

# HOUSE & GARDEN

FEB.  
\$1

How to decorate  
with charm and  
imagination

100 fresh  
ideas

The great country look indoors

Discovers: The 30-minute makeover

How Halston dress your bedroom

James Beard's new idea kitchen

His own diet recipes

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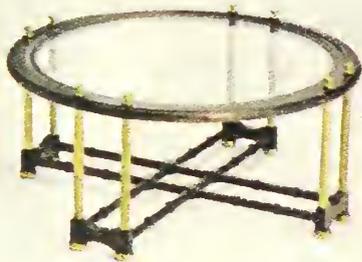


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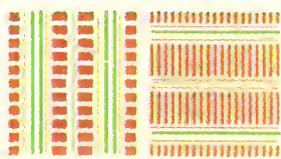
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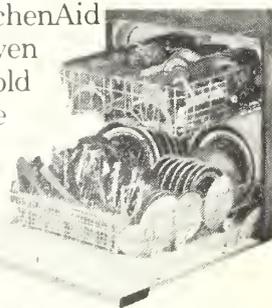


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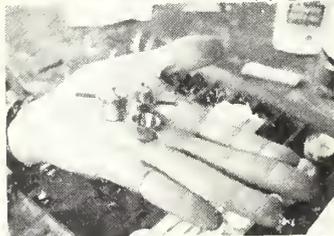
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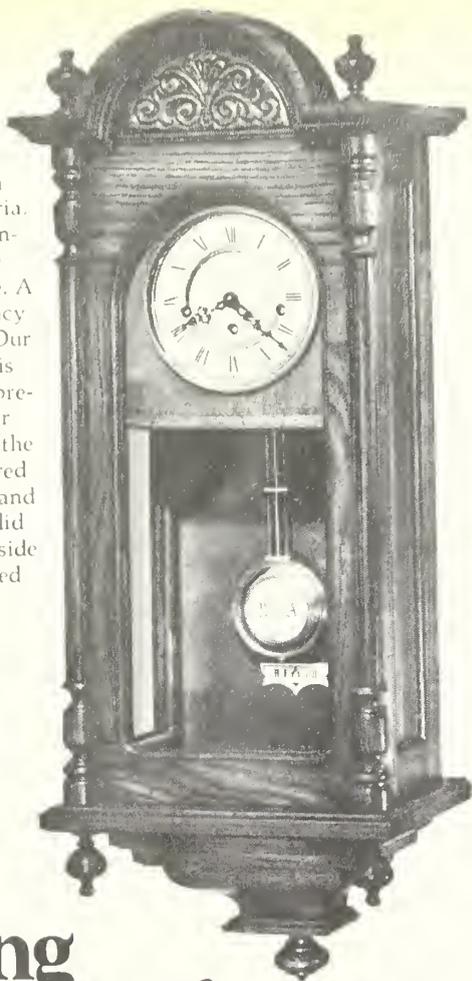
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# HOUSE & GARDEN

FEBRUARY, 1977



MICHAEL OUNNE

On the cover: A country bedroom green and bright and full of woody things—can you think of a nicer place to wake up? You can have the country look even in a city room like this. (See our special report on redecorating beginning on page 70.) For freshness, leafy green cover walls, turn up on framed quilts, durrie rug, and bed and love seat in a cotton and linen warp weave print from Quadr. For warmth, lots of wood: an Early American blanket chest, rough-hewn Lite-Beams (real urethane foam) by Barclay, a tree-trunk table from LCS, a cypress chair and a pine desk both from David Barrett. Wall paint from Pittsburgh Paints. "Halston's Flower"-sheets from Fieldcrest (see others, page 94); durrie rug from Patterson Flynn & Martin; "Posturepedic Royale" mattress by Sealy. Framed quilts are from a collection at America Hurrah Antiques. Shopping information, page 1.

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CABINET MAKERS

**Revlon introduces a new lipstick.**

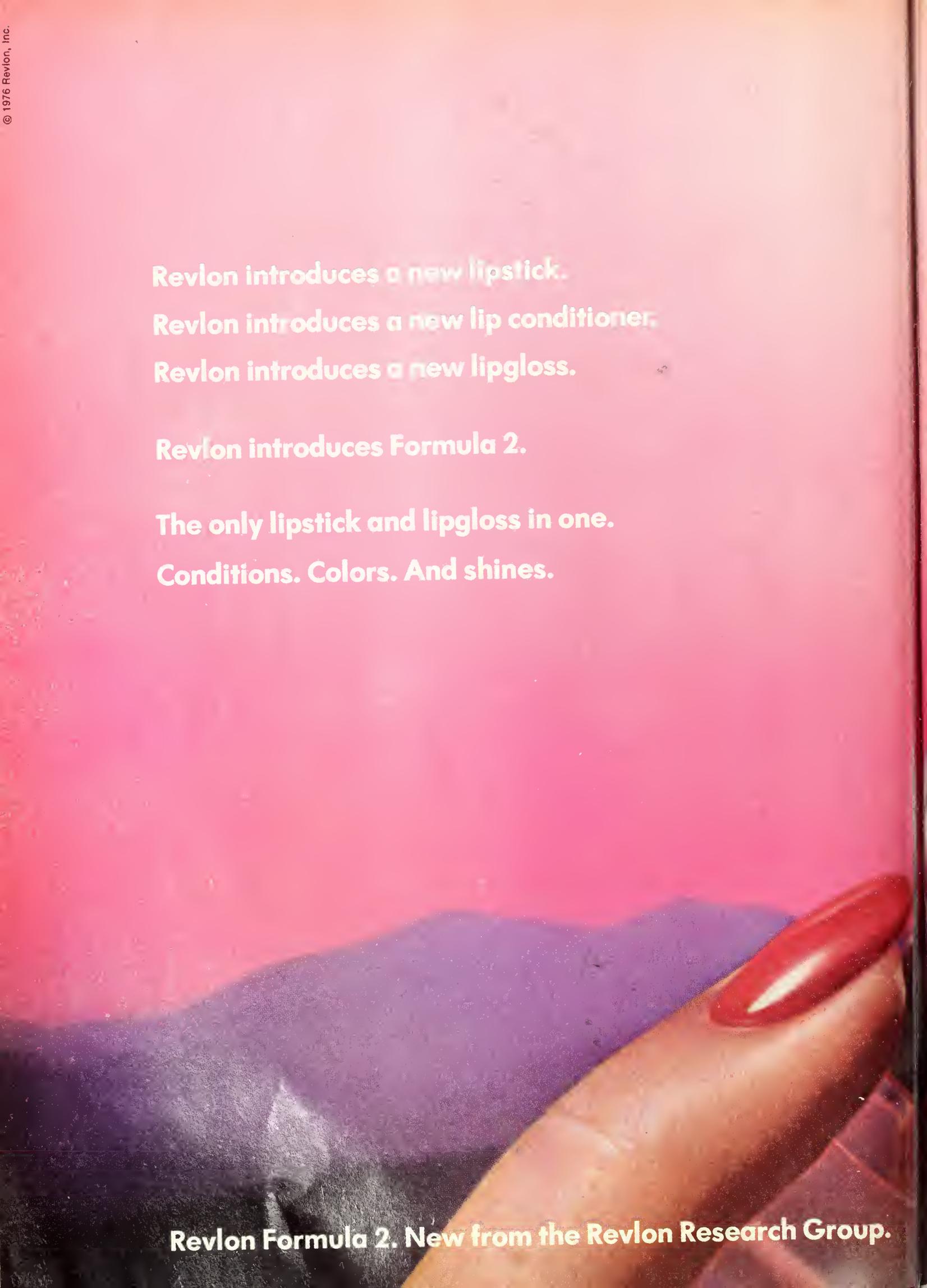
**Revlon introduces a new lip conditioner.**

**Revlon introduces a new lipgloss.**

**Revlon introduces Formula 2.**

**The only lipstick and lipgloss in one.**

**Conditions. Colors. And shines.**



**Revlon Formula 2. New from the Revlon Research Group.**



# Living

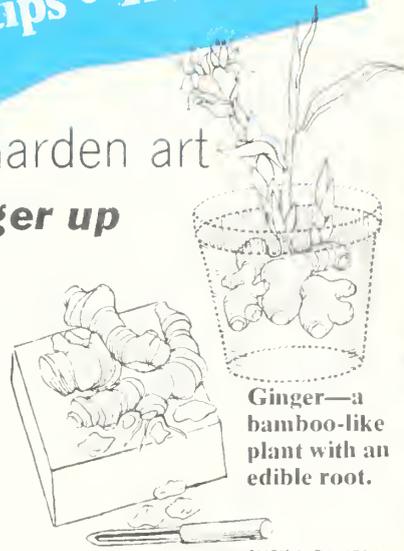


Decorating • Design • Plants  
People • How-tos  
Health • House tips • Travel.

## Garden art

### Getting your ginger up

Interested in an exotic, tall, problem-free, bamboo-like house plant that will spice up your cooking as well? Then consider *Zingiber officinale*, the snappy ginger plant. We started ours after purchasing two plump roots at a Chinese grocery store. One we used that evening in a dish of beef with vegetables being stirred together in the wok. The other I put in a 6-inch pot filled with good soil. Nothing happened for the first month, then suddenly a group of stems emerged. They grew and grew. The plant reached a height of over 4 feet before the leaves began to brown and dry out. Thinking the plant might need repotting, I knocked it out, and found

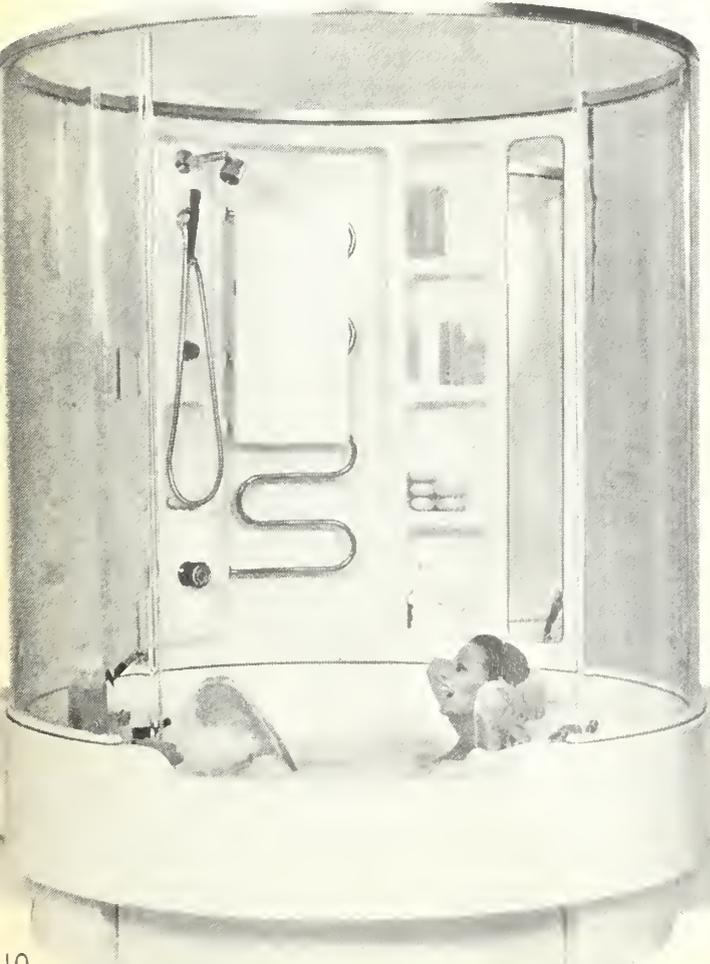


Ginger—a bamboo-like plant with an edible root.

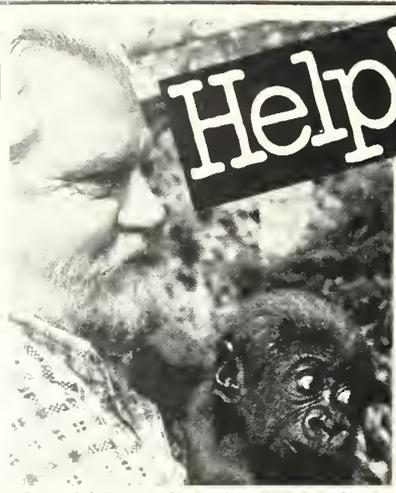
SHEILA CAMERA

eight of the freshest, plumpest ginger roots I'd ever seen. Two went back into individual pots; the other six kept us in Chinese cooking for several months. For best results, start with a fresh fat root. After planting, keep the soil constantly moist, but not wet, and place the pot so your plant receives maximum sunshine. RICHARD LANGER

CHRISTIAN REINHARDT



A bathtub goes first class



Gerald Durrell and baby gorilla

### Zoo story

"The first word I could enunciate with any clarity was 'zoo,'" says Gerald Durrell, naturalist, zoologist, and author of the upcoming book *The Stationary Ark* (Simon and Schuster), his newest and most urgent work. Durrell's book describes how he is attempting to save our endangered species by founding his "stationary ark," a breeding zoo on the island of Jersey in the English Channel, where endangered animals are brought to live, mate (hopefully), and ultimately be returned to their wild state—"if there is a wild state left for them to return to," says Mr. Durrell darkly. "There are only 28 individual pink pigeons left on Mauritius," he says. "There are only two tiny colonies left of the European bare-faced ibis. We need funds." Write to the Wildlife Preservation Trust International, Inc., 34th Street and Girard Avenue, Philadelphia, Pa. 19104. A 1-hour flight from London will get you to the zoo in time for lunch with the gorillas.

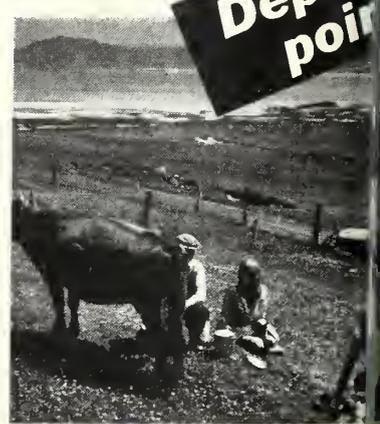
A splash hit that's big enough for two. Shower and bathtub (with molded seat) in one circular acrylic unit 6 feet wide. Curved walls with sliding door are transparent plastic. The back storage has protective panel.

At \$3,595, it's not a purchase to be undertaken lightly. But it's fun. By Teuco for Hastings.

### Ireland on \$12 a day

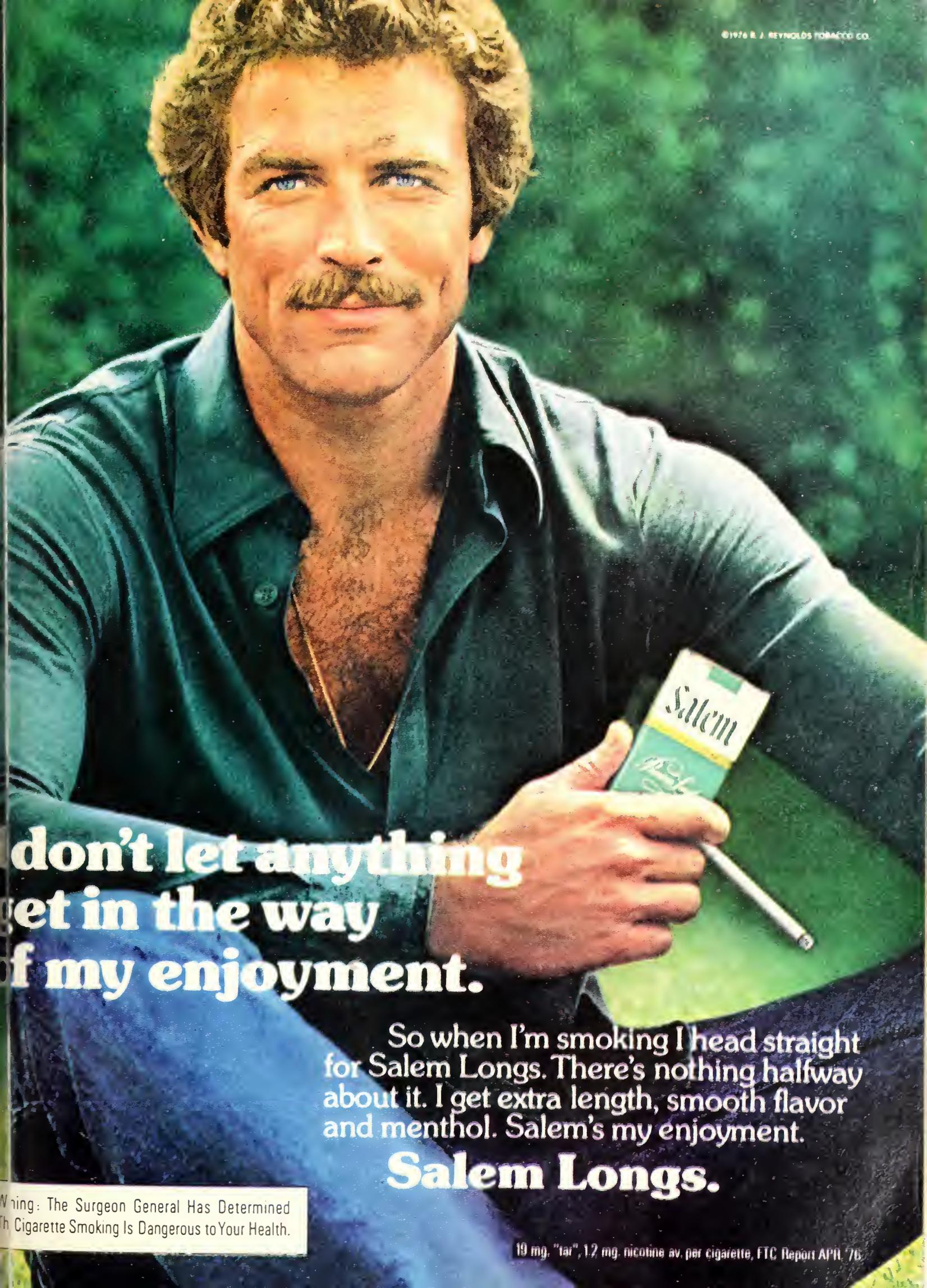
There is still one place in the world where you can spend no more than \$12 a day . . . on an Irish farm, and the cost includes room charges, breakfast, and dinner—both copious Irish meals. "Plus a cup of tea whenever you like, a snack before bed, and all the free conversation you can take," in the words of one farm owner. The Irish farm holidays scheme is organized by Dublin-based Mrs. Nancy Fitzgerald, who has persuaded hundreds of farmers in the south and west of Ireland to open up their farmhouses to visitors. Your children don't have to help with the haying, slopping the pigs, or herding cows; but they can. The typical farmhouse has up to six bedrooms, several of which may be filled with guests. There are no rules as long as you get to supper on time. The key is always on the latch.

ARTURO GONZALES



Back to nature farm vacation

**IRISH HIGHLIGHTS:** In Clare the cliffs of Moher, from their boat to Aran Islands\*\*\*The Old Ground Hotel Ennis, for superb food and service. Further south, Bunratty Castle for a medieval banquet\*\*\*In Corliff the magnificent gardens of Garnis Island on Bantry Bay, Blarney Castle to kiss the Blarney Stone\*\*\*In Galway, Clifden for pottery, tweeds, sweaters.



**don't let anything  
get in the way  
of my enjoyment.**

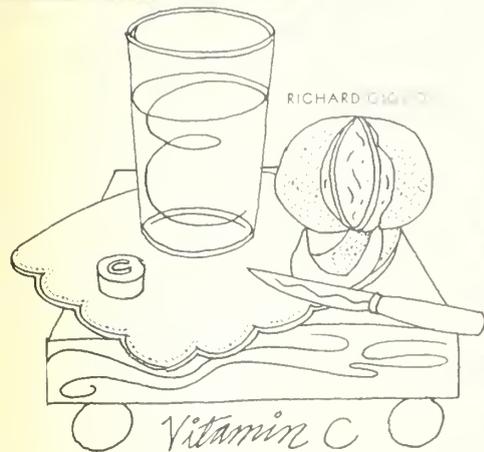
So when I'm smoking I head straight for Salem Longs. There's nothing halfway about it. I get extra length, smooth flavor and menthol. Salem's my enjoyment.

**Salem Longs.**

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

19 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report APR. '76.

# Living



**Does Vitamin C really help keep you healthy or is it a health food fad?**

Does Vitamin C really help keep you healthy or is it just a health food fad? Here's the latest report from Executive Health: "Vitamin C is probably involved in all of the natural protective mechanisms in the body . . . Dr. C.W. Jungblut working in the College of Physicians and Surgeons of Columbia University showed that vitamin C in concentrations . . . in the bloodstream, inactivates poliomyelitis virus and several other viruses. In one study in Japan it was shown that surgical patients who receive multiple transfusions of blood and are in danger of developing serum hepatitis are completely protected by an intake of 2000 milligrams of vitamin C per day. A high intake of vitamin C provides protection against secondary bacterial infections complicating the common cold."



## 5 ladders make backyard fun and games

With three children under 8, Tamara and Leon Schneider needed a backyard play environment. So they designed and built one themselves, using 5 ordinary ladders which they

Creosote bottom of ladders a support posts. Dig 1-foot holes ground, insert ladders and support posts. Fill with concrete to within inches of earth surface. Cover with earth and sod. Attach cross ladders to 4 support ladders with carriage bolts. Put ring bolts in cross ladders at points from which you want hang play equipment. The Schneiders hung a child's swing with creosote seat, a regular swing, a fireman's ladder, a climbing rope, and 2 hanging bars—all suspended from the top ladder with manila rope. Ladder safety test: Lay it on the ground and walk up and down rungs first.

Cost, about \$50. To make it you need: 5 ladders (1 wider than the rest for top cross ladder) 6 2 by 3s, 5 feet long (for support posts) 6 50-pound bags concrete creosote ring bolts, carriage bolts 62 feet, 1-inch manila rope



**\$50**

Left: Greta, Ivan, and Er Schneider on homemade ladder environment

## How to strip furniture and refinish with hot wax

Materials: paint remover, denatured alcohol, #1 grade steel wool, dark brown paste wax, cheesecloth, 1 paintbrush 1½ inches wide, 1 bristol brush, rubber gloves. (Note: Rubber gloves should be worn through stripping and waxing.)

### STEP 1. STRIPPING

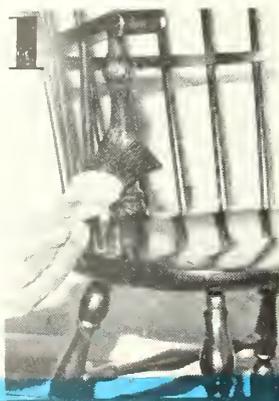
Generously apply paint remover with paintbrush, covering the entire piece of furniture. Let remover set for approximately 10 minutes.

### STEP 2. RUBBING DOWN

Dip #1 grade steel wool into a bowl of denatured alcohol and begin rubbing down the piece. Change steel wool as many times as necessary. Be sure to remove all evidence of paint and paint remover. When piece is completely clean, rub down one last time with clean steel wool dipped in clean alcohol, and wipe with cheesecloth.

### STEP 3. HEATING WAX

Place opened paste wax can in a pan of water, making sure the level of water is just halfway up the side. Heat water until wax completely liquefies (45 minutes).



JADE ALBERT



### STEP 4. APPLYING HOT WAX

Dip a piece of cheesecloth into the liquefied wax and apply it to the piece of furniture, one section at a time. (Make sure wax is liquefied and warm throughout the entire process). Wipe off excess wax with clean piece of cheesecloth.

### STEP 5. BRUSHING OFF EXCESS WAX

Use a soft bristle brush to remove excess wax from joints and carvings to get a smooth finish. Let wax set for 10 minutes.

### STEP 6. BUFFING

Use a clean piece of cheesecloth to buff the piece of furniture to a luster. Note: This procedure of stripping can be used for any furniture. The wax finish is only recommended for country furniture of oak, pine, birch, or maple.

—MICHAEL PRINCIPLE



# Right now at Sears! Your Choice Sofa Sale

**SALE!**  
OUR LOWEST PRICES EVER!  
Jan. 24 through Feb. 20, 1977

A toast to Sears Champagne Sofa Collection! A toast to the lowest prices ever on these selected groupings!

## Your choice of pieces

The possibilities are endless. At least one is waiting to dress up your room. In addition to these three suggested sale groupings (Sears lowest prices ever!), you can save at least 20% on every other piece in Sears Champagne Collection.

## Your choice of fabrics

Choose from 19 popular, versatile and very durable fabrics. All at least 20% off. (Fabrics pictured are included in the sale price.)

## Durable construction, too

Kiln-dried, all wood frame construction. Doweled and double-doweled joints. Corner bracing. No-sag base construction. Padded arms. Seat cushions made from 5" of polyurethane foam. Loose back cushions.

## Sale ends February 20, 1977

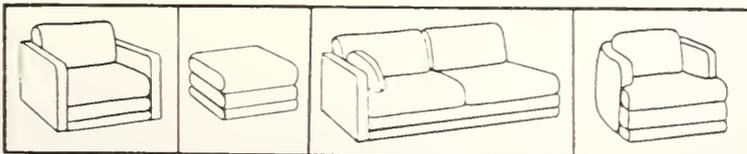
Don't miss it! Sears Champagne Sofa Collection is on sale Jan. 24, through Feb. 20, 1977 at most Sears larger stores as part of Sears Great Indoors Sale!



Sofa Sale \$369.88\* - reg. \$489.95  
Demi-Sofa Sale \$299.88\* - reg. \$409.95



Sale \$697.88 - reg. \$1019.95  
Three-piece sectional including sofa-sleeper and ottoman



Save 20% on these other pieces

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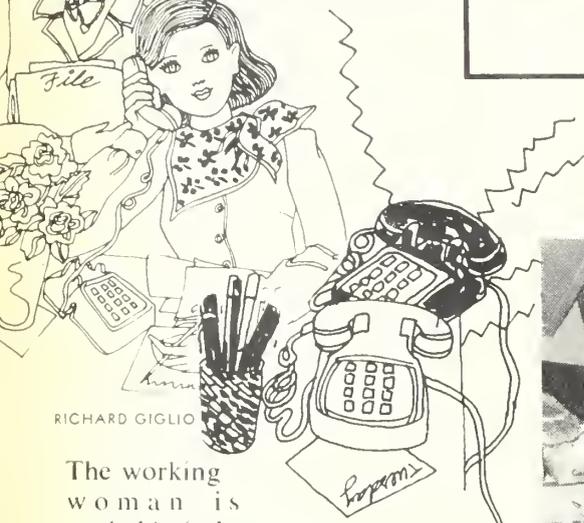
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# Living

## Working women take heart



RICHARD GIGLIO

The working woman is probably in better physical shape than the working man, according to a recent medical report. If you are worried about a business career causing stress and subsequent heart attack, there is encouraging news from Dr. William Hazzard, a distinguished professor of medicine and expert in statistical analysis. Dr. Hazzard told a recent meeting of the American Heart Association in Los Angeles: "There's no evidence that changing roles are leading to increase in the incidence of heart attack. It's an open question whether it is more or less stressful being at home with a screaming bunch of kids all day or at an office." Dr. Hazzard, who directs research at the University of Washington in Seattle, notes that many working women are on the pill, which is considered a risk factor in heart disease. Even so, while the number of working women increased by 23 percent between 1968 and 1974, women's deaths from heart attacks decreased. "We don't know why, but this is a fact." One theory is women possess some remarkable, built-in resistance factors to coronaries. Such questions have spurred Dr. Hazzard into further research. On a grant from the National Heart, Lung and Blood Institute, he is investigating post-menopausal body chemistry, to further understand women's coronary risk profile.



TETSU OKUHARA

## Buy of the month: Dish rack that does a lot and folds flat

If you have dishes to dry or plants to drain or books to prop up or buffet coming up soon—here's something to meet all four needs.

It's a simple wooden folding dish rack of a design that's strictly 19th century, but a convenient modern function: it saves space. \$14 from Florucci, New York. A Swedish version with almost twice as many slots from Culinarian, Chicago. \$18.95 postpaid.

## Hand-hooked rugs that tell a story



George Wells hand-hooks a custom order in his studio.

Today's rug may be tomorrow's heirloom, a family treasure handed on from generation to generation. You can send rug-maker George Wells of Glen Head, N.Y. a snapshot of an event, such as an anniversary, or a subject, (your house, your pet, or even your garden) you want commemorated. He sends you back a watercolor sketch, which, if you approve, he translates into a hand-hooked rug. Many families have given Wells projects. The Colgates have a rug in the design of a toothpaste tube. These custom designs are hooked in any size from 18 by 25 inches up for



Cabbages, beans in dining room

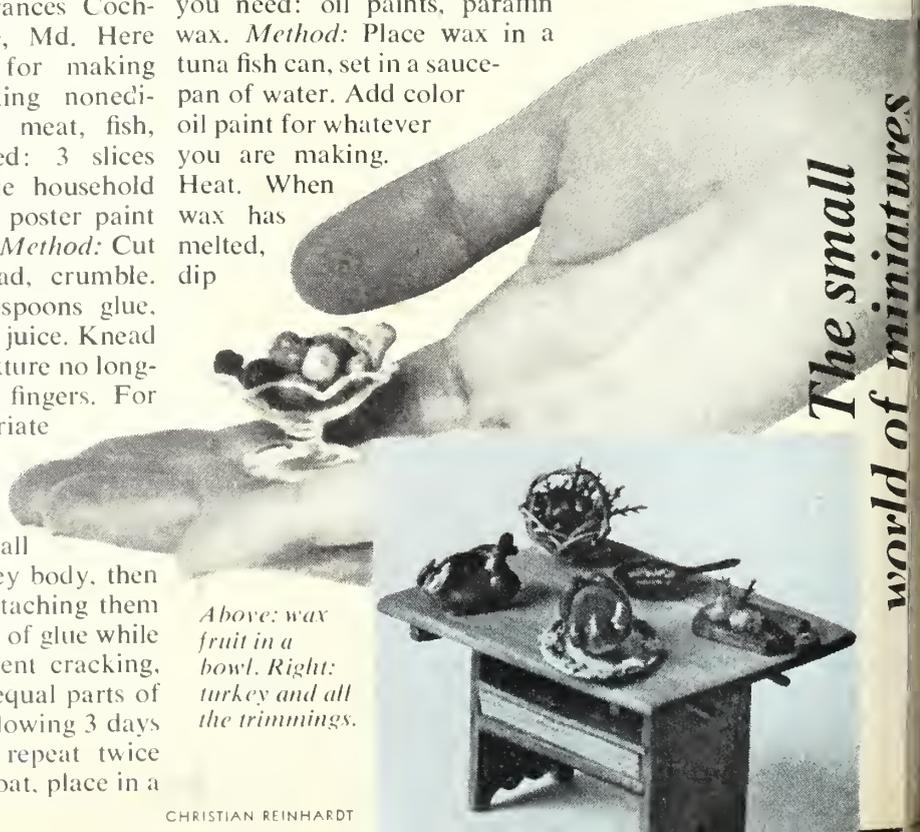
\$35 a square foot. Wells encourages people to hook their own signs too. He has the necessary in his shop. Write George Wells The Ruggery, 565 Cedar Street, Glen Head, N.Y. 11545.

Miniatures, as reported on page 96, are a hit all over the country. The enchanting miniature food and furniture shown here are the creations of long-time, mini-world designer Mary Frances Cochran of Catonsville, Md. Here are her recipes for making the delicious-looking nonedibles. For turkey, meat, fish, pastries, you need: 3 slices white bread, white household glue, lemon juice, poster paint in various colors. *Method:* Cut off crusts of bread, crumble. Mix with 3 tablespoons glue, and 3 drops lemon juice. Knead in a bowl until mixture no longer sticks to your fingers. For color, add appropriate poster paint and mix until smooth. For texture, push dough against a small sieve. Model turkey body, then wings and legs, attaching them to body with a dab of glue while still wet. To prevent cracking, coat turkey with equal parts of glue and water, allowing 3 days for drying, then repeat twice more. After last coat, place in a

350° oven for 3-5 minutes. Final touches of color may be added with any kind of paint. (Dough may be stored in a plastic bag in the refrigerator.)

To make fruit and vegetables you need: oil paints, paraffin wax. *Method:* Place wax in a tuna fish can, set in a saucepan of water. Add color oil paint for whatever you are making. Heat. When wax has melted, dip

your fingertip into it and soft wax into carrots, bananas, apples, etc. For a five parfait, layer colored plain wax. A dash of hand-tint will protect your fingertip.



Above: wax fruit in a bowl. Right: turkey and all the trimmings.

CHRISTIAN REINHARDT

The small world of miniatures



## Redi-Set Tuscany. The ceramic tile that demands attention from everyone but you.

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# Antiques

By Louise Ade Boger



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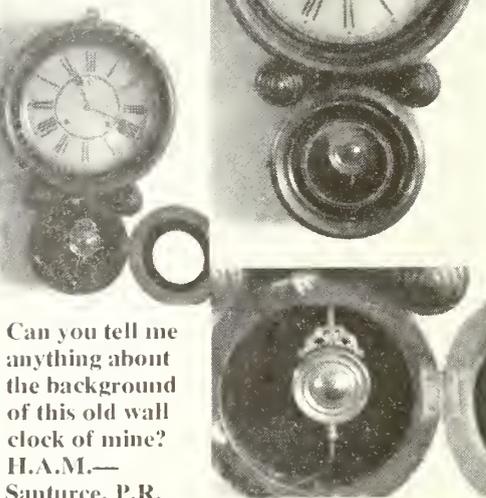
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### "Ionic" wall clock



Can you tell me anything about the background of this old wall clock of mine?

H.A.M.—  
Santurce, P.R.

The design of your clock was copied from the Elias Ingraham "Ionic" wall clock, with round head and round drop. Ingraham received a patent for this type of case about 1860. Later several companies—including the Waterbury Clock Co., active 1857-1944, which made your clock—copied his successful design. The model is also called Para or Cuba.



### Victorian vase

What can you tell me about my Victorian vase?

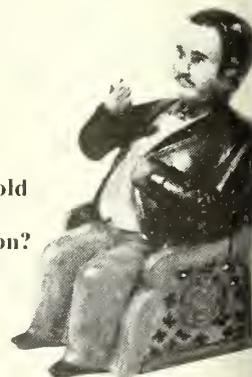
Is it collectible? D.D.—Los Angeles, Cal.

Your salt-glazed stoneware vase belongs to a class of late Victorian English pottery first developed at Doultons of Lambeth as a reaction against the Industrial Revolution. It is of great interest to the collector, as virtually all the pieces are signed by the artists responsible for the

decoration. Each piece has a unique decorative scheme, and invariably the decoration is carried out by the person who designed it. Your vase bears the artist's mark (E.S. in monogram) of Eliza (Elise) Simmance, c. 1873-1928.

### Tammany bank

We inherited this old bank. Is the figure that of a real person? How did the bank work? The mechanism on ours is broken. N.L.—Forest Hills, N.Y.



The man is believed to represent Benjamin Tweed. This Tammany bank, one of the earliest and most popular of the J & Stevens productions, was manufactured from the mid-1870s into the early 1920s. Tweed quickly drops any coin that is placed in his right hand into his coat pocket. He nods his head happily as he does so.

### American armchair



Can you pinpoint the style and date of my armchair? C.N.—Lisle, Ill.

The arched crest rail, trumpet-turned front legs with flattened ball feet, and the arched front stretcher composed of scrolls show it was adapted from a typical William and Mary style armchair, popular in the 1690s. Your chair is of early 20th-century American manufacture.

Continued on page 17



Heritage furniture:  
at home with fine craftsmanship.

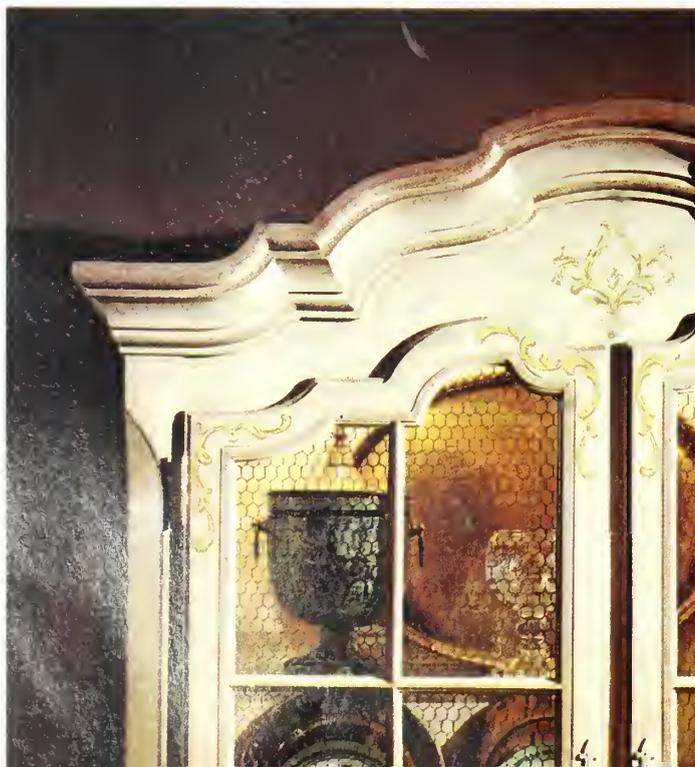
# Heritage craftsmen make the difference.

