to a boil and simmer gently for 4 or more hours. The mutton should be soft and tender, the potatoes like mashed, the onions completely melded into the gravy. Serve in hot soup bowls. Serves 6 .

\section*{COLCANNON}
(from Theodora Fitzgihbon) Colcamon should eorreetly be made with kale, but is more often made with cabbage. A plain gold ring, a sixpence, a thimble, or a button are often put into the mixture. The ring means you will be married within a vear; the sixpence denotes wealth; the thim-
ble, a spinster; and the loutton, a baehelor, to whoever gets them. Ingredients: I pound kale or cal)bage, eooked and chopped; I pound potatoes, cooked seasoned to taste with salt, pepper and a pineh of maee, and mashed; 2 small leeks or green onion tops, green and white parts, chopped; l cup milk or eream; \(1 / 2\) cup butter, approvimately.
Method: In separate bowls keep kale or eabbage and potatoes warm. In a saucepan simmer leeks or onion tops in milk or cream to just cover until they are soft and add to the potatoes. Blend in the kale or cabbage, beating until it is a pale green fluff. Do this over a low flame and pile it into a deep warmed dish. Make a well in the center and pour in enough melted
butter to fill up the cavits. The regetables are served with spoonfuls of melted butter. Serves 6 .

\section*{HONEY MOUSSE}
from Theodora Fitzgihhom) Ingredients: 4 exges, separated; 112 ounce jar of honer Method: In a double boiler mix the egog volks with the liquid honey (if the homey is "set" and thick, stand the jar on a piecer of wood in warm or hot water until it liquefies) and eook stirring constantly until the mixture thickens like a custard. Remose from the stove and let it cool. In a loowl whisk the egg whites until stiff and fold into the mixture. Pour into either individual dishes or one dish and chill for several hours before serving. Serves \(\delta\).


\title{
Tips from four wine lovers How to find the wines you really like
}

A wime te drink at home with friends－a wine for a special oce sion－home among the hametreds of bottles you see in your lign store，all different shapes and labels，are youl to find the one th pleases you There is no single ansuer．For such a persomal thi as your omentaste，mo ome me comlel apply．But here are four pe ple who stated from serateh and have foumel，thronsh their on experiences with wine，a complete confidence and pleasure choosing and drinking it．Their stories，along with their ou＇n pe sonal lipss and cheses that they fommed along the u＇ay，misht he start you off on your ourn jommey thromgh the world of aine．

\author{
1 \\ －Mread alocinitand
 \\ Haliop figiquIds mailh
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}

Whan stranse is a political arientish ＂hoo has faush at Dukir，Johmes Hophims．and Rulders．and is mon I）（an of ther mell（＇ollerge of Public amd C＇ommmmily Sirnicr in Bosstom

†or first wime I romemaler（lumh
 1）ianas，wht lo dmace before wr

 a bottle ol wine at dimuer to ime press lacr．Thanhims bach nos，I wonkhat（hoose that partiontar ＂ime－but we emperel it atroas．
 H－ゅハ ：and How and started to reat abome it atral bom bowh．（I
 ＂ine）atrel also joimed Lees Amis
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 11 lowh shatls．lastm
lad lavte＂Ince with friemels









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 goond amell bad yours． old armal ！Jurri！
rimincues．。＂
－．Doncithan ．M／ariser
Jomahlam Vorss is an archile ed ＂ill Rosemblel Hartey Vorsere in Vref Yom（＇ily．IIs imtenlerl whal life calls his Morar（ode of llime to deldop his hmoulidere and to bo （1）\(\|_{r}\)（a）dial 11 ill wime stares and restamment lists with eonfielence

practically wery comatro in ＂hich erapere alre collisat－ al maker wine．＇This in－ －hades probable at least fol）entutries in which there are probabla ： 3,000 dillerent sypes of wine \(\mathrm{X}_{1}\) onte in the workl exuld possibly hope to how all of them． Livern to hnos all of the wimes of France would in itself be How ma－ dertaheng of a libetimes．What wera loohine for is a place to start．
＂What I dicl wherl I was a
 Wince lom call chome ant man from alle comats or region，but
 dealer（o）recenmemed the best wine for the price yon call atloret．Evers time von loni it and drink it，you will Fearm mome about it．Catoed years，batl reatrs，old athel vommer （intagers．Dot the sallue with at white line．
＂In mu \omse Conle，yon drimh mblthere two wines－Hererd allel the white－matil yon are reall ta miliar＂ith thom．It matl latheser．

 －Un｜rel winc will raast lambl

 W l men what bon iloni like it



\section*{3}
－Drajariziza alyronaly of mind－lorima froiopralse（a）shlatror
thor rodsit amal plerasimfor of raviling

－Pariala Cedero
P＇aula C＇edere is lucomb－nime ysar． old and works at the W＇illiam Von ris．Aenc！y in Veu York（＇ity man－ asing wrilers and filmr makers．

When I was lwentr，I first stated lraveling in Ea－ rope，and becathe atector lomed to wrlering a bottle of wine with my meal wherever I went．If won jpend thirteen weeks in En－ mpe drimhing wine every dar yon dont give it up the day you get back to America－it becomes part of ？om food experience
＂İ心 fommel that wine is vers （minable in the compans of friemids．（Often a group of wis will sather al ms homse for a meal and （thl）tosether to lus the wines． This wate we shate the cost，orm （1）inioms，and derelop our tastes together
－Check to see if somerone is gil mg a eonsse in wine in bour areat I keaneel a lot from a marveloms conmse gixan in New lork b Alexis Bespalofil．Its all in his Sieg net Book of Wime：a book wor can stmdy，whereser you live．Cromme work such as this，phis contimal eperimentation，is a goorl mothex for amborely lo atopl in explorines


\section*{4}
 for／Hormines

drimli arproy da！y．




Yont Haimemon is Schior 1 President of an aldertising age in Xew ）ouk，and Tomen Coun nran of Ilarrison，V．）
－ ecame interested in wine p cipally because of my neigh in the country，publisher fred Knopf，who has a gr ine cellar．Over the years I came so）interested in wine tha started to write about it，contrib） ing interviews and articles to w magazimes
＂If you are going to drink w OH a regular hasis，rou simply ca aflorel \(\$ 10\) bottles at everi mea suggest，therefore，that your sel a lop price－establish a ceeiling． quite possible to find enjoya wines at mot more than \(\$ 3\) a bot
＂Bon＇inexpensively and g ＂wines a chamee to bottle－age bome．If the wine is one that improve with age．most reds， （sample，wive it as lomg as ser yarrs to age．You will be smpris at the＇prality and taste after th tme．If you have limited spa ash your wine dealer if he can a won wine for von．Ancl if son ha ficame about a wind vould like Irs，or if sonve lasted and like ＂ine in another part of the try，that isnt stocked where live，ash yomr wine dealer（o）sp cial order it for vom．

\title{
A new way to coolk.
}

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\author{
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}

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\section*{＂Vegetable dishes complement each other and benefit} by being served in combinations of two or three＇

\section*{TEN GREAT VEGETABLE MAIN COURSES}
continued from page 131

\section*{SOUPE AU PISTOU}

Ingrediculs： 1 mion； 2 small leeks； 2 small carmots； 2 small／accolini； 1 pound string loc：ans； 2 medimm
 Doiling water：奖 pound fresh white

 2 onaces shell pasta or macaroni． Ingredients for Pistom：I choves Garlic：2 tomatoes；12 sprige basil （fresh）or 4 tablespoons dopped
 ombers graterl P＇amesan cheerse． Method：Dice the mion，leeks， （armots，zncellini，string beans， and potatoes，keeping Hom in separate piles．I leat about 4 table－ speons of olive oil in a latere lacasy satnceppan and cork the onion and looks gently mut they are pate golelen．Pour in 5 （etp）boiling wa－ tor amel atel the carrols and the batricot beanas．（If usinge dried beans，they must be conored with eold water and precooked motil al－ most tomer．）Bring lach to a boil， adll salt，cover atul simmer for 4.5 minmes．Tloen add the potatoes， \％nchobin，anel string beans．Sime mer for amother 30 mimates．Ad the pasta，amel cook weowered for IO minutes more，om matil pasta is just teruler．
Walhod for Piston：Pomed the gar－ lice in a montar．Cut the tomatoes， do mot peed them，spleere out the seeds and juice and grill them mo－ （il browned．Chop the hasil aud adel to the garlice in the montar amel ponnd again．After disearding skins，add the chopped srilled tomatoes．Pound agatin until yon have a lairly smooth paste．Hem adel 4 tablespoons of olive oil drop－ by－drop while stiming constantly when the pistou is smootl amel well mised，porne it into the heated threem，and add a latletul of the boiling loot somp．\is well，Hem atd the rest gradually．Let stand for 5 mimeses while the flater de－ velops．Serve the grated deeese splarately．Somes 10 ．

\section*{VEGETABLE CURRY}

\section*{Ingradienls：I cauliflower}

 －howes（optional）；有 promad strimes
 lemeralionls for combly samere



（elp）light（reatm：appormately 2 tablesperons swed brat juice or juice from sweat pickle；\＆lame boiledeleges．
Meflod：I ivide the（amliflower in－ （0）sprigs，leare the catrots whole． slier the mpreeled \％ncedionion inch sliees，slice the artichoses likewise，cont the locans into I－inch dumbs．（oosk these vegetal）les and beans or peas separately in the minimmon of lightly salted water， and reserve，while you keep vege－ tables hot．Reserve vegretable stock． Werbod for the samer：Melt the butter，stir in the flowr and cook for 3 minutes，adding the cums powder hatfway througl．Me：a－ sure 21：2 cups of the vergetable stock，heat it，and blemel with the flome and butter：Stir matil smooth atul stmmer lor 3 minutes．Adel the crean and blend agatu，then the fruit or pickle juice．When all is smosth and well mixed，pour over He vegetahles in a serving bowl and mix．Cut the hard－boiled eges inlo chanks amel seatter them over the lop）．Serves 6 ．

\section*{POTATO AND HERB PIE}

Incucoliculs：I \(1 / 2\) pounds short pas－ uy（see Tomato and Mustard quiche recipe）；I pound new po－ latoes；f tablespoons latter；salt and black pepper and mutmegs 1 eges yolk；原（ap）heaty cream； 4 tahlesporns chopped fresh berbs， chervil，chives，parsley，dill． Morhod：Roll out half the pastry and line a（9－inch flan ring pan． slice the peeled potatoes thimbly and evenly．Arrange in layers in the pastry，dotting each layer with ！mitter，seasoning with salt，blatek pepper，and grated mutmeg．Cover With almminum foil brushed with beaternege yolk．Bake lor I hour at \(3.50^{\circ}\) ．Heat the creant，season with salt and batack pepper and stir in the herlos．Remone the foil and porir the eream over the potatoes． Repplace the foil and bate for 5 minntes more．Semes 6.

\section*{TOMATO AND MUSTARD QUICHE}

Iuglediemts for shorl pastry：ב （＂1p）all－purpose flomr；pincta sall；
 （optional）；f－\＆lablesperens ieed watter．
Justerdiculs for filling：I eggy yolk； I 2 tahlespoons mostarl； 1 pomat

（reath；salt ant batek pe omoces erated Gomede ch Wephod for pastry：Sife t］ into a large bowl．Add Cout the lmiter into small mb into the flour．Stir in roth，and adel emongl ice mate the mixture hold ts Foom into a ball，and chill mimutes or longer．＇This emongh pastry to lime guiche or pie pan，The ea is optiomal，but it gives a pastry．
Valhod for fillimes：Line a yuiche pan with the pastry with beaten eges yolk，pri tom with a fork and bake minutes at \(400^{\circ}\) ．Whan eooled，spreat a thin laver tard over the bottom．Skin matoes and chop comesely d ing seeds and juice．Beat th add cream and season ca with salt and black pepper． the tomatoes and the cheese ing back a handful of chees into the quiche pan and the reserved cheese over th Bake at 32.5 until golde putled up，30－40 minutes． immediately．Serves 6.

\section*{ZUCCHINI AND TOMA \\ CASSEROLE}
lugredicms： B \(_{3}\) pomad zu salt； 1 ponnd tomatoes； slices stale white bread，ar moved； 4 tablespoons melte ter plus butter for greasing salt aud hlack pepper；1 h tablespoon chopped fresh when available；sugar；y cheese（mozamella，Grus Choddar）sliced thin． Mrehod：Slice the unpecte chini very thin and sprinkt salt．Leave for about 30 n then rinse and pat dry．St tomatoes and slice thin．C Locat in cubes and pon metted butter over them．B sonflic dish and put half th chini slices in one laver in th fonm．Season lightly，them la the tomatoes over them． Hatl the hasil ower the tor and a sprinkling of sugar．L the cherese slices over the fors，Heon cover with lialf th tered bread embes．Repe lavers，sprinkling witl sal blach pepper，finishiong with matange bread．Bahe for at homat：375＂．Serves 4.


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SHOPPING AROUND STOCKBRIDGE


In ISSt photograph of Williams de Soms Comenty Store, oldest commercial buildius in Stockhridge This old-fashioned emporium, where you'll still find sourdongh bread, barreded prickles and mechanical banks, has been in

Pride in its American heritage runs high in the Berkshire town of Stockbridge, Massachusetts. Founded in 1739, the village gen off to a commendable start by establisling a successful relationship with the Indians, appointing them to serve as selectmen alones with the white settlers. During the American Revolution, a full company of Stockbridge Indians gave service as rangers ii) the Comitinental Army. They were the only Indians enlisted in the war.
Biechtemial visitors to Stockbridge might well start their tour of the town at the Red Liom Inm, for here, in July 1774, almost a year prior to the minutemen's action against the British at Concord on April 19th, 1775, the first provincial Congress was called "to consider the alarming condition of affairs and take a stand concerning them".
The flawor of 1 sth-and early 19 th-centurv Stockloridge is conveyed if the well-preserveel landimarks such as the Old Corner House. the historic Lodian mission house built in 1739 and the 1825 Mer"in Ilonse. But unstalgia overtakes the visitor on that familiar Arip of Vain Street from the Red Lion Inn to the Public Library, for this is the American thoroughfare thousands have come to Lnow through the paintings of 'Stockbridge's famous resident, Xornau Rockwell.
The pleasiant aunbiance of yesteryear prevails in business establishments. Yout find everything from a penily peppermint stick to a Colonial candlestick at the old-fashioned emporium. Williams \& Sons, and memories of grandunother's house are evoked by the array of muslin curtains at the Comutry Curtain shop in the Red Lioni Im. In Stocklyridge stores antique collectors, book lovers, aul gift shoppers alike have happy humting for remiuders of a bygonie era.
Forar almoset onc humdred lyears, the Children's Chime Tower, built of natire stone in 1878 on the sitte of the first Indian mission, has becon delichting ! gome and old. It was siten to the (1, in a by! Dar id I Dudley Fictd Jr. in memory of his surandchildron, "to be rung at sumset from apple blossom time 'til frost.


A fine example of 18th-century Georgian, the Old Corner Honse is a musemm of two-fold interest. It not only exhibits historic memorabilia but also honses the only permanent collection of original Norman Rockwell paintings.

Much credit for the well-tended local landscape goes to the Laurel Hill Association. Concem over civic beautification is nothing new in this Berkshire town. The Laurel Hill Association, America's first village improvement society, has been minding the town's appearance since 1853. Early minutes of the organization state: "Every person over 14 years of age who shall plant and protect a tree, or pay the sum of one dollar annually shall be a member of the Association."


The Mission IIonse built in 1739 was home of the Rev. John Sergeant, first missionar! to the Stockbridge Indians. It contains Colonial furnishings, utensils, and tools. Garden has plants known to have been grown in that period.

Stockbridge has been called a five-season town: summer, autumn, winter, spring, and fall-foliage. Events of the year include the annual antiques show at the Plain school in late July, the seven-day Barrington Fair, second week of September, and the ammal Harvest Festival the first Saturday in October in the Berkshire Garden Center. Cultural attractions throughout July and August focus on the Berkshire Music Festival at nearby Tanglewood where the Boston Symphony presents concerts and the Berkshire Theatre Festival in the Berkshire Playhouse situated in Stockbridge

For further information write for free brochure to Stockbridge Chamber of Commerce, Box 100, Stockbridge, MA 01262.

The Red Lion Inn retains the charm and amenities of a traditional New England hostelry. Buitt in 1773 as a tavern stop for stagecoach travelers, it was enlarged in the 1880)'s. Roster of notable guests throwh the years includes fue presidents.


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\section*{Gardener's \({ }^{\text {Notes }}\)}
by James Fanning
- mpatiens is alout to take amother lones step toward

?plants. This is the resmlt of ann expeetition th. of Agriculture and Lamguonel Courdens. "hich lomed and sent lome several nen yrecies in 1970. Fortumatrly inhpatiens is ann caty pland (op prop)aqute athel some of these mew thee are mon appeature also berine dones and ther

\author{
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} if mot hamelorels, of ment him
 of the Xien Catinea impations. Brilliantly varieGated foliage is the chief attratedom of several. like AFlame, right. A'Flame lowhes as though it latel lathen root from at pathting her RonsL
 creams yellon at center, With pinh vemas. The palle pink thoners are a erod 2 inches acoross and the plant grows with amatang viene Like all impatiens, the Xew Cumea
 direet smaligh. 'They 're mot hoss about soil or fertilizer and their only stringent demand is for plenty of water.
'There will be dozens, if not hundreds, of new kinds of impatiens in the near future. It is becoming the most popular of all pot and bedding plants"


 clamp of loulbe ar boturen indisidnal plants. Vor book, Successtul Cimeleming in the Shade (Don-









 bulbe erre men stuontrered but weods. things in the shade of tall buildings.

In a competition for most useful garden vegetables, beans would probably rate as number 1. They're easy to grow, tremendously productive, edible in several forms and stages of growth. Sprouted bean seeds-- usually the mung variety --have been an Oriental staple for centuries and are now becoming a popular vegetable in this country. The developing seed pods that we call string beans have no equal among green vegetables when it comes to flavor and nutrition. The seeds themselves, shucked out of their hulls while still tender and immature, are the delicacy we know as shell beans, indispensable for that truly American dish, succotash. Dry and fully "rature, the seeds keep indefinitely, always ready to sprout new plants or to be cooked in any of hundreds of ways. Beans from the same plant - variety Tendergreen, for instance-may be used as, shell beans, string beans, or dry beans. The scarlet runner is a spectacular flowering vine whose seeds are as edible as any. Add to this the fact that bean roots put precious nitrogen into the soil. What more could anyone ask?

Ie All-America Selections for 1975 give us some good leads on what to plant in our gardens this for. Since vegetables are more important than ever, the list emphasizes a new broccoli, Premium Cop, and a cauliflower, Snow Crown. Both have been awarded silver medals by the All-America lges. Special mention goes to the watermelon Yellow Baby, which has, as the name implies, yelIf flesh. Among flowers, the Redskin dahlias have been given high praise and a bronze medal. lese have luxurious bronzy foliage, medium-sized flowers in all the colors we expect to find in chlias. Pansy Imperial Blue has the unheard-of advantage of summer-long blooming, with large, ar bluc flowers centered with darker blue. And the carnation Juliet is a fully double, sweetsented crimson-scarlet, also with a long flowering season. Juliet is also reported to winter over for second year of bloom. All are in 1975 seed eatalogues, set apart from other listings by the red, nite, and blue All-Ameriea insigne.
 o Hamre Noott lias boont symonymoms (1) firmelawns. Ibir what's good for grass also goodl for othor giowing things. it was only Hillural for Noott's plamt ientists to thrin therir attrmion to other huls of gardening. Therir rescearoll hats sultal in al Hew vegatable gardern fertirer. being introdnced for the laty
 nit mitrogern, 21 perrent phosphorons,
 growith and lofaveropping. Thereremonts are in al fombinilion of quirk- allal slow-roleanse forims. so ant applifation att platifing time shoulal be good for al whole soason's growing. soottis Vegeliblar Garofent Fartilizar is available this spritrg wherovar the regnitir lime of soott prodaris is sobld. Mlthonglt the scott peoplife donio say sob. this formalation shonlal be gioorl for armatal and perommial ilowroing plants. too. Ifter all. flowars

nsung heroes of the garden world are wholesale seed growers. Their names never appear on packets of seed we buy or flats seedlings we carry home to set out for the ummer's flowering. Yet without wholesale grows, retail shops would have very little to offer in e way of either seeds or growing plants. Prouced by the pound-or even by the ton-wholelers' seeds are parceled out by the ounce or action of an ounce for the gardening public. mong wholesale growers an outstanding name; those in the know, at least - is Goldsmith. This alifornia grower conducts an extensive plant reeding program with marigolds, snapdragons, ianthus, and several other popular annuals. A oldsmith origination that will be appearing in 975 gardens is petunia Viva, right. This is a parkling combination of red and white on lowrowing, compact plants. Also available in 1975 ill be dianthus of the Charm series-scarlet,
 oral, crimson, and pink. These are compact plants, studded all summer long with bright, slender-stalked lossoms. Some fine new snapdragons are also among the Goldsmith introductions.
\(t\) is good to know that the U.S. amd the U.S.S.R. are collaborating to same wild plants from xtinction. This will not only please everyone with a sentimental allarhment to the wild andscape, it will also be a great source of encouragement for horficultarists and plant reeders in both nations. Sober fact of the matter is that as plants are improved by cross breeding they tend to lose the vigor inherent in wild plants, so become susceptible to disease mul insect attacks. To restore vigor and pest resistance, notural wild species have to be used in any long-range breoding program. Plamt brealers call this back-crossing, and for them a reservoir of matmral, mmalmherated wild plants is essentinl. So this imtornational collaborative effort is important on three commts: It promotes good relations betwern mations; it helps preserve the earth's natural landscape; and it gives plant brealers an imbaluable tool for producing better plants in the finture.

most of us scurry from window to window with our house plants, frying to decide where they will grow and look their best. Usually this is done by trial and error, since we tend to forget from one season to the next just what does best in which location. Summing up years of experienee at this sort of thing, George Taloumis has put it all together in Mouse Plants for Five Exposures (Abelard Sehuman, \(\$ 7.95\) ). In addition to the four compass points, Mr. Taloumis's fifth exposure, the decorative one, is of prime importance. This is where any given plant may be placed to best display its charms-a location to be seleeted with eare and a sharp eye. Mr. Taloumis thoroughly explains the elements of house plant care and includes a chapter on how to leave your plants to fend for themselves whenever you plan to be away for a week or more.


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Assorted colored feathers: by M. Sihwarz \& Sons Feathers.
14. "Shell" cotton tablecrlotlr: 102" x \(62^{\prime \prime}\) wide, six \(16^{\prime \prime}\) sy. napkins. Designed by Zandra Rhodes for Henri Bendel. \$125.
"Spectro Green" flatware: \(\$ 12.50\) per place setting. By Supreme Cutlery; "Latham" glasses: \$11; shell somp bowls: \(7^{\prime \prime}\) wide, \(2^{1 / 4}{ }^{\prime \prime}\) high, \(\$ 6.50\) cach: clear crystal napkin rings. From Carole Stupell Ltd. Crystal wine contaner: 8 " high, \(\$ 80\). By littala; crys. tal ceal: \(4 \frac{1}{4} 4^{\prime \prime}\) high, made in Franer by Sevres, \(\$\) th. Botli at Grorg Jensen. Clear glass plates: \(101 / 2^{\prime \prime}\) diam., \(\$ 8.25\) earlh. At Cardel Ltd.
Mother-of-pearl -poons: \(\$ 6.50\) each. HOME WHERE HEART IS
I'ages 108-109:
Dining Gallery
Napkins: printed guest towels in linen or cotton. \(\$ 16\) each. At D. Porthault. Mairé tablecloth: made ly Heury Urban.
Living Room:
Glans and polished steel table: \(4 t^{\prime \prime}\) \& \(22^{\prime \prime}\), clear glass top; brass boxes on coffere table. from \(\$ 25\). At Jean-Paul Beaujard.
Bamboo armaliair: \(\$ 175\); rod l:ac quered coffee table: rostored an tique, \$795. At Lord \& Taylor.
Sahmon iwill sofa npholstery: b Brunschwig \& Fils.
\({ }^{U}\) photstery by Henry Urban.
Dnrrie rngs: by Rosecore.
Hamdpainted pillows: designed b Alan Campbell. At LCS:
Paintings: over sofa and fireplare, ly Roger Muhl at Findlay Galleries.
Large basket: to left of chair. \(\$ 35\) Operi basket on hearth; basket holding plant on coffee table: \$15 each; all imported from Colombia by


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 it can to see that your requests are filled as rapidhy as possible．

\section*{Mbilding and HComodrling}

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2．STIVLESS STEFI SIVK

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\section*{Deseorealin！}

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Il．Creek Lomk．＂Includes the art of \athe Creerk fabrics：the art of leadufal lowdremens and windown： He arl of dermating with pilthe－ and artembrio．\＄1

7．P＇T PRODER LIGIITIVC WIERE YOI NEED IT．Pro arol lighting minga youl 160 fall． alne page of imaginative hight me and decmating itheas for in小onr－and rurtown－ 81

8．DECORATING GUDDE． Ven 18 page color borochure dis． Hay－the mmplat．Tiara II Col． lection of bectrom and dining rown furniture（ lawie styling that mise with all decorating －rhemes are ilhn－liated in rown －rtings．White of Mebane．50

9．＂IIOW TO WUKE YOIR WIVIOOVS BEALTIFLL。＂ ＇lai－bonthure with mar 125 pho lo，of incpired windun treatment－ illustraten＂how－t＂＂fact．whert lo find contor ollemes and new fab， bive bur idea－in drapery hard ware and lartapreats．Individual bromhmen in bleming incluted with your inder．al．50

10．LIXIRY FOR YOLIR W IILA．Full－cotor browhere fea ture the relterhing decigns and di－limetion oblor wat－in the ewit Hy new Folin（collection Irom 11. lner Ian l．uit．There are many firpiring．actornomized viqnetter ＂hicl illu－tratr wat there wall conering－catn entance the mons lwauliful rown in your home．．50c

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12．＂WAIACOVERIM：－IT AIL S＇TARTED IIERE：＂De lightall lowhlat is intronded to ent hamer your blatary in wideling
wallcovering- for your hou-e while attempting to clear up a number of common misconceptions alout walleoverings. Thomas Strahan Company. 50 c
13. YOLR IIOBBY IS YOUR HOUSE when you make your own rug. Up-to-date Rug Plan Catalogne from Brun-wick Worsted Vills., lnc. illuntrates a beautiful election of Rug Plan Kits and gives simple instructions. 50 c
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1.5. "TIIE COORDINATED TABLE" is a colorful pamphlet illostrating Denloy stoneware. glasware, and stone and tecl tainlers. Alow shown are teak bowls and chopping loards phe -alt and pepper shakers and pepper mills. 25c

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18. EXCLUSIVE GIFTWARE is shown in this beautiful catalogue from Wilton Ametale. Thr man, the motal. the sand. and the polishing wheel are essential to the art of ereating these fine pieces-everything from dinnerware to bicontennial seals. \$3
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Baskets：two holdine froms，\＄10 and sin ；small hanket lowding howsoms． From The Formor
Chincon nesting－traw banhets：\(\$ 15\) ． Page 125 I
Vatnral perd rattan tallele： \(21^{\prime \prime} \times 22^{\prime \prime}\) \(27^{\prime \prime}\) high．\＄250 natural finish．\(\$ 30\) ustom facturromy．
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\section*{HOW TO USE PAINT，PAPER，AND FABRIC}
continued from page 68

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 menal ilt roolor amal dom sigfre．It（atr alsu coliven at floer protected with corats of polvare （hames），（hathge the architeethral ckelails of a roomr，and ber usect to

 mbes．．．Arehitect Doneslats Kahon of Kallo－Vallis ases paper to con ar berticell blimes：paste ante wall papere design on ome side，and paste a eomplemantary design em the（apposite side of the slats：thee lsa patteras double the effect 1）exienore Rematal Briche lihers the ide．t if ern ervine flash shaters with paper，athed in a bath，he eontinues the ：ase of patper exen insicle the medicine eablinet．Ho alse hats an mexpernsive way of moheres a wall－ paper latrp：paper a bloch of lowel，\(\frac{1}{}\) inches sefuater，hatera hole dritted for the wiring works，and ald a shate bought at the dime allpaperered in the same papere An idea for a coflee table \ake a plowex box， 36 ls 2t ls 12 medee（kerp for the lop），wall－ papere ame prolece it witle a shimy pelvoredtame finish，then set it on Lancite base．A bright design for traisht batcherl dmines ranome datiry
 mul mse a matelame falbice to（o）
or the chair seats．His solution for adding arehitectural interest to a room is to use a smatl－patterned border to outline the baseboard， ceiling，and window moldings．If the room is big enough，add ant other wallpaper border in a little larger pattern ．．Gary Crane of Donghia Associates creates new wall patterns using textured or di rectional paper：He euts the paper into 12－hy－15－ineh squares，then parppeets it to the walls．It is es pecially eflective in earth and neu－ tral tones of papers．He then paints the trim of the room a high glossy white．．George C larkson believes that hathays should be kept archi－ tectmally simple，espectally when they lead to highly deeorative rooms．He simplifies the space by remosing door frames and mold ings，wallpapering walls and flush doors in the same white－on－ white pattern．．．Iired Twist used watlpaper to stripe a room with homizontal bands of color：He took foner shades of a textured paper， and begiming at the baselonard ann the elarkest shade in a 30 －inch batal aremmel the room，then eateh shate followine was lighter and 6 inches marrewer ．．Villiam Hod－ gins likes to give a roons substance and wamelh bが adeling a chair ratiting，then putting wallpaper onlv（an the areabelow it．

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It ehate beren told that our desk is a shor aton period pirere. lut we hate not been able to rerigy this anywhere. It e would appreciate your opinion.
C.C.l --Cincinnoti. ()hio

Your dosk shows more of the Empire than the sheraton influence. It is the work of an American combtry cabinetmaker. Perhape it is fromback comontry Pennsylvania. It datre from about 1840 .

) ont di-h wa- made at a demman percelain factory that was -tarted at 'lian hementul, Basaria in 1838, In 1927 , the factory merged with the

 dinh is prolohhly of wry early 20 th-century manufarlure


\section*{English Foot Warmer}

Can you identify this foot warmer used by my ances. tors in Mreland? II hat is the difference betueren Donlton and Royal Donlton?
M.M.-Fitchlurg. Mass. Your foot warmer is not of Irish origin, lut was made by the firm of bonton \& Compams at thér Lambeth Pottery, London S.E. probably about the 1880, In 1901, King Edward VIl conferred a double honor on bontom loy the presentation of the Foyal Warrant to its chairman and by permally amborizims boulton to use the word "lioyal" in dewribing it-prodimt- Thus an artirle that is marked "Royal Doutton" dates from the weat 1901 onward.


\section*{German Case Clock}
(ian you tell ha the photograph and the mark where our vorle comes trom and if it is mery old?

> ID.M.P.-Bathmore, Md.
 Gormany by II. Wimtorlabler, A. in Shwarzalid (Blark forest abont [910.1920. This type of elock
 bere durny thin gat derade. It atomatly has a lovely donlole gony trike. 'The cames are olten oak, ustally of -imphea de-ign than your Mamph

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Look closely at a Gorham Original. Look at every 51 : face, every curve, évery scroll or flower. Each is mag nificently sculptured, deeply and crisply carved, to echo the delicate or bold motif... on the front and back. This is beauty, detail and craftsmanship at its finest. The world famous Gorham Hallmark has represented the pride of the silversmiths' art since 1831. It says your Sterling is the ultimate in beauty and craftsmanship that endures time and change. Craftsmanship that is unmistakably Gorham.


ORIGINALS IN STERIING. CHINA, CRYSTAI AND PEWTEIR


ANTIQUES continued from page 6

\section*{Staffordshire Mark}

Cann bou identify the mark on the buck of my platier and tell me alowu it? I.ll .R. Summ Barbara. Cial.
lionr unumal. deemative laackstamp,
was used by taffordshive potter (ientre Phillipm at his Longlert pottery between 183t-1818. The gater mark. derived from the insignia of the
 ()roler of the (earter, is flanked by the liom and unicorn, which are the supporters of the British Royal Arms. "lariwian" in the name of the pattern decorating your platter.


\section*{American Chair}

It er here had this lovely chair in our fumily for many years but have no inkling as to its. arigin. Is it European? l'ery old? To me i louks almost comemporary.
J.N.-Monticello, Il is

Your rattan chair with a bentwoot frame was probality made in America in the 1880s, when it in said that one or two pieces were considered "indispensalle in modern apartments." This. light and open type of furniture still re. tain- itn pepularity.

\section*{Revived Rococo Pitcher}

It ill won please tell me when style our very old silher weter pitcher repoesens?" Ind can you determine from the mark that lie sketched how Wh it might le:" E.E.B.-Haterford. Pa.

\section*{A. C. BENEDICT 28 BOWERY}
hour sither pitcher is an carly and pleasing ex-

ample of the lievised laceoco dyle, which flourished in our country alomit 1830 to 18,0 ). It was madn liy Anelrew C. Benedict, who was listed in the Vow lork City Directory, 1833 to 1839.


\section*{Oriental Bronze Vessel}

This "blacti pol" has been in our family for a long time. All we hnowe is that it was collected from the time of the Boxer Rebellion, Peking. China. Imere 1000. Can you identify it further?
G.K.B.- IV ilmington, N.C. The shape of your pot has been modeled after an parly ritual brenze vessel form dating from the Shang 1)ynasty, ! 1523 : \(\% 1028\) 13.C. Your example. of Oricntal provenance, possesses no significant aqe being probably less than 100 years old.

\section*{Special offer to} House \& Garden readers
(sumpof Lomim Ad Bower's loork,
Itouss de Garderis Amiques:
Onestions \& Insuers ower 900
itworm from pat collums arranged

 pontage and handling.
Wituto Comdi \ast Brooks.
1PO) Bow 3303 (, rand Contral Station, V..W ) bork. N. ) 10017.


\section*{The Martex Master Plan. Now you car}


Mixing patterns is risky business at best. Done well, the results can be magnificent. But, anything done less than well may not look very attractive. The Martex "Master Plan helps eliminate this risk The Master Plan lets you mix patterns daringly, yet with assurance that the results will be enchanting How do we achieve this seeming paradox? By designing patterns and colors within each collection to work beautifully with the other patterns and colors in that collection.


Our new China Seas Collection, inspired by the Orient, is a worthy example Every sheet, pillowcase. towel, comforter and bedspread works beautifully by itself. Mix them and they become infinitely more dramatic

Another mice thing
abont the Martex Master
(1) Marlex Master
throughout the house. Here we've chosen to highlight an otherwise serene gazebo and a jungle-like bathroom The Master Plan can even add drama to an already dramatic bedroom.

Perhaps the nicest thing of all is how you can make the Plan work for you.

Use it lavishly and it can make any setting tastefully daring. Use it sparingly and it can make any setting simply terrific.

\section*{亚}

\section*{Martex}

We change more than just your bed

\section*{e daring without taking the slightest risk.}



\section*{Hammary Furniture proudly announces its new line.}

Delwood Furniture Company, Inc
That's our new line. And you'll see it on display in our new signature at the bottom of this page. Now, just because we've become a division of the Delwood Furniture Company - one of the nation's fastest-growing and progressive furniture manufacturers - doesn't mean that the famous Hammary name and reputation for quality and taste is no more. Our signature is new and different, but you can be sure it is still the symbol of the very finest in furniture . . from graceful
tables and occasional pieces to magnificent upholstered furniture.

We're proud of our personal style and enthusiastic about being a member of the Delwood Furniture family. Let our way with furniture add to your way of life

If you'd like a brochure showing our furniture collections, please mail one dollar (to cover handling) to: Delwood Furniture Company. Inc. Hammary Division, Dept. 12, Lenoir, North Carolina 28645.

\section*{Your inflation cloud has a silver lining. \(30 \%\) dicerom sin}

Now, when the price of almost everything is advancing, Reed \& Barton takes a giant step backwards. With a \(30 \%\) discount on any sterling flatware pattern, when you order four 3 -piece place settings (teaspoon, place fork, place knife). The same \(30 \%\) off on all orders in additional units of 3 -piece settings. A 130 -piece Pacific cloth-lined silver chest, free with every order of \(\$ 300\) or more And an easy, interest-free way to pay for your purchase.
The Shreve, Crump \& Low Club Plan. If your order is \(\$ 300\) or more, you may put just \(10 \%\) down and take 24 months to pay, with no finance charges

\section*{Save on larger place settings and single pieces. Add other pieces to your 3 -piece settings at \(20 \%\) savings. Or order any single piece at the same savings. (If we haven't listed a piece you want here, check the order coupon and we'll send you our discount price list.) \\ Two great names add luster to your sterling. Reed \& Barton, a distinguished silver name. Shreve, Crump \& Low, famous as one of the country's oldest retailers of jewelry, silver and gifts. Together they're your best endorsement of the value and quality of your sterling purchase. (Order before June 28 , when the offer expires. Chances are you'll never buy sterling at these prices again.)}

\begin{tabular}{|c|c|c|c|c|c|c|}
\hline \multirow[b]{2}{*}{IEM} & \multicolumn{2}{|r|}{Group 1} & \multicolumn{2}{|r|}{GROUP?} & \multicolumn{2}{|r|}{GROUP 3} \\
\hline & Reg. & SALE & Reg & SALE & Reg. & SALE \\
\hline \multicolumn{7}{|l|}{four 3-piece} \\
\hline \begin{tabular}{l}
Additional \\
pl. setting
\end{tabular} & 88.00 & 61.60 & 101.00 & 70.70 & 11150 & 78.05 \\
\hline \multicolumn{7}{|c|}{SINGLE PIECES - \(\mathbf{2 0 \%}\) DISCOUNT} \\
\hline & \multicolumn{2}{|r|}{GROUP 1} & \multicolumn{2}{|r|}{GROUP 2} & \multicolumn{2}{|r|}{GROUP 3} \\
\hline EM & Reg. & SALE & Reg. & SALE & Reg. & SALE \\
\hline aspoc & \$23.00 & \$18.40 & \$27.00 & \$21.60 & \$29 50 & \$23.60 \\
\hline Place Fork & 3850 & 30.80 & 4.00 & 35.20 & 48.00 & 38.40 \\
\hline ce hnife & 26.50 & 21.20 & 30.00 & 24.00 & 34.00 & 27.20 \\
\hline rk & 29.50 & 23.60 & 34.00 & 27.20 & 36.00 & 28.80 \\
\hline Place Spoon & 34.50 & 27.60 & 40.00 & 32.00 & 45.00 & 36.00 \\
\hline preader, HH & 18.00 & 14.40 & 20.00 & 16.00 & 22.00 & 17.60 \\
\hline ablespoon & 63.50 & 50.80 & 65.00 & 52.00 & 69.75 & 55.8 \\
\hline \[
\begin{aligned}
& \text { Cold Meat } \\
& \text { Fork }
\end{aligned}
\] & 63.50 & 50.80 & 65.00 & 52.00 & 69.75 & 55.80 \\
\hline avy Ladle & 63.50 & 50.80 & 65.00 & 52.00 & 69.75 & 55.80 \\
\hline ugar Spoon & 32.00 & 25.60 & 34.00 & 27.20 & 36.75 & 29.4 \\
\hline \begin{tabular}{l}
Butter knife. \\
H
\end{tabular} & 19.75 & 15.80 & 22.50 & 18.00 & 25.00 & 20.00 \\
\hline Cheese Server & 22.50 & 18.00 & 25.00 & 20.00 & 27.50 & 22.00 \\
\hline emon Fork & 21.00 & 16.80 & 23.75 & 19.00 & 26.50 & 21.20 \\
\hline kle Fork & 24.00 & 19.20 & 26.50 & 21.20 & 28.50 & 22.80 \\
\hline le Server & 40.00 & 32.00 & 42.50 & 34.00 & 45.00 & 36.00 \\
\hline lat Server & 69.50 & 55.60 & 73.50 & 58.80 & 79.50 & 63.60 \\
\hline lly Server & 32.50 & 26.00 & 34.50 & 27.60 & 36.75 & 29.40 \\
\hline
\end{tabular}
Please send me Reed \& Barton sterling flatware as follows:
Single pieces:
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\section*{Weiman}
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in full room selections or individual preces from the Chardonay Collection of French Period designs. More than 70 pieces of dining room, occasional and upholstered furniture that reflects the best of the Louis XV and Louis XVI periods and more.
Choose from complete dining room combinations, cabinets, tables, upholstered chairs and sofas that recapture the beauty and gracious living of the tımes.

See the Weiman Chardonay Collection at fine furniture stores everywhere and get a FREE colorful brochure of decor ideas. Or, write for a fiee copy. In Miami and Fort Lauderdale, have your decorator show Weiman to you in the euster Showrooms.

Several years ago, a popular and now-famons cartoon in The New Jorker showed a mother and young danghter sitting at the climer table. The mothen was trying to persuade her daughter to cat and the child was rebellimus. Mother savs, "It's broecoli. dear." And the daughter answers. "I say it's spinach, and I say the hell with it!" That prececious child finst might bee eating lier words and have an entirelv diflerent slant on spinath if she were pictured today. So wey many of onn young are tmining more and more to vegetables and vegetarianism. And in thm teaching their eders aloout it. In the past, vegetarianism was practiecel largety tor religious, cultural, ethnic, or meral reasmis. But the recont baom in population and food shomberes throughout most of the world have evoked tresh interest in and new eomberts to wegetariamism. Recemtly bivehemists hate done more intensive researeh (13) the adegnatey of proteins of vegetable origins. Nutritionists whom plaming diets faver a wide variety in the selection of foods and inetude some loorls of amimal arigin for their sood protem, B ditamins, and minceral centent.

Tlie motives that inspire the rebewerl interest in verctarianism range from compassion to fanaticison. \any persinns oblject to the h:lline of amimals, birels, and fish far food. Others entertain mismuided beliefs based on Eastern philesuphies, with which they are onty vagnely familian or biochemical misinfomation, which they reatly don't menderstand. And whe isnit complaining aboul rising consts. of forect, espectially meat? Bacept Wenctarians.
Regartloses of motives, a lacen-
 "ritions and satistsing ancl reduce lowl bills in man instances. It can imerease the fiber combent of ones
 Hue lat and dowesterol tomed in Mpiral Ameria am diets. It (ann also lofp) (mutrol weight. Wost adult


\title{
How to plan nutritionally sound vegetarian meals
}

\author{
By Eloise R. Trescher, RD
}
less than their meat-eating peers. The variety of foods eaten is expanded and menus are likely to be more interesting.

Vegetarians may be divided into four groups
1. Strict vegetarians, the "Yegans." They cat no food of animal sources, meat, fish, poultry, milk, egus or eheese.

\section*{2. Lacto-ovo vegetarians.}

These include egess, milk, and milk proclucts in their diets.
3. Lacto-vegetarians. They allow themselves milk and milk products in their diets.
4. Ovo-vegetarians. Eggs are included in this diet.

The "Vegans" are the only ones of the abose four groups in danger of malnutrition. The effects of strict avoidance of food of amimal origin may mot be apparent for many years, perhaps twelve to fiftern. Long term "Yegans" are relatively rare, but they are likely sononer or later to suffer the destruction of certain nerve fibers This eomelition is irreversible, caused by a lack of vitamin 1312 . There is mo adequate source of BI2 in the regetable kingdom. Ifowever, this important vitamin could be taken as medication.

Another hazand of the strict vegetarian diet is calcium deficiena, which doesnit show up untii late in life in the form of bone fractures. All strict vegetal)le diets are likely to be low in calcium and the cateinm from medication is not as efficiontly mitized as from forel. Such calciom deficient diets are espectially hazardons for the infant, the growing thild and adolescent, and the pregnant or lactating mother. Othere possible mutritional deficiencers of the "Vegans" are irom annl iodine. There are relalively fow tood sources of vitamin 1). Food sources of vitamin I) are corl liver and other fish liver oils. Increasingly, milk is being fonlified with vitamin 1), lat mot exery where. Where there is very little

Comtimurdon page 16


The perfect gift
All of us have found ourselves dashing from store to store to find that perfect gift for a special person or a special occasion. And, too often, the search ends with tired feet, frazzled nerves and the same thing we gave last time. Or the quich and easy wine and flowers. Not original, but always safe. And soon forgotten.

How much more satisfying to give a gift that's not only immediately appreciated, but also lasting. That will be enjoyed for years to come. (And reminds them of your thoughtfulness each time it's used.) A gift like Lenox China.

A gift of Lenox is always approprıate. The warm ivory color and distinctive styling of Lenox gifts go with every type of decor and color scheme. And the price range is so wide, you can always find a Lenox gift for what you want to spend.
What's more, Lenox gifts are practical as well as beautiful. Most of them are versatile enough to have several uses.

All Lenox gifts are hand-crafted, as is all Lenox China. Many are handdecorated with 24-karat gold or platinum. Skilled Lenox artisans turn out each piece slowly, carefully and lovingly. And you can trust the quality, because every piece of Lenox China is inspected many times during its creation. Any that fail to meet the rigid standards are destroyed. No seconds are ever sold.

Finding the perfect gift becomes a pleasure when you know you can do all your shopping in one place: The Lenox Gift Gallery at your favorite fine store. Here you'll find a wide selection of Lenox gifts beautifully displayed. And you'll find something perfect for any occasion, or non-occasion.
When there's a special reason.
Bring something really warming for a housewarming. A pair of candlesticks with a variety of Lenox candles in assorted colors.

Bring flowers to someone in the hospital. Arrange them yourself in a special vase. Your thoughtfulness will be remembered long after your friend goes home.

Take a serving piece as a gift for your weekend hostess. And for an extra surprise, take along a variety of cheeses to be served on it.
Give a just-promoted friend a handsome ashtray for the office.
When there's no special reason.
How about a cake plate for that nice person who bakes all those great cakes and always saves some for you?

Or a candy dish for someone with a sweet tooth?

Or a sugar and creamer for the neighbor who always invites you for coffee?

Whatever the reason for giving someone a special present, any time is a good time to give Lenox.