At Heritage, we still construct furniture in the grand tradition established by master craftsmen.

This means we hand select veneers for tables and cabinets, so the patterns of grain flow continuously. We sand them by hand, not once, but many times in our traditional 28-step finishing process. We also take care in finishing the interiors of all our cabinets.

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Over the years these costly, extra steps have been abandoned by most furniture makers. But at Heritage, we know furniture this lovely can never be made by machinery alone. It demands the hands of skilled craftsmen. Only this way can we create furniture that will remain beautiful for years to come.



On these pages Grand Tour III Collection

Front Page: Heritage Upholstery and Sketchbook Collection.

Back Page: Cameo II Collection.





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*Montgomery*, Dexter Interiors

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### ARIZONA

*Mesa*, Barrows  
*Phoenix*, Barrows  
*Phoenix*, Mehagians Furniture Galleries  
*Phoenix*, Ladlows Home Furnishings  
*Prescott*, Barrows  
*Tucson*, Barrows

### ARKANSAS

*Little Rock*, Arkansas Furniture & Carpet Co.

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*Bakersfield*, Wm. H. Davies Interiors  
*Costa Mesa*, H.J. Garrett Furniture  
*Cupertino*, Suburban House  
*Fullerton*, Thompson's  
*Long Beach*, Lloyd's of Long Beach  
*Los Angeles*, San Fernando Furniture Galleries  
*Oakland*, Berman's  
*Pasadena*, J.H. Biggar  
*Pomona*, J.H. Biggar  
*Redlands*, McEwen's Furniture Galleries  
*Sacramento*, Scofield's Furniture Co.  
*San Diego*, Burnett Furn. Co.  
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### CONNECTICUT

*Hartford*, Nassau Furniture Co.  
*New London*, Home Beautiful  
*Southport*, Freedmans of Southport

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*Jacksonville*, R.C. Jones Furniture  
*Miami*, Interiors By Binder's  
*Pensacola*, Miles Furniture Company

### HAWAII

*Kahului Maui*, Nerland's Home Furnishings

### IDAHO

*Boise*, Hendren's, Inc.

### ILLINOIS

*Arlington Heights*, Plunkett Furniture Co.  
*Champaign*, Carter's Furniture  
*Charleston*, Carter's Furniture  
*Chicago*, Plunkett Furniture Co.—All Stores  
*Chicago*, John M. Smyth Co.—All Stores  
*Danville*, Carter's Furniture  
*Decatur*, Carter's Furniture  
*Elgin*, Clendening Interiors Inc.  
*Peoria*, Cohen Furn. Co.  
*Urbana*, Carter's Furniture

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*Elkhart*, Pratt's Wayside Shop  
*Munster*, Tilles Interiors  
*Terre Haute*, VJeberg's

### IOWA

*Cedar Rapids*, Smulekoff's

### KANSAS

*Liberal*, Willson's Furniture Co., Inc.  
*Wichita*, Horton Furniture, Inc.

### KENTUCKY

*Flemingsburg*, McClure's "Acre" of Furn.  
*Radcliff*, Benningfields Furn. Center

### MARYLAND

*Rockville*, Kimels  
*Silver Spring*, Kimels

### MASSACHUSETTS

*Burlington*, Cabot House  
*Danvers*, Leone's Drexel Heritage  
*Fall River*, Mason Furniture Co.  
*West Springfield*, Sam Salem, Inc.

### MICHIGAN

*Detroit*, Preuss Furniture Co.  
*Farmington*, Ray Interiors  
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### MINNESOTA

*St. Paul*, Carroll's Fine Furniture

### MISSISSIPPI

*Jackson*, Miss. Wholesale Furniture Company

### MISSOURI

*Cape Girardeau*, Rust & Martin Inc.  
*Columbia*, Rust & Martin Inc.  
*Kansas City*, Cousins Inc.  
*Springfield*, Wheeler Home Furnishings  
*St. Louis*, Carafols—All stores

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*Newark*, Leon Furniture Co.  
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*Albany*, A. Swire Furniture  
*Hartsdale*, Caiati Drexel Heritage Furniture  
*Huntington*, Lyons Furniture Co.  
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*Mount Kisco*, Mount Kisco Furniture  
*Ossining*, A.L. Myers, Inc.  
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*Syracuse*, D.A. Daniels  
*Utica*, Leeds Distinctive Furniture, Inc.  
*Williamsville*, Country Manor Galleries Inc.

### NORTH CAROLINA

*Charlotte*, Stratford House  
*Forest City*, Grindstaff Interiors  
*High Point*, Black Furniture Co.

*High Point*, Country Furniture  
*High Point*, Young's Furniture & Rug Co.  
*High Point*, Rose Furniture Co.  
*Lenoir*, Stevens Furn. Co.  
*Raleigh*, Wayside Furniture House  
*Statesville*, Blackwelder's

### OHIO

*Archbald*, Rupp Furniture Co.  
*Canton*, R & J Home Furnishings  
*Cleveland*, Leopold's  
*Dayton*, Town & Country Furniture

### OKLAHOMA

*Tulsa*, Dickason-Goodman Fine Furniture

### OREGON

*Portland*, Director's  
*Salem*, Hogg Brothers Furn.  
*Springfield*, M. Jacobs Interiors  
*Tualatin*, Showplace Drexel Heritage

### PENNSYLVANIA

*Conshohocken*, Light-Parker Furniture Co.  
*Galeton*, Lush Bros. Inc.  
*Pittsburgh*, Today's Home—Two Stores  
*Sharon*, Willson's Furniture

### SOUTH CAROLINA

*Charleston*, Southeastern Galleries  
*Hilton Head Island*, Hilton Head Interiors, Ltd.

### SOUTH DAKOTA

*Rapid City*, Freed's Fine Furnishings

### TENNESSEE

*Nashville*, Payne Furniture Co.

### TEXAS

*Amarillo*, Herring Furn. Co.  
*Fort Worth*, Ellison's  
*Houston*, Suniland  
*Lubbock*, McKelvy's Furniture Inc.  
*McGregor*, Gilmore & Davis, Furniture  
*Midland*, Knorr Furniture  
*San Antonio*, Stowers Furniture Co.  
*Tyler*, Pope & Turner Furn. Inc.  
*Wichita Falls*, Spears Furn. Co.

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*Burlington*, Town and Country Furniture Shop, Inc.

### VIRGINIA

*Fairfax*, Kimels

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*Lynwood*, Ken Schoenfeld Furniture  
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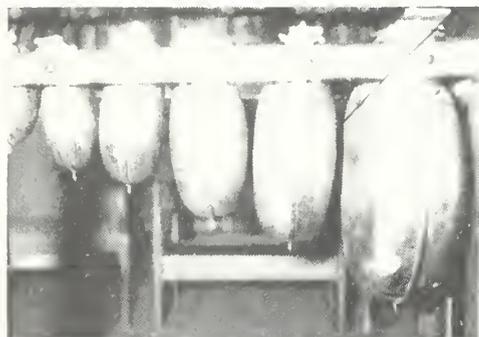
*Ponce*, Mundo Muebles, Inc.



For your nearest dealer, call toll free 800-243-6000 (In Conn. 1-800-882-6500). For booklets and room-planning kit, send \$1 to Drexel Heritage Furnishings, Dept. HG-2-77, Drexel, N.C. 28619.

continued from page 16

**Japanese bells**



Have you any information about my unusual old gongs? M.A.T.—Lowell, Ind.

Your tuned gongs or bells are "campanelli giapponese" or Japanese bells. They are used in the score of Puccini's *Madame Butterfly* and Mascagni's *Iris*.

**Silver trinket box mark**

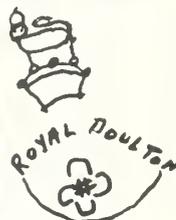
From the mark, can you identify my silver-plated box? L.B.A.—Huntington, W. Va.



The Derby Silver Company was active at Derby, Conn. from 1873 to 1898, when it merged with International Silver and continued in business until 1933. Your Victorian jewelry or trinket box was made by Derby sometime during the last quarter of the 19th century.



**English pitcher**



I'm told our pitcher is an antique. From the mark can you confirm this? E.O.—Honolulu, Hawaii

Your pitcher is not an antique. The impressed mark *Doulton Slater's Patent* was used on special wares, c. 1886-1914. Your pitcher dates after 1901, the year Edward VII conferred a double honor on Doulton by the presentation of the Royal Warrant to its chairman and personally

authorizing it to use the word Royal describing its products.

**Chinese Export table**



I understand my sewing table is very old. Can you tell me anything about its background? R.M.—Orla, Tex.

Your lacquered worktable with lifting top disclosing a well and sewing article is an example of Chinese Export furniture, probably dating around the 1820s. It reflects Sheraton influence.

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**Antiqueries**



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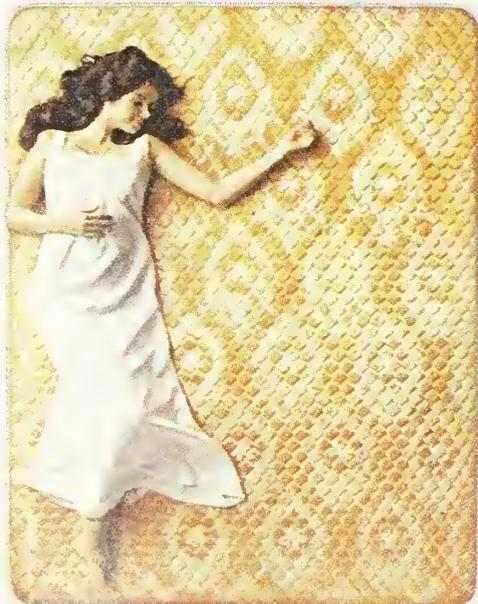
Once you've slept on a Sealy Posturepedic,<sup>®</sup> your back will never want to sleep on anything else. That's because Posturepedic is designed in cooperation with leading orthopedic surgeons for firmness and comfort that last. And Posturepedic promises no morning backache from sleeping on a too-soft mattress.

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# TAKING A NAP

## WHAT IT CAN DO FOR YOU

PETER CASTELLANO

### New findings on napping from a team of sleep researchers

By Caroline Seebohm

**A**re you the kind of person who can take a nap at any time and feel wonderful afterward? Or can't you close your eyes during the day, however much you'd like to? Do you feel guilty about napping?

These sorts of questions were raised recently by a group of sleep experts at the Institute of Pennsylvania Hospital and the University of Pennsylvania. Their findings may help us understand naps better.

According to Frederick J. Evans, Associate Professor of Psychology in Psychiatry at the University of Pennsylvania, and member of the research group, there are two distinct types of nappers, *appetitive* and *replacement*.

"The appetitive napper is one who likes to nap, regardless of

his sleep needs," explains Dr. Evans. "The replacement napper naps when he feels he needs to make up for past or anticipated nighttime sleep loss. For example, replacement nappers in our study were significantly more likely to say that they often felt they slept for too short a time, and that they often feel they need more sleep. The appetitive napper takes naps when he chooses to, enjoys napping as frequently as possible, and derives benefits from the nap that are not necessarily related to his physiological need for sleep."

There is a third category of people studied—those who reported that they did *not* take naps at all. "Such people, if they do take a nap, wake up feeling out of it for a while. Most people feel that anyway after a nap, but the regular nappers quickly recover, whereas people who do not enjoy taking naps tend to stay somewhat lethargic for the rest of the day—they don't perform so well. If anything, they have trouble going to sleep that night. So for some people it would seem that the nap is counterproductive."

For the lucky people who like napping, however, Dr. Evans feels their performance improves after it. "Either because they are no longer tired, or they've recovered from whatever stress led them to take the nap, so

there should be some improvement in performance following relatively short naps."

Some people probably feel that taking a nap interferes with their nighttime sleep. The research studies tend to refute this. "Admittedly, the replacement nap looks physiologically like a piece of nighttime sleep," says Dr. Evans. "The nap of the

special people. "Their ability to fall asleep so easily and their sleep processes related to other abilities that are interesting. For instance, people who control their sleep patterns turn out to be more highly intelligent than people who have this kind of control. I suspect they may be able to meditate faster—or they

### Are you the napping type?

Do you often feel sleepy during the day, even if you slept well the night before?

Do you like to nap, even if you don't feel sleepy?

Do you wake up feeling refreshed and satisfied?

Do you sleep well the night after you have taken a nap?

If you answer

**yes** to these questions, you can probably benefit from napping, and should take advantage of your talent if you can.

If you answer

**no**, then you are probably a non-napper, who falls asleep less easily both during the day and at night, and should find another way to "take a break" if you feel you need it, such as walking or reading.

## 2 FAMOUS NAPPERS



**WINSTON CHURCHILL**, during World War II, needed very little nighttime sleep. But he took regular naps throughout the day. If you had an appointment with him, the story goes, and he was napping, you would just have to wait for his 20- to 30-minute nap to be over.



**THOMAS EDISON** thought that his invention would help eliminate one of mankind's most extreme forms of overindulgence—sleeping at night—presumably by doing away with nighttime darkness! He himself worked for extended periods of time, interrupted only by brief naps at irregular times.

THE BETTMANN ARCHIVE

appetitive napper, however, doesn't look very much like fully developed deep sleep at all—indeed it doesn't even look like the sleep where we dream. But the striking feature of both kinds of napper is that they

**There should be some improvement in performance following relatively short naps**

seem to have a skill in being able to fall asleep whenever and wherever they want to—regardless of whether they are tired or not. And they do not report that it interferes with their night sleep."

Dr. Evans believes that people who can nap easily are

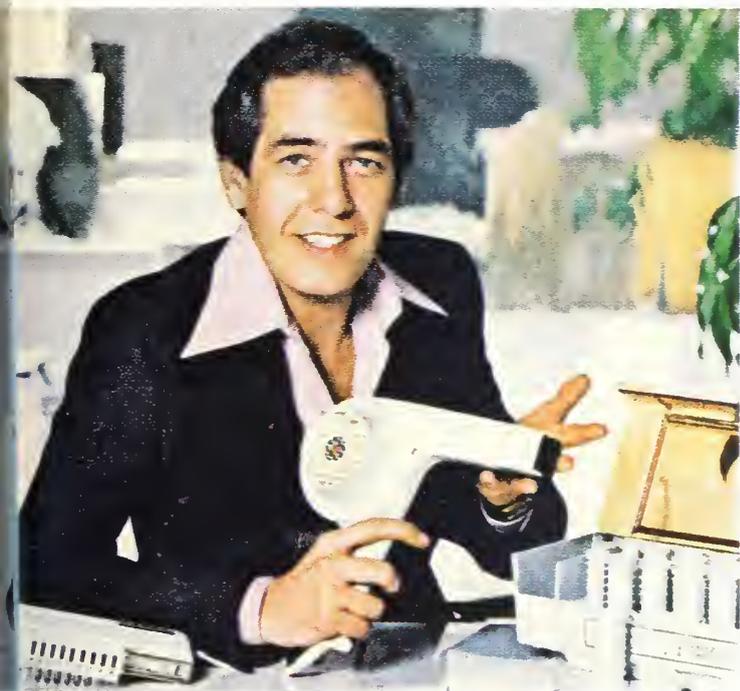
people who can turn off other states of consciousness much more easily than

This, in Dr. Evans's opinion, is a very useful and simple mechanism. "If you're stressed or tired, or having trouble solving a problem, it often helps to take time out, to put the problem aside for awhile. We all know you can do this by taking a walk or meditating or going to bed. Spontaneous trance-like states can be very beneficial. The appetitive napper in particular seems to us to be deriving a lot of benefit out of his napping. Stopping feeling sleepy, the things we hope to do more about this skill. We may help people who have sleep problems learn to control sleep."

It certainly sounds as if taking a nap has a lot to offer. (Continued on page 32.)

# “Every time you style your hair you do a little more damage. 30 minutes with condition\* will help undo it.”

*David Daines*  
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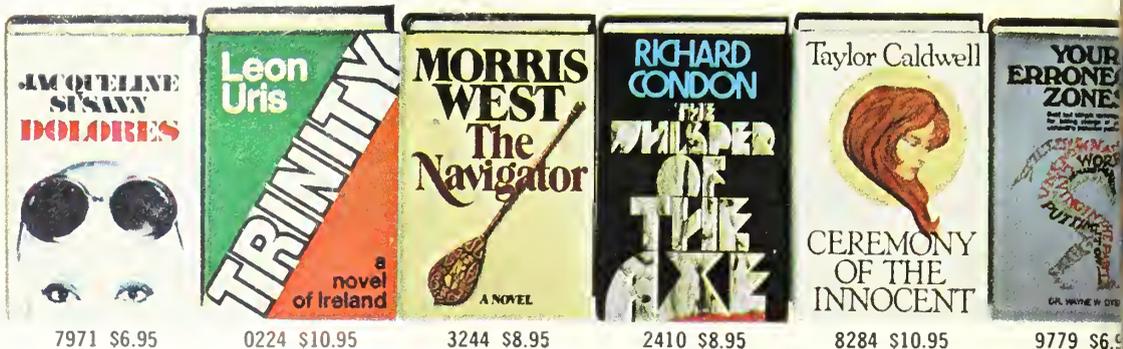
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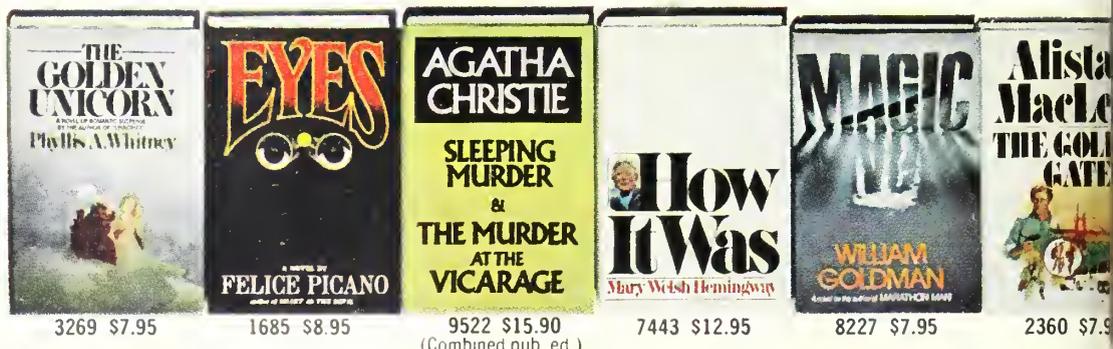
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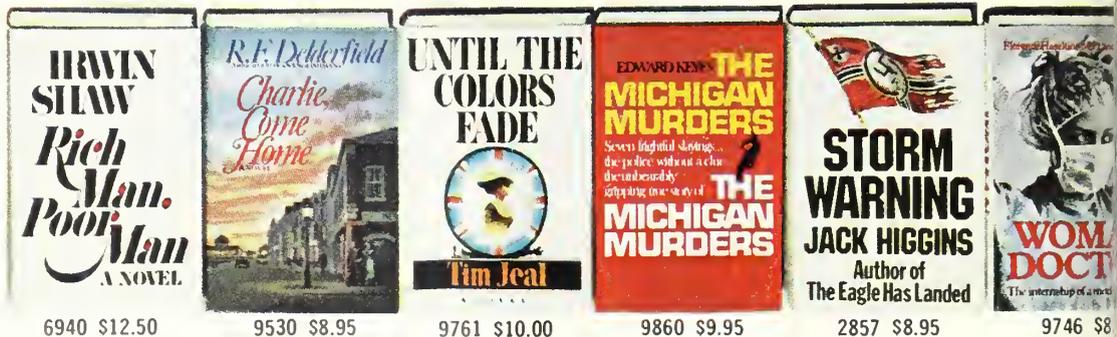
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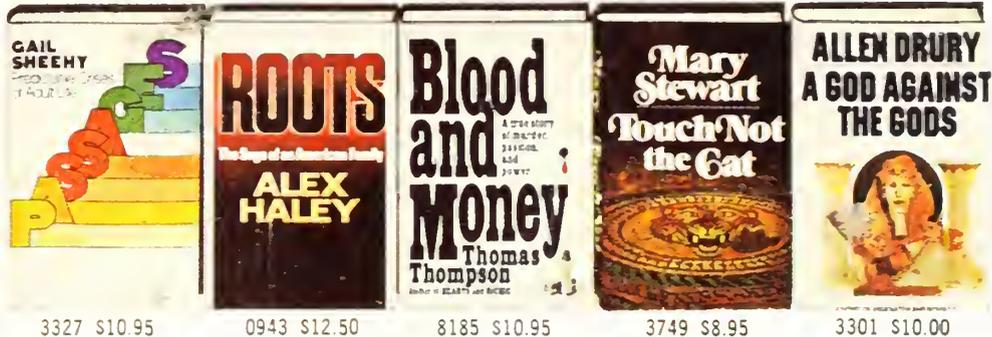
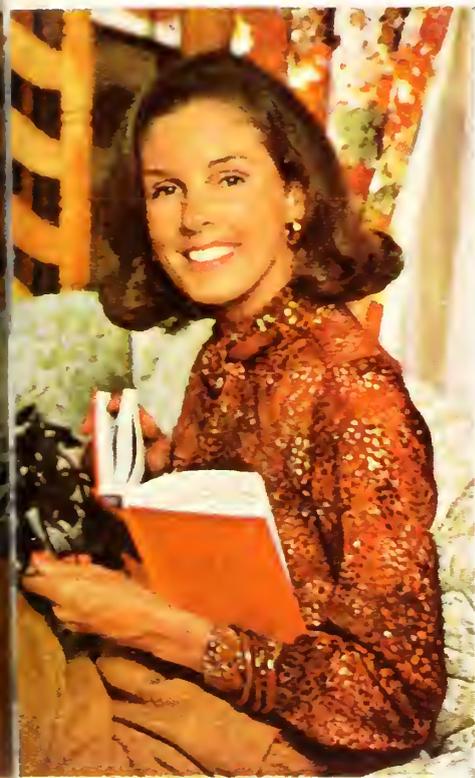
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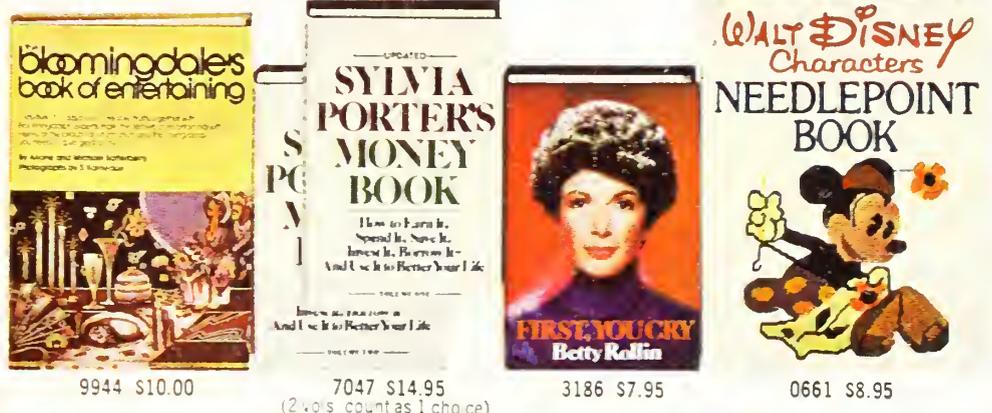
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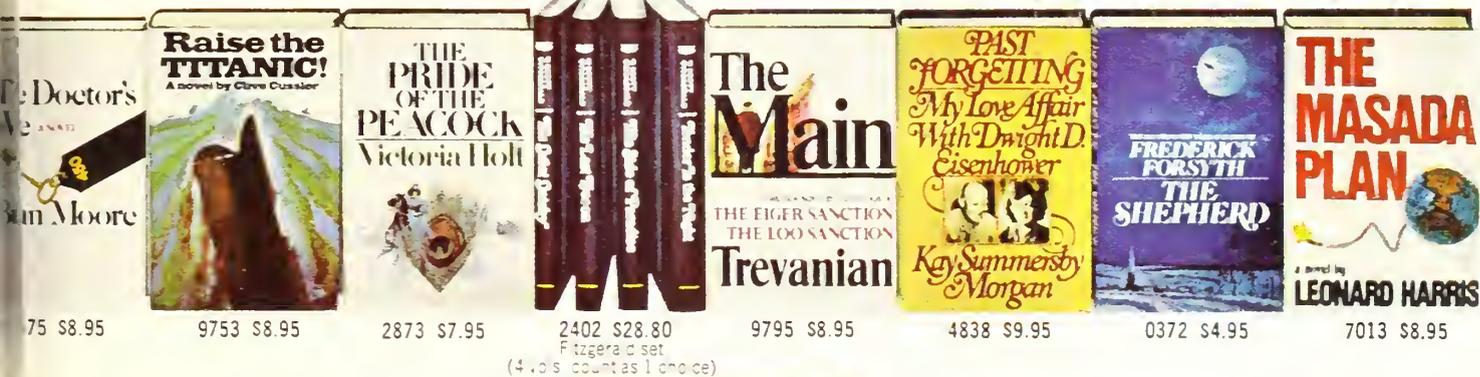
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continued from page 26

## Beauty and health products new this month in the stores

TETSU OKU

In addition to all the luxurious grooming products on pages 98-103 in House & Garden's Super Bath, a new set of skin aids has been designed for men. It's by Clinique, real hypo-allergenic experts in skin care, and they've done it because the men



Clinique Skin Supplies for Men

were buying up the women's products. It's a no-nonsense, three-step system that includes Clinique's computerized skin analyzer to determine the strength of the products you need. For example, there are two strengths of soap, three Scruffing Lotions (each half again as strong as the Clarifying Lotion for women), and a super-strength Exfoliating Lotion that really gets toughened skins clean. The soaps are \$5.50 each. Scruffing Lotions, \$6.50 each, Exfoliating Lotion, \$7.50. Then comes a soother called Clinique M Lotion, \$7.50 and a Clean-Scalp Shampoo for \$4.50. The whole group is called *Clinique Skin Supplies for Men*, at department stores everywhere.

More skin savers: Get every bit of help you can to get your skin smooth, clear, and free of small dry patches during what's left of these winter months. 3M's new **Buf Body Scrubber** is a long-handled back and shoulder scrubber that uses popular nylon cleansing sponges to do the work gently and completely. Each nylon sponge lasts about 8 weeks, is replaceable, really helps for heels or elbows, yet is soft enough to use on your face. The scrubber is \$3.98 at drug stores throughout the country.

After ridding yourself of dryness, protect your skin with *Lancôme's Progrès Texturizing Moisture Lotion for Hands and Body*. The cream helps prevent chafing caused by weather and clothing, and it claims to fill in the tiny sunken lines and wrinkles to leave your skin with a smooth, supple feel. \$8.50 for 6¼ ounces.

Here's a tip for skiers: Sprinkle a tiny bit of baby powder onto the chin strap of your ski cap (you *are* wearing it, aren't you?) especially if the cap is new—it relieves chafing. Tuck a small travel-size container of **Johnson's Baby Powder** into a zippered parka pocket, too. Same thing for new boots. A dusting of the powder around the tops of ankles and shinbones will help reduce some of the rubbing.

Do-you like using a lip wand? Five new lip colors provide clear gloss, make shape and outline perfect each time, and have shine to spare—*Maybelline's Fresh & Lovely Shiny Automatic Lip Color*. The new colors only cost \$3.99 each.

Last but not least is the beating your hair takes from steam heat, and the blow-dryer every morning. New **Pal** by *Clairol* is a conditioning and styling mist that sprays on after shampoo to help relieve your hair of the damaging effects of all that heat. The mist is non-aerosol, too. \$7.99 for 6 ounces ■



# Showgirls.

Linda Argersinger and Sandy Bostwick of Ann Arbor, Michigan.  
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Three or four times a year, Linda Argersinger and Sandy Bostwick hold a private at-home showing of exclusive Doncaster dresses, suits and coats.

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You would also have the opportunity to show a designer collection of ready-to-wear sportswear priced from \$15 to \$115.

Of course, as a Doncaster Fashion Consultant, you could buy the classically good-looking clothes for yourself at a savings. (In the photograph, Linda and Sandy are wearing two of their favorite dresses from the new Doncaster spring collection.)

If all this sounds good to you, please write to Mike Tanner, Doncaster, Dept. HG-1, Rutherfordton, North Carolina 28139. Or call (704) 287-4206.

# Doncaster.

(Unsolicited Testimonial)

# “My hand became so rough and raw...I was about to call a doctor”..



BILLIE WILLIAMS—Sharon, Mass.

Gentlemen:

I am not an Arctic fisherman nor a Japanese pottery maker. I am a Massachusetts housewife whose right hand was paralyzed by a virus the end of last summer. Needless to say, over the past seven months I have been forced to use my left hand almost exclusively. My hand became so rough and raw with cracks, bleeding, etc., that I was about to call a skin doctor last week when I decided to give your product a try. I figured I'd be conned by a good advertising campaign one more time. Now -- HERE COMES MY FIRST UNSOLICITED TESTIMONIAL -- TA DA -- AND A DRUM ROLL!

Last Thursday night I purchased Neutrogena Hand Cream at my local drug store. I used it that night, each night since as well as during the day, with a cotton glove and one of my husband's white terrycloth socks over that to keep in the warmth. We noticed an improvement in one day and by Saturday the cracks had started to heal. Today is just one week. I can touch double knits without my skin snagging them -- the dark discoloration which was imbedded in every crack is disappearing as new, soft skin takes its place; my hand doesn't hurt any more; my husband and kids will hold it without saying yuk and gross, respectively and I'm not ashamed to have anyone see it.

I've always had dry, sensitive skin on my hands especially during the winter months and I have tried just about every product on the market with limited success. (But I can heartily recommend your product and will because it does exactly as it advertises.)

Sincerely,

*Billie Williams*

Originally developed for Arctic fishermen, Neutrogena Hand Cream is a heavy-duty formula which literally shields your hands, helps them heal. Medical tests show it helped clear up acute skin conditions within 14 days. **Your satisfaction guaranteed, or money back. \$3.**

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# New help for arthritis

## First aid for guilty thoughts

### What's total love?



By Drs. Robert and Mary Catherine Tyson

**Q. What's the best treatment for arthritis?**

**A.** Arthritis has been around for a long time. Dinosaur fossils show unmistakable evidence of arthritis, as do skeletons of prehistoric man. There is still no cure for this problem, despite provocative claims about diets with or without herbs, carbohydrates, honey and vinegar, vegetables without skins, massive doses of vitamins, strong purges to get rid of "poisons," and even bee stings! On the positive side, however, there has recently been a dramatic breakthrough in medical research which offers new help to sufferers. Until recently, a drug called indocin was the only medication aside from cortisone and aspirin that doctors could recommend as anti-inflammatory treatment to act on swollen tissues and decrease joint fluids. It is very effective but not readily tolerated by the stomach. In the past few months, however, four other important drugs have become available—motrin, originally from England, nalfon, nap-

rosyn, and tolectin, all manufactured in the United States. They can be used with safety on a long-term basis and are less likely to cause side effects, such as stomach upsets and allergic reactions.

There is no question that these drugs are a huge step forward from cortisone treatment, which is hazardous in the long term, leading to severe side effects such as diabetes, high blood pressure, enlargement of the heart, intestinal bleeding, ulcers, and the puffed-up "moon" face. The new medications are particularly successful in combating rheumatoid arthritis, which is crippling if untreated. No one knows the cause of this type of arthritis, which attacks young and old alike, resulting in a general swelling of joints with stiffness and pain. Of the three other types of arthritis—gout, secondary arthritis, and osteoarthritis—the last is the most common. This condition results from the cushions (cartilage) at the joints wearing thin over the years, so that the bones rub together and thicken

from pressure. Gout is a hereditary problem in which excess uric acid in the blood precipitates as crystals in the joints, causing pain, swelling, and stiffness. Secondary arthritis is much rarer and may occur with any infectious disease.

Joint replacement, introduced by Dr. John Charnley in England and carried out by his trainees in this country, is an effective alternative to drug treatment for arthritis in some cases. A high-density polyethylene cup is inserted with a shaft of stainless steel or alloy to provide a new hip or knee. Recently Dr. Charles S. Neer, at Presbyterian Hospital, New York, has replaced shoulders as well.

All arthritis sufferers are helped by a dry, warm environment and aggravated by cold and dampness. A well-balanced diet is beneficial. Supervised physiotherapy with heat, baths, massage, and exercise often makes the difference between an invalid and a normal active person. Fortunately for arthritis sufferers, spontaneous remissions occur with this disability. It is this fact that accounts for so many "success" stories, or false "cures."

**Q. Is there first aid for guilty thoughts?**

**A.** There are three specific steps to counteract the emotional stress of guilty thoughts—"I could have killed him!" . . . "She deserved what happened to her" . . . and feelings such as that. *Step One. Accept guilty thoughts as normal.* Everyone has them. Vague concern about condemnation from others is groundless, since no one else has access to your thoughts unless you reveal them. Realize that everyone in childhood is taught cleanliness, patience, to keep a leash on temper, and self-control. Acceptance of this code of behavior denies much that may be pleasurable and intensely desired and stifles fulfillment of many feelings . . . risky sexual experience, satisfaction about someone's misfortune, illness, or death, antagonism toward parents or children, and much more you consider improper. The point is that guilty thoughts are the world's best-kept secrets. With the appearance of proper thinking all around you naturally feel different and disturbed. Correct your thinking by remembering everyone is in the same boat, and it will be curative. One who is led to think he has committed a crime feels miserable. When the confirmation comes that he's innocent, gloom disappears. Knowing that at some time everyone wants to rebel will make discomfort disappear.

*Step Two. Desensitize yourself to*  
Continued on page 3

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13 mg. "tar", 0.9 mg. nicotine av. per cigarette, FTC Report APR. '76.

continued from page 36



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*guilty thoughts.* Dr. Albert Ellis, the noted psychologist, has a term for facing an emotional situation directly: “de-awfulizing”! The technique is simple. For coping with “wrong” thoughts, you simply call them to mind, dwell on them vividly. Say out loud: “How I wish so-and-so (the guilty thought).” Each time add “Everyone has thoughts like that!” Practice 5 minutes, twice daily for a week. At first you will feel anxious, but as you repeat the process you will find the guilty thought loses its power over you.

*Step Three. Make amends.* When a guilty thought incorporates not just a wish but an actual deed that cannot be undone, making amends is a simple, helpful remedy. Perhaps you said something you regret to someone, or you rejected a request for help. An honest apology is a strengthening act—often overlooked.

**Q. What is total love?**

**A.** Total love goes far beyond the sexual aspect of a relationship and is worth re-assessing, given the fixed attention on the physical side of a partnership that exist today. Total love sums up the full measure of mutual respect and close cooperation between partners, which results in each individual feeling good. And as a matter of fact, when this mutual respect exists, it actually enhances the sexual act. Total love provides constant moral support. In life, almost everyone you deal with evaluates you. Knowing your partner likes you for yourself, as you are in your successes and in your failures, provides a great feeling of security. Total love offers the feedback of criticism, intellectual stimulation, and a unique opportunity to “talk things over.” It serves two universal, complementary motives—to nurture another person and in turn to be cared for. These incentives aside, we all know the pleasure of sharing and how enjoyment can be heightened by mutual enthusiasm. A balanced life calls for challenging tasks, new sights, sounds and places, exercise, entertainment, reading, learning, and sheer fun. Some of these may be enjoyed privately, but many are more complete experiences with companionship. Within total love, there is the long term comfort of “getting used to each other.” Really deep feelings of appreciation for the other partner develop with tolerance, compromise, inevitable frustrations and some thorough therapeutic quarrels.

Partners who experience the development of this compatibility and understand the value of mutual respect observe that intermittent romance never ends. They can enjoy “seeing” each other as if for the first time, speaking with particular affection, giving one another gifts. Total love describes a richly satisfying relationship. ■

# "It's a shame more women don't take up Interior Decorating."

Why should any woman today allow herself to get trapped under a pile of boring household chores or in some dull, underpaid job?

Carin Baugh, of Kennewick, Wash., escaped that trap by becoming an interior decorator. And she loves it.

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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, etc.

When Carin talks about her work she asks, "Isn't it a shame more women don't take up interior decorating as a career?"

For some women, it could be an ideal job. Many interior decorators even work right out of their own home. They use it

as both office and showroom. And furnish it at a special decorator discount. (If you do work at home, your accountant can show you how legitimately to deduct from your taxable income all expenses necessary to running a business, including your home office.)

But you need training. Of course, we can't promise you'll be as successful as Carin. But we can give you the same well-rounded training she had—*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.

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Carin Baugh of Kennewick, Wash., is raising two children and yet manages to have an interesting, well-paid job.

# Platform tennis, anyone?

**Why the new game is booming**

It's easier than tennis, you can play throughout fall and winter, and women can hold their own with men

By Barry Tarshis



Action: 1976 Tribuno platform tennis finals

The first time I played platform tennis—or, as most people know it, “paddle”—the temperature was in the low teens, and I was so cold when we started to hit the ball I suggested to my playing partners that we suspend activities until a day when the specter of frostbite did not hang as ominously in the air.

“Are you kidding?” wondered my friend Seymour, as he slipped off his jacket. “This is perfect paddle weather.”

He was not being sarcastic. Although platform tennis can theoretically be played indoors or outdoors, at any time of the year, the sport has traditionally been an outdoor, cold-weather exercise—a cold-weather surrogate, in effect, for

tennis. You play it on a 60-by-30-foot elevated platform surrounded by a 12-foot wire fence, with special flaps on the bottom to facilitate the removal of snow. The rules of the game, moreover, minimize the amount of time you spend standing around waiting for somebody to retrieve a stray ball and keep rallies alive longer than in the typical tennis game. All of which explains why suggesting to a dedicated paddle player that it is too cold to play is tantamount to telling Sir Edmund Hillary that there are mountains too tall for him to climb. “The colder it gets,” my friend explained to me, “the more you want to move around to stay warm, and the more exhilarated you

feel when you're finished. It makes for a much better game.”

If you're having a problem right now visualizing what I'm talking about, there is no need to feel culturally deprived. Platform tennis was “invented” nearly 50 years ago, but for most of its history it has had a limited constituency—made up almost exclusively of upper-crust northeasters. That particular constituency is still very strong in the sport, but the picture has changed dramatically. Five years ago, for instance, there were something like 1,200 paddle courts in the U.S. and less than 100,000 players. Today the number of courts has risen to more than 3,500 (a growing number of them in private residences and in public parks), and the number of players, according to estimates by the American Platform Tennis Association (APTA) has soared to 400,000 or more. The geographic complexion of the game is changing, too. Whereas 5 years ago, the paddle scene was confined almost exclusively to northeastern suburban areas, the game today is played in some 550 cities, 30 states, and in 13 different countries.

What it all seems to add up to is a boom, except that the most knowledgeable people in platform tennis insist that the best is yet to come and that the boom in the sport is only beginning. There are now more than a dozen commercial platform tennis centers scattered throughout the northeast (until a year or so ago, there were only two or three) with more in the works. Several major corporations are starting to invest money in the game, chief among them the Coca-Cola Bottling Co. of New York, which sponsors the Tribuno Platform Tennis Tour—paddle's answer to the WCT circuit in tennis. “What we're seeing is only the beginning,” asserts Dick Squires, a former paddle champion, who is one of the game's leading authorities (his book *The Complete Book of Platform Tennis* is the bible of the sport). “With the right sort of promotion and with enough courts available, paddle could easily become as big as, if not bigger than, tennis.”

*Continued on page 4*



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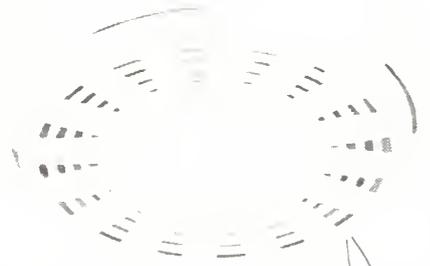
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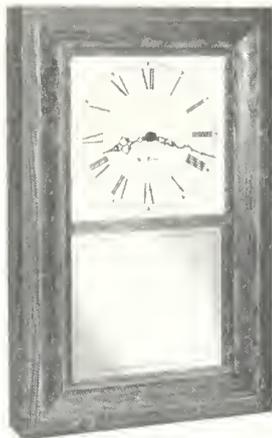
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A GREAT AMERICAN IDEA

continued from page 42

An exaggeration? Perhaps. But platform tennis has a lot to offer. To begin with, it bears a close resemblance to tennis, offering many of the same features, with a few of its own (such as a rubber ball). A platform tennis court is a little more than half the size of a regulation tennis court, but the relative proportions are virtually the same. The rules are pretty much the same, too, with a couple of notable exceptions. First, you are entitled to one, not two, serves on each point. Second, you're permitted to play balls that bounce off the wire fence, providing the ball has only bounced once in your court before striking the fence and providing you can get the ball over the net before it bounces again.

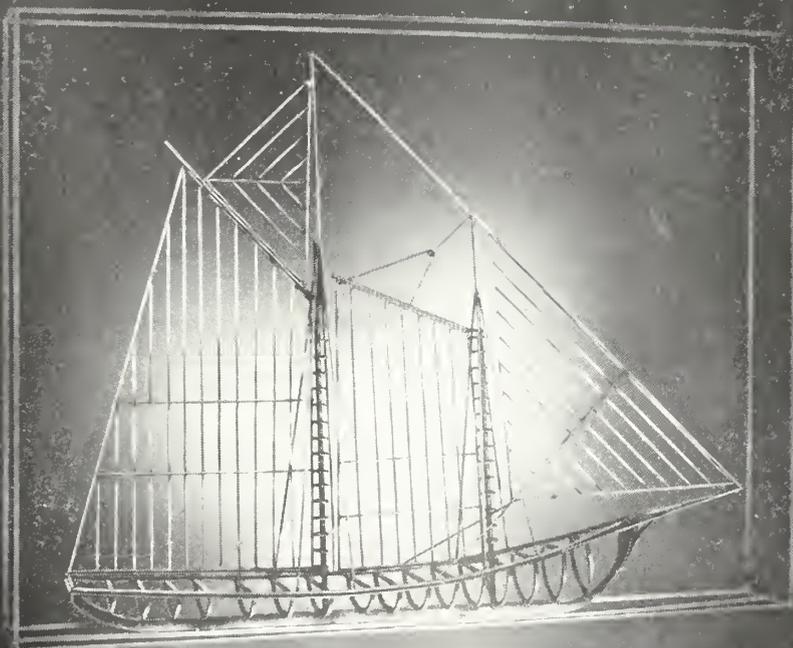
More than anything else, it is the "off the wire" aspect of the game (you can return the ball by ricocheting it off the fence to your opponent), that gives platform tennis its distinct personality. Being able to play off-the-wire shots tends to keep the ball in play longer than in tennis. More important, though, the wire shot neutralizes the advantage of brute power. The crushing overhead put away that is so much a part of tennis rarely wins points in platform tennis. Power is secondary to finesse and quickness—an effective equalizer between the sexes, which explains why paddle is even better suited for mixed doubles than tennis and such a good family sport.

Paddle is also a much easier game to pick up than tennis—at the novice and intermediate level. The short-handled, perforated wooden paddle is easier to control than a tennis racket, and the sponge-rubber ball is a little larger and not nearly as lively as a tennis ball. Stroking techniques are not much different, but, where it takes most tennis beginners a year of steady practice before they can control the ball, anybody with an average degree of hand-eye coordination can start having fun at platform tennis the second or third time on the court—and in even less time if they've played other racket sports. It also is not as tiring as tennis, if you're in less than perfect shape physically. "Paddle is not nearly as frustrating a game as tennis," says Squires, who has played both competitive squash and tennis in national tournaments. "You don't have to spend a fortune with a pro to get reasonably good, and you don't peak as quickly. For some reason, you don't go through so many ups and downs with the sport as you do in tennis."

Tennis, of course, has its own mystique, and its own special pleasures, not least of which is the marvelous feeling that comes when your ball zings off your racket after a clean, solid groundstroke.

Continued on page 46

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continued from page 44



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Paddle tennis doesn't have the same "feel", and doesn't have the strategic complexity of tennis. Also, it's a terrific doubles game, but not such a good singles game.

On the other hand, paddle is probably quicker and more intense than tennis, and not nearly as expensive. A good racket that should last you a lifetime costs in the neighborhood of \$20. Balls cost about the same as tennis balls but they will last considerably longer. Finally, there is no special dress that is required. The standard "uniform" for both men and women is slacks and a sweater.

Given all that paddle offers, it's logical to wonder why the game is just now developing a large following. Basically, because until recently none of the people connected with the game were very interested in promoting its growth. Whenever the game did develop in a new area it was usually because an avid player moved someplace where the game was yet undiscovered, joined a club, and then

**Anybody with average hand-eye coordination can start having fun at platform tennis the second or third time on the court**

sold the idea of a platform court to other members.

Came the early 1970s, however, and the situation began to change. The major factor, probably, was the tennis explosion, which produced an enormous number of tennis players who, for one reason or another, did not or couldn't find facilities to play indoor tennis during winter. Presto, a new and receptive market. Sensing the demand, a few people within the paddle establishment went to the business of promotion to municipalities, resorts, hotels, and commercial centers, and at about the same time there were a couple of nationally televised events to stir interest around the country.

Paddle appears to be a game whose time has come. Less expensive, less dangerous, and far more convenient than skiing, easier and less frustrating to play than tennis, suitable for the whole family, and blessed with more than its share of status, platform tennis could easily turn out to be the winter sport of the next decade. "It's only a question of introducing people to the game," says a confirmed aficionado. "The game it will do the rest."

Continued on page

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continued from page 46

## The Home Paddle Court

Interest in platform, or paddle, tennis, has brought about a mini-boom in residential courts—and it will probably accelerate. A home court is not inexpensive by any means, but it has one big advantage over a regulation tennis court or a swimming pool: It can be used all year long for fitness in four-season climates. **Making room.** The typical platform tennis court takes up about one-quarter of the space a tennis court does, which simplifies the problem of finding room on your property. Any reasonably level 60-by-30-foot patch of land will lend itself quite easily to a paddle court. Many homeowners prefer to tuck the court away in an area partially shaded and sequestered by trees.

**The cost.** A paddle court built by a commercial builder will run anywhere from \$10,000 to \$20,000, depending on the kind of court you build and what features you include. For the lower price, you can build a traditional wooden court, but less and less of these are being built now. They don't hold up as well as the newer aluminum courts, and require yearly maintenance of \$1,000 to \$1,500. The top price buys an aluminum court with lights for night play and heaters for winter, that requires little maintenance.

If you are mechanically minded and have the time, you can buy the materials and build the court yourself at a savings of around 40 percent—but you have to know what you're doing. The foundation can be tricky, and the screening is critical. The nation's largest paddle court builders, R. J. Reilly, Jr., of Danbury, Conn., report that they are often called upon to help out do-it-yourselfers.



One promising new route for do-it-yourselfers is the prefabricated aluminum paddle court kit presently being marketed by Devoe Systems (800 Eastern Avenue, Carlstadt, N.J. 07072). The basic structure, which meets APTA standards, is designed to stand only 7 inches above the ground, and to be more

esthetically pleasing than the typical court. It costs \$7,990. Lights add an additional \$1,200, heaters, another \$1,200. Louis Grenadier of Devoe says that it should take three people about a week to assemble the court. Even if you hire three experienced construction men, he says, the final cost will still be about \$3,000 to \$5,000 less than a commercially built court. ■

### A new look

Very different from the old style wooden court on a raised platform, this \$7,990 prefab aluminum court is planned for easy maintenance—and no splinters. It can be put up by advanced do-it-yourselfers.

### Information Please

The best source of information about platform tennis is the American Platform Tennis Assoc. (APTA). It can give you a list of paddle court suppliers and builders, and literature about the game. Write: Gloria Dillenbeck, APTA, 52 Upper Montclair Parkway, Upper Montclair, N.J. 07043.

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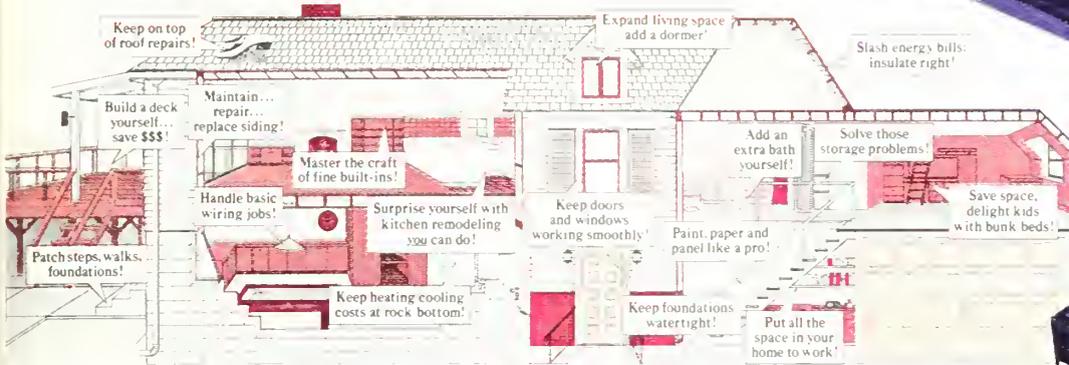
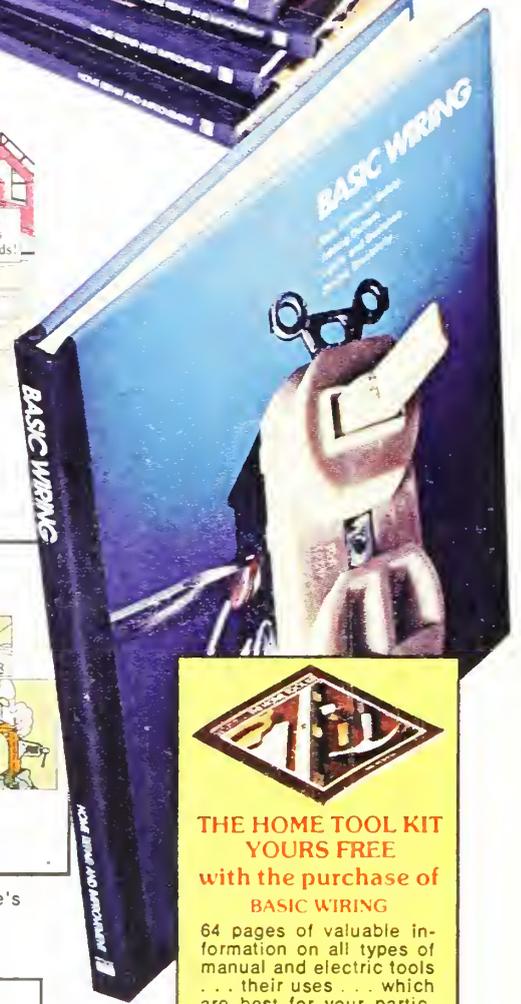
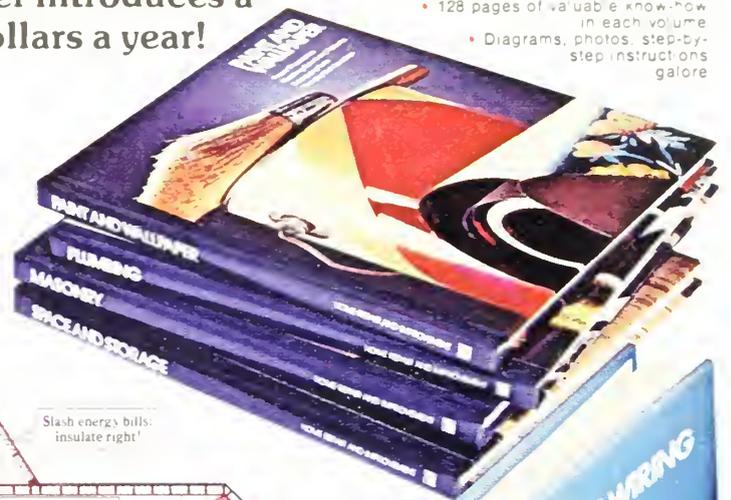
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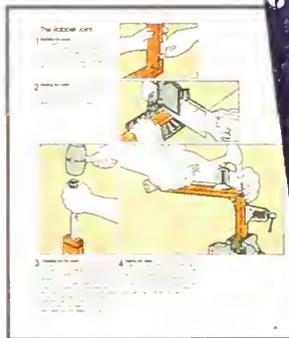
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# Gesneriads: beyond the African violet



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**Sinningia "Mini-Sins", new from Park; right, African violets in pots.**

A combination of hybridization and the introduction of central heating on a massive scale in the 1920s and '30s turned an obscure little greenhouse plant for the wealthy, *Saintpaulia ionantha*, into America's most popular indoor flower, the African violet. Some 1,800-odd other species in the gesneriad family, however, remained more or less in obscurity. Now, in the plant explosion of the '70s, a wide range

of fascinating gesneriads have come into their own.

For your plant collection, consider the various attractive *Reichsteineria*, *R. cardinalis*, for instance, is a very robust grower forming a cluster of emerald-green velvety leaves topped by a bonnet of scarlet flowers. *R. leucotricha*, popularly called Brazilian edelweiss, has silvery foliage and flowers of a soft rosy coral, accented on the outside by silky white hairs. It is

By Richard Langer

easy to grow from seed.

Or consider the genus *Smithiantha*, the temple bells. *S. cinnabarina* is a compact grower, yet impressively large in size. The plush reddish leaves grow a foot in diameter while from the center rises a red stalk covered with bright scarlet bell-like flowers. *S. x hybrida* 'Compacta' has yellow-tinged bells; *S. multiflora*, subtle cream-colored flowers.

For hanging-plant enthusiasts, the gesneriad family has plenty to offer. The *Episcia*, or peacock gesneriads, have quilted fuzzy leaves whose bright brocade colors and dazzling flowers justify their name. The *Columnnea* species provide several more trailing gesneriads to choose from. Not to leave African violets out entirely, one outstanding variety is "Tiny Dots," a miniature.

## Gesneriads from seeds

Gesneriads are very easy to propagate. You can take leaf cuttings of a *Saintpaulia*, *Smithiantha*, or *Episcia*; you can divide the tubers of *Sinningia* and *Episcia*; rhizomes of *Achimenes* and *Kohleria* can be divided too. But somehow there's nothing quite like raising a plant from seed—besides, that's the only way to get specimens of some of the more unusual varieties.

To sow the seeds, dampen some finely sieved milled sphagnum moss—rub the dry moss through an old tea strainer on its way into the pot—and sprinkle the dustlike seeds on top. Then place the pot in a polyethylene bag, blow the bag up gently, and close it off with a rubber band. Place the bag in a warm (72°-76°F) shady place. Usually a spot near the stove is perfect. Once the first two leaves have developed on the seedling, remove the bag—for an hour the first day, 2 the next, and so on until the plants have hardened off. When the plants begin to look crowded, transplant.

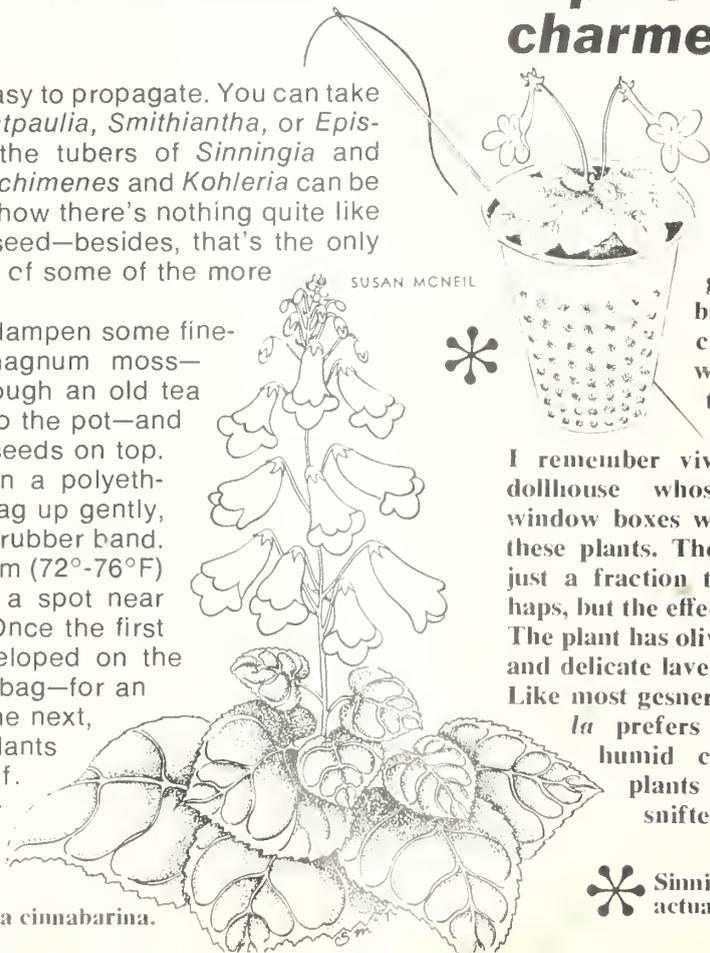
The charming *Smithiantha cinnabarina*.

## A pint-sized charmer

*Sinningia pusilla* is sheer delight in Lilliputian scale. A thumb-sized gesneriad that blooms almost constantly, it will actually thrive planted in a thimble.

I remember vividly seeing a dollhouse whose diminutive window boxes were filled with these plants. The flowers were just a fraction too large, perhaps, but the effect was striking. The plant has olive-green leaves and delicate lavender trumpets. Like most gesneriads, *S. pusilla* prefers a warm and humid climate. Three plants in a brandy snifter will flourish.

*Sinningia pusilla*, actual size, in thimble.



## CARE AND FEEDING

The vast majority of gesneriads originate in areas of tropical rain forest. Their home environment is a rich, warm and humid atmosphere and bright but diffused light. That's exactly what will suit them best in your home. Use a loamy potting soil (the premium African violet soils work fine). Keep it constantly moist but never sopping, using tepid water. Fertilize the plants twice a month or so during their growing season. Keep the pots in a bright window (with less than 2 hours of direct sun a day) or under fluorescent lights. They thrive as long as the atmosphere around them remains moist.

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# For the house fixer

## KEEPING A CLEAR KITCHEN SINK DRAIN

By Deanne Raffel

Nothing is more frustrating than having a clogged kitchen sink drain—especially when you are in the midst of preparing a dinner party. Keep cool and try to remedy the situation yourself before yelling *plumber!*

Usually the trap, that U-shaped pipe connected to the underside of the sink, is the culprit. It collects all types of refuse that travels down from the sink. If you have been remiss in keeping the strainer in place, garbage will collect quickly in the trap. (The pipe that follows the trap and the line that leads directly into the sewer or cesspool also can become blocked.)

Begin your plumbing career by removing any vegetable peels, utensils, etc., that are in the sink. Also be sure to lift out the strainer. Is the drain completely clogged or is the water slowly trickling into the waste pipe? Maybe you have poured both coffee grinds and cooking fats down the drain. The fat tends to build up in the line and the grinds, in turn, stick to the grease. If this is done repeatedly, the drain quickly becomes blocked.

Wait until the water completely empties through the semiclogged drain. Bring a pot of water to the boiling point and then pour the steaming liquid down the sink, being careful not to splash yourself. The heat may dissolve some of the coagulated material and allow the water to flow freely down the drain. If successful with this first unclogging attempt, fol-

low the scalding water with hot tap water running for at least 10 minutes.

If plumbing venture No. 1 does not work, then go on to No. 2. After all the water has seeped out of the sink, pour a half-cup of baking soda and a cup of vinegar into the drain. Immediately replace the strainer (fixed in the closed position)—the soda-acetic acid combination sets up a bubbly chemical reaction. Leave the drain tightly closed for several minutes. Remove the strainer and flush with water as above.

A completely clogged trap requires a plunger. Remove the strainer and then fill the sink with a couple of inches of water. Set the plunger cup over the drain and with both hands on the handle pump down and up several times. Hopefully the obstruction will be freed and then permit the water to run into the pipe.

If an object has fallen into the drain it may be sitting in the trap. Set a bucket directly below the sink. With an adjustable wrench loosen the cleanout plug in the trap (if there is one). Unscrew the plug and the liquid sitting in the catch will empty into the container. When there is no plug, the trap itself must be removed.

With luck on your side, one of these efforts will solve your problem. If not then it is time to call a plumber.

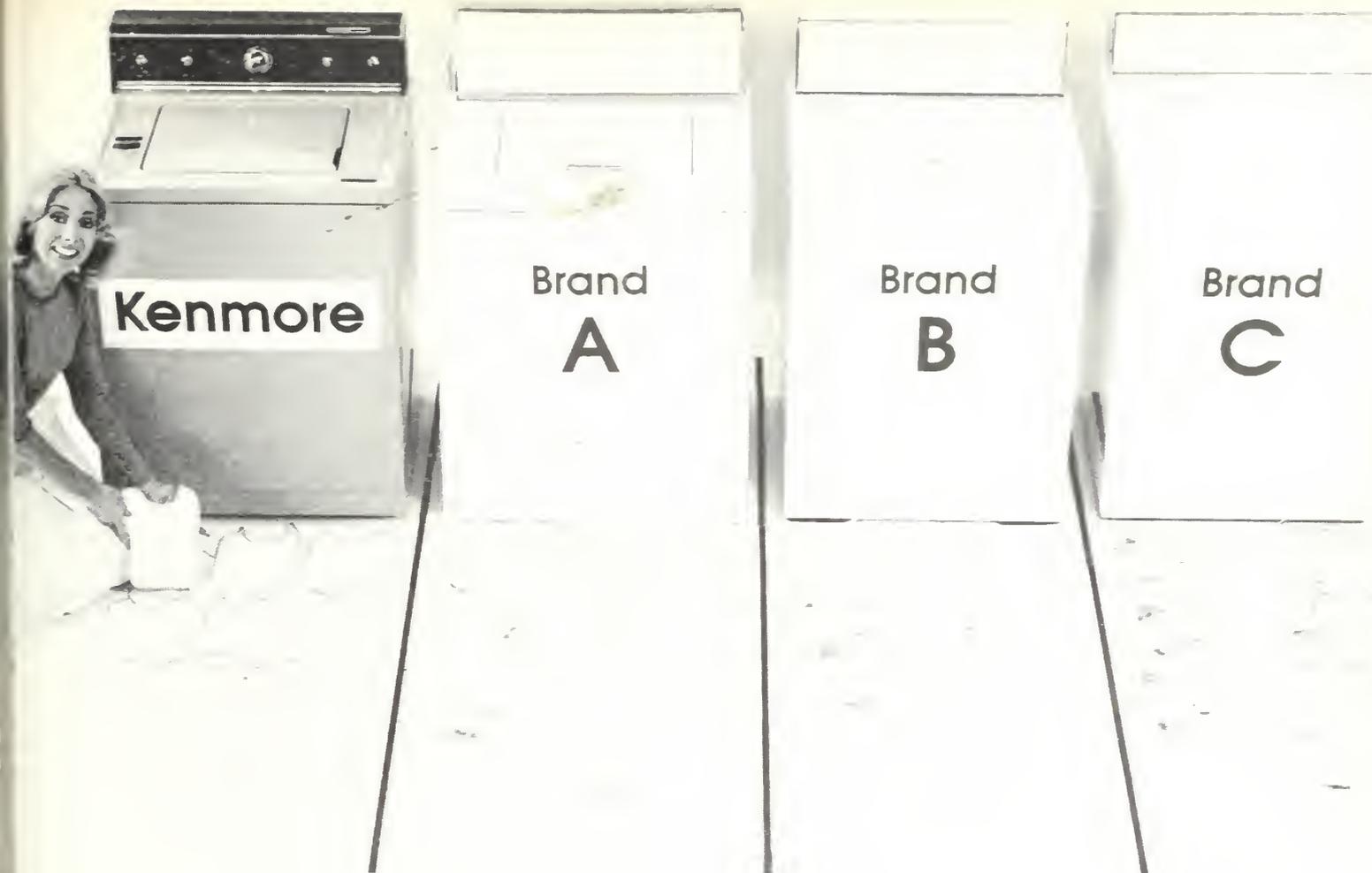
### A few easy rules to remember for kitchen drain maintenance.

1. Always keep the strainer over the trap opening.
2. Never pour grease or coffee grinds into the sink.
3. Pour scalding water into the drain weekly.
4. Use the soda-vinegar treatment monthly.



Glue gun—  
fast on  
the draw

An electric gun for gluing and caulking works fast. Insert a glue stick, the gun warms up and you press your thumb against the stick's end. Emerging glue from the "Electri-Fast" gun will bond wood, ceramic, canvas, leather, cardboard surfaces speedily. Or use it as a caulk gun to seal cracks and crevices around windows, pipes, stonework, gutters, bathtubs, and tiles. Vinyl pouches include 4 glue sticks and 3 caulk sticks for about \$7.95 at hardware, paint stores, home centers. Swingline Consumer Products Div., 32-00 Skuman Ave., Long Island City, N.Y. 11101. (Continued on page 54)



Actual unretouched photograph

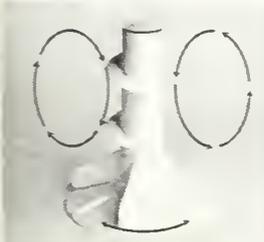
# Seeing is believing!

**This Kenmore Washer gets big loads cleaner than the next best-selling brands. And we mean cleaner. Just look at those bibs:**

To demonstrate, we loaded each washer with a big, 15-pound load.\* And we added 10 dirty bibs.

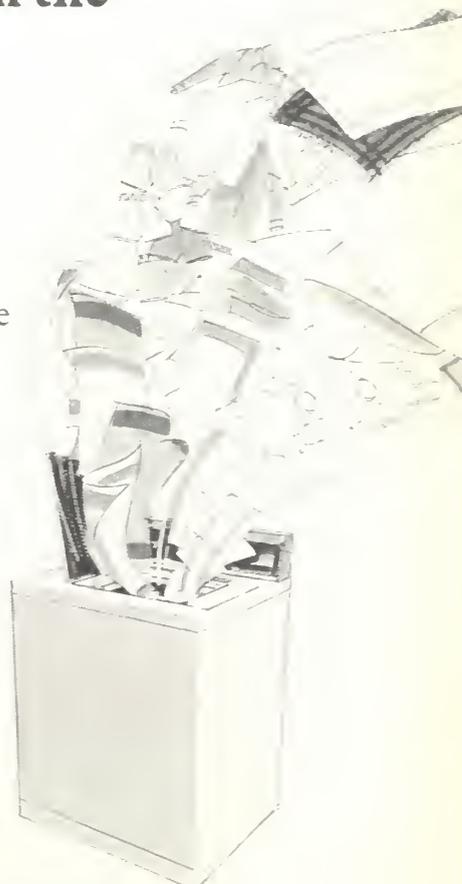
As you see, *only* Kenmore got them all clean.

Only Kenmore has the amazing Dual-Action™ Agitator. Top and bottom move *separately*. The top pulls clothes down into the wash. The bottom whirls them side to side. Compared to the other agitators, there's *at least 3 times more roll-over*. Extra cleaning action — for cleaner clothes.



See Kenmore with the amazing Dual-Action Agitator only at Sears, Roebuck and Co. Also through the catalog: #26936. Test results available upon request.

\*Tests were conducted using a standard 15-pound AHAM load. Cleaning results are measured against the other best-selling washers. Load contained: 3 sheets, 2 tablecloths, 4 shirts, 6 bath towels, 4 T-shirts, 4 pillowcases, 6 shorts, 6 washcloths, 5 handkerchiefs.



**Kenmore. Solid as Sears**



## Outlasts ordinary putty or caulk by years.



DAP '33' Glazing Compound is the surest, easiest way to replace broken or cracked window glass. It sets new panes in either wood or metal sash. And, gives you an airtight, watertight seal that'll outlast ordinary putty by years.



DAP Butyl-Flex<sup>®</sup> Caulk is the one for those really tough exterior sealing jobs. Lasts 5 times as long as ordinary caulks. So it's perfect for sealing around doors and windows, filling siding joints, and caulking chimney flashings.

Home fix-up's a snap with

# DAP

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DAP Inc., General Offices Dayton Ohio 45401  
Subsidiary of Plough, Inc.

continued from page 54

## Energy-saving fireplace heater

Heat from an open fire can be circulated through a room instead of passing up the fireplace chimney. The brass-trimmed, steel Duo-Therm Hearth Heater fits masonry fireplaces with 28- to 48-inch openings. It pulls heated air into the unit, routes it through 2 sealed heat exchangers, and expels it into the room. Electrically operated with 2 blowers, a 2-speed switch, and automatic thermostat, it plugs into a 120-volt AC outlet. Average price \$219.95 at fireplace, hardware, and building supply stores. Duo-Therm, 509 S. Poplar, LaGrange, Ind. 46761.



## Brighten the corner



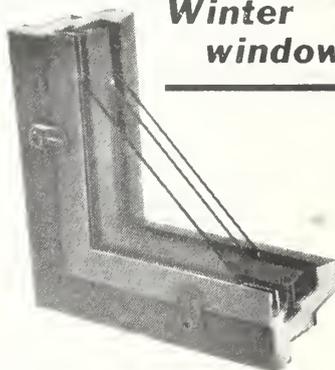
"Bright Stik" is General Electric's new light bulb and fixture in a 1-piece unit. The 25-inch-long, 33-watt, fluorescent tube, complete with end cap brackets, 6-foot cord, and on-off switch, can be plugged into a standard outlet. The "deluxe white" warm tube yields as much light as a 50-watt bulb, lasts from 3 to 5 years. Adhesive pads on mounting brackets simplify installation, screws are provided for permanent positioning. For kitchen counters, closets, shelves, attics, basements. Suggested retail price, \$13.50, at drug, hardware, discount stores.

clip-on storm sash. The insulating value over double-pane glazing is increased 35 percent for its casement, awning, double-hung windows, it is claimed. Windows, which have factory applied weather stripping and frames sheathed in rigid vinyl, are available in white or earth tone. Andersen Corp., Bayport, Minn. 55003.

## Bathroom boost

Old, crazed tile shower stalls and alcoves or cracked plaster bathroom walls can be transformed with Shower Shield. White, satin finish, waterproof styrene panels are flexible, easy to trim if necessary, and are applied with adhesive. They come in kits for standard size shower and tub areas (4-foot wide, 6-foot high, shower stalls; 54- to 60-inch-wide, 5-foot-high panels). Corner moldings and moldings caulking are included in kits generally costing under \$40 at hardware and department stores, home centers and nurseries. Consolidated Industries, Erie Ave., Canal Fulton, Ohio 43004.

## Winter windows



Insulating glass—2 sheets of glass hermetically sealed to enclose an air vacuum between them—reduces cold air entering your house and hot air leaking out. Now Andersen has introduced triple insulation by adding a third windowpane, a



# Only Pella makes a wood window with this much insulation



Pella Double Glass Insulation



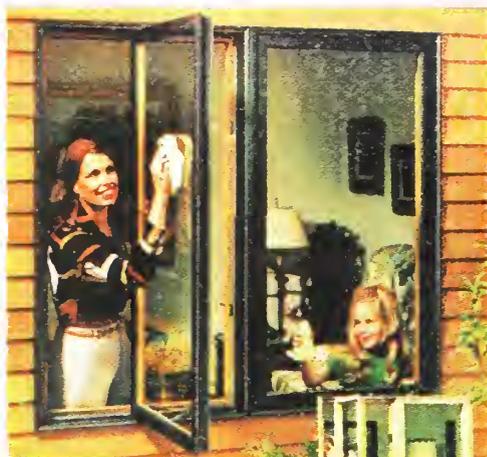
Ordinary Insulating Glass

**Only Pella saves energy with more insulation for less money.**

Only Pella makes a double glass wood window with a full 13/16" air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass Insulation System actually outperforms ordinary welded insulating glass yet costs *less per window!* Add this fact to Pella's many other "Energy-Tight" features and you have a real money saver.

**Only Pella makes a wood window *this* easy to wash.**

Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° to the center of the frame. You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.



Pella • Lots of elbow room



Others • Very little elbow room

Pella Roloscreen® is hidden.

Easily pulls down.

Latches firmly



**Only Pella makes a disappearing screen.** The Pella Roloscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.

**Only Pella offers an aluminum exterior that needs no painting.** Pella is the only major wood window manufacturer to give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Most wood windows that offer clad protection, wrap the exterior finish all the way around the sash so you see it on the inside, which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.