＂I knew the honeymoon was over when he stopped ordering me Chivas Regal．＂

12 Years Old Wurldwide • Blended butch Whisky • 86 Proof
General Wine \＆Spirits Co．，N．Y．

\section*{＂A lacto－ovo vegetarian regime can be nutritious and satisfying and reduce food bills in many instances＂}

\section*{NOTES ON NUTRITION continued from page 14}
pportu！ity for exposure to the am，vitamin D，which is necessary I． F calcium utilization，mav be lacking．\itamin D may be sup－ plied by medication．
Despite the above seemingly ．minous warnings，it is possible to 4，hain an adequate diet from the watable world by supplementing it with vitamin 1312．Honever，this reguires a broad knowledge of the dietary properties of foods．

Amino acids，and there aro twentr－two of them，are the build－ ing hooks of protein．The word ＂protein＂is of Greck origin mean－ ing＂primary＂or＂of first impor－ tance．＂Protein is essential for asery lising organism．If vege－ tarianism is to be vour route，the Lactu－（N）（－）－segetarian is the wisest， the diet that includes，along with vegetables，eggs，milk，and milk products．

The healthy individual can sym－ thesize within his or her own bedy fourtecen aminn aciels．The other cight（lencine，lysime，valine，Isu loncine，thremine，p！enylalanine methionine，and tryptephan）must beoblained from food．These eight bavelomen labeder＂essential amine acids．＂All eight are present in foods of animal origin except gela－ （iin．In foods of vegetable origin， such ats cereal gramis，unts，leg－ ames，vegetables，and froit，one or mere of these essential amino ateids maty he missing．I However，be cat－ ing certain combinations of food， （our aminu）ateid needs mav be met． That is，the presence of an amino acid in one food may supply that
amino acid in whieh another food is lacking．One of the more classic examples of this complementing action is found in beans and rice

Long before researchers discon－ ered the scientifie reasons for using these two fords＂in combination，＂ peaple in many parts of the world were eating them and thriving One can only marvel at the wis－ dom of these people，much of it leaned no doulbt from long and litter experience．Here is a reeipe for complementing beans and rice．

\section*{BAKED BEAN AND}

BROWN RICE RAREBIT
Ingreclicons： 3 onions； 4 table sporms butter； 1 \＃2 can solid pack tomatoes； 1 cup cooked brown rice； 1 can baked beans； 1 pound extra－sharp cheese，grated；salt and pepper to taste．
Mchod：Chop onions and sauté in butter until golden．Add tomatoes， cooked rice，and beans and heat until just below the boiling point． Add grated cheese and cook over low heat until cheese melts．Sea－ son to taste．Serve on toasted Bos－ ton brown lread or toasted En－ glish muffins．This is better if made ahead of time and reheated．Serves 6 （1） 10 ．
Here＇s a lacto－vegetarian recipe： KAY LEWIS＇S

\section*{VEGETABLECASSEROLE}

Ingredicuts： 1 package frozen Brussels sprouts； 1 jar（1／学 to 2 cups）canned carrots； 1 jar（ \(1 / 2\) to 2 （ups）small（mions； 1 can cream of mushroum soup；在 cup milk； Parmesan cheese，grated．

Continued on page 18

\section*{Some sound guidelines for vegetarians：}
－Be sure your calorie needs are met．2000）calories for a healthy woman age 2．3－50 whose weight is within normal limits and 2700 for a man age 2：3－50．
－Choose vour dict from a wide variety of whole coreal grains， muts，soybeans，：uncl other＂oil socels，＂thin dark green leaves， wher vegetables，millets，legumes， aull fruits．
－Ba sure vomer pertain meeds are met． 46 gramis of protemeath day For at heathe woman age 2：3－50 amel 50 g erams fon a man age 23－50． These ate the recommended daily dietary allowances from the food and \ontrition Beand of the Nat－
tional Research Council．For ex－ ample，a typical day＇s meals might inclucle：

Grams of Protein
3 glasses of milk
24
4 slices of whole grain bread

8
游（cup）cooked dried
beams，peats，or
lentils \({ }^{\circ}\)
10
2 ounces cheese \(\frac{14}{56}\)
（The inclusion of milk，milk prod－ nets，andel egess enhances＇s the quali－ II）of the resclarian diel in all probably deficiem areas except iorline．Usimy iodized sall prorides this importam trace element．）



\section*{A charm all its own}

Fresh，gay and carefree．That＇s Country Casual rattan furniture， by Ficks Reed．Superb design，quality construction．Unmatched selection of finishes，fabrics，colors and patterns for decorative versatility．At fine stores everywhere．
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\section*{FICKS}

\section*{refocompanr}

\section*{THE NOSTALGIA OF YESTERYEAR BY． ARTISAN HOUSE}

The delight of scuptured metal－created to recall other times－other places．Each Arisan House design is copyrighted and original．Each sculpture is gallery callber－at atio dable pices．Your choice of other scuptures trom 920 to c200．A palleries and the stares：


\title{
＂By eating certain combinations of vegetable foods，our amino acid needs may be met．One of the more classic examples is beans and rice＂
}

NOTES ON NUTRITION continued from page 16

Wethod：Preheat oven to 350 Place all ingredients except eheese in a casserole．Sprinkle cheese on top．Bake until cooked，alout 25 30 minutes．Serves 6 to 8 ．

Seventh Day Adventists have long practiced the Lato－ovo－vege－ tarían dict．Its nutritional ade－ Guacy is uncuestioned，and it is a well－documented fact that the gen－ cral health of the members of this religious sect is good and their life span is somewhat longer than their fellow meat eaters．

Recently a friend of mime spent tendays，her children＇s spring holi－ day，cooking lacto－ovo－vegetarian meals．The chitdren＇s ages range from 22 to 17，and this eourse of forel preparation was suggested by her clder som who happens to at－ tond the agricultural college of Comelt，and is majoring in＂Vege－ tables．＂She laughed at first，found it a challenge，enjoyed it and be－ came comvineed of its value．It was furn，especeially planning the menus with the children，learning with them，and for the first time she found her children cooking with her as a family．

Here are three recipes her fami－ ly thought delicious and found casy to make．All come from Diet for＇a Small Planet by Frances Noure Lappe

\section*{SPINACH CASSEROLE}

Ingredicmes：当 cup raw brown rice， cooked；：／2 cup grated Cheddar cheese： 2 eggs，beaten； 2 table－ spoons parsley，chopped；友 tea－ spoon salt：先 teaspoon pepper： 1 pooud fresh spinach，chopped； 2 tablesporons wheat germ； 1 tea－ span butter，melted．
Wethorl：Preheat oven to 3.50 Combine the cooked rice and cheese．Combine the eages，parsler． salt，and pepper．Add the two mitures toggether and stir in the raw spinach．Pour into ant oiled－ （asserole．Top the spinath with wheat erem mixed with the melt－ al butter．Bahe for 35 minutes． somes 1

\section*{POTATO LATKES}
 （oulsed；I large potato，culoeds salt and pepper to taster： 2 talkespexis

 samt dre mith：wit tor tryme．
Whllowl：Blend（＂ygs，mions，and
potate cubes in a blender．Then add and blend salt and pepper to taste，whole wheat flour，parsley and powvered milk．Using this batter，fry like small pancakes in hot oil．Brown hoth sides well．Top witlı applesauce，yoghurt，or soft cheesc．Or just cat them plain． Serves 2 to 3，for breakfast，lunch； or supper．

This next recipe is filled with protein．Served with a green salad it is a beautifully balaneed nutri－ tious meal．The family that tried these recipes also made additions to this one．They cooked it as writ ten here and also varied it by add－ ing a cup of finely chopped broe－ coli to the mixture；another time they added a layer of thinly sliced tomatnes．Anyway it was done，it was a big suceess．

\section*{EASY CHEESE SOUFFLÉ}

Ingreclients： 3 cups grated eheese； \(4-6\) slices loread； 2 cups milk or \(1 \frac{1}{2}\) cups milk and \(\frac{1}{2}\) cup wine or ver－ mouth； 3 egas，beaten；曾teaspoon salt；1／2 teaspaon Worcestershire saluce；在 teaspoon dry mustard； \(1 / 2\) teaspoon thyme；pepper to taste． Mothod：Preheat oven to \(350^{\circ}\) Layer the eheese and bread in an viled baking dish，starting with the bread．Pour over it the milk or milk mixture．Beat with the eggs the remaining ingredients and pour over the bread mixture．Let stand for 30 minutes．Bakc one hour in a pan of hot water．In a deep dish it has the appearance of soufflé；in a shallow dish it resem－ bles a quiehe．

After reading this eolumn you might want to try a delicious and nutritionally adequate laeto－ovo－ segetarian diet for a day or two， or even more．This diet offers such varicty．So why not explorc．
（Tolsarn alsout calorie coumts，pro－ twim，and other mutritive values of food，you san obtain a useful book－ Lal by criting 10：The Pablic Docu－ mems Department，U．S．Govern－ ment Printing Office，Washington， D．（．20102 Ask for Nutritive Salne of Poonds，Home and Carden Bullelin，Number T2，U．S．Depart－ mem of Lericulture，Stock mam－ ber 0100－1．52s．The booklet is 8.5 coms a soppy posipaid．Cherks and money order＇s should be made paly able to the Superimendent of Dore mucmes．）

\title{
New. An easier, bette wry to feed even the fussiest woes.
}

\section*{PRECISE. \({ }^{\circledR}\) The Timed Release Rose Food that you use just once every four months, yet feeds your roses every day.}

One of the chores is gone from rose gardening . . . the mixing and working of rose food, and guessing which combination is right for your rose bed.
"Precise" Timed Release beads do it all and do it better. Simply spoon-feed each rose plant its ration of "Precise" and work gently into the topsoil. That's it! You've fed your roses for four months.

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"Precise" produces visible results in youn roses. Well-developed roots, strong stems and lush, bright flowers. Look for this remarkable, new rose food wherever you buy plant supplies. It's a better way to feed.

\section*{Also! "Precise" Timed Release Flower Food} Another great new garden product with a special formulation (6-12-6) for most outdoor flowers (petunias, impatiens; daisies, snapdragons, etc.).

LIGHT, WATER AND

\section*{Precise \\ Timed Release Plant Foods}

511
PPrecise is a resistered trademaik of 3M Company.

\section*{Youcan reta brandnew bany American owboy or s97: Ora used one for only \(\$ 5,000\).}

The difference betweenthe brand-new lowboyat the top and the not-so-new one at the bottom is really very simple.

A little over 200 years. And a little over \(\$ 14,500\).

But its the things they have incommon that really count.

The lowboy at the bottom, for instance, is all wood. (No plastic "carvings" or trim.) So is the lowboy at the top.

The lowboy at the bottom was carefully rubbed, stained, and polished until it glowed.

So was the lowboy at the top. In 18 separate steps.

The lowboy at the bottom was built to be used not just for years, but for generations.

So was the one at the top.
The lowboyat the bottom is anauthentic Colonial design wellover 200 years old. Which makes it very expensive.

The lowboy at the top is an authentic Colonial design from American Drew. Which makes it very affordable.

So, if you want something with a romantic past, buy the lowboy at the bottom.

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AMEi CAML DiEW
AP. of The Epany \& Hitchinson Co.



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Betsy Palmer cherished French heirloom says:

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\section*{Gflar} 8

Stop by your nearest House and Garden Local Color Center Teleflorist listed on the adjoining pages and ask for your free "Color Alive" booklet. It's full of useful in formation and innovative ways to use flowers and plants to make everyday living colorful!


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\section*{}


The heart is a pump. It has the responsibility of pumpins howed aromel the body, providing the varions organs with nourishment. Most of the time we don't think aloout it; it beals away, atcording to our activities, and we probably pay more attention to it as a symbol of love fore and generosity ("sweetheart," "higBearted," "light-hearted") than as our most vital piece of organic cquipment.

Except when something happens it it. Thare are some un(hangeable risk lactors that affect a heallhy heart-leredity, getting wder, and being male (women before mempanse have far fewer heart attacks than ment). Other risk factors can be cimitrolled: high litood pressme can be treatcil, your can stop smoking, you (an herp) yom weright down, you (an try to minimize stress, and yon tan exercise.
It's a familian list, and difficult for most if ins to maintain; except for one-enercise. This is because a womertully simple technique of cerercise-that aryone can do, antwhere anstime-has been dewimperl specifically for heart healih by Dr. Lemore R. Zohman, with wher evercise cardiologists, and entorsed by the American If cart Assoctiation.
1)r. Zohnam is director of Cardiopulmonary Roblabilitation at Montefione Hospital, Xew Lork, and Assoctate Professor of Cardiokngy athe Albert Einstein College of Medicine. She is a Pellow of the American College of Cardioknes and a member of the Exeretise Committee of the Ameri(an) Hcart Association. (Housse é Carden tirst reported on 1)r. Zollmanis work in July, f97.3.) Sloe has mow pubtishod a bowklet on Wre smbect. Frercise Kour W'aly (1) Fitmess and Hearl Heallh.。
"(butil recently," Dr. Zolman "Mplains" it was difficonlt to lest
 (10) pemsil) 16 do d dmamic ex-
amination or an electrocardingra on a moving patient-people we examined lying down. With t latest developments in equipmes we now can measure peorple whi they are moving. This seience exereise programing has bee worked out as a consequence. II lest people's heart rate, blowel pre sure, and oxygen while they use treadmill or a bicyele. Dependit on the results, we can prescril how much exercise a person shoul do to maintain a healthy heatht.
"Here's how it works: there an amoment of exercise suffieient \(t\) condition the muscles and cardic vascular system leading to phys cal fitness, but is not overly stren mous. That is, there is a targe zone in which your heart rate in ereases enough to achieve fitness burt mot too mueh to exceed saf limits. The name of the game i finding your target zone-your tar set heart rate zone.
"Each individual's target zone is between 70 and 85 percent o his own maximum attainalle hear rate. Above 85 percent, the circu lation finds it increasingly diffieult (1) supply axyen rapidly to the axercising muscles-hence you puff and pant to try to take in more oxygen." Each person has a dif Ferent target zonce. You can either find this out by taking an exercise stress-test under sipervision o a spectally trained doctor, or you (an estimate it roughly by using the (hart illustrated in Dr. Zohman's booklet. Example: a twenty year-old man has a maxima heart rate of 200. His target zone would thembe 140 ( 70 percent) to 170 ( 8.5 percent) beats per minutc heant rate. A sixty-five-year-ond man witlı a mavimal attainable leart rate of 150 beats per minute woukl have a target zone of 107 (70) percent) to 1:30 ( 8.5 percent) beats per mimute.
Once you have fomm your tan get zome, all you have to do find exercise that gets your heme

Cominured on puge 2

\title{
"Your hair ages faster than you do. 30 minutes with condition will keep it looking young,"
}

Fortunately, you can help turn back the clock with condition* Beauty Pack Treatment from Clairol. In 30 minutes this intensive treatment starts repairing years of damage

You see, condition* has 4 times as much protein as any leading conditioner. It sinks right into the protein-deprived gaps in the hair shaft, adding new body and manageability.

It helps mend split ends, so your hair looks smooth and silky again.

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Sharp bristled brushes, fine toothed combs, harsh shampoos, hot dryers, curlers, hairsprays actually make the hair shaft wear thinner towards the end.

It splits. It breaks. It frazzles.

When your hair looks older than you are, you look older than you are.
 price to pay to keep your hair looking young

After all, if your hair looks young, isn't that half the battle?"

\section*{condition}

The 3() -minute treatment for mistreated hair:

\section*{wITES ON GOOD LOOKS AND GOOD HEALTH continued trom page 26}
wh uly liul own for appreniNom. 20.-30 minules. Inree times a meek 1.) dectermine whecther an and in your turgul mine take burr pulae fit's casiont citlere at Che wriat on at the vide of the wech). Plan the programe on that

 :dinut circulation. \aike wire that foulr "erercise is aserolic. Hat is you take in "xymen in the vame athromt trat wom we it in wo there is a balance. For comple fors in stead of rimi-pulfine ancl pantinus
 heart. and merch erlamstrols. Ide.dls. bedore anvone stants and

loector: and if possible wake th.


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your area, and it wem atr hath or. Colman recengives that
 that your maximus atlam of mot have the time to excercise







 Go dancing. Fituess dancing 10) musicic is excellent for the heart and it's fim. Corgo dancing. moch. moderan dance. aren at contimems pergeran of ballroxm lancings, all raine yome heant rate

and do your heart (and social good.
Do housework. To ri target levels, bunch toge several active tasks such as a lacumming job, scrubbing a fl washing blinds, for no longer a \(20-30\) minute period. Warm first by washing dishes or dust and cool down ly putting dis away or folding elothes. In Way som house is elean, yo saved inoney-and helped heart! (Don't do all the housew in one day, so you end up tota exhansted. Remember this 11 technicque of exercise is a 3 -tim t-week program, without exhan ing you or straining your musele
Climb stairs. Walk brisl irp and down two or three fligh -not so fast that you pant. This excellent heart exercise. \(A^{\prime}\) stur was receently done of an offi building where evervone w workel above the 17 th floor \(h\) to walk י1p the stairs. Those wor ing below 17 could take elevato Whom they tested the physic condition of the employees, tho: "hos worked above the 17 th for were much fitter than those wh worked below!
Work in the garden. Co loct together the more strenuou activitios such as digging, weed ings or mowing and do ther consecoutively so that you main taill yonr target zone for 20-33 mimutes. Find wamm-ups and cool down activities such as pickins flowers or repotting plants.

All these activities are part o daty life. If yon prefer, a program of lorisk walking, jogging wimming, biceveling, or skipping rope will achieve the same results - wood heart exereise with the right oxygen balance, no parting or exhastion-your own persomal fitness program.

This simple "scicuce of exer"ise," worked ont by Dr. Zohman and her colleagnes with the enclorsement of the American Heart Association, will make vou teel better, look better, improne soun lowart rate, and create that feeling of well-bebing that springs from a healthy and happy locart.
*F'or a froce coply of Dr. Zohman's booklet, Exercise Your Way to J゙ituces and lleart Jlealth, pul) lished as a publice servicer by Best Foonds, write to: Mazola ()il lixer cise Book, D(p) Z Z D, Box :307, Corcolty, Comm. Ofi23s

Beauly Proclucts.s, page 30

Meadowcraft. What more can you say?


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fine bedroom, dining room and occasional furniture


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GOOD LOOKS
continued from page 28

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H1:1 \1 12: 131\5161\...A great
vistem to lecpp fight div skín -its all based ont condtitioners in annecmetrated fome. One for day ne for night, one tor after cleansinse Shim Life Deres Mosisture Day
"avercd" Pommila of emollients and tomers. Shahe to hend and "ear under mathe-up for maximum protection. ()ne onnee. S10. Skin Life Derel Maisture Aleohol-Free Freshemer has a slighely minte fragrance, remoses last traces of make-11) cleansers and-10 alcohol means innchating. 4 onnces, \(\$ 6\). Shim Life Deep Moisture Vight Come Concrutrate is a solid, transluccut, pinh baluin with extra-rich condicmes for onemight mosisturiz-
 and Vight Canc Concentrates comtam "C:A\"-Shin Lite's specíal moisture-protection ingredient. At Bergdorf Coodman: Carson P'rie Scotl; Bulloch
11sustor. . A fresh, lively, very (1)phisticated, slightly Oriental fragrance lemn one of America's (01) desigueco of beautiful clothes Like his elothes. Ilalstom in per finime and eologise is a knockent Its exastal bouthe is shaped like an ssymuctrital teandrop anct was
 who desigus fewcorn with sleck culptured lomms. Italstom, 1 ontice. \(\$(60): 2\) onners. \(\$ 100\), perfome ypay, sis, spray cologne \(\$ 10\); colugite, \$9, At Bergdorf Comedman \(\backslash\) en bonh and White Plains: Blomminedale
 hair-Xion- I crosol Ilaurspray that? allerge tested and hagratice free as well. Impertant-sato to carry in sour luggage. The pump is "fuipped with leakprow traveling ap, को ome yon (an get from blending conipla meitlary colons tor volu eve make "p-like a deap) brown on the lid and a solt rose near vour lashes solt. Altratione. Or the a pale grech witha al lemome vellowe fis What Dual Pan Movisturizing Panc shadene Pouder is alonent. Twe individual shaulon that (anl loe worn when or tomether in interchangedse shatines on the exe Bight
combinations to chanse from (6.50) (and. At Blomminglaless It.mshall Frimld: Burdines.

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\section*{A great American idea}

\section*{National Museum of Design, Cooper-Hewitt Collection}

By Kenneth Bates


Indrow Carnegia Mansion, now h

Bhappy smath miraeck " seunn of Design. Comper Hewill Collection, will be celcbating its la3mbintheta in 1976, the Biecontemial year, in a new heme. The Mnseum has always been at unicue institution, tamoms not ouly for the incretible scope of ifs possesessions, but also for its praguratism. It is a working masemun devoted entirely to the
 and as source of ahmost infinite ref mence to anyone, lay or protessional, interested in, or working in, thense fields. "lueredible seope" is not at all an evaguerated term for the Comper-laewitt collections, "hich, on quote Lisa Taytor, the Thastumis director, "encompass Whects trom :all parts of the world and from carer historical period ocer a pan of there thousand vears-dranimes. prints. wallpapers, teviles, corramices, glass, turniture metalwont. weredwerk, When inchudine urban and in-
 ban ane I. It millom ulemes hate





 ltar
.mecement of Science and Art-to)
His daw a model of its kind. In it Was to be a muscum of "art, sei"ace, and hature." Space was proidecel tor it, but tumels ran ont, anel Hot motil 1s97 (tumels were ugain) did the plan come to hruiion when Compers there examellanghters. Sarah, Eleanmr, and Luy Hewitt, opered the Comper Cuinn \ansemu for the Art of Dere

Bu this time Xew Yonk last ase quired both an ant musenm and at natural history masem, leaving the flewits fiee to melulge the ir Non tastes and interests. Admir rs of the elecomative art collections in the South Kensington Musemm (now the Victoria and Alheret in London and the Musée


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S Samsonite


Imagine all the wonderful ways you can add on, remodel and make over your home! Paint or panel a room. Open up or reshape your kitchen.

Redecorate a bath. Modernize your insulation and wiring.
Beautify your lawn and garden. Even restore a house in your community. Discover just the right products and supplies you need to help in your large and small remodeling projects with ideas from House \& Garden and the home centers listed below. This month these fine stores will present special House \& Garden remodeling activities that offer expert help for your home improvement plans. See page 40 for the nearest home center in your community.

\footnotetext{
Angels-Arizona, California
Channel Home Centers - New Jersey, Pennsylvania
Edward Hines Lumber-Chicago
Ernst Home Centers - Idaho, Oregon, Washirgton
Forest City - Illinois, Michigan, Ohio
Grossman's - Northeast, Wisconsin, Minnesota
Handy Dan - Alabama, Colorado, Florida, Hawaii, Iowa, Kansas,
Missouri, Nebraska, Nevada, Oklahoma, Texas
J. M. Fields - East coast, New Hampshire to Florida

Lloyd Lumber - New York, Connecticut
Pay'n Save Home Centers - Alaska, Northern California
Republic Lumber-Chicago and suburbs
Scott's Corp.-Maryland, Virginia
Scotty's, Inc. - Florida
}

\title{
It takes two hallves to make a whole-house air condlitioning system
}


\section*{The Outside Half \\ that everyone talks about}

Most air conditioning ads show you only the outside half of the system. Here's York's all-new Champion IV, built with the four benefits you look for most: quiet, efficient operation, serviceability and reliability. That's a lot to build into a small, compact cabinet. But, York is known the world over for meeting this kind of challenge.

\section*{The Inside Half that only York talks about}

Most companies don't say much about the inside cooling coil, the half that actually cools your home's air. Maybe because York's FlatTop coil has benefits no one else can match. It cuts ordinary coil height in half for easier installation. A patented drain system means no potential pan of standing water, a source of household odors and other problems. It helps extend furnace life, may even save heating fuel.


Whares more than a few words to tell you the complete story Whmut York's advanced new system. After all, it took a certhry of enginecring know-how to create it. So, we've prepared two full-color brochures. They're yours. Free. Because we think you deserve the Whole Story.
Send Coupon to York Div. of Borg. Warner Corp.
PO Box 1592. York, Pa. 17405
Rush me York's whole story,
Call me for free home estimate
HG575
NaME
ADDRESS
CIIY
STIATE

\section*{Roofscape \({ }^{6}\) by Bird. A beautiful way to raise your property value this year.}

These days, your home is one of the best investments around. And one of the best ways to make it grow beautifully is with a new Bird Architect \({ }^{\circledR} 70\) roofscape.

The value of an Architect 70 roof is tough to beat. Its deep, irregular shadow lines give the richness of wood shake shingles. But it's actually today's heavyweight asphalt. That means it won't rot, warp, or burn like wood. And it will save money in the long run.

Architect 70 offers more than superior resistance to wind, weather, and fire. It helps you improve your landscape, too. We call it Roofscape because its warm, textured earthtones are in har mony with the sky, trees, and terrain . . . blending with every thing from formal shrubbery to rugged wilderness.

Your Bird Roofscaper is in the Yellow Pages. Give him a call today for a free estimate. And if you'd like more reasons why "the best dressed homes wear Bird," mail in the coupon.Bird \& Son, inc.
\(\square\) Enclosed is 50థ. Please send me
your 32-page, idea packed booklet,
    "What You Should Know About
Roofing and Siding Before You
Build or Remodel.
Name
Street
City

City \(\qquad\) County
State \(\qquad\) Zip Phone Please send me free basic facts on \(\square\) Bird Solid Vinyl Siding. \(\square\) Bird Asphalt Shingles I' \(m\) thinking of \(\square\) building. \(\square\) remodeling.
*In honor of the Bicentennial, Bird is providing a matching grant program to non-profit organizations for restoration projects nationwide.





\section*{Whirlpool believes quality can be beautiful.}

We've listened to a lot of people in the last 60-odd years. We listened and we learned.

And the most important thing we learned was that the word quality should describe a company as much as it does its product.

In other words, just making good appliances isn't good enough. It takes something extra.

Something like a simplified letter warranty that people can read and understand at a glance.

Or a toll free telephone service that's always there to help.
Or a nationwide service organization people can depend on.
We've done these things and we're doing more. And we're doing them because at Whirlpool we believe a company has to think quality before it can even start to manufacture it.

Quality. It's all we can afford to make. It's all you can afford to buy.


If you are planning to renovate or improve your home, use a responsible and reliable remodeler who is a member of the Natıonal Home Improvement Council Council members take an active part in their professional associations affiliated with NHIC, striving to offer courteous service fair prices and quality workmanship. They are pledged to observe a Code of Ethics for your protection.
Your present home represents a big investment - perhaps the largest of your lifetime Properly maintaıned and improved for better living, your home is likely to increase in value as time goes on by more than the cost of the improvements. At the :ery least its value will be maintained
Hewpusible home improvement contractors are ready to assist yo 1 .i. riaking prudent decisions commensurate with your ineoms
'So inok for and sh this wh . Whth members of NHIC where you We And to halp "Hylan yur remodeling work, let us send you a copy of our brive of How Tu Start Your Home Improvement Project With The Help of a Kfilable Cormictor.' Send stamped and self addressed envelope to

National Home 'mprovement Council. Inc
11 E. 44th Street.
New York, New York 10017


DANBURY
EAST HARTFORD JM FIelds
HARTFORD Gros man's MANCHESTER NEW BRITAIN NEW MILFORD NEWTON
NORTH HAVEN ORANGE ORANGE TORRINGTON WALLINGFORD GALLINGFORD WATERBURY Grovsman
Lloyds WESTPORT

\author{
FLORIDA
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ALTAMONTE SPRINGS
AUBURNDALE
BRADENTON
CRYSTAL RIVER
Scotty's
COCOA
DADE CITY
DAYTONA
DAYTONA
J. M. Field
DAYTONA BEACH
DELAND
Scotty's
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MERRITT ISLAND J. M. Fields

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PLANT CITY
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J. M. Fields
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PUNTA GORDA
Scotty's
RIVERIA BEACH
Scotty's
ST. PETERSBURG
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SANFORD
Scotty's
SARASOTA
SEBRING
SEBRING
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TALLAHASSEE
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VENICE
VERO BEACH
Scotty's
WAUCHULA
Scotty
WEST PALM BEACH
WINTER HAVEN
J. M. Field

WINTER PARK
J. M. Fields

GEORGIA
AUGUSTA
BRUNSWICK
J. M. Fields

HAWAII
OAHU
IDAHO
POCATELLO
ILLINOIS
ARLINGTON HEIGHTS
BURBANK
Forent City
CHICAGO

\section*{from the Creative Kilns of Pomona Tile} cmarian


Discover the sparkling treasure chest of brilliant, gemlike color that is Caribbean tile ... the splash of inspiration to brighten and accent your own unique applications.
Caribbean's Bright Crackle Glaze is a rippling surface creating walls and vertical areas that stretch the imagination with tropical tone backgrounds.
Caribbean's Crystal Glazes go vertical or horizontal, bringing a sweep of sophisticated color to residential floors or counter tops with deep-hued flair.
And the versatility of Caribbean's \(3^{\prime \prime} \times 6^{\prime \prime}\) shape opens new vistas of multi-colored stripes, patterns and bold innovations for the creative designer.

Caribbean . . . tile with the depth of hyilianamolazand ever bright carefres

\footnotetext{
Pr
}

\section*{What every family thinking about remodeling should know about Thermador＇s new cooktops}

Since the object of remodeling is to give the kitchen a smart look and a smooth and simple operation，look to Thermador for the finest in innovative，built－in appliances．

The new Thermador smoothtop，shown below， has conveniences no other cooktop can offer． The barbecue grill doubles as a griddle or， with the top closed，as a warming surface．
Four elements provide any heat from rolling boil to slow simmer．Each has its own＂on＂ light to indicate that it＇s in operation， plus a＂surface hot＂light to warn when a unit is hot even though it is turned off．

Smooth，seamless construction blends into your counter top for streamlined beauty． Also available，a new Thermador smoothtop with five efficient cooking surfaces．


Continued from page 40
CHICAGO HEIGHTS Republic Lumber
EVANSTON EVANSTON EVERGREEM PARK Hines Lumber LOMBARD
Forest City
MT．PROSPECT
Forest City
Hines Lumber
NILES
Republic Lumber
OAK LAWN
Republic Lumber
ST．CHARLES
Hrnes Lumber
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OES MOINES
Handy Da
KANSAS
OVERLAND PARK
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MAINE
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BANGOR
Growman＇s
BRUNSWICK
Gro man＇s
EASTPORT
ELLSWORTH
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HOULTON
LEWISTON
Grossman＇s
PORTLAND
PRESQUE ISLE
POCKLAN
ROCKLAN
SCARBOROUGH
WATERVILLE
Grossman＇
MARYLAND
BELTSVILLE
DUNDALK
Scolt＇s Lumber
EDGEWATER
GAITHERSBURG
Scott＇s Lumber
OWINGS MILLS
Selt Lumb
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Scolt＇Lumber
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MASSACHUSETTS
AUBURN
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BILLERICA
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CHELMSFORD
CHELSEA
DANVERS
FALMOUTH

FITCHBURG
Grossman＇s
FOXBORO
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\section*{Don't move-improve your home with these quality Alcoa Building Products.}

Alcoa Sidıng. Insulating Windows. Soffit and Fascia, and other quality Alcoa Building Products-shutters, gutters and downspouts, columns and railings-can give you a host of lowmaintenance advantages you II certainly appreciate.


\section*{Alcoa Siding}

Properly applied over reflective foll and present wood siding, it can help insulate your home improve its appearance. and ease exterior maintenance burdens. All Alcoa Siding (including new Country Cedar) has a baked-enamel Alumalure \({ }^{r}\) finish that will stay new-looking for years to come. Many other finishes and colors are available.


\section*{Act Now!}

Send for Alcoas free new booklet. Home Insulation Can Be Beautiful It shows you how Alcoa Siding can help insulate yotr home. Matl the coupon today.


\section*{Alcoa Insulating Windows}

Extra-heavy weather stripping, twin panes of insulating glas and the aluminum-vinyl construction combine to make thes quality windows a true insulating barrier. The design helps minimize messy "sweating." Occasional soap and water ma tenance will keep them good-looking for years to come.

\section*{Alcoa Soffit and Fascia}

Alcoa Soffit and Fascia ease the problem of under-eave paintıng, and improve your home's appearance to boot. The baked-enamel Alumalure finish will help minimize pesky an sometimes dangerous painting.

inued from page 42
\begin{tabular}{|c|c|c|}
\hline JWIN PLACE Lumber & WAPPINGERS FALLS Grossman's & GARLAND Handy Dan \\
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\section*{One good}


One blast.
With Shell Bugkillers, that's all it takes to kill bugs and insects. Because Shell Bugkillers are that powerful. And that fast.

What's more, all Shell Bugkillers come with a patented cap called the CHILD PROTECTOR-TOP.m* Nice to have that sort of protection around the house.

Shell Bugkillers. One great way to get rid of bugs.
Because one good blast is all it takes.


\title{
2y Every home should have
}



Accent
The versatile phone that accents any
decor. (Touch-Tone or rotary dialing)

elegance of a bygone era. (Rotary dialing

\section*{Design Line phone}

\section*{ast one conversation piece.}


Now, Design Line* phones from the Bell System are here. Phones that match your decor. Your life-style. Your personality.

Each phone comes with a plug-ended cord for use with a telephone jack. (If you don't have a jack, we'll install one for an additional charge.) You own the Design Line phone housing, which carries a six-month warranty. The working parts belong to us. So if there's ever a problem with them, we'll fix it.

And remember, Design Line phones are as great to give as they are to get. So, call your local Bell Telephone business office and ask about prices and availability of Design Line and other decorator phones in your area.

Design Line phones from the Bell System. They really are conversation pieces.

\section*{Celebrity} The Hollywood classic brought up to date. (Rotary dialing only)
rom the Bell System.


\section*{'time, energy, and money saving 21 remodeling ideas from the experts}

0- -3 is lhat it twill hisc muidtinged n'u house-youll dorit hare to start from scratche. Wost likelle youl hate a house alrecacly amd. if yon are liring in it. you hume a good dral aboul its quirks and attractioms.s, its shortcommings amel as. sets. What !foumed tolsarn is home it can be improte ed to looh amd liere beller withoul specmeling a loe of moncy, limes, and householdel enragy. This ran present you wilh a multitude of choices. To help you. hore is a cherek list of misecthaneoms ieloas, sugerestions amel possibilitios. Try throly onfor size and suitability. And remcombre, amy trok you com do yourself in remerdelimes will reduce labor costs, a major itc'm in the total bill.

\section*{If you want to enlarge your house}

Cobining mome living space is at tirst prionily in remodelines. As a gencral mbe, it is easiom and more econommical to arlit (0) to all existing lomese than to domble yomer eosts by ripping out and lamere buileling. ()ftem, simply remosines thererear or side wall of a lisimes romb, family romm, or hitchern alot cotending this area temed to adrl -pacionsiness to the whole interion. 1. low an meler Toxas lomse ardiotece Ifarwood Taylor expanderl his living roon with a lack addition.【akinge cost-sationg mise of existing side walls of the homse, be tuched He two sten externsion between them. Ponded with slanting glass patacha that seernt to domble the epace, it reated a new interion. - It another house a bew front
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\section*{Should I add air conditioning?}
4. Upatang heating equipment and imstallang sumatem condine is usually one of the mome wanted improsements in an major lomse rembedelines. But bodatis eneres cranch-the scarcits und rising cost of powir-math wive vou patres. Thace face is that residential
 produced mons is designed to mse loss encers and fanction at lonser (xast. Le bemag more efficient in queration. Standards knomon ats (omest officiency ratinge are applied to air-conditioning edpipment h mamotatmers to indicate how eflectively it call comert power to conding. The cooling eapacity of the expipment (in BTUS, British Themmal (nits) and its eneresy (omsmoption (the wattage) are listed on the mit's mameplate. Divile wattage into conolings capacity Lo gel the Eanergy Pificiency Ratio. The higher, the better, beecatise at lagh ration meaths less emergy con smomptions, less costly operations. Todan, He canding outpont, energy
 fommaner of at least !95 percent of the combal an comditomers made in the l .S. are erertified meler the Air Comelitionings and Retrigeration lastitutés Cortification l'ros Qram. This is a mational trade atssor ciation and its program inclucles insperetion amel appraisal of mame facturers "xpipument sperificattionss. All certified egmpenent is listed in the ARI Directory which yon (atl ash yomr heating emontracion to shms son. Vamfacturers of room air conditioners, eonperating with the Depattument of Comtmeree. ate abo labeling the emerosy
 as dotemanered bre He Association at Ilomer Applituce Vambactor(M) One water den promises (1) lis a menly purchased mint, or lemel amoher withan tweml-lone honss,


\section*{Choosiry air-conditioning equipment}
, th the romoelchings at yom lomose


tioning system. Costly, but perlaps not more than buying new land and lomilding a new house. If you hate a forced-warm-air heating system with existing duetwork it may be pessible to put in air conditioning asing the same ducts to distribute cool air in summer. If vou have hot-water heating vou may add a separate air-eonditioning system with cool air ducts on comert the existing pipe system to chilled water circilation for summer cooling. The chances are, however, that your house alterations are more modest and you will simply add on a room or a wing. For this, it is likely to be more feasible, and less expensise, to cepuip the area with its own independent air conditioner
It is essential that this equipment loe the right size for the area to be conled. An oversized unit will provide ample cooling but not operate often comogh to dissipate lommedity while a too-small unit will lack corbing power. Mast dealms have chats of formmas by uhich the proper size ean be determined. They are based mpon the dimensions of the area-its width, longth, and height in feet, its window exposires to outside weather. and how much insulation is in place Nonse and air flow are innportant lactors to question as well Have them chacked ont for quiet operation and elimination of enld dralts.

The improved efficiency and enst-sating operation of new airconditioning equipment inevital)ly requite higher original eosts. The new EER models (Energy Effi(iency Ratio) have new elementsconls, cooling fins. fan motors, ros tary conpressons-"Power Savers, Which necessamily increase prices But it is is clamed that satings in operating costs ofer the years will batance ont higher first cost. Some manutacturers are becgiming to list an Estimated Yearly Operating (.onst (E)OC: for their expipment based on the cost per kilowatt (for Which rates vary nationwide) and (alenlated mpon a set momber of operatimes loons. This helpfal froml wonld give abreonclitioner parchascors some ideat of the life(arle cont of (ifnipment.

In remodeling, save energy, save costs 6. Although only 2.5 pereen all energy expended in this c Hy is used for air condition and only 4.9 percent for all 1 dential electrieal energy consub tion, any air-conditioning insta tion should heed energy eonser tion. In remodeling the house, in any addition, these steps save the expenditure of ene and the cost of smpplying it:
- Ample insulation. Roofs walls lose more heating and oc ing energy than any other areas the house unless they are prope insulated. Top-floor ceilings attie floors should have 6-inches insulation, outside walls need 3 4 -inches. Basement walls, era spaces under houses, basementl floors, heating and cooling du all need insulation.
- W'calhorstripping. Doors a windows require thorough wea erstripping against air leaka Stom sash may also be left on y round. The house will be eoo in summer, warmer in winter.
- Shading the uindows. Draw window shades and draper against the summer sun or win cold cuts air cooling or heati loss. Exterior blinds that stop h or cold before it gets into the hou are even better
- Kecpr heating-cooling mont in sood repair. Air filt should be changed or cleamed f quently-as soon as air flow see interrupted. Working parts su as motors, belts, coils, switches quire servicing and cleaning least once a year and the heati cooling svstem needs (1) checked for proper, nonener wasting frmetioning.
- Thermostat control. Adjustal thermostats help to regulate op ating eosts of efpipment. Separ daytime and nighttime tempe thre settings-they ean be ath matically or mamally controlle will reduce energy expenditu In smmmer, set the themostat the highest temperatme at wh yon are comfortable during day, -Ts degrees to so degree is recommended, and lower it 75 degrees at night. The low Comtinured on page



If someone in your family shouldn't climb stairs SAVEUP Stairl 10

\section*{- the new; low-cost passenger lift for the home.}


\section*{"If you would like both large and small rooms, you can hang sliding wall panels on ceiling tracks to divide or unite them"}

\section*{REMODELING IDEAS continued from page 48}

\section*{mperature at which you are minfortable in winter is suguestecl To degrees's in daytime with a mightimes selting of ( 55 degrees.} Such measines redhere the operatine time of heating-cending systemis andel eut fuel costs. Eight percent to 20 percent savings can be made in slmmer it is claimed and a thed savinge of 3 pereent tho percent is gatined for cach degree the (emperature is raised (in simmer) or lowered (in winter).

\section*{Expanding the interior \\ Spacionsisuss indoress isnt} gaitined only by adding oft new "inge to cillange a honse. It may be captured without spending a pernive on alditions. In murlemive inge obld houses tonday, arelitects "ill hurch ont the ceiling of a hall. bilrary or living reom, or a pertion of it. th create sharing. (wn-story spaces that belie the spluare tootwee of the flowe areas. This was done in the entrance haill of at tatditional honuse loy areditects Robinson \& \iills and made it possille for them to insert a glass luncte above the tront door loringing sumlight inte the laill the the first time. s. Some henises have a lot of romoms but litlle reom. Then are cut ilp intu straill itcontical hones. Eliminating partitions. where practiceal, may give you mot only larser lom mere nsectul space And, if you would like booth large and onaill rooms yon can lawe sliding "all pancels on ceeiling tracks to di\ide or mite them as arelitect Denald Chapell did between his listue and siting romen. Or wall slots can loe dev ised to poocket the pancls.
9. Shylights, in various sizes. shapes, and locations are a major means todiat of cytenting a honse berond its actural conffines. Slantings domeed. square, rectangular. they punch holes in lumuse walls and roots to (0) an the itwerior to chillazalling tiens of trectops, shy. stim, stars, moom, rain, shen, and
 parch or window bat-or exan a (mb). Show ore or bathroum as arechiteed Redreer Whittem has domes Thipping a stair, they can flowd the humse with smbight. Ceiline ligh glase pancels in interion walls tane shnue of the same ablitiv. Thew will onlange romens beyond the ir act nal dimembions with see-throngh windons that can lomeron space and
light from neighboring rooms 10. Details have much to do apparent size and seale of roon In okler houses fuss trim-e nices. door and window fram dados, heary handed firepla treatments-overwhelm and minish many rooms. Stripping comod moldings, over-sized do and window casings make a roo simpler and larger in a conter porary way. And if doorway linte can be cut so doors reach to tl ceiling there is a contimous plan between romos and one entarg the other
1I. Remodeling the interion wit paint is undoubtedly the last e persive way to do it. Numeron architects, having yanked off spar cluttering trim, lave painte broad hands of primary colo aromme doors and windows widen and heighten them visuall or have applied graphic designs bolk color to imply arehiteetur: delail as arehiteet Charles Xoor does. Stair rails and chair rails ca be indicated just with the broa sweep of a brish and even mante have been frankly faked in tromp loeil fashion. None of this steal all or floor space to be sure.

\section*{Today's lighting magic}

No feature of the house hat changed more radically than light ing. Rooms used to be lighte principally by decorative lamp which were part of the fomishing plus kitchen, bathroom and gen eral lighting. Torday, lighting more Horid, more a part of the house structure but not conceale as it used to be. It can effeet dra matic changes in remodeling house. And a variety of light din mers are arailable not only to var monels but to reduce energy o penditure as well.
12. Wielely popular in modemiza tion are ceriling track lights, meta dhammels recessed or mounted a the coriling with portable spotligh pheged into them. Thae lights cat be loeated on moved to anve lexa tion on the track ancl rotated atre direction to light bookshelve "alls, pantings, seulpture, dimm table, kitehen combters.
13. (harles Noore employed lon level lighting, nsing rows of framk. Iy exposed ineambescent halles is strips, atross slanting erolinges in

Comlimuced on prage 5


\section*{Du Pont Paints. The good stuff.}


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\section*{REMODELING IDEAS continued from page 50}

Saryland lomse. Ite also emeased
 ratters.
14. In medome several dom Monk partmonts, arditect land lin (h)ph rimerel the coilings with in
 bulld were alse bume on cords dheng "allh and "Intows to wash the"th with hipht. Spectial wall - limelen of monalla spotlights

Outdoor terraces and patios are great space expanders
limelrical used for 17. Open tertaces imel decks, on the same flom level as inside romens, and linhed to them be glass doens, secoll to inctarase roomi sizes commonsly vear momed. Theve climinate the exosts of lmikding waths or roods, and sam domble ace mal litings spaee in dement cather. This is erertainly the cern-




Remodeli.
subtraction
diminating excensive detail helps. ing gatmene meme lis able rather than burger space It has been a major arempation of do-it-vomsedters for anme time. And face liftime imancol to entrance the apperan ate or ant agime lomse is frecpucnt Iv a matter of sulatracting perches that darken romons together with flomidementes and other extrancars trimarequitinas enstly upkecp.
1.5. In remosteling an apartment



"A variety of light dimmers are available not only to vary moods, but to reduce energy expenditure"
and tlow in place you add walls, windows, and roof. If you have a center patio or courtyard surromeded be the house you can gain a whole atrím room ley roofing it with glass-no building of walls required because they are already in place. This kind of protected center conurt can reduce the cost and expenditure of energy for heating the house.

Can you have a garden room?
19. The "sun porches" at the sides or lacks of many sulmorlan houses of the 1920s and 30 s lend themselves to garden room conversion. Sams have masomry fleors and von (an add fixed glass, floor-toceiling panels and sliding glass doors to replace the existing wood bahustrades and meager glass sash. Architect Walter Ramberg has done this in Washington. Screened ponches and breczeways. comecting homse and garage are also likely areas to enclose as glass gar-
den rooms for plants and smon extra living space. Heat retarda glass, or special sum control fi applied to the glass, can be us to reduce heat loss or gatin a consenve energy used in heati ambl cooling.
20. In one vintage house, remo eled hy architect Philip Hende som, a ready-made greenhonse w installed to comnect the livis room and a newly addet mase bedroom wing; it is delightf space to saunter through or wo iin. In a colder climate, greenhouse was also used to lin kitchen and garage as a gard rocm.
21. In two remodeled houses, on a spectacular town house, th other a converted commercial g; rage, architect Paul Rudolph placed the whole rear living roon wall with glass panels enclosing sky high greenhouse. Spotlight mirrored rear walls and soarin plants create fabulous back drop for the living rooms.


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TRUE TEMPER
An Allegheny Ludlum Industries Company
 garden-season stretchers coldframes and hotbeds?

By William B. Har

This mat seent like a stramere time (0) write ol cioldframes, nsed so intemsiscly in early spring, lont it seemed wise to spare those interested in stoth things the difficullies I (memolered yeats ago when \(I\) read of coldframes and their womelers one fanmary and forthwith herilt one to mese that sprines. Gettimg it inloground that's sticky in March, linding the carth inside the lramo impossible to work leoeanse it was frozen solid belonv a f-inch semi-ooze ou lop, and trying to protect the sash from that momth's winds (ome broke beyond repair) are mpplasant happenings to blose who dream of gardens in wintertime possibilities that ati( le I read failed to mention. And Whern me coldliame was in workjug order, I fomed I had only the fogrgest motion of how to put it to work. Nollang in any of my books Was explicit. But that's the waty it is wibl so monch of gatelening. The writer perints, atad if yom stomble mox ing in his diredion, try to take heat in remomboring that he spernt lime falling on his face, too.

A collframe or hothed-the latter is merely a heated coldramestreteles the growing season markedly. At least a montl in Litchfield, sometimes six weeks, can be lacked on the begiming of spring, athd about that much can be adeled in the tall. Holbeds will double that. Iotbeds catl be msed all winter. Any device, reasomably priced, that ean add that much time to the growing seasom is worlh hating, lan few people do. And this is the more smprisings, since so many. garchors do so much wishing lom a small ereenhomse. That is what a coldframe is-a ere erembonse will ont heal. Besucles poroviding insalıable (9y) ericence for mataging the greenhomse wher il arrives, a lew
 Which will be diflicoll mot 10 tomor mato a loolbed when it is locome
 amel floser garilen will mome رlanls Hant most people (all pors



prices, will more than pay fo alf, il used only to rool b (molip)s. dafforlits, lyyacinth) winter flowers. Moreover, am amel peremial plants that can' founcl in any catalogue or at garden center can be grown f seed. Ancl this can be done jus well in a frame as in a greenhor which can const elose to \(\$ 1,000\) the time it is working.