Pella Clad Windows won't chip — won't peel.



Unprotected windows require regular maintenance

Optional Pella Slimshade® opens to let in the view.

Adjusts at the touch of a dial to control heat and light.



**Only Pella offers instant privacy or shade.** Only Pella makes the Slimshade®. It fits between the panes of our Pella Double Glass Insulation System and provides privacy at the touch of a dial. But even more important, the Slimshade®, when completely closed, can reduce heat loss by as much as 62% and solar heat gain by up to 82% when compared with a single pane, unshaded window. An option that results in real energy savings.



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 **Bell System**

continued from page 58

rural base is Wells, totally uplifted by the presence of its cathedral. Here's what to look for: The distant view from the Bath road of the massive central tower with its many small pointy spires . . . The façade, a huge stone screen, exhibition space for a collection of 400 intricate medieval stone figures . . . Inside, two huge sweeping inverted arches . . . The fan vaulting and stained-glass windows in the Lady Chapel . . . The chapter house, supported, seemingly, by a single, immense fan vault. And, as a reminder that bishops really knew how to live, see the Bishop's Palace next to the Cathedral.

The rest of the town is two steps away. The Star Inn is a coaching inn from the 16th century, which opens right out of a medieval street-wall that's full of shops and houses. A very comfortable place.

Around the corner is a low-ceilinged, rough-beamed bakeshop-tearoom called the Priory. Have hot drinks from an earthenware mug with your name on it (they have a supply of mugs with every name there is). Choose a pastry yourself from a wide range in the shop entry.

Staying in Wells or Bath, one has an amazing choice of things to see to the south: houses, gardens, cathedrals, scenery.

Stourhead is a must, an example of country Georgian architecture, and even if it's not open when you go, a view of the house from the outside is a sizable pleasure.

The garden at Stourhead is open year-round and is a super place to see even in the rain, since its basic thrust is unaffected by weather or season: It's a lake surrounded by a walk and trees with some tiny stone buildings serving as garden sculpture and end-of-vistas.

Longleat, built in the reign of Elizabeth I, is one of the tremendous house-cities of the English countryside. The present Marquess of Bath, whose family has always lived there, has a sense of humor. He enjoys having his picture taken with a lion cub called Marquess—buy the postcard. The lion cub comes from the game park, which is something you'll like even if you don't like game parks. Once inside the gate, the driving is slow because the animals have the right of way. Rhinos stand in the middle of the road like big boulders in the wrong place; elephants and camels wander nearby.

As it works out, after a long morning of touring, one is more receptive to the beauties of Salisbury Cathedral after lunch than before. The Cranes, a tiny country restaurant right under the cathedral wall, insists on reservations, since it buys only enough food to feed the people who've called ahead. Also be sure to be there by 2:00 when the kitchen will begin to run out of the day's specials. High-

Continued on page 62

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continued from page 60

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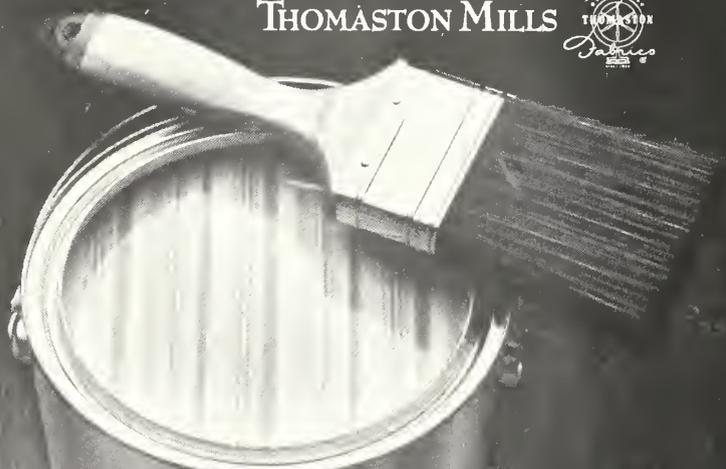
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lights: watereress soup, venison stew damson ice cream.

The custom in these country restaurants is to take the order in a little living room area, where there are all sorts of books to read, start the food cooking while people have juice or a drink, and seat them when the first course is ready.

Salisbury Cathedral is set in the middle of a big green lawn bounded by a long row of houses called the cathedral close. These houses are from various periods and are worth a look.

North of Bath, the road winds into the Cotswolds, one of the prettiest sections of England. If you stay in Bath, you can see part of the Cotswolds in a day and circle back that night or you can keep on going east through Woodstock, Blenheim, Oxford, and on to London.

Roman settlements are scattered all along the area just to the north of Bath. In Cirencester there's a Roman museum with a good collection of coins and details from Roman life in England. A sample Roman menu: grapes and pomegranates, small hot rolls, duck with eucumbe sauce, mussels, leeks cooked with olives, dates fried in honey, pine kernels.

More Rome, 20 minutes away on a dirt road that winds off the main one—the remains of a Roman villa that must have had a view of miles of countryside. Only the floors, some with mosaics, remain, which are now covered by what look like garden sheds with peaked Elizabethan roofs. Given even the layout of the house and nothing else, it still is indelibly Roman, the open porches and colonnades of Mediterranean indoor-outdoor life unchanged.

A short drive from the Chedworth Villa brings you to Broadway, which would be known as a charming 13th century village even if it wasn't the home of the Lygon Arms, a big E-shaped inn built in 1620, and today owned by the Savoy Hotel Group. Reference enough for a week's stay: The rooms are filled with old things—17th-century fourposter beds, collections of pewter and Wedgwood, original paneling and fireplaces. (Reservations in the U.S.: Fred Howe 212-535-9530; or 212-838-3110).

Stratford is 13 miles away. March through December they put on Shakespeare. The Royal Worcester porcelain factory is nearby. Tours can be arranged.

Three miles away is Hidecote Manor Gardens, one of the best cottage gardens in England. Buy the guidebook to Hidecote put out by the National Trust in the Trust bookshop at the garden entrance. Vita Sackville-West, master-gardener of Sissinghurst, a famous contemporary garden, makes the point that since Hidecote is 10 acres of garden-rooms, any of

Continued on page 6

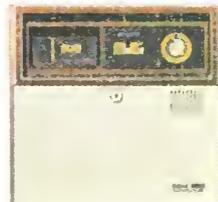
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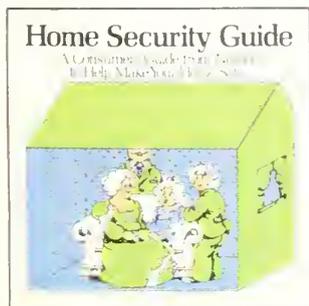


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continued from page 62

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them could become the prototype for small garden. Each has a name and is bordered by hedges or espaliered tree or brick walls, which give a feeling of secrecy and surprise.

The National Trust Gift Shop offers a big selection: Dorothy bags, now plastic lined pouches for cosmetics, garden puzzles, lavender bags.

### How to go, what to know

The crucial book for house touring in the English countryside is *Historic Houses, Castles and Gardens in Great Britain and Ireland*, a big paperback available in this country through the British Travel Bookshop Ltd., 680 Fifth Ave., New York, N.Y. 10019 for \$2.99 including postage. If you don't want to drive yourself (especially on the wrong side of the road), there are many alternatives. For instance, the Savoy has Camelot car service, which sends out big Daimlers and knowledgeable drivers on day trips from London. British Railway provides fast Inter-City trains, which average 92 mph. A 14-day, \$90 Brit-Rail pass is a super way to get around.

Then there's a prize tour organized by the American affiliate of the English National Trust, which owns and operates most of the things you'll want to see. To be eligible to take the tour, one must join the Royal Oak Foundation at \$15 a year. The next tour: May 5-May 19, starts and finishes in London and goes as far north as the Lake District. \$845 covers almost everything but air fare. Reservations are made in the most comfortable country inns. Future tours go according to theme: Adam houses, Adam decoration, porcelain, Elizabethan houses. Royal Oak membership also offers a network of lectures and publications that will make you more savvy when you arrive. For membership and tour reservations, write the Royal Oak, H&G, 41 East 72nd St., New York, N.Y. 10021. Other luxe tours include one by Brien Merrimen in New York. 212-752-0730.

Getting you to London the quickest most comfortable way is the aim of many airlines. For years people who got there most easily lived in New York, Boston or Washington. Now Los Angeles flies over the Pole in 10 hours on TWA for about \$750 for a 14 to 21-day excursion. It's Miami, however, that's the relatively new sneaker departure point for all of the Sunbelt. National Airlines flies DC 10s to London 6 days a week in just over 8 hours (\$1350 round trip first class economy fare up to 21 days, \$579; more than 21 days, \$434). On these long hauls the pleasures of first class are easily

Continued on page 6



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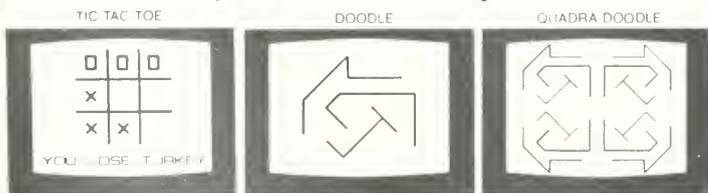
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continued from page 64

measurable. Besides having a great big armchair for a seat, you get a meal service that leaves nothing to be desired. One expects choices and gets them. I had chateaubriand—small, perfectly pink-centered oval slices with natural gravy and mushrooms, a standard Caesar salad where the lettuce was super. There were cheeses, crackers, hot starters, and a surprise or two: a perfectly ripe pear or a fresh moist Sacher torte. A nap or a movie, a little something from an English breakfast menu, and you're there. ■

## Parents in London

continued from page 58

to the Tate art gallery. Try to get out of it if you can. All they have there are pictures. My mother loved it. **7** But do see the London Symphony. This can be tricky because it's at night and parents like to leave kids at home at night. I got to see them play at the Royal Festival Hall on the South Bank. It was great. The conductor was André Previn and the pianist was André Watts. He almost broke the piano playing some of his chords. After the symphony, we went to a restaurant called The Great American Disaster. You can get a good hamburger there. **8** You can also see some good plays. We saw Gigi. Near where the theatres are there is a square called Trafalgar Square, with big huge black lions in the middle. There you can buy little cups of seeds to feed the pigeons. **9** Every day at Buckingham Palace, where the Queen lives, they change the guards. All of them wear red coats and black fuzzy hats. **10** At the London Tower, the Beefeaters live. They don't like to be called Beefeaters, though, but Yeoman Warders. At the Tower we saw the Queen's crown and lots of armor, including Henry VIII's, which is enormous. They also showed jousting outfits. Jousting is to prove who is the bravest knight. They get on horses and run at each other as fast as they can. They often knock the other person off the horse. We saw the dungeons and the block and axe they execute people with. **11** All parents want to shop in London. We went to a famous place called Harrod's. I went back to the hotel because of a headache. In another store, Fortnam & Mason's near Piccadilly Circus, we bought a shirt for my dad. Also, I rode on a real merry-go-round right inside the store. **12** Tea is something that happens every day somewhere after lunch and before dinner. My favorite sandwich was the cucumber, and also the tomato, both on skinny white bread without crusts. You can also have a wonderful little biscuit called a scone. First you put whipped cream on it, and then jam. Or you can put the jam first. This is called Cream Tea. You eat on a comfortable chair and it is quite nice. ■

# There's an invisible extra value built into every one...



## Look for it!

It's like having an invisible furniture cover. Because it resists soiling. Resists stains. Keeps the fabric "like new" longer. And makes it easier to clean. You'll find "Scotchgard" Brand Fabric Protector on fine furniture



everywhere. But the only way you'll know it's there is this tag (which, by the way, includes complete fabric care instructions).

Look for it on the furniture you're about to buy. It's such an easy way to get more for your money.

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COMPANY

3M CENTER SAINT PAUL, MN 55100



Preparing to rob the Dalton City Bank, bandit Ma Hooper decided to signal her partners with a lighted cigarette.

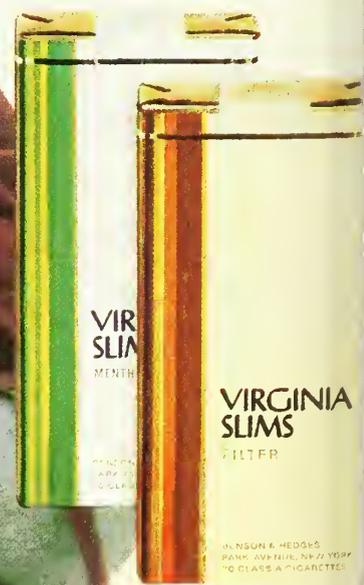
The bandits got \$6,000. Ma Hooper got 60 c



You've come a long way, baby.

# VIRGINIA SLIMS

With rich Virginia flavor wome



Fashions: Scott Barrie

16 mg.' tar,' 1.0mg. nicotine av. per cigarette, FTC Report Apr. '76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

# Rustic—its

**1** If you want to give country folk a good hearty chuckle, compliment them on their decorating. "You mean these rugs Great Aunt Gert wove out of rags? Those muslin curtains we sewed ourselves? The log chairs we made when we built the house? That's not decorating." Yet look what our rural pioneers have, traditionally, produced for those of us who do "decorate": beautiful patchwork quilts, embroidery, pottery, baskets. Homespun and home-woven fabrics, and furniture built by craftsmen who could recognize different woods by touch, who took as much delight in the natural materials as in their own creations. Now these great crafts are thought of as arts, and we display with pride things that were lovingly, painstakingly made not just to be admired but *used*.

It's not pure esthetics either; the appeal goes straight to the heart. It's not a wave of reactionism to our technological times: For generations people have instinctively returned to living things, to natural materials, to handcraftsmanship, when they needed a comforting sense of warmth, peace, permanence. When our spirit of adventure leads us too far into the cosmos, rustic is a return to our roots.

For people who have always lived by the homespun wisdom that you "Grow where you are planted," as a sampler on one farmhouse wall instructs, nature is the way of life. Some strayers cityward have readopted it as at least a part-time way of life, buying or building country houses (There aren't enough old barns to go around to all the people waiting to convert them, and the cows still living in the newer ones are getting nervous). They're discovering that rustic doesn't have to mean backwoods, that it can be forward looking, fresh, with real meaning for modern living.

But for the rest of us, the return must be, has always been, symbolic. And the only answer is what we call "decorating," which by now everyone should know means not to superficially apply trendy ideas and colors, but *to surround ourselves with what we really love, to help us create the kind of life we want to live.*

If you are beckoned by the rustic life, look around your own house: You might not have a barn-high ceiling, but maybe you could expose some beams (or even add some—or plank the whole ceiling—see page 87). You could hang simple cotton curtains, or shutters, or nothing at all. Pot plants in clay or baskets or wooden tubs. Uses earthenware, pewter, wooden bowls and spoons, natural fibers. Think in terms of shepherd's pie, cider, peasant bread. Take up a country craft—old American crafts are being rediscovered and revived all over the country, and if you look hard enough, you can find quilting and needlecraft groups making things the same way their own ancestors did 200 years ago.

For inspiration, look to the people who have gone the rustic route, made over barns, used rough-sawn materials in inventive ways, found delight in country furniture even in the city. Beginning here, our split-rail gateway to the charm of country living, no matter where you live,

# place in your life

New excitement in decorating:

straightforward simplicity, with an honest love for nature and the earth—its colors,

materials, textures, variety, warmth. Starting here, House & Garden's special report



# the Rush



## The Rustic Idea

In an indoor-outdoor kitchen, cook under a ceiling of plants, dine on a tree top terrace

A back-to-nature kitchen, woody, light, and full of warm-hearted rustics—rough-hewn barn beams, barn-board walls and cabinets, hand-made Mexican terra-cotta floor tiles, Portuguese countertop tiles, a butcher-block work space—and plants, plants everywhere. Owner Florence Swet—working with architectural firm Elder, Angell & Lange—extended the original kitchen into a space between two dormers, and enclosed it with 1-inch Thermopane glass. More glass went into the existing kitchen ceiling with special shades to control light. **Opposite page:** Deck, just outside the glass doors for dining among the dogwoods.

# o Rustics



# Rustic with class

Elegance—there's no other word for a house with this kind of affectionate appreciation for natural materials combined with this kind of sophistication. The house is a new combination of assorted old buildings—a potato-picker's shack, an 18th-century barn, and various out-buildings—moved to the site from the surrounding countryside and linked together with a minimum of new construction. What remains from these venerable buildings are their expansive volumes and mellow woods. What is gone is their crudity, replaced by a serenity no barn ever had before.

Architect Donald R. Richey, who, with Carl Warns, designed this house for artist Arthur Williams, stripped the old buildings to their framework and filled in with wall and ceiling planes painted pure white. In the main living spaces, flooring, too, is white—expanses of small hexagonal tile, with heating coils buried below.

Light is also important here. Skylights and new windows (but using old window frames) have been added everywhere, bringing in completely unbarnlike amounts of sun and opening rooms to the surrounding gardens and woods. The impact of such openness is not diminished by curtaining: All glass is left free and clear.

**Left:** The living room is quiet and uncluttered, its fireplace seating group dominated by a Ward Bennett sofa in antelope suede and a pair of polished steel deck chairs that were once on the deck of the *Mauritania*. On the tile floor near the desk, a bronze armadillo. **Opposite page, top:** The front of the house with old-fashioned flower garden—part of the house's spirited affection for the past.

The remarkable transformation of an antique barn, shack, and chicken coop into one sensational house

Artistic with class



In the barn, glorious new windows, the surprise of a studio and a year-round pool



The largest single element of the complex is the barn, which had been moved to the site from a nearby Long Island town. Rather than animals or farm equipment, however, the barn's main level now holds the pool, heated for winter use. The barn's loft serves as owner Williams's painting studio. Here, as in other parts of the house, walls have been opened to the woods through generous glass areas, and the barn is connected to the living-dining wing by a new passage which also leads to a sauna.

The whole house has a quiet look, but this part even sounds quiet—unusual for an indoor pool area—thanks to white foam insulation which fills all the non-glazed areas between wall studs and roof joists with a stucco-like texture, a seemly complement to the rough wood structure.

**Left:** In the barn, original ladder to the loft has been replaced by a spiral steel staircase made in Mexico. The floor around the pool is bluestone (unlike some stone, it is not slippery when wet).

**Opposite page, bottom:** Outside the barn's new window wall, a cascade of wooden deck platforms projects out into the wooded site.



## Rustic with class

The unique character of the assemblage of old architecture has not been allowed to upstage the house's contents. The rooms are so spare and bright, in fact, that furnishings and objects take on a heightened importance. Some of these objects are primitive, some thoroughly modern, all chosen for visual interest, texture, and soft, natural color. Like the roof joists over the dining room and fireplace area, all furnishings are silhouetted against the planes of white; every detail is clear. Example: the rustic dining chairs made by a Japanese woodcarver.

**Right:** Dining area, a few steps from the living room. Grilled window in the wall at left, salvaged from a Long Island post office, opens into the kitchen.



**Above:** To the left of the fireplace seating area, a wooden church model. On the right, a giant bird from an old carousel, stripped down to its natural wood.



**Above:** At the end of the dining room, a trompe l'oeil painting of shells by Mr. Williams. Door at right leads to kitchen.

ELLIOTT ERWITT

GENERAL DELIVERY



For living and dining,  
the excitement of pure line,  
simple furniture, an  
extravagant look of space



A feast of American country antiques in a city apartment

## Rustic in town

Early-American country craftsmanship is just a kissing cousin to great Colonial cabinetry: One style is ingenuous, the other, grand. Yet, used without competition and with a little savoir-faire, American Primitive has real style—and can even be amusing (a trait quite lacking in, say, a Philadelphia Chippendale highboy). A charming example is the New York apartment of George E. Schoellkopf, collector, dealer, and authority on Americana. His gallery is an old brownstone where he lives up over the store in a very simple apartment filled with his favorite possessions. All are very special, and all are held together by one color—a soft taupe—that covers everything from stem to stern in paint and fabric and carpeting—a neutral background used as museums use it: to keep the eye fixed on art, not what it's hung on or set against. And the furniture *is* art: Hoop-back chairs, a pigeonholed chest from 1800, wonderful tables and cupboards. Quilts and rugs are used as paintings; carvings and toys and weather vanes as ornaments. His quilts are extraordinary—one in particular, a blue and white splash in the curiously named "Kansas Troubles" pattern. It is also curious because its maker belonged to a Pennsylvania religious sect that incorporated deliberate mistakes in their quilting because "Only God can make something perfect." There are no mistakes, however, in the hooked rug beside it of a cat and an unfortunate mouse, nor, over the mantel, a Navajo child's rug—an 1870 version of "The Chief's Pattern." Although Mr. Schoellkopf lives in an aura of antiquity, he does not live by candlelight. Ceiling spotlights are focused on paintings and other art. And the living room has two permanent contemporary residents—a wallful of cotton-covered banquettes and a huge glass and steel table designed by Harry M. Schule who, with Ned R. Marshall, designed the apartment.

# Americana hurrah!

Left: Living room where despite the vast difference in age, four Windsor chairs are perfectly congruous with the glass table, perhaps because of a kinship of design—steel bands and wooden spokes. Chairs, once called sack-backs, are now better known as hoop-backs. Similar to nothing except a cigar-store Indian (and much rarer), the life-size carved wooden figure, an effigy of a circus barker, probably once stood in front of a tent wherein the likes of Little Egypt displayed her rippling charms.



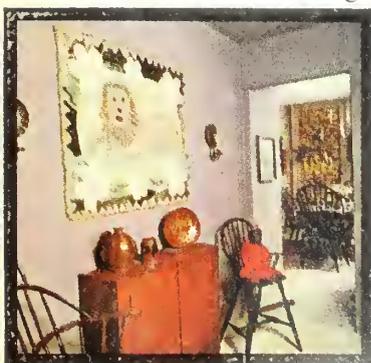
The secret is in the mix: antique furniture with modern, quilts as graphic art

Nutting chairs—"Just youngsters, only 60 years old." Even so they have the silky patina of polished jade. Pine and spruce table started life in a kitchen (when kitchens were often dining rooms), and extends to raise the guest list to eight. Over table, an old meeting-house chandelier of iron, tin, and wood. In the corner, an 1800 blue-painted

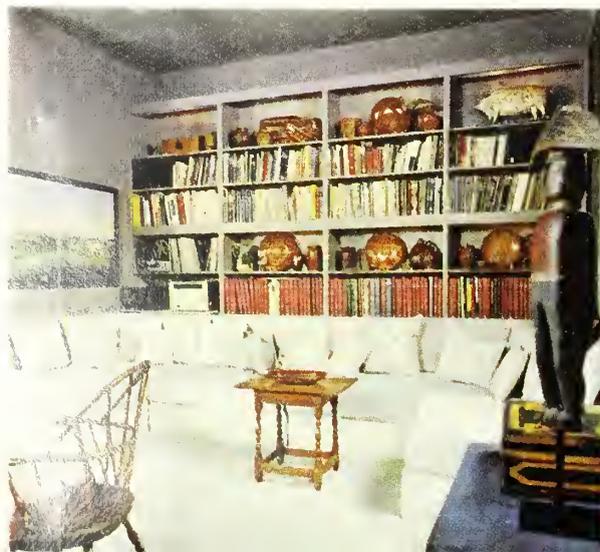
Bookshelves and banquettes fill one living-room wall; a greenhouse built on a shallow terrace—"My garden and my office," says Mr. Schoellkopf: "There's a desk in one corner"—floods the room with soft sunlight filtered through greenery. The two

carved wooden Quakers in the doorway, *opposite page*, once stood on a store counter to proclaim the honesty of the establishment. In the dining room, *above*, a set of Wallace lawyer's chest whose doors conceal a honeycomb of pigeonholes, each labeled with a client's name—plus one for the district attorney. Quilt is Amish, a late 19th-century version of the "Irish Chain" pattern; copper and gilt pig is not so portly that he couldn't whirl as a weather vane. In the hall, *left*, a marvelous hooked rug of a lion taking his ease in a little pool bordered with water lilies. Below it, a late 19th-century New Hampshire cupboard with its original buttermilk paint. On it, and just as rare, a shallow slipware bowl labeled "Apple Pie." When the potters of the day made something for something, they meant it.

BEADLE



**Opposite page:** In the living room—the city sophistication of antiques plus modern, a country-nature background provided by the terrace-greenhouse. **Right:** Wall-length living-room banquette beneath books and pottery. **Above:** In the hall, two rare chairs—a comb-back Windsor and a child's 18th-century highchair with contiguous arms. **Top:** In the dining room, pale plum-colored walls, painted chest, a chandelier from an old meeting house above the table.





Rustic for moderns

# Built for rugged 1

In a wide-open ranch house, the graphic architecture of big timbers, wraparound glas



Way out west, where big country spaces call for boots and jeans, a spectacular glass-walled ranch house sits squarely among the desert cactus. Its cedar-shingled roof swoops low to provide essential protection from the sun's glare. Indoors is a reflection of the rugged Oregon landscape, with clusters of growing green succulents, a forest of timber walls and ceilings. Decoration is modern, casual, and carefree—leather and suede, cane and wicker—to fit the sporting life of the Stevenson family, who spend weekends and vacations there. They're fast-action, back-to-nature people. Recently, they put a good deal of energy into remodeling their house which architect Saul Zaik built.

**Opposite page, top:** Entrance with stairwell, a bold modern geometry of posts, beams, and rails in native Oregon timber. **Opposite page, bottom:** Windows wrap around living room **Left:** Family-made lava fireplace

ig



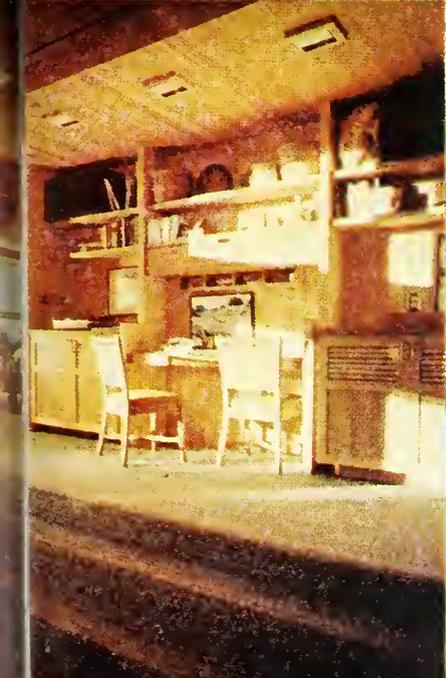


New entertaining center—a kitchen-dining room, a table that can seat 14.



The Stevenson ranch house has grown with the family's enthusiasm for this rugged territory. In the last year, 27-year-old Mark Stevenson, the designer-builder in the clan, supervised a major expansion plan. He enclosed the old carport, laid down a new terra-cotta tiled floor, and put in a whole new kitchen and dining area in this space. All storage cabinets here are family made, topped off with counters of tamarack wood. Upstairs two open bunkrooms were turned into more private bedrooms and another bedroom added. Two cabin-type bedrooms and a bath on the ground floor completed the transition. Now a dozen people can sleep over comfortably—and often do. Sit-down meals for such a large group are made easy

in the new entertaining space. Mark Stevenson designed and built a new 7-foot circular dining table from tamarack on a base of noble fir, that seats up to 14. "Mother does all the cooking," he adds. They like good hearty food and serve it on colorful, local ceramics, such as steer plates, that they collected over the years. "Wood houses can be dark inside," Mark Stevenson notes. "I avoided this by having the living room far north away from the sun and wrapping with windows." A galaxy of spotlights shine down from overhead timbers to light up the kitchen and dining area. Very necessary to Temperatures swing from a daytime high of 95 degrees down to freezing after dark, and everyone comes indoors at night.



**Opposite page, top:** Brand new kitchen under sloping rafters that once protected cars. Terra-cotta-tiled floor flows into the new dining room. **Above:** In the dining room, bandana napkins and local pottery on the great 7-foot circular table. **Right:** In the kitchen, translucent overhead panels light up working counters. All appliances are stainless steel, cool-looking against wood cabinets and counters. **Left:** Carpeted living spaces, three steps up from the big eat-in entertaining area. Window-wrapped living room is just beyond the study. **Opposite left:** Cedar shingles the roof and rims the house in decks and walkways. Rough-sawn timbers make railings. Low roofline helps to keep out the desert sun.

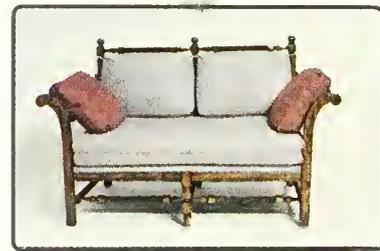
DAVID MASSEY





What makes a room rustic? Twiggy, woody things... rough-hewn natural textures... heavy woven country fabrics... the richest earthy colors... stoneware... pottery...and lots of greens. Here, a pageful of rustications to inspire any back-to-nature mood.

Left: For the essential rustic, Peter Goldfarb's kitchen-dining area with brick walls, country furniture. Top right: An old English garden—indoors, in a shallow terracotta planter. Jean-Jacques Bloos. Opposite page, bottom right: Living-dining-kitchen by architect Donald Jacobs at Sea Ranch, Cal. with wood paneling, knotty log sofa by Mimi London, earthy pillows.



Country pecan love seat with heather blue-on-beige print. Hibriten.



Baking molds of Vallauris clay. Charles LaMalle.



Slatted pine armchair with woody patchwork print. Broyhill.



Rugged buckwheat-cotton upholstery fabrics of Herculon. By Stevens

TETSU OKUHARA



Old English advertising crocks—now ovenproof. Jenny B. Goode.



Hudson's Bay blanket—nature's own comfort wool, from L.L. Bean.

# Bringing home the rustics



Above: Oak curio-desk with mirror. Hammery. Right: Glass bucket. Arabia. Middle right: Drop-leaf table with notched legs. Lane. Far right: Quilted bedspread. Wamsutta Trucraft.



"Oak Blocks": trench and two carving boards. All by Lauffer.





Dark-colored Danish  
ceramic casserole.  
by & Grondahl.



Traditional quilt design in  
woody colored rug of  
Acrilan Plus, by Form III.



Pine-slatted doors on a  
laminated serving cart  
by Thomasville.



Above left: Oak armchair with seat cushions,  
wrapped arms. Horizons. Right: Split rattan  
night table. Design Institute America.



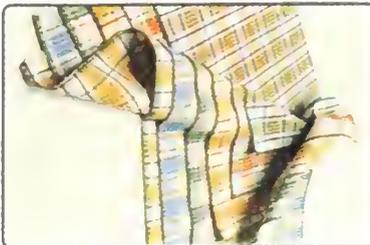
Parallel linen and  
cotton woven into  
stripes. By Cenci.



Dowel trivets of birch.  
In three sizes,  
by R. A. Hodge.



Chunky wood and tufted vinyl  
chair on casters.  
Maxwell-Royal.



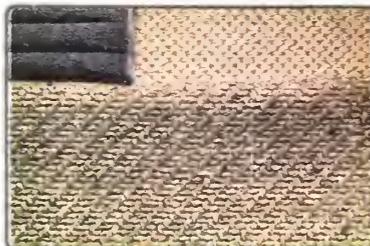
Above left: Lumberjack plaid woven in  
cotton and rayon. Brunswick & Fils. Right:  
Cactus wood for desert rustics. Rees & Orr.



Rustic ceiling,  
wood-grained planks.  
by Strong Cork.



Pecky cedar table that  
converts for cocktails.  
Idea of California.



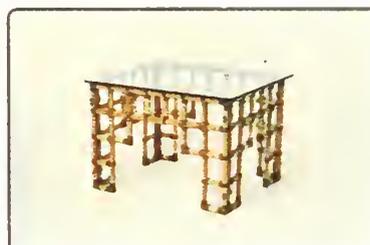
Quilted wool. Étalage.  
Nubby weaves in wool,  
cotton. Stroheim & Romann.



Above left: Plank-topped cocktail table.  
Thomasville. Right: Rattan  
armchair with cane-thonged joints. Flair.



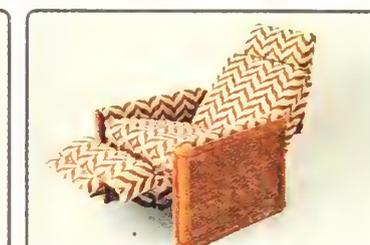
Printed butcher  
block, potholder, mitten,  
and role clutch. Martex.



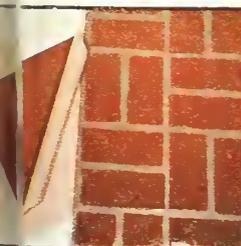
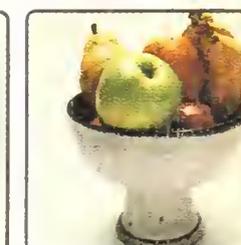
Glass-topped rattan table  
with leather-wrapped  
joints. Thomasville.



Carved pecan armchair  
with rush seat, linen print  
cushion. Drexel Heritage.



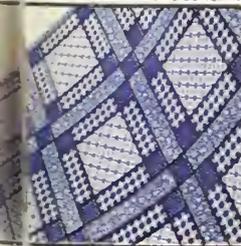
Above left: Rattan and cane recliner with  
flame-stitch upholstery. Barcalounger.  
Right: Hand-crafted stoneware bowl. Dansk.  
Shopping information, page 138



Do-it-yourself bricks—  
terracotta tiles in  
early red, by Amtico.



Rubbed white pine love seat  
covered with terra-cotta  
paisley. Thayer Coggin.

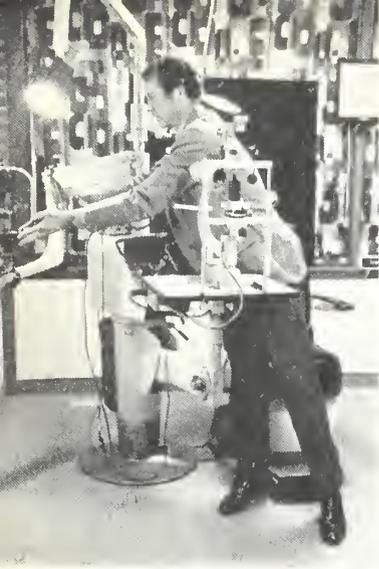


Gingham, calico for  
cushioned sheet-vinyl  
padding. Congoleum.



The ultimate rustic—a  
willow branch settee, bark  
still intact. Added Oomph!





# Back to the farm



Above: Split-level cedar house

At last count, 358,000 more people under 35 had discovered the joys of farming. Here's how two young doctors with full careers and two children work their 300-acre farm in Minnesota all by themselves—and thrive on it

a year, corn, oats, and 3 miles of fences Rileys put up themselves...“dead straight too. We're compulsive.”

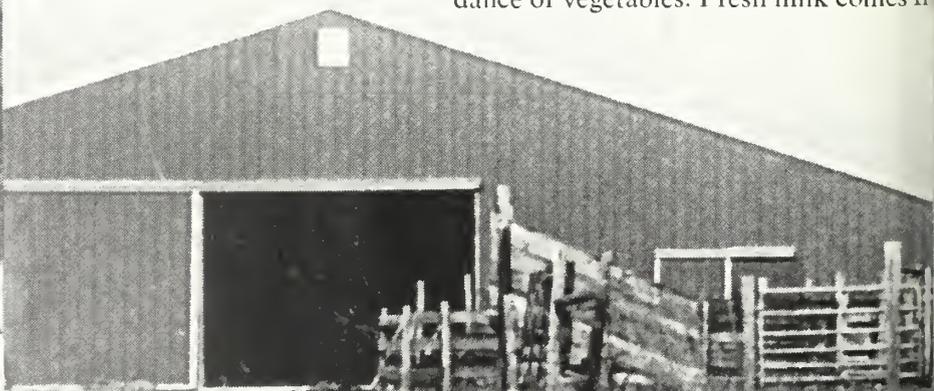
Now every minute they can squeeze of busy medical careers goes into farming. Their faces are tan and weatherbeaten from 90° Minnesota summers and 30°-below-winters, their bodies are enviably lean and muscular. At-home wardrobes have shrunk mostly to well-worn T-shirts and work-pajamas. Their two children, 6 and 8, are healthy and self-reliant. By family consensus, farm life is the good life.

“Just the idea of absolutely fresh food is fabulous,” says Jenifer. “It's so satisfying to go up to the kitchen garden and come down with an armful of food *you* raised that *you're* going to eat.” The Rileys' monthly food bill is a staggeringly low \$75—for staples like sugar and butter, and a few extras like shrimp. Everything else they raise themselves. Steak isn't a luxury; they raise and freeze their own beef. Chickens supply milk and fresh eggs, a big garden yields an abundance of vegetables. Fresh milk comes from

**E**ight years ago, two young doctors, Fen and Jenifer Riley, fulfilled one of almost everybody's favorite fantasies—they bought a farm. It was just going to be a small “place in the country” where they could breathe the fresh air, raise a few vegetables, and let their new son crawl on real grass. But the 52-acre farm soon grew to 150. Then 300-plus. Two calves, a horse, and a little hay have increased to a hundred head of Herefords, 35 chickens, 2 dogs, 7 horses and a pony, 4 cats, 4,000 bales of hay



Above: Unloading bales of hay. Far right: John, Pamela, Fen, and Jenifer walk home from the barn.



Above: Jenifer picks vegetables in her big kitchen garden. She freezes enough in summer to last most of the winter.

SUSAN WOOD

ghboring  
farm.  
Every summer  
fer freezes  
nds of fresh  
ables; enough  
oes and onions  
ored to last the  
a. She makes pre-  
rs and puts up  
es and tomatoes.  
e bakes her own

“**The monthly food bill is \$75—we raise everything else ourselves: beef, eggs, vegetables, chicken**”



Left: One of John's chores is taking care of the 35 chickens after school. Below: Pamela and Ghazel, a family pet raised on a bottle, enjoy the evening air.

on bread, 8 loaves at a time. Even  
enus gets his due—last summer the whole  
y collaborated on making chokecherry  
n. They're still waiting to see if they've  
n up with a vintage creation.

ow do the Rileys juggle their multiple  
le of doctors-farmers-parents? It's not  
specially since they do everything  
ut hired help. The secret seems to be  
eomonal energy and, yes, "being com-  
le." Luckily neither are in branches of  
ecine that involve late-night hours: She,  
d her maiden name Jowsey, is director  
thopedic research and professor of  
yology at Mayo Clinic, he is an ophthal-  
ologist who shares a local practice with  
oer doctor—and a 4-day office week.  
i ren John and Pamela stay with a neigh-  
g farmer's wife after school until their  
rts get home.

SI, the workload seems superhuman,  
ocially in the hectic season—April plow-  
d planting through June haying. Shar-  
an essential ingredient. Both Rileys  
ea week off in spring to put the plants  
hen "we really have to go all out."  
e do the summer harvest together: He  
le and she rakes. Housework is split  
w the middle. Jenifer cooks dinner, but,  
eys, "I'd just as soon do the chores."  
e lives don't divide along the usual lines  
"men's work" and "women's work"—in  
ct some of their energy seems to come  
ongood healthy competition. It's often a  
eo see who can get to the cab of the  
arred tractor first.

Unicinally, these passionate farmers were  
t raised in urban areas (he in California,

she in London), and they came to farming ignorant of even the basics. They credit their farming neighbors with teaching them most of what they know: "Farmers have a sort of fraternity," they explain.

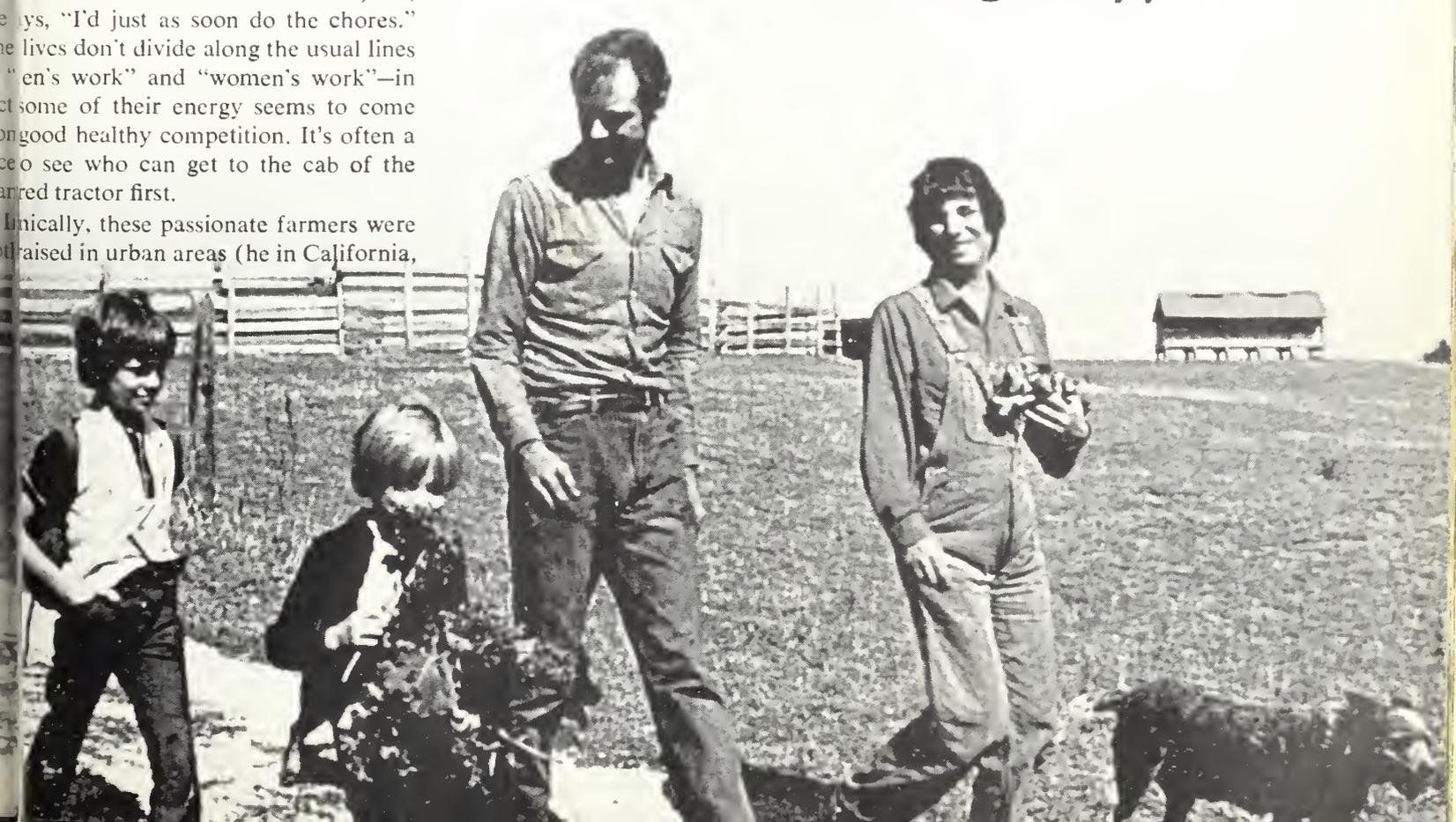
Now they're *in* the fraternity—the Rileys are farmers for life, and their children love the farm as much as they do. They're not alone, according to the U.S. Department of Agriculture. The number of under-35-year-olds going into farming has increased from 265,000 in 1970 to 358,000 in 1975. "It's a real phenomenon," says USDA's Calvin Beale, "and many of them are young people of urban background. They've gotten into it from a philosophical point of view." The appeal is easy to understand: their own rich soil to plow, their own newborn calves to straighten on tottery legs, their own beets and lettuces to pull out of the garden. "And the *best* thing about farming," according to the Rileys, "is that every year you get a chance to start over." For details on how the Rileys plan, freeze, and put up food, see page 114. ■



Below: A home-grown dinner includes lettuce, beets, their own beef, and homemade wine, in decanter.



“**Sharing is essential—the whole family works together**”



# COMFORT GETS

## COLORS AND LIGHT DESIGNED FOR PEOPLE FIRST

**T**his apartment is designed for people—it's full of rich, flattering colors that warm to sunlight—and nightlight. The combed plaster living room walls are painted pale salmon, giving a velvety fresco feel—and a glow to the complexion. A salmon ottoman, off-white on chairs and sofas covered in a geometric woven wool, white moldings, dark brown marbled skirting, and a deep pile shag rug add color contrast and texture to the room. But the apartment comes alive at night: In every room, vertical fluorescent tubes fixed at each side of the windows glow through the plain sailcloth curtains. Other lighting comes from simple white table lamps,

and inconspicuous reading lamps, and uplights shining through the trees. Since the city view is spectacular, Mrs. S. Joseph Tankoos, Jr., (who is currently planning an interview program for Cable TV), asked designer George Clarkson to make the most of it. "We enlarged the windows, and used only ottomans in the center of the room, so the view is unobstructed," he says. The furniture is arranged in two spacious groups, with a backgammon table in one corner.

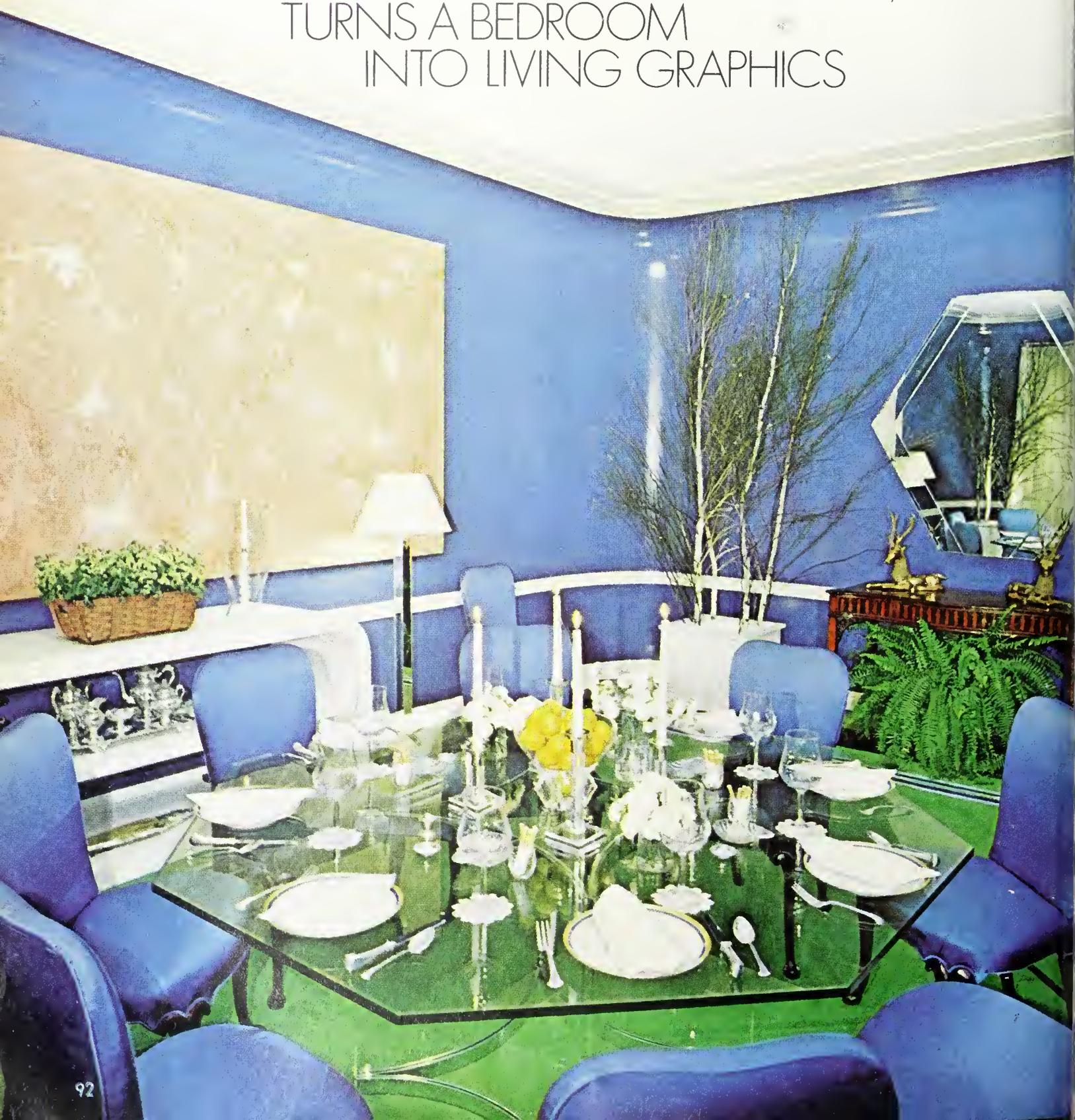
**Above:** The living room, at night, with lighting behind curtains. Backgammon table from Willy Rizzo, Ronnie Landfeld painting from André Emmerich Gallery. **Right:** The other end of the living room. **Far right:** Mrs. Tankoos relaxing at home.

# A GLOW W O N





COLOR TAKES A SHINE  
TO THE DINING ROOM,  
TURNS A BEDROOM  
INTO LIVING GRAPHICS



Color is the unifying force of the whole apartment. The brilliant dining room has glossy deep blue walls, a green rug, and sky blue ceiling defined by white moldings and curved sideboard designed by George Clarkson. Hexagonal mirror adds sparkle. The octagonal glass dining table seats 8—period. ("I

like to talk to people," says Mrs. Tankoos.) Light bulbs buried in the birch-tree containers cast light up into the stark branches, creating dramatic silhouettes. In the bedroom, *below*, the diagonal striped rug is a snappy contrast to the soft warped-weave-like cotton print (one of the newest looks in fabric) used for bed upholstery and curtains

Opposite page, bottom: Dining room with Queen Anne chairs, painting by Gregoire Muller from David Deitcher Gallery. **Below:** The bedroom. **Far left:** Foyer with octagonal mirror. **Right:** In living room, cabinet for TV and hi-fi. African masks from Karl Springer. Painting by James Dearing from Paula Cooper Gallery.

HORST



# THE BEDROOM DRESSED BY HALSTON



A DAZZLING WARDROBE FOR  
BED AND BATH—AND A FRESH  
NEW SLANT ON DECORATING



Halston—the man who's been turning fashionable heads for years (think of Jackie's famous pillbox hat, the Ultrasuede explosion, the unbroken line of livable clothes) is now turning his energies homeward. "Your living environment is even more important than what you wear," he says. "because it's not expendable." His own bedroom models his first collection for the house: sheets with a play on the Halston "H" (there are also plain bordered sheets, and for romantics, a watery flower print—see it on the cover), cashmere blankets, Ultrasuede spreads. His favorite? White-on-white sheets, red blanket—because he likes spots of color in an environment of space. "Paul Rudolph taught me about space," he says. "He designed this house like a cathedral: low ceilings exploding into high ones; the sudden thrill of space." The overall gray

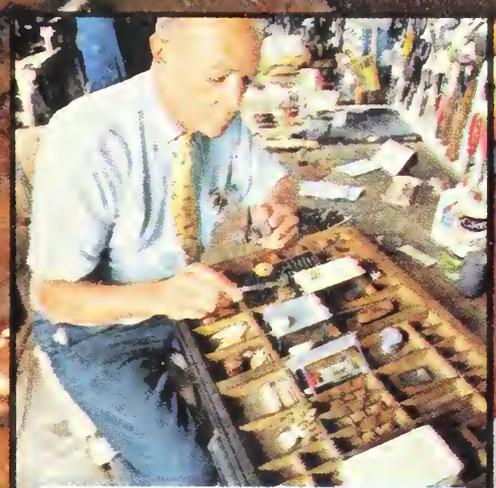
makes another kind of space, and, he finds, the best background for people. "Real luxury is space and time—you don't want to fill them up with a lot of things." Will Halston stop here? Not a chance. His second offering of sheets will debut in spring: he's now planning fabrics, floor and wallcoverings, eventually a line of furniture. "I want to do everything," he says.

---

**Below:** Halston's bedroom, with Ultrasuede spread and pillowcovers for "when people are coming." He mirrored the wall; mirrored bed designed by Paul Rudolph. Money-filled Venus by Armand. **Opposite page, top:** White-on-white sheets, red stretch cashmere blanket that "moves with you like a sweater." Andy Warhol Mao series. **Opposite page, bottom:** champagne sheets, beige blanket, Andy Warhol flowers, Halston collection by Fieldcrest. Shopping information, page 138.



# Ki



Above: Miniature-maker L. Rodman Page in his basement workshop with Lilliputian copper pots and pans made from 1-inch plumbing pipe. Below: Fish House kitchen, kneehigh to an apple, is 20 by 45 inches scaled at 1 inch to 1 foot.



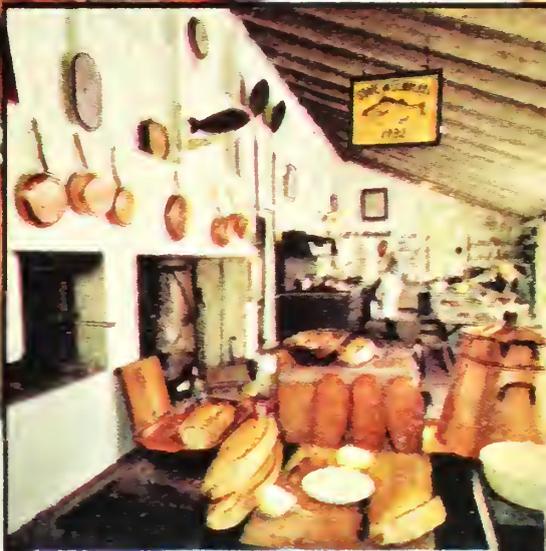
miniatures—they're big

# When little

Cast your eyes on a small-fry replica of a real Philadelphia kitchen — a model of prizewinning craftsmanship

This kitchen is strictly for looks, not cooks. It's a miniature replica of the kitchen at the famous Fish House, Philadelphia, the oldest club in the country, where members take turns playing chef and kitchen cooking the meals. Everything in this model is absolutely accurate down to the last tea strainer, made of nylon fabric and coated with metal paint. Miniature-making is rewarding (this won first prize at Philadelphia's Flower Show) and fun, says the model maker, L. Rodman Page. He logged 800 hours on this project. He wakes up at 5:30 each morning to spend two hours at his workbench before leaving for his job as a hospital administrator. To make the thumb-size copper cookware, Page first carved tiny wooden molds and then hammered sheet copper or copper plumbing pipe around them. More than 3,000 miniature bricks pave the floor, each one individually laid with tweezers. Near the left wall, a menu on the chalkboard—roast pig, apples sauté, cole slaw, and guava duff—inspired a dinner that Page organized in the actual kitchen—with help from other club members as cooks and waiters. To learn how to make the miniature food, fruit baskets, and desserts, please turn to our next section, page 14.

EEA/CLE



**Above:** Real Fish House kitchen in action, with cooks, all club members. **Top:** Carved wood molds made by Page to create tiny copper cookware, and photographs from which he worked. "The most difficult pan of all was the double boiler with handles and a spout," he reports.





A garden oasis  
with tropical rain,  
sun, gentle breezes,  
whirling water,  
and a spot  
for exercising



Now you can have

**YOUR**

A gleaming palace of infinite whiteness with an arching skylight roof—that's House & Garden's 1977 dream bath. In the central oasis is a deep Steeping Bath with built-in whirlpools sunk beside trees and therapeutic herbs that fill the room with natural fragrance. End walls are entirely mirrored, one with exercise bars and mat. The bleached teak vanity with clear-plastic shelves above floats off the wall in a wash of fluorescent strip lighting concealed behind it. A four-speaker sound sys-

tem provides music to exercise or relax by. Practical and easy to clean, the bath was created by Yann Weymouth and Peter Coan of Redroof Design, with Kohler fixtures, available everywhere—and introducing Kohler's amazing Environment, a self-contained unit, *opposite page top, and left*, installed beside the shower in which you experience a cycle of sun, rain, steam, and wind, like weather you can control. Peter H. Dunlop of Horticulture House designed the planting.

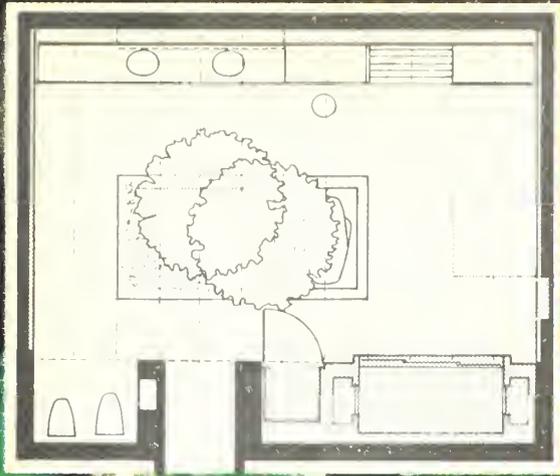
**Below:** A seeming infinity of space in 16 by 24 feet, with ceramic tiles by American Olean; teak veneer on cabinets by Champion International; towels by Martex. Bath and beauty products by Estée Lauder. **Opposite page, top:** rain in "The Environment" by Kohler. **Below right:** a garden for grow-your-own beauty products. For shopping information, please turn to page 138.

—D.V. 138

—D.V. 138



# DOWN HOME SPA



YANN WEYERHÄUSER



### To make you beautiful

What better place to grow things than in the bathroom, where sunlight and moisture abound? And why not grow things that do you good—rose geranium, lemon balm, and lots more (see following pages)? **Left:** Soothe your brow with an aloe vera compress before your bath (indeed gardening itself is wonderfully restorative). Peter H. Dunlop designed this planting to be portable—you can take rosemary cuttings to the kitchen, for instance, or lavender to the linen closet.

TOM YEE

# A GARDEN OF ALOES AND HERE



# AN ENV

# A WHIRLPOOL BATH

# FEEL GOOD

## IN SUN



## IN RAIN



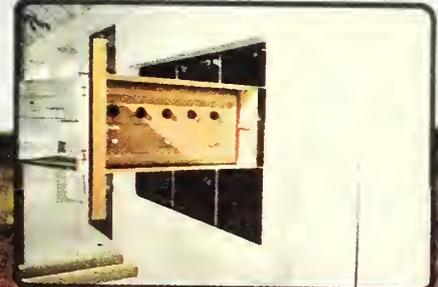
## IN STEAM



## IN WIND



## CONTROLLED AT THIS PANEL



## With weather you control yourself

This is a brilliant extension of the sauna or sun bath—an enclosure where every environmental experience is yours at the flick of a button. Enclose yourself in sun, rain, steam, or wind for as long as you want, at any temperature. Left: Forget the world under ultraviolet lamps, listen to music, let your skin enjoy nature's climate. For more information about Kohler's Environment, turn the page.

FRANK HORVAT

## With four waterjets to make you tingle with health

Step into this cast-iron Steeping Bath ("steeping" because it's 6 inches deeper than regular baths), and let the four adjustable whirlpools soothe your bones. You are at ground level with the planting—turn your head and inhale the aromatic herbs, feel at one with nature. Left: The doorless toilet and bidet area made cozy by lowered ceiling. Note easy-to-reach telephone and storage niche. Seamless curved tiles at all corners make cleaning easy. "No angles for dirt to hide in," says architect Yann Weymouth. The bath and planting are raised off the ground; water from hose-downs runs into floor drains. Brushed chrome faucets gleam softly. Shopping information, page 138.



# ENVIRONMENT IN A BOX

The bath-as-everything—that's the idea. "You can garden, exercise, play with the kids, talk, relax, look after your body, and enjoy nature," says architect Yann Weymouth. Here, a few ideas to help turn your bathroom into a personal health spa.

Right: The bath, a skylit oasis with wall-to-wall teak vanity (bleached by the architects), white marble countertops, lots of space for TV, books, equipment, and a bench. The mirror, lit by 14 tiny bulbs, pulls down into counter when not in use.



BE YOUR OWN WEATHERMAN



## A changeable climate you can control

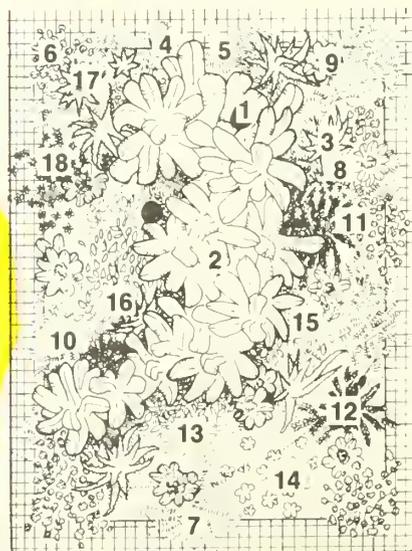
Just open the doors of Kohler's Environment, and you're in another world. The front panel is fiberglass, with a teak interior and cypress deck. Four infrared lamps in the ceiling provide soft light and heat to acclimatize your body before starting the cycle. The five changes of climate are Baja Sun (from 4 ultraviolet lamps in the ceiling); Spring Shower (from 6 wide jet nozzles with adjustable temperature);

Jungle Steam; Tropic Rain; and Chinook Winds (from heater vents in the wall). At one end of the enclosure, a porthole may be used as a window to the outdoors, or space for projection screen, aquarium, or other visual delight. Two speakers in the ceiling provide sound. Each climatic change is controlled for time and temperature from the central panel. (If you want only one experience, *(Continued on page 136)*)

# HERBS FOR HEALTH

## Grow your own teas and soothers

The bathroom planter's challenge is to ensure that the right amount of sunlight and shade reach all plants. "Yet at the same time it must look beautiful from every angle," explains designer Peter Dunlop. Here's how he did it, with a list of all the herbs and plants he used, all of them collected for their aromatic powers—and many for purposes that have been proved therapeutic over centuries of experimentation. For instance, the aloe vera has been found helpful in soothing burns and moisturizing skin. Lavender in steaming water cleanses pores, and in a cold compress helps relieve tension. Rosemary, excellent as an aromatic tea, also works as a fragrant hair rinse. Thyme can be used as a disinfectant mouthwash or gargle, as well as an addition to bath oil. Spearmint, the most widely used herb in the world according to Mr. Dunlop, works as a refreshing inhaler in a humidifier. "And rub the leaves on aching limbs after exercise," he recommends. "If you *(Continued on page 136)*



1. Ficus benjamina
2. Bird's-nest fern
3. Aloe vera
4. Lavender
5. Scented rose geranium
6. Parsley
7. Asparagus springerii
8. Oregano
9. African violet
10. Creeping thyme
11. Catnip
12. Rosemary
13. Pineapple sage
14. Lemon balm
15. Sage
16. Spearmint
17. Saw-tooth aloe
18. Sweet woodruff

# YOUR SKIN

## A doctor tells how to keep it glowing

"The human skin is an amazing organ," declares Dr. Adolph Rostenberg, Jr., Emeritus Professor of Dermatology at the University of Illinois. "First of all, it's the largest organ in the body—and we can't do without it. It acts as a protective barrier or envelope for our viscera—in this capacity it has a re-

markable blend of suppleness and delicacy of motion. Yet on the other hand it's relatively tough. The skin acts as a temperature adjuster; it also repels bacteria—and finally, it's a sex organ!"

In order for the skin to function properly, what does it need? "A certain (Continued on page 137)

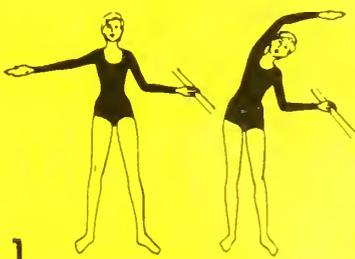


ANK HORVAT

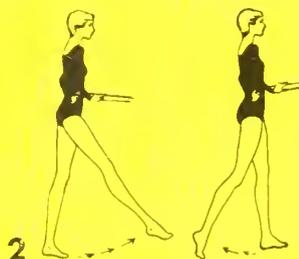
SHAPE UP

## Seven exercises designed by an expert

Stretching and toning the body is what exercise teacher Barbara Pearlman recommends. These exercises she has worked out for bar (or bathroom rail) tone and build stamina all over.



**1** Hold bar with hand, other arm palm up out to side. Reach to wall, bounce 3 times, back to original position. 10 times each arm. Good for waist, upper arms



**2** Hand on bar, other hand on waist. Swing outside leg forward and back in one continuous movement. 10 times each leg. Good for legs, buttocks.



**3** Hands together with fingertips on bar, feet apart and parallel. Press into bar like a push-up, bounce 3 times, heels on floor, press away at count of 4. Good for backs of legs, hamstring muscles, upper arms. 12 times.



**4** Lie on stomach, feet together, elbows bent, hands overlapped under chin. Lift and lower legs one at a time (grin buttocks tightly, keep hiobone on floor, point toes). 10 each leg, work up to 40. Good for buttocks.



**5** Sit on mat, soles together, hands clasped around toes, back erect. Bounce knees gently to floor and up. 20 times.



**6** Sit on mat, hands on knees, elbows out. Round back, drop head to knees, bounce body gently 10 times. Uncurl slowly until back is straight. Good for back. Repeat 6 times.



**7** Lie flat on back. Lift head, neck, shoulders, arms in continuous curl as knees bend slightly. Sustain for 3 counts, uncurl slowly from back to head. Good for tummy. 8 times.



**8** Men will probably prefer the high bar for muscle building exercises for upper arms and shoulders. Here, the classic pull-up.

# Slipcovers— for a change

HOW TWO SETS  
OF SLIPCOVERS  
ADD UP TO  
A YEAR'S WORTH  
OF GOOD  
DECORATING

# The 30-minute makeover

With the flick of a slipcover, you can change a room's whole look to suit the season—or your mood. Take a living room like this, with furniture upholstered in cushiony tufted beige Indian cotton, perfect for a light-hearted spring or fall. For an in-between summer change, the room becomes cool with icy blue and white slipcovers sewn from handwoven Iranian cotton tablecloths. In winter the room warms up with woolly slipcovers of Hudson's Bay blanketing-by-the-yard. "With the hearth blazing, it's as cozy as a ski lodge," say the owners.

Both slipcovers, designed, as was the room, by Dan Hawkins, are the easy-fit kind (fitted only at the arms so they lie nearly flat for pressing) that wrap around and tuck in at seat, back, and arms. Summer slipcovers wrap around the loose cushions as well. Winter pillow covers pop on, off with Velcro tape. Both sets are bold design statements in a room full of ethnic patterns—striped Middle Eastern camel-bag floor cushions, batiks, quilts, a checkered African throw. Slipcover plus: Summer ones can be washed, steamed, back in place in 3 hours; winter ones go to the cleaner's. "We're so hooked on slipcovers," say the owners, "the only change we'd make is— more changes!"

TED HARDIN



Quick-change tip:  
tuck-in fit

Above right: Living room for spring and fall in beige cotton upholstery. Right: summer look—blue and white lightweight cotton slipcovers. Opposite page: The living room in winter, with slipcovers of wool blanketing, famed by a Canadian fur-trading day. The corner told how many skins the blanket was worth. Shopping information, page 104.

HORST



Quick-change tip:  
Velcro closings



# Look what's happened to the

A stroll-through vegetable-flower garden to start planning right now, and a build-it-yourself summerhouse



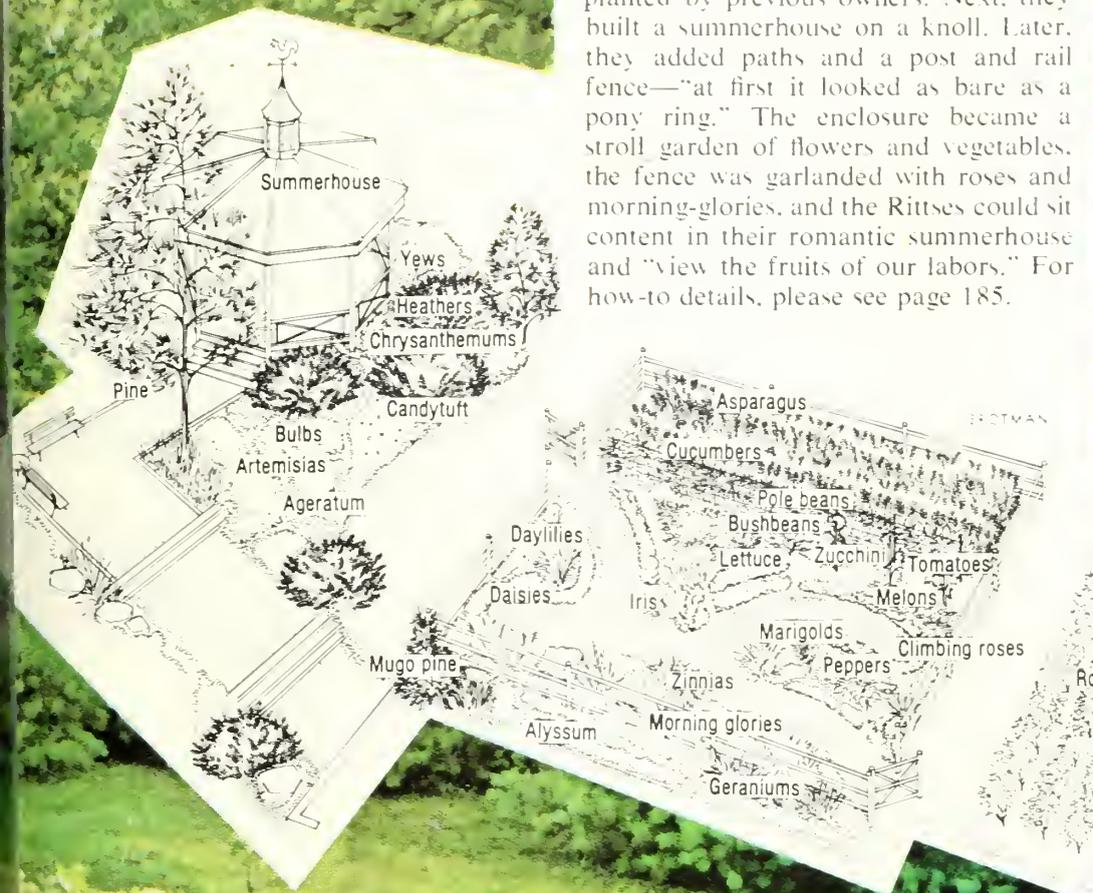
**Left:** Backyard after summerhouse was built, before the garden was fenced. Trenches are for electric cables. **Above:** Backyard with 30-foot garden, its winding paths bordered by lettuce and lilies and all manner of flowers and vegetables. Railroad ties and Weyerhaeuser timbers line path to the summerhouse Mr. Ritts built.

# Backyard

The pleasure of making gardens is "not in finishing them in too great haste; but after a general scheme is laid, to make Annual Advances." This happy insight, by Repton, the great English landscaper, is just what Paul and Mary Ritts have experienced in their own backyard. Step by step, these radio-TV writers and performers have transformed the lawn behind their shingled house. First they dug a vegetable garden, as wide as the rose bed planted by previous owners. Next, they built a summerhouse on a knoll. Later, they added paths and a post and rail fence—"at first it looked as bare as a pony ring." The enclosure became a stroll garden of flowers and vegetables, the fence was garlanded with roses and morning-glories, and the Rittses could sit content in their romantic summerhouse and "view the fruits of our labors." For how-to details, please see page 185.



**Above:** 12-year-old Amity Eills is a neighbor and garden helper. (For her white mouse, Paul Ritts made a scale model of the gazebo.)



**Above:** Amid baskets of flowers, a refreshing salad lunch from the garden. **Below:** Old-time ceiling fan to stir summer breezes in octagonal 13½-by-13-foot structure.





Above: a slice of the kitchen, papered with world maps, hung with antique pots and pans. Right: the second-floor living room with mirrored sleeping balcony and eclectic collection of antiques.



James Beard is at home in the kitchen: his own—where he cooks, teaches, and entertains—and countless others. Here his cookbooks (the twenty-volume *James Beard's Theory and Practice of Good Cooking* (Doubtless), is just about to come out) are often used as faithfully as the wooden spoon. Here, in a very personal setting where he combines his professional and private lives.



## James Beard's recipe for living

How the master chef solves his own culinary needs: A terrific new kitchen in his Greenwich Village town house, where he loves his garden, collecting antiques — and cooking!



# James Beard's recipe for living

James Beard is a household name, synonymous with good food and good living. Through his 21 cookbooks, lectures, TV appearances, and wonderful cooking school, James Beard has sparked the fire in many a cook-in-embryo's heart with his gift for food—cooking, relishing, and writing about the very best of it. And his own private world is as rich as his Christmas fruit cake; it reflects a zest for color and antiquities, a flair for the eclectic and a love of informality. Here's a first look at James Beard in his Greenwich Village town house, a neighborhood he's called home for 40 years, and a new house he's recently decorated with the help of fellow Oregonian, designer and antique collector Jerry Lamb.

Here on two opened-up floors and a flower-filled garden Mr. Beard lives, writes, cooks, and entertains in a personal setting that reflects his taste for the unusual and the witty in design. The

“The greenhouse isn't just for plants—it's like an extra room that gives the feeling of living outdoors”

ground-floor kitchen with adjoining dining room is the scene of the James Beard cooking classes where devoted fans spend happy hours cooking their own dinner under the tutelage of the master. It's the scene, too, of many a party to launch a promising new food talent or to celebrate the arrival of a visiting culinary giant, perhaps Richard Olney or Simone Beck.