Frames have some disads lages when eompared to gre loouses. You work on your knt or stoop, whieh may be grood the figure, but I haven't liked th positions since I was thirty-fi Frames require more attent than a well-oquipped greonhou They must be ventilated when som is high and securcly covel on very colld nights. But if you snccessful managing one, the sn disadvantages clon't really coun it puts vou in the business of \(g\) dening earlier than ever before

Cardening literature genera recommends making coldframe feet wide and 6 feet long, the ba \(4 t 012\) inches higher than the fro to gel maximum sunlight from t glazed sash that eovers it. This s was laken trom nursery praet because sash to fit eould be bous lrom nearly any building-sup honse. Today nurseries have giv up their extensive frameyards what are called polyhouses-str lures with curved roofs over whi polyethylene film is stretehed a where work ean go on regardl of the weather. Polvhouses eol in small sizes, but they look awt in any landscape-neighbors well as the local plaming comm sion will object. Actually, a frat (an be hammered oul of a coul ()l old boxes 10 fil any sash happen to have at hamd. It is b to hook the glass out and regla it "ith prolyfilm. Viberglass is mo permanent. but more expensi lis frames were the batition sik. I comble pish the heaty sa batch and forth to vemilate the loul laking the sash on ant o which mimst be done as spris lomglows, was mot at ome man


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COLDFRAMES continued from page 54
and my helper never arrived at the right time
Only abont a vear ago I met as somewhat cklerly spinster who liveed alome and who was a supert, and ingenions gardener. She erew almose evers plant in her lovely sarden: verctables, ammals, inchadines mann Id mever scen. She had a small ereenhouse and coldframes. Her omly help was part lime, mie dar a week. The frames, which she had had for vears, were B-font solnares. three of them sile hy side. conered with i3-foot sash Ther were glazed with glass. She bat cut them down to her size. I could hase kicked muself for mot having thomght of it.
Here are some of the points to consider in constructing frames. Advice in most books is to use masomry becanse "it lasts longer exen though somewhat more expensive." "Somewhat" is an understatement. Also, masonry has an modesirable degree of immobility - venre stuck if von later want it chowhere. I'm a dedicated wood-and-Comprimol fellow for small out door strmetmes (redwoed on Southem copress treated with ans wood preservative safe to use (hose to seedlings-creosote is mot) Coner the sash with 4 -mill plastic film, top and lootem to provide insulation. Provide hooks to keep it from blowing away, but be sure they are lonse emough to work casily with the fingers. Face the trame south and provide protectimat the back, but leave emough space to work it from the back-2t to 30 inches is urually enough. If ron are unsure measure the widll of your stoop, and you figure out how to do that. A thermometer inside placed where it can be read casily is helpful. The kind that measures highs and lows (ther are reset daik with a small magnet) provides the leest temperature in fommation. The earth inside shembe bee deeply prepared and shatp for drainage and raised about 2 inches abowe the ombside level. Sel the fanme itselt 2 inches below the surtace. In the late fall (and carts (p)rimg) heap ין soil aromul the frames and wemty to the (op) at herep ont deep frost. Yom will alse weed mats (old lumlap, migs, ete:) (1) conem the sash in surd weather Hokl it down with a worn-ont tire
casinge, which costs nothing
\anaging a frame well-fro controlling tomperature to plan ing and watering-comes only fro practice. Witlı outside temper tore 1.5 degrees on a clear spris day, air inside can grickly reac (9) degrees. As plants need sun light but not the superheated ai the sash must be pulled forward few inches to let out the hot air propped up in back with a bloc or two of wood. If windy, the ten perature can drop too much. Als scudding chouds tum the heat o and off, which further complicate things. You may feel like a novic bably-sitter, tempted to coddl crery change, but vou'll rathe soni, find yourself expert at judg ing the temperature inside th trame be watching changes in th weather from the window. If it i consolation, remember that you would go through sueh routine managing a manually operate greenhouse. That kind of green house is hard to leave unattended With the frame, throw a couple o pine boughs on the sash and gg awav for the dav-the sun's rav that promote plant growth ge through, but the heat doesn't.
I have no experienee managing a hotbed, hut those who do say the discomfort of tending them in win ter is far outweighed by the let tuce, spinaeh, radishes, and othe greens harvested in all but the iciest weather. In the far north tender peremiials and hybrid te roses are wintered in them, too Itotbeds of course become cold frames as the season advanees. If were building another coldframe, would bury a heating cable aloou 7 inches, the wire laid in loop about 6 inches apart, 10 use on bitter cold night just to make mo feet safe. So there you are. Wi start with a coldframe and befor vou can turn around, we have buil a hotbed, and mavbe vou will, to
Watering plants in a frame like watering phants annwhere. A moted so manv times before, wat tering is one of the few arts in gat dening-art in the dictionan sense: skill in performance at quired by experience (it's mot fine art). Those who can't wate plants shccessfully in al sumby win dow should stay away from

Comtinued on page


\section*{Need color direction? House\&Garden has 36 ways to say}
frames. All the following amonnts to is a bit of guidance. Soak the soil thorong ghly two dats bofore planting. Then test it in the land if a fistful crumbles at once alter being spueezed, it is tou (ly-it shomkl erumble slightly. It needs to be nicely damp for very fine seed, like petumia, which should not be covered but just pressed in to the row. If water is needed be fore it sprosts, be careful mot lo wash the seed. Later water the sprouted plants thoroughly (soak) cach time moisture is needed. Vever water a frame vou are not groing to open. On a sumbs day a frame can be watered as late as 2 par, never after 10 w on a chouded one, becanse water muss dry off the seedlings before the frame is closed on they will (lamp) off (be attacked by a fungus that decimates them in a few homs) Use a watering ean with a verw fine rose spray; few people can handle water in a hose competent 1f: Watch the back of the frame carefully-it gets more light and air circalation than the front. A prop agator I know saxs watering is reve easy: it only lakes a little pratetice with eyes and mind wide opers

As noted, it is impossible to provide delailed instrudions for grow ine eately of the humdreds of kinels of plants that (an be started in a frame-cold or hot. Seeds are sown in rows or small pates (spuat clas pots). They all repuite thamong The remanoder are transplanted directly to the garden after frost on into peat pots-and some cati be left to mature in the frame. Ni matler how many frames wo hate. lle space available for plants will be very small, so the objective is (0) prochnce a few plants of as mans kineds as possible. Vorvearlv erops of leaf lettace, radishes, beets, car rots, and spinath for the table are grown ill the frame, in suceersion, until the warden starts to proxluce If you plant onions (sots or seed) be sure the soil is heavilu fertil i\%ed; pull scatlioms to thin them. the remainder will smpple mature onions long before thes are ready ontchoms. Siv done of eatice also planted in rich soil bery early slomeld prodace sis large heads right in the frame before the firse fall trost. (Onc (omato plant lodt in fle frame will mate a handsome carly (orop-and your bese and carliest concombers ant xpuash will
 left in Ule frame (o) matore ( (lace spraml right ome of it). This also applies an evergpland beces, and
carots-bou gel respectable anomats from the frame before the gendere. And at the same time small spates lefi for ammals and peremials will grow all the tramsplants one needs for the borders.

The basie ideat of frame mant agement is to use the restricted growing area as intensively as possible. It is not lard to do. Rows are much eloser together than in the garden-instead of 12 to 18 inches apart, 5 or 6 inches is Mongli; also, you ean "doublerow" by sowing two lines of seed a half-inch apart in the row, wheh almost dombles production of such regetables as radishes, beets, and carrots. lou can get. up to 36 feet of row space in 18 square feet of frame; 54 feet in 27 square feet That is a lot of space for seed.

Frames, of eourse, save money, lont that is not their only value. In these davs of "instant plants" bought from garden centers or mail-order murseries, today's gardeners seem to be missing one of gardening's great rewards-the satisfaction of growing a plant to maturity from seed or a cutting Those who ean do this are gardeners. lt's that simple

Up to this point we have discussed growing in frames but have said mothing of the garden itself or hase attempted to answer that old and perplexing question: At what lime in the spring is it wise to plant seeds and tender plants out side? At mo time is the safe answer; wait umtil summer starts. But played that way gardening would be little finn and give Northemer rery short seasons. Nature, though fust as plagued by frost as we are ports out some signals as she gets (on witl the business of spring that are useful to poor haments. Years ago I read a timy book published in 1912 that had this advice When plums and peaches start to bloom, temperature in the shade is 4.5 (legrees. At that temperature mams vegetables start to germinate (ratishes, lettuere, earrots, beets) Wher apples hlossom, temperalames in the shade will hate reachect fio degrees, right tor corn, beans, (ucumbers, and most of the ammats. And when apple blossoms fall, it is time to put ont tonder plants. In each instanee grommel temperatures in direct smo light are warmer. But if the bees mon' onl the air and eromel mas be eodeler than yon think, so wait a while Execep for Juls 4, 19 1 I When at light fress in Litedifielel dobbered most temeler plants there signals hate worked well.


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\title{
TYYE: \\ emoves smoke, removes spatiters, removes odor.
}
t's a completely different kind of electric range. A range that grills what you used to broil Steaks, hot dogs, hamburgers, chicken, fish, sausage, chops, ven corn-on-the-cob. And nakes them taste better! Because grilling wafts flavorful smoke pack through the food, searing it on the outside and leaving it ender and juicy on the inside.

It's possible because the Jenn Air Grill-Range is the one with a ventilator built inside he range .. to whisk smoke and odors right from grill top to jutdoors. That's better than a hood 3 feet away! And grease that spattered oven walls now goes down through the grill into a
removable container. So you can use the continuous cleaning oven for clean, unmessy baking. The Jenn Air GrillRange has some - more extras, too. Like an interchangeable rotisserie, deep fryer, griddle, shish kebaber and 4 electric burners. They all snap out in seconds. No other range has all of these. The Jenn Air Grill-Range. It's cleaner, easier, tastier, and better than broiling.


\section*{THEAMNR CRIL-RMUE grills what you used to broil}

See the yellow pages for your nearest dealer or write Jenn Air Corporation, Indianapolis, Indiana 46226.

\section*{The House Fixer}

\section*{PREFINISHED SHUTTERS, molded of structural poly}
acrylic finish that resists fading or peeling and can be washed ic can't rot, chip, dent, or split and have a decorative arch frame. In or brown, they can be refinished in the future. Available 14 inche lengths from 25 to 81 inches high, they cost from \(\$ 12\) to \(\$ 25\) a pair size. Hometown Shutters have a ten-year guarantee. From U.S. Plywood Dí pion International, 777 Third Ave., New York, N.Y. 10017


\section*{FLEXIBLE LIGHT} STRIPS ior illumimarin! rallecrion displu! caloimets, rhina enplocitreds. micher, whaden bonecemo

open shofi`os. Installenf in a struithly

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 nisfual wish arders. Willern Wirlz Assuciates. zeg lifipp.s flaza, I'alimr Heareh, Flat. :1:1 188.

ENERGY SAVER WIN. DOW SHADES. Tests at the Illinois Institute of Technology, sponsored by The Window Shade Manufacturers Association, have resulted in new information on the value of roller shades in reducing heat gain from windows in summer and heat loss in winter. Under simulated Midwest summer conditions, a window with a light-color, opaque roller shade admitted 47 to 54 percent
 less total heat than an umshaded one. Testing for winter weather determined that a drawn, light-color rolle shade will reduce heat loss from the window by 24 to 31 percent in comparison with an unshaded window In money, this amounts to a saving of up to 21 cents per dollar for cooling and about \(\delta\) cents per dollar on heating fuel costs. Shades available at department, paint, and hardware stores.

TWO BOOKLETS spousared b!! nulioual
 practicell information ior the home minded.
 tha Kitelientis a tnetpart paperbacti urith dorn-to-earth iacts on plumbin! antl lucetim! basiasimits ifrst falf arad dedailed intiormation on bathroom and hildihen planniry and deaoration in thenecomd. IPlumbingsustoms andrapuirs are denaribed HIt illmerrated en are bathroont plans and decoratine trentments.


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 Vnlleymaryge. IPa. II I 182.

1 LIGHT DIMMERS that enable vou to vary the intensity of home lighting to suit the need or the occasion also conserve electrieal encrgy. By redueing the voltage used the save on wattage. Lower lighting bills and longer buith, life will result. Here are four dimme devices-1, a dimmer wall switch, the "Trimatron," replaces a standard switch, takes littl space, and controls huilt-in lighlt fixturcs up to 600 watts. 2. A socket dimmer to replac an ordinary one on a lamp has a rotary dimmer controlling 150 watts and climinates cost 3-way bulbs. 3. A single lamp dimmer, to splice into a lamp cord, controls 200 watts. 4


\title{
New E-Z Kare latex flat enamel by Tru-Test. The latex finish with enamel scrubbability.
}

Ordinary latex flat paint is tough to wash really clean without sporiling the finish, beedrse it's more porous and stains ean readily penetrate into the surfate.
- Unretouched photos

Now you can do a whole woom with the same paint, and count on it to keep its fresh, new heauty. Most soil wipees right off. But even hard scrubbing (the only solution for stubborn, greasy stains) won't spoil the beauty of this enamel-hard finish. Because it's latex, E-Z Kare flows on smooth and fast - dries in 30 mimutes-tools, hands and

All-weather protection in 24 commemorative Jamestown colors.
Tru-Test Supreme Latex House Paint stands up against all kinds of weather. Its unique formula produces a finish that adheres securely; yet "breathes" to expel moisture, resist blistering. Spreads on smoothly without brush or lap marks. Excellent coverage over bare or painted wood, brick and stucco. All 24 colors resist stains and fading to assure you lasting pride in your home. \(\$ 1098\)
Per gallon, priced from

Save on all your Spring paint-up, fix-up needs at

\footnotetext{
Tru Tést Pamts are mond ex luswiv:ly by participatmes True Value It athme Sto who own their own pant factories. Lonk ath I ount Tru:Test' in the classified wor mode ectory
}


Let's Live Color, 32-page book full of colorful decorating ideas - It's yours free at participating True Value Hardware Stores.


New E-Z Kare latex flat enamel is less porous and more resistant to stains. Wipes clean in a jiffy . . even withstands heavy scrubbing. E-Z Kare combines the flat finish of latex with the scrubbahility of enamel."
little "mistakes" come clean with soap) and water. New E-Z Kare latex that enamel comes in white and a wide selection of customeolors. Priceed.
per gallon, as. low as


Wash, The
Wash in Wear Paint.. perfect for walls and woodwork.

\section*{ SPECIAL BOOKLETOFFER}

Many of the advertisers whose messages appear in the special home improvement section in this issue offer consumer booklets, catalogues, and portfolios filled with detailed information
about their home improvement products. Some of the attractive booklets shown and described below can help you plan your own home makeovers. Order them directly from House \& Garden by filling in and sending the coupon at the bottom of this page. Orders will be filled as promptly as possible


CONVERTIBLE COUNTERTOP 2. GRILL-RANGES that are self-ventilated and easily convert to char-flavor grills are shown on a colorful information-reply card from the Jenn-Air Corporation. Also shown are non-convertible grills, deluxe eye-level ovens, and grill range accessories.

4.


REMODELING IDEAS AND SUGGESTIONS are offered in "How Wo Make Beautiful Things Happen Booklet discusses paneling and molding preparation and installation for preparation and installation for color photographs show a wide selection of handsome paneling 25

?
"FOCUS ON FLOORS" - is a \(4-c o l d\) consumer guide to resilient flooring from Congoleum Industries, Inc Booklet shows floors for the kitchen, family room, children's room dinette, alcove, foyer and library. Decorating ideas and floor patterns are listed opposite illustration.

8.

BRILLIANT COLORS burst from these 30 pages showing the liveliness of Tru-Test Paints. Paint can do things for your rooms-blue can beautify, red can dramatize, green can calm them. Helpful hints for color planning. Includes popular House \& Garden Colors Cotter \& Co. \(50 \not \subset\)
"WH
"WHAT YOU SHOULD KNOW ABOUT ROOFING AND SIDING BEFORE YOU BUILD OR REMODEL' 32-page, full color brochure describes roofing, vinyl siding, shutters, gutters, downspouts, soffit and fascia board systems designed to make your home's exterior maintenance-free. 14 color illustrations of how 7 architectural styles can be updated. Bird \(\&\) Son. \(50 \notin\)

10.

GREAT BATHROOMVDEAS." 32-page booklet offers bathroom and powder room planning and decorating ideas and assistance in fixture fitting and selection. Full-color llustrations, building and remodeling hints, floor plans and color coordinating ideas included. Kohler Co. \(25 \not \subset\)

11.
"EASY WINDOW INSTALLATION" is an illustrated pamphlet from the Andersen Corporation outlining the steps of installing a window in a rough opening. The instructions apply to both primed wood and vinyl-clad windows. Glossary of terms and list of tools included.

12.

REMODELING OR BUILDING. American
Olean's "Decorating Ideas With Ceramic Tile' provides hints on decorating, tile choice, types, and costs for every room in the house. Includes latest developments. Redi-Set pre-grouted tile and new Easy-Set for do-it-yourselfers. \(25 d\)

\footnotetext{
ORDER COUPON FOR "THERE'S ROOM FOF IMPROVEMENT" BOOKLETS, MAY 1975

Circle the number of each booklet you want, and enclose check, money order or currency in amount indicated for those requiring payment. Add \(50 ₫\) for postage and handling. No stamps. Allow up to four weeks for delivery.
MAIL TO: House \& Garden, Dept. \#5a, Box 3579, Grand Central Station, New York, N. Y. 10017
}

You can see the hest New England has to offer: Right here in Rhode Island. Get a free Rhode Island Vacation Kit tailored to your special interests by mailing this coupon to: Rhode Istand Tourist Promotion Division, One Weybosset Hill, Providence, R.I. \(02900^{2} 3\).

I'm interested in: \(\square\) Tours of historie mansions and
\(\square\) Bicentemial events \(\square\) Camping \(\square\) K. I. Seafood and clambakes \(\square\) Boating \(\square\) Sports fishing \(\square\) (rolf courses \(\square\) Museums \(\square\) Art shows, concerts theater \(\square\) seenichus and boat tours \(\square\) Honse and garden tours \(\square\) Windjammerertuses \(\square\) Craft fairs \(\square\) Antigues \(\square\) What the kids coan do.



Remember your doll house? It was a dream world where everything was possible. And it wasn't important that the draperies didn't match the rugs. Or that the tiny rocking chair didn't go with the miniature dressing table.

But today your doll house is gone. Your childhood dreams have become realities. And making a decorating mistake could be very expensive.

Still, alittle girl's dream never dies. And at your Ethan Allen Gallery we respect the little girl that lives on in every woman. That's why we make decorating a home as uncomplicated as possible. Which is why you'll find that we have no salesmen. Only expert Home Planners who are trained to help you avoid making costly decorating mistakes. And all of the furniture that you see is expertly arranged in beautifully decorated rooms. So our Home Planners can give you a better idea of how the sofa or desk or lamp
you fall in love with in the Gallery will work with the furniture you have at home

Andour Home Planners can help you choose from the wide selection of draperies, carpets, upholstery and wallpaper found in the Home Fashion Center. And it's quite a convenience-like having many different stores under one roof.

Andfinally, when you visit our Gallery, we will give you the new Ethan Allen Treasury of American Traditional Interiors. Its 408 pages show the vast Ethan Allen collection and hundreds of full col or decorating ideas. You can get it free (no purchase required) at our Gallery or by sending \(\$ 7.50\) to Box 1066, Danbury, Connecticut 06810 . So visit our Ethan Allen Home Planners you'll be able to make a little girl's dream come true.

\section*{Ethan Allen Galleries}

\section*{"lin the midst of the Strawbery Banke restoration is a small craft community making things} to sell visitors. One craftsman, a Windsor chairmaker, is particularly appealing"

GOING PLACES, FINDING THINGS continued from page 64
luanlifnl fminitures rues and paintines. Federal, Essen. Chestmat. and Broatl Streets ate lined With thene latge henses, "Which still make tow womerfal, combtortable living. The papertrach cope of Sammel Eliot Vorison's Varitime History of Massarlmasits. 17:931569 is on sale at the Constoms
 \(\$ 2.50\) jiessath purkle of the chart of Salem Itarlom and cassette tapes that cath ennide ome on a walking tome. One titlol "Literans Saten" is espectially weot listenines. Tlowe Damicls I Jomse is a time talem restanant where \trs. (iall prebillos over all, wanting to hum in
 "hat venid like to haverdnch. wast beed, of fish. In the same i cinity is the Onde Pepper Compawy ow berthe Street, which sells (amds made from wery ok and
 ters and the Blatek Jacks to find ont what comstituted a treal in the 1sth contmex
Me genide to this seection of the vorth shome is Vous The (ionest of

Esscex Comuty, a little greon beok put onl lo the Junin Leazne of Buston, with maps, hachu.4 di reetions, sapshots. and dererip timen of lomses. mahnalle for an area where ombe at ten of the housers of interest are upen to the puldice but many menc coll be appectated in wathinge or clriving be with this guile upen in ones land or on the front seat of the carr. Semel at check for \(\$ 3.5 .5\) marle ont to "Alone the (inash of Esser Comits," and semel it to Along the Conast of Essen (iomsts. Bon 206 Hamiltom, \aass (0)!936
Cape Amis is liere Mansachenback and reaches up to the \ow flampshime bereler. There, (ikncester :and liockport started ont as fishing villages. Todav, as smmmer colonies, they contime to atel chapters to their histem? (huse th (;hnerester is an atrea callem Batss lowhes ath open pioce of amast "here there ate lots al hotels, mestels, :mul bige gallecl homses stick ing ilp ont of rochy fommelations.

\section*{Set your sights on a Nova Scotia holiday. Then set sail on the "Bluenose."}

Take. grod look at Nova Scotia.
Allant c. Canada's Ocean Playground
You I gut werylhing you want in a
4o'day Spectacular beaches Scenic
- in t rite Stirring historic landmarks
Tis. -1t custdoror fun and aclivity tor the
departs Yarmouith in 4 pm m adult Fares \(\$ 2750\) for dr \(\$ 11\) each adult \(\$ 550\) children 5 - 11 un
Trallers \(\$ 22^{2} 5\) per forf Summer minimum \$25 Dally service June 7th to Seplember
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\]

I lar heanty at times is allsterro and epeerfie to the At lantic coast a beanto eratson in the minds of peopple like Louisa Mas Aleatl and randuard Kip)ling, who came here stmomer after smmaner. Go to sleep fo the somads of witses on the rochs or fog homos. Aud get up as I did. in restless anticipation of seemers a house lad heard of for a lone time Beatuport, the summer place of Boston decomator Ilemry Davis Sleeper, who first buile a small cont tage on (iloucester Harlone in 1904. Ile kept adding rooms, buy ing ין patheling from around the commerside and formiture and col lections ol glass and porecelanin and penter from exerwhere. The result is a hoonse that looks Gothie on the ontsicke. that strives for whim-
and thatro rather that stm moter. haside. one roon grows out of amother forming at hatulloook of perionls of American fimnitme from before the Revolntion to Sleoper's time. Along the Comest sass that Sleeper had many homse panties lame and people were thalled to hawe imitationsamong then Itemy James, Noel ( on and, Eleanom Ronsevelt. Sleep) liked W'indsor chairs, shotters used indoors instead of curtains old door frames and other arehitectmal eloments, perliaps med ontside somewhere else, lont here set indones for at cloor or an indoon sindows oner a door. ()ne of lis best triches was to mese old outdoor shatters ats pancoling. Old lantems hanes ats chameleliers. Some of the crilings atre balted, some rooms The house is crammed lall of (ramberve glatss bhe glass green glass, hookerel rates, and braided rases. There are guest roonns with a famons person lom at theme- \elson, framhlin, Xapoleom, Byron--filled with portrats and letters and other memmabitia commected with that fam ons chatacter. Special doortambs ant shylights are evernhere at are tiny little lamps for at candle like gless. Add (hinese wallpapers lecepmered orer, (himese latepured
 sith med books. lots of (:limese exl tole antatemalal tables, amme
 mside shatters painted red. Homse - (iatranen did a stome in lese lutionues dicl amother in March, \(115: 3\)

Rght up the road is Rockp mbeliesably pietmesa ettasy (lapporard hous with rose bushes growing ox front eloors. Upstairs porches of prisate vieus of the sea. There lots of hotels and motels right town and within walking distan of a whanf on a spit of land call Bearskin Neck, pronounced "Ba kin," where there are several gor little places to cat or buy fish. O called the Sea Shell has 193 drugstore booths and serves goo fresh haddock and baked stuffe shrimps and clams, among oth things. Apparently, Rockport known for stuffeel fish dishes. Tl Gallev cloes a fish chowder als made from haddock and a marve ous boiled lobster. Ask for tip about cooking lobster at hom One thing to remember, apparen ly, is not to boil it too long or becomes chewy. There's lots shopping in Rockport: pretty en broidered cotton dresses, potter books on North Shore topies. restamrant and inn ealled the Pe Leg serves a good Indian pur ding. About as famous a New En gland treat as there is, unless it the homemade bluebeny pie tha starts to appear in Juls

North of Cape Ann, up th coast and a bit inland, Ipswid Mass. is surmmoded by beautify farmland. Here, Highway 1 leaves its diet of vegetable stand XIdomald's. ovster houses, ma rinas, and marine suppliers an becomes much more rural. Not close to Bostom, not primarily smmmer commmoty, this area ha lots of interesting architecture drive ly on the way to Ne Hampshire The Whipple House which the Ipswide llistorical So ciety hats been showing to the pul lice since 1899, is ome of the chi attractions in Ipswich. Its Hpic 17th-centmo bonglish architector has 'Tondor and mediesal detai Ame Leightonis Viarly Amervera (idrelines (Honghton \ifllia) is a sate there atod makes a charmi guicle to the garden in front of th fomser with its boxerl berls sep rated bs erommel danshall eover pathes. It's filled with mere that sive plants-medicinal, and homsekeroming-all neerssat for lite thern. Bier, hamelsomes. stomy lorick Fereferat homses line th main stree of Neubaryport. Th
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Visit New York City, the year-round vacalion spot where you will find pleasures to suit all tastes.

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\section*{One part of Texas offers two Mexico.}


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You'll enjoy every course at The Cloister.

Fourteen perfect Teniko courts, 36 spectacular holes of golf, unspoiled fíve-mile beach, gracious amenities and superb full-course dimming. Alt are included at \(\$ 111\) per person double for 4 days, 3 nights, plus gratuities (March 15 to June 1, slightly higher). Write or call The Cloister Hotel, Sea Island, Ga. 31561 (912-638-3611). Outstate call toll-free 800-841-3223.

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\section*{High Hampton Inn} and Country Club

2300 -acre resort at 3600 feet in the Cashiers Valley of the Blue Ridge Mons. 8 themis courts. 3 lakes for boating, fishing, swimming. Private 18-hole, par 71 golf course/bent grass greens. Riding stables. ChitdAren's program. Open May thru Oct. Write: High Hampton Inn, Dept. H, Cashiers, N.C. 28717.

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Whatever you love, it's all right here together in Virginia. For more fun, more vacationmore America - to the mile. For a free copy of our 36-page color vacation guide, visit, write or call
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Virginia is for lovers.

\section*{Travel South, USA There sis racoon for the Aloppilafity}

The South has more variety than any ot here region of the 1 Minted Stales.

There is a pride in the South, that comes from, the environmont and a joy of life.
E-vericme the - Trave d South. 71.21 region of. Habumen

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> Make yourself at home in the South.

\section*{Tor a booklet}
on your -South.
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\title{
Introducing
} Boody MF i ABig Brother. 8



> The only reasonable course for the United States is to begin a transition to a lifestyle and economy which emphasizes thrift and efficiency. If the country is prudent, it will seize an opportunity for creative change. This challenge can permanently alter our architecture, the design of our cities and the personal lives of each individual 99

STEWART UDALL
FORMER SECRETARY OF THE INTERIOR "THE ENERGY BALLOON" (MCGRAW-Hill)

Let us not mix up saving with economizing and eutting back. Far from imposing a restriction on life, psychologists tell us it can work to broaden our existence. "By saving, in
fact, you can really be adding something to your life, expanding your horizon," confirms Dr. Florence Denmark, Professor of Psychology at the City University, New York. "Saving, in a sense of making more effort to reuse and update what you have, gives a feeling of satisfaction-and deservedly so. You feel good for this reason . . . that you have become very creative. You have made another use for something and that's an important accomplishment. And important in exercising creativity and developing it." Saving has an honored place in our history. In 1776 the word junk was unknown in our vocabulary as a deseription for unwanted objects. It referred to short lengths of rope. Then, recycling was a way of life. Soap and candles and gunpowder and clothes were made from materials, sctaps, and leftovers at hand. Even in more recent times, who doesn't remember a grandmother who kept string, boxes, and wrapping paper for reuse at the appropriate moment? Adds Dr. Demmark: "When you realize that the habit of abandoning things is wasteful because it makes no use of your talents, then you really gain a lot of fun out of saving. It's not a chore or a bore or something you have to struggle with, but a rewarding way of accomplishing things, a joyful experience."

We have planned this issuc around the theme of how to save time, energy, and money in living today. We begin with a major story on energy saving, page 70. How rewarding to plan a copper-roofed house that runs by the sun! It turns out that this spectacular arehitectural achievement results in longterm money-saving as well.

Saving old luildings can help you establish a comforting sense of power in shaping your own environment. See how a talented decorator, Charles Mount, took a neglected and forgotten Vermont farm and created a wonderful place for weekends and vacations, page 84. Remodeling, a way of saving what you have and improving it, brought satisfaction to) the family on page 80. Look at the breakthrough they made with a thirty-year-old, split-level honse. Now it's a lightfilled contemporary living space. Then on page 82 , see how two pantries have been recycled into a bright, modem kitchen. Page 102 starts a section of party tables for practical entertaining, using natural resources, things at hand, budget menus, and the things you already possess in new ways. A way to enjoy life through more imagination and less spending of time and money.

We hope you will think of saving as a new and worthwhile kind of expenditure-of personal resources, that will lead to great personal profit. Of course, all this does not imply an end to conventional spending, but a change in boying, a turning toward quality, investing in things that will last and can be cherished.
"When you concentrate on having things around you that last and retain their value," adds Dr. Denmark, "you are contributing to your personal heritage and stability."








\title{
NEW SOLAR ENERGY HOUSE pool temperature controlled by cabana rooftop sun collector
}


The curving pool outside the back of the house plays its own part in the solar power story. The chlorinated water in it is pumped up to the cabana roof, to be sun-heated. then filtered when tis returned to the pool. Because more heat is needed in carly and later months of the year. the catbana roof is pitched at a steeper 45 degrees. It needs no glass to trap heat, because in hot weather water may be pumped up to roof at night, when cooll might air affects the collector, assists in cooling off pool during day. This solar energy house is in Arizona but experts
say it will work as far north as Canada. Any region with a good number of clear days would be a fit location. U.S. Weathcr Bureau can supply "insolation" maps 10) guide anyone interested. Adds the architect: "lis more than an experiment in energy saving. This is a house with a future thatis practical for living today."

\footnotetext{
Redwoed deck, above, has slass screens
} to cut breces. Weatherproofed "Body Ciloves" sling chairs, tables, and ottomans from Samsonite. All the landscaping done with natmal desert vegetation by Jolin M. Harlow and Associates.


\section*{ime \\ Remodeling and decorating ideas from the experts}

SET GOALS．THE PRIMARY ONE IS ENJOY IT！＂HAVING FUN COURTS INSPIRATION．SO DON＇T GET HARRIED．TF TIME TO VISUALIZE．THEN BUY FIRST THINGS FIRST－THE BIG THINGS THAT MAKE A DIFFERENCE．SHOF SECTIONS．ALL THE HARDWARE AT ONCE．FOR INSTANCE．BE ON THE LOOKOUT FOR OPPORTUNITIES－A KEEP A NOTEBOOK TO WRITE DOWN NEW IDEAS．＇

Pay the most attention to basics．＂If you＇re starting to do a room and have a small budget，invest in the architecture and lighting．If they＇re good，everything else will look good as you go along．Think of spots， floodlights，track lights，up lights，dimmers，and plenty of outlets in the right places．＇

Fluoreseent light＂uses a third to a quarter of the wattage of incandescent light． And a fluorescent bull）has a lifetime of \(\mathbf{1 5 , 0 ( 0 )}\) hours（it＇s abont 750 honrs for a regnlar bulb）．Use it indirectly，bounce it ofl the ceiling or mirrors，hide it mater shelves，even to wash the floor moder a platform bed，or behind valances．The Warm White Delnxe is the same color as a cool white incandescent bulb．＂


Bring back good old ideas．＂Wall－to－ wall carpeting is marvelous insula－ tion，and it＇s superb for creating a clean uncluttered background for contemporary things．To save heat， indoor shutters，Styrofoam－backed canvas for walls，heavy curtains for glass windows and doors，curtained four－poster beds are good looking and warm，too．＂

\section*{}

> A freestanding wood stove or fireplace is a visual treat
> ＇and a good source of heat， easy to add to a house．

（H）RIIS Morkras wor \T． I TEREOR DEFSICNER

\section*{Take off the ceiling}
＂When possible，I like to enlarge small boxy rooms vertically，by knocking out the ceriling．I was able to make a library two stories high， by giving upalittle wasted second－ froor hall space．＂


Add windows－or take them away．＂Put more windows on the south side of a house． Or tahe out some on the north side，to help save en－ ergy．If you put just a little thought into it，it＇s casy to make the sun work for you． For mside，there＇s a dandy little device catled a Draft Dodger，put out by the Sun－ shine Corp．，a soft insulating foam that rolls up like a shade during the day and fiatens against the window at nught with V＇elcro．＂

ROBERT SH MVい
VRCHITECT．
PEOPIF／SPICE（O）．
Plan for slipcovers．＂I advise my elients to order furniture with muslin upholstery．and （o）sate their money for really gond slipeovers，sum mer and winter to give the room a different look for cach season．＂
－B．Kが WE VIOTF， ハTERIOR HESIGIER
Use carpets on the floor，on the walls．＂It warms you psy－ chologically：It helps you feel warmer，so you don＇t have to turn up the thermostat．＂

FREMONT FELIX． ENERGY COMSLLTANT

Recycle bits of buildings． gained a sumhen garden are with walled terraces by no tearing down the brick base ment of an old house on \(m\) property－and it saved \(m\) the cost of demolishing it．

BE \J．MIIC B \LDWH
तRCHITECTURIL DESIG，\E
Enclose a little of the out of－doors．＂By adding a roo and a wall of sliding glas doors I converted an oper pavement between a hous and remodeled garage into pieture gallery．The garag is now a family room－gues wing and the gallery links to the house．

W．IRIIVG PIILELIPS JR．．
IRCHITECI
U＇se your room more than one way．＂Don＂t limit it to one function．Make it more efficient，more responsive to your mood．There＇s no rea son a hedroom can＇t also be a sitting room or an informal dining room or an office，all at the same time．＂

MELVIM DHORK：
NTERIORDESIG，\ER

Let professionals worry for you．＂Architects an interior designers are trained to anticipate problem Nothing can waste more time，energy，and mon than redoing something you＇ve just done．Do it once but do it right．That＇s the greatest financial and em
 Use mirrors．＂They reflect outside light，and spotlights，so you nee lot less light．Remember，the oft opera houses made just candles \(g\) marvelous light with mirrors and chandeliers and sconces．＂

> "And if you put them on the inside of the exterior walls, they refl some body heat bach into the room，and you＇l feel comfortable 55 degrees，or less．＂

\section*{mone}

Isulate shutters, for inside t house. "Two-inch-thick - 5 rofoam costs 20 to 35 \&quare foot and can be coved with pretty fabric and thged to the ceiling or the ull-or just set tight against te windows at night, to be moved in the morning. leer windows with insulat, glass or storm windows saves a gallon of oil per uare foot or 30 kilowatt furs in places like Boston Cleveland. Over one pane glass it saves twice as uch." BRUCE ANDERSON, TOTILENVIRO\ME\TIL ICTION
ontrol the sun with roof erhangs. "Place them so ey block the high summer n , and let the lower winter n in. Well save 40 percent energy and water over erage use in a demonstraon house we're building in learwater, Fla., for the U.S. ome Corporation, using lese techniques, using en-gy-efficient appliances, usig the heat usually thrown way from the air conditiong for water-heating, using light-colored roof to reflect he sun's heat, things like 1at. DLBI-MINDELL-BLOOM1 CO\SULTI\G E\GI\EERS ive your house an airlock. A vestibule is even better ian a storm door for keepg cold air in its place. It 'uld bulge in or bulge out, splastic skylights do, or you ould make it a mini-greenouse for hardy plants. It ill make a big difference."
muecolm wells, ARCHITECT
Vrap up your outside walls. Build the bookcases and losets against the outside falls for a little extra insulaon.'

MARK SIMON Use quilts instead of drapries at the windows. Or put elt on the walls instead of ainting them - it can be lone without much preparaion, even on rough walls. use the same techniques ou use for dry-mounting hotographs.'
william Grover 'Paint outside shutters with 4 reflective paint, and angle hem to bounce heat and light nside in winter.'

JEFF RILEY-ARCHITECTS, Harles moore associates

For quick pick-me-ups, glaze. "If pale walls are in good shape, you can renew them totally in just a day or so by glazing them. You don't even have to do the ceilings. The best way to save time on furnishings is to find what's available. Be flexible about fabric - and insist on what can be delivered right away."

MIRE HAMPTON. INTERIOR DESIGNER Add insulation. "It's expensive, but if you're residing the house anyway you could add rigid insulation to the outside, under the siding. Eventually it will pay for itself. The two most outstanding ways to save energy are still insulation and storm windows. The average house could save 25 to 50 percent of its heat by these simple, available techníques. New attic insulation pays for itself in less than two years - and \(\$ 40\) invested in an automatic nighttime thermostat setback could pay for itself in a month." ELLIOTT WILBIR. ARTIHER 1). IITTLE, INC. Put the walls in wraps."If the walls and ceilings are in bad shape, cover them with strié vinyl. It works as well as canvas, will even take a glaze later if necessary. Color and paint are always the obvious answers to quick decorating."
mary virgivia dalicy, INTERIOR DESIGMER To save time, spend it. "Energy, material, intelligence. and time-that's all there is. That's all the world is made of. To save time, go slow. It gives you a chance to use your intelligence - and cuts out all the expenditure of energy and material that is wasted if you hurry."
Plan the outside at the same time. "Plant deciduous trees, ones that lose their leaves, on the south side. They'll shade the house in summer and let the sun through in winter. Consider half-burying the addition-earth makes wonderful insulation, and doesn`t cost energy to manufacture. And consider the prevailing winds."

RICHIRDKAPLAN, ARCHITECT




\section*{Raise the door}

Add moldings to make open
ings seem bigger. "I like to in
crease the scale of doors and
windows to make rooms seem
higher. Even though a door opening isn't actually enlarged, it can be made
to appear so by placing a panel above it, then carrying a strong molding
at the sides of the door and over the panel." JOHN゙ DICRINSON, DESIGNER

Energy, and Money Saving Remodeling

\section*{Big}

\title{
breakthrough in a
} split-level

\section*{house}

It was a conventionall house, 19.30s, sulturban, split level, but the lot was altractive, will a pool and some beantiful trees. Lastcod ol te.nimg down and butdimg lom xatde, We owners (people with a stomes
 emodeled what they had whth the tetpot

 brahthough hom the lising room colling to the wool crated at cothedral space ghas

 tombr. is How a platillled gallery, with study manic 100 m at once end ' I he grand phano will acomaally had its lomme there
 Wonce the whome of a shatioh root he
 Right: 1 wernlouse folimg in the thane













Iime, Energy, and Money Saving Kemodeling

\section*{Two pantries turned into a greenhouse kitchen}



Time, Energy, and Money Saving Remodeling

\title{
mises oll man ulimics secyasd
}

\author{
into a house, a studio, a guest cottage
}








Easy de(eq)ralling. pasy to live in




Easy decorating. easy to live in
Summerhouse dining room lemons and rosemary bedroom




 Charles D. Lanier of Greenwich, Conn., daughter-inlaw of Southern poet Sidney Lanier, led a group of determined women into a national campaign to raise money to purchase Stratford Ha!l in Virginia. Thus the Robert E. Lee Memorial Association, Inc., was born. Their aim, to restore this historic house, open ing it to all America, in memory of General Lee. Their goal, \(\$ 240,000\). Within three years the mortgage was paid, restoration had begun. The General would have been over whelmed. He had always wanted to buy Stratford, although he left there at age three. In the heat of the Civil War he wrote his wife, " wish I could purchase Stratford ... that would inspire me with pleasure and local love. It is a poor place, but we could make enough corn bread and bacon for our support, and the girls could weave us clothes." He could not have dreamed its splendor today. This house, built in the

one with his house, and it still surprises. Instead of a Southern columned mansion, he built a house without frills, a house of integrity, a Tudor-H, the bricks kilned on the place, the plaster made from Potomac oyster shells. The important rooms are on the second floor as in an Italian manor house, and two clusters of four chimneys each form roof pavilions where young ladies once watched ships carry tobacco, returning with silks from London. Thomas Lee also helped negotiate the opening of the Ohio Basin to settlers. Two sons, Richard Henry and Francis Lightfoot, signed the Declaration of Independence, and "Light Horse" Harry Lee, General Lee's father, was one of Washington's favorite cavalry commanders. This is the house the ladies saved. The Board of the Robert E. Lee Association, 38 women from 35 states and Great Britain, meets twice a year to plan policy and to watch over their plantation, following the motto of the


\section*{f heroes}
- Canopies of dimity echo the past in the white nursery of tratford Hall. Here a young child slept, adjoining the arents' bedroom. This furniture was probably shipped by re Lees' London agent. The tiny tea set is Staffordshire, he doll's bed is Sheraton. \(\boldsymbol{\bullet}\). Without any known architec tratford Hall was designed by Thomas Lee. The estoration, however, was directed by architect Fiske imball, and Stratford Hall Plantation was opened to the ublic in 1936. At each corner of the mansion stands a rick outbuilding, a dependency, the largest is the kitchen nd laundry. :8. In the southeast corner of Stratford Hall is he "Mother's Room." Here Robert E. Lee was born urniture origins are mixed here. The serpentine-front hest was made in Rhode Island in 1776, while the mbroidery frame is red lacquer japanning from England, 725. The toile de Jouy is called "Homage of America to rance." 1. This china, believed to have been "Light torse" Harry Lee's, has a center design of the Society of he Cincinnati with a Fitzhugh border. The original nembers of the Society of the Cincinnati were fficers in the American Revolution. 5.. The Great Hall, he centerpiece of the house, a perfect 30 foot square, stil he largest paneled room in Virginia. Here the scene of country dances, christenings, and lessons in the minuet and music. ("Pd to J. Stadler, 3,043 Ibs. of tobacco for teaching Miss Matilda the harpsichord." Through the open doors the Potomac can be seen, only a mile away


Angus bulls and buttercups
A pyramid of yellow corn meal
being bagged -other mull products are white corn meal,

How Stratford Hall lives now helped by its farming and crafts


Although Stratford has been a working farm for the last 250 years, the restored 1508 acres are now blooming, an important part of the plans of the Board of Directors. For example the director from Colorado is in charge of livestock, especially the fine herd of Angus cattle. Tobacco is no longer grown except as a demonstration crop, but the cattle and horses graze in the pastures, and forests are harvested and replanted. Corn, barley, wheat, oats, and hay are grown for feed, as well as the grinding into corn meal, whole-wheat flour, and pancake flour to be sold through the plantation store. Place mats and other woven articles from the spinning room can be purchased as well. Along with the plum puddings and fruit cakessuperb Southern treats. When the thirty-eight directors come together for their biannual meeting they stay in rustic log cabins. Each state has a cabin, or shares it with another state, and each cabin is owned and operated at the director's private expense. Stratford Hall, located in Westmoreiand County in the Northern Neck of Virginia, is about 70 miles southeast of Washington. Open every day from 9 A.M. to 4:30 P.M. except Christmas, lunch is served from April 1 through October 31, with light refreshments all year. Entrance fee is \(\$ 2\), children 50 c. To order by mail from the Plantation Store, write Stratford, Va. 22558, but do not send any money as the office will bill you.

Above left: Stratford Hall seen through ancient boughs. Left: The kitchen, the main dependency, separate from the house, with its 12 -foot fireplace, large enough to roast an ox. Adjoining kitchen, laundry, a recent restoration, with huge tubs and a petticoat basket, now comforting a kitten.
Outside, kettle where water was always bubbling.














Ahow. I great outdoor table idea tou cull hame right outside the bich door-a table made of poured conerete painted "Inte, with as huill-in bartbecte in the center of it wo the cook never has to leave the party.
 and vellows of diflodils, apples, pears. even pmerpple (deerarating the cake) are reflected in the tabric and china The pantung on the wall hethind the talle shat mee to nature that it's impossille to tell where still lite stops and real


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\footnotetext{

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\footnotetext{
BLIH1 MIENU
'urricd Smoked Turk
}


1. The Anemone

The Bi.shop
The Bocats
The Bolos na
The Boat
The Miter
The Sachet
The Starfish
.The P!ramid
10. The Vase
11. The Cockscomb 12. Thr Clou nis Hat 13. The Shirt Front 14. The Wiguam 15. The Bologina
16. Thi Buar's II cad 12. The Slimper 18. The Snail

1. Fold the napkin in half and turn douen the four cormers.

2. Fold orer the triansular parts at the lmes (A.1) wo that point.s.

3. Hold back in half at \((C)\).
4. Tuck the corners A.1) into the center of the napkin

Naphin-folding is a most inexpensive and amusing way to make your tabl look gala. With everything else on the table set, china and glass in plaed you can be very adventurous with the napkins. There are so many design: you can make from one simple square. It's fun to pick a theme that fits the guest -the boat or even the bishop! 'There are certain tips, however, before you start o this laseinating art-given here by Vineente Campagna, who runs the househol of 1 )avid and Lady Pamela Hicks, and who folded all eighteen napkins in the pic ture, loft (and see them in cotor on page 106). He starts with very well starche napkins, about 30 inches square, ironed flat, and suggests you practice first o newspaper. Just a few minutes will aehieve most of them, and an iron will sharpo the edges. Here, below, are instruetions for folding the "Pyramid." For ten mor delightful napkin folds, write to the Belgian Linen Association, Dept. HG, 28 Madison Avenue, New York, N.Y. 10016, for its free booklet, Fold a Pretty Naן kin With Versatile Belgian Linen. Please enclose a long, self-addressed, stampe envelope with your request. Napkin-folding is fun. Try it tonight!

5. Turn doun the sides (DD)
of the first pleat to center
(E) and reperat on other side with the other mleat.

6. Turn up the points (F) to form a stand.


The Pyramil

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\footnotetext{

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\section*{The potion of love.}
(and how it all began 450 years ago)

We know she was young. Blonde. Beautiful. And widowed.

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\title{
0 Vegetable surprises \\ Quick, delicious ideas for every meal
}

\author{
 up with some surprises-Turnips Ammat, Parsmips Ihéshoularale and. a wonderfinl whole Savory Sinffed Eggplanil.
}
by Jane Ellis

\section*{CRUDITES}
aw vegetables or quickly lanched vegetables make wonerful finger food to serve with ainks. On our cover, a basket rimming with snow peas and ny green beans, quickly lanched in a large kettle of boilgg water together with 2 tableboons salt and \(1 / 2\) teaspoon baking da, the peas for 2 minutes, the eans for 3 or 4 . Drain and plunge mmediately into cold water, drain and paper towel dry. Refrigerate \({ }^{1}\) plastic bags. Arrange together ith crispy leaves of endive in an Id basket half filled with crinkled bil. Decorate with prosciutto read sticks. Wrap the top of each read stick with a thinly sliced trip of prosciutto. And scrve with tangy sauce.

\section*{CAPER AND} ANCHOVY SAUCE
(from Christopher Idone) Ingredients for sauce: 1 tablespoon anchovy paste; 1 teaspoon dry mustard; juice of \(1 / 2\) lemon; 1 cup fresh mayonnaise, or a good commercial brand; \(1 / 2\) cup sour cream; 2 tablespoons finely chopped capers (washed and dried); 2 hardhoiled eggs, passed through a food mill; 2 tablespoons finely chopped parsley; 2 tablespoons finely chopped scallions (including some of the green), or chopped red onion; l large clove garlic, minced.
Method for sauce: In a large bowl add anchovy paste, mustard, and lemon juice and beat with a wire whisk. Add mayonnaise and sour cream and mix well. Combine
capers, eggs, parslev, scallions or red onion, and garlic and add to misture. Refrigerate.

\section*{SAVORY STUFFED EGGPLANT} (from. Christopher Idone who with Sean Driscoll rums the catering service Glorious Food in New lork)
Ingredients: 6 small and miform eggplants; salt; 6 tablespoons olive oil; 2 red onions (or white), chopped (about ly̌1⁄2 cups) ; 3 large cloves garlie, minced; 1 green bell pepper, finely chopped; 4 large tomatoes, pceled, secded. and coarsely chopped; 1 tablespoon tomato paste; \(1 / 2\) pomel each ground veal, ground pork, ground chuck or \(1 \frac{1}{2}\) pounds ground chuck; pepper; 2 tablespoons pesto, or \({ }_{4}^{\prime}\) cup fresh basil (do
not use dried): \({ }^{11}\) teaspoon dried thyme (fresh if availabl)(s): \({ }^{1}\) (тиp) chopped Italian parsles: 6 small bay leaves; \(h\) cap very finc bread crumbs made with Italian or French bread mixed with \(1:\) (ilp grated Parmesan cheese; 6 slices mozzarella cheese, 㡽-inch thick: grated Parmesan cheese to accompany dish.
Method: Slice a small amount off bottoms of egrgplant, so they will stand upright. Remove the top) of eggelant, about \(l^{1 / 2}\) inches down and reserve top. With a sharp paring knife and a long, thin teaspoon, remose inside pulp leaving about \(\because\)-inch shell and making certain not to penetrate the bottom. Salt shell liberally and reseme in bath of cold water. Coarsely chop

Continued on uext page

\section*{RUICK VEGETABLES}
- Turnips Inur a new twist on an old favorite from Gael Greene who loves to serve them with venison or any other roast. Rub a small iron skillet with butter and squeeze on a little garlic, layer with thin slices of white turnip. Dot cach laver with butter and season with salt and pepper. Heat first on top of the stove to brown bottom, then bake for about 25 minutes in a \(375^{\circ}\) oven until tender. Invert onto serving dish to serve.
- Crisply cooked vegetables make wonderful salads for a first course; Gael Greene serves caulifiourr urith rurried untumunise。 Poach caulifloweretics in salted water until cooked but still crisp. Drain and cool. Cook a little curry powder in butter, add to a homemade mayonnaise, sharp with dijon mustard, and spoon over cauliflower. - Alfreds, Viazzi who owns Manhattan's Italian take-out food shop Tavola Calda Da Alfredo, adds vegetables to boiling water for 6 minutes maximum, then quickly plunges them in ice water. Drains. Uracroli ilmares he tops with two fillets of anchovy finely chopped together with a garlic-laced vinaigrette; freen beans he tops with thinly sliced rings of onion, a garlicky dressing and final shower of parsley. Or altemately bouns are taserl uialt heary eromma a good grating of nutmeg, salt and pepper.
 It's the invention of master chef Michel Guérard for his health spa Les Prés et les Sources D’ Eugénie in France. Quickly cooked spinach is puréed in a blender with a little water, no butter or cream are added just a little fresh pear to make it flufly and delicions.
- A delicious quick \(\boldsymbol{\mu} \boldsymbol{r} \boldsymbol{n} \boldsymbol{\mu} \boldsymbol{\prime \prime} \boldsymbol{r r r r}\) is served in individual lotus flow cr bowls by Kemncth Bates as a side dish. Cook frozen peas quickly and drain. Purée in a blender together with butter, hcavy cream and a good sprinkling of tarragon. Season with salt and pepper.
 dipping \({ }_{4}^{\prime}\)-inch slices of eggplant in a vinaigrette dressing and then baking in a shallow pan in a \(450^{\circ}\) oven until golden. Mrs. Gonnet
also loves turnips boiled motil tender and mashod with a little surar, salt, pepper and paprika. Don't mash them too smooth.
- Cook a whole Ifoston Irorraro in boiling water for aboul 15 minutes or till tender shggests Elizabeth I Lememan (Elizabelh Hoineman Cooking School). Run under cold water, holding the hottom come and squeezing dry as you taper into long shape. Sorve wamm with a simple brown sance of shallots and dheken houlh or hathed in a little butter and sprinkled with chives. Cook a little in sme to hlend Havors.
 Shaver Landa. In a bowl cream logether is teaspoon curry poweler and \(\frac{14}{4}\) cup margarine or butter for 6 cars of come Corn can be cat off the col if you wish and then tossed with emmy mivture.
 strips about \(\frac{1}{2}\)-inch wide. Marinate in light cream to cower for tom hom. Dip strips in seasoned flour and fry in hot oil (37.5') motil wolden brown. Drain, sprinkle with salt, and semve momediately
 wand in IIout to Beat Those Cordon Bleas. Sprinkle thinly slieed mushroonts with lemon juice. Nake a vinaigerete from red wine sinegar, wahnut oil, parsley, salt and pepper dud toss together with earsely chopped wahmits matil conted. Soree on lettuce
 by decorator John Rosselli. Mix logether 3-4 chopped tomatoes and enough crushed cracker (rmmbs (o absont) the liquid, is con up green peppers, 1 modium onion, chopped, 3 tablespoons softened butter and salt and pepper to taste. Spoon misture into an owen-proof dish and top with (amol)led bacon and hake for 30 minntes at 3.50 - Mr. Rosselli also dips thin slices of whitr e!f! fr/mma squash) in flour and sautés quickly in oil. Place in a baking dish and sprinkle with fincly grated Parmesan cheese and slip into al lat . W to brown and hoat through. Sorve topped with a dab, and sprinkle with parsley. Serve hot or cold.

\section*{IIGMABEE SURPKISFE}

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 puln ．un！（0）





 dry with paper lowel．Stalf ©゙ム plant sholls．lasemt baw lät at top



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 12 mumter．I＇lace mowndr．


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 shalter wortt ther lomet riblems
 ：1tn＂1 ter mimules．Arll
ank amother 5 minutes．Add to－ mello sance alled heat thromgh． pann from locat and adel （ann．peas，mimt，parster，allelony fillets，if 10 on wish，amel ricer．Salt ard pepper mixture，lae carchal 100t（0）ox er salt il asine the ：mb－ chonices half the peppers with
 temed lakhing disha and set ant the matider whelf at the oven and bathe for 15 mimuter．Plare pepper toprs （the（op）of pepper and（antituse （1）cook for duother 1．5 mimales．1）o
 belimp）．Somus

\section*{TOMATO CUPS CAPRICCIOSE}

\section*{}


 youms olive oit：balt amd white pefper，10 taste：3（ily）Grated
 parislen，chepperd wer fime． Mrethod：Scoop）（ant sombe of the flewh lomal the lomato hallses and sot asirle．Ha alomlatel the coorhed rice．ham，wil，shle，pepper．chesere dad pariley and mis well．Stufl tumato sloills witl majumre amel


\section*{BROCCOLI PIE}
from The New Orlewns Cookbook ｜Kınopflly Rima and

Richard Collin）


 ［amporl fituh peppere：（o tat）le－












 and spread it out wed Itatten ol
clown with a spatula motil it is tiohthe patched．Pat the skilled over very low heat，cover and mooh for 20 mimutes（about avers 5 minutes loosen mixture antl shake pant ）Alter \(2(0\) minntes， 1 mus． coser the shillet，raise heat very slightls，and cook lor 7 －is minutes mone．Fienomer shillet from heat． Plate a serving plate over the shit－ lat and turn pie out on plate，with the browned bostom part forming 1 crast orer the top．Place pie in ハeッ lom alomn 20 minutes before serving Sorve pie in wedges． （लいい

GREEN BEANS GARNISHED WITH BACON AND PARSLEY

Imencelients： 3 pomeds whole areen beans fabout the same size and stender）washed，drained， and ands smipped； 3 teaspoons sea salt： 3 taldespouns butter； 4 sliees baten，fricel erisp，drained and choppoct；I tablespoon parsley （1）t fince
Mrelhorl：Tie beans with clean white string inte 6－5 bundles．
 water and brine to a rapid boil． adel salt and beams（all the bum－ dles stombled be eovered with wa－ （er）and coner pot motil the water reterms to the boil then uncorem immediately and cook lor 12 mimates（sporn off any scom that appeans（on the surface），or until beans lecel temeder to the bite．Ro－ mose pani from heat and drain． teate beans in the warm pot cosered．curting strines from cach bonndle．Ifeat the butter to fomm－ ings stage and pour it over ther beans int the pan and sprinkle with bacom．Place beans on a serving platter and sprinkle the （op with parsley．Try them lor breakfast shgegests \Irs．Lewis．

\section*{CHINESE－STYLE CABBAGE}
from The Redneed Sodiam
（ ©ookbook lyy Frami Sharer
Landa［Popalar Liboraryl） Ingeredicuts： 3 talilespomes vege－
 I ponmel），sharedeled；a tabler －pooms sugat；I teaspoon Worton lite Sall mixtme：dash ol peppere；
 Golloul lot a woh or shillet oxor that teeat place（iil ill pain and \(10.1 t\) bild cathatere redhee heat bumberate amel conk tossing anul lamamer the calblatige comstantly for＇ 3 minutes．Add shigan，sali，
pepper，vinergar and cook，stirnir constantly，motil cablrage is eris tender，aloont is minutes．Redur heat，cocer，simmer mixtur other 3 mimutes．Serves 4

\section*{STUFFED MUSHROOMS （from（：hnck Winslou）} Ingredients：a large onions，fine chopped；应 eup butter； 2 porme large mushrooms，stems remove and resserved，washed and fine （hoppeed；夝 pound prosciutt chopped； 5 sprigs parsle chopped；21／2 ounces Bonrs Cheese；\({ }^{1 / 2}\) teaspoon thyme；sa and pepper to taste．
Meflod：Preheat oven to 400 Santé onion in 关 cup butter unt translucent，add mushroom sten and saute until golden browia．Ru move pan from heat and ad prosciutto，parsley，Boursis thyme，and salt and pepper an mix well．In a saucepan melt mainang butter and paint musl room caps，stuff with cheese mi： ture and bake for 15 minute

CINNAMON GREEN BEANS

\section*{（from Cloria Gengo）}

Ingredicuts： 1 onion sliced ves thin；2 tahlespoons olive oil；2 tablespoons butter；1 \(1 / 2 \mathrm{~s}\) pounc green beans，stemmed；salt an pepper to taste； \(1^{1 / 2}\) tablespoor （inmamon，or to taste．
Wrollod：In a heavy skillet saut onion in olive oil and butter unt it is tramslucent．Add string bean salt，pepper，and cimnamon an toss mixture so string beans ar lightly covered in oil and butte Cover and cook over low hea about 1 hour or until liquid ha lomed into a glaze，stirring mis ture occasionally，Serves 4.

\section*{PARSNIPS REMOULADE} （from Emerick Bronson） Ingredionts：I pound parsnip： trimmerl and pered；1／3 cu Frencla mustard； 1 cup oil，blan
 vinesear；salt and pepper to taste Mollore：Crate parsnips on \(\backslash\) Ionli grater using the disk tha procthees shacels the size of thi 112tcaroni．

In a bowl beat mustard with ＂ire whisk and slowly add th oil motil it is all moomporate （shonald be the eonsisteney of h Sy per．（（ont the parsmips and los lighotly．Somes 4

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} \\ \\ By Dee Hardie
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Wan.! in sminnut(on. hal. triencl bryan.

 L. mhenpuba as the (Serenadier and the thetelpe. Let imited inte: beme and ladee some of "Xmins (whime," and beest of all. tratel ( monatred came first. and slatl never be forgotten. For five gloriour davs we plunged into lasty meat pios ancl pudlings, both ats a main conirse and dessert, cmined Bublbe and Spreak for breahtast, atud Torad in the Hole for luncti. It was a marathon of English cook mas. And by the time we landed I thimh 1 teik like Ceertrude Latw rence: although 1 may have lowhed more like Beatrix Potter. (Rement ber I hat English food every single meal, whiell can be substantial and sea air dees make you, rather me, tamished.)
We telt English, we were English, and we certainly did wet to know our way aromud Enclish memus. Dot that Bublle and Spucah. Toad in the Hole, and Shorpslive Fitehett Pir are all ening to le on the Cunard memm, But son can request them, a day (ir so alocad, if you are in First (lass. Thore were times, I must admit,
when ome headwater doparared When 1 wanted Steak aned Kidroce Paddings and hee thought I shomide try Poncherel paupiettes of Soler Bristelle " 1 (empromised wore an afpetiser. He liked that. I
thinh lie trat lunfilled. Betheat is










cit. And the spake of their traditiomal disllech with true warmeth and affection and pride

\author{
(O)Re passenger, at wonath of
} ('hurchitlian gusto and proportions, insisted that we try Broad and Butter P'uddeng. "That"s what we were raised on," she claimed. "That's what's wrong with our momtry ondas: We ton't eat enough Bread and Butter Pud(lings!
(a) ermmse we had Bread amed Butter P'udelims, a morsery dessert that has (grown up as presented by Cimard. We had it a second time, the the famous ( Brill Room of Lomdon's Commanght llotel, becamse
we liked it so much on the QEE. It had beeome an old friend we were

WIts and Incuns ft ter ing liace "ndoubtody chanced on the Comand hipse over the last 100 yoars, but there is still a great deal of panaehe and style. The water whips the peahed napkin off your plate into veme lap the minute yon sit down, atrd the service is superl). lot imatrine the late 1800 os wher a blaring trumpet summenced passengers to dimur. And as the ( Cap)tain marched in large sonp timecens were uncovered in mison by beantifully tailored and tratned waiters. When we corossed there were no tromperts (except late at night in the discotheque) and no shiny chorus line of tureen tops, but it In is a wonderful world for five dave whero we thorouglily enjoyed and savored the fine traditional Enclish dishes of the largest floating restamiant on the seas today: - hearth frastrant steak and kidney puddinge drasosl with a snow! uhte napkin circling the basin.


Thackeray probably enjoyed his Steak and Kidney Pie as much as "e did when lie sailed on the Canada" in 1852. And Charles 1)ickens, when on the "Britannia" in IS 42, was so impressed with C innard food that he wrote about it in his American Notes. He started off loy describing the loadings of the ship's frod ". . . . men were filling the iechouses to the very throat with fresh provisions; with buteher's meat and garden stufl; pale suckling pigs, calses heads in scores, beef, real, and pork ind poultry.

We were impressed, too. Little vonder. With experience and elegance an executive chef, five chefs, and a kitchen staff of 135 manage to serve three meals a day, plus brateing bouithon in the morning and a tidy tea in the aftemonn to 1700 passengers and the crew of ()()). And if you suddenly feel "peckish," as Cumard puts it, you can order sandwiches at any odd time of day or night. We made it a point to feel "peckish" around midfight as our night steward was a dolightful Eric. (Looking robust, cren at midnight, Eric sleeps on an (p)en deck in all weather.)

By concentrating on the traditional English dishes we not only had delicions meals every day, we discovered we were in truly interesting company. On past voyages of the Cunard ships Lord Beaverbrook always had Steak and Kidney Pie. The late Kay Kendall was so fond of Cunard's Cottage Pie that she would make a speeial trip into the kitchen to thank the stafl. Noel Coward, always splendidly attired, reguested for lumeh Bangers and Mash every single day. Translated, that is good old sausages and eream potatoes.

As Kay Kendall would go into the ship's kitehen to give thanks, I followed the same ronte, to find

Hard boiled eges helps make a beantiful mosaic on cach slice of ecal and ham pie.

out how many teaspoons and tab spoons were needed for certs reeipes. The path between o stateroom and Executive Chef \(B_{1}\) Ferguson's quarters became qu worn. Imagine redueing his recir for humdreds down to servings 4 or 6 or 8 . He was a real gent they say, and so patient and kin

non that I am home in Ma tasted every dish we h aboard ship in our country kitche with the aid of my friend, Ma Downing who also happens to an especially good cook, and Anglophile as well. We cooked 1 a storm. A stom as we never \(h\) : on the good new Queen Elizabe 2 . We concentrated on the me pies and a meat pudding, but the were some other traditional dish we telt couldn't be overlooke soups, satusage rolls, clesserts. Sol of these dishes like the Steak a Kidney Pie, Cottage Pie, and sa sage rolls can be cooked ahea frozen and reheated. Others li the Steak and Kidney Pudding an Shropshire Fitchett Pie are be right out of the oven. The Veal an Ilam pie is marvelous cold for picnic.

All of these recipes are straig from the executive chef's tog blanche. So rule Britannia and ro ing pins, and enjoy your Engli cooking.

\section*{STEAK AND KIDNEY PIE}

History has it that this dish eaten by Wellington's victorio troops after the Battle of Waterlo This recipe serves 6 . It can 1 cooked ahead and frozen, cooked ahead, refrigerated, served cold.
Ingredients: 1 onion, diced; 1 blespoon butter; 2 pounds rour of heet (rump steak or top side cut into \(\frac{1 / 2}{2}\) inch cubes; \({ }^{\prime \prime} \mathrm{p}^{\text {poun }}\) lamb kidney, sliced; , 1 cup flou l'i (mps beet stock; salt and pe per; I teaspoon Woreestershi sance; putf pastry, basic \(P\) dongh, or I package erescent ro' (fommel in the dairy ease at chat stores) ; I beatern cage; gelation, desired.
Method: In a skillet lightly brow onion in butter amel then add be and kidney and allow to cook sti
ring constantly, until the contents are brown. Sprinkle in flour and mix well. Add 1 eup stock, salt and pepper to taste, Worcestershire sauce and simmer slowly over low flame about 2 hours, or until meat is tender. Make sure there is always a fair amount of liquid.

Preheat oven to \(400^{\circ}\). Place the meat and gravy in a deep pie dish and allow to cool. Place pie fumnel in the center of the dish. The fumnel allows the meat to be nicely domed without leeing too tightly paeked. If you do not have a funnel, merely leave a small hole in the eenter of the pastry. When the meat and gravy cool, damp edges of the pie dish and cover with rolled out pastry, dough, or crescent rolls around fummel. If you do not have a fumnel, cover the center hole with a pastry leaf cut from trimmings of dough shaped as a diamond and dampen before putting over hole. Flute edges of pastry and glaze dough with egg. Bake for 10 minutes, recluce heat to \(350^{\circ}\) and eook until erust is golden brown. Before serving pour a little stock through fumnct, or remove pastry leaf and add it.

If the pie is to be eaten cold, it is a good idea to dissolve some gelatin in the stoek at the end. Serve as Cunard does, with cabbage, quickly cooked with a touch of 'biearbonate of soda in the water to keep the cabbage green. Serves 6 .

\section*{STEAK AND KIDNEY PUDDING}

The ingredients here are very similar to a steak and kidney pie, but as it is a pudding, it is steamed whereas the pie is baked. If you haven't a white erockery "pudding basin," you can use an averagesized, 6-ineh-deep, 6-inch-at-thebrim, mixing bowl with a rim. (But if you've ever received a plum pudding from England, you already have a pudding basin.) The suet crust pastry and the ingredients for the pudding ean each be prepared ahead and kept in the refrigerator overnight. The pudding is best, however, served immediately after it is steamed. Leftover pudding may be reheated.
Ingredients for suct crust pastry: 2 cups flour, sifted with 2 teasporons baking powder; pinch of salt; \(3^{3 /}\) eup finely ehopped beef suet; cold water to mix.
Method for suct crust pastry: In a bowl sift flour-baking powder mixture and salt. Mix in suct. Add enough eold water to mix a firm dough. Knead lightly on a floured board and roll dough out.
Ingredients for pudding: 1 recipe of suet erust pastry; 1 pound rump or beef round, cut into 1 -inch cubes; 夏 pound lamb kidney,
sliced; 1 onion, diced finely; 1 cup mushrooms, sliced; 4 tablespoons Hour; I tablespoon Worcestershire sauce; l tablespoon tomato purée; 2 eups water or gravy.
Method for puddings: Line a greased pudding hasin or bowl with most of the pastry, keeping just enough for the eover.

In a bowl place meats, onion, mushrooms, flour, Worcestershire sauee, and tomato purce. Blend in cold water until you have a smooth pale sauce. Place mixture in pudding basin or bowl and cover top with the remaining pastry, sealing it completely by pressing edges firmly together. Use a sharp knife to trim edges neatly. Place a piece of aluminum foil over top of pudding making a 1 -inch pleat to allow for rising. Twist the foil at two ends into ears. You could also tie
string around secmets, making loops at each end to help lift bow? when finished steanines. Put bons in a saucepan, but mate sure it's large enough to leave a pate all around the basin: otherwise you will find it difficult to anded to the water, whieh will reduce as the pudding is steaming. It's a quord idea to put an invertect suncer in the pan to raise the bottom of the basin from the water, and the pan must have enough water in it to reach about \(\frac{1 / 2}{}\) way up the basin. Keep the water boiling on a very low heat (water will seep into pud(ling if it boils too fiercely). Steam pudding for \(2 \frac{1}{2}-3\) hours. Serves 4-6.

After steaming, remove foil from pudding and tie jauntily with a white napkin with a large knot in front. This adds a certain flair and helps you hold the basin and to
serve. At the table have a small jug of boilhe water or grave so when the first partion of the puddine is cut. yous can pour in a little water (w) increase and dilute the very rich grave. This is not exactly a "hasty puddins." it does take time. yet is delicious. Seree with smatl peas

\section*{VEAL AND HAM PIE} suaily served exted tha meat pie is a pienic treat. On the (N.2 it is wffered with tins crocks of pichles. horseradish. chutues, and of eourse. English mustard The pie (an be made ahead and heept fon several days in the refrigerator. Ingredients for hot water piccrust: 1/2 cup lard, \({ }^{1}\) cup boiling water; 1/2 cups cake flour; 将 teasponn baking powder: !ateaspoon salt.

Contimued on page 12.5



The world's finest, most beautiful, most complete family of staintess steel sinks. . . and fresh ideas for using them throughout the home . . . in kitchen, bath, laundry, recreation room, terrace: Tempting Bon Appétit recipes, tooMail coupon today for this 36 -page idea book showing how water can serve you throughout your home.

yoon each of ground cimnamon， utmeg，and cloves； 1 tablespoon race；pepper to taste．

ethod：Combine all ingredients d a large enamel kettle and sim－ er mixture slowly for 3 hoours， irring frequently；cook satuce un－ （ very thick．Pour mixture into erilized Ball camming jars，seal ps and place a ring around each， ipe tops clean．Place jars in a ket－ \(=\) of cold water and bring to the il（water should cover jars）．Boil r 25 minutes．Remove jars from ttle and turn upside down until ool．Lids of jars should have a epression in them．Remove rings Id store in a cool try area．It eps for mon ths．Sanee is very good y omelettes．About 6 quarts chili．

\section*{DINNER OUTDOORS}

\section*{Smoked Turkey，Menuchah}

Zucchini Mélange

\section*{Skillet Corn Pudding \({ }^{\circ}\)}

Fresh Garden Salad
with Vinaigrette
Pear Tart \({ }^{\circ}\)
Espresso Dry White Wine

\section*{SKILLET CORN PUDDING}

1gredicuts： 3 egrgs，beaten as for （ omelette； 1 cup milk； 1 cup eavy crcam； 3 tablespoons brown egar；发 teaspoon salt；freshly round pepper to taste； 3 cups eshly cut com（ofl the col）； 2 ablespoons butter．
Iethod：Preheat oven to \(300^{\circ}\) ．In large bowl place beaten eggs． tilk，cream，sugar，salt，and pep－ er and mix well．Add corn to mix－ re and mix well．Pour into a 10 － ich cast－iron skillet or a souffé ish and set in a pan of boiling wa－ er．Dot surface of pudding with utter and bake for 1 hour．Test udding with a clean knife；when comes out clean，the pudding is one．Serves 6－8．

\section*{PEAR TART}
ngredients for pastry： 2 eups our；2 \(2 / 12\) tablespoons sugar； \(1 / 4\) tea－ poon salt； 8 tablespoons very cold futter； 3 tablespoons verv cold olid shortening； 2 egg yolks； 2 ablespoons very cold water． Method for pastry：In a large mix－
ing bowl combine the flour，sugar， and salt．Cut in the butter and shortening and work very quickly with a fork until the mixture re－ sembles coarse cornmeal．In a sep－ arate bowl mis the yolks and water and combine quickly with the flour mixture．（If more water is needed atd sparingly；if you add too much water，add more flour．）Gather the dough into a ball，it should hold its shape，and wrap in wax paper and place in the refrigerator to ehill at least 1 hour．Pastry can be immediately rolled out and placed in a 9 －ineh flan pan and then chilled before baking．
Ingredients for tart filling： 1 recipe tart pastry；\＆firm Anjou pears， peeled and cored and left whole （not overly ripe）；water；juice of 1 lemon；有 cup apricot preserves； （up gramulated sugar；建 cup pear brandy，optional；\(/ 2\) cup water； teaspoon powdered ginger； 1 tablespoon grated lemon peel． Wethod for tart：Preheat oven to \(425^{\circ}\) ．Roll out pastry to more than overlap the sides and edges of a 9－ inch flan pan．Crimp the edges wer the rim so the pastry will not shrink back into the pan．Prick the bottom and bake the pastry for 10－12 min－ utes and remove from oven．

Core pears and pect them．Place in a large pan of cold water with lemon juice，this stops them from discoloring．In a saucepan add ap－ ricot preserves，有 cup sugar，\(\frac{14}{4}\) cup pear brandy，if you wish， \(1 / 2\) cup water，and bring to a gentle boil for 10 minutes．Let mixture cool brief－ ly and brush pastry shell with the mixture－giving it a light coating．


Cut 1 whole pear in half length－ wise and slice hatves into approxi－ mately 8－10 pieces across the width，kecping all pieces together． With a spatula or a cutting knife pick up the sliced \(1 / 2\) pear and gent Iv place on the outer edige of the pastry．With your hand gently pat the sliced pear until it settles in a slightly flattened mamore．It will still resemble the pear．Repeat this method for all pear slices and arrange in a complete circle on the pastry．Sprinkle \(1 / 2\) cup sugar over the pear halves；sprinkle with gin－ ger and lemon peel．If there is any remaining apricot sauce，dribble it over the finished tart．Reduce heat to \(375^{\circ}\) and bake 40 minutes．


You liked your furniture enough to pay a lot for it．So what are you doing to get your money＇s worth？A blob of ice cream，a dribble of pop，and suddenly that new sofa or your favorite chair starts looking its age．

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It pays to invest a little in your furniture＇s future．＂Scotchgard＂Fabric Protector helps keep your furniture looking newer a lot longer．

\section*{Scotchgard}

\section*{May wine magic Refreshing wine drinks and punches with fruits，herbs，and spices}

By Doris Tobi

1 luthe allel lascioms with the forat taste of a laried of frome andわertie

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 Heeperd with a handtal of woord－ mall．homon as Waldme ister m
 hich to mann is redolent of the rent ol ыеツ mown laty
Ther ald－world Mis Bowsl on \ats wime punch is mate be peate ing woorlantl，which reaclates its peak of flawor at the beesiminge of
 latiner it stecop in a pitchao of hhme wine for several honrs．The onthor （o）wamish for the wince is tresh womberes．lant wher seasomal traits peathese，pears，metarines bat berned as well．
If treeh tronts are mot casils Gomal，trozen fruits may be sulosti－ tosted．preferabley thense withont sugar added－fromen whole stran－ formios，blucharies，peachess of 1،4phemices． （iom an wixin make a pretto festi－ Sal of the \aly wine tratition．I：


 1 ＿om ．vhan vo．ils ber 1．W．athatith tif 1！11，sell










LUCHOW＇S MAY BOWL

\section*{Ingrudicuts：I buttle \lav wine}

Which has sonme woodrafí in it）
 selle on libine wine，mallaverod （30rnatn white wines： 2 ommees
 zomere driod woodrufl，losiled in －little water to make an intusion ame couled；I bottle champagne； block of ices strawhormes． Method：In a pitcher or loowl mix Wince Crand \(\backslash\) lanier，lorancly and ＂oorlanfl infinsion．Let stand a few homes or or ernight．When reade（0） scruc，adel the（hampaghe to mix－ ture ：und float a larese bleck of ice in proncla bowl．Serise in stemomed巴lasses with a fen strawdorms hatses in each．Mahes aloul 20 f－ounce servings． mad be had in an herl anel spiee stome surb as II．Roth \＆Soms，157
 disia Products，Ine．， 25 Commine St．N．Y．（．I（）O）1．II you preter a less exotic pund a omit herls，use Voselle or Rlane wine insteal of May wille．
Here are two variations on the May Bowl theme．lat the first the pmongent taste of orange comples nicery with the meadow－fresh taste of the woodrufl and the froitiness of the elelicate peater berancly．

TANGY MAY BOWL

> Ineredieuls: it eup dried woodruff or I（up）fresh； 2 loottles Rhine or

 2 treshoranges，peeled and cont in－ （1）לecrownls： 1 yratrt seda water， bloch of ioes：I pint fresh straw－ bemies claned．with hulls loft one． Mrollod IDatere dried woondrotl＇in a spuate of edoeresechoth and tie se－ （amels：引 yon ceth find fresh wool－ wll wall it wall and pat dry with paper lowedine In a larese pitchere whemendruil，wme：peach bandy，
 －H1 Im，
 Hoat a lavere bisech


 alv 1301 ．．．．

\section*{GALA1 NL}
herl）used for adding coolness and soothing gnalities to wines．
Ingredionts： 2 lemons，sliced very thinly：＇ía（up）superfine erambated
 in a cheesecloth，or a few spries of fresh lonage，if available（option－
 dry Madeira（Ramwater or Sercial are drv ）： 2 loottes California Ries－ ling；i bottle champagne；block of Mothod：Combine lemon slices， shgar，boomge，cognac，and Ma doira and steep several hours to combine flators．Remove the bor ase from the mixture and pour in－ to a crystal punchbowl．Pour in the （wo bottles of Riesting and flonat a bloch of ice in the bowl．Add the （hatupagne and serve at once in ervstal punch cups．Gamish each with a slice of lemon．Makes about 20 4－mmere servings．
For those whe prefer ready－bot－ lled preparations，there are both imported and domestic brands of May wines－light white wines fla－ vored with woodrufl．These caul be ditled and sorved with whatever frnit garnish you find pleasing．
Seasonal fruits and wines are immemorial consorts on the lunch， tea，or dimner tal）le．There are many eombinations that can bring pleasure to your family and guests， （even without the added fillip of hertos and spices
Spring＇s first bart－sweet dia－ monds of strawberries are icleal mates for German wines，Alsatian Sylvaner and to many of the Cali－ fomia varietals，such as Almadén Chandommay or Pinot Blanc，Which are light，crisp and imexpensive． Thervere a great tean with Fremeh （1ampagne or domestic cham－ pagnes－Creat Westem，from New lork and Korbel Bront trom（ali－ tomia．
fion an intrionime flaver，lacap） ashed，malmelled strawberies in a pretty white comamie bowl and bprinhle with samillas susar：Tapre－
 ment ol a vanilla bean into tiny picers amel combline with I（＂up） ＂mentioners shgar．Store in a tightly rosered boml and wait at

 Aclicate in Hanor that to ackel any late on spice would be painting

three fresh berries into a gla Kir，the popular warm－we aperitif made with ans dry wine and a teaspoon or th creme do cassis．Kir，mamed its originator，Canon Kir，n f 1 ijon，maty be served chille all－purpose wine glasses，or of in an（）ld Fashioned glass．

A bowl of fresh raspherric nibble with the fingers is lo with a erisp white wine from Loire Valley in France－Muse or Vouvaly，for example．Sin California wines，such as Ro Mondavi Frumé Blane，or an A dén Grenache Rosé make ideal ping．（ Chill，but don＇t ice the wi and don＇t hold back on the su lent beries．

When the first orange－fles cantaloupes are ripe，pare \(t\) and slice them into half－mo Laver the melon in a shallow ramic or glass bowl and por half－eup of Beaujolais over slices．P＇our additional lig chilled Beaujolais into pretty glasses．Plunk a cluster of lol forks in a glass next to the m slices for guests to spear the me For a licorice－spicy touch，che few fresh anise leaves and ad the macerating melon，or a anisceds if you can＇t find fresh leaves．

Whether you slice your luse ripe peach directly into your of of Valpolicella，or eat it oul hand while sipping the delight light Italian wine－the comb tion is a winner．Nectarines， their shining，blushing skins， be enjoved in the same manne you halve your peaches or ne ines，try dusting the cat sides powdered nutmeg or cimamon pile perfect golden peaches green glass bowl and fill the ners witl clumps of fresh leates．

For Bartlett pears． cramy flesh and golden blus shins，openi a good red Borde or a pleasant Califomia varic marle from the same Caber Sambignom grape－Cresta Blan Beaulien Vinevards，Paul Mas： and Robert Mondani produce cellont Cabomet Sauvignons

FH\％スy orange－gold appricots coocations of smmmer days green，tree－shaded lawns．It mome laxarions and appropr wime for Hem than sweetly des

Sauternes, whose bouquet is itself apricot, its color deep golden. A Château Climans from France or one of the similar delicious sweet wines from California-Wente Brothers Châtcau Semillon or Château Concannon Haut-Sauternemakes ambrosial drinking. Try just a hint of cracked coriander over your haked apricots for glamour.

For fresh, moist figs, so prevalent in the Italian comntryside, uncork a light-bodied Italian wine-a Bardolino or Chianti Classico or a soft Sicilian rosé. For variety try a Califormia varietal-Sebastiani Barbera or Simi Zinfandel, good, fullbodied reds. Have nearby a bowl of granulated sugar tossed with the grated zest of a lemon and a whisper of ground allspice. Encourage companions to dip the figs lightly with their fingers and sip the wine slowly.

\section*{MINWICHES TO MUNCH WITH MAY WINE}

Butter freshly made thin white toast rounds. Add scrubbed, unpeeled, wafer-thin cucumber slices, a layer of fresthly chopped dill leaves, and top each toast round with a second slice. Gamish with crisp red radishes.

Cut thin-sliced pumpernickel into fingers. Spread with finely diced avocado and a sprig of watercress. Serve with tomato wedges.

Mince pitted ripe olives and a little fresh lemon juice until they form a paste. Spread on cracker rounds, grate a little hard-cooked egg yolk on top and deeorate the platter with scallion brushes. To make these, cut scallions into 4inch lengthis and feather both ends with a sharp knife.
Combine 6 ounces cream cheese with 6 ounces creamed cottage cheesc and blend until smooth. Add a few drops Tabasco sauce, 3 teaspoons swect paprika, I teaspoon onion juice, and a squirt of fresh lemon juice. Work intil smooth. Chill. Spread on cocktail pumpernickel or rye bread. Garnish with black olives.

Bring an 8-ounce block of cream cheese to room temperature. Add 1 cup fresh or frozen strawberries that have been purced in a blender, 2 teaspoons sugar, a grating of nutmeg. Blond until pink and creamy. Pile into a pretty crock. Surround with freshly made biscuits or nonsalty crackers.

\section*{MAKE-AHEAD MEAT PIES continued from page 121}

Method for hot water piecrust: In a bowl place the tard and pour the water over it and beat until cold and creamy. In a separate bowl, sift together flour, baking powder, and salt. Combine the liquid and the dry ingredients and stir them until they form a smooth ball. Cover the dough and chill it until firm. Ingredicnts for pie: 1 teaspoon Worcestershire sauce; salt and pepper to taste; \(1 / 2\), omion, finely diced; 1 tablespoon parsley, finely chopped; rind of \({\underset{4}{4} \text { lemon mixed }}_{1}\) with small amount of water; 恳 pound veal, diced; I recipe for hot water piecrust, rolled out; \(3^{3}\) pound ham, diced; 3 hard-boiled eggs, quartered, 2 cups jellied stock; 1 beaten egg.
Method for pie: Preheat oven to \(425^{\circ}\). In a bowl mix Worcestershire sauce, salt and pepper, onion, parsley and lemon rind and water mixture together. Roll veal in mixture and set aside. Line a 9-by-3inch bread tin with \(1 / 2\) the hot water piecrust and arrange veal mixture, ham and eggs in layers until tin is full, dome slightly at top. Pour ly cups jellied stock around mixture. Cover the top with additional pie dough and seal. Make a hole in the center of the dough with the point of a knife and arrange a decoration of circle leaves around the hole. This hole will al-
low steam to escape. Brush with egg for a shiny glaze. Bake for 11/2 hours. Allow pie to cool; when cold add additional stock to the center hole and let sct. Serves 6.

\section*{COTTAGEPIE}

This pie ean be made with any meat, usually whatever the cottage housewife has left orer from the "Sunday joint." When lamb is used, it is "Shepherd's Pie." It can be made ahead and frozen. Ingredicuts: 2 tablespoons butter; 1 smail onion, minced; 2 tablespoons four; \(/ 2 / 2\) pint brown stock; 1 pound cooked meat, fat removed and minced; 1 teaspoonn mixed herbs; 1 tablespoon tomato purce; 1 small carrot, minced, cooked until tender; 2 celery sticks, minced, cooked until tender; pepper and salt, to taste; mashed potatoces ( 1 bag of instant mashed portatoes). Method: Prehcat osen to 3.50 \(0^{\circ}\). In a skillet mett the butter and brown the onion. Stir in the flour and gradually add the stock, bring to a boil and simmer for 5 minutes. In a bowl mix the meat, herbs, tomato purce, ouion, carrot, celcry, and pepper and salt to taste. Pour mixture into a greased deep pie dish, pour on the thickened stock and mix well. Cover the top with mashed potatoes and bake for \(1 / 2\) Contimued on page 179

\section*{Bill and Sue}

Pat and Jeff, Mary, her new boytiriend. and your kid brother are coming for dinner.

And when dinner's
over, you can put away the whole dining room table in this great littie commode.


\section*{E. PANDWAY by Saqinaw}


\title{
Budgef food or practical parties
}


\section*{p}
patl wetloma ha sinnime on fripolitent .an .urctull plamed


APRICOTFOOL

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 16."In with d piuch al salt mult "is wiahlh thichemed. Fold the




CHICKEN AND GREEN CHILES CASSEROLE trow HI len (inhitt Conk ton





\(\square\) Qum - 4 - 1 - :1.1 wiln!









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 a) chachern in the lottonn al aloul tered shallow is pratit (assemolla.
 satnee. liepeat, contines with (dieese (m) (op). Wathe motil lomblime. Tlais mas he propared alocat amel fro-
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TUNA RICESALAD Imerediemts: Z (mpss steamed bice: s (alp) Preach dressime; pincle of
 ly (hoppedel ereot and red pepper:

 hatch pilted Limetsats olives. Wr lhwer: 11 hile rice is watmon in colders line a platter wiblotetuce mombel rice salate wer lettace lates. top with (mat lorskell into (Jowsh) aml olives.

Crecu Beans Lamon V'inaiselle
() min lle Sal oyarde

Cirapers, P'ars. Lone lpples.

OMELETTE SAVOYARDE rumaturuts for fillime: I table-








 +
incl anclette pan on low heat while prepartinge eemes. In a lame bowl add eergs, water, salt, Talmas( 1 : and 2 tablesp:onns melted butter atud beat thegether with a whisk matil eoge mivture begins in froth slightly. Tum heal up to medimen muler pans pan is reatly when yon thench the bottom with a wet finger and it siazles. Add 1 ballesp:om buttere to panatul with fork spread butter all wer bellomand up sides of pan as it melts. Pour egegs into pan and will flat side of fork make brisk circular motions armond the botlom of pan to scramble eqges un(i) light and creamy, Spread egegs (11) (1) rime of pan ancl allow egegs to sed, 1rictly. Add filling (1) pant and coner with Grmerre chaese. Tum omachette out of pan be lifting it from edere of pall eppesite hanalle. Tilt pailn over to slide into platter. Some at moce. Sernes 4.


\section*{ZUCCHINI SOUFFLÉ}
mgredicuts: 1 pomad zanchinis, washeed, sliced into thin hias-cut romuls; salt; 复 (up bechamel sance; 5 lablespons cimere deese grated; 2 eger yolls, heat(and 4 eqe whites, beatemmelil the stancl in peaks. Ifethod: Place zncelhini in a collander and sprinkle with salt and leare stancling for 1 home with at heary plate on (en). Rainse zonedini and pat dry. Comb ancelhini in a sancepan wills a small anm on of "atter mulit soff and the liepuid has evaperated and sione locom. Stir Wre anceltini purere intu the brechat


 (....) (1, 1)

 sulllic: dish. Placer smillio disla in : a pamen water, cprimkle with remain-
inge eluese and bake for 40-45 mi
\(\qquad\)
(iuctumber Mint Salat \({ }^{\circ}\) Cold Bal)y Rack of Lamb) Homey Raisin Broad Ḱtumquats

CUCUMBER MINT SALAD lugredients: is cucumbers, peet sliced very thin; salt; I contain plain voglhurt, lomon juice to tast salt and pepper to taste; shredde mint. Mrthod: In a bowl laver cucur bors and sall each laver and plat a plate with a heaw weight on the (rucumbers. Coser and refri crate 2 hours. Rinse cucumbers cold water, drain, and dry.

Place cucumbers in a bowl at toss with yoghturt, lemon juice, so aud freshly ground pepper, an slredeled mint. Serves 4-6.

Curriud Sumoked Turkey, \({ }^{\text {a }}\) Peach Chumery
Four-Lelluce Salad
Fremeh Bread-Cheese Tray pincapple Cream Cake Apples and Pears

CURRIED SMOKED TURKEY Ingrediconts: yeup onion, ehoppe
 butter; \(2 \frac{1}{2}\) tablesponoms flour; \(\frac{1 / 2}{2}\) teasp:onis cury powder; 1 a chacken broth; I (up) heary (rean㞔 teasponn erated lemon peel; 1 16 slices smoked turkey or y maty nse smoked chacken. Vethod: In a skillet satuté onic ancl apple in butter antil tende Stir in flour anel curry poncler an conk for \(4-5\) minutes witho browning. Showly add lo pa chicken beoth, (rean, and lome perel and arok starture mat satu is thick (elomot let it buil).

Smanere the ber biees in at cass wole and eover them with th sallere. Iteal a feew mimutes to war Horngla.
 Jffer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel at just a raction of what you would pay for luxurious Sterling Silver. Each and every piece is a masterpiece of authenticity-an exquisite replica of the famous Paul Revere settings that highlighted many a candlclit Colonial dinner. The knives are the genuine hollow pistol grip handles; he forks are the graceful 3 -tined design. And the entire 50-Piece Set s made of modern stainless steel, to give you years of carefree service.

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NEEDLEPOINT ORNAMENTS Soldier, lollipop, candy cane, drum, Raggedy Ann and Andy and gingerbread boy -complete kits with canvas, Persian Paterna wool, needle, chart and instructons. \(3^{1 ⁄ 21} 2^{\prime \prime}\) to \(5^{\prime \prime}\). \(\$ 2.25\) each. Any six, \$11.95. Add 50c post. Victoria Gifts, 12 H Water St., Bryn Mawr, PA 19010.

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Keep muddy foot prints off of floor and carpet Keep the easy way with hokey's ingenious new ing the easy way with hokey's ingenious new bottom and side of shoes at the same time. Brushes are permanently mounted in sturdy Bridwood frame with fatter floor grippers. 31/2"x101⁄2x2" \$11+\$1.25 shippers. \(31 / 2^{\prime \prime} \times 10^{1 / 2} 2^{\prime \prime} \times 2^{\prime \prime} . \quad \$ 11+\$ 1.25\) ship. \& hand SUPER "Brush Mat" has a removable catch tray plus metal scrapers in addition to brushes \(153 /{ }^{\prime \prime} \times 14^{\circ} \times 3^{\prime} \quad \$ 27^{50}+\$ 1.25\) ship Enclosed is Check for: \& hand Brush. Mats \(\$ 11+\$ 1.25\) ship. \& hand. SUPER Brush-Mats \(\$ 27.50+\$ 1.25\) ship Send New Spring FREE CATALOG

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Elegant Smoke-tone Pots Set of 4 \$5.25 NOW IN GLEAMING SNOWY-WHITE, TOO!

\section*{Stunning look in space age plastic. fantastic de} sign, ton! Pots have raised ridges below- set a tone or gleamy opaque white Set of 4- 4 . accumulated water-plant in them, too! Amer \(\# 8120\) - Smoke.tone Pots 1 Set \(\$ 5.25\) can made and molded into one waterproof piece \(\# 8376\) — White Pots \({ }_{1}\) Set \(\$ 5.25\) Please add \(50 c\) postage and handling




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Now the younger set can join in or the personalized sweatshirt fun Their very own first and last names printed in permanent black letter on quality white cotton sweatshirt All-time favorites are so wa practical for a child--he special! Machine washa not run or fade. Specify last names, and sit
\(\$ 4.98\) plus 50 th haig. each











\section*{Rustic Charm}
the distinctive all-cedar
Kennebec Kenne
Chair


SHOPPING AROUND


PERSIAN DESIGN Antique Kerman with open field. Gold, green, red, blue or ivory background. \(3^{\prime}\) by \(5^{\prime} \$ 24.95 ; 4^{\prime}\) by \(6^{\prime} \$ 34.95 ; 6^{\prime}\) by \(9^{\prime} \$ 64.95\); \(9^{\prime}\) by \(12^{\prime} \$ 119.95 ; 2^{\prime}\) by \(8^{\prime}\) Color catalogue \$1. Peerless Imported Rugs, GE-55, 3028 No. Lincoln, Chicago, IL 60657.


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cat under instead of over you OOUR-SEASONS comfort unit Quality-made of long-wearing Cannon New soothing, satisfying relicf from sleepithritis and circulation prob-
s flat under bottom sheet It's
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\(\qquad\) with dual \(\$ 44\)-all postpand Enclose

THE LINEN CLOSET

SHOPPING AROUND
STOW-A-WAY
A super organizer gets it all together. Holds and dispenses six toothbrushes, toothpaste, 5-oz. dixie cups, hair cream, etc. (Contents not included.) Easy to mount on any surface. Gold, avocado, blue or white. \(\$ 6.95\) ppd. Bruce Bolind, HG5, Boulder, CO 80302.