The second-floor living-sleeping-working area is opened up with the addition of a prefabricated greenhouse to add an extra studying, dining, and relaxing area with a strategic—and unexpected—spot for a screened-off shower. “It gives me a feeling of living in and out of the house,” says Mr. Beard, “a constant reminder of the outdoors and the pleasures of the country.” A step inside from the greenhouse is the study area and library. Papers are filed in a series of straw baskets arranged on library shelves—“the only method that works for me.” The walls are packed with a prized collection of cookbooks. “I try to be qualitative about collecting them,” says Mr. Beard; “I weed out all the ones I don't think are worthwhile, concentrating on my collection of 17th- and 18th-century English cookbooks.”

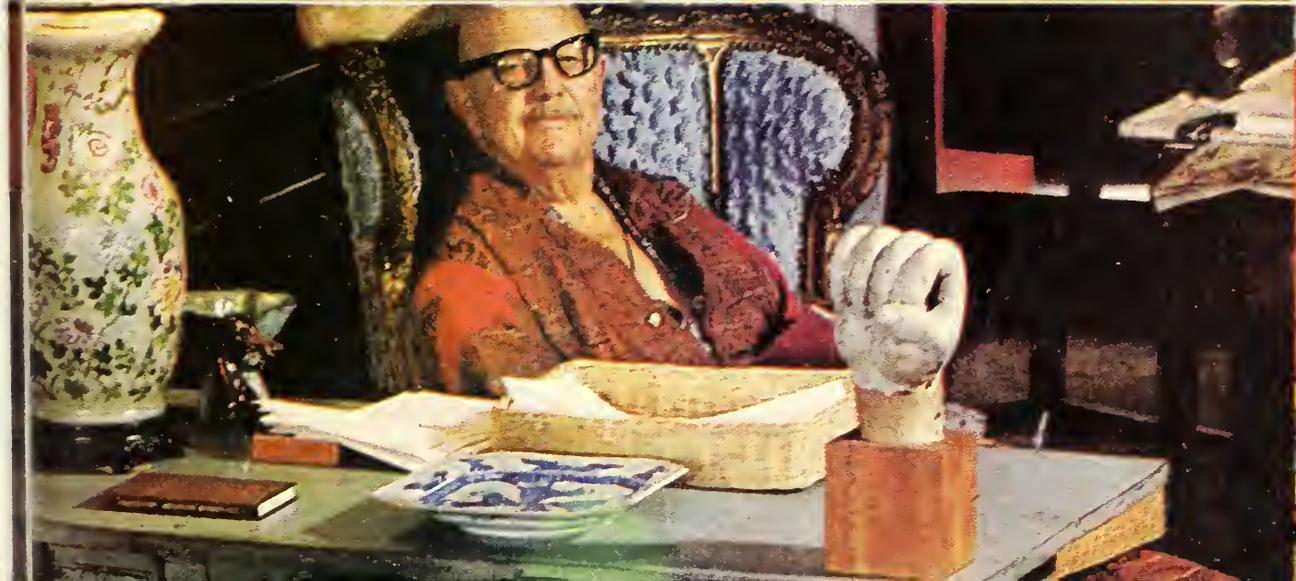
“I think we've made the transition

from the working space into the living space [see preceding page] successfully,” says Mr. Beard of the comfortable conversation spot with its eclectic collection of chairs—faux bamboo (“Brighton Pavilion era, but Italian”), “silly Swiss sleigh,” loveseat, and Chinoiserie garden seats of mason's ironstone. Terra-cotta statues shipped from an orangerie in Burgundy 25 years ago are old friends. “The living area with its Chinese-red walls has as much formality as I would ever have in a room, and my sleeping balcony ties in, masks itself with a curve of mirror [plastic mirrored sheets], and provides as well a shelf for bedtime books, TV.”

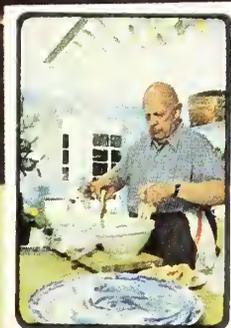
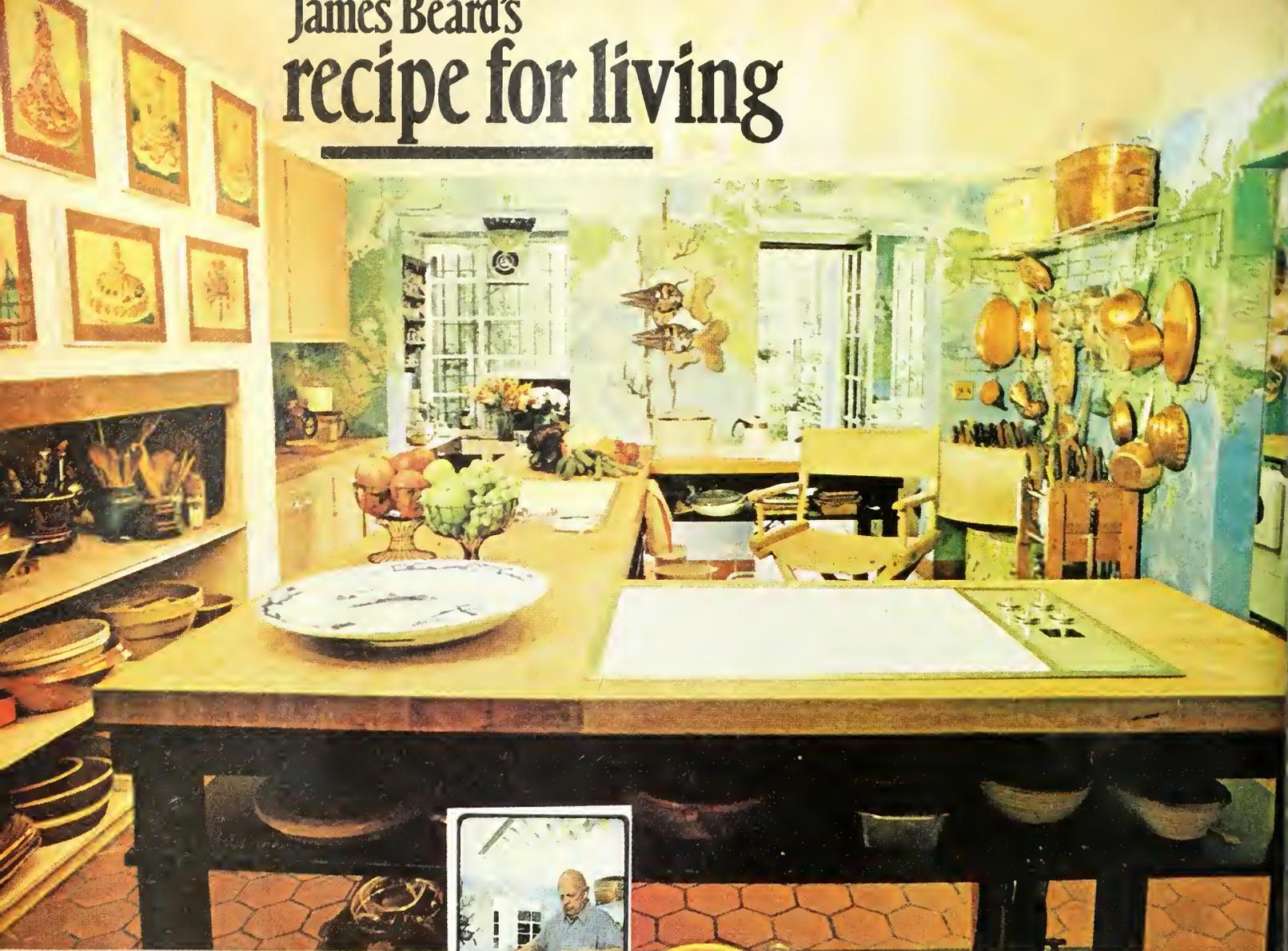
**Above:** Looking from the sleeping balcony through living room to the study and greenhouse beyond. Spiral staircase winds down to dining room and kitchen. **Right:** Greenhouse overlooks ivy-walled garden studded with chrysanthemums and a charcuterie pig sign. **Opposite page, far right, from top:** Desk for work and chairs for relaxing on the greenhouse balcony. **Shower** at one end, screened with bamboo. Shades pull down over the glass; marble tiled floor has its own drain. **Bathroom,** sleek, mirrored, beside the shower. Steps to bed, backed by an old Chinese embroidered panel. **Opposite page, bottom:** James Beard relaxes in his favorite Louis XV chair.



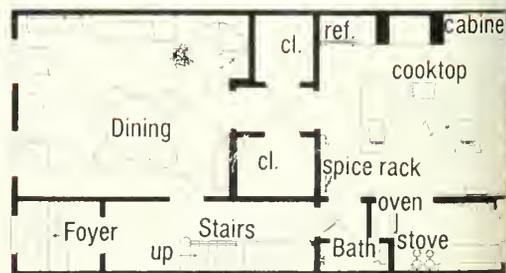
EMERIC



# James Beard's recipe for living



“A kitchen should be a combination of function and beauty”



“It’s an ideal kitchen for teaching, great for entertaining, and fun even when there’s only one person working in it,” says James Beard of his new step-saving kitchen, *above and right*. It operates functionally: There’s a series of separate work spaces within the area—and beautifully: It’s decorated with an all-over covering on walls and ceiling of brilliant world maps (from the U.S. Army map service) and a lovingly collected assortment of antique utensils. “I love to have space; I love to be able to move around and do different things in different areas with everything conveniently at hand.

“I like the fact that the ovens are removed from the main body of the kitchen; they’re concentrated in one space for large baking and

roasting jobs.” The sink area is out of sight of the main kitchen to keep kitchen clutter invisible at part time and also to allow for nondestructive clearing up during class. The center of the kitchen is an abbreviated U-shaped island with drop-in Corning cooktops that can be used from both sides. Electrical outlets for small appliances are right in the island. The small dining and breakfast room overlooking the garden is a favorite spot for eating alone or with just one other person. Dining room with its bamboo fabric-covered walls houses an enviable collection of Wedgwood and Minton. The marble table works well for a small dinner party; the whole floor is used for larger parties—“We can seat at least 16 for a buffet.”

EMERICK BRONSON

Left: Kitchen looking from the adjoining dining room, with island U topped with Corning Glass tops. Reconstructed old fireplace at left provides storage for spatulas, spices, small appliances. Below left: Dining room with steel-gray Vermont marble table set for dinner. Below: Sink area with twin sinks, wine storage; wall racks (from

Royal Oak Metal Craft in Oregon) hold measuring cups, rolling pins. Right, from top: Small dining room with marble table for pastry rolling, collection of antique wine rinsers, shelf for electric appliances. Old wooden cabinet for glasses, herbs, spices. Equipment alcove with Corning ovens by Amana. Garden table outside kitchen. Inserts: Making low-calorie seafood salad (page 117).



**Thursday's chicken  
is Thursday's chicken.  
But a blend of two rices  
and twenty-three different  
herbs and seasonings  
is not a potato.**



**What a success.**



## **Living off the land**

Here's how the Rileys (see page 88) stagger their cornucopia of fresh food to last a good part of the year.

Throughout the summer, Jennifer freezes the following vegetables as they come in from the garden: asparagus, collard greens, green peppers, corn, chard, string beans, beets, and kale. She puts up tomatoes and pickles, makes chokecherry jelly and mincemeat. Potatoes and onions are stored. Every 6 weeks she makes 8 loaves of brown bread and freezes all except 1 loaf. Bread and vegetables fill a 20-cubic-foot capacity freezer in the basement.

In the fall, the Rileys butcher chickens: 30 this year of their large (average 7 pounds) tender eating chickens, keeping just 7 "that lay nice brown eggs: double and triple yolkers." They sold and froze 20. They also have a whole steer butchered and cut up by a local butcher into roasts, steaks, hamburger, liver, stew meat, and soup bones. A 1,200 pound steer yields about 600 pounds of meat which provides meat for at least 6 months. Chicken and beef go into a 15 cubic-foot freezer in the garage, along with chicken stock Jennifer makes and freezes.

Winter salad comes from watercress that grows in a nearby stream. Another winter specialty is pâté and terrine. Jennifer makes chicken-liver pâté because "the chickens' livers are marvelously fat from all the good things we've fed them." She uses it and her terrine as hors d'oeuvre for parties, or for very special sandwiches.

### **Country terrine**

Chop 1 large onion finely; sauté in butter. Flambé in 1 cup Madeira. In bowl put ½ cup cream; 2 eggs; 4 tablespoons flour; ¼ teaspoon each cloves, ginger, nutmeg; 1½ teaspoons salt. Stir together; add 1½ pounds each ground veal and ground chicken. Line a small casserole with ⅛-inch thick slices of salt pork; leave pieces hanging over edge of dish. Put in ⅓ of terrine mixture. Add 4 thick slices Italian sausage or tongue, then remaining ⅔ terrine mixture. Fold salt pork over top; make pattern on it with bay leaf and peppercorns.

Cover the casserole and set it in a pan with about an inch of water; cook for 2 hours in 350° oven. Remove casserole lid; put a flat pan on top with a heavy weight to keep the terrine flat. It can be refrigerated for 2 weeks or frozen, whole or in slices. ■

# W F O O & N I N D F O O D



THINK  
THIN

JAMES BEARD'S  
SEAFOOD SALAD  
FOR DIETERS 115

# The Potion of Love.

And how it began in Saronno 450 years ago.



of France can produce the finest Cognac brandy. And only the vineyards of Bordeaux can ever produce a true Bordeaux wine.

So also, the finest Amaretto liqueur comes only from Saronno—where it all began 450 years ago.



Amaretto di Saronno. We've left a rose alongside our name as a reminder of how it all began.



Discover the many other ways to use Italy's rare liqueur of love. Write for our free drink recipe booklet and food recipe booklet, "Gourmet Secrets." Address: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, New York 11021, Dept. 12H.



Do you know that she was young. Blonde. Beautiful. And that she was widowed.

But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it offered as a gift to express affection for Bernardino Luini, the now famous artist whose painting immortalized her in 1525?

History has lost most of the answers—even her name—leaving us nothing but Luini's stunning fresco in

the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...her romantic liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love.



It's something for you to wonder about tonight as you discover its intriguing flavor and enjoy its provocative bouquet. This is Amaretto di Saronno. The original Amaretto. Brought here from Saronno, the village of love.

Only the Cognac region

**Amaretto di Saronno.**   
The Original Amaretto. From the Village of Love.

56 Proof. Imported by Foreign Vintages, Inc. Great Neck, N.Y. © 1975.

James Beard THINKS THIN these days, and shares his secrets for putting zip into low-calorie, low-salt cooking. Maurice Moore-Betty cuts up a chicken to produce 6 delicious dishes—easy ways to stretch a budget-priced bird. Devon Frederick shows you how to throw a party for 6 on a time-and-money budget. Henry McNulty brews up tea with a dash of spirit.

# The spice is right:

## James Beard gives new life to diet food

"When one is dieting, there are no substitutes, there are only adventures," says James Beard, who has, with great resourcefulness, changed his eating patterns to adhere to a low-calorie, low-salt diet. "If your diet is salt-free, don't try to get something to taste like salt—nothing does. One must adjust one's palate to other flavors. The following are some of the top runners in my opinion."

### Freshly ground black pepper

Adds an exciting overtone to many foods. Meats take to it enthusiastically. Chicken and fish are vastly improved by it.

### Green peppercorns

Add a volume of interest, too. Try them with hamburgers, coarsely chopped, and either mixed in with the meat or pressed in. Grilled fish takes on another dimension with the green peppercorns, plus a dash of cinnamon.

### Margarine or butter

If you are allowed margarine or butter, make a blend of the fat and crushed peppercorns and a bit of garlic, with a dash of cinnamon. To a quarter pound of margarine or butter, use 2 tablespoons crushed peppercorns, a large clove or 2 small ones of garlic, and a dash or 2 of cinnamon. Fish, beef, pork, chicken, all abound

Now that one of America's top cooks has been put on a low-calorie, low-salt diet, he shares with you his secrets for adding zest to diet fare

in added flavor when enhanced by this mixture. It is excellent with vegetables as well, notably turnips—white and yellow—also parsnips, potatoes, cauliflower, and even asparagus and artichokes.

### Overbaked potatoes

Without butter and salt can be an attractive dish for the dieter. Bake Idahos for 2 hours at 400°. The result is a thick, crusty potato with a floury center. A few grinds of fresh pepper give this an interesting and flavorful texture. Try some new potatoes done in the same way, cooking them about 45 minutes to 1 hour.

### Herbs

Naturally herbs have the ability to change the flavor notably. For salads and vegetables they add a satisfying zest. I have been having an affair

**"Never feel deprived. Always feel adventurous, which is the way to diet sanely"**

with chervil; and tarragon, of course, is great with salads and many vegetables—as well as chicken and veal. Combine with a little white wine, and a few chopped shallots, and you get an exciting flavor.

### Roasted peppers

Keep a casserole or salad bowl of roasted peppers in the refrigerator. Place them on a broiling rack under the broiler and turn until all sides are practically blackened. Skin them quickly and seed. Cut into sections and place them in a dish with a bit of white vinegar. Roasted peppers are super in salads, or a great relish with cold meats or fish. Combine them with fresh slices of raw mushrooms and greens. Garnish with green onions.

### Oil

If you are allowed oil, remember that olive oil is mono-unsaturated and has no adverse effect on serum cholesterol levels. It is desirable because of its rich, fruity quality, and is one of the luxuries allowed the dieter.

### Onions

Raw and cooked. They do wonders for the salt-free palate. Place veal or pork chops on a bed of thinly sliced onions. Use raw onions in a salad, or with cold meats. Sliced onion and tomato are a perfect accompaniment to steak, and onion and cucumbers give fish an added zest. They may be served just with freshly ground pepper and a touch of basil and can be refrigerated in wine (Continued on page 134)

### James Beard's dieters' seafood salad

#### INGREDIENTS

- 1½ pounds shrimp, fairly large
- 1-2 garlic cloves
- 4-5 sprigs parsley
- 4 teaspoons fresh tarragon, chopped
- 1 cup white wine
- 4 tablespoons sherry wine vinegar
- 4-6 carrots
- 1 large onion
- 1 tablespoon chervil, chopped
- ¼ cup parsley, chopped
- 1 pound crabmeat, shredded
- freshly ground black pepper
- 4 tablespoons olive oil (optional)
- yogurt
- salad greens
- 1 box cherry tomatoes

#### METHOD

- Split shrimp down back, remove shells, leaving tails intact. Use sharp scissors.
- Combine 1 quart water, garlic, parsley, 1 teaspoon tarragon, wine, 2 tablespoons vinegar. Bring to rolling boil. Cook 5-10 minutes. Add shrimp; cook 3 minutes after returning to a boil. Chill.
- Shred carrots and onion. Blend with chervil, parsley, and remaining tarragon. Add crabmeat, remaining vinegar, and pepper. Add oil and just enough yogurt to bind salad. Decorate with shrimp and tomatoes. Serves 6.



# Good Plains cooking from Rosalynn Carter

The new First Lady talks about food, nutrition, and home cooking, and shares her own recipes for some of the President's favorite dishes in this personal interview by Marian Burros



HARRY BENSON



At the inauguration of Jimmy Carter, the country also acquired a First Lady who talks seriously about a balanced diet, healthy snacks, the problem of junk food, and the importance of a good breakfast. Rosalynn Carter is not a trained nutritionist, but unlike most of us, she paid attention to her home economics course in school. Mrs. Carter added that it also helped having a mother who "was always very careful to see that we ate right."

This concern about eating properly was a particular problem for slim, dark-haired Mrs. Carter during the 22 months she campaigned for her husband. The thing she missed most on the road was fresh vegetables. It's not surprising. Her mother, Allie Smith, known to everyone as Miss Allie, said recently, "I never cooked a frozen vegetable in my life. We always had a garden." Miss Allie was indignant that an article which included one of her vegetable recipes called for frozen beans! The Carters had a garden, too, while their three

**FRUIT CANDY**  
(Amy's favorite)  
*Grind together ½ pound dates, 1 pound dried figs, 2 cups chopped walnuts or pecans, ½ cup seedless raisins, and 1 pound dried apricots. Press into a buttered pan; cut into squares, and sprinkle with 1 teaspoon grated orange zest or sesame seeds, or unsweetened shredded coconut.\**

vegetables for winter use. Eating in general during a political campaign is a catch-as-catch-can affair. But to Mrs. Carter, to wear a size 6 or 8 dress, eating properly is very important. She said that a reasonably cent diet and a sound sleep are what kept her going through those grueling days that began at 30 A.M. and ended at eleven. After several months, however, of three cold meals a day, she started ordering from hotel room service late at night in order to get one hot meal.

The one or two days a week the Carters were in Plains, Ga. during the campaign, they would stop first at the grocery store to pick up some fresh vegetables.

One of the nicest touches of the campaign, according to Mrs. Carter's press secretary, Mary Galt, was "the exquisite meal" a thoughtful lady in Mississippi packed for them to take aboard their plane one night: "Shrimp, rice, and two kinds of squash."

Mrs. Carter won't have to worry about hot meals for awhile. She won't have to worry about grocery shopping either, but she may miss cooking, something she is extremely interested in. She might also miss using all the new pots and pans she bought at the cooking school she attended in Atlanta while her husband was governor.

She went to Ursula Knaeusel's cooking classes because she really loves to cook and couldn't do it in the governor's mansion. At the end of the course, she wrote Ursula that the classes had been "an escape" for her, and had enabled her to keep her hand in as a cook. A compliment from her husband, however—"Jimmy has always said if I had to stay home and do all the cooking I wouldn't like it. Since I don't have to do it, I look forward to the time I can be home in my kitchen," she said.

The President of the United States may be uniquely qualified to pass judgment. "Jimmy taught me how to cook," Mrs. Carter explained. "I don't know where he learned, I guess at home, because when we got married he cooked as much as I until I learned how." (Continued on page 130)

her favorite recipes aren't just southern. Along with grits-cheese puff, butternut squash pudding, and collard greens, she likes Cornish hens Toulouse and strawberries with banana liqueur. Here are 10 of Mrs. Carter's best.

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### Spinach loaf

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#### Ingredients

3 slices bacon, cut in 1-inch cubes  
3 tablespoons onion, chopped  
2 tablespoons butter  
3 tablespoons flour  
1 10-ounce package frozen chopped spinach, defrosted  
1/4-1/2 cup milk  
5 eggs  
3 tablespoons heavy cream  
1 teaspoon beef bouillon granules  
1/2 teaspoon salt  
1/2 teaspoon lemon-flavored pepper  
1/2 teaspoon nutmeg

#### Method

— Sauté bacon and onion together until bacon is done; remove from pan and set aside. Add butter to pan drippings, melt it, then add flour, stirring over moderate heat.

— Squeeze liquid from defrosted spinach into a measuring cup. Add enough milk to make 3/4 cup. Stir into flour mixture; continue stirring until mixture thickens. Add spinach and remove from heat.

— Combine eggs and remaining

ingredients in a bowl; beat well. Add to cream sauce mixture. At this point, the recipe can be refrigerated and baked later.

Pour spinach mixture into a buttered 1 1/2-quart casserole and bake 50-60 minutes in a preheated 375° oven. Serve immediately, sprinkling reserved bacon and onion on top. Serves 4-6.

— Variations: Bake in a well-greased loaf pan, arranging 4-6 hard-cooked eggs down the center. Or, bake in a well-greased loaf pan; when baked, turn off heat and allow spinach loaf to sit for 10 minutes in oven. Unmold; slice; add cheese slices between loaf slices, sprinkling with bacon and onion. Return to oven and bake just until edges of cheese melt.

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### Butternut squash pudding

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#### Ingredients

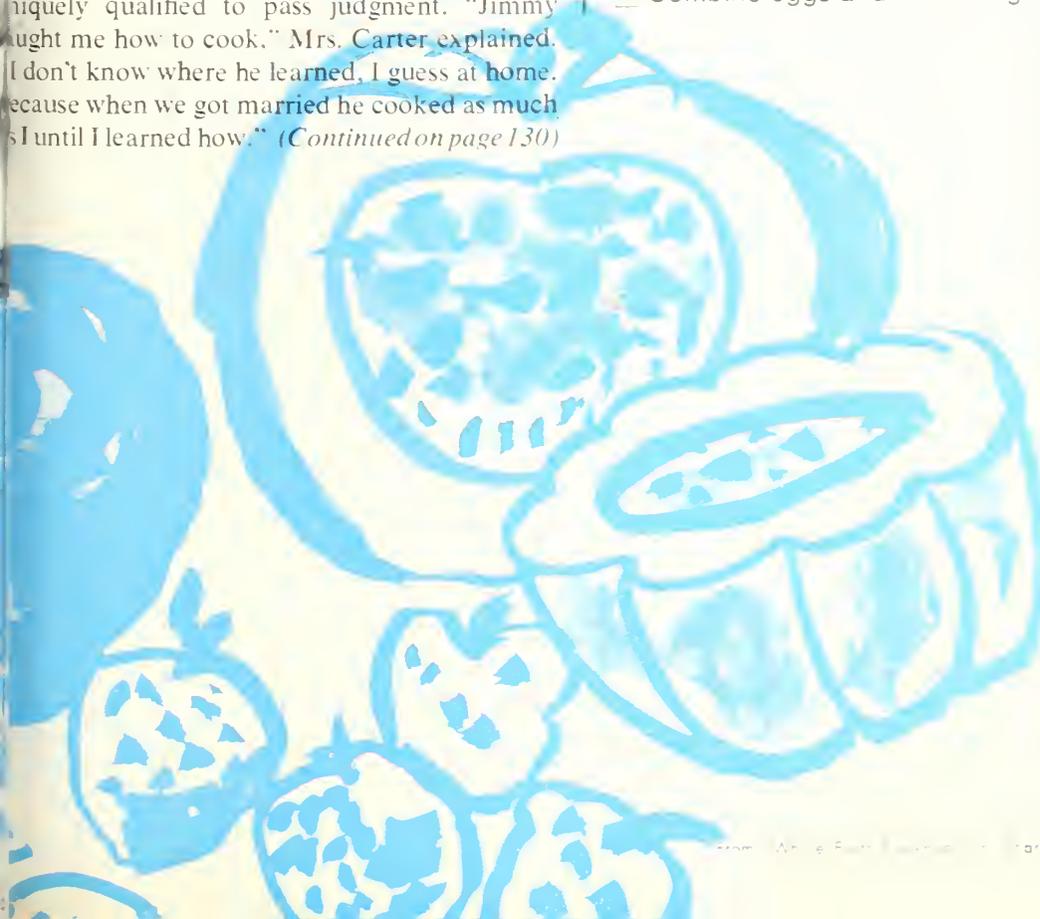
1 whole butternut squash  
1/2 stick (4 tablespoons) butter or margarine  
1 cup milk  
1/4-1/2 cup sugar (with 1/4 cup, the pudding is just slightly sweet and makes a good side dish to serve with roasted meat, poultry, or ham. With 1/2 cup, pudding is more like a dessert.)  
3 eggs, lightly beaten  
1/2 teaspoon cinnamon  
1/4 teaspoon ginger  
salt to taste

#### Method

— Cut squash in half and place, cut side down, on an oiled baking sheet. Bake in preheated 350° oven for 1 hour, or until tender. Scoop out fibers and seeds and discard. Spoon flesh into a bowl. You should have 2 cups.

— Mash the squash while still warm with butter. Add remaining ingredients and mix thoroughly. Spoon into greased, shallow, 5-cup baking dish and bake in a preheated 350° oven for 35-40 minutes, until pudding is set. Serve hot. Serves 6.

Continued on page 131



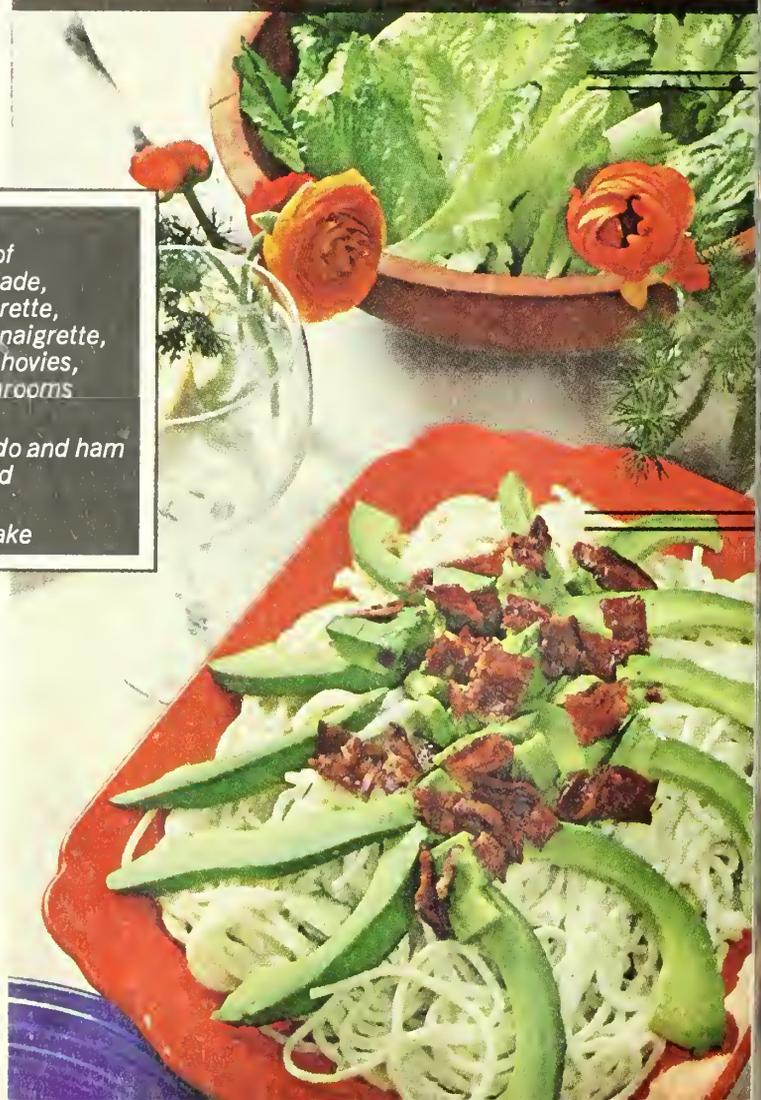


SUSAN WOOD

# A great meal

you hardly have to cook

Good food with all the advantages — mostly make-ahead or quick to assemble, and easy on the budget. Just what you need if you work all day, or if your kitchen space is limited. Devon Fredericks, a young New Yorker whose profession is party planning, tells how to organize everything down to the last minute, the last pot, and enjoy it



**DINNER**  
*Antipasto of  
celery remoulade,  
mussels vinaigrette,  
fresh mozzarella vinaigrette,  
peppers and anchovies,  
marinated mushrooms*

---

*Fettuccini with avocado and ham  
Green salad*

---

*Chocolate cake*



**Left:** Devon Fredericks sets the table, formerly a door painted white. **Right:** Antipasto awaits on table set with American Fiesta Ware platters and plates. **Above left:** Galley kitchen's action space is a mere 3 feet (kitchen is just 7 feet long), containing sink, 2-burner stove, an oven the size of a bread box. Apartment designed by architect Tod Williams.

**make to buy**

**0 min. \$3<sup>30</sup>**

*Mussels vinaigrette.  
Dressing 1 day ahead.*

**5 min. \$1<sup>66</sup>**

*Peppers and anchovies.  
Sauce in the last few minutes.*

**6 min. \$1<sup>60</sup>**

*Crêpe rémoulade.  
Completed in the morning.*

**5 min. \$2<sup>39</sup>**

*Marinated mushrooms.  
Can be made the day ahead,  
refrigerated, then  
returned to room temperature  
serving.*

**min. \$2<sup>19</sup>**

*Mozzarella vinaigrette.  
Use same dressing as for  
mussels; just slice  
cheese, arrange on plate,  
presto!*

**0 min. \$2<sup>00</sup>**

*Green salad. French bread.  
Lettuce on top of  
dressing in bowl;  
serve just before serving.*

**0 min. \$5<sup>69</sup>**

*Sauce with avocado  
and ham. Cook pasta and  
sauce after the first course;  
serve immediately.*

**2 min. \$4<sup>11</sup>**

*Loaves and Fishes chocolate cake.  
Can be baked days ahead;  
begin icing the day of the party.*

**total 2 hours, \$22<sup>94</sup>**

**3 minutes (\$3.82 per person)**

**T**he party begins two days ahead with a shopping list and builds to a climax of pasta tossing at the table. Devon Fredericks, New York caterer and co-owner of Loaves and Fishes, a food shop and catering service in Sagaponack, N.Y., categorizes her list by stores. "I go to a lot of different ones." She shops on the way home from work the day before the party, buying everything but the mozzarella. "It's only fresh the day it's made." That evening she bakes the cake; at the same time she prepares the celery root and mayonnaise for the rémoulade to be assembled next morning, cooks the mushrooms, and makes a jar of vinaigrette for the mussels, mozzarella, and salad. Party night: Mozzarella is bought, mussels steamed, icing made, cake frosted, salad assembled, foil-wrapped bread waits in oven to be warmed. "It takes me about an hour to arrange the platters, set the table, and make everything look pretty, scrub the kitchen, and put things away." She fills a big pot with water for the pasta, puts butter in another for the sauce, and finally departs from the kitchen and heads for a bath. The table is ready for guests to sit down to the waiting first course. When they do, it's the signal to turn on heat under pasta water, so it will be boiling at the end of the first course. Plates for pasta sit under those for the first course. "No one can help clear—there isn't room!" Dessert is served with espresso, because "we only have space for little cups." For recipes, see page 134.



# Tea teasers

"There's more to a cup of tea than a slice of lemon," says Henry McNulty, who brews up some delicious thirst quenchers with a dash of spirit—rum, whiskey, rye, or wine—and fruit, for party drinks hot and cold



**T**he British claim that hot tea is cooling. But don't you believe it. Hot tea makes you hot. A long life in hot spots has taught me that. The British certainly know how to make hot tea for cold days or winter tea parties. The teapot is almost a household god in many British homes, and the Queen's garden parties would lose all character if, instead of tea, cocktails were served to those swallow-tailed, gray-topped men, and chiffon-clad, swoopy-hatted women at Buckingham Palace.

It is heresy to the hot tea contingent. I know, but for me the best and most refreshing non-alcoholic beverage in the world is iced tea, and this is how to make it right:

**Claudia's tea:** First brew some fairly strong India tea, as much as you think you will need for a day or two. This you allow to cool, even putting it in the refrigerator if there is time. When you are ready to drink it, fill a tall glass with ice and pour in the tea. Sugar to taste, and stick in a slice of lemon. The lemon must be crushed in the glass. Stir with the sugar until the sugar melts.

## Kirsch tea

A rather spectacular and delicious drink made with tea, which will warm the cockles of our hearts if they need warming.

Over 3 level tablespoons sugar, in a warmed bowl, pour half a pint of kirsch and flame it for a moment or two. Quench this fire by slowly adding a half pint of hot black tea.

## Rum and tea highball

This is a simple and refreshing cool drink. Just make some good strong tea, cool, and have it ready to pour into tumblers in which you have put ice and a couple of jiggers of your favorite rum. Add sugar, if you need it, to taste. A slice of lemon and a sprig of mint make this a pretty luncheon beverage.

## B & B cream tea

For each serving, pour 6 ounces freshly brewed tea into a warmed stemmed glass. Add a jigger of B & B liqueur. Do not stir but top with lightly whipped cream and sip through the cream.

## Scotch McTavish

Pour 1 cup boiling water over a teabag. Cover and let stand 5 minutes. Remove teabag and add 1/4 cup Scotch whiskey and 1 tablespoon honey. Stir and serve.

## Punches hot and cold

### Artillery Punch

#### INGREDIENTS

- 1 fifth rye
- 1 fifth claret
- 4 cups strong black tea, freshly brewed and cooled
- 1 pint Myers's rum
- 1/2 pint gin
- 1/2 pint cognac
- 2 ounces Benedictine
- 2 cups orange juice
- 1 cup lemon juice

#### METHOD

Combine all ingredients in a large pitcher. Let stand 2 hours to ripen and pour over a block of ice in a punch bowl. Makes about 35 punch-cup servings.