HISTORIC HANGER From the gaslight days, a Vic-torian-style cast iron coat rack handy for trench coats, umbrellas, scarves, hats. Five large swing arms each has three hooks. \(71 / 2^{\prime \prime}\) from wall; \(14^{\prime \prime} \mathrm{w}\). \(\$ 3.98\) plus 75 c post. Holiday Gifts, Inc.,
 Dept. 305-G, Wheat Ridge, CO 80033

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\section*{RRINGED CURTAINS COUNTRY STYLE!}

 Wite WIDE ...78" to the par
VERSATILE-hang as Tier upen Tier. \({ }^{54^{\prime \prime}}\) Cier and Valance or use two parirs cottaae
Style (as illustrated) or one nair full lenath tied back. Two matching tienack pieces included with every pair. ENDLESS OECORATING POSSIBILI, late collored bias tape through tringe - Knots. pstg. \& hdig.
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\section*{\(\mathbb{C} a n t i l l a\)}

\author{
COLLECTION
}

\section*{ Brightly painted, easy-0pen bottom, over
7 .. tall. A matchless gitt from Europe Limited edition, nrder now. Allow 4 to 6
weeks. \(\$ 13.95\) each (specity "happy" or
"sad" clown) or \(\$ 25\) tor set. We pay the \\ MAII IN SPAN}


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- They go sofely fr
- Great for sours.
vegetables, anytling
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\(\$ 5.99\)
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& \text { Add } \$ 1.50 \text { postage. }
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GAKEN BEAUT You'll appreciate the sturdy quali ty of perfectly seasoned solid oak Flat grain sanded. ready to finish Table comes in three sizes: 36 \$130; 42" \$140; 48" \$150 Natural oak finish, \$10 extra Exp. coll. Write to Marion Travis, HG5, Box 292, Statesville, NC

\section*{MURAL MAGIC}

\section*{Giant wall murals you can pain} yourself, by-the-number method shown in catalogue. 74 designs up to \(12^{\prime}\) wide (up to three color schemes). Kits include patterns brushes, paints, from \$4.95. Cat alogue 25 c . Double \(M\) Market Dept. HG-505E, Box 8500, Fountan Valley. CA 92708.

A cane kit that includes sheets of cane and complete instructions for reparring grooved chair seats, room dividers, what have you
Square cane sheets in three cane sheets in three
\(12^{\prime \prime} \$ \$ 6.75 ; 18^{\prime \prime}, \$ 10.25\);
\(\$ 14.75\). Ppd. Catalogue. 25c. T.I.E., HG5, Box 1121, San Mateo. CA 94403

\section*{JUST OUT!}

\section*{Welcome news for everybody} who likes needlepoint. Bi-month ly magazine devoted exclusively to the subject, showing how to be more creative. New ideas, tech-
hiques, fun projects in each is sue. Ono year \$6. Canada, \$7 Needlepoint News, Dept. KA Box 668, Evanston, IL 60204.

EARLY DESIGNS
Curtains, bedspreads inspired by ones in early Maryland, Virginia, Pennsylvania homes. 24 styles, matching bedspreads, canopies,
table accessories. Calico, cotton, kodel, muslin, dacron, ninon. Catalogue, with 45 swatches, 50c. Mather's HG5, 31 E. Main


FANTASTIC FIT PANTSFORMER Designed by Roberta Bush PantsFormer determines per fect accuracy for adjusting the crotch depth and curve of any pants pattern, any style. No more "pulls" and "slumps" with this quick and easy-to-use fitting aid that can be used by any member of the family again and again. It's a homesewer's dream that really works! Send just \(\$ 2.95\) plus 25 handling to Fantastic Fit Products, H.G575, 1200 Mt. Diablo Blvd. Suite 321, Walnut Creek, Calif. 94596. Calif. residents add \(6 \%\) sales tax. We have other pattern aids.

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\title{
Shopping Information
}

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ( )

\section*{ER}
ovence" cotton fabric: covering iture, \(5!^{\prime \prime}\) wide, \(22^{\prime \prime}\) reperat, Zepel ted. \(\$ 6\) a ad . Firm The Country Coblection by liloomeraft. It Lord ayh.
: \(80^{\prime \prime} \times 39^{\prime \prime} \times 41^{\prime \prime}\) high, rotted , hack, loose seat cu-hions. \(\$ 2000\) 1: chair: \(28^{\prime \prime} \times 30^{\prime \prime} \times 30^{\prime \prime}\) high back, seat cushion. \$660 COM lacquered armelaair: \(25^{\prime \prime \prime} \times 19^{\prime \prime}\) "high, fretwork bach, -ides, cane imported from ltaly. \& t20: pinc hostand: ured as table, \(32^{\prime \prime} \times 19^{\prime \prime}\) high, 1 drawer, imported from land. \$225; wire plamter: \(42^{\prime \prime}\) 1, \(24^{\prime \prime}\) diam.. painted white, with , 1 of a pair. \(\$ 595\); quilted pil. : on sofa. \(\$ 30\) each; antique Chi. porcelain fruit boxes, yellow n. covered trinket box shown on e table. All from Lord \& Taytor. cosories in areh: blue and white que Chinese pot will cover. \(\$ 500\); of antogue Statlordshire dogs: aneChinese blue and white cat, \(\$ 395\); tue Imari pate. 3rd thelf, 225 que Chinese dish, botton shelf, All trem Lord \& Taylor.
arm cochtail table: \(38^{\prime \prime}\) sq. x \(15^{\prime \prime}\) 1. liy Design Institute Ameriea. At Itman \& Cio.
ian dmric rus: \(13^{\prime} 8^{\prime \prime} \times 9^{\prime} 8^{\prime \prime}\), all on. \(\$ 2800\). From Coury Ruge.
nderocheted afghan: \(\$ 80\). To on from The Elder C raftemen Shop. 1. of Stafford-hine dogn: top self h. \(\$ 185\) a pr.: pair of French por ain plates on coflee table, क75 the From Rose Cumming.
wand antigue plates: and shelt arch, from a variets of imperted essories at Frank Milton, by ap ntment only. (212) 758-26.58.
e and white Staffordshire mug: shelt of ardh, \(\$ 75\) : brown rerannic chers, 3 rd and bothom shelves, \(\$ 5\) : Victorian ironstone piteher It stipes, buttom shelf. \$120. From rim Xerking Antiques.
reclain amimals: 3rd shelf of arch. eaclo; green lacquered bashet coffee tabte, \$25. From Diane Love tirfue mincemeat jar: 3rd helf of h, \(\$ 38\); antique green pitcher, 3ri If, \(\$ 28\); antique green piteher, trim shelf, \(\$ 30\); antu|uc American aid wood box, buttom helf, \(\$ 95\); hique quilted pillows. on sofa, \(\$ 18\) h. From Nonesuch, Ltol.
tigue round box with tulips: -kets except where noled all from on-Jacques Bloon Litd.
fints and flowers available though irts and flowers avalable through
ir local Telethorist; shown are tulips hantment (midecentury) lilies, and rquarite daisirs.
LAR ENERGY HOUSE
ges 70.71
ing Room
flexible seating sys: zipped and hinged elements in le right and left facing units and mary seating unit.; lase of moleled min, wood and metal reintoreed npsection of Dacton wrapped urefoam. Designed by Eleanor duzzi.
nar" Fomge chair: 31 应" \({ }^{\prime \prime} \times 25^{\prime \prime}\) high x 15 " \(^{\prime \prime}\) seat heioght. xible steel reinforced with molded ethane' foam. designed by Lehmant nan
Anslireom" ottoman: \(21 \frac{1}{12}\)
" high. Blearhed rattan, designed Eero Aarnio
"Ara" table: 33 " x 33 " x 16 " high, ABS plantic, deaigned by Emma Gis mondi schueinberger. By totemide Sll at Stendig.
Upholsiered love scat: \(60^{\prime \prime} \times 33^{\prime \prime}\), \(33^{\prime \prime}\) high, square back and arms, loose seat and back cushions. By Burlingten House Furniture
Semicireular humt table: \(65^{1} 2^{\prime \prime} \mathrm{x}\) \(32^{\prime \prime} \times 30^{\prime \prime}\) high. \(43^{\prime \prime}\) with leaves raised. leather top insert, 1 drawer. By Burl ington House Furnitur
"Decp Magic" ranpet: all nylon face, permanently mothproof. color stone martin. By Lees Carpets.
"White On Yellow" painting: by Harry Brorby; "Balls and Triangle", and "Chairs" paintings: by libert Kogel. It Imerica \(\mathbb{W}\) ent Gallery
Copper tables: shown throughout the house designed by Ving Smith Ving smith Interiors.
Wowen basket: with pale stripe; batik pillow: \(\$ 75\). Both from LCS. " "Spheres" glazed tiles: 12" an From Frantiscan Terra Floor Collec tion by Interpace, a member of the Tile Council of Smerica
Pager 72-73:
Dining room
Dining table: \(42^{\prime \prime} \times 66^{\prime \prime} \times 29^{\prime \prime}\) high, 2 18" leaves included. By Burtington House Furniture
Dining chairs: \(20^{\prime \prime} \times 331 / 2^{\prime \prime} \times 201 / 2^{\prime \prime}\) high, nailhead trim; table/bench \(271 / 1^{\prime \prime} \times 21^{\prime \prime} \times 189 / /^{\prime \prime}\) high, shown in foreground, cushion removable to convert to table. Chairs and table/bench by Burlington Housr Furniture
"Giano vano" table: 16 " x 18 " high ABS plastic, designed by Emma Cismondi schweinberger, compartment for storage. At stentig.
Painting: from Karl Mann Gallery.
"Spheres" glazed tiles: 12 " sq., Lmber glaze. From Franciscan Terra Flowr Coflection by Interpace
Tablesetting
"Potpourri" stoncware: shown in snow rap white with shadow brown matt" band; "Regency" stainless flatware: lemon yetlow stoneware handles. Both loy Denby Ltd.
Paintings: from America West
l)

Sofa: tufted, kume back and reat cushions, uphotsered l'arsons legs. Loverat: tufted. loose lack and seat cu-hion-. upholatered Parans lege
Barrel-backed chair: loom back cushion. upholstered P'aroms lege nailhoad trim. All by Burlington Houre Firniture.
"Mushroom" stool: \(21^{1} 22^{\prime \prime} \times 131 \%{ }^{\prime}\) high, bleached rattan
"Director" folling chatir: \(213 /{ }^{\prime \prime}\) " \(191.2 "\) x 29 !" high. beerd frame. de signed by Ilans Eichenberger
"Dodona 300" maltiplev Doookrane -helf: IBS plastic, desiened by Enneto Giamondi, may lue aromblee
"Nomanys talye lamp: ABS plawio "Nresse tal
"Tantalo" table clock: derigned by Richard Sapper. By Artomide. Al from Stendig."
"Nugget" glazad tiles: from the Primitive Collection by Lmerioan Olcan.
"Vertical Bands" painting: loy lin Waid. It Imorical 1 est Crallory Striped pillow: from a collection of pillows at LCS
Bath -howew enclonme: "Circlet \(11 /{ }^{\prime \prime}\) 'rq. sculptured wall tile slown in


Countertop
matching tile
member of the pile (nesal Pile. ca.
1'ages 74.75
Kitchen
Twor' Convertible Carill-Ranere
29"/K" x \(21^{1}\) ב", IWin Erill
two twin-rlement gla
ventional element roonktop
for four elemont conking. sis): font
ble wall oven: \(22^{\prime \prime} \times 23^{\prime \prime}\)
hich; upper owen, \(19^{\prime \prime} \times 19^{\prime \prime} \times 15^{\prime \prime}\) hig] bake and broil element- broiler erid and pan: lower oven, \(19^{\prime \prime} \times 19^{\prime \prime} \times 15^{\prime \prime}\) high; continuous clean systom in louts ovens: automatio baking feature. . 39. Both by Jemo- - is
Refirigerator/Freezer: Encrgy Saver control. fros-free freezer, automatio ice-makiot, trmperaturesontrol meat keepere, separate freezer and refrigera tor cold controls. 5 half widtl shelve removable pge trat. 5.578 : "Radalrange" microwave oven: 22:\%" 171/" x \(15^{\prime \prime}\) high, antomatio defont control, 5 and 30 -minute dial Timer controls, automatic on/off switch for automalic rouking Both by 1 matis
 \(35^{1} .2^{\prime \prime}\) high. 6 cycle washing, fully insulated for sound, rinse additise dis penser. \$389. By May tag
Stiped fabric upholstery: covering bancuettes. Fabric from Burlington Sportswear Division.
Side chairs: rush seats, ladder backs, carved leaf motif in top rung.
Harvent table: 2 folding leaves, \(71^{\prime \prime}\) x \(20^{\prime \prime} \times 30^{\prime \prime}\) closed, \(71^{\prime \prime} \times 40^{\prime \prime} \times 30^{\prime \prime}\) open. Chairs and table by Burlington Honse Furniture
Kitchen floor and backsplash: 3
\(x 6^{\prime \prime}\) textured glazed tile in canary.
From the Franciscan Terra (irande Collection loy Interpace
"Tantalo" clock: on countertop. By
"Carruetta" blach antrl whitc Tl
Miagonal
Witchen connterton tiles: \(t^{1} 1\)-r tate.

Harionlaad

\section*{- Ma-hroom" lonaty}

\section*{}
"HBnc Clonds" painting
Abotratet lys. Jim 11 aid al llarlan (;
lers
"Corsioran" ylazerl lilla flower: from he Intigna (sillectinn h Vonsure Mas-liatl.
Pool side,
"Bn-tor Cralbloe" peool: "(apri" vinyl lincel pool with '. Trpal (;enie"
 ney-haperl. By (ancale latla-trie-

 frame raated with sammon (iand for guaranterd weather proofing. roni-l corrosion for Sy vals. Shown: rlator table, looth witl Varledle || leng Available in meveral colors. lis Sammen te.
Master bath
Bath towels: 100\% rotton. From tho Imperial Bath eollertion los lomlima
"Mushroom" ottoman"
"Masleira" tiles: hathemm flom blue on beige. From the simmmitale Collection by Summitville l'ila.


We've prepared a handsome color brochure to introduce you to Lorraine IV.
38 pages of room scenes and ideas illustrating a classic collection of dining, bedroom and occasional furniture. For your copy send 504 to Dept.HG-05, White Furniture Co., Mehane, N.C. 27302. The South's oldest maker of fine furniture.


\section*{Antique fllontily}

\(\qquad\)





AVIIU) I: HONHII. Depart ment 48 . Dramer 2, Tuscaloosia Slabamat 3540)


Enduriry:
landse ab
in wristit

FEATHEROCK, ime. Dept bgr
2890 Empire Ave., Burbank, CA 91510

\section*{Gardener's Notes}

SWers blase at enromal levol, this ammable plant H
 the eartl protetically all vear homeancl hedp) (anceal the leames of prine bulles ats they matme Kin wn th
 from the Aretice (ireck to the southern tip ef Suath Imerica. It errem almadantly in tlanka, Where it has

 a mone or lass lat doppod flower chaster Beximing
finches of water. plus as menth ice and snow at: sather (on top. When the water kevel drops at th proach of "arm weather the plants burst into b Althongh there are pink-ancl white-flowered var b!le remains, in the minds of mest of whe the on forget-macome color. Botanicalls, Mrosotis is a comfuned gemms. Butanists donit seem ablle to ma
 alpestris, of something clse. Also, the related p Amelused, Cumbelossum, ancl Omphatodess are times called torget-me-mots. These are all peren rather than biemmaths and flower later in the se And, of course, mone comes close to matelinge th


\(\mathrm{p} x\)
11

\section*{11}
th
 Hower matil the war atter that, wherempen the pl ' "́․
 1.5
til "i lats ne) serioms inset on discase encmies. Ifowevers it cammen stand drought and mist hase a constant supplo it water. hatact, it is me of the tex plants that thaines with roouts completely sulmerged. In the beed of a shallow pomelor brook, forget-mice-nots will come theongh the "muter in fine shape if conered by a few

'As forget-me-nots are biennial,
to have a constant succession of flowers, you should plant them on two successive years'










 hereover bioneols onf plarirs.







\section*{SHOPPING INFORMATION}

\section*{continued from page 173}

Counter and shower floor: \(2^{\prime \prime}\) sq. cobalt blue ceramic mosaics by Ameri Council.
Shower enclositre: \(4^{\prime \prime}\) sqf. glazed Shower enclosiure: 4" sq. glazed
Earthstone tile in alabaster white by Earthstone tile in alabaster white by
Florida Tile Co., nember of the Tile Council.
Graphic from Karl Mann Gallery
Master Bedroom
Scrolled patterned headboard: white lacquered finish; queen-sized mattress and box spring; 2-drawer connmorle: \(21^{1 / 2^{\prime \prime} \times 25^{1} 9^{\prime \prime} \times 22^{\prime \prime} \text { high, }}\) lacquered antique white with yellow trim; ottoman: \(281 / \underline{2}^{\prime \prime} \mathrm{x} 191 \%\) x \(16^{1 \%}\) " high. All by Burlington House Furniture.
"Giano vano" table: on easters ABS pla-tic, eompartment for storage. "Eclisse" table lamp: wall mounted model available: "Eco" table lamp: by Artemide: "Gaudi" armohair: \(21^{\prime \prime} \times 22^{\prime \prime} \times 29^{\prime \prime}\) ligh, ABS pla-tic, designed by Vico Magintretti. By Arte signed by Vico Magint:
"Temple bell" earpet: all nylon face, permanently mothproof, color shown bluejay. By Lees Carpets.
"Luthar I" 'TV: with AM/FM digital elock radio, earphone, automatic seep switcl, picture contrast booster for daytim, watehing, \(5^{\prime \prime}\) diagonal screcn. \$179.95, by RC^ Curp.
"Sunscape" painting: by John Fincher. At America West Gallery.
"Batik", cotom and Kodel poly-
ester slicets: white design on grounds
of bluc. mocha, or green; in standard sizes and pilloweases, coordinating towets. Comforter, dust ruffle, and pillow shams made for photograplry. By Burlineton Domestic
"Rolb Peter to Pay P'aul" quilt: on ottoman at foot of bed, c.1920. \$250. At Nonesuch, Lid.
"Jacol's Ladder" quilt: on white loves‘at. r.1920, \(74^{\prime \prime} \times 82^{\prime \prime} . \$ 185\). At Imerica Hurral Antiques. NYC.

\section*{GREENHOUSE KITCHE}

Pages 82-83:
Gis Drop-In Cooktop: with continu ous clean oven; Electrie Drop-In Cooktop: with selfeclean oven; hoth ovens have black glass doors; cooktops in white with stainless trim. By Sears Roebuck \& Co.
Refrigerator/Freczer: by Sears Roebuck \& Co.
Stainless strel sinks: Color Temp faucret, hot water dispenser, soap and hand cream dispenser; kitehen and bar sinks by Just Manufarturing.
Dishwasher: white with stainless trim. By Maytag.
Custom designed Formical faced cabinets: maple butcherblock coun tertops; quarry tibe floor, \(6^{\prime \prime} \mathrm{sq}\). All by Custance Brothers.
Lights reerseed under cabinets: by Lightolier.

\section*{CARDEN GREEN IROOM}

\section*{Page 95 :}
"lbakuba Batik" no-iron percale shects: \(50 \%\) cotton, \(50 \%\) Dacron, in standard sizes, quilted spread, draperies, dust ruffle, pillow slam, comfort ers, and towets. By Martex. At Macy's.

\section*{DECORATING ZEST}

\section*{Pages 96-97}

Bedroom/Sitting room
"Iris I'atch"" no-iron pereale heets: \(50 \%\) cotton, \(50 \%\) polyester, in standard sizes; available in yellow: comforter: 100\% Dacron, machine washable. Dy Countess York for J.P. Stevens: hams on bed and banquette made for Mr. Donghia. "Iris Patch" loy Utica Fine Arts. At Bloomingdale's.
"Beautyrest lBackCare Il" mattress: queen size. By Simmons.
Oval wieker dogbed: \(18^{\prime \prime} \times 27^{\prime \prime}\), covered in "Iris Patch" sheet fabrie. \(\$ 21.95\). At American Kennels.
Heart pillow : in dogbed. \(\$ 20\) for a set of 3 (square and triangle pillow make a set). At IHenri Bendel.

Hourglas table: \(231 \underline{2 \prime \prime}\) diam. \(\times 15^{1 / 4}\) hight of ABS Cyculac. \$40. By Beylerian. Write Beylerian for store information.
"Gloria" wicker armehair: 26 " \(33^{\prime \prime}\) ligh; rattan drum table: \(30^{\prime \prime}\) diam. \(\mathrm{x} 16^{\prime \prime}\) high. Both at Walters Wicker.
Black and white portable TV: \(12{ }^{\prime \prime}\) diag. screen, \(100^{\circ}\) " solid-state. \$96. By General Electric. At Cimbels, New York.
Double-tiered tea caddy; handmade baskets, assorted books, bowl in photo inset, Chinese nesting baskets. All from Limited Editions.
Octagonal platter: in photo inset, of Canton porcelain. At John Rosselli.
Meno pads: covered in cotton. \$16. \$20. At Henri Bendel.
"Dogwood Blossoms" by Edward Coodstein. \(\$ 1.50\) frame Jean-Jacrues Bloos Lid.
"Wild Goose Chase" autique quilt: 72" sq.. c.1855. \$225. At America Hur. ralh Antiques, NYC.
Standing lamp: reflector and basc of polished brass, stainless steel stem, adjustable from \(36^{\prime \prime}\) to \(12^{\prime \prime}\), designed by Cedric Hartman. \(\$ 360\). At LCS.
1. Bamboo screca: 74" ligh bamboo frame with woven oplit hamboo panels. \(\$ 599\). By 'Thoma-ville.
2. "IButter Bamboo" cotton fabric 54" wide, \(29^{\prime \prime}\) repeat, treated with Scotchgard. By Key West Hand Print Fabrics marketed by International Textile Corp. At Nettle Creek Shops.
3. Stacking stool/ottoman: 18¹/2
\(211 / 2^{\prime \prime} \times 18 \% /{ }^{\prime \prime}\) high, envered with "Fibereraft" outdoor furniture fabric. \$28. By I loyd Manulacturing.
4. Woven canc trunk: \(36^{\prime \prime} \times 18^{\prime \prime} \mathrm{x}\) 171关" high. brass hardware, leather handles. \(\$ 400\). By The Lane Co.
5. "Lyford Key" wallpaper: 27 wide, \(16^{\prime \prime}\) repeat, designed by Stan Peskett and William Waldron for Clar. conce House
6. "Spook" lamp: 17" high, 7" widc at base, of higl glaze ceramic, available in terra gold, solar yellow, parrot green, cinnamon, black. \(\$ 25\). At Blooming. dale's
7. "Sar-a-Plant" soil moisture tester: \(8^{-}{ }^{\prime \prime}\) metal probe on a wine \(26^{\prime \prime}\) long: care booklet included for 168 commonly ownerd house plant- \$15. It The Bailey/Huebner Shop at Henri Bendel
8. "Anemone", eookware: 51\%-ft. Dutch oven witl cover; 11/2-qt. saucepan with cover: \(2^{1} \frac{2}{-}\) (ft. saucepan with cover: \(10^{\prime \prime}\) frying pan. \(\$ 59.95\). By Block. covel: 10 nymg pan. \(\$ 59.9\). By Block.
9 . Wicker and chronte rocking chair: \(22^{\prime \prime} \times 38^{\prime \prime} \times 42^{\prime \prime}\) high x \(18^{\prime \prime}\) seat height. \(\$ 240\). By Bassett Mirror.
10. Lpholstered chair and ottoman: armless chair with loose soat cushion, back cushion, 25 \(1^{\prime \prime} \times 31^{11_{2}^{\prime \prime}} \times 30^{1} 2_{2}^{\prime \prime}\) high, \(\$ 195\); ottoman with attached neat cushion, \(28^{1} \ddot{\mu}^{\prime \prime} \times 22^{\prime \prime} \times 16^{\prime \prime}\) high, \(\$ 9.5\). By Lee lndustries. At Lord \& Taybor. 11. "Sunline" love soal: \(171_{1 / 2} " x\) \(22^{\prime \prime} \underline{2}^{\prime \prime} \times 30^{\prime \prime}\) high, natural finish pine, treated and waterproofed for outdoor use, easily assembled. \$125. By TexDane. At Foam Rubber City
12. Cheshire cat: \(22^{\prime \prime}\) long. \(15^{\prime \prime}\) himg, muslin covering, polyester fillet, suit able for printing. \(\$ 10\); fabric by the yard. \(\$ 3.50\). At Fabrications
13. Portable electronice piano: optional headphones for privatre practice removable legs for portability. ©6.53 with bench. Jy Wurlitzor.
PRACTICALPARTIES
Siores having \({ }^{6}\) Tables sel for Prartical parifes \({ }^{\text {an }}\) inspired by pages 102-173.

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\section*{Wa-lington}

Bon Marclié and lranclus
Page 103:
"Summerfield" china: \(\$ 19.50\) per 3 picee setting, By Oxford Bone China "Bhe Mist" erystal stemware: wa ter soblet, champagne glass, \$7.50 each, By Lenox.
"Carrolton" sterling flatware: \(\$ 161.75\) pror 5 -piece setting; cold meat fork. \(\$ 57.50\); serving spoon, \(\$ 62.50\). Is Stieff.
Table cover: "Petit Champw-Plain" polyester and wool fabric. 55 " wide patterned hangings and cloth: "Pelit Champs-Plaid" polyester and wool fabric. \(55^{\prime \prime}\) wide. \(2^{\prime \prime}\) reperat. liuth By Clarence House.
Wine cooler: in Sheffield plat". 10" high, 9" diam. c.1810, 8500; sterling knife rest, \(41 /{ }^{\prime \prime}\) " wide. 8150 a set of \(\delta\). At S. Wyler. Inc.
Orange Chinene straw basket: 6 , 2 high, \(8^{1} \underline{\underline{\prime} / \text { diam. 839. At Limited Edi }}\) tion:-
Bleached pine tray: \(12^{\prime \prime}\) sq.. stirkable. \(\$ 36\) each: centerpieee designed In Robert Webb. Trays from Robrort Webl).
Limoges apple bov: \(41 / 2 / 2\) ligh. \$14.50. At Soupeon Food \& Cift Shop Blue and white porcelain bowh: imported from France. \(\$ 4\) wach. At 1, Grenicr
Page 104-105:
"Fruit \& Vegetable" chima: plate" 10" diam.. \(\$ 85\) set of 6 ; cups. 112 diam.. \(\$ 00\) eet of 2 cups and saucer Plates depict vegetables: cups and saucers. fruit. Made in France
Chamberelain. At Benwit Teller
"Round" ery-tal temware: pitch ars. large, \$25; surall. \$16; winc gla\$16: - mall salad lown|, \$16: Jargec. \$10 candlestick-. 10" high. \$20. By Simen Pearce Fr
'18th Centum" - torlinas falluarer \(\$ 175\) per foricce cettine. Dis. Rucoll \(\$ 175\) per
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Coffere and tea wervice: in sheffictid plate. c.1860. \(\$ 195\) the ant: -terling pepper mill: \(1^{\prime \prime}\) ligh. \({ }^{2 \prime \prime}\) diamr. *(6.)
 "Lemon" Bequinn linen/ polymer

Comterpice designed ly Rohert Wells.

Continued on next puge


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\section*{SHOPPING INFORMATION}

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Silver-plate vegetable dish: lis She f field, c.1810. \(12^{\prime \prime}\) long. \(\$ 300\). It \(S\). W! let. Inc.
"Chinese (hippendale" "hair: \$115 finished at The Door Store of New York.
"Parrot Creon" Belgian linen polyester napkin: \(17^{\prime \prime}\) sq. 81.75 each; "Lime" belgian limen/polye-ter
napkin: \(17^{\prime \prime}\)-if. \$1.10 eaclr. By Fulani \& Cohan.
Centerpiece designed by Robert Well.
WINE \& FOOD
Page 115:
Waterford Color-Cast ironstone baking dish: Dupont Teflon lining \$13.50. At The Irish Pavilion.

\section*{Building Facts}

Materials and equipment used in the house designed to make the most of solar energy (pages 70-77)

Hecmeret: M. Arthur Kotrla
Conmanton: Mr Lawohlin Contractors \& Enginery
SHE of 1 Hot ate: 3.200 square fort
sIZE OF Lot: Approximately \(1^{12}\) 上 acres

\section*{STRUCTURE}

Foundation: Concrete sab on grate with steel reinforcing.
Framing: Standard wood frame constriction.

\section*{EXTERIOR OF HOUSE}

Exterior walls: "Sanspras" and Tex tore 1-11 plywood panels by [J.S. Ply wood Din.. Champion International. Exterior finish: \#914 redwood bleaching tain by Olynıpie Stain Div., Comerco, lune.
Roof-: Copper sheathing by Revere Copper \& Brass, Inc, over plywood panels by [. S. Plywood Div., Champion International, with glass panels poo solar heating by I'PG Industries, Inc.
Insulation: In exterior walls, 31\%inch Fiberglas, in ceilings: 6-inch Fiberglas by Owens-Corning Fiberglas Crim
Windows: Bronze frames by Copper Development Association, with "Twindow" "- olarloronze" insulating glass by PPC, Industries. Inc.
Doors: Exterior r lours, copper clad, by Forme \(\&\) surfaces. Inc. Interior doors, wood, fared in "Chemetal" by Advanced Resin Products, Inc.
Garage Doors: Overhead dour by Overhead Der Corp.

\section*{INTERIOR OF HOUSE}

Interior walls and ceilings: In major rooms. hickory plywood paneling by U. S. Plywood Div., Champion In. ternational, redwood paneling by California Redwood Association, brass sheathing by Copper Development Association, "Sheetrock" wallboard by U. S. Gypsum Co.

Interior Finishes: \#914 redwood bleaching stain by Olympic Stain Div. Comer co. Inc., and paint.
Metal finishes: Window and door fin inheres gutters, fireplace loo od by Stuart Dean of Calif., Inc
Floors: Ceramic tile by American Olean Tile Co., Interpace Corp., Florila Tile Industries, Summitville Tiles lune.. Monarch Tile Mfa., Subsidiary Marshall Tiles. Inc., Wenczel Tile Co. Lighting fixtures: Proscolitu Mfg. Co., Georgian Ait Liglitmg Co.: front entrance fixtures custom made by Rob ert E. Long. Low-voltage switch system by Sierra.
Fireplace: Copper sheathed, by Copper Development Association; damper by Majestic Co., Inc.
Hardware: Bronze finish, Schlage Lock Co.
Music system: Nu'Tone Div., Scovill Mfg. Co
Kitchen and bathroom cabinets Wood, custom built.
Kitelien and bathroom countertops: Ceramic tile.
Plumbing fixtures: American-Stan lard Co
MECHANICAL EQUIPMENT
AND APPLIANCES
Appliances: Ovens and refrigerator freezer lo Amana Refrigeration, Inc, range by Jemn-Air Corp.; dishwasher, food waste disposer, laundry washer and dryer by The Maytag Co.: exhaust ventilating fan by NuTone Div. vel Mfg. Co.
Heating and cooling system: Piped water system. heated and cooled by solar energy, by Arkla Air Condition ing Co.. with auxiliary heating unit Circulating pumps by Bell \& Cosset ITT. Controls by Honeywell.
Outdoor pool: "Buster Crabbe" by Cascade, Ind.

\section*{NATIONAL MUSEUM OF DESIGN}
continued from page 34
funded by Samuel C. Johnson \& Son, will be devoted to domestic environment. In the interim, the second of two auctions of donated objects for the benefit of the building fund will be held in the garden of the Museum from May 16 through 20. May 16, 17 and 18 will be devoted to a public pereview and "silent" or sealed bids, with the final event taking place on the evening of May 20. Entrance to the preview will be \(\$ 1\) or purchase of the auction catalogue, \(\$ 4\), which will also serve as an admission ticket to the auction itself.

There will be a choice wide enough to fit a variety of purses. You will probably be able to take home something you like for as little as \(\$ 25\)-or as much as several thousands. Further information regarding the auction, membership ( \(\$ 15\) for a Charter Membership, one of several categories), dona ions, contributions to the auction -practically anything you may want to know-is available at the Museum's present headquarters at 9 East Ninetieth Street, New York City. The telephone is (212) 860-2011.


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\section*{Decorating}

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\section*{GOING PLACES continued from page 66}

Cushing House, 98 High Street, good example, is open to the pub lic. Also, the fences along High Street are very handsome.

North of Newluryport, New Hampshire takes a small bite of the coast. In this stretch is Ports mouth, once a rich port, state capital. Strawbery Banke is the original Portsmouth community first meagerly settled around 1630 on several acres near the water. By 1930, although 17th-, 18th-, and 19th-century houses still existed, this several-block-square area was a downtown junkyard and by 1950 urban authorities wanted to tear it all down. Since then a group of local citizens has had it declared a historic area and continues to preserve it house by house. This is a fascinating thing to see, perhaps what Williamsburg or Old Sturbridge Village looked like early in its restoration. And there is an atmosphere of passionate local effort to raise more and more money to save more and more houses. The earliest houses, big wooden boxes with roofs, look very Elizabethan and are late 17th-eentury. In the midst of the restoration-salt boxes, big boxes, and gambrel-roofed houses-is a small craft commmity making things to sell to visitors. A Windsor chairmaker, was partícularly appealing. For information write to Strawbery Banke Inc., Box 300,

46 Jefferson St., Portsmouth, N.H. 03801 . Across the Piscataqua from Portsmouth is Maine
When you go, the tríp can be made starting at any point and working either south or north. It's a good idea to write ahead of time to local Chambers of Commerce and other centers of information Check the Mobil Cuide for these addresses as well as a good listing of the more obvious places to eat and stay. Country lms of Neu England by Suzie Chapin and Elizabeth Squire, a paperback put out by the Pequot Press, tells of places to stay other than the big hotel and motel chains and sometimes they are very good. Don't expect country imns in the European sensc. The service is sometimes casual but always well-intentioned and the stafl is often made up of college students on vacation. Usually there are no phones in the room, but the food is plain, hearty, and delieious. Therc are often jars of relishes and loaves of fruit and nut breads for salc. In general I found that would-be French restaurants are not as much fun as Ma and Pa operations that serve simple American dishes of the area. There's always something on the menu that's delicious that they're proud of and there's more than an even chance of making a friend of the proprietor who prob)ably is full of local stories.

\section*{MAKE-AHEAD MEAT PIES}

\section*{hour. If the top is not brown} enough, put it under the broiler for a few minutes. Serves 4-6

\section*{SHROPSHIRE FITCHETT PIE}

While cooking this regional meat and apple pie your whole kitchen will have a wonderful aroma. This pie is best served immediately after it is baked, however, it can be prepared ahead and frozen before baking.
Ingredients: 2 tallespoons shortening; 12 pound bacon slices, coarsely chopped; \(1 / 2\) pound onions, pecled and sliced into rings; 1 pound cooking apples, pared, corcd, and sliced; 1 tablespoon molasses mixed with 1 tablespoon hot water; salt and pepper to taste; \(1 / 2\) recipe
continued from page 125
for pie dough; 1 egg, beaten.
Methorl: Preheat oven to \(425^{\circ}\). In a skillet melt shortening and add bacon and onions and fry gently for about 10 minutes until soft but not crisp. Fill a medium-sized deep pie dish, or oval glass dish, with alternate layers of apples, fried bacon and onion, and the mo-lasses-water mixture. Sprinkle dish lightly with salt and pepper. Dampen edges of the pie dish with water and cover top with rolled out pie dough. Flute edges with a fork and brush top with egg. Bake pie in the center of the oven for 10 minutes and then reduce heat to \(375^{\circ}\) and bake for another \(40 \mathrm{~min}-\) utes. Serves 4


\section*{Correction}

Information on the "Egegs" wall design page is, January House d Garden-should hate read: "Egess, designed by Allino Cimonetti for Big/Art Designs, adapted from a photograph by Emerick Bronson

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\title{
TAPES or RECORDS \\ for only \\  \\ Worth from \(\$ 55.84\) up to \(\$ 85.84\) at regular Music Service prices
}

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shipping-service charge added to each shipping-service charge added to each shipment.)
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\title{
Beautifulideas for Your Home Fion ond Indoors andOut
}
anify Drown Jordan. A rewarding investment in pure comfort. Orient captures the look of pole rattan a cerefree tubular aluminum. From the hand-buffed joinery to the durable baked enamel, the workmanship \({ }_{20}\) exquisite. The innovative swivel back is a uniquely comfortable plus. Such thoughtful construction is naturally expensive. Bur the lasting beauty of fine craftrmanship offers you a value far greater than the price.


We make furmiture for lovers
We have no quarrel with modern technology. on the phonies. As you can ces, these taties
But we think people will always love the are very functional. Huge ops, shelves sitectin
But we think people will always love the are very functional. Huse opps, shelves, spectous
beauty of real wood. Compare the color and cabinet storage. Unmistabubly modern, but casual
grain character of vencers on
these "Novacraft" tables, for
these "Novacraft" tables, for
example, with the plastic or
printed finishes being used to-
day. Compare the prices. Then
day. Compare the prices. Then
For your nearest "Novacraft", table dealer, telephone free: 800-243-6000 (In Conn. 1-800-882-6500)

3. odd-shaped items many other dishwashern can't hamde. Triburai a 3 -wat premium that detergents can't fade and knowe and forks can't scrath

 fail durng the first year, it will he reparted or reptaced without -haree; durnen the next four veare wou a pay only for labor. For mome comons, ask any kulenAlt caler. listed in the Yellow Piz (Or write
Kir homat.


\section*{KitchenAid}

Builf better. Not cheaper.

Honse \& Carden
LIVING


ON THE COVER:

JUNE, 1975

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\section*{Features}

Reader's Service

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OANPECK OAN PECM
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PATRICIA CORBIN itchens-equipment Color program directo NADINE BERTIN
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frid c thonmann Treasurer

\title{
To the host its half empty: To the guest its half full
}



\section*{CHAMBERTIN:} uniquely inviting

\section*{Antiques}

By Louise Ade Boger


Plated Silver Tea Service
1 reatells acquired a silter tea set. bout tell where and when it nas. made:
(.s.

The Southington Cutlery Company of southington, Conn. originalty omly made catlery. In 1883. it decided to make plated silver hollowware. and shotly thereafter tamped this type of ware "Southington Silver. plate Company." In 1893 , the firm win purchased by the Meriden Britamia Co, and apparently bouthington's trademarks were never used after that. So wom platod -iher tea service was made hetween 1883 and 1893, in all probahility in the very early part of that period.


\section*{English Clock}
This English rlock has "If illiam If arren, London on the hrass face. Can you trace its origin and date J.E.H.--Kings Mountain, N.C.
Standand references li-t a William Warren, London, 17.J3.1752. The general lines of the hood are cminconty characteri-tic of a type that achieved com-idarable popularity among London makers during the last quarter of the 18 th century
New England Cake Basket
Firom the marli and pir ture can volt till "hot made ma tunasmat catia nsed.
(in.. Perlishill. 1) \(\qquad\)


The WI ilens - ilver Plane (io.. which made yomr plated silver cate basket.
 International Sibw (in. The rake bashel, a fashmable piece of Vistorian hollownareolton-mod as a dining-table conterpiece.


\section*{American Sofa}

This sofa is at lerast 100 bears ald. I'm told is mas be all origimal Duncon Phyte. It hat K. M. Charlotte, V.C

\footnotetext{

}


 (Continucd on pace: に)

\title{
There's a little Eve in every woman.
}


Try today's. Eve.
Flowers on the outside.
Flavor on the inside.

Warning. The Surgeon General Has Determined That Cigarette Smoking is Dangerous to Your Heatt






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christofle silver (eralene chima

\section*{Antiques}








\section*{Parlor Table}

II hut do woll knou about this tubl,
had jor many years?
M.I.-Mridger, Mont

Thac caterony of parlor table with mpertumed -played lege was wirlely pepular about 1900. The 1902 Sear liochock catalogue ol fers alont ten of them. Most are of the "beet oak": one. in oak priced \$1.90, conld be ordered in imitaton malogany for \$1.95.
 atome the late 1880 s or carly




\title{
"It's a shame more women don't take up Interior Decorating.'
}

Why should any woman today allow erself to get trapped under a pile of borng household chores or in some dull, unlerpaid job?

Carin Baugh, of Kennewick, Wash., scaped that trap by becoming an interior lecorator. She actually earns as much noney as most men do. And she has more un doing it.

She doesn't have to hassle with comnuting; she's only five minutes from the lepartment store where she works.

She sets her own hours; so she can always manage to be on hand if her kids ire in a school play or some other event a nother wouldn't want to miss.

And she seldom gets bored because each day is different. One day she's redecorating a basically fine but run-down old "mansion;" on another she's helping a local business plan their new offices, ete.

When Carin talks about being an interior decorator, she almost sings.
"Every time I meet an unhappy woman I say to myself, 'Isn't it a shame more women don't take up interior decorating as a career?'

There's room for many more Carin

Baughs. Forbes magazine calls home furnishings "perhaps the hottest growth field of the 1970's." And the way things are going, having an interior decorator might soon be as usual as buying a second car.

Interior Decorating can be almost any thing you want it to be.

You don't have to take a job. You can start a business in your own home-using part of it as both office and "showroom." You can furnish it at special decorator discounts. And your accountant can show you how much you can legitimately deduct from your income tax-including all necessary expenses of an office or home workroom.

But, to be successful, you need training. Now you can get the same wellrounded training as Carin Baugh-right in your own home-through the ICS School of Interior Design.

The entire program is based on the professional experience of John Gerald. founder of one of America's top-flight decorating firms.

You get and work with top professional equipment. Templates, architect's scale, folding rules, T-square, triangle,


Carin Baugh of Kennewick, Wash, is raising two children and yet manages to have an interesting, well-paid job. She's getting more out of life and you can, too.
fabric swatches and color cho.....ate. (The basis for your businews work shop ha

Ways to make learning easier
You also receive: a vicwer and 1.1 slides that put you "inside" rooms; and. cassette tape recorder with tapes-modern audio-visual learning aids that bring your lessons dramatically to life.

Each lesson takes you one step closer to your goal-the confidence and knowledge you need to be a well-paid interior decorator.

\section*{Your home as a showplace}

Your friends will first notice the difference in your own home. And your advice will be sought.

At this point your lessons change from the principles of decorating to the practice of making money:

You'll learn how to get assignments. How to charge. How to set up your own business. Even what to say to clients, who want to bring friends on shopping trips (never) -or to those who want you to talk budgets with their husbands (ahways).

Yon will be asked to complete assignments, and return them to ICS. Skillful, interested instructors will review your work. Suggest new ideas or alternate solutions.

Help is as near as your telephone
Although you work at home, you're never alone. You can call ICS-Dial-a-Question-toll-free-any time of day or inight-to ask any fuestions you may have about your studies.

Send coupon for free information
To find out whe her you'd enjoy being an interior decorator, simply mail the coupon for our booklet, "Should I Become in Interion Decorator:" It contains answers to the questions you problably have on your mind right new

We'll atso include a demonstration lesson so that you can sec hew you can develop your skill in interen decorating at heme on your own time schedute. There is no obligation whatsoeven

\section*{IE School of Interior Design}

International corrempondence Schools Scranton, Pa, \(1 \times 5\)
Send me your free bookk let, "Should I lBeconve an Linterier Decentator?" "plus a demonstratiun lesson and other information about your training in Interior Decorating. I understand there is mo ohligation whatsoever ベтй

14808
\(\qquad\)
City

\section*{Quality. The endangered species.}

This country may be in danger. We could be losing something we can't afford to lose.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride. He lived a simple idea: Do it right or don't do it at all. Nobody told him that. No government agency dictated it. And it built a standard of living for all the world to aim at.

Now that idea is threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away.

However, there are companies, actually many companies, that are working harder today than ever before to preserve quality in everything thev make

We feel that Whirlpool Corporation is such a ginany. And we feel it so strongly that we hav" - as our entire company to the presHatu A id that means more than pust makng - ton' meshers, dryers, automatic washers freezers, ranges,
compactors and air conditioners. We mean qualit, in everything we do.

That's why in 1967 we initiated our Coc Line service. Toll-free help that's available to you anytime. Just call with any questions or problem: you might have concerning any Whirlpool app ance. The number is 800-253-1301. In Michigar 800-632-2243.

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That's why we have a simplified letter warranty that's easy to understand, easy to use

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

We believe quality can be beautiful.

\section*{- Your back wakesiup feeling great.. It's a Sealy Posturepedic 10 ori}


Under six layers of surface cushioning, there are specially spaced "body-action" coils for lasting support. The patenter torsion bar foundation provides extra firmness and durabilit
Posturepedic promises no morning backache from sler.ing
on a too-soft mattress. There's no other mattress like it.

\section*{SEALY POSTUREPEDIC}

The unique back support system.


\section*{Contact lenses hard or Soft? sometimes or always?}

\author{
A close look from the experts
}

By Caroline Seebohm

0- of the most eveiting deelopments in medical rearch is taking place in the
eve care. CBlasses, and fiold of ere eare. Classes, and more impertantly: contach lenses
are being mome and more refined to deal with eve problems.
\any people are apprehensive abont contact lensesthere is an almost primitive fear of pulting anthime in the eve. But they are really like a men window on the world for people with eve probs. lems. There are two kinds of comtace lenses. Tho hard eontact lens bas been med since abome 19.45 and it coners two-thirels of the (onneat. It thoats. like a piece of paper on water on a plate, on ory gen and new tears in frome of the (e)ticat

The disalsantage of hatrel comtand lenses is that you have to wear theon regularly every day. If you stop wearing them, you have to buikd bip to the wearing time again. In wher words, yon eant wear them onc day for ten homers and the mext day for wo. It's like being iut (ratuing-yom have to wear then continumsly. The wear and tear. howeener is goocl-if you look atter them well, they can last hor Sears. Soft contace lenses are at more recent development, and their add santage is that von can wear them one day for ten homers and the weve dat wit at all. Howerem, ther do mot give you lle shamp tision that hard lemses siver and albe the wear ancl tear is mot so seroct. Fior int stance, to take care of them yon
 akent twaty mimber. Xow inn pmoned fomm of serilization are
 patiomt has a certain amoment of ancmatism, Hem le or she can-


 Kletter mothis sithation. (As


other meridian, so that your cam focens on part of and object lout not the whole.)
- There are three main groups of people who may be prescribed contact lenses:
1. People who are myopic, that is, near-sighted. 2. People who have had cataract extraction or a corneal transplant. 3. People who have a deformity of the cornea or a scarring due to an accident or infection. (Far-sighted individuals may also wear them but this is not so common.)

THE PRESCRIPTION OF THE FUTURE
"Contact lenses are the prescription of the future," declares Dr. Jorge Buxton, surgeon and direc tor of the Comeal Clinic at the New York Eye and Eall Infirmary "The reasons are (a) cosmetic-so many people do not like to wear glasses. and (b) contact lenses, Continued on page 22

[包

II's su simple wally-in.s I bellanc
the lens on the ball of gow
fineser mut place it in !sour on


\section*{Everybody shows their towels in terrific We're showing ours in an ordinary bathroon}


\section*{athrooms to make their towels look great. make the bathroom look great.}

"The big thing in contact lenses of the future is going to be perm vent wear-leaving them in for weeks and months"

Crantacl fenses
ar trommom page 18




 If a wrone contact lemese for this
 wollatadistance. Bufucalcomatact
 bepromectilecal.)

NEW DEVELOPMENTS IN OPTICAL SCIENCE
 Hhine in contact lenses of the fur tiote is suine to be permanemt "rean-leat ines them in for werks amblumetis. Theresate nem experimental shef contact lemen that (an wom like this aurd there are dispuable
The sulpect of combed lenses is a complicaterl ome amb vet the mote we hum abome it, the lefter
 Eyy Ressearch fommation was Fomuled to do sision researd and echncation for fust llis purpose.