# Fowl play: 6 new ways to make a chicken go farther



**Maurice Moore-Betty, right, at work in the kitchen. He describes below how to buy, cut-up, and freeze chicken parts and stock.**



Cut up roasting chickens for a greater variety of dishes. Collect breasts and fillets, drumsticks, thighs, and wings in the freezer. Then use separately for 6 economical new chicken dishes from Maurice Moore-Betty, a fine chef and owner of a cooking school in New York

**Buy:** Fresh roasting chickens weighing approximately 3½ pounds. Pick chickens with light-colored skin and not too much fat.

**Cut up:** First remove legs and separate thighs from the drumsticks.

Cut off the wings close to the body, remove the first two joints (the pinion and the middle one that corresponds to our forearm), and add these to bones for stock.

Skin the third joint and set aside to freeze for "drumstick" appetizers with cocktails.

Cut through the two sets of breast bones to release the whole breast cage; they almost meet, and there is ample room for the boning knife. Flatten breast and pull out the breastbone. Carefully cut out the smaller bones, including the wishbone. With the whole breast on the cutting board facing you, look carefully and you will see a small fillet-like strip of meat on each side. Pull it out and set aside for freezing.

Strip the carcass of as much meat as possible and freeze with thighs for use as croquettes. Cut up the carcass and add to gizzard, neck, and extra small bones and wings, to use for stock.

**Freeze:** Small bones, wings, gizzard, and neck in small bags, one for each chicken's parts, for small quantities of stock.

Freeze cooked stock in milk cartons. Remove cartons after freezing, wrap separately and store "bricks" stacked on top of each other to save space. (Cut carton in half to freeze in handy 2-cup quantities.)

Freeze liver separately for use in pâté.

Freeze breast fillets and breasts spread on cookie sheet for 2 hours or until stiff. Then wrap each piece separately in plastic wrap and in plastic bags. Squeeze out air and seal. Wrap drumsticks in plastic wrap and again in plastic bags and seal.

When freezing whole chicken, rub with vegetable oil; chill, then freeze wrapped in plastic wrap and plastic bag. (Recipes on page 126)

## Chicken breasts en papillote

INGREDIENTS FOR EACH SERVING

- |   |   |
|---|---|
| 1 10-by-15-inch sheet parchment paper                       | finely chopped (the best you can find)  |
| melted butter   | 1 tablespoon mint butter (recipe below) |
| 1 whole chicken breast boned but not halved, fillet removed | salt, pepper                            |
| 1½ tablespoons ham,   | egg, beaten                             |
|   | oil                                     |

Fold parchment in half, press in crease, and open up flat again. Brush with melted butter. Lay chicken breast on one half and sprinkle chopped ham over half the breast. Dot with mint butter and fold the other half of breast over it. Or put ham and butter on opened up breast. Dust lightly with salt and pepper.

Fold paper over breast and brush the

edge with beaten egg. Start rolling tightly from a corner to make a sealed paper bag. Brush rolled fold with beaten egg, and the whole paper with oil or butter.

Bake in a preheated 350° oven on a baking sheet for 30 minutes. Slide out of the bag onto a plate or serve cut open. Good with lima bean puree.

## Step-by-step to chicken breasts en papillote



Trim fat from breast • Fold sheet of parchment paper • Brush edge with



Top with mint butter • Roll edge of paper tightly • Seal with egg glaze

### Mint butter

INGREDIENTS

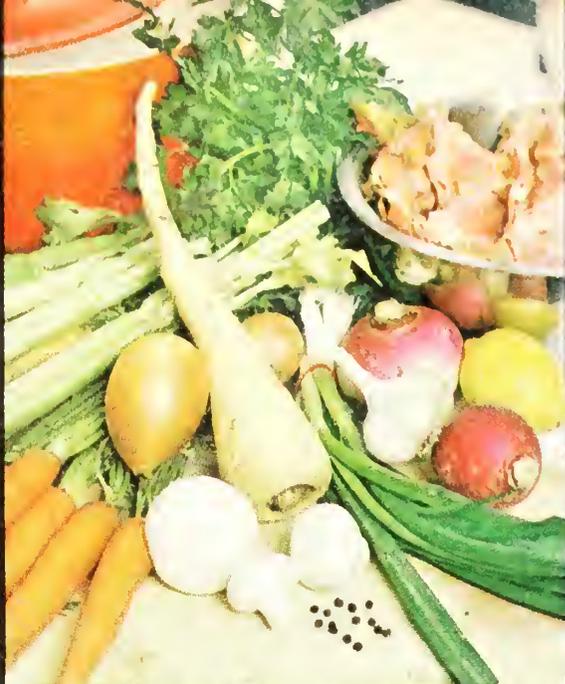
- 1 stick (¼ pound) unsalted butter, softened
- 2 large handfuls fresh mint leaves
- 1 teaspoon salt
- 2-3 twists of peppermill
- pinch of sugar, or to taste
- lemon juice

METHOD

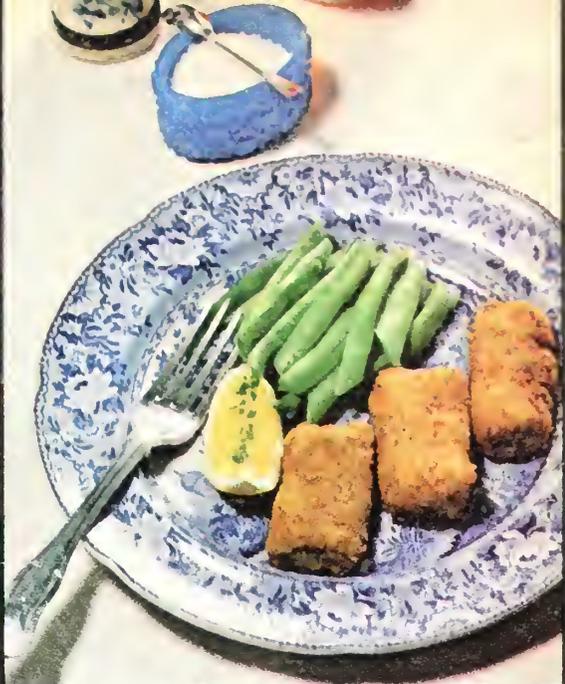
In a food mill or blender, puree butter and mint leaves. Season mixture to taste with salt, pepper, sugar, and lemon juice. Chill, roll into sausage shape, wrap in plastic, and freeze.



Moore-Betty with cut-up chicken



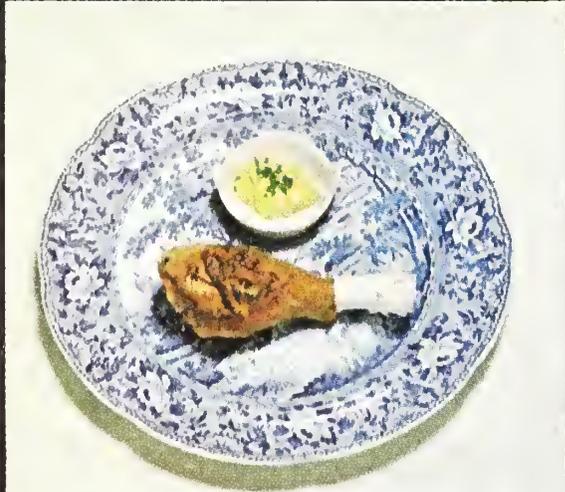
Vegetables for the stockpot



Croquettes from the thigh



onettes from the fillets



Deviled drumsticks



Chicken escalopes from breast



chicken with shredded ham

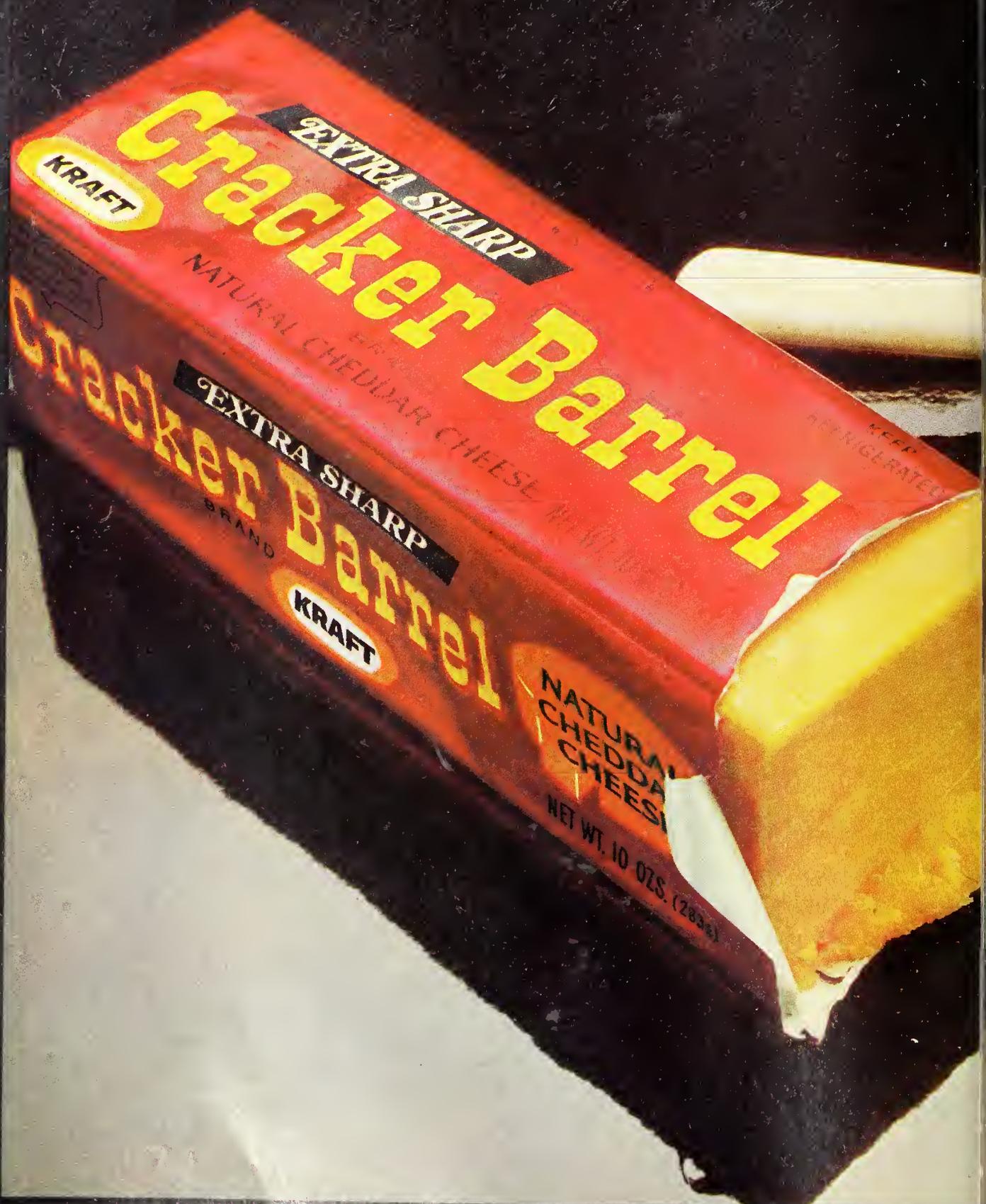
**serve minted chicken  
breasts in their paper  
bags and let guests  
cut them open"**

EMERICK BRONSON

lote puffed in oven



Our pride



# Your joy.



We wanted to make the finest, most admired cheddar in our power, and we gave it our all. The result fulfills our fondest hopes.

Long before Cracker Barrel takes its place on your cheese board, we've been nurturing it—from the finest ingredients, to the most patient aging and curing. When the day comes that we can say, "this is our best", only then is it named Cracker Barrel. And we stand behind it from then on. We have our pride, we want you to enjoy it. It's another reason America spells cheese K R A F T.

**KRAFT**

## Escalope of chicken Marsala

### Ingredients

4 whole chicken breasts, skinned,  
boned, and halved  
1 egg beaten with 1 tablespoon  
water  
1½ cups fine bread crumbs,  
seasoned with salt and pepper  
and ½ teaspoon dried,  
crushed sage  
1 tablespoon oil  
1 tablespoon butter  
½ cup Marsala  
flour for dredging  
1 cup chicken stock  
½ cup brown sauce

### Method

Remove fillets from chicken breasts and freeze for use in goujonette of chicken. Flatten each half breast between sheets of wax paper with a cleaver or rolling pin. Make them as thin as possible.

Dip chicken escalopes in egg and then in seasoned bread crumbs. Refrigerate on a cookie sheet for an hour or so.

Heat the oil and butter in a heavy skillet. Sauté chicken quickly over moderately high heat, turning once. Rearrange on cookie sheet. Do not refrigerate again if it is to be used that day.

Deglaze pan with Marsala, scraping to loosen sediments. Dust lightly with flour using a dredger. Stir in chicken stock and cook over high heat, adding dredged flour 2-3 times. Stir in brown sauce. Cook until slightly thickened. Reheat when needed.

To serve escalopes, reheat them in a preheated 350° oven for 15-20 minutes. Serve with braised endive and pass the sauce. Serves 8.

## Chicken stock

### Ingredients

4 pounds poultry backs, necks,  
and wings, blanched  
4 quarts cold water  
8 white peppercorns  
1 bay leaf  
1 teaspoon thyme  
6 whole cloves  
6 sprigs parsley  
1 medium-size onion, diced  
3 stalks celery, diced  
1 medium-size carrot, diced

### Method

In a large pot, add poultry parts

and water and bring slowly to a boil. Reduce the heat at once and simmer, uncovered, about 30 minutes. Skim surface until clear. Add the remaining ingredients tied in a cheesecloth.

Remove the scum and continue to simmer, partly covered, about 3 hours, or until reduced by half. Strain stock. Cool uncovered, and refrigerate covered or freeze. Makes 2 quarts.

## Brown sauce

### Ingredients

⅓ cup carrot, finely chopped  
⅓ cup onion, finely chopped  
⅓ cup celery, finely chopped  
½ cup lean bacon or ham, chopped  
6 tablespoons oil, bacon fat, or  
clarified butter  
4 tablespoons flour  
6 cups beef stock  
2 tablespoons tomato paste  
8 peppercorns  
small bunch parsley  
1 bay leaf  
salt, pepper

### Method

In a heavy, 2-quart saucepan, cook the carrot, onion, and celery with bacon or ham in oil for 15 minutes over medium heat.

Stir in the flour and cook slowly for 8-10 minutes or until the flour browns. Off heat, pour in the beef stock and blend with a wire whisk. Stir in the tomato paste, peppercorns, parsley, and bay leaf.

Simmer slowly for 2 hours or longer, until reduced by half. Season with salt and pepper and strain. Freeze in 1 cup containers. Makes about 1 quart.

**Buy chicken while  
it is on sale.  
Cut it up and freeze  
the parts separately  
for easy-to-make  
budget meals**

## Deviled drumsticks, mustard sauce

### Ingredients

8 drumsticks (1 per person)  
deviling mixture  
mustard sauce

### Ingredients for deviling mixture

1 tablespoon Dijon mustard  
1 tablespoon mango chutney  
1 tablespoon Worcestershire sauce

1 small pinch cayenne pepper  
2 tablespoons vegetable oil  
1 teaspoon salt

### Ingredients for mustard sauce

¼ cup moutarde de Meaux  
1 cup well-seasoned béchamel  
sauce (recipe below)  
lemon juice  
salt, pepper  
2 tablespoons parsley, finely chopped

### Method for deviling mixture

Mix all ingredients for deviling mixture together well in a small bowl and set aside.

### Method for mustard sauce

Stir mustard into béchamel sauce and season with lemon juice, salt, and pepper. Stir in parsley just before serving.

### Method for assembling and serving

Slash the drumsticks in 4-5 places. Dip them in deviling sauce and force some into the slashes. Broil about 10 minutes, turning frequently until they acquire a rich brown crust. Serve with the mustard sauce. Serves 8.

## Béchamel sauce

### Ingredients

1 tablespoon butter  
1 tablespoon flour  
1 cup milk, heated to the boil  
salt, pepper  
pinch nutmeg

### Method

In a heavy-bottomed saucepan, melt butter over very low heat. Blend in the flour, and cook slowly, stirring, for about 2 minutes without coloring.

Remove pan from heat. Pour the hot milk all at once, and beat vigorously with a wire whisk.

Set pan over moderately high heat and stir with whisk until sauce comes to the boil and boil for 1 minute, stirring.

Remove pan from heat and beat salt and pepper to taste and nutmeg. Makes 1 cup sauce.

## Chicken croquettes

### Ingredients

2 chicken thighs  
chicken stock, if available, or water  
seasoned with 4 peppercorns  
and 1 tablespoon salt  
about 1 cup béchamel sauce  
1 egg, beaten  
seasoned bread crumbs (see recipe  
for escalope of chicken Marsala)  
oil for deep frying

# "Gee, that was good broccoli!"

## Broccoli, cooked and drenched with lemon.

Just squeeze on juice of fresh lemon wedges.

Salt and pepper to taste. It's so simple. So fresh tasting.



## Broccoli, drizzled with lemon butter.

Melt 1/4 cup butter or margarine. Add grated peel and juice from 1/2 fresh lemon; heat.

Pour over cooked broccoli. It's

one of the world's great tastes.



## Blender hollandaise

This elegant sauce can make broccoli the highlight of a meal. And this version is quick and easy.

Melt 1/2 cup butter or margarine. Put 2 tbsp. fresh lemon juice, 4 egg yolks and 1/4 tsp. salt in blender jar; blend briefly. Then on high speed add melted butter in a thin, but steady stream.

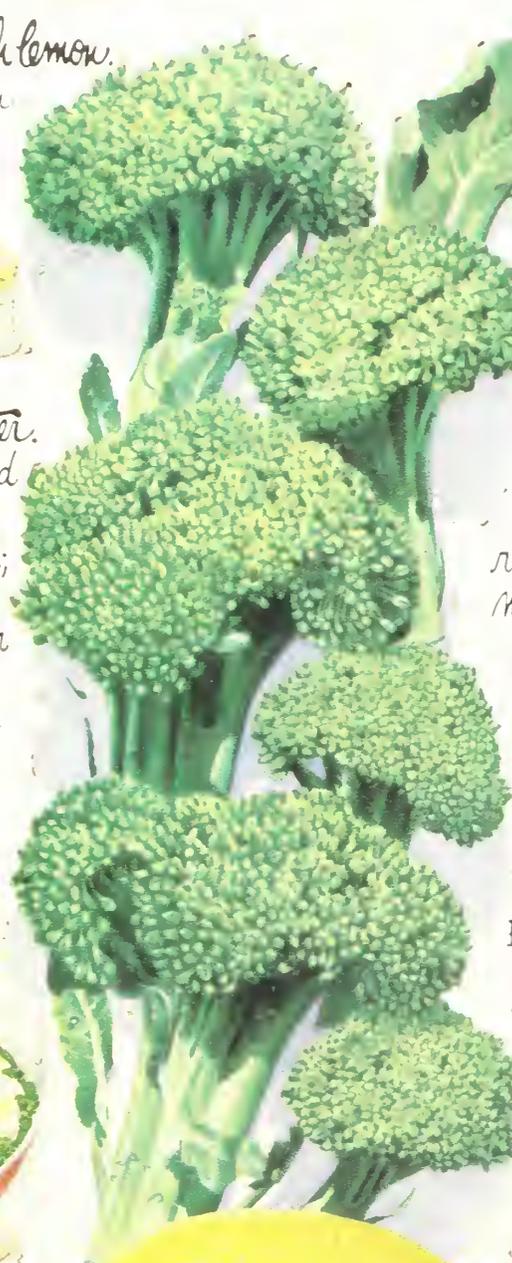


## Broccoli with lemon and bacon.

Cut 2 slices bacon in 1/2-inch pieces and fry till crisp.

To bacon and drippings add juice of 1/2 fresh lemon; heat. Pour over cooked

broccoli. Even children love broccoli this way.



## Lemon cheese sauce.

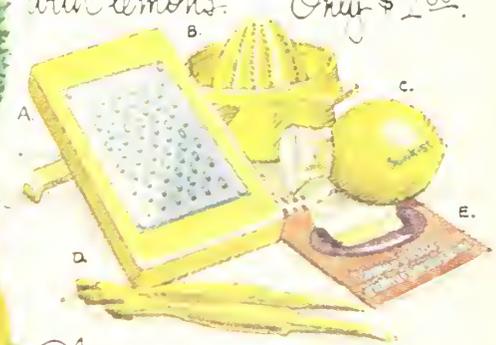
Is this great! And easy too. Just combine 1 can (11oz) condensed Cheddar cheese soup, 1/2 cup sour cream, 1 cup shredded Swiss cheese, 1 tsp. grated lemon peel and 1 tsp. fresh

lemon juice in a saucepan. Heat, stirring until cheese melts. Serve over cooked broccoli.



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### WAYS WITH CHICKEN continued from page 126

#### Method

Place thighs in a pan and cover with stock or seasoned water. Bring mixture to a boil and simmer, covered, for 10 minutes. Drain and cool.

When meat is cool enough to handle, remove it from the thigh bone and discard the skin. Dice meat rather coarsely, mix with an equal quantity of béchamel sauce, and chill.

When cold, roll into sausage shape and cut into 2-inch croquettes. Dip in beaten egg and roll in bread crumbs. Chill again.

Heat about 2 inches of vegetable oil in a saucepan or skillet. When temperature reaches 380°, drop chilled croquettes into oil—watch out for spitting oil. Fry 3-4 croquettes,

turning now and again, to a rich brown color. Drain on paper towels and serve piping hot with crisp buttered green beans. Serves 4-5, 8-10 croquettes.

### Lima bean purée

#### Ingredients

2 10-ounce packages frozen small lima beans  
salt, pepper  
2 tablespoons butter  
3 tablespoons sour cream or more, to taste

#### Method

In a saucepan, put the beans with enough water to cover. Add 1 teaspoon salt, bring to a boil, and simmer 5 minutes. Drain.

Purée the beans in a blender or food processor with the butter, sour cream, and salt and pepper to taste. Serves 4-6.

### Virginia baked wing sticks

#### Ingredients

24 wing joints (next to the body, it looks like a small drumstick)  
1 cup sour cream  
½ cup seasoned bread crumbs—if you make your own seasoned bread crumbs, for 2 cups of crumbs add 1 teaspoon salt, ¼ teaspoon pepper, and 1 teaspoon dried thyme  
butter, melted

#### Method

Remove the skin from the chicken pieces and place them in a shallow dish. Cover each piece completely with sour cream.

Lift the chicken pieces one by one from the sour cream, roll in bread crumbs, and place on an oiled baking sheet.

Dribble melted butter over each piece of chicken, and bake in a preheated 375° oven for 30 minutes. Serve for cocktails with a paper frill on the bone.

### Goujonettes of chicken with sauce tartare

#### Ingredients

4-5 chicken fillets per serving  
1 egg beaten with 1 tablespoon water  
1½ cups fine, dry bread crumbs seasoned with a generous pinch dried sage (all the better if you have the fresh herb), 1

tablespoon salt, and freshly ground pepper  
light vegetable oil and butter in equal proportions for sautéing  
sauce tartare (recipe below)  
fried parsley (recipe below)

#### Method

Dip fillets in beaten egg. Roll in bread crumbs and lay on a baking sheet. Refrigerate for at least 1 hour.

Heat oil and butter in a heavy skillet until almost smoking. Cook prepared fillets for 2 minutes, no more, turning once or twice to brown evenly. Lift out with slotted spoon and drain on paper towel.

Remove fillets from paper towel and reheat in a 350° oven on a baking sheet for 6-7 minutes. Serve with sauce tartare and fried parsley. The goujonettes may be frozen after being dipped in egg and bread-crumbed.

### Sauce tartare

#### Ingredients

2 hard-boiled eggs  
2 raw egg yolks  
1 tablespoon prepared Dijon mustard  
¼ teaspoon salt  
1 cup oil  
3 tablespoons sour pickles, minced  
3-4 tablespoons capers, minced  
2-4 tablespoons parsley, chives, or tarragon, minced  
lemon juice

#### Method

Sieve yolks of hard-boiled eggs. Chop whites coarsely. In a bowl, mix sieved and raw yolks with mustard and salt.

Using an electric beater at slow speed, add the oil drop by drop to begin with; when it is obviously being absorbed, the mixture will become creamy. Dribble the remainder of the oil in slowly while continuing to beat.

When all the oil has been added, stir in the pickles, capers, herbs, and lemon juice. Adjust lemon juice to taste. Lastly, add the chopped whites and mix. Makes 1½-2 cups.

### Fried parsley

#### Ingredients

parsley sprigs  
vegetable oil for frying

#### Method

Select parsley sprigs that are large, fresh, and crisp. Wash and dry thoroughly. Heat vegetable oil to 380°. Drop sprigs in by the handful and lift out almost immediately with a slotted skimmer. Drain on paper towels. ■



## Good Plains cooking

*continued from page 119*

President Carter continued to cook over the years and do household chores. Even during the campaign, Mrs. Carter said, he helped "with cooking, with housecleaning, with everything." The Carters have always done things as equals. They built the peanut business together, Mrs. Carter keeping the books and the boys coming to the warehouse after school to work.

The family usually discussed politics at the dinner table, a custom which concerned Mrs. Carter a little because she didn't think arguing was good for digestion. "You know, we sit down and suddenly a controversial issue is thrown out so everybody is arguing. I always worried about doing it at the table, but we did it anyway," she said with a laugh. "It's all good-natured. Jimmy does it on purpose to teach the children and just to make us all independent thinkers. He wants us to disagree and argue with him, and I think it's a good way of sorting out your feelings about things. He listens to us. When I was keeping the books, I could advise him on the business and we just developed a mutual respect for each other."

Among the President's and Mrs. Carter's many mutual interests is concern for the quality of life of the poor and the elderly. And Mrs. Carter's interest in good nutrition carries over to them. When she speaks of the elderly, her low but firm voice becomes compassionate: "The thing that is so bad is when they are alone, it's an effort to fix food for themselves. The hot lunch program for the elderly is good because it gets them out of the house and that gives them something to look forward to."

Nine-year-old Amy Carter's eating habits also worry her mother. Amy's typically indulgent grandmother, Miss Lillian, who baby-sat during the campaign, let her snack on all the sweets her heart desired, much to Mrs. Carter's chagrin.

She tries to have Amy eat fruit and healthful snacks when she is home, and said that "Amy's been learning in school lately that those sweet things are not so good for you. In fact, she came home from school with a recipe using peanut butter, raisins, and honey, and she's making it herself. I'm trying to keep her from eating all that sweet stuff children always eat." But, arriving home on weekends, Mrs. Carter said with a sigh of resignation, she would find "a refrigerator full of doughnuts, honeybuns, candy," all things she would never have in the house.

"We eat very simple food at home. I've always tried to give the family a good diet; I think it's important." For

dinner the children ate "meat, vegetables, and fruit." Cakes and cookies were reserved for special occasions. Lunch was something rather light—a salad or a sandwich.

Mrs. Carter cooked breakfast for the family every morning, getting up at dawn to do it. It took her 25 years to find out that her husband didn't like breakfast, and she tells the story on herself with a certain amount of glee, the usually shy smile turning into a laugh: "When we moved to the governor's mansion," she said, "we tried to decide what time to have the help come in, and Jimmy said, 'The best thing about campaigning for governor is that I didn't have to eat breakfast. You made me eat it for 25 years, and I don't like breakfast.'" So they now have orange juice and coffee, to which Mrs. Carter adds a piece of toast for herself.

The Carters' favorite dinner is London broil and a lot of good vegetables. "Jimmy is easy to please," according to his wife. On the campaign trail he had his fill of steak and roast beef, so back in Plains he liked to have what he calls "goulash," in other words, some casserole-like dish. Other favorites: "chicken a lot of different ways, always fresh vegetables and green salads, any kind of fish you can broil like shrimp, lobster tails, and red snapper."

Mrs. Carter uses few convenience foods in her cooking—"no sauce mixes, no pudding mixes."

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**No matter who came to the governor's mansion, we served them grits. I think if you come to Georgia you ought to eat grits, or try them anyway**

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She is concerned about the additives that are put in foods these days. "It bothers me a little. I do try to read ingredients, but I haven't had time to become really concerned, because I do so little cooking now and I use so few of those things."

"I know how distressed I get in the grocery store (when something isn't labeled). You have to know what you're eating."

Her "gut reaction" to a potential hazard in the food supply is "remove it. Find out if it is safe and then put it back on the market. We ought not to wait until after it's tested. I don't think we ought to suffer until we find out," she said.

Years of travel in the Navy interna-

tionalized Rosalynn Carter's taste in food somewhat. Her recipes are not just Southern. Along with grits, collard greens, and fried chicken, she likes to use wines and soy sauce for marinades and flavorings, and enjoys dishes with Italian, French, Indian, and Chinese influence.

During their four years in the governor's mansion, however, the Carters served visitors Southern food. Mrs. Carter, who is always straightforward, laughingly admitted that when they first went to Atlanta, she "tried to be kind of sophisticated and have several courses for a meal." But, she said, "people coming to Georgia wanted to eat the way we eat, so I started serving good Southern meals."

A dinner given at the governor's mansion for the German ambassador was typical: minted fruit cup, quail, tomatoes stuffed with chopped collard greens and sprinkled with bacon (the ambassador loved it), broiled peaches, and peanut-butter chiffon pie.

It's not a meal Mrs. Carter is likely to serve at a State Dinner in the White House, however. She said for those occasions she would "follow the classical French, with several wines" and the wines would probably be American.

Wine was served at the governor's mansion; liquor and wine are occasionally served at the Carter home. For their anniversary they toasted each other with champagne, but there were no spirits of any kind in Mrs. Carter's home when she was growing up. With one exception—just enough to make the filling for the Lane Cake her mother served at Christmas, and still does.

Miss Allie's recipe calls for half a glass of wine, but Miss Allie said, after a slight hesitation, and with a laugh, "it's better with Bourbon."

According to Mary Hoyt, the Carters "will do the traditional thing at the White House and add their own flair." Which might turn out to be grits for all breakfast guests.

No matter who was visiting the governor's mansion Mrs. Carter said "we served them grits for breakfast," but "I didn't eat them unless somebody was there, because they're too fattening."

"The Brazilians didn't like them," she said. "They put sugar on them (anathema to a Southerner), and still didn't like them. The Japanese ambassador and his wife had several helpings. It's fun to see people's reactions. I think if you come to Georgia you ought to eat grits, or try them, anyway."

In Washington, she may also be able to give new life to the idea that a sound diet means a healthy life. Perhaps the new First Lady will do for nutrition what Lady Bird Johnson did for beautification. ■

### Eggplant pudding

**Ingredients**

- 1 medium eggplant
- 1/2 cup butter or margarine
- 1/2 cup milk
- 2 eggs, lightly beaten
- 1/2 cup cheese-cracker crumbs or saltines
- Salt and pepper to taste
- 1/2 cup cheddar cheese, grated

**Method**

Pee, slice and cook eggplant until very tender in salted water, or bake peeled eggplant until it is soft. Peel and slice.  
 Mash eggplant with butter while it is warm. Add milk, eggs, and crumbs, and season to taste with salt and pepper.  
 Spoon into a buttered, 1-quart shallow baking dish, sprinkle with grated cheese and bake in a preheated 350° oven for 20-30 minutes until mixture is set but not dry. Serve immediately. Serves 4-6.

### London broil

This is one of President Carter's favorite dishes. Always salt the steaks after it is cooked to avoid toughening.

**Ingredients**

- 1/2 cup soy sauce
- 1/2 cup red or white wine
- 2 pounds flank steak

**Method**

Combine soy sauce and wine in a shallow dish. Marinate flank steak in mixture for 1 hour or longer, turning occasionally.  
 For medium rare broil steak 6 minutes on each side, basting once with marinade. Let rest for a couple of minutes before slicing in thin slices across the grain. Serves 3-4.

### Strawberries Tiffany

**Ingredients**

- 1 pint strawberries
- 4 ounces crème de banane (you can use orange juice for children)
- 2 tablespoons sugar
- 1/2 pint sour cream
- 2 tablespoons vanilla sugar (Make vanilla sugar by storing a vanilla bean, which has been slit down the middle and then



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out into 1-inch pieces with sugar in a tightly capped jar. If this is not available use ordinary sugar and add 1 teaspoon vanilla extract to the sour cream.)

**Method**

Wash and hull berries, reserving 6-8 whole ones. Cut remaining berries in quarters. Dry on paper towels and place in bowl. Combine crème de banane with sugar and stir to dissolve. Pour mixture over berries. Refrigerate until ready to serve. Berries can marinate in mixture for awhile.  
 To serve, spoon berries into 6-8 stem glasses. Mix the sour cream with the vanilla sugar in a bowl. Spoon on top of strawberries or put in decorating tube with medium star tip pipe onto berries. Place whole strawberry on top each serving. Serves 6-8.

### Brown chicken breasts

**Ingredients**

- 4 whole chicken breasts
- 2 tablespoons butter
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce

**Method**

Wash chicken breasts and pat dry with paper towels. Line broiler pan with aluminum foil. Place breasts skin side up on foil.  
 Melt butter in saucepan over low heat. Add Worcestershire sauce and soy sauce and mix. Brush breasts generously with butter mixture and bake in a preheated 350° oven for about 1 hour. Baste occasionally with butter mixture and pan juices. Serves 6-8.

(Continued on next page)

## Grits cheese puff

### Ingredients

1 cup regular (not instant) grits  
4 cups boiling, salted water  
6 eggs  
3 tablespoons butter  
½ pound sharp Cheddar cheese,  
grated

### Method

□ Cook the grits in the boiling water for 5 minutes. Remove from heat and beat in eggs, 1 at a time. Add butter and 6 ounces of the cheese. Mix well.  
□ Place in 2½ to 3-quart casserole; sprinkle with remaining cheese and bake in a preheated 350° oven for 45 minutes. Serves 8.

## Humdingers

Date-nut rolls for snacks

### Ingredients

¼ pound margarine  
1 8-ounce package pitted dates, cut up  
1 cup nuts, chopped (walnuts,

pecans or almonds)  
1 cup sugar  
pinch salt  
1 teaspoon vanilla  
1½ cups crisp rice cereal  
confectioners' sugar

### Method

□ Melt margarine in a large saucepan. Add dates, nuts, sugar, and salt. Cook for 8 minutes over low heat. Remove from heat; add vanilla and cereal. Cool until mixture can be worked with hands. Shape into walnut-sized balls, or finger-sized rolls. Roll in confectioners' sugar. Makes 3-3½ dozen.

## Cornish hens Toulouse

### Ingredients

6-7 tablespoons onion, chopped  
4 tablespoons butter or margarine  
2-3 large Rock Cornish hens (over  
1¼ pounds)  
½ pound fresh mushrooms, sliced  
or chopped  
1 8-ounce can water chestnuts,  
drained and chopped  
6-8 slices ham or 1 cup ham, ground  
½ cup croutons or 2 slices rye bread,  
toasted and cut in small pieces

½ teaspoon salt  
½ teaspoon thyme or marjoram  
2 eggs  
1-1½ teaspoons lemon-flavored  
pepper  
lemon juice  
2-3 slices bacon  
2 tablespoons oil  
1 tomato, cut in chunks  
1 carrot, sliced  
2 bay leaves  
10 black peppercorns  
1 teaspoon cornstarch

### Method

□ In a large skillet sauté 4 tablespoons onion in the butter until soft and translucent. Chop livers from hens very fine. Add to onions with mushrooms. Butter will be soaked up. Cook over moderate heat until juicy again. Remove from heat and add water chestnuts, ham, croutons, salt, thyme or marjoram, and eggs.

□ Prepare hens by washing and drying. Sprinkle ½ teaspoon lemon-flavored pepper in each hen's cavity. Put skin from necks under wings. Stuff hens with ham mixture. (If preparing hens in advance, do not stuff them with warm stuffing.) Sew up opening with dental floss and need.e. Leave a long end of thread and use to tie up legs loosely. Rub a little lemon juice over breasts and cover breasts with strips of bacon.

Line a broiler pan with doubled heavy-duty foil. Place oil in pan and add remaining onion, tomato, carrot, bay leaves, and peppercorns along with hens. Add 1 cup boiling water and seal pan with a single sheet of foil. Bake at 400° for 30 minutes. Slit top open, reduce heat to 350°. Push bacon down into the gravy and bake hens another 30-40 minutes longer.

□ Strain gravy, keeping hens hot. Bring gravy to a boil in a pot. Mix cornstarch with 1 tablespoon water and then stir into gravy. Cook until thickened. Adjust seasoning. Serve hens, decorated with carrots, along with gravy. Serves 6-8.