We nationalal ditectore of the fanm dation is eptemetrist Dr. Newten K. Weslen. I An optemetrist is a licemesel momenedical practitioner "how measmes mementarities in the -1/e or vape of the exelatle or simface of the emmeat ancl exemmele disturtances. In his treatment bee nses eqlasses. contact lenses and exercises only-ass opposed to an uphthatmologist. "low is a phesi-(iant-an VI.D.-who specializes in diagnusis and treatment of Jefects and discases of the eve. performing surecer if uceessaly: An optician grinds lenses, fits them into frames, and adjusts the frames to the weater.)
Dr: Wesler has a special interest in contact lemses. Ite suffered from :an me detect called kerateromins. a condelition in which the comea becomes increasingly warped, and pioneered a spectal kind of contact lenis (1) comerect his. "With ad(aneces in optical science," loe savs. "and with the help of a computere Which can calculate in seconels What a dector would calculate in
(wo vears. We are mow developing bitocal ank multitocal lenses." Dr. Wester himself wears a mollifocal lens-a prescription that comld omly work in a contace lens. (It would nut work in glasses becanse of the distance between them and vour eve-mmitifocal eveglasses would simply make you feel seasick, as von vision would woblde.)

Contact lenses are indeed the prescription of the future-one of the compensations of living in this adsanced technological age.
- Taking care of your eyes is not only an indispensable part of good health, but a major part of good looks too, helping to prevent tiredness, fine lines, headaches, and irritability. The right prescription, for contact lenses or glasses, can work this magic by giving you a new serenity-literally a new outlook on life!

Beauty products, page 21

HOW TO SAVE AN
ENDANGERED
SPECIES.

Like to collect things? Things like expensive porcelain birds or fragile dry flower arrangements? What you need is a way to protect them. From dusting accidents. From inquisitive hands. Save an endangered species in elegant crystal domes from West Virginia Glass.
For where to buy our handerafted crystal and our I'arty Smarty booklet, send \(25 \$\) to Dept. HG3,
130x 187, Parkersburg, W. Va. 26101.

WEST VIRGINIA GLASS COMPANY


four hushand's new suit saly "washable." But is it." Comsidering the cost of a goond , uit that cam bee an expensive decision. Did wouknow that for a damment to be rated washable. all that s required is that the fither can be batudered without being ruined." In fact, it ismi even necessary that whineset the sament clean! Nor does it ow. .n that the the ade sippers lining and w- .anderatast and non-shrinkable!
 (t) en ere really chatianel retain that

"mARTTInIzInG
The Professional Dry Cleaner.

\section*{Beauty and Health}
continued from page 22

\section*{BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES}

\section*{Charles of The Ritz}
(:lear vet sentle colors for the new
ypring in a en-together collection of lipsticks, cyesthadows, and mail emamels. Carden Tóa Party Colors bring (1) mind chinta-flowered prints. sott. flatters, flattering chothes ancl tresh face colors-in Liqui-(reme Lipsticks in shades like Resesh Rampleerries, Rhalbatl). :ancl Afternomin Tea, st: LiquiPow Lipaticks for gleam in Persimmon, ( Currant. or Apple Butter. St: Eyeshadou Pommade's called
 willow, and Fern, 85.50 and orm neat addition that makes a matte finish go shimy, Real Ritz High. lighter, is onncer, 8 ; fome shades of protection Xail Colom-it's so strong it resists detergents. \$2.75 it Bloomingelales: 1. Magnin; Richis, Atlanta.

\section*{Estée Lauder ... has de-} signed the now Azmer IIair Impromenemt Series to keep hair looking terrific and help it get that wat if its less than glorious. Youn choice of three shampeoss, twe conditioners, a laair boedy buider ancl a spaty: Extra Moisturizing Corme Shampoon for dyy, hleached. (:) damaged hair; Exira Fulluess ()il Reducing Shampoer for sealps with mome tham their rightefl share of oil: Single Application Vatural Shompeof for sealps that are more (Mmbly batanced. Dotengling Instant Comditioner does what it ats: Iertal Pack Ilair Comditionor for hair that needs attemtion. Pronsin Shuctmizer increases yom hair's ahilite to hold a set and the protein help. hair recover from excessive drving. Vatmal C'arc Ilair Spraty does the most to hold a set with the least passible lacepuer. All products range from 83.50 (1) 57.50. At Blommenglaless: 1. Magnin! \aman- \tarens
Sheri Redding . . . Vow for thoromgh ckemsing astranbem (ablored, stramberysombed shil) that is arailalle to the puthice for the first time , Wilk` \({ }^{\prime}\) Homere Bean(1) Bar is ancid-batanced (1) vom thins pll, athathe-tome allil wes mild wet entromely eflective. \(\$ 1.75\) at sitmes where fleri liodding promelnesares sold.

\section*{Love Cosmetics}
mituen of lightere tham-air molor :
 Howhe Sopleotor (id liye shadofle is bleere dries aprickly, woni lalle on ertate, anl comers in sis
delieate shades. \$1.65 cach. At Mačs; Montgomery Warl.

\section*{Max Factor}

A complete day-and-night treatment reginen of deansers and moisturizers eontaining hatural vogurt extract is Whe lownt Skint Cane Collection. Two formulats of deanser to choose from: Yogut Rich Creant Clomaser or logent Comditioning Cleanser depending on whether som prefer to rinse or tissue off deansers. Both leave skin wonderfully smath. \(\$ 3.50\) cach. Yogurt Moisture Concoutrate is ath emollient lotion to wear during the day under make-up or loy itself at night for wemight moistire protection. 85. Yogiut Parifying Pect-Off Mask dries in about 25 minutesleavess shin looking fresh and rested. S3.7.5. At Bloomingdate's; Marshall Ficld.

\section*{Paco Rabanne . . Clean frat} grance that's sharp and clear-it's what everyone wants in a daytime cologne-men and women alike.入ew Paco Rabamue Pour Homune cologne is a blend of bittersweet motes of thyme, tarragon, sage, lavender, and flowering rosemary with the richer scents of sandalwoord, cedar, and patchouli. Sounds irresistible! In Cologne Concentrate, After Shave, Soap, Deodorant Spray, and Cologne Spray; 2 omeses, \(\$ \$ ; 4\) ounces \$12. At Saks Fifth A venue and fine shops in the United States and abrvacl.

\section*{Great summer coolers}
arailatle everywhere-at drug stores, supermarkets, variety and department stores across America. COTV"S cool Spell fragrance is a hot weather blessing-and in a gel formmla it's terrifice (1) tote in its clear plastic tube. \(\$ 2.75 \ldots\) Iterb al scemted additions for hair care - Hertal Shampoo, 16 ounces. \(\$ 2.50\), ind II ertall Conditioner, 16 ounces, \$1.50. By OCILVIE
How abome a Callon of JEAN NATES Priction pour lo Bain for \(\$ 22.50\). . Closs your lips with : stick of Malt, Dink, Pinker, Manne Peach, or Closs (clear). Fresh Lowdy Lickety slick Lip Crayon D) पAABELLADE. \(\$ 1.19\) (mach Done retresters from (IIESE BROU(OLI-PONOS great Vaseline Latensive Care line-new Bedy Sphashes with emollionts so you get fragrance plus real skin care. There's Hortal Body splash :mel a Howal Bocly Splash, \$1.99) math. ©


A GARDENER SPEAKS HIS MIND

\section*{Speaking of bulbs}

\section*{How to grow them}

How to mix them for glorious color combinations.
How to force them in winter
By William B. Harr


\section*{Narcissus}

When the petals of the seasonis last tulip fall, the spring loull season starts anew for these of ms who can't resist a dalloclil, a bulip, a mallous iris-or a bulloms :ansthing that heralds the green new vear in such charming fashiom. "The wall these gay things are planted is still dictated in Emrope where they were first developed and nsed-bey tradition. That is. formal plantings. but scaled down (1) the smaller gromends of tedias. Baclu tulip) is planted in a beed at at depth so ceact that booms all "pen at an equally eatet height. wid oll with the heat of one darins (o) gron taller or blossimu below in a thicket of stems. Dallodiks are planted in sweeps (to look "matural") with just the proper ammme of grass sopatating eath saricts. Americans will tratel lome distanese to see plantings of tulips ancl daftorlis. Inat mest get thened will by the sheer size and tow will beother to to to relate them to fit
 -a we hime of "pick" it the fime

pathages in tight \(\mathrm{l}_{\mathrm{m}} 1 \mathrm{l}\) )s, and o statistic seems to prose it-o huge population buys fewer tu bills, ley actual tomage, tham \(t\) fone small Scomdinavian comentric The ('.S. also buys fewer tons dafloctils than West Germany.

\section*{More variety instead of \\ "the way it should be"}

But this might change throus the firtlier development of a trei here toward complete infomali - more varieties of daffoclils in planting, instead of the tradition once. with little attention paid the amome of grass showing be ween the sweeps; more varietic of tulips with no attention to cole sehemes or height or time ( bloom. This is the opposite of th way "it should be done"-it is lik making cutting and show garden into one it you will. Although up selting or downright shocking \(t\) the traditionalist, plantings lik this are eflective and require ver little work. And one has to have real clumker of a color in a tuli for it to elash. Daffordils never do \(\backslash\) tiniature varieties in either gen era are not nsed becanse mos hardly grow high emough to see in a planting. And if the selection o the spectes is broad emongh (trim pets. multiflowered, flateups, ete in daftorlits; and Darwins, Cot tase. betanicals, etc. in tulips) vous set a very long season o 1,hoom. Wh other words, don't b inhibited be what you read. Lot of one (eprert gardeners becam ©pert bu following Enropean practice-where else combld the have leamed?

Comtinued on pager 3

\footnotetext{
2 A combination of bulbs that will last
many years is one of cyclamen-flowered daffodils underplanted with either Glory-of-the-Snow or Scilla
'Spring Beauty' for a blue base.
}
"Treated sewage sludge is becoming an increasingly important fertilizer. It is not in the least harmful to humans. It is great for all kinds of plants"

\section*{peaking of bulbs}
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cause now, when prices rise daily and quality parently no longer counts, you can still count the comfort, the quality, the craftsmanship of Z-Boy.
d we can back that claim up. With a name that's best known in the business. And for good rea. Our chairs are made with the finest material ilable. Like a beautiful selection of colorful,
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So when you're in the market for comfort, put your money in a La-Z-Boy.
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A deluxe he-man chair. Gives him great comfort. Lets him lean back. Put his feet up on the handsome ottoman and really relax. A chair for every room. Every decor. Every member of the family.

\section*{La-Z-Boy valuesfo}
"Treated sewage sludge is becoming an increasingly important fertilizer. It is not in the least harmful to humans. It is great for all kinds of plants"

\section*{jeaking of bulbs}

\title{
very decorating style
}

La-Z-Rockers adjust to the position you find most comfortable. They rock. They swivel on a specially designed, easy turning mechanism. And the back automatically adjusts to the weight of your body. Plus the beautiful low silhouette means fashion for your home.

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\section*{Speaking}

"Treated sewage sludge is becoming an increasingly important fertilizer. It is not in the least harmful to humans. It is great for all kinds of plants"

\section*{peaking of bulbs}
ntinued from page 26
In writing about bulbs several ars ago in this space, I reported - what was then a new idea in eir eulture. A prominent Dutch ower told me that his industry d had great snecess by adding a - rall amount of sewage sludge inth bonemeal to the earth before Geing a bulb-as much as a heapf teaspoon to daffoclils, lesser hounts to crocus, snowdrops, lloous iris, and their like. Then, mediately after bloom, permaght plantings were top-dressed th like amounts. The difference is treatment makes, particularly dafforlils, is marked. With the idge, almost everv mose of a bull) ffoduces a strong bloom the first gifar; top-dressing camsed quicker fultiplication and heavier flowerg subsequently. Cultural inforation like this usually travels arickly, but in this instance it (Casn’t. Perhaps this is due to the hture of the fertilizer. Of course, w manure was a produet whose fame shoeked the sensibilities of ople in the early part of this cen-
tury-the few horticultural writers of that time who did mention its existence invarial)ly apologized for bringing up the subjeet. Sewage sludge is becoming an increasingly important fertilizer and it will become more moderately priced as more cities treat more and more of it. It is not the least harmful to humans. It is great for all kinds of plants. It can be purchased in most garden centers under its generic name. The most widely distributed brand of sewage shudge is known as Milorganite, produced by Milwankee's Sewage Department (which will supply the names of nearby dealers)

To keep plantings looking better longer

After six or seven years, naturalized daffodils, if unattended, start to produce smaller flowers, sludge pieks up the looks of such plantings. Use it heavily on plantings where bullos have grown so close together that they really should be dug and separated. It puts ofl that hard job for several years.

Tulips, in all but a few sands mails run out relatively soon in this country, except some botanicals. which bloom from three to fise years, but nsing shudge on them seems to keep second year hloom ahmost equal to the first

\section*{Ideas for colorfu} bulb combinations

Getting pleasing color combinations with spring bulbs comes easily with a bit of experience. Here are some ideas, easy and effective. If you have a clump of white birch on the grounds, underplant it as heavily as you call afford with Scilla sibirica 'Spring Beantv.' It forms a bluest-of-blue carpet about + to 6 inches thick
> \(<\) If you want a blue-and-gold picture use the daffodil called 'February Gold' with Glory-of-the Snow or Scilla'Spring Beauty.'

Bulls are mexpernsive-fyom Stis honrfied for top-si\%ec
 promise loot to An! tulips of the Kentitmer meture planting of ('hiomodoxa lucilice (Glory-of-the-Suow), which will throw dwarf spikes coverect with Howers of delicate blae. The tulipe "ill cosst from about \(\$ 3.50\) to \(\$ 4.50\) a dozen a me only one variety in a planting; Clow-oit-the-Snow (o)sts thout 86 for \(1(0)\) )
For a bloc-anct-white eflece choose 'February Silver' or "Tote -tete.e. These daffoclils are trmenpets with miniature white fowers dancing on 7 - to s-inct stoms Tète-i-tite, as the mame sugesest has two flowers on each stalh there are several other nice varieties in the gromp and few of them cost more than \(\$ 5\) a dozen. The white cluster-fowering dafforil varieties (triemdrus) like "Thalia, have three to four flowers (1) a stem, are very sweet-scented, and


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guide to different window types and how each works. Distinctive examples of compatible architectural and
window styles. A section on what to consider in window placement. And the full story on Pella Products. How they can eliminate screen and storm chores. How you can reduce maintenance and fuel costs. And a number of other things you might like to look into. It's fully-illustrated, in color, and yours free

\section*{Wood Folding Doors}
1) plan to build. I plan to remodel
\(\qquad\)
\(\qquad\)

are ovely with the kind of blae betse we hate berol discussines. Thery are also mo motere expensive. A (cmmbination of billse that prol)は小 Woni last mone than two veats, bont will provide striking beanty and a bit of eomsersation is vemilon-red on a white cappetthe botantical torlip ' (antate" and lanemone blamela' White Spleselor. The lmalbons athemones gron where the low mean average temperature is mims. 5 degrees to plus 5 (legrees (Zome 6) ; farther north they maty grow in protected parts of vonr macroctimate

Varilla tulips, which are donbles that upen wide and bearty Hat. (ath be decorative in small plantings (wot more than 25
> \(*\)
> The tulip 'Red Emperor' and the trumpet daffodil 'Unsurpassable' together make a red-and-yellow garden and the blooms of each are large.

bullss) , it planted on 6-inch centers and 6 inches deep. Ther are atl pastels. but can only be purchased in mixed enhors. Planted this way Vhmilles open at 11 inches, the blessoms practically. tondinge eath other. If they have a thick edgener circte of blue grape hyacinth (Mhascari armeniacum the sight is a pleasant one. Ies. this hence of plantings is a litle for-mal-but is a rery litule planting. The tulip "Red Emperor" and the trompert dathoclil 'Unsurpassalle \({ }^{\prime}\) together make a picture that will last matil the minlips weat ont in fome or five vears, so start oner, or fust keerp the daftectils. Ther will swom lake mer. A dozen of eath
 slo. Fomer collage mips are lim (1) play with beramse the h beomat Hhe sallie time and grow io the same height. Thes ane Vors folm 1. Seherpers, a whow; 'Vaturen,

 -..mbtinations anc net cualless lom Hu (ant heap) wom lomsy tor mally Son it you womld like some pentgranhate work in patting phame tomedtere, han this: plant
L. candidum. The Madoma I with blae hatricl demphinim Thes shomld blowem at the time, give of take a few days, I getting them to perform prope is not the easiest garclenines hnow. If such a garden works' first year, it mav be attribmed \({ }^{\circ}\) your shill-or goond lack. If ome in threr attempts is successfinl thankful. Take a picture, if mly bring lack fond memories of il noment.

There are plenty of bullo-plan ing tables aromed that show dep and the number of inches apart plant them, but few advise t number of top-sized bulls siced per square foot of bed area make nice looders. Perhaps t follownes will be helpful for pla ning: Low-growing botanical t lips. S, all others, 5 ; miniatu dafliodils, 6 , all others, 4 ; haacint 4; crocus, 9; Scilla siberica, 1 hispanica. S; Chiomodoxa, 2 Muscari, 20; Fritillaria imperial 4: F. meleagris, 30; Iris reticulat 16: Camassia, 4; and Anemon blanda, 24. The foregoing list i clucles onlv the bullss that ane mo generally in use, so the list is it entirely complete, and has noti ing to do with maturalizing-men bers used that way are general dictated to a comsiderable exte by one's pockethook

\section*{For flowers all winter-} forced bulbs
live been literally amazed the lack of interest in this comm in the forcing of bullos for wint flowers. Considering the high pric of eserything here, partieular flowers in wintertime, volud thin that even people who dow wot hat gardens would force bulls. li made some polite inquiries amon Iriemels whe dwell in the canes \tanhattan, antl all of them right. this is a small, therefor worthless sample) saly, (1) the womldat thinh of it, (2) there lat iII) platere (6) stant Hem, (3) wouk be a bother, messy, (t Hwed fail, "I cant eseri gro homiscoplants," or (5) they tom kuov lows.

My stock answer has beem tha forcing loults is actually east a messior than miving corktails fo hatl-rlozen tricmels. I heed tha floor a mimule or lane on hisis sml Comitimued on pases

timi … .....h. lake them ont.

\section*{Varieties that are easy}
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fed with athond I inches of perliteminneme tho lowls
\(\qquad\)ill ،partment. mse (lace retrigerator.1 will heret) and ewen fo duereen (1)1.5 dewere :mat is eatior tor biseHann a coldtrame it wom cant findemus place edse for wectables.

\section*{} fammed togedher in smatl dishes and conered lightly with fiber make a chamming mat of blown. lont mase the same variets pins tolse sure some bulls donit las a tere dave betore blooming Tre both Dulch halwiels and species (rocars (hosh have mamed varieties) tis ee which you like better. Other mall bullos excethent for forcine are ame of the varieties of chiomofona, Galanthus. bullomis lris. muscari. and Scilla sibirica. The mall bulls, il wom are misure, are planted with at corerine of abont anch of fiber: Hae large bulls pinst out, their tops a thirel abowe the sufface. French-Roman lavacinlh, which hase shomt spikes of bells. rather looselv arranged, are - faverite. but vers hard to bus late in the seasm-order blue on "hites now (pinks are mot good) Large hotricl haceinth have spike (0) large they may topple muless theromghily rexeted in-vouid better anc their roots ckne to or ont the mintace of the fiber before hrines ine them inter light. When there is a bit ol (op growith, loring into sul)dhed light: when the tops start to
greon, mose to light; never di smilight. And the coole the er the better-6iodequees is ideal.

Just ans datforlil variety force. These will: The best larse-flowering daflodils incl Beershbma,' 'Lomel Nelsm,' 'Sp binder, amel 'tusumpassalble. trimpets. Ans of the minial trmupets, especially 'Litule Be w: and litule Ceen'; such man flowered hinds as "(ineerfulm Cheerfulness Primrose.' 'E splendour," and "Recomvens. ' jomquils 'Sus: "Trevithian." others: all the evelamen-flower marcissuss. particularly the 1 Fehmarvs'-gold and silver, 'J: Suipe. and "Tète-i-tite": ancl other chustering-flowered tmonp like them. And donit try to for just ans tulip you see on a sha for many wort force at all. inst blown on schedule. Ano the fosterimas, the onlv goorl b, we 'Cantate,' 'Red Emper Orange Emperor,' and 'Yell Empress': greigii 'Red Ridi Hood'; two kaufmamianas 'Shak peare' and 'Stresa'; the cotta tolip known as 'Mrs. J. T. Selic pers'; and the Darwins: 'Qucen the Bartigan,' 'Blizzard," and " phetos.' There must be others I I don't know them.


\section*{"The most exposed part of your body is your hair. Don't let summer get to it.Use condition."}

'Tanning lotions protect your body from burning sun. Skin creams moisturize it against drying wind, salt water, chlorine, air conditioners.

But what about your hair? I've never seen a suntan lotion for that. It's a shame because the most beautiful tan can't make up for hair
that's dried,
broken, frizzled
by summer.
What's more, the
damage done in
summer can last
all winter long.
The way I see it, you have 2 choices. Either stop doing the things you love all summer, or use condition* at least once a month to help undo the damage.
condition* Beauty Pack Treatment from Clairol has 4 times the protein of any leading conditioner. This intensive

30-minute treatment is so rich and creamy, that instead of dripping off your hair like watery conditioners, it sinks right into the hair shaft, supplying all the deprived hollows with protein.

It helps repair split ends so your hair has a new body and fullness. And a healthy, glossy shine.
condition*costs more than most other conditioners, but then, how much do you value your hair?

This summer, keep your hair in as good shape as the rest of you

With condition*:

\section*{condition*}

The 30 -minute treatment for summer-damaged hair.

Condition


\section*{New way to make children aware of their heritage}

By Kenneth Bate

\section*{S}

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amel Imurvican histor! (onllmsiast
gheal together to form a there-rlimemomal mextel-a dolli, homes "illa a pant.
"Art should be taught in a playful way. There is a strong affinity between playfulness and creative thinking"
 What ath is a dhect reflection of a myterle permed. V1r. Brasch comb buce of ixverations lite these at Dewfichl IImentor-salcom. (har-


Research begins with field
trips to historic sites
Once low home whot thee are (1) duct what to low tor


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The moxdel then wets a base conat of paint. namally temperat because it thics (prickly. Varions lorich patterms. "imblow shapes, shmber ant hingle patterns. all tailldal to the miginals, are cul ont of gime cranersand primed in the proper colons
 ber stanps) on the base carat of paint. Pordies. owerlames. shed roots, dommers, anel chimmers are ghaced ont to the main structure. then painted and printed with appropriate textures. At this point an inspection for atemacy lakes place. If conrections are needed.
then are made ( V re. Brasch brook (III) jem--mile moelels) and the lomse is finisheel ofl with a varmis (1) ateryic spray in a that finish.

Awareness of heritage does not stop with houses
Thins. wrillen history takes on nen meaning for the children
They begin to comprebend hoos people lived in the isthancl 1901 centuries, and "ith this muder ness of their lieritage. It doeses no stop with houses. Classes are givel in the Colonial erafts-patchwork needlework, candle making, sten ciling, anything ten-year-otd liands can master. And they can master great eleal. At Christinastime some stuckents make patchwork wreaths; others, who have gathered and dried things like teasel. bamber grats, pine cones, heads aud stalks of wheat. weave them into lanelsome wreaths that would do credit

A"mon the Crossmoads" (it was torir de force), and with the coming of the Bicentemial rear, ant wher film is plamed. The crafts clasises are going to be expanded, mure homses visited, more models made. "It really adds up to understancling an American histonic period in cleptla," says Mr. Brasch, "and the deeper I can make the muclerstanding the happier I will be. No one ever plays hooky from my classes, so I must have a good Hhing going. There is mothing so flattering as constant attendance."





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In exch issur from won through Deecomber，1976，woull see epecial selection of things for the bouse that Housse \＆Carden I chosen ats a satute to the Bicentemnal cellebration，things ！om c bus at Thas House \＆（arden Creat American ldea Conters in t followines stores ateross America．For the first in the series，（ire American（ilass，please tum to page is．

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\title{
Does she... or doesnt she?
}

Above Grace Pelham in 1967. Below: Grace Pelham today.
Her hair in beautiful condition, the color soft, young.

\title{
She still does! with new improved Natural Wear̈ Creme Formula.
}


THOUGHTS FOR THE HOSTESS

\section*{A feast for the eye and the appetite \\ \\ \title{
Edible
centerpieces \\ \\ \title{
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\author{
By Mary Moon Hemungway \\  \\ with small semelmichers. !ate
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atalionerthorpioes
"ith another damp cloth. Store int the refrigerater in a plastic bag matil serving time. (Yon can prepare the whete thing in the mernins.) Just before serving 1 thead a riblenn throngh slits in the lid. wime en a small bunch of liesh is dried flowers on an herb, bon(fuet. Such a bread basket man be trozen for use amother time or varnishad for continucel use. Il Iom havinge a lot of guests, I mahe seremal treat cates, some of menmal heal shapes and sizes, wheres of small romad oncs, filling cath with a dillerent hind of sandwich and marking the comtents on the tup) with little llags on toothpichs.
"Ginteren strrprise" is frm. too. L'se a cate mix, following the diesections on the back of the bex for the "pommel" type made with mistann pudding mis, sil, and ceges -this gives a stmoly moist cake. (int a gencrous top from the cake. serotp) out, saving the insides to culle , mix with iee eream, ancl frewere in a mold for amother des sere. Fill the seoroped out cahe with pelits fomss, an use rich, timy cookies on hite-sized chewy lars. Reascomble the cake. frost, ancl decorate tavishly with marzipan flowers, candied petals, and leaves on "haterem wou like. A few tooth-
picks inserted ahmost impereeptibly between the lop and bottom will help, lift the lid for serving. Emptied, the shell may be filled witlo ice erean and frozen for a bater least.

Breads in rarions shapes make bermtiful centerpieces.


Bmis ancl braids, baguettes and chaillas, brioches, croissants, balgels, round and square loaves of all thades of grain, plus skimy and lat bread sticks can be arranged into marvelous "works of art." Put them logether with toothpicks and show them off in baskets, in a pretty box, on a board, or on an invisible base. Such bread bounty is perfect for an Halian supper party. It also makes a very agreeContimued on page \(9+\)

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\section*{Monterey Collection}


The sun drenched west coast and the vivid colers tot 5 , follage inspired this exciting new collection of decerathe fabrics. Companion wallcoverings avallable ? ? Schumacher "Golden Odyssey" collection
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\section*{The House Fixer}

\section*{C量昜LAR WHNDOW AREA COVER of transparent} plastic lets in ligh：，keeps leaves，trash，snow，and rain out of the window well，prevents blocking of the well drain． The cover comes in sizes up to 41 inches wide by 15 inches high，with a 17 －inch projection．You can install it yourself using the hardware and comprehensive instructions supplied with it．\(\$ 6.95\) each or two for \(\$ 13\) ，plus \(\$ 1\) each for postage and handling．Williamson，Box 503，Cherry Hill，N．J． 08003.

\section*{CARBON MONOXIDE INDITATOR}



PANELING PACKAGE，for installing a hardboard wainscot 32 inches high by 12 feet long on one or more walls，comes in kit form．It consists of ten tongue－ and－groove planks（16 by 32 inches），a cartridge of adhesive，nails，and clips，two 6－foot－2－inch－long chair－ rail moldings．Detailed instructions explain how to install paneling in three steps：（1）Take room measurements and check walls with plumb line；（2）apply adhesive to planks and nail to wall with clips；（3）cap planks with chair rail．The paneling package retails for about \(\$ 40\) and can be purchased in gray barnside， above；light roughsawn；shell，a pecan reproduction；and frontier chapel，an oak reproduction． Marlite Paneling，Dover，Ohio 44622.

\section*{OUTDOOR LIVING}

BOOKLET，How to Build
＇Em with Redwood，is packed with practical information and desigu ideas for outdoor areas．It includes sketches for 29 redwood fellces of various types－basket weave．board，louvered，privacy screens．Decks and covers for decks and patios are illustrated witlo perspectives and detailed drawings of framing，roofing， and otlier features．So are plans and elevations for redwood， storage sheds，cabanas，gazebos． There are working drawings for building outdoor lounges，tables planters．All have materials lists giving quantity，size，length of redwood limber required． 5 （）cfrom Redwood Outdoor Living，Lonisiana－Pacific Corp． 1300 S．W．Fiftli Ave．，Portland， Ore．97201．

SUM CONPROL FILM，Scotchtim，applicd to inside of lasat．Kereps emt eqlare The almminiaed Hacemment ol anera meeded tormair











Lifestyle '76. Contemporary, yes. But rich in tradition. Fixtures in new Americana Brown and Bone suggest the warmth and serenity of a leisurely past. These timeless earthtones are natural complements to wood. Lend themselves handsomely to both subtle or bright colors You've always longed for a bath as distinctive as this. Now have it Give your nearest American-Standard plumbing contractor a call. You'll find him in the Yellow Pages. Whatever your IIfestyle we have the ideas to help you interpret it. Beautifully

\title{
Tips from the experts
}

Here are lots of bright ideas from people wh know what it means to lead an organized lif．

\section*{＂Learn the crucial buying discipline－ to know the difference between I want and I need．＂}

＂One year after I was operated on for cancer of the breast， David Sawyer fell in love with me．＇
Pat Sumper．Xear York Cith
＂When I was told I had cancer of the breast，I thought my life as a woman was over A little more than a year later： David and I were married．And ten years later：I m living proof cancer can becured．Don＇t let vanity kill you．Lcam breast self－cxamination and get regu－ lar checkups．Ind are to the American Cancer Societs

－＂I se lemon juice instead of fancy bincgar．
－L＇se salacts a a a first conurse for instance，tomatocs．moraarel！a．
and basil
－Exercise while you are doing something else jog in plate while brushing your teeth：pull in your athdomen while working at your dかん．＂：IIEE FORは，

＂If you want to hire somebody，putan ad in the local paper． rather than ask friends it saves time and you get axactly what you are looking for．＂

II WRES F TRRELL．
Teuther and futhor o！ ＂The liberated 1／an
－＂Mail order shop．
－Invite friends to Sunday luneh mosteded of format dimners．

fathor and loother al sis
－＂Organta your maheup so you can completcly change your look in fine minutes keep all your eve－ nong makerp on one side of your （ressing lable and datlome mathe－ up on the other．＂Replifilat otri， Bivere liander，Im

By Caroline Seebo
－＂Buy an expensive item that
save energy in the long run．
－Wait six months to get what really want rather than settle something now．

－＂Invest in a telephone answ ing machine
－Use one party mentu per bon．＂EILEENSIMAS：

P＇sichologist and 4 ＂
＂Get up an hour earlier． Go to bed an hour earlier－ even if it＇s 9 o＇clock．
Lie down for 20 minutes before you go out in the evening for a quick refresher．＂

FERRIS MEGARRI IIrector，Fash Merr handisins．Home Furnishit Ditision，B．Altman \＆
－＂Use a tape recorder to dict： letters．leave messages．＂

JAMES BEAH
（．ooli．Teacher，and Aut
－＂When you travel，decrease lag by taking a familiar object wi you－a pillow for example－ helps you adjust to a new entiro ment．
－Carry your work with you in large bag，so whenever you ha to watit anywhere you can get few minutes of work done．

DR．JOYCE BROTIIEI
P＇sychologist and Ve
Commenta

\section*{＂Have two or three}
meatless nights a week．＂ kilan liond loat l OR

\section*{Let Pomona "Tile-Proof" Your Home!}
the "Worry-Proof Kitchen!
Unlike laminates, Pomona ceramic tile resists burns, scorching, cuts or scratches. So your dream kitchen always looks just as you planned it . . . lets you cook and create on surfaces that wipe clean in a whisk! The choice in Pomona genuine ceramic tile offers almost limitless combinations for the scope of your imaginative designs.

"Work-Proof" Bathrooms
Pomona ceramic tile baths are definitely wash and wear! Just a quick damp-mop cleanup restores tile finish to brand new. Choose colors and textures to lend a flair to any wall, counter or floor.

PomonaStone . . "Wear-Proof"
Neither dogs, kids or muddy shoes will ever ruffile the elegance of this entry. PomonaStone won't show the worn paths of time . . it's permanent no-wax finish provides the ideal floor anywhere in your home.

Want more tile ideas? WRITE FOR FULL COLOR BROCHURE


\section*{Have two doorbells and two telephone numbersone for you, and one for your children."}

\author{

}
\begin{tabular}{|c|c|}
\hline \multicolumn{2}{|l|}{\multirow[t]{2}{*}{}} \\
\hline & \\
\hline
\end{tabular}
(c)



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ener. cullere in the wance or a ditit terent colver, so bot can change
oull einder cheme at any turne you
rant: in 20 nininuteo. |1De the arance
"Bank by mail."
Shop by phone."
- Serve lexs of the expensive items (four bhromps instead of six) and more of the cheaper, lilfing foods such as beans and rice.

If I.I 1 CHID.

\author{
- dr.j (llit.D.
}
"Get rid of your TV. If you really want
to watch something, go to a neighbor's."
If MRRE F FRRELLA.
Tranher and fathor of The Liberated Wan
- "Set a day aride for urgent jobs or special projucts. - (act spare bemes--val. chichen. or lish and mate stoch out of them.
- When wai lind a geocl, inexpen-
- "If physically exhausted. mental exereise. If mentally hamsted, do physical exercise."
 Ilvernu Rubinstrin. Inc - "Combine holidays and work. - On trips, have breakfast in your room and make all your phone calls then.
- "Keer a budget book and write down what your spend each week. - Cat down on big parties. Be more selective with friends: small dinners with only iwo or three guests." mationthikoro.
- "Il you travel a lot. have a permanently pached suitease with duplicate items-glasses, toothbrush, alarm clock, bathing suit(0) you save time packing.
- Take 5 minute naps during the day. Have someone wake you up so you can relax without feeling you'll miss anything.
" arrea furbelt

Cook double batcl beans, for instan one for hot, one cold.'
on trips; porters and offici more helpful!
- Carry as little luggage sible so you have room to when you arrive."

Peter J.
- "Have more things av than you can possibly do. Pe the established priorities an contlict-free about ignorin rest." dik. normin orenti Professor of Derme
Oronureich Veelical
"Eat more salad and sol less meat. You have mo energy after a light meal.

WARREN FAI

\section*{Dutch Boy Latex Stain beats oil stains two way:}

\section*{Protects longer:}

At the Dutch Boy testing fields oil stain and Dutch Boy Latex Stain had a duel in the sun, wind, and freezing cold for 3 years. Look at the pictures of the actual boards and judge the results for yourself. As you can see, the oil stain has faded and left the wood exposed in several spots. Meanwhile Dutch Boy is still giving good protection. And the colors are rich and strong. Cleans up casig:
If you've ever used oil stain we don't have to tell you how hard it is to clean up.

With Dutch Boy, on the other hand. all you need is water. Dutch Eoy Latex Stain. Protects longer. Cleai is up easier.

\section*{Dutch Boy Paints N}
 \\ \title{
Dutch Boy \\ \title{
Dutch Boy \\ 
}


A revolutionary engineering breakthrough is the only way to describe the new patented Pontiac rocker-recliner. It's a smooth relaxing rocker and with just a touch of the handle transforms into the most comfortable recliner ever made.

Any of the multiple positions you choose offers complete relaxation. In the full stretched out position the entire 'Comfort Zone' is supported, even the ottoman adjusts.

Perfectly matched in every detail with the popular Pontiac swivel rocker, these Comfort-Mates offer the ultimate in styling with the most fashionable covers and colors. Shown above is a contemporary design in rich durable 'leather look' vinyl by B.F. Goodrich. Lower left a traditional in \(100 \%\) DuPont Orlon \({ }^{\text {® }}\)
pile velvet by Borg. Lower right an Early American in \(100 \%\) Nylon plaid, Scotchgard \({ }^{\oplus}\) treated.
comfortMates
Pospyesc

FURNITURE INDUSTRIES, INC


\section*{Betcre you buy any mattress see the beautiful choice superb qually from Spring Art}

There's a spring Air mattress that's just pertect for your needs.
They all dive you the extra qually Spring Air is famous for.
And orevisive comfort teatures you yon't ind oi
an oher mattresses. Lem your Sping Ar dealer show them to youl


\title{
It takes two halves to make a whole-house air conditioning system
}


\section*{The Outside Half hat everyone talks about}

Most air conditioning ads show you only the outside half of he system. Here's York's all-new Champion IV, built with he four benefits you look for most: quiet, efficient peration, serviceability and reliability. That's a lot to puild into a small, compact cabinet. But, York is known the vorld over for meeting this kind of challenge.

\section*{The Inside Half \\ that only York talks about}

Most companies don't say much about the inside cooling coil, the half that actually cools your home's air. Maybe because York's FlatTop coil has benefits no one else can match. It cuts ordinary coil height in half for easier installation. A patented drain system means no potential pan of standing water, a source of household odors and other problems. It helps extend furnace life, may even save heating fuel.


It takes more than a few words to tell you the complete story about York's advanced new system. After all, it took a century of engineering know-how to create it. So, we've prepared two full-color brochures. They're yours. Free. Because we think you deserve the Whole Story.

Send Coupon to: York Div, of Borg. Warner Corp. P.O. Box 1592, York, Pa. 17405
\(\square\) Rush me York's whole story
\(\square\) Call me for free home estimate HG675

NAME
ADDRESS
CITY COUNTY
STATE


\section*{The satisfactions of adding on} and

Life today is a eonstant challenge to make thiness wom. And we have just got to tackle tho issues be ourselves. It's no good relving on others to seo us throught. So the making initial skill is in learning to be as solf-rediant and independent as possible. This imer-ditectedness. the quest to be our own person, is reflected all ower America
"People want to know who am I, what can I do, how can I improve myself?'"
savs the Dean of the New School for Social Rescarch, over Allen Austill. "A confluence of circumstances, economic and political, has produced an interest in gromuding in the practical. And a further dimension of all this is how can I be practically creative?"

While some pursue handerafts like weaving, pottery, materamé, others are stretching their talents through the practical arts. This can mean doing inything from repairing a TY or a bicyele, to building a bookease, baking bread. "Genuine satistaction call co con be gained ly making a light switch work throngh y:mur own competence and initiative," says Mr. Austill, who has introduced a suecessful program in home repair.

A result of all this practical activity at lome, of course, is naturatly a spur in remodeling, addling on and making over-which is what this is all aloout.
We all want to make changes now and then. Today it makes sense to figure out how to make them practically, without making too much of a dent in the budget. A concern for the dollar provokes a stretching of the imagination. The situation encourages more creative practicality. Lets wh.t we can do with this, leis eonsider a way of ming that ... See how a grecolonene kitchen was ereated out of a lost basement (page 54), a (haming "ercheme "trout house" from a iwo-room fishing shatch (page (i2) , a party kitelem from a patting shod (page biki), a great outdoor rown from two wood frames and five strips of camvas (page (is). If wome remoteling is set atome more expansive lines, fou can wrap a mew wing aromed all existing house ( page 58).

Even at the White Itomse: Mrs. Covald fored is
 page tithe our special story. Ran patto lathe conter pieces, she borrows great Americall beammen from musemus, or she brings ont thines fom 10 hite \(H\) hme collections mempally hept in disphay cabbincts. L se what you have is the message stee womts thent anems the
 soup, and viee versa, "It's beller for us," she sme
Attitudes are changing. In answer to, "Where are my satisfactions?" we are turning inward to find the responses. We meet the challenges on an individual basis. Call up the resources of our own person to resolve the issues.






Tow 1 o add on on ostect y yuu rooms
Wrap a new wing around an existing house


ina wraparouna wing
4 new rooms
and 2 new decks
the whd wall of the house is all new, contemporary torms. Inanglon ol glans invide a hatt-circular arch for Th. wand thers. and chortment of rectangles for win1. Ino rooms vane the new veace mpscairs. fuming the
 Ihe howe to wh thettend and the fivhe so welcomes. thent

 pemes. mumenveculh medern: at. A door opens from the butld for ceny uccesw to the swimming pool. Ihe sthins: rentral hine of "I metal chimmes. which carries smoke trom the new suds furephace, provides) a focal point for the urchitecess torms. 1. Ihe windows begin abowe the miveren in the buth, over the closest in the dressing room. I Whect of glas) tops the wall deviding the two rooms to whow all the triansulten window ar once Stone caterio wall of the oniginal homse forms one wall of new aldit tion treftected. thuoush door. in mirror). .i. Batcoms taing south. is sheftered. perfect for acturizing sumans





Hyw to make over iretch your rooms Reshape windows, add columns to open up a dark apartment

\(\qquad\)
\(\qquad\)
\(\qquad\)
\(\qquad\)




\section*{Gulld an outdoor room with two wood frames and five strips of canvas}


Five canvas sheets thread through and stretch over beams to shade a deck 20 by 19 feet wide. Shading the top section of an "I"-shaped redwood deck that had been part of the back of a summer house for many years was a way to extend and enlarge the living space. So, awnings with grommets at each end, fastened to hidden hooks on the first beam, threaded through a center beam. then laced to a beam at the far end, were erected. The bases of the beams were sunk into poured concrete to stabilize them in the wind; the corners are notched. Care is minimal as the summer rains wash while the sun and wind dry the canvas.

1. Looking toward the honse from the bright sundeck into the shade of the dining deck. Owner Lee Bailey used canvas sheets 45 inches wide and 19 feet long to cover the length of the first deck. 2. It's abont a 100foot stretch of walkway from the saltwater pond to the house. Mr. Bailey's honse sits in a meadow. most of which has been left wild. :3. Redwood decking 4 spans the back of the honse. Dining deck is surrounded by a garden while the ground around the sum deck is left natural. 1. Tablesetting for lunch with plates, glasses, flatware from Bailey/Hnebner, a store in Southampton, L.I. in which Mr. Bailey is a partner. Napkins from Tabletopping at Henri Bendel. 5. Umbrellas and sum mats at pond's edge-pond opens ont into the ocean. Chairs by Moreddi; table base by Umbo. Shopping information, page 151.




\section*{Why should you remodel?}

A major reason for remodeling now is simply that it may be easier to obtain funds for it than for building a new house. Mortgage money for new houses is hard to come by in many areas of the country and interest rates on mortgages are high. But with equity in an existing house you may be able to raise the necessary remodeling money with a modernization Ioan. In August. 1974 the government raised its insurance of home improvement loans, available under FHA Title I, from \(\$ 5,000\) to \(\$ 10,000\); this permits home remodelers to borrow more money than heretofore from lending institutions nationwide. Assistance in obtaining financing for modernization is also offered by many home improvement contractors according to the National Home Improvement Council and the National Remodelers Association. (The latter, incidentally, forecasts \(\$ 11\) billion expenditures in home modernization in 1975.) Or you may be lucky enough to obtain a personal loan at simple interest or be able to draw from personal funds for remodeling. In any event, you'll be paying your remodeling costs in cheap inflation dollars worth considerably less than the 100 cents to the dollar of earlier years. This is one way of getting more for your money.

Remodeling Recipes: The design, the plan, and, of course, the state of health of your house largely determine What you can do with it. Look it over with an appraising hawks cye. Evaluate how well it works for you. Pin down the improvements you want most. This need not be in specific details of materials and equipment at first but of major, overall objectives. Open it up: If the rooms are too cramped and dark you may be able to open them up by climinating partitions and adding window walls and skylights. These changes stay within the existing sinell of the house, require no new
foundation, exterior wall roof. Eliminate: Has house grown too large for 100 unwieldy? It may lite be possible to clip its wings only the demolition expens removing unwanted ells extensions. Add on: Or it be closed in with no relatio outcloor views or living. calls for "adding on" or panding the house with a bay, room, or wing, glass ar terrace. It requires new o struction of walls, roof, fc dation to extend the house it may minimize alterations doors. Stretch the hou: Have you a number of roc but no room large enough

Whether you should or should not remodel a house does depend greatly on its physical condition. Whatever its charm, it is unwise to spend money on a dwelling that may be unsound in structure, or foundation, obsolete in equipment, or deteriorating in materials. This applies even though you are simply planning to add a new bathroom, a kitchen, or an extra room. A preliminary survey made by a building inspection service or al contractor who is active in home improvement is usually advisable. These specialists can diagnose the state of the walls and roof, of framing, foundations, plumbing, heating and wiring systems, insulation, basements and attics, materialis and equipment. If you don't live in the house, you had better find out its true physical fitness. If you do, a checkup won't hurt.

\section*{How to go about it}

It's wise to have a plan of action from the start. If the remodeling doesn't shut oft heat, light, water, and cooking, you can probably stay in the house and watch over the alterations. If you want to redo the house completely, or the major part of it, it might be wisest to abandon ship and move to a not-too-distant observation post for a time. Or you may be able to remodel step loy step in easy stagesa new room first, the kitchen or a bathroom later. In any case you will require expert guidance. If new planning and design is a major factor, you
> he advantages remodeling What makes a house worth remodeling? If you've lived in it (and this is important) you probably know its assets and drawbacks and are better able to judge them than the untested qualities of a brand-new e. It may offer prodigal space, the larger rooms, higher ceilings char-
 istic of older houses but too costly for new ones. Such space can be opened in new ways, be replanned to be more livable and to de 1975 amenities, which expand the limitations of earlier design. Le house is your own, in which your family has lived, there may be ig attachments to the land, trees, a garden you've nurtured and to a liar, established neighborhood. There is also the investment stake of ey and effort that you have spent on the house and the memory of ished associations. And there may be the beguiling lure of a metamor;is, of the wonders you could do with the house if you were given the ice. In truth, remodeling can result in a more personal, one-of-a-kind e than one built from scratch.

sent-day informal ways of ertaining and living? Why "stretch" the interior by lobining hall and living room dining room and kitchen 1 l just the removal of intewalls? Try a face lift: ithetimes face lifting to imve and update the appeare of a house with minimal 'Ictural change is all that's ded. But most remodeling lars are spent for indoor imvements today, not for the iks of the façade alone. snvert to new use: Gales have turned into family ms, porches into dining galies, attics into children's terory, basements into two-
generation play space reusing the existing space with remarkable flexibility and often with minimum alterations. And the modernization of kitchens and bathrooms, for the same use but with transfiguring improvements is a mainstay of remodeling activity. Revamping the whole house: This is the big one, the total transformation of a house in which it is wholly remodeled inside and out. It is costly, more than building a complete new house sometimes, for you pay twice -to tear down and rebuild. But the end result may be the ideal house for you, achievable in no other way.
rtainly need an architect. : should have the imaginaon to see possibilities you n't and the talent to carry em out successfully. To id one, check friends, scan agazines, call on your bank id local real estate brokers d then consult several archects known for remodeling :pertise and visit their jobs. most home improvements, owever, your contractor will : the key man, the one who urries out the work. He must ? chosen carefully. You can cate him through home-im--ovement centers or nationorganizations like the Naonal Council for Home Imrovement or the National emodelers Association, with ,800 members throughout 1e U.S., principally in the astern states.

The contractor should have an established business so you can check him out for financial and credit references or for a Better Business Bureau rating. Ask to see houses he has remodeled and talk to the owners. If you contract to use him, he should subnit specifications on materials and labor, an estimate of costs and an overall package price for your remodeling job. You'll need it for a bank loan. He should guarantee the quality of the workmanship (or have an arbitration clause in his contract if it comes up for questioning), and get warranties on equipment and materials he installs. He should know about local building codes and if building permits and fees are required for structural changes.

\section*{Rules for remodeling}

1Before you deal with architect or remodeling contractor, list all the things you want done, including repairs, new work, painting, details, so your needs will be clear to him-and to you

2When plans and specifications are prepared by architect or contractor, study them with minute care to be certain they include everything you want, yet nothing extraneous. Approve them by mutual written agreement and abide by them because any changes will be costly and upset the building process and timetable.

3Be sure you understand the quality of materials, equipment, and workmanship you are to get and that your contract specifies brand names and quantities.

4Standard and stock sizes in lumber, wall panels, doors, windows, trim, hold down costs, so ask your architect or contractor to make maximum use of them wherever possible.
Adding space to a house is less likely to be part of a house. And sheer space per square foot costs less than kitchen, bathrooms, mechanical equipment

6Don't try to cut costs on heating equipment, plumbing fixtures, kitchen appliances, flooring, hardware, lighting fixtures. They must work and wear well and replacement is expensive.

7You or someone familiar with your remodeling project should keep close and constant tabs on it in case the architect or contractor should slip up or goof on some important detail. Alertness is the watchword!


If you are remodeling a house you haven't lived in and want to revise the landscaping at the same time, be cautious. You should first see trees, shrubbery, garden in all four seasons of the year to make the right decisions. And remember. if you plant new trees and shrubbery, they double in size in five years and shouldn't be planted too closely now.
- Your contract should include a cleanup by the contractor of all building materials and mess when the remodeling is completed.

Finally, you'll need a good measure of patience and fortitude. Remodeling alwus takes more time than expected. Materials an ment are not delivered on schedule; workm m don't stay on the job; weather can affect the imetable. But it does get finished and it's worth the struggle.








 motimes (kerotations atre bontoweal duch (kecons from the I whe Art Maseum, Intram baskers from the Museum ol Ine American Indian. antigue silver from the Smithsonian
Inserystal from Steuben-sometimes they are from White House collections, kept in display cabinets. "The evening becomes much more personal. People look around, they like to see what's on their table, and what's on other people"s tables," says Mrs. Ford. "It"s a great conversational icebreaker. I lry to show tinest American eraftsmanship, old and new. We have so much in our country of which to be proud.














\section*{t built in 1835, this New England farmhouse has} in bit by bit for 140 years. The present owners, spend weekends year-round there, wanted a se to contrast with their city apartment. To harlize with the history already there, they used as ih as possible of what already existed. There no major rebuilding to be done, but in redecing, Mark Hampton of McMillen had to include the charm and some eccentricities of several ;, as well as make a background for the owners' h-century life and a few favorite collections
-he original farmhouse has the plain and upright s of New England. Later additions, on the side ' in back, leave the façade to the 19th century. Dining table and chairs came with the house.

The table, an orphan, is under a permanent cover that can be topped with other cloths as the occasion requires. :8. The bow window, a contribution from the 1920s, overlooks a garden of old-fashioned flowers. 1. Most of the rooms are small, but the living room and the master bedroom over it are huge. The living room is comfortable and contemporary. Plain colors and clean lines dominate in a room designed to be without clutter. The banquettes, in sections so they can be rearranged, are upholstered in brown suede and also have summer slipcovers in beige poplin. Books on white shelves the length of the window wall give weight and color to the room. \%. The coffee table is by Mies van der Rohe. Centered in the south-facing window is an ancient Irish mahogany hunt table. From different centuries, they are still comfortable companions.

\section*{lecorating for}
new country charm with a JEW ENGLAND FLAVOR





\section*{new furniture zest for afresh air summer}

lightweight, comfortable, easy care furniture can make it that much more enjoy able. Left: A redwood dining deck and terrace for sunning. Canvas covered chairs and sun mats wash easily, dry quickly in the hot sun. See more of it on page 68 1. Rattan lamp table has a rattan veneer top, wagon-wheel, open-work base and is 27 inches in diameter. Imported from Spain by Broyhill. 2. One laminated butcher-block shelf for a three-tiered baker's rack. Shelves have graduated widths -widest is 21 inches. By Meadowcraft. :8. Yellow vinyl straps over a lightweight white frame for a club style chair and ottoman. By Telescope Folding Furniture,
2. Rattan and bamboo finished to look ke tortoise shell. Table measures \(311 / 2\) ches square; chairs are about 37 ches high. Both imported from Hong ong by O'Asian. I:t. Portable 8-track pe player with a two-speaker system. s powered three ways to make it an ;pecially constant companion-run it h batteries, an AC cord, or on a car/ oat adapter. There's a microphone input ck for public address, too. "Loud Flouth" by General Electric. Right: Wallapers, fabrics, and ceramics play gainst each other in a wonderful mixire of mediums and textures. Large hoto is "Woodgrain" wallpaper with a 0 -inch dinner plate and two mixing owls in the exact design. Upper right: Flax" cotton fabric and a bowl with un-
erplate also glazed "Flax." Lower left. Spatter" wallpaper and "Spatter" bow fith trompe l'oeil pierced holes that patter light right through it. Lower right. Moiré" cotton fabric and a \(141 / 2\)-inchiameter plate. Wallpapers and fabrics esigned by Albino Cimonetti for the Naturally Collection" by Hinson. Ceram cs by Roy Hamilton. Shopping, page 151.


\title{
What every family thinking about remodeling should know about Thermador's triple oven
}

The most important reason for remodeling is to make your kitchen more attractive, more convenient, and equipped with modern appliances that save you time and energy. That's what Thermador is all about.

In one sleek, built-in unit, Thermador provides this time-and step-saving combo:

A microwave oven that cooks fast, cooks cool. Ideal for a whole meal or a snack.
A self-cleaning oven when you want to do conventional oven cooking. Cleans itself!
A stay-hot oven located conveniently in between, to keep everything serving hot.

Remember that quality, convenience and beauty are trademarks of every built-in electrical appliance made by Thermador


\section*{"'Mix lemons, summer squash, Chinese cabbage, and daffodils with fresh peas in the pod for a charming centerpiece"}

\section*{Edible centerpieces}
continued from page 42
abte erlible centerpiece (o be atdmired at one paty and caten bit by bit later (the bread preserved in the freezer)

Flowers may be fucked in and aronmal breads-daisies, gerantums, daflodils, or a mixtmor of fielel flowers and sprigs of wheat, which complement breads beantifully. Comsider what you can create with shape-bathe bread in a Bumdt patr or ring mold amd center with a parster and radishrose bompuet and small, harelcoobed eggs. Brown-and-serve breats combe in ereat shapes tox, sto atovone with a little ingemity (all make a bread abstraction.

Glbe moringues together will frostiag for clomllitio collstrmblion lo loolll frostod fruils, coudies. or fragile flomers. If rou have a fine latud with (reath puif dongh, buidda ( Xropuembonche- that classice Fremed swed, a peramid of smatl profiteroles cemented together will catamed glata, which pullerl apart for indivichal とonimes.
So expmister in themsetves. frails and vegelables con bo commbined Io make arresting eemberpieces. I lon (o) me them. sometmes with flowors, alwass salsaming lheme for salads, somps, stexs. Following a particular conk pattern is sery satistring-smail red (abbages babs egoplants. pinh cation leams, thandert, white and purple turnips epited. perlaps, With stramberries. Belgian emelive, whole or in leates, will Brassels spront roses (plomge pronts into lot water for a few mimmes and tolld bach the onter keales). \athe a lofe mase with a Sisw (ablonge, asam the leasen molled batch. amblamelseaper it with pate encern peppers. time artichenes or wher, and some butisht lowers inserter right inte the heart at the

 (aldsace and dallorlits with fresh peats in the pool. heroporate (o-

broceoli, and daisies. The eomb nation possibilities are endles: Tootlppicks, skewers, and flomist foan are what you need to do th jol). 1 spmated sumberpieces wit ome of those monstich vegetal) oils for gloss-they remain edible

Be atulacions will you. robllainers as well: mushroon bashets mathmal or painted; hamricane shate laded lengthwis Crammed with arresting fruits and vegetables poming omt of each cud; an interesting cooking utensi spilling with produce

Although not matsial, - Ihe chereseboard is almays appeal ing.particulanty when ased for an athstrate composition built up witl seremal kiacts of cheese-hul awoic the orer-aromatic
"Parkage drals" aro lots aj fann amd challenging-llose mut-of-the-otdinary containerstyp ical of certain foods The Duted cherese, tor instance, which comes int asplerical tin that maty be operned at midrifl and the hatses mosel as wases witl reel, white, athd bher flowers. Xiv them with lots of charming dreese boses piled aromad them. Cheese boses alome are great. All kinds and condilions propperd imp, riperaded, flat, stapled to each other to show ofl the lathets amd shapes. You mave ako like an arrangement ol bols of bones to be fillere with a whote prowolme cherese in its roper eradle, hamel samsages at rattan-conered wince bettle, a few bread sticks, all tricked out witl (hechered may)kins tuchere in and abont. Trean assomblange of foreign cams, filled (or ('mply: All thase marveloms siacs amel momstal labels! Don't orortoreh jars amol bottles. pred
 lime pichles, lomemate preserves, fremelt chestmots, fance mamalades, mometard pots sontl create the emparet voll get at mex of the greal delicater emporimos such as Famchon or Fortmon d Vason. ( amm the visual delights of the bemmilutly stoched shelf to your table and enjov the erontents too.

To barbecue small fish (In all "pron firr, a lome-lamullid.





\section*{WNE\&FOOD}

A SUPPLEMENT TO HOUSE \& GARDEN OF QUNOK TIPS SUPER RECIPES-EXPERIADVICE



\title{
Terrific new barbecue tips and recipes from great cooks
}
by Jane Ellis

\section*{SAUCES AND MARINADES}

\section*{LEMON BARBECUE} SAUCE FOR CHICKEN
（from Manrice Moore－Bclly） In a bowl mix the juice of 1 lemom． \％medium onion，finely chopped， 1 tablespoon peanut butter，早 cup oil，\({ }^{2}\) teaspoon salt，and freshly gromed pepper to taste into a paste and brush on 4 to 5 chicken pieces． Grill chicken and continue to baste throughout cooking．

\section*{RICHMOND BARBECUE SAUCEFOR \\ PORK OR SPARERIBS}
from Exan Jomes＇s mew book
American Food，
The Gastronmic Story［Duton］） In a bowl，place 1 tablespoon dry mustard，2－3 tablespoons grated maple sugar or other sugar， 1 tea－ spoon celery seeds， 1 teaspoon salt，豦－teaspoon red pepper flakes， 1 teaspoon freshly ground hack pepper．Put 1 cup tarragon vinegar in a salucepan，stir in the dry ingredients，and boil for 5 min－ utes． 1 cup．

\section*{CURRANT JELLY GLAZE}

Combine \({ }^{3}\) cup currant jelly and （1）（1）Hein\％Wine Vinegar in a sancepan．Heat mutil jelly melts． Use as a lomish－m or pour－in satuee for sparerils churing last 30 min wes of coohing time

\section*{VERMOUTH MARINADE FOR FISH}

In a exered jar shake wether ba


ROSEMARY MARINADE Marimate vergetables in da cup salact oil，疾（up）dry white wine．I small dove garlic，minced， 2 teaspoons rasemary，and \(\frac{1}{2}\) teaspoon salt be tore barbecuing．

ROBERT CARRIER＇S
LEMON MINT MARINADE FOR LAMB CHOPS
 olive oil， 4 teaspoons fresh mint， 1 teaspoon lemon rimd，I clove gar－ lie；marinate 6 chops in mixtme up to 2 hours．Drain，salt and pep－ per chops before barbecuing．

\section*{SHERRY－APRICOT GLAZE}

Mix＇s cup sherry，\({ }^{2}\) cup canned apricot nectan，and 2 talbespoons brown sugat and brush on pork kebols about 10 minutes betore cooking is finished．

\author{
MUSTARD LONDON BROIL
} （from Ralph Mmeller） Rub）the entire surface of a London broil（room temperature）with equal amounts of light mustard and vegetable oil，and marinate meat 15－20 minutes per side． Place meat on a hot grill and spread about of of the remaining mustard mixture（on top；when meat is turned．spread the remain－ ing mixture on top and cook until desired doneness．

\section*{BARBECUE RECIPES}

\section*{VEGETABLE KEBOBS}
（from Jecan Herilt）
I small e eseplant，umperled

\section*{atid cubred}

2 small zucchimi，in 1 －imch sliees
2 small yrellow squash，

\section*{in I－inch slices}

I pint cherry tomatoes
yo pound masituroom cotps
I laree green pepper，culoed
marinade from shrimp and scallop） keboles or oil
Stean ecroplant，znecthini，ancl sepuash separately，but do mot lot vegetables go limp）．（On skeners therad the stomed vegetables at－ ternating with tomatoess．mosh room capss，and Eroen pepper． Brash vegetables with some of the matriade from the following fish dislı or with oil and aook owor but cobals matil done，tuming olton， about 15 mimates．Vakes 10 －iv．
\[
\begin{aligned}
& \text { SHRIMP AND } \\
& \text { SCALLOP KEBOBS } \\
& \text { (/rom Jcc(ll \|l:ull) }
\end{aligned}
\]
（ cup）oil
©（cup）lemon juice
salt and freshly！eronumb black
mepper to taste
1 clore garlice，fincly chopped I tablespoon fresh smipperel dill
3．shallots．fimely choppeed I tahlespoon parsley，choppe al I poumd ran shrimp），shelled
amd dervimed
1 pound sea secallops．

Wis oild lemon juice and salt and pepper tugether．Diside mivture into 2 bow h and atd Lartic ancl dill to mee bewl，and shalloss dinl parsley（1）the other．Add slinimp （）the exarlic marinade and scallops （1）the blatlon marinate．（oner stimine oceasionalls．Thead slrimp and scallops an inclividtual bamben shemers soaked in watter． 6ok onor lion coals for fo minater
 shrimp ato pink and scallopps patpres．\！akers S－I2 shewors．

\section*{GRILLED SARDINES}

\author{
from Darill Mass：り，
}

\section*{lares gerlic clon}

\section*{larse onioms}
－ 3 Traspoons lurissa Timisian comdime＇ul，arailable in
sourmel shops．）
about 学（＂up）olice oil（monch

\section*{oil should be ussed to coner}
fish if macerated）
lemon juice to taste
2 large lomatocs
2 large green mppers
ronud slices of lemom
fresh sardimes．sprals，or smelts
lat a blencter place gatlic，onioms
harissa，oil，Femon price，bomatoms． grecer peppers，and blend．Simere shomble be the emisistener of thick tomato paste．If son wish，mater－ ate lish in sumer betome gralling． Place lemon slices，fish in rommal
rill，grill oxer ver loot catals
ath banches of lemole ar mas
haty，if possiblae sere 11 ine d forel

BROCHETTE OF RABBIT
（）rome Imelre Simm
boucal rabbil，in＇incle cabe
all．Pepper camelth！！me lolas）

\(\qquad\)
\(\qquad\)
 Hivine．On stewers，mathe Clatte altormating （oubers，smoshed baten
\(\qquad\)
\(\qquad\)
\(\qquad\)
with rice ，wel Beraramise s．luce

TEAD buc sew barbecue tips continued from preceding page
 （ioat loeth sules of the steah with wit ame sprinkle with salt and pepp－ per：Plater fish in wire－hamelled hanged Erill．Position the grill abont 6 incles from moxlemately loot conals．Both sides shonlel bee well lorownerl in 20 mimtes．P＇re－ leat onen to ：350．Remene fish to an orem－proof dish and upriakle with lemon fuice and «ringer allud bake for 20 mimules．Pomir Benme Vaitre d’llotel sallee ower fislı just before servinge Server 6 －

\section*{BEURRE MAITRE D＇HOTEL}
＇spomel hutl＇r
2 tahlespooms vallots，chopped 2 tablespooms hemon juice salt and proper．to tasta ＇alup parsite\％chopped

In a silucepan melt butter－it shoukl be wamo．not hot－add shal－ lots．lomon purce，salt and pepper， keep walm，Betore serving swirl in pambley．Semestors．

\section*{MIXED ROAST}
from th：Roma Di Vothe
1 pemmel lop bull of beaf，cul）ed

I peomed loin of pork，cubed

olier oil to corer miviture
2 tablespoems rosemary
grectl perpper，（ent intosmall priseces mushrooms
Spamish omon rimes
bacon．sut into small piceses
Ho a bowl plate all meats，cower Witlı olive oil ancl rosemary，and maninate mixture for 1 week in re－ frigerator．Place cubers of meat on a roastines spit（I spit per person） anel altermate with vergetables ancl batonn．（ harcoal wer lickory asha for 20 mimber．If yon me rotating chatreaal broilere ase drippings to baste，it mot，nse marimade．Seves 4－6．


Brorbettes of shimp，tomatores amd peppers are hasted with olice oil， sevteal with a samer Gribiche．

\section*{MICHAEL＇S PUB MIXED GRILL}

I lambliducy，corred，salted
2 small pork samesagess，scorced
I ribl lamb）chop，fat remored 3 onnces calleses lizor，seasoncel
with sall and pepper
21 －ommere servings of Camadion
bacon，partially cooked，dramed皆 tomator
1 Iarge mushoroom coap，fluted
Prepare the charcoal grill 30－45 minutes betore cooking．Fine gray
ash shomld appear on the co surface before cooking．On a ske er，place kidney，satusages，lan chop，liver，baeon，and cook fo mimites on eath side．Just befi serving add tomato and mushoro （ap）and coook lor about 1 minu serves 1.

\section*{FISH COOKED IN OPEN FOIL}
（from Bob Brouco）
\(4-5\) poumd floumeler or se＇a bass 2 small onions，chopped 2 cloues garlic，fincly mineed 3（ap）．Mazola oil
juice of 2 lemons
I tecs．ppoon oregamo
I tidasponem driced basil
1 tahlespoon parsley，chopped salt and peppere to taste
Place fish on a sheet of foil and st asicle．In a bowl place omions，gat lice，oil，lemon juice，oregano，basi parsley，and salt and pepper an mis well．Pour half the satuce ove the fish；pinch the foil togethe leaving an opening across the fish cook on a charcoal grill until fisl lests done．Serve with additiona satuce．Serves 4－5．

\section*{QUICK RECIPES}
－Fin a SEAFOOD BARBECUE，
Joe Hyele pops well－cle：ancel and scrablieed clams，ovsters，amel muns－ wh oner a bot charcoal erill and （o） with lemon bintter．
－Toj）（dhacomat－wrilled strah with huo，of ROSEMARY BUTTER betane servinge．In a lownl，work
 sitl｜ 2 teaspeoms driced resemary
－dul Blue cheese flavor to grillack it it ugerels Janlen mel adits formal the cherese





\(\qquad\)
－\(\| 1.1 \jmath\) BACON AROUND SMALL CUBES OF PINEAPPLE AND BANANA．（iill 心い（mil）


FRESH FIGS in laton and grill until bacom is（risp）．
－Fu SPIT ROAST LIVER，Philij Brown rolls and ties a 4 －pomol piece of calf or beed liver amel com－ pletely coners it with bacom，fas－ temine with tootlipichs．Place meat
 motil a temperature of 1.50 is rearhed on the thermometer． Serves（6－S will Béamaise saluce．
－P（ol）RED ONION BUTTER （11）becelsteak amd lamb chops． Sante I latge reel mion，fincly （hoppere，in 2 table lesponis hatter matil soft，and ackl 2 tablespermis wh wine and cook matil liguicl has

 41 and alml in blenulem imal －FRESH STRIPED BASS OR



 mim：thar of brale b：llel a hllle．

on the fish together with a little wine or tomato，if you wish，almel watp completely in loil．Cook on lop of a charcoal grill turning from time to time．A 3－5 pound fish will tahe 35－40 minutes．To test it fish is cooked，pull bone back on fin． If it comes ont clean with no fish attacherl，it is dome；if meat is still attacherd to bone，it is not yet sut－ ficiently cooked．

\section*{－Fix GRILLED CHICKEN} WINGS，as suggested loy Jach ancl Jamie Divies of Schmamberer Vineyards．Peach chicken wings in herbed chicken stock，laceed with （hamplage，if you wish，for 15－20 mimutes．Pat wirgs dre and lightly bomen them on the grill mat （rispy（alomt 5 S mimotes，no mome）．Sprinkle with lemon pep per athl Beant Voncle seatoming alld seme．
－Iu prepare grilled SKEWERED QUAIL，Diome Framer stufls the
 1 armlice leser，salt，aucl peppere mat thereads it om at shewer and bonls for 20 mimmen tmomes lamel frepmonts：
－BASTE HAMBURGERS with 2 teaspoons Kraft Barbecuc Sauce mixed with \(1 / 2\) cup melted butter．居 cup lemon juice，尚 teaspoon salt．
－BASTE LAMB with a mixture of 2 tablespoons grated orange peel． 2 talnlespoons chopped pars－ liy， 2 tablespoons honey，and \(1 / 2\) （11p）melted butter．
－For ROCK CORNISH GAME HENS WITH TARRAGON，Paul Bommer conts liock Comish game hens in half and pounds them to flatten wangs．Slather with tarrat gon loutter and broil on a hibachi For \(1 / 2 h^{2}\) hom basting from time to time．Mr．Bommer also broils giant shiring）bathed in garlic butter on a hibatehi．
－LAST SWEET NOTE：Speill lresh finit pieces－segments of apple or peare，small whole apri－ （onts，or cubes ol melon on a skewer －suggests Robert Carrier．Mari－ Hate in ：mivture of freshl graper－ lmit，omage，and lime juice with lomer amel a few mint laases．Timm them on the grill lor al mimute or （wo and some with veghart．

\section*{Inventive pasta casseroles}

\section*{4 \\ to make ahead and freeze to make the day before menus to go with them}
－

Cold Shrimps with Pesto Sauce Shell Pasta with Eggplant，Sausages， and Tomatoes＊ Fresh Fruits Espresso

\section*{SHELL PASTA WITH}

EGGPLANT，SAUSAGES， AND TOMATOES
pound eggplant
caspoon salt
2 pound sweet Italian sausages
up onion，chopped
14 up green pepper，chopped F caspoon garlic，minced teaspoon femmel percales neh sugar
cups calmed imported tomato r
chopped with liquid
upper to taste
pound shell macaroni
（manuząlle）
cup olive oil
pound mozzarella，sliced fie the eggplant in half length－ rise．Cut one half into slices eh thick and cube the rest． prinkle with salt and let stand． rick the sausages and cook them a a skillet with a few tablespoons vater，covered，for 10 minutes． Uncover the skillet and cook for bout 10 minutes more over mock－ rate heat，or until they are well owned．Transfer to a dish and slice them．Pour out all but 2 tablespoons fat from the skillet and cook the onions and peppers until they are softened．Add the garlic and saute 1 minute．Add sausages，fennel，sugar，tomatoes， and pepper．Cover and barely sim－ mar for 30 minutes．In a large knt－ tee of salted water boil the macias－ min for \(10-12\) minutes，or until it is barely tender．Drain and toss in a bowl with tomato sauce．Dry the eggplant and saute the cubes in half the olive oil until they are very lightly browned．Spread half the shells in a shallow，3－cpuart baking dish．and cover them with the cubed eggplant．Spread on the re－ manning shells．Saute the remain－ ing sliced eggplant in the remain－

\section*{by Elizabeth Colchie}
ing olive oil and arrange the slices alternately with overlapping slices of mozzarella to cover the top completely．Cool．Cover tightly with foil and freeze．Defrost over－ night in the refrigerator．Bake in a preheated \(375^{\circ}\) oven for 30 min － utes．Uncover and bake for about 30 minutes more，or until the top is lightly browned and the cheese bubbling．Serves（6－s

\section*{Asparagus Vinaigrette Lasagne with Veal， Mushrooms，and Peas in Cream＊ \\ Strawberry Sherbet and Lemon Thins Iced Coffee \\ LASAGNE WITH VEAL MUSHROOMS，AND PEAS IN CREAM}

1 cup onions，minced
桨 cup）carrots，minced
告（cup）celery，mimed
Stablespooms butter
I pomade grommet coal
1 cup ea l stock or chicken broth
1 teaspoon dried tarragon
salt and pepper to taste
1 pernod mushrooms，thinly sliced and tossed with juice of

\section*{層lemon}

Siablespoons flour

1 cur）light cream
！teaspoon nutmeg
I teaspoon all
tíleaspoom white pepper er
I（＇up）frozen small peas，defrosted居pound lasagne
Stir the onions，carrots，celery in ： tablespoons butter in a large skit lot for 10 minutes over moderate beat，or until they are softened Accel the meat abel loss mont browned．Add stock and tarragon and barely simmer the mixture partly covered，for 30 minutes Abel salt and pepper to taste．

Saute the mushrooms in a skillet in 2 tablespoons butter for 4.5 minutes．Transfer them to a plate． Add remaining butter to the skit let．When it is melted ard flow
entertain outdoors with all the grandeur of a royal feast．．． MAGNIFICENT MEATS THO FROM＂King Steal y




 \(=\leq\) - 4
\(\qquad\)

Sliced Anjou Pears
with Westphalian Ham Ricotta and
Spinach-Stuffed Manicott, with
Tomatu Cream Sauce* Caffé Granita Cinnamon Thins

RICOTTA AND SPINACH-STUFFED MANICOTTI WITH
TOMATO CREAM SAUCE

\section*{Sauce}

1 2-promul : З-oumer com
importad fomators
2Iraspoomis dricel hasil
I Measpooms suger
2 lablespoomis buficr
2 lablespooms flom
\({ }^{2}\) (cup) licaty crocm
salt and pe perer lotaste
Ronghly (hop) tomatoes and comb bince thent with their liguitl in a samecpan with basil aud sugat

Simmer concered for 10 minutes. Paree themeh the medime disk of a foend mill mus a bowl for the (leaned sumcerpall mett butter, stir in flome ducl stir wor moderate lead a ford mimbers Adel tomato paree and harely smmer 25-30 mimmes, stimmg occasomally. Add heary cream, satt ame pepper.

\section*{Stuffing}
', cup) shallots, fimcly mincod
2 tablespeomes hultar

deveosted, woll-dramed
(2': (しup)
3 cups ( 240 ommers) uholv

\section*{millk ricolla}

L'a cups fresh soff bread crmules. lishilly partical
3) rexigs, lighlly beato

I locespoon salt
pepper and mutmers lo lask
I ('u) P'ammesan clacese. wralr d
? poumal mamicolti
(about \(1+\) tulnes)
ha a shillen same shathets in buter for a few mimoles. Ackl spinach

athel cook ower high heat to evapor rate any juices. Combine in a bowl with ricolta, (rimmbs, egess, sath, pepper. momes, and add \(\%\) (up) larmesan cheese. Boil the manicotti in a large kettle of satted water lor 6 minutes, or until it is just softened. Drain, rimse, and spread on a towel. Pome hatf the sance in atr S-by-16-inch shallow baking dish. Fill the manicotti with the spinath mixture, using a spoon. Place the tubes tighty together in the dish. Spread oner the remaming samere. Cont completely; cover with toil and freeze. Defrost owernight in the refrigerator. Sprinkte with the remathing cherese. Cover wilh toil and bake in preheated 350 wentor 40 minntes. Vneos or and bake at \(425^{\circ}\) for 10 minuters. Servers 4-5.

Mushroom Broth with Dill Macaroni Casserole with Tongue and Gruyère* Spinach-Stuffed Baked Tomatoes
Pears in Wine

\section*{MACARONI CASSEROLE WITH TONGUE AND GRUYĖRE}

SIablespooms buller
B lablespooms. flour
2 (rups milk
3ifaspoom salt
pepper totaste
"itraspoon mutmerg
2 ('ups.s lonstue, furly ( cul)ed
 2 tahbespooms chires, minced Tabasen to tasta
Tpomal chbone, twist, small snail. or wason wherl macaromi
2all) finc dry lread crumbs
Woll 3 tablesponems butter in sumcepant and star in flonme. Stir over moxlerate heat lor a fow minulos. Add milk and stir al lew mint wes more. Add salt, peppere, mitmes, tomguce, dreese, ditios, and Tabaseo. Boil macamonit in a large herle el boilang salteet water ime til it is pust bamely tometer 1)tatu it and loss wath the sames. Speron the
 (assemenc. spomble it will lle (mmis and dut lla lop witi re

 wamight in the retrigeralom Bahe.



and relrigerate for up to 2.4 h Bake, conered, at \(400^{\circ}\) lor 25 nes. Theover and bake fo minutes more. Serves \(4-5\).

\section*{Cucumber Salad}

Shrimp-filled Cannello with Curried
Cream Sauce*
Fresh Cherries Almond Macaroons

Espresso

> SHRIMP-FILLED CANNELLONI WITH CURRIED CREAM SAUCE

\section*{Cannelloni}

\section*{- regs}

3tcaspoon salt
1 tablespeom alize oil
2 tablespooms warm water,
approximately
2 (гирs. flour
la a small bowl beat toget lightly the eggs, satt, oil, and lablespoon water. Place flour in bowl and gradually add the licpui adding mone water if necessary make a ball of dough that holds t gether. Wrap the dough in plast wrap and let it stand for 30 mis wes. Kinead the dough vigoroms for 10 minutes, or mutil it smooth. Wrap it in plastic and la it stand for 1 hour. Halve 1 dough and wrap one half. Roll on the other hatf on a lightly flome board, stretching it gently wit your hands when you tum it, mut. it is paper thin. Cut into 16 rec tangles about 4 by 3 inches. Re peat with the resi of the dough Sprinkle lightly with flour, wral in plastie, and relrigerate for up) th 21 hours. (Or ase immerliately.

\section*{Filling}
\%apucrery, minced
I cup scallioms., thinly sticed
fä) bulter, and extra for top)
2 traspooms comiander
\({ }^{2}\) Zrasperm cardamom
tasporm turmeric
be fraspoom fomul poucter
Fläspoon cimmamon
'ícaspoon' mace
's ("u) flowr
I lablespoon tomato praste
\(2^{2} 2^{2}\) cups fish stock on clam juice
3 eups light corem"
l'mon juice, lo lasta
salt amel proper, lo tashe
2 pomulls shrimp. perlod amel finc:ly chopperel
tute the celery and scallions in ytter in a large skillet for a few inutes．Add the spices and stir i a few minutes．Add the flour id stir for a few minutes more． dd tomato paste，stock or clam ice，and cream；bring the sauce ，a simmer and stir at a bare sim－ －er for 10 minutes．Add lemon hrice，salt and pepper to taste．Re－ Hove and reserve 3 cups of the ormee．Add shrimp to the remain－ er in the skillet and stir over foderate heat for a few minutes ntil they tum pink．

\section*{ssembling Cannelloni}
a a large kettle of boiling salted ater cook the cammelloni for bout 4 minutes，or until barely ender．Drain，rinse and immedi－ tely spread them flat on kitchen wels．Spread slightly less than alf the sauce in 2 －by－ 8 －inch aking dishes．Place a tablespoon f filling on a noodle and roll it ghtly from the strort end．Place he filled cannelloni in a baking ish．Continue the proceess until ll are stuffed，arranging the tubes nugly in the dishes．Spreatl the emainder of the sauce on top and lot it with remaining butter．Let ool completely and wrap．Re－ rigerate the cantolloni for up to th． 4 hours．Bake in a preheated d \(350^{\circ}\) oven，covered，for \(20 \mathrm{~min}-\) intes．Tum the oven to \(450^{\circ}\) ，un－ wher the dishes，and bake for about 10 minutes more or until the auce is bubbling．Serves 6－8．

\section*{Molded Vermicelli， Prosciutto，and Fontina with Tomato Sauce＊ Fennel and \\ Green Bean Salad Poached Pears Coffee and Tuiles}

\section*{MOLDED VERMICELLI， PROSCIUTTO，AND FONTINA WITH tomato sauce}
\(y_{2}^{2}\) pound very funcegg noorlles （cermicelli）
2 tablespoons butter
pound proscintto，thimbly sticed and diced
2 egas
2 egg yolks
3 cup heavy cream
ly cups milk
12 poumd Fontina cheese，grated salt and pepper to taste
mutmeg to taste
Ifup fine toasted bread crumbs Boil the noodles in a large kettle of salted water for about \(7 \mathrm{~min}-\) utes，or until just barely tender． Drain and toss in a bowd with but－ ter and prosciutto．In a bowl beat together to blend the eggs，yolks，
cream，and milk．Add the cheese． Mix with the noodles and season highly with salt，pepper，and nut－ meg．Heavily butter an S－cup porcelain baking dish．Fit a piece of buttered wax paper in the bot－ tom and coat the dish with crumbs．Turn the misture into the dish，let it cool completely，and eover it with foil．It mav be re－ frigerated for up to 24 hours． Plate the dish in a pan of boiling water and bake it in a preheated \(350^{\circ}\) oven for about \(1 \%\) hours，or until it is set．Run a knife around the edge and ummold onto a serv－ ing dish．Remove paper．Pour some of the satuce around the edge and serve the rest separately．

\section*{Sauce}

6 large ripe tomatoes
1 cup Marsala
3－4 large strips orange peel salt to taste
Chop the tomatoes and combine them in a saucepan with the Mar－ sala and orange peel．Cover and simmer for 5 minutes．Uneover and simmer，stirring often，for about 30 minutes，or until most of the liquid has evaporated．Press mixture through the fine disk of a food mill．Add salt．Serves 6－S．

\section*{Clear Beet Borscht Noodle－Fruit Pudding＊ Roast Chicken Coffee and Candied Nuts}

\section*{NOODLE－FRUIT PUDDING}

3 cups tart apples，peoted and dicerd
哟 cup）hutter，（and extra for top）
tá pound egg noodles
3 cggs
12 cups sour croam
3 tablespoons sngar
1 teaspoon cimatmon
2 tahlespoons popply seceds
寻 cup raisins：
salt and pepper to taste
统 cup fine dry bread commbes
Satute the apples in 1 （ap butter in a large skillet motil golelen．Boil noodles in a large kettle of boiling salted water matil just harely ten－ （ler．Drain well and combine them immediately with the apples．In a bowl beat together lightly the eggs，sour eream，sugar，cimat－ mon，poppy seeds，and raisins． Combine the mixture with the ap－ ples and nootlles and add salt and pepper to taste．Tum into a but－ tered 5－to－6－eup baking dish， sprinkle with the crumbs，and elot generously with remaining butter． Cover and refrigerate for up to 24 hours．Bake in a preheated \(350^{\circ}\) oven for 30 minutes，covered．Un－ cover and bake at \(3.5^{\circ}\) for 15 minutes，or until the crumbs are
lightly browned．Or bake the pud－ ding immodiately and let it rest at room temperature for several hours．Serves 4.

\section*{Greek Olives，} Fennel Sticks， Watercress Sprigs， Breadsticks Lamb and Macaroni with Saffron Custard Sliced Oranges with Slivered Candied Ginger Turkish Coffee

\section*{LAMB AND MACARONI WITH SAFFRON CUSTARD}

渞cup sweet red peppers，minced受cup onions，minced
6 tablespoons hutter
14 poundslean ground lamb）
1夋 teasproons garlic，minced

8 oumes tiny elbow or
small corkscrene macaroni
2 teaspoons cornstarch
cery big pinch saffrom poucler 2\％cups milk
Begg yolks and 1 cgg
1 cup ricotta
salt to tasic

Sante peppers and oniont． tablespown loutter in a large let until soff．Add meat and gar． and tuss the mis ture until the meat is lrowned．Pour off most of the tat．Ald the tomatip purce or sance and Conk a tew minnter．Reserve． Boil the whearoni in a large kette of saltect watce \(f\) or -C －minuter，or until it is pust barek tember．Dram and tuss with 1 tablecy ter．
Mele the remaining Inuter on ： sancepan and stir in the combtarch aned satfiron．Add milk and stir the misture until it comes to a boil． Beat the eggs in a bouvl and grad－ nallv beat in the hot milk．Press rieotai throngle a sieve into the custard and mic well．Taste for saffrom and add salt．In a deep） Daking－serving dish alout 6 by inchess make 2 lavers each of the meat and macarmi，begimining with the meat．Let the misture cool empletely，then pour on the cooled custard．Cover the dish anel refrigerate for up to 24 hours． Bake in a preleated 32.5 onem for 1 hoour，or until the custard is set．May be served hot，wam，or at room temperature．Or lake the dishlimmediately and leet it rest at room temperature for several hours．Serves \(4-5\).

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aushat ath verniouth --the newest martini. Plus more delicious dri
from 3 mamer all year resort hotels in Puerto Rico, the Caribbean isli
that Lamous for light white or golld rums. by Mollie E. C. Webst




\section*{FROZEN PURPLE PASSION}

\section*{MAI-TAI}

House \& Garden Kitchen \& Bath Guide

This great guidebook from House \& Garden contains ideas galore that you can use to decorate the kitchen and baths you have. \(u\) create new ones Now you can turn wasted space into storage space or make two baths out of one. You can give your kitchen the distinction of wing like the central room of Nour house the real headquar tor for famıly livint eqs sining.

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\section*{FARTY PUNCH}
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HowYOUC Can Turn Ba-TOoss Sino Golat!
}

\section*{My husband laughed when I told him we could rake in over \$500 a year with mev "crazy" idea. "Too simple," he said. But today we both laugh all the way to the bank.}

From this moment on, forget everything you've ever been told about making and saving money - because almost over night you can learn to change your mail box into a money machine. You'll learn how to open it six days a week for the next year to pull out a guaranteed minimum of \(\$ 500\) absolutely tax free or your money back.

Unless you simply don't need \(\$ 500\) in extra cash for 1975 - to spend any way you like - take a few minutes to read about the simple, step-by-step method I've worked out.
The method is so incredibly easy that anyone can master it quickly - yet so valuable that it will give you and your family the money you need to buy the lux uries in life before you are too old to enjoy them. You can follow the method in just a few spare minutes a day - without any previous experience. And yes, it's all perfectly legal.

Sound impossible? It's really not. In fact, it's been proved by thousands of people just like you. You CAN learn the secret of how to get SOMETHING for NOTHING through the "magic" of refunding. But first, here's exactly what refunding is and exactly how refunding works.

It's simplicity itself. Refunding is the process of sending box-tops and labels to companies which offer to send you cash coupons or gifts in return. You've probably taken advantage of offers like these from time to time in a hit-and-miss way. But, you discovered that the "profits" were small hardly worth the effort. Me too.

But, once I found out that the big com panies like Campbell's, Proctor \& Gamble General Mills, Bordens and Lever Brothers make 2,000 to 3,000 giveaway offers every year worth millions of dollars - I set out to find the way to get my share of all that money.

By trial and error and with the help of a refund and box-top expert in New York, I finally figured out a simple, step-by-step method of raking in over \(\$ 500\) a year. The method was tested again and again to make sure it really works. It does. It's almost foolproof.

Everything you need to know about the magic of refunding has been written down - so that you can cash in on the gold mine just sitting there in your cupboard. All this valuable information has been published by Lincoln Press in a book called "How To Turn Box-Tops Into Dollars.

If you have any doubt in the world that you can take in the extra cash you need here are some reported experiences of avid refunders:
- "I have been putting all my refunds in a special bank account ... I have over \$1,000 saved
- "I'm planning a week in Nassau with the special fund garnered from coupons and labels
- "I owed my mother-in-law \$50 . . . I've repaid \(\$ 47\) through refunding
- "This is really a god-send to me. Last month I received \(\$ 62\) in cash and about \(\$ 30\) in coupons for food . .
by Mrs. Ellen Michael
Coprrigh 1973


Now, shopping is a money-making adventure, not a chore. You too can claim your share of the million dollar giveaway - when you know how.
- "With refunds I have been able to buy gifts for birthdays and weddings
- "It seems that every time the mail comes in, I have \(50 \phi\) to \(\$ 1.25\) in change sometimes crisp dollar bills
- "In the last few months I have saved over \(\$ 150\)...that's not counting free cans and packages of food. Last year 1 bought a bedroom rug and a lawn edger out of my refund money

Money doesn't grow on trees, so stop for a minute to figure out how much cash - in the form of box-tops and labels - you've thrown into your trash can in the last few months. \(\$ 200\) or more would be a good guess.

I'll make you this promise: when you follow my method, you'll never do that again. Instead, you'll get the thrill of having your mail box filled to overflowing with money. You'll learn exactly how to claim your share of refunds on everything from soup to nuts. Just imagine, \(\$ 2.00\) for 4 Ajax box-tops; \(\$ 1.00\) for a Pillsbury Coffee Cake label; \(\$ 1.00\) for 3 Axion box-tops; \(\$ 2.00\) for a Palmolive Gold soap label. Every one of these cash refunds were actually offered last year.

Let me give you one warning, though When you first start to use my method, some people may say, "What's the use you only get back a quarter at a time." They may even laugh the way my husband did Don't pay arry attention to them. A national magazine survey reported that people from Maine to California take in an average of \(\$ 420.00\) a year refunding. If they can do it, you can too
And money isn't the only thing you'll learn to get once you've read the book and followed my simple method. Top quality merchandise is offered regularly for box tops and labels. For example, in the last year or so a Polaroid camera was given away for snack food labels; an electric deep fryer for oil labels; an electric mixer for fruit labels; bath towels for soup boxes, toys dolls and games for mouthwash labels plus hundreds more

But make no mistake abrnis : unless you have the tips, ad vice and guidance you'll find in "How To Turn Box-Tops Into Dollars" at your fingertips - you won't have a prayer. And, the only way to get your copy is to order it now, by mail. It's not for sale at any bookstore or newsstand in the world - at any price

\section*{3 Bonus Reports - Free}

Yes. When vou order your copy of "How To Turn Box-Tops Into Dollars" right away you will receive absolutely free three is sues of the monthly report "Refunding News." That's right. Each month - for three months you will be kept up-to-date on the latest box-top and refund offers guaranteed to help you profit. And it's all free.

\section*{Your Double Guarantee}

This is a double, \(100 \%\) no-risk offer. If you don't like the book when it arrives, send it back. Your money will be returned immediately, no questions asked. Or, keep and use the book (and the 3 Free Reports) for a full year. If you and you tamily don't take in at least \(\$ 500\) following the step-by-step method, send everything back next year. You still get all your money back.

Your First \$1.00 Refund - Today
To prove that the magic of refunding is no illusion or gimmick - take your first \(\$ 1.00\) refund today. For, even though I had been thinking about charging \(\$ 6.00\) for the book - send just \$5.00 in cash, check or money order with the coupon below to Lincoln Press, 4444 South Sheridan, Tulsa, ()klahoma 74145. "How To Turn Box-Tops Into Dollars" (plus the 3 Free Reports) will be sent to you immediately by return mail. Quit dropping quarters and dollars into your trash can. Clam your righttul share of the million dollar refunding giveawav now
.-.-- Make checks payable and mail to:
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4444 South Sheridan Tulsa, Oklahoma 741.45 please rush me my guaranteed copt of "How To Turn Box-Tops Into Dollars" right away. Here's just \(\$ 5.00\) in wals, a heck or money order as payment in tull. Naso, send me my 3 Bonus Reports tree - one a month! I understand that II I don't collect at least \(\$ 500\) following bour method, I mav return the book for mo money back, with out quibble or question
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EYeLET ENSEMBLE Allover embroidered eyelet on muslin-tike Avail and polyester. Spread, twin, \$35, double \$40; canopy, twin. \$27, double, \$29; curtains, \(88^{\prime \prime}\) w 45", 54", 63"1. \$20; \(72^{\prime \prime}\) \(8^{\prime \prime \prime}, 90^{\prime \prime} 1 . \$ 25\); vanity skirt. \$29; pillow sham. \$9 plus \(\$ 1.50\) post per order, White or natural. Colonial Maid Curtains, HG6, Lawn Terrace, Mamaroneck, NY 10543.

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Vera's watermelon slices on green ground Vinyl place mats, cotton napkins, \$1.50 each, sets of four, \(\$ 6\), sets of six, \$9. Green table runner, no-iron rayon/ poly, \(13^{\prime \prime}\) by \(74^{\prime \prime}, \$ 7,13^{\prime \prime}\) by \(90^{\prime \prime}, \$ 8\). Apron for him, \$7; pinafore for her. \(\$ 9\), Add \(\$ 1\) post per order Magellan's, HG41, 21 W. 16th St., New York, NY 10011.


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the exerciser. The customers fuoted spont 5 to 10 mumtes, twice danly and reducerd then lored intahe temporataly by about \(30^{\circ}\), hat bome save ut the loots they love
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Stitch 'n Knit, HG65, Box 709, Framingham, MA 01701.


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\section*{Gardener＂s Notes}



The summer travel season is at hand and anyone planning to visit the Chicago area should make a point of stopping at the George J．Ball Company in West Chicago．Ball is a name familiar to gardeners，of course，as the generous packets of high quality Ball seeds are a prominent feature of garden and hardware shops throughout the U．S．All of the plant varieties sold by Ball are tested at the West Chicago trial gardens．Here， prospective seed buyers are given a preview of what they will be growing next year or the year after in their own gardens．The trial gardens show practical ideas for plant arrangements and combinations，and all kinds of containers for indoor and outdoor growing are also demonstrated Ball welcomes groups of garden－minded people，and any interested organization may write George J．Ball，Inc．，P．O．Box 355，West Chicago，III． 60185.

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When you harvest vegetable crops，don＇t give carrot tops，pea pods， or corn husks to the garbage man．Put them back in the soil，where they belong．Simplest way is to drop the waste along the garden rows， where it will be worked into the ground in the normal course of culti－ vating．A bit messy，but that＇s the way mature works．Technically，the process is known as sheet composting．Result is the same as though you piled up the waste material，let it decay，and spread it on the gar－ den．Most home gardens don＇t produce enough waste to keep the level of their soil humus as high as it should be．An outside source of humus is often right at hand－leaves from street trees．Municipalities are gradually becoming aware of this way of using leaves that were con－ sidered simply a nuisance．A leader in the movement to make leaves and other municipal waste useful is Brookside Nurseries in Darien， Conn．，who gathers tons of leaves and debris，composts it，and markets the product in sacks with added nutrients according to how the mix is to be used．The Brookside mix has been given top rating by the Plant Science Department of the University of Connecticut．These soil mixes are shipped all over the U．S．from Brookside Nurseries，Brookside Rd．， Darien，Conn． 06854.

\section*{Shopping Information}

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All of the prices quoted are approximate. \\ * Consult your interior decorator or decorating department in your local stores. Cost of postage is indicated in parenthesis.
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hili/soup bowls, wooden plates. chop later. wood-handled flatware from ailey Huebner: wineglaws- ls J.C Jurand at Bailey Huebner. "I'rasad" asal matting colering dining derk at Bailey Huclmer. Batik fabric pillows on sun mats at Bailey/Huclmer. Porta ble umbrellas with carrying ca-s by Zip Jar. Talla have by Umbo; weath red wood removalle top. White canvas chair- ly Moreddi.

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Ceramic tile: \(12^{\prime \prime} \times \mathrm{q}\). with \(3^{\prime \prime} \times 12^{\prime \prime}\) border and \(3^{\prime \prime}\) sof corner piece, plaid pattern from the Francisean Custom Ceramic Sories by Interpace.
"Teorama I" and "Teorama II" ceramic tiles: 8" glazed tile, suitable for walls. It Hastings Tile.
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sq., and \(2^{\prime \prime}\) x \(36^{\prime \prime}\) stripping. By Amnco. Coordinating falric and wallcover ing are both available through Carleton
8. "Rhomboids" ceramic tiles: \(101_{4}\) " long. \(\$ 6.75\) a sq. ft. At Country Floors.
9. "Briarwood" ceramic tiles: 4" *q., \(8^{\prime \prime}: \times q ., 4^{\prime \prime} \times 88^{\prime \prime}, 8^{\prime \prime}\) hexagon. and 2 curving shapes, for interior and terior walls and moderately trafficked areas. By American Olean.
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11. "Designer l'lanks" wall planks: to \(x\) " \(8^{\prime}\) kong. hardhoard with an easy care plastic finish. \(\$ 8.53\) per plank. By Narlits
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13. "Tara Brick" wall pancls: 4' x 8 " in white. By Wallite division of United Statec Coypsum.
1.t. "Guanajuato" ceramic tilcs: 4" sq. glazed tile-, handmade and hand painted in Mexiro, suitable for walls countertops, lightly trafficked floors. By Elon.
15. "Plainsmati" wall pancling: 4' x 8 ' hardboard pancling, in white, gray, brown. \$10 \$12 per panel. By Masomite

GREAT AMERICAN GLASSWARE Pages 78-79:
I. "Revere" "ryal cahes stand: 11
diam.. \$18; "Candlewick" goblet 88 . looth by fmperial Clan.
2. "Antigue" clear erystal goblet:
57. By Lenox Crymal.
. "Pbrple Marlble" glas- ramdle slichs: \(\$ 7.50\) a pr. By Westmoreland Class
1. "Moon and Star" glaso compote
" diam. \$12. Ry L. E. Smith.
"Revere" crystal dinner plate \(10^{\prime} 20^{\prime \prime}\) diam. 88. Dy lmuerial (;lam.
"Biarrita" erysal goblet: \$17. I Francisam Mastarpiore Cratal.
"Gold Browade" lead erystal gols let: \$17. Iny Senera Glass. "Dolphin" glas- catrellemich: one of a pait 42.50 the par. Bi lmperial f,lase rhasively for The Metropolitan Mn cum of \(\lambda_{r t}\)
8. "Ciamberry Glass" aryalal dimuer Dell: \$10. liy Piggrim Clan. "Cieor giat" gollet: \$4. Li Viking (;lan - Voom and Star" goblet: 83.75. By L. E. Smitl.
9. "Rowe Satin" pitcher: \$15. IS Fenton Art Clans
Pages 80-81
Handblown bolle: \(166^{\prime \prime}\) high. \(\$ 15\) hamdlolown botle: 15 " high. \(\$ 12\) Both by lilenko Class.
2. "Jade Slag" box and cover: \$9 "Jade Slag" pint pitcher: \$11. Both be Imperial Clase
"Leaf" crystal salad bowl: large 5; small \$2. By Viking Clan.
4. "Old Dominion" rryatal cahe plate: 11" diam. 88. By L.E. Smith 5. Salad bowl: 6 \(788^{\prime \prime}\) high. \$10 alad bowl: 5" high. \$6: 6" plater 75" carh. All by Wert Virginia Clan Specialty Co
. "Argns" Old Fanhioned flint glans: 87.50. By Funtoria
."Moon and Star" aryatal tum her: \(\$ 3\). By L.E. Smith.
8. "Conntry Craft" errotal bankel \(18^{\prime \prime}\) longe, 11" high. \$16.50. Iiy Viking Gla-
9. Left to right: " Ilta" donble ()ld Fashioned glas-. \$6.50: "Stowe" doubl, Old Fashionced glans. \$5: "I -m"n" don ble Old Finhioned glase. \(\$ 5\). From tha Centemial if Collection by Fontoria 111 glasware available at Citat Ameri can Idea Centere arron Imerica. Se gage 10 for lorations of tlic
NEW COUNTRY CHARN

\section*{l'ages 88-89}

Antigue ralobage plates: from John-Lewis Intiguse and Iberoralions. Antighe Japanese stoncware se all: (6" diam. x \(12^{\prime \prime}\) high. F'rom Juaph Roundina Antique
Floral napkins: at Lord \& Talor.
4. Arcessories in bookeane: top shelf 18th-cent. tray: 2nd stelf. arme with lion motif; bottom shelf. mins with lion motif: on mantel: storling point ed Brazil nuts; on coffer lable: wowd on box with concr. From Canvin Weck ing. "Untitled" oculphure: pla-tw 12" high, by Emil Ha:-. At laetty I'ar ons Callary
Antigue bashets: from Jean-Jacque Boon Ltel.

Continued on puse 1.an


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\section*{动解解部g and Remodeling}









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\section*{Decorating}


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\section*{Eating and Entertaining}





















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\section*{Potpourri}
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\section*{18．＂ACATI（N，SOUTHEIRN} sTILE．＂．P＇onfolio explowe mans of the attrattoms low koming
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 lima，Suntl Camolina，Tumberes． and Siremiar．I＇rapard in comp． －rations will llamar \＆（iarden． suntlern＇laand Diroctors Come ，il．2．5．

19．\(\cdots\) ．．HOW TO SELEC＇T IVI）CAREFOR IOLK MAT．
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\section*{Building Facts}

\section*{Materials and equipment used in the new wing of the house on pages 58-61}

RChitects: Dagit Saylor sterior desigrers: Dagit Say lor and uth Irion
indscape hiemetecin: Dagit/Sayfor ad Owen l?. Schmidt
ontractor: Trident Corp.
ize of amplios: 2,450 square fret in ew area: 1.359 square feel in renoated area.
;TRUCTURE-NEW ADDITION
Fonndation: Poured concrete.
Traming: Standard wood framte eon truction.

\section*{EXTERIOR OF IIOUSE-}

\section*{NEW ADDITION}

Exterior walls: Stueco and fieldstonby Penn Crete P'roducts Co., lne
Exterior finish: White pailt by Sher-win- Williams Co.
Roof: Red cedar shingles
Insulation: Aluminum foil and blanket glass fiber by Joluns-Manville Corp. Windows: Wered-frame windows with fixet sash by Pella, a division of Rol screen Co .

Skylights: Glase skylight- by Super Sky.
Doorn: Wood and glass dowrs by Wehl \& Latta.

\section*{INTERIOI OF HOUSE-}

\section*{NEW ADDITIOX}

Walls amd ceilings: Drywall tmard by U.S. Gp-um Co.
Interior finish: bone white paint in Sherwin-Williame Co.
Floors: In major rowms, randon width. pegged oak planks bo Den (lown: in logoia, rug liy Eurotex, lur: -upplied by Riltentrouse Carpers: in thathomens. ceramie tile bs American Olean Trile Co., -ubsidiary of National Copan Co. Lighting fixtmres: Wall wantre fix. tures, -pollighte and light tank fixtures b) Lightolier. lnc.

IHardware: Poli-hed dhome by the General Loch Mfg. ©
Bathroom cabineta: Metal bs St. Chath- \Ifg. (in
Bathromm controtop: Ceramie tile and Formia-a

\section*{Materials and equipment used in the greenhouse kitchen} on pages 54-57
architects: Adolf DeRoy Mark \& Cii vin W. Kintz
Contractor: Deaver Construction Co. size of remoneled abea: Approximately 500 stuare feet.
EXTERIOR OF RENOVATION
Exterior walls: 1886 Chestmut Ilill stone walls 24 inches thich.
Exterior finish: Paint, ivory tome.
Roof: Slingles.
Windows: Custom made, arched nood frame with fixed glass panels.
Doors: Custom made, arched wood frame, swinging glass doors.
Greenhonse: Whord frame with fixed glase panels.

\section*{INTERIOI OF RENOVATION}

Interior walls: Stone walls, 24 inthes thick, wallboard, and blue-glazed Mex ican ceramic tile.
Interior finish: Cement dahred on walls in stone barn technique.
Ceiling: Pine loords with cexpored wood beams and joists painted.
Interior door: White pine ardied plank door.
Floor: Reexeled stone paving stred blocks with Monothane wealer.
Lighting fixtmres: Movable track
lightting, cylindrieal canister ceiling fixtures. recoutd cireular ceiling fixtures and onamental bulbs; dimmer controts.
Hatdware: Door hardware by Rich. ard.Wilcox llfg. Co. Cabinet hardware bs Stanles Hardware Div., Stano W. Worh-

Deck chairs: Triconfort Fumiture.
Chima, glass, and kitchen ntensils berign Restarch.
Table maphins: Btomingdale's
Kitchen cabinets: Custom made white pinc planking doors
Kitchen countertops: 2 -inch red oak planks with ure thane finish.
Phmbing fixtures: Stainless steel lar type sink by American Standare, Ine.: custom made reunt copper sink. MECHANICAL EQUIPMENT

\section*{AND APPLIANCES}

Six-burner ga- range In (;atamal Div. Welhitt Corps: refrigerator los A.m Vational Refrigeration Co., Ine: forel wa-te di-puarr. Kitchomid dieh wather by Hobrat Ilfg. (: or
Ifoating syotem: Forced warm aik spacelak high selowity distribution -lom by Hunham-liush, Ine.

\section*{Shopping Information}

\section*{continued from page 151}

Photo insert living room
Intique quill box, bamboo box, and silveredged wooden bowl from Garvin Decking.
Pages 90-91:
3. Blue and white vase and bowl: tole boxer on rear table. From tosepli

\section*{Rondina Antiques.}
1. White chargers: on kitelen table From John-Lewis Antiques and Decuration:。
6. Bleached pine tray : on bed. From Robert Webb: white ceranic lamps designed by Edward Zajac. At That Special Something.
7. Plate: on reading table. At Henri liendel.

NEW FURNITURE
l'ager 92-93
1. Rattant lamp talblr: \(27^{7 \prime}\) diam. \(21^{\prime \prime}\) high. imported frem Spain. \(\$ 15\). By Broyhill Fumiture lutu-tico. 2. Baker"s rack: \(18^{\prime \prime} \times 21^{\prime \prime} \times 46^{\prime \prime}\) high . black-painted motal with bras trim. laminated butcher-hork shalf. Be Weadowraft. a divi-ion of Bitminghanin Ornamental Iron Co.
3. Chub chair and ottoman: (hair \(25^{\prime \prime} 2^{\prime \prime} \times 31^{\prime \prime} \times 11^{\prime \prime}\) high, 875 : ottoman, \(19^{\prime \prime} \times 20^{1 / 4} \times 16^{\prime \prime}\) high, s27. Vims traps on a weatherproofed frame. lis Telescope Folding Furniture
1. "Corde" cocktail table: 391," x Continued on next puge

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Addresses of stores mentioned in Shopping Information pages and elsewhere throughout the issue

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    PELAX!
    Have a restful smile with your coffee break. White china mug, $3^{1} 2^{\prime \prime} \mathrm{h}$. by $3^{11} 4^{\prime \prime}$ w. has amusing decoration and advice to the harried, at home or office, to "hang in there, Baby." Holds 10 ozs. $\$ 3.25$ plus 35c. Victor Baldwin Co., HG1, Box 425A Orange Ave Sta. Costa Mesa, CA 92627
    

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    Country scene is done in cross. stitches in shades of gold, green and brown. Kit has stamped design on $12^{\prime \prime} \times 16^{\prime \prime}$ cotton, cotton embroidery thread, needle, instructions. $\$ 7.95$ plus 50c post. Color catalogue, 25c. Tower Crafts, HG1, Box 575, Cham paign, IL 61820.
    

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    Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man made fibers. \$1. 49 plas 20r nost Order D Fuzill from Anthony Enter prises, HG1, 585 Markel St. San Francisc.o, CA 94105.

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    Hand cast pewter plate with inset porcelain plaque, "Spirit of '76', the famous painting celebrating the indomitable revolutionaries. $101 / 2^{\prime \prime}$ dia. Certificate of authenticity with each. $\$ 14.95$ ppd. Romar Sales, Dept. RS-146, 380 Madison Ave., New York, NY 10017.

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    Computing chart clips on windshield visor enabling easy computation of miles per gallon, fuel required for trips, miles left to drive on remaining fuel. Valuable to all with soaring fuel costs. $\$ 4.98$ plus 65 c post. Harriet Carter, Dept. HG-12151, Plymouth Meeting, PA 19462.

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    Ingenious night light is said to last 36500 nights- that is, a hundred years! Stays cool, plugs into wall socket to light dim areas softly. Continuous operation costs just 2c a week. \$1.98 plus 25c post. Anthony Enterprises, HG1, 585 Market St. San Francisco, CA 94105.

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    For sewers who find the eyes of neent sa growing smaller. Needle thre ater consists of a plastic turnef wito which the needle is frc|te-1. spindle to transfer three: le needle blade to cut threind $\$ 1$ plus 15 c post. Antho n. Enterprises. HG1, 585 Mar !..19-n7 Fran i,co. CA 94105

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    Shell-stitch Orlon bolero with the thok of a hand-knit turns a blouse and skirt into a delightful en semble. Washable, of course White pink or light blue in S, M $L$ or $X L$ sizes. A year round fa vorite! $\$ 7.95$ plus $\$ 1.58$ post New Hampton General Store Dent G1. Hampton, NJ 08827
    

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    Cusk, love the efficient work of a fure juminume spatter shield that protec ts against flying frying couts, nix ng bowl batter. Three haredpurls, 9"h.. fold flat for - lorage \$298 plus 45c post Anthony Enterprises, HG1, 585 Market St. San Francisco, CA
    

    RINGTWICE
    French: I love you more than yesterday, less than tomorrow Hebrew: I am my beloved's and my beloved is mine. For women and men, state ring size. Sterling $\$ 15$ each; in 14 K gold $\$ 85$. Ppd The Jamaica Silversmith, HG1 107 Rockaway Ave., Valley Stream, NY 11581.

    ## HANGING BEAUTY

    Natural rattan cage makes a delightful planter hung with green vines. A splendid background for dried arrangements, too. $10^{\prime \prime}$ by $10^{\prime \prime}$ on a $10^{\prime \prime}$ rattan chain. Why not hang a pair in window. $\$ 5.95$ plus $\$ 1$ post. Catalogue 25c. Fran's Basket House, HG1, Rte. 10, Succasunna, NJ 07876.

    SOFT SLEEPING
    Smooth, elegant satin sheets, machine-washable! Black, red, white, gold, royal blue, avocado, plum. Set: fitted bottom sheet, straight top, two cases. Twin, \$19.50; full, \$20.50; queen, $\$ 23.50$; king, $\$ 27.50$. Ppd. Royal Creations, HG1, 330 Fifth Ave., NY, NY 10001.

    ## JIFFY PARKER

    Parallel parking dial can end the guesswork and help avoid bent fenders, frayed nerves. Fits any type of car, makes it easy to park perfectly on the first try, every time. $\$ 2.98$ plus 25 c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

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    Lined with polyester fleece, nonskid crepe rubber soles and sueded water-repellent uppers, all trimmed with acrylic mouton and leather. Worn over shoes, any size heel. Whole sizes $5-10$. Black, brown. $\$ 25$ plus $\$ 1.25$ post. Free catalogue. The Talbots, Dept. EU, Hingham, MA 02043.

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    Rust disappears without a trace from colorfast fabrics, porcelain sinks and toilet bowls with a remover that needs no rubbing or scrubbing. Terrific on tarnish, too. $\$ 1.98$ plus 20c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

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    Double-faced adhesive vinyl tape for rugs and carpets at the pool, patios and porches. $11 / 2^{\prime \prime}$ wide, it is easy to apply; re-usable. Prevents skids or falls. Waterproof to withstand splashing. $12^{\prime}$ roll $\$ 1.98$ plus 25c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105

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    ## I. Q. of 145

    ## and Can't Remember?

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    To acquaint the readers of this publicatic with the easy-to follow rules tor developir skill ill remembering anything you choose remember, the publishers have printed full dt taits of their self trammg method in a ne booklet, "Adventures in Memory," which w be marled tree 10 anyone who requests it. N obligation Send your name, address, and $z$ code to Memory Studies, 555 E Lange St Dept 752 00. Mundeleın, III. 60060. A pos card will do

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    Apply makeup any time, any where. Handy 5" mirror hangs lightly from your neck as well as on a wall. Regular on one side, magnifying on the other. Sturdy steel frame stands on dresser too $\$ 2.29$ plus 40c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

    ## AT YOUR SERVICE

    Unique trays are lined in glowing handrubbed red lacquer and rimmed in handwrapped cedar with inlaid cherry bark bindings Three sizes: $91 / 2^{\prime \prime}$ dia., $\$ 15.95$ 103/4", \$17.95; 12"' \$19.95; set of $3, \$ 49$. Ppd. Catalogue, 250 The Coastal Trader, HG1, 423 15th Ave. E., Seattle, WA 98112.

    ## FOOT PAMPERER

    Treatment for tender, bent toes is a self orthopedic pad that rests underneath, held securely with elastic over toe. Alleviates pain toe tip corns. Washable. Specify shoe size. Pair, $\$ 3.98$ plus 200 post. Anthony Enterprises, HG l. 585 Market St., San Francisco, CA 94105.

    KASHMIR CREWEL
    Heavenly spreads and tablec loth are hand worked in crewel em broidery on natural hand looined otton. Imported from Kashinir Twin, $\$ 70$; full, $\$ 80$; queen, $\$ 90$; king, \$100. $70^{\prime \prime}$ dia. cloth, \$50; 90". \$60. Ppd. Catalogue, swatch 50c. Gurian's, HG 1, 276 5th Ave.. NY 10001.

    ## LITTLE FIXIT

    Mıniature tool kit with five handy tools. Besides a wrench, a mallet, screwdriver, awl and Phillips screwdriver share a master handle. Keep a set upstairs and save running to hubby's workshop $\$ 1.98$ plus 20c post. Anthony Enterprises, HG, 585 Market St.. San Francisco, CA 94105
    

    ## BATIK ART

    Beautiful hand dipped colors on textured cloth express the an coent art of batik paintong by skilled Oriental artisans. A unique touch for any wall. 14" by 17". Other designs available \$3, 35 plus 60c post World Art, HG1E, 606 E. State, Westpori CT 06880.

    SHOPPING AROUND
    TWISTY KEY RING
    Gold-finished aircraft cable key ring holds 25 keys and can withstand a pull of 150 pounds. No links to loosen, no chain to break. Its intriguing twist-lock opens easily, stays closed otherwise. $\$ 1.49$ plus 20 c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

    STAR ATTRACTION
    For astrology buffs or anyone, a magnificent three-dimensional zodiac plaque of hand-painted plaster whose opulent designs beautifully symbolize our Age of Aquarius. $25^{\prime \prime}$ dia. $\$ 49.95$ plus $\$ 2$ post. Wayside House, HG15, Box 2027, Ocean, NJ 07712.

    ## EASE FOR EYES

    Rectangular magnifier relieves strain of trying to read fine print or examine details of an object. Use in home, office, hobby corner. Unbreakable plastic frame, $2^{\prime \prime} \times 4^{\prime \prime}$ lens. $\$ 7.98$ plus 50c post. each. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

    BOLD NAVAJOS
    Indian designs in cotton rugs. lvory with earth tones. $3^{\prime} \times 5^{\prime}$, $\$ 34.95 ; 4^{\prime} \times 6^{\prime}, \$ 49.95 ; 6^{\prime} \times 9^{\prime}$, $\$ 89.95 ; 9^{\prime} \times 12^{\prime}, \$ 159.95$; runners, $2^{\prime} \times 8^{\prime}, \$ 44.95 ; 2^{\prime} \times 11^{\prime}$, \$54.95. Ppd. Catalogue, \$1. Peerless Imported Rugs, GE 15, 3028 N. Lincoln, Chicago, IL 60657.

    REFILL SIGNAL
    Drink light clips over the rim; when glass is ready to be refilled, slide light down the glass and light goes on and off signalling distress. Comes with a battery. A real laugh-getter. $\$ 1.49$ plus 20c post. Anthony Enterprises, HG1, 585 Market St., San Francisco, CA 94105.

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    rnon, Chicago, 111.60637
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    PLUS 50\& POSTAGE \& HAND $\$ 3.95$ each
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    THE ADDED TOUCH
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    Appliances：Range with wem，re
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    yurethank premeratise on wood lirds, cabineto, tair rail by bafco 1. Paint Co.

    Prise system: Portable stereo sys. W-tuner by beomastur. turntable by orens, speakers by Wharfedale. (binets: In kitchen, lathroom, and vider romm. cabinets custom made Japanese Sen wood; kitchen stor, wall ru-tom made of encalyptus. mutertops: In kitchen, bathroom. I powder room, black, mattr fini:h stic laminate by Trborite
    umbing fixtures: In kitelnen. dru-
    ble wainles steel sink, in bathroms and powder room white fixtures by American-Standard, Ine.
    MECHANICIL EQUIPMENT
    AND APPLIANCES
    Appliances: Built-in wall oven, 4 . burner electric cooktop, refrigerator, laundry washer and drier by Westinghouse Electric Corp. Ventilating exhaust fan by NuTone, Inc.
    Heating -ystem: Forced warm air herating system with oil burner fired furnace by Lemnox Industrics, Inc. Controls by Honeywell.

    ## hopping nformation

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    ## IE YANKEE BARN

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    ling Roont
    fa: $90^{\prime \prime} \times 39^{\prime \prime} \times 28^{\prime \prime}$ high. upholetered gray and white Herrulon Iabric, on thers. \$550. From the "()xford" group Krochler. "Sloneh Conth" sleepsofa: $79^{\prime \prime} \times 37^{\prime \prime} \times 39^{1}$ "' high, upfistered in gray and white Herculon bric. las $60^{\prime \prime} \times 72^{\prime \prime}$ mattress. $\$ 779$; omans: $30^{\prime \prime} \times 10^{\prime \prime}$. \$150 each. Both Krochler. "Gloria" armehair: 26 " $33^{\prime \prime}$ x $33^{1,2 "}$ high, natural wicker me' : armelair: shown in aleteve, x $33^{\prime \prime} \times 33^{1} 2^{\prime \prime}$, of natural wicker. (th from Walter's Wicker. Antique rotle table: $8^{\prime} \times 3^{11} / 2^{\prime} \times 29^{\prime \prime}$ high, tural finish wak. $\$ 1100$ : roocks and gs: oneorrakind pioces imported in France: antique candlesticks; from Elux Puting Anticurs. P'ot yerving dish: on trestle tathle. 3.50 ; small pottery bowls: on cof table. $\$ 1.50$ each. From The Poty Barn. Large open basket with ndles: containing wildllowers, $\$ 4.5$; tique bluc/white platter: shown coffee table. $\$ 225$; antique blus/ tite dish: on coffce table, $\$ 30$; antpe Thai carved animal: $\$ 180$; annbe Blne/white plate: on tree trunk ble, $\$ 38$. From John Rosselli. Tree unk table: smoothed, natural wond. signed by Londom-Marquis. From iten-Clarcy-Stum.* Open wicker isket with handles: $\$ 30$. At Le enier. Antique wooden horse: 000. From Kelter-Malé. Screenints: \#2 and \#3 from a series of 7 Karl Pfahler. \$75 cach. I'ublished Edition Domberger Stuttgart. At ints On Prince Streel, N.Y. "Tree verlasting" antique quilt: c. 1910, " x 76 ". $\$ 575$. At Nonesuch, Ltd. Flair" architect's lamp: 45" exnsion, with wall or clamp attachment. 3 ; $\$ 3$ attarhment. By Luxo Lamps. migne Turkish kilim: $15^{\prime} 9^{\prime \prime} \times 12^{\prime}$ de; antique kilim: in alcove, imorted from Afghanistan. $11^{\prime} 6^{\prime \prime} \times 4^{\prime} 10^{\prime \prime}$ ide. Both from Stark Carpet." "Proincial Blossoms" (blue/white) nd "Provincial Paisley" (indigo)
    percale sheets: From the "Paris Out of Town" collection by Martex. "Riviera" almminum wiudow Dlinds: slats less than $l^{\prime \prime}$ widre, in white. By Levoler Lorentzen, Inc. Pages 18-4.9:
    Liviug Room
    Ambifuc bluc/white di-h with sealloped edge: on tree trunk tahle. 890 ; amtique fireplace broon: $\$ 9$. From John Rosselli. P'air of antique andirons: $24^{\prime \prime}$ high. \$250. At Edwin Jack. sum. Antique decoys: from a collection of deroys at Elux l'utting Anticpues. Log basket, tree basket: from a collection of bankets at The Pottery Barn. Basket with begonias: importurd from the Philippines. At Banana.

    ## Dining Roon

    Dining talole: $68^{\prime \prime} \times 38^{\prime \prime}$, X-shaped trrstle base with turned wood legs; Captain's chatirs: dark wood finished seat, gold steneiled decoration. I)ining table and chairs by Temple-Stwart. Antique blac/white platter: \$19.5; open banket with handles: $\$ 24$. From John Rosselli. Natnre prints: shown are "Eastern Cottontail" by Richarel Timm; "Canada Coosc," "Eastern Headowlark," "Robin," and "Baltimore Oriole" by Rielard Sloan. $22^{\prime \prime} \times 20^{\prime \prime}$ limited edition colloetor's prints. From \$50. By The Griggsvilke Wild Bird Society.

    ## Deck

     $31 / 2^{\prime \prime}$ high, aluminum frame. \$84. From the "Contempra" collcction by KellerScroll. At Mayhew. Antifuc wood side claair: woven seat. Frem Luten-Clarey-Stern.* Yellow enameled plates: $\$ 1.35$ each; red enanneled mugs: $\$ 2.25$ earh; calrafe: $\$ 12.95$; woodhandled flatware. All from The Pottery Barn. Open basket with handle: from Le Grenier. Cotton nalpkins: from Henri Bendel. Red teapot: \$15.95: "Citromatie" jnicor: by Braun. \$27. Both at Hammacher Schlemmer. Antique spoon holder: from Dorothy Sehlesinger Antiques. Round flat basket with hatullew: on
    wall. It Le Cerenier. Antique kilim rumber: from a collection of kilim rugs al Stark Carpec.* Kitchen nten--ils: from 'The Pouthery barn unl.... otherwine indicated. "lap \ap" may be used an al di-la towel of table napkin. From the" "Pari- (Ont of Tinan" collection b, Martex.
    Alcove
    Primitive pine Winflog chatir: 1800. \$285. It borotlyy tollexinger Intigues.

    ## Kitchen

    "Side-hy-sida" refrigerator/frec\%ar: 3 doere. $33^{\prime \prime} \times 29^{\prime \prime} \times 60^{1} 4^{\prime \prime}$ high. photographed with ban siding trim; cantilevered glans shelus, rollor wheels, sparate meat temperature con. trol. \$685; electric built-in oven: $26^{1} 2^{\prime \prime} \times 23^{\prime \prime} \times{ }^{\prime \prime} 9^{1} 16^{\prime \prime}$ high. wifferan. ing, liftoff oven dewer, adju-able broiling t'mperature. 8320 ; cleetric builtin surface unit: one $8^{\prime \prime}$, three $6^{\prime \prime}$ ckements plug out for cleaning; 25:3" x $21^{1 / 2 "} \times 31 / 2^{\prime \prime}$ d"pth: lift-up top. $\$ 80$. All by Tappan. Five-speed blender: $7^{1} 3_{2}^{\prime \prime}$ sef. base, $15^{\prime \prime}$ high, 18 az. plastic containcr, 1 oz. measuring cap in lid; in white only. \$23.9.; Four-shice toast. ar: $15 \frac{1}{2}{ }^{\prime \prime} \times 5^{\prime \prime} \times 7^{1 / m^{\prime \prime}}$ high, chrome body, snap-upen crumb tras, "Silect. Ronice" toasting control. \$26.9.5. Both by Proctor Sikex.
    Kitchen cabincts and closet doorm: available in distresed white pinc, spruce, or hemlock in random widths from $3^{\prime \prime}$ to $14^{\prime \prime}$ in standard $8^{\prime}$ lengths. By Vermomt Barmbard, a protuct of WIACO Inc.
    Pages 50-51:
    Loft
    Swedish floor loon: $21^{\prime \prime}$ weaving width, 12 dent reed, $29^{\prime \prime} \times 33^{\prime \prime} \times 56^{\prime \prime}$ high, pine with natural finish, easy t" assemble. \$265. At Sehool Produrts. Covered African bashets: large. 2!" sq. $\$ 105$; small $17^{\prime \prime}$-ๆ. $\$ 75$; large open basket containing woolen matterials; small covered basket on storage mits; woven pillews, all from Luten Clarey Storn." Storage nnits: 2 door cabinets. $2 \mathrm{~J}^{\prime \prime} \times 18^{\prime \prime}$ x $24^{1 / 4}$ " high, right and leIt. \$210 carlis: "Hest unit, 31" x $18^{\prime \prime} \times 24^{1}{ }^{2 \prime \prime}$ hight. $\$ 210$. From the "Leso is More" colleretion by Thayer Coggin. At blommindale's. Rectangnlar wicker lbashet; pienid banket: with coucr and latcla doming. Both from Lu C,renier. "l'antheon" polished brass stamding lamp: ad just: from 3(1) to $19^{\prime \prime}$ high. \$119. liy Korlt \& Lows. Itanderocheted alfghan: from The New lork Exrlange for Woman"s Work. "Beantyrest Bat-kcare Il" Iwin mattrens and bownring: ly Simmon: "True Jo!" rarpet: hown in rich blne. By P'ar. (raft Mills.
    Loft \#2
    Antigne Ameriran Indian Danket: 18" diam. \$135. From Dorothy Schlesinger Intiques. Open basket with handles: \$15. At The Pontery Barn. Master Bedroom
    "Ipovincial Rome" and "Irovincial Ribbon" pereale shects: Frome the "Parin Out of Town" collection by Mar. tex. "Irovincial Rose," twin shect. $\$ 7.50$ : pilloweases. 83.25 a Ir ; comforter, \$42. At Bloomingdale’s. Wieker I'armon's talble: $24^{\prime \prime}$ *(f. x $18^{\prime \prime}$ ligight. At Walter's Wieker. Iamboo pitcher:
    
    Darket: in wither dam. 21" hiqh: a rixple blan phe plat-
    
    
     J'rinc: struat. "l'amblacon" porneal -tauding lamp: alljn-小 form 19" hight. \&19. lis Kom lo \& Low In. tique American woothent heroer.
    
    
     bs Milo Banghan for Thave Coqgin.
    
     nama. Bhe cerramic platco: 1()$^{\prime \prime}$ diam. 875. It Johlan Rowilli. Large flat open Dashet: on wall. From a collemton of
    
     und thronghom Mantor bedrom and Dres-ing Roome. By Patraft Vills. Solid-State AM/FM digital cloch
     whume control, 3.his, slumbore switelt. 21 hr. alarm. \$50. By Magnasox
    Dreming Rooctu
    Acrylic bench: $16^{1} 2^{\prime \prime} \times 10^{\prime \prime} \times 18^{\prime \prime}$ Migh. \$132: atcrylic atcecmerics. It Hammar her shalemmer. Larye open bankel with handles: hokling towels. From Lutco Clares-Storn.* Opern ban ket under sink: from banana, Stool/ basket table: $18^{1} \mathbf{2}^{\prime \prime}$ diam. x $18^{1} \mathbf{z}^{\prime \prime}$ high. It Jolm lioserlli. "l'roviucial Leat" bath towels: from the "Parts Ont of Town" collcotion by Vartex.
     mattren and boxapring: ln Simmons.
    1'age-52-53:
    
    "Ibatilt reat Backeare Il" full mattress and bonopring: by Simmons. Wicher trouk: $12^{\prime \prime} \times 16^{\prime \prime} \times 16^{\prime \prime} h_{\text {high }}^{2}$, brasen trime and hardwame. Walter: W'icker. "Finhheat l'latit" cotlon fabric: cowring bed and pillows. 18 " wide, 3(0" menal. From 'Tlar Derign Works of Bedford Stervosall for (omb naissance: Laminated window Shades: radla shade meatures $33^{-1} 1^{\prime \prime}$ wide x $6^{\prime}$ long. plain $\mathrm{l}_{1 \times \mathrm{m}}$, lwothm-11p installation. By Joanna Wimborn \alls. member. W'indow Shade Mamufar turers Asseriation. Red falbric lanio nated to window shadem: centon sail
     hoim \& Romamm. "(Viallo Vamo" table: $15^{2} 2^{\prime \prime}$ plantice operl ara insidd for storage. By Irtmide IS S. Swing arm table lamp: 19" high. extends to $23^{1} \ldots{ }^{\prime \prime}$, chrome staml. 8:8. l3y Kowli \& Lowy.
     1920. \$2.0). It Nunc:aticll, Lid. Antidne wooden doll: 820. It Nonesuch, lat. Toy- and animals: from a large sulcection of toss at The New Kork Exclamge for Woman's Work. Open basket with handme: holding thys. From Le: Prenior. "Sunflower" poster: $361^{1} 1^{\prime \prime} \times 24^{1} 2^{\prime \prime}$ from a serics by The New lork Botanical Cardens. \$10. At l'oster Originals. "Daltuft II" ranpet: looćc ('reslan acrylic. By PatContinued on next page
    
    
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    （H）N WF－a－hind bathet with coler and blow and white ceramie entander： hamdwalloling baskel：with pultory lime．stin．\t Kaufmamis．＂Eder． woise＂－oblo theren allad cover：$\$ 166$ ． B（eralane．Omeofathed lwel，pen： vellow allll whits－pion rack：\＄20． B）（iopmo＂Iankont Mombain Stomenare＂pitcher：\＄30．In Itrn thmmath Stonewatre．It Rual dopern． hayen loncrlatu．
    
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     lis Cintin！＂Creative Chase super Stachor art：sis．Ris Corning．Mortar
    
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    ## On Windowlader

    Niment teah herad boaral：$\$ 11.95$ ．It
     I Iloffil\％fon（inllort．Butare mb： iminer woul will acmlar linns．\＄27． Fin order，Itantial lmanda（\％apman．

    Cablesetting:
    8-onnce flank: from the "Creative lass" group. \$10. By Corning. "Orolo" goblet-: \$10 each; "Bistro 3" atware: $\$ 18$ per 6 piece setting: Green Canghly" dinner plateo: 6. 25 each. By Stangl. At Tiffany \& Co. 'ablecloth fabric: "Roman Stripe" btton fabric, $52^{\prime \prime}$ wide. $9^{\prime \prime}$ repeat. faltc quilted for photography. By QuadHe Wallpapers". "Seto" plate: used , fruit plate. \$180. At Art Asia: Vera crve permanent-press napkins: 1.75 each. Linens by Vera. Acrylic falt and pepper shakers: $\$ 25$. By 4 ialto Products. At Woodward \& Lorop.

    ## On serving cart:

    Green Caughly" cheeseplate, \$10. "ups and saucers, $\$ 6.50$. 14" oval plat©r, \$16. By Stangl. At Tiffany \& Co. iread knife: \$13.50. At Hoffritz for "Jutlery. "Sce-Thru" Eleetromatic lectric percolator: by Corning: Nisen teak salad bowl and seoops: at loomingdale's; antifue oil and vinear cruet.
    On windowledga:
    ) val rice bashet with eover: $\$ 24$. At frt Asia: Trim Line telephome: notead; On shelf below gremhonse yindow: TV: black and white 5 " fortable. \$127. By Sony. At Hammachr Schlemmer.

    ## 'antry :

    foll Abont eart: $18^{\prime \prime} \times 13^{\prime \prime} \times 30^{\prime \prime}$ high, , white baskets. $\$ 24.95$. At Hammacher ichlemmer. Acrylic wine rack: on loor. \$20. At Bonwit Teller.

    ## On Cooktop:

    Beft. sancepan: $\$ 13.95$. From The Cookmates Cookware group by Comng.

    ## 'ages 58-59:

    - Above glass shelves
    [wo sake bottles with calligraphy: \$36 each. At Art Asia.


    ## Cop glass shelf:

    'Camelia" coffcepot: \$25. At Nei-nan-Marcus.
    Middle glass shelf:
    21/2-qt. Creative Class "Classeole": \$10. By Corning; "Gireen Canghly" mugs: $\$ 5$ each. By Stangl. It Tiffany \& Co. "Montaigne" Optic rystal: $\$ 12$ eaclı. By Baccarat.
    Bottom glass shelf:
    'Creative Glass Maxi Stacker" : $\$ 9$; two "Super Stacker" sets: $\$ 5$ earh. By Corning: two brass 19th-cen. hudian eups: $\$ 30$ each; footed Persian bowl. \$180. From Art Asia. "Quartet" 9 onnce On-therocks glasses: \$2. At Design Research.
    2. China eloset L to R :

    Top shelf: "Edelwciss" teapot, $\$ 62$; cups and saucers, $\$ 22.50$. By Ceralene. 2nd shelf: "Creative Glass" 1 liter carafe. $\$ 8$. By Corning, "Poppy" cups and saucers. $\$ 9$ each; soup bowls. $\$ 5.80$ each. By Vera for Mikasa. At Macy's. 3rd shelf: "Edelweiss" cream soup, bowls with saucers, $\$ 34$ each. By Ceralene. "Green Caughly" deep dish pie plate. $\$ 13.50 ;$ mugs, $\$ 5$ each. By Stangl. At Tiffany \& Co.
    4th shelf: "Montaigne" Optic crystal wine and port glasses, \$12 cach. By Bacrarat, "Orvolo" footed glass bowl,
    836. At Design Research.

    5th shelf: Acrylic ice bucket. \$15. 19y Rialto Products. At Woodward \& Lothrop. "Ripple" tumblers, 12 azs. SI wach. From Fitz \& Floyd. "Quartet" 11 uz. highball glasees, $\$ 2.50$ each, At bu. -ign Research.
    Gth shelf: "Orwoto" beer mugs: : 10 each.
    Tth , helf: Ripple tumbler- in grean and yellow. $\$ 10 \mathrm{ct}$ of 8 . Frem Fitz \& Floy d.

    ## On floor:

    Large brown sake botte: sy0. At
    Irt Isia. "Endzo" IBS ycllow vake, 817. By Heller bexigns. Custom butcher boek cart, \$190. By J \& D Braumer ; "Geen Caughly" salad bowl, s21. By Stangl. It Tiffany \& Co.

    ## Pantry:

    Two Dixie Cup dispemarm: by lmerican Can Co.
    Lanndry Area:
    'Two vellow plastic fire extinguishers: $\$ 17.50$. By Rogin Ltd. It Bloomingdale's.

    ## 3. On connter:

    Intemational Pyrexware glans -ouffe: \$1.95; pyrex meartring cups, 69, : By Corning.
    Middle glans shelf:
    Small celadon bowl: \$ 80 . At Irt Isia. 5. Naphins: 821 (ach. From Porthanlt.

    ## Ist drawer:

    Red plantic cutlery dividerm: 86.95. It Scalon.

    ## 2ud Irawer:

    "Veral Verve" permanent press napkins: $\$ 1.75$ earll. By Lincns by Vera. Green polka dot naphins: $\$ 21$ carh. At Porthault.
    6. On counter:

    Butter tulb: \$27. To order through Harriet Amanda Clapman: Italian wimnowing basket: $\$ 3.50$. At Callery 100. Nissen becch cutting board: at Blomingdale's; butcher's kuife: \$9.50. At Hoffritz For Cullery. 10"ceramic skillet: \$15.95. By Corning. 512-qt. stainless steel Duteh oven: 841. By Cuisinarts, At Bloomingdale's. Storage below eoohtop:
    1st shelf:
    "Cookmates Cookware" ly Coming. 2nd whelf:
    Stainless steel cookware ly (inisinarts; glase double boiler Is Coming. 8. Builtin Ironing Center: $12^{\prime \prime}$ board. adjustable to 2 lexights, slemereboard and irom ind luded. \$143. Iron- 1 . Way. 9. "Creen Caughly" stoneware: pithere, \$30. By Stangl. Wt Tif fany. 10. On shelf brlow grombouse window: 2-pices reramic hibachi: \$120. At Art Asia.

    ## Storage

    1st shelf:
    Bakeware: cookio Homt, \$1.09: Loaf pan. \$1.49: oblong cake pan. \$1.98; cuprake tin, $\$ 1.98$; round cake pans, $\$ 1.27$ eaclı. By Ekco.

    ## 2nd shelf:

    "Creative Glas. Glamomole": $1^{112-g t .}$ with cork trivel. \$8. Corning.
    3rd welf:
    Waffer and grille: \$37. By Farterware. At Mary's.
    12. "Champagne hamper": basket
    top helf. s30. From F. O. Werz, "Cicealtive Ghan super Stackero : contain. ing detergent. sis. Coming large oah basket with handle: un ftome : $?^{2}$ ? From f. (). Nerz.
    THE ZEST OF GROWINGPLINTG l'age 67:
    Top:
    Mos- basket with primula-: from - 20 at Jean Janduen Blow Ltd. Middle:
    Peondant adapter: for batketo or light fixtures: aldapter of Lexan pla-tic shapinto Halu track lighting. \$6.11. 13) Halo Lighting, a Division of Mactiaw. Ediown.

    ## Bottom:

    "Earth Spike Grow Lamp": 7" and 24 " long removable chrome spikis: lamp stands $25^{\prime \prime}$ to $41^{\prime \prime}$ high in white or Black. 816 . By The Lite Foatory. It
    The Apartment Store.
    Page 69:
    Top left:
    "Zonker Sy-tem": 4' long bar base 10. lee used for wall lamp. 815. From top down: " $45^{\circ}$ Zonker." $7^{"}$ long, 3 " wide. \$19.50; "Zonker" with 5" diam. "Col. lar." 7" long, $\$ 39.50$; "Square Zonker." $^{\text {" }}$ $7^{\prime \prime} \times 4^{1} 2^{\prime \prime}$, swivels in all direction-. \$39.50; "Zonker Clobe," $4^{11}$ " diam., rotates in all directions, 845; "Tlue Pluckie," $6^{\prime \prime}$ diam. ring, $9^{3 / 4}$ " long. 855. Designed and available at (;emge Kovacs.

    ## Small phote middle:

    "Ili Low Grow Lamp": for medium. -ized table plants, 16 " aluminum refler. tor. all chrome with luark and irom plant lrase, adjusts from $28^{\prime \prime} \times 12^{\prime \prime}$ high. 810. By The Lite Fatory. At The Apartmont store.

    ## Small photo right:

    "Chrome Fixtmred Plant Lite": ${ }^{\text {" }}$ wal ball on a clear acrylic ring, 8 " overall height. \$29.50. By Robert Smmeman.

    ## Middle photo:

    "Clip-on" lamp: 7" metal rellector. $10^{\prime \prime}$ werall lenglh. \$13. By The Lite Factory. It The Ipartment stome Light bulbs used in some light fixtures: "Plant Lite" incandesernt bulbs: $75-$ Wan Plant Lite. $33^{3}$ " diam. $55.69: 150$ Walt Plant Lite. $\$ 5.99$. B? !uro-lite Lamps, Ins:
    lage 70:
    "Wedgwood" white porectaill bewls: $\$ 7.75$ cath; "Salem" storling -poons: $\$ 2$ I. 50 cardi: rrystal dish: 819: ervotal pitchev: s30: Vall si. Lambert aratal vases: $86 \%$-ize Smwir. All from Tiffans \& (in
    Furniture and pillow-: from LutenClary.Stern.* TV: from bhoming. dalc's.
    Toys and bookx: from F. 10 Shwar\% Livilng room with gredmhomes: (:hairs designed by Xies van der Rohe. Corktail tahbe derigned by View Vagis. tretti. Chair and table from Kinoll. Wohair rug from Romerore Carpera, solt fromiture designed by Sootl harrie. Some orchids from Lager \& Ilmertl. 126 Morric Ave., Summit. N..J. (1790]: catalogue, $\$ 2$; refundable with first purchase.
    P'age 71:
    llanging baskets: from Nabel's

    Sureetr- liwig va. -ith mal. white: © $1 . \quad$ linnald Fan-bark p!anter on erid
    
     hyacinth bullo: I
    
    
    Page 78-79:
    
     1) erigned la thinn (imonetti.
    

    - serie Amanta" cerambic tileo: ! (t) overall longth. in whit. in drowhate for wall- and thoms. \I llatimer Tilow Inc. 3. "(ienuntr: Place" plywood pancling: $4^{\prime} \times g^{\prime}$ pambl- '," thaik. color shown boathow solo. sem per
     Champion International. 1. "llowers and Birds" ceramia tile: :
    for walls and flomer, avalable in four color combinations. \$1.16, per - af. fi. loore: $\$ 1.61$ per hif. ft. me:-h mounted. By Mid-State Tile (in. 5. "Apples" silhsercen on sailcloth: $50^{\prime \prime}$ a $72^{\prime \prime}$. Other designs available: Werigned by Alhino Cimonefti. From $\$ 15890$. Writo Big/ Irt Denigns. (o. "Forenter" hardboand pancling: $4^{\prime} \times 8$ panels. wotor -hown driftwool \#22l. Hrom \$11-\$1:3 per thert. By Mamonte. 7. "Come--toga" plywood pancling: l' 8 . 8 . color shown alpince ${ }^{1} \because$ " - gromm. s9.98 per l' : ${ }^{\prime}$ pancl. By Eans Producto. 8. Ceramic tiles: $8^{\prime \prime} \times 8^{\prime \prime}$, for walls and flowe. 88.15 prose eft. It Sgency Tile (in. 9. "Ears Sat" ceramic wall tile sontem: 1-mp. ft. sheet of $94^{\prime \prime} \times 1^{\prime \prime}$ ceramic tile with jointlilled with silicone rulbere ; in 6 cotors: cach package contam- conering for a 5-af-ft. area. \$9.1.5 prr parkage, Simplified antting kit. \$8.19. Bi Imerican ( )lean. It Sears. 10. "R'T Salima" reramic tiles: $8^{\prime \prime}$ x $8^{\prime \prime}$. Itamplainted. $\$ 7 . . \overline{0} 0$ a -1 . fl. It (immetry Flowers. 11. "Maddeira" ceramie tilo- 1" x 1" x

    Hack, for wall oms. From the Summitstyles Collertion by Smmitville 'Tiles. Inte.. a membere of the Tila
     ime" plantic laminate: for wall- amd "ountertups, in stowh -izes ; 30" $\backslash 96$ ": $30^{\prime \prime} \times 120^{\prime \prime}: 30^{\prime \prime} \times 111^{\prime \prime}$ : 6, (1) $\times 111^{\prime \prime}$. 50. a sif. ft. Dis Evans l'amelto. 13.
    
    
     for black white: $\$ 1.90$ al -g. ft. for
     try Ilomse Plamla" walt plamh-: $8^{\prime}$
     Warlite. 15. "Trees" sitherereen on a ailcloth: $360^{\prime \prime}$, $5\left(0^{\prime \prime}\right.$. Other designs aralable. Doxigned by theine (imme
     -igns. 16. "lRiviera" almminmon window bibinds: shate lese than l" wide. -hown in Ifonse \& carelen Sweet Lime. made to medrex. liy I, wolder Larentzen. WINE \& FOOD
    l'age 89:
    Shaker baskets: from a collection of barkets at The .fo Jo shope.
    For store addresses, write House \& Gurden Reader Sorvice. 350 Madison Ave., N. \%.C. 100ló.
    
    on the doorstep, waiting for the appearance of seeds, plants or the equipment it takes to make them grow Although garden shops and sales centers have proliferated in recent years, most of us still rely on mail ordering for things that are a little bit off of the beaten path. Specialists in certain plants-begonias, for instancedepend almost entirely upon the mails to keep their customers happy. And those little, hard-to-find gadgets so many of us find indispensable for successful gardening -only the mail order firms can stock and supply them. When it comes to delivery, up-to-date methods of packing insure even the most delicate plant will reach its destination in a healthy and growing condition. When it comes to the mechanics of getting a batch of plants or whatever from supplier to consumer, some shippers are using United Parcel Service nowadays. However, the U. S. Mail is still old reliable in this respect, and makes its deliveries in places other services do not reach.

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