## Allie Smith's Lane cake

### Ingredients

1 cup butter  
2 cups sugar  
3 cups all-purpose flour  
2 teaspoons baking powder  
¼ teaspoon salt  
1 cup milk  
6 egg whites, stiffly beaten  
Lane filling (recipe below)

### Method

□ In a bowl, cream butter until smooth. Gradually add sugar and con-

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tinued beating until mixture is light and smooth. Combine dry ingredients in another bowl and add to creamed mixture alternately with milk. Stir 1/4 of egg whites into batter. Fold in remaining egg whites just until blended.

□ Spoon batter into 3 greased and floured 9-inch layer cake pans. Bake in a preheated 375° oven 20-25 minutes. Cool in pans for 10 minutes; remove and cool on cake racks. Fill and frost top with Lane filling. Cake layers freeze well.

#### Ingredients for Lane filling

6 egg yolks, lightly beaten  
1 1/4 cups sugar  
1/2 cup butter  
1 cup raisins  
1 cup pecans, chopped  
1 teaspoon vanilla  
1/4 cup Bourbon or wine

#### Method for filling

□ Combine yolks with sugar and butter in a heavy saucepan and cook over medium heat, stirring constantly until sugar dissolves and mixture thickens to coat back of a spoon. Do not allow mixture to boil or eggs will scramble.

□ Remove from heat and stir in raisins, pecans, vanilla, and Bourbon or wine. Cool before using to fill and frost cake. Serves 10-12. Frosted cake should be allowed to mellow for 2-3 days before serving.

### Quail or doves cooked with wine and mushrooms

#### Ingredients

8 quail or doves (Rock Cornish hens can also be used. Split 4 hens, each under 1 pound, down the back and follow directions for quail, except that hens should be cooked for 30-40 minutes instead of 1 hour)

1 cup water  
6 tablespoons butter  
2 tablespoons lemon juice  
1 tablespoon plus 3/4 teaspoon Worcestershire sauce  
1/4 cup plus 2 teaspoons dry sherry  
6 ounces fresh mushrooms or 2 3-ounce cans button mushrooms, drained  
salt, pepper to taste  
2 tablespoons flour  
8 dashes hot red pepper sauce or to taste  
8 slices buttered crustless toast

#### Method

□ Open the birds down the back. Steam them in the water in a covered pan for 20 minutes. Turn birds so breast sides are down and place 1/2 tablespoon butter on each. Add the

lemon juice, 1 tablespoon Worcestershire sauce, 2 teaspoons sherry, and mushrooms. Salt and pepper to taste. Cover pan and cook birds at just below the simmer for about 1 hour, or until well done.

□ While birds are cooking, melt remaining butter in a saucepan, stir in the flour and cook for a few minutes until mixture begins to brown. Remove from heat and stir in remaining sherry and Worcestershire sauce and hot red pepper sauce to taste.

□ When birds are cooked, remove them from the pan and keep warm. Pour liquid from pan and mushrooms into flour mixture and cook, stirring, until mixture thickens. If birds have cooled, place them in the sauce to rewarm, or place birds on toast on serving platter and spoon sauce over. Serve on toast. Serves 4.

#### TEA TEASERS

continued from page 121

### Iced tea tingler

#### INGREDIENTS

1 quart boiling water  
12 teabags  
1/2 cup sugar  
2/3 cup lemon juice, strained  
3 cups dry white wine

#### Method

Pour boiling water over teabags; cover and let stand for 5 minutes. Remove teabags, add sugar, and stir to dissolve. Let cool. Add lemon juice and wine. Pour into a tall pitcher, add ice cubes. Garnish with lemon and orange slices and a long spiral of orange peel. Makes 10-12 servings.

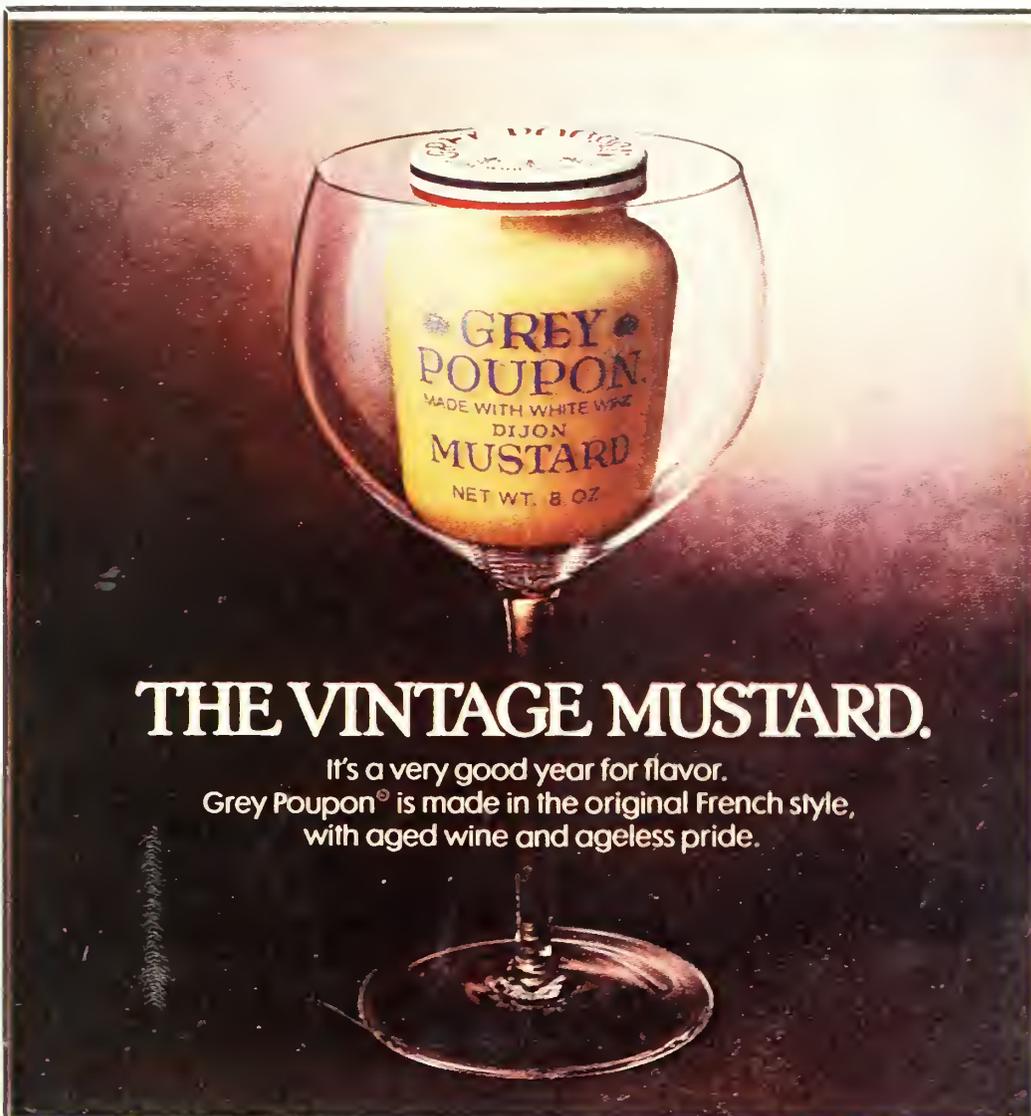
### Holiday tea punch

#### INGREDIENTS

2 quarts boiling water  
1 cup loose tea  
2 teaspoons whole cloves  
4 sticks cinnamon  
1 cup orange juice  
1 cup lemon juice  
1 quart hot water  
1 1/2 cups Bacardi Anejo rum  
1 1/2 cups brandy  
sugar to taste

#### Method

Bring the water to a full rolling boil. Remove from heat. Immediately add tea, spices, and fruit juices. Brew 5 minutes. Strain into a large chafing dish. Add 1 quart hot water, rum, and brandy. Stir. Add sugar to taste. Serve hot in 4-ounce punch cups. Garnish with a slice of orange or lemon. About 50 servings. ■



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## The spice is right

continued from page 117

vinegar for several days, or used in a variety of ways with cooked food. Onion slices may be steamed with margarine or butter, flavored with Madeira or sherry. Thinly sliced onions make a perfect sandwich on salt-free bread or toast.

## Sausage

My great friend and butcher, John Montuori, of Jefferson Market, surprised me with salt-free, low-fat Italian sausage. This was especially made, but you can follow the pattern. It is lean pork, ground and seasoned with pepper, sage, and fennel seeds and formed into patties. You can bake them at 300° or you may broil them. They freeze extremely well. They can be made in the food processor with your own seasoning, a flavorful treat.

## Pasta

The electric pasta machine makes salt-free pasta in no time. For two persons, use  $\frac{3}{4}$  cup flour, 1 egg, mix in the food processor. Then knead and roll in the pasta machine, following directions. Finally, cut into fettucine or linguine. Pop at once into rapidly boiling water

for 10 seconds after it comes to a boil. You have perfect pasta. The whole process from beginning to end takes little more than 40 minutes. (Electric pasta machines are available from Hamacher Schlemmer, 147 East 57th St., New York, N.Y. 10022; \$129.50.)

There are any number of possibilities for sauces with clams, mussels, shrimp (if allowed), or buy salt-free canned tomatoes and cook them with a whole onion and a bit of margarine. It makes a very acceptable salt-free tomato sauce for all purposes. Add herbs to taste.

## Restaurants

For the dieter, restaurants need not be a problem. I have yet to find anyone who will not cooperate with my low-sodium regime, and some have made suggestions of great help. Some restaurants feature low-sodium and salt-free foods. One that does is Le Coup de Fusil in New York. The other day I lunched there deliciously on chicken breast wrapped in lettuce leaves and poached with olive-shaped turnips and dried apricots. It was a delight to the eye and a pleasure to the palate. At the Coach House in New York, Leon Lianides will broil one of his great lamb chops without salt and bring

you a salad which may be dressed at the table. Quo Vadis will do fish for you without salt, with plenty of lemon juice. In San Francisco, Le Central will prepare one of its delicious roast chickens for you free of salt, the Fornos Ovens in the Stanford Court will give you a rack of lamb without salt, and the Pot Pourri will do an excellent salt-free hamburger.

## Chinese food

If you are an amateur of Chinese food, be sure you check on recipes that are free of monosodium glutamate, which is just as heavily laden with sodium as salt. Sashimi in Japanese restaurants is a pleasant change for the dieter, but beware of soy sauce! ■

## A HEARTY MEAL YOU HARDLY HAVE TO COOK

continued from page 121

## Mussels vinaigrette

### Ingredients

- 2 quarts fresh mussels, scrubbed clean
- $\frac{3}{4}$  cup white wine or water
- 3 cloves garlic, mashed
- 1 tablespoon Dijon mustard
- 1 tablespoon salt
- $\frac{1}{2}$  tablespoon freshly ground black pepper
- $\frac{1}{2}$  tablespoon sugar
- $\frac{1}{2}$  tablespoon oregano
- 6 tablespoons red wine vinegar
- 1 cup olive oil
- fresh parsley, chopped
- fresh dill, chopped
- Bermuda onion, chopped

### Method

- Steam the mussels in white wine and 2 cloves garlic until they open. Drain and cool.
- In a large bowl or big jar mix together the mustard, remaining garlic, salt, pepper, sugar, oregano, and vinegar. Add olive oil and mix again.
- In a serving dish, toss the mussels with  $\frac{3}{4}$  cup dressing. Garnish with parsley, dill, and onion. Chill until ready to serve. Serves 6.
- Store the rest of the vinaigrette in a jar in the refrigerator for the green salad, mozzarella vinaigrette, and other dishes. Make the dressing the day before the party; steam mussels and assemble dish just 1-2 hours before guests arrive.

## Peppers and anchovies

### Ingredients

- 1 2-ounce tin good quality anchovies
- 1 shallot, chopped
- 1 tablespoon dill, chopped
- 2 tablespoons parsley, chopped

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2 tablespoons olive oil  
 3 tablespoons lemon juice  
 salt, pepper  
 1 small jar (8 ounces) pimientos,  
 cut in thin strips  
 buttered toast or French bread

**Method**

□ Pour oil from the anchovies into a small bowl. Add the shallot, dill, and 1 tablespoon parsley, oil, lemon juice, salt, and pepper. Mix well.

□ Arrange anchovies and pimientos on a plate. Pour marinade over them. Sprinkle with remaining parsley and serve with buttered toast or French bread. Serves 6.

**Celery rémoulade**

**Ingredients**

1 large or 2 small celery roots  
 1 egg yolk  
 salt, pepper  
 2 tablespoons lemon juice  
 1 tablespoon Dijon mustard  
 1/2-1 cup olive oil  
 1/2 cup fresh parsley, chopped

**Method**

□ Peel and julienne the celery root.

Soak overnight in salted water.

In a bowl beat together the egg yolk, salt and pepper to taste, lemon juice, and mustard. Slowly beat in the oil until thick. Fold in the parsley.

Drain the celery root, add it with the mayonnaise to a serving bowl, and toss well. Chill until ready to serve. Serves 6. Mayonnaise can be made the night before and assembled in the morning.

**Marinated mushrooms**

**Ingredients**

1 pound mushrooms  
 1 lemon  
 1/4 cup olive oil  
 1/2 cup red or white wine vinegar  
 2 cloves garlic, peeled  
 1/2 tablespoon oregano  
 5 black peppercorns  
 1/2 tablespoon kosher salt  
 parsley, chopped

**Method**

□ Trim the stems and clean the mushrooms. Cut a tic-tac-toe pattern into the caps.

□ Add the mushrooms to a big pot

with half the lemon sliced into thin rounds, oil, wine vinegar, garlic, oregano, peppercorns, and salt. Heat over high heat until the mushrooms become dark. Turn off heat and let sit. Cool to room temperature.

Remove and discard the garlic, lemon slices, and peppercorns. The mushrooms can be made the day before and refrigerated until an hour before serving. Bring back to room temperature and garnish with the remaining lemon, cut in rounds or wedges, and fresh parsley. Serves 6.

**Mozzarella vinaigrette**

**Ingredients**

1 fresh mozzarella, about 1 pound  
 vinaigrette from mussels recipe (or  
 3 tablespoons red wine vinegar  
 and 6 tablespoons olive oil)  
 Freshly ground black pepper

**Method**

□ Thinly slice the mozzarella and arrange the slices on a flat plate so they overlap each other.

*Continued on next page*

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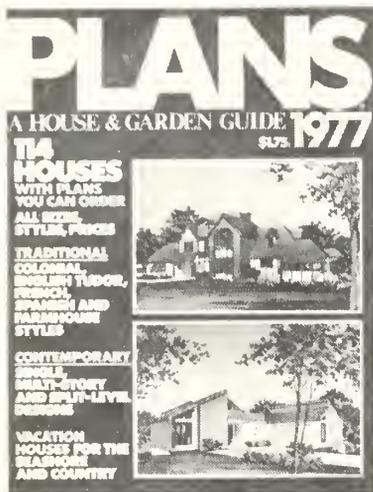
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### A HEARTY MEAL

*continued from preceding page*

□ Spoon a generous amount of vinaigrette over the cheese. Add pepper to taste. Serves 6. Assemble in the last 1-2 hours before serving.

### Fettucine with avocados and ham

#### Ingredients

- 1 stick (1/4 pound) sweet butter
- 1 teaspoon flour
- 1/2 pint heavy cream
- 1 pound fettucine or spaghetti
- 3 avocados, chopped (or chop 2, slice the third, rub with lemon and reserve to arrange on top of pasta)
- 1/4 pound imported ham torn in shreds (Prosciutto is preferable; it more than adds its price—\$1.75 for 1/4 pound—in taste to the sauce)
- 1/4 pound freshly grated Parmesan
- freshly ground black pepper

#### Method

- In a large saucepan melt the butter and stir in the flour. Add the cream and cook, stirring often for 5 minutes.
- While sauce is cooking, boil the pasta in salted water until *al dente*. Drain. Tip pasta onto a warm platter and pour over sauce, avocado, 3/4 of the ham, and add 3/4 cup grated Parmesan and lots of black pepper. Toss well, arrange reserved avocado and ham on top, and serve at once with more grated cheese. Serves 6.

### Loaves and Fishes chocolate cake

(Loaves and Fishes is a popular food shop and catering service in Sagaponak, Long Island)

#### Ingredients

- 2 sticks (1/2 pound) butter, softened
- 1 cup sugar
- 4 eggs
- 1 can (16 ounces) Hershey chocolate syrup
- 1 tablespoon vanilla
- 2 cups flour
- confectioners' sugar or chocolate icing (recipe follows)

#### Method

- In a large bowl cream together the butter and sugar. Beat in eggs. Add chocolate syrup and vanilla. Stir in flour and mix well. Bake in a 9-inch square or round pan in a preheated 350° oven for 20-30 minutes or until

done. Do not overbake. Keeps well for days. Ice with chocolate icing the day the cake is to be served.

### Chocolate icing

#### Ingredients

- 8 ounces semi-sweet chocolate
- 1/4 cup Cointreau
- 2 sticks (1/2 pound) butter, softened
- walnut halves or pecan halves

#### Method

- In the top of a double boiler melt the chocolate with the Cointreau. Beat in the butter. Remove from heat and stir over ice until thick. Pour on center of cake and let flow over the sides, using a knife to make sure sides are iced. Garnish with walnut or pecan halves. ■

### Your own weatherman

*continued from page 102*

turn all the other timers to zero.) Three tinted acrylic sliding doors make access easy. Inside controls allow you to delay or stop cycle if you wish. The unit, 120 inches wide, 90 high, and 60 deep can be installed in your office, bathroom next to your pool—anywhere water and electricity can be supplied. "It's large enough to enjoy with your kids," says Herbert V. Kohler, Jr., president of the company. "For me, I just like to lie down and experience the elements in total relaxation. It's a renewal." The Environment is the first of a series of environmental enclosures that Kohler has in the works. For shopping information, see page 138. ■

### Herbs for health

crush the leaves of all herbs, their aroma and power will be released. Put them in oil, lotion, teas, or poultices. And what about putting crushed herb leaves in a luffa to scent it? The possibilities are endless."

As for starting a bathroom herb garden yourself, Mr. Dunlop suggests a bed lined with galvanized iron, with a perforated drain, like a sink drain, with gravel or shard on top. "I'd advise next a layer of perforated polyethylene plastic, then a layer of peat moss which acts as a soil baffle—then good potting soil. If you put trees in, leave them in their pots so you can turn them occasionally—the same applies to bird's-nest fern. All herbs must be continually pinched back for proper growth. Watering should be once a week in this moist atmosphere, but check more often.

"When you design your garden, follow the shadow pattern for placing herbs. Bird's-nest fern, asparagus and African violet, for instance, need indirect light—like a forest floor. ■

## Your skin

amount of ultraviolet light, in order to synthesize Vitamin D—but not too much, because too much sunlight can do serious damage. A relatively clean environment—the skin was not meant to cope with too much smog or irritants in the atmosphere. But mostly skin left alone does very well. You can do much more harm in overcleaning the skin than in undercleaning it. Too much washing with soaps or detergents, and too dry an atmosphere, are what damage the skin."

Beautifying the skin is another matter altogether, according to Dr. Rostenberg. "Dry skin often occurs when cells on the outer layer of the skin are sloughed off to make room for new ones. We're losing cells all the time, and the ease with which people shed this dead skin varies. If it's shed promptly, the surface of the skin is obviously going to look fresher than if it hangs around. In such a situation, friction or some sort of massage would improve the appearance of the skin. (This is the basis of a technique known as skin-stripping.) A peeling mask can have the same effect—but remember how delicate the skin is if you think of trying it at home.

"Stimulating circulation of the skin by rapid changes of temperature—whereby the blood vessels dilate—doesn't do any harm to the skin, but

doesn't improve its quality either. It makes the skin look rosy for a while. Extreme sweating as happens in a sauna may liquify the sebum and thus cleanse pores, though it is difficult to generalize here."

As we all know, the skin is like leather—and needs moisture to remain pliable and soft. As we get older, it appears our sweat glands function less well and fail to moisturize the skin as effectively. So putting an emollient on the skin is our way of trying to replace that lubricant. "Of course water imposed from the outside is not the same as water generating from the inside," points out Dr. Rostenberg, "particularly if you remember what a protective organ the skin is—things don't easily get through. But an emollient helps hydrate the horny top layer of skin and makes it a little more plump and smooth. Nothing however can take away wrinkling—at least not anything we know of today. Your wrinkles are the sign of your humanity."

Dr. Rostenberg's final advice?

1. If you spend a considerable time in the sun, protect your skin with a sun-screen lotion or cream.

2. Use soap or detergent *sparingly*—especially in winter when your skin tends to dry out anyway.

3. An emollient may help protect your skin against dryness caused by sun or soap and detergents. ■

## Taking a nap

(Continued from page 26)

not everybody is in a position to afford to take a nap every day. "In some South American cultures, of course, the siesta was an institution for a long time," Dr. Evans points out. "Unfortunately that seems to be dying out. I've also recently found out that apparently the siesta break is actively encouraged now in China—they seem to have started systematic napping, which is interesting. Unfortunately, if the nap were institutionalized in this country we might be having industry pay for the fact that we had a night on the town last night, which isn't really fair!"

Nevertheless, it is clear that people who find it easy to nap are lucky, since their forty winks can improve their performance and generally make them feel restored. The nap, for them, serves as a short-term escape from the world. If you can't nap, try to apply the same "escape" principle another way. Businessmen may close their doors and put their feet up on the desk for 10 minutes. Non-nappers may go for a walk in the woods, listen to music, or lie on the floor completely relaxed. Each of us needs some mechanism through which we stop trying to cope with things for a little while, and then can come back to the world refreshed and strengthened. ■

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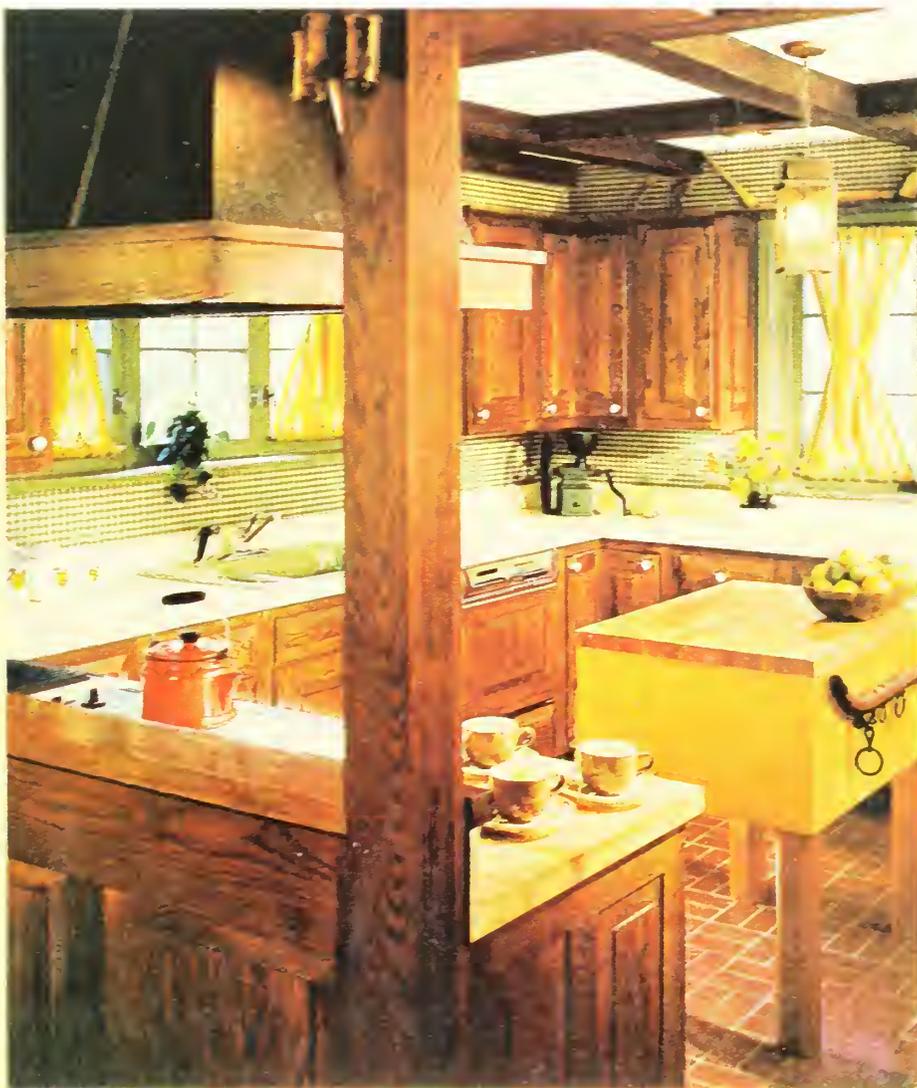
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# Shopping information

Prices approximate, state and local taxes additional. Consult your interior designer or department store decorating service. Stores in New York City unless otherwise indicated.

## ON THE COVER:

**"Posturepedic Royale" mattress and box spring:** Queen-size, with three-level back-support system. About \$379.95. By Sealy.

**"Bordeaux" linen and cotton fabric:** (on love seat and bed) 54" wide, 24" repeat. By Quadrille.\*

**"Halston's Flower" no-iron cotton and polyester percale sheets:** Flat or fitted twin, \$9.50; full, \$11.50; queen, \$16; king, \$19 each. Pillowcases, \$4 the pair. Regular-size sham (without pillow), \$15. Breakfast pillow and sham, \$25. Neckroll pillow and sham, \$25. Also available: matching comforter—twin, \$55; full, \$75; queen or king, \$110 each. Shown in "clover," available also in "buttercup," "tea rose," and "violet." By Halston for Fieldcrest.

**"Marisol" durrie rug:** From India. Shown: 10' x 14' stock pattern and size, \$2,464. Also available, 9' x 12', \$1,900; 8' x 10', \$1,408; 6' x 9', \$952. Custom patterns or sizes additional (10' x 14' custom, for example, \$3,356). From Patterson, Flynn & Martin.\*

**Paint on walls:** By Pittsburgh Paints.

**"Architectural Lite-Beam" urethane foam ceiling beams:** Reproductions of rustic, exposed hewed beams. Shown in Federal Light Oak. Can be sawed, drilled, installed indoors or out. 7 sizes: 3" x 4", 2" x 6", 4" x 6", 6" x 6", 6" x 8", 8" x 8", 8" x 10", all in lengths from 8' to 18', in increments of 2'. The 2" x 6" and 4" x 6" also come in 20' lengths. By Barclay Products. At lumber dealers.

**Cypress twig chairs:** 25" x 20" x 39" high. Shown in natural finish. \$450. **Faux-bamboo pine table:** 24" x 36" x 29" high. With one drawer, \$675. Both from David Barrett. **On table: Painting of peaches;** 12" sq. \$525 framed as shown. At J. Garvin Mecking. **Antique pigskin-covered boxes:** 5" x 9", \$450; 12" sq., \$650. From China. Roundtree.\*

**Cedar tree trunk table:** 28" diam., 18" high. Natural finish. About \$600. By London Marquis for LCS.\* **On it: Green leaf ceramic plate:** 8" x 9", \$48. **Box made of a hollowed root:** 3" long, 2" high, \$45. **Bleached burl box:** 4" diam., 3" high, the largest of a set of four nesting ones, \$120 the set. All three from J. Garvin Mecking. **Small bird sculpture:** Loaned by Roundtree.\*

**Antique pine blanket chest:** 50" x 25" x 26" high. American, c. 1850, with faux-bird's-eye-maple finish and bun feet, \$425 at Pilgrim's Progress. **On it: Shaker basket;** 6" x 3" x 2", \$35. At Cherchez! **Lidded Indian basket:** 8" diam., \$45. **Open Indian basket:** 6" diam., \$35. **Antique Majolica plate:** 8" x 14", \$45. All three from Vito Giallo Antiques.

**Framed patchwork quilt pieces:** Of red and green bird, 24" x 22", \$125. Of pink and green zigzag (from a "mariner's compass" pattern) 36" x 35", \$200. Both c. 1855, from a collection at America Hurrah Antiques.

**Chrome reading lamp:** With triangular-shaped shade. Designed by Cedric Hartman. \$330 from LCS.\*

## BRINGING HOME THE RUSTICS

Pages 86-87:

**Round low terra-cotta planter:** 9" diam., 4" high, \$35 unplanted. Also available: 5" diam., 4" high, \$15 unplanted. Shown here with maidenhair ferns, primroses, scilla, and white crocuses. At Jean-Jacques Bloos. **"Tema" oven-to-table stoneware:** Shown: 2 quart covered casserole, about \$30. Matching dinnerware, about \$29 the 5-piece place setting. By Bing & Grondahl. At B. Altman & Co.

**"Radiant" rug of Acrilan Plus acrylic:** Available in any size and any of 79 colors. Made in Costa Rica. By Form III\*.

**Pine serving cart:** 84" x 16" x 35" open. 42" x 16" x 36" high closed. With two doors, two adjustable shelves that double as trays, white laminate work surface. About \$485. By Thomasville at Bloomingdale's; Burdine's, Miami, Fla.

**Oak armchair:** 34" x 36" x 29" high. With sandblasted finish, white canvas cushion, padded arms. About \$250. By Horizons. At Ci Bon, Columbus, Ohio; Furniture Direct, Philadelphia, Pa.; Marshall Field, Chicago, Ill.

**"Makati" split rattan night table:** 18" x 24" x 25" high. With one drawer with brass hardware, open storage on bottom. About \$311. By Design Institute America. At Strawbridge & Clothier, Philadelphia, Pa.

**"Billy Stripe" linen and cotton fabric:** 72" wide, woven stripe. About \$33 a yd. By Cenci.\*

**"The Hot Rack" birchwood trivets:** 8" x 7", \$5; 12" x 10", \$7; 18" x 10", \$9. Designed by R.A. Hodge—Design Associates. At La Cuisinière.

**"Party" modified wingback chair:** 27" x 24" x 33" high. Wood frame with heavily turned back and arms, tan tufted vinyl upholstery and seat and back cushions. On casters. About \$182. By Maxwell-Royal Chair Co. At Wigg's, Bloomfield Hills, Mich.

**"Argos Plaid" cotton and spun rayon fabric:** 51" wide, 2½" repeat, woven plaid. \$16.50 a yd. By Bruns Thwig & Fils.\*

**Cactus wood lamp:** Shown: 14" high. With burlap shade, brass hardware, \$75. **Cactus wood bed tray:** 20" x 15" x 10" high. Shown in lacquer finish, \$65. **Cactus wood "Great Vault" box:** 14" x 8" x 6½". Separate top and felt-covered bottom. Shown in lacquer finish, \$90. All three by Rees & Orr Associates and at Bloomingdale's.

**Pecan love seat:** 58" x 28" x 35" high. With pillows and cushions. About \$563 upholstered as shown. By Hibriten. At John M. Smyth, Chicago, Ill.

**"Sparkling Cognac" glazed ceramic ovenware:** Kugelhoff mold, 8¾" wide, about \$20. Brioche mold, 8" wide, \$17. Bread mold, 10½" long, \$16.50. Savarin mold, 9½" diam., \$18. Made in France of Vallauris clay. Imported by Charles LaMalle. At Bloomingdale's; In Juie's Kitchen, Scarsdale, N.Y.; La Cuisinière; Larcher Food Market, Wichita, Kans.; Postilion School of Culinary Arts, Fond du Lac, Wis.; The Kitchen, Berkeley, Cal.

**"Dark Wood Grain Plank" for ceilings:**

48" long mineral fiber planks come in three widths—5¾", 6½", and 8¾"—that can be used together for a random-width effect. About 50¢ a sq. ft. By Armstrong Cork Company.

**Adjustable-height pecky cedar table:** 48" diam. Shown in 28¾"-high position, in which it has four legs. Lowers to cocktail-table (15¾") height when top is lifted off the bottom sections of the legs and rotated so that it rests on eight shorter legs. About \$329. Designed by John Hutton for Ide of California. At Burdine's, Miami, Fla.

**"Tubes" channel-quilted wool upholstery fabric:** 58" wide, 1" repeat. About \$22.50 a yd. By Etalage.\*

**"Cotswold" wool, spun rayon, and cotton upholstery fabric:** 50" wide, shown in "eggshell." **"Ryeland" wool, cotton, and spun rayon upholstery fabric:** 50" wide, shown in "oatmeal." Both made in Holland, moth-proofed, about \$36 a yd. By Stroheim & Romann.\*

**Pine cocktail table:** 40" sq. x 14" high, with loglike legs, double stretchers for plank-effect top, \$255. By Thomasville. At Bloomingdale's.

**Rattan armchair:** 26" x 27" x 28½" high. Cane-wrapped joints, cantilevered base, brown and white woodgrain-printed upholstery. About \$460. By Flair. At John M. Smyth, Chicago, Ill.

**Pine armchair:** 32" x 33" x 31" high. In natural (as here) or honey pine finish. About \$264 upholstered as shown. From the "Ovation" group by Broyhill. At Modern Furniture Co., Covington, Ky.

**"Honeycomb" upholstery fabric of Hercilon olefin:** 54" wide, ¾" repeat. Shown in "marshmallow." About \$25 a yd. By Stevens Linen Associates. Available through Mile High Upholstery Fabric Co.\*

**"Country Paisley" cotton duck kitchen accessories:** Butcher apron, about \$8. Quilted, insulated casserole clutch, oven mitt, and potholder, about \$4, \$2, \$1.75 each, respectively. From the American Folk Art Collection by Martex division of WestPoint Pepperell.

**Rattan end table with glass top:** 30" x 25" x 25½" high. With leather-wrapped joints. About \$340. By Thomasville. At Aaron Schultz, Long Beach, Cal.

**"Brittany" maple armchair:** 23" x 22¾" x 39¼" high. With rush seat, carved cabriole legs, cushion. Shown in custom maple finish, about \$339. Also available in pecan fruitwood finish, about \$309. Available mid-April. By Drexel Heritage.

**"Tarakan" rattan and cane reclining chair:** 33" x 33" x 33" high. In flamestitch barge upholstery. \$450. By Barcalounger. **Handcrafted stoneware bowl:** 8" diam., 6½" high. Shown in "ivory." About \$24.95. Designed by Niels Refsgaard for Dansk International Designs. Bloomingdale's.

**Ovenproof stoneware crocks:** 6" diam., \$9.50; 5" diam., \$7.50; 3½" diam., \$5.50. Adapted from Old English advertising crocks. From England. At Jenny B. Goode. **Hudson's Bay virgin-wool blankets:** 72" x

Continued on page 184

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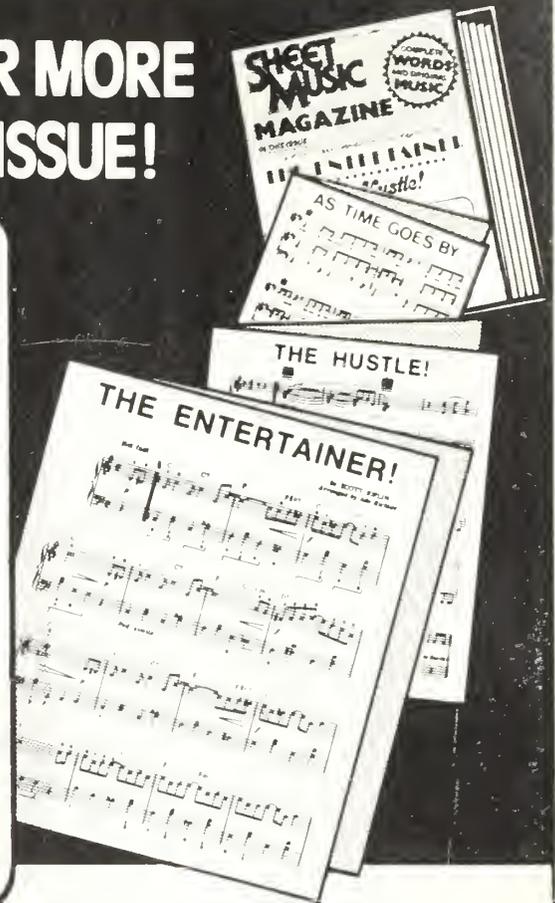
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- \* LOVE WILL KEEP US TOGETHER
- \* GOODBYE YELLOW BRICK ROAD
- \* IF YOU COULD READ MY MIND
- \* STAIRWAY TO HEAVEN
- \* I ONLY HAVE EYES FOR YOU
- \* ANTICIPATION
- \* NEVER MY LOVE UNTIL IT'S TIME FOR YOU TO GO
- \* RAINY DAY PEOPLE
- \* I DIG ROCK AND ROLL MUSIC
- \* YOU'RE SO VAIN
- \* ROCK THE BOAT
- \* AFTER THE GOLD RUSH
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- \* MY WILD IRISH ROSE
- \* SWEET ADELINE
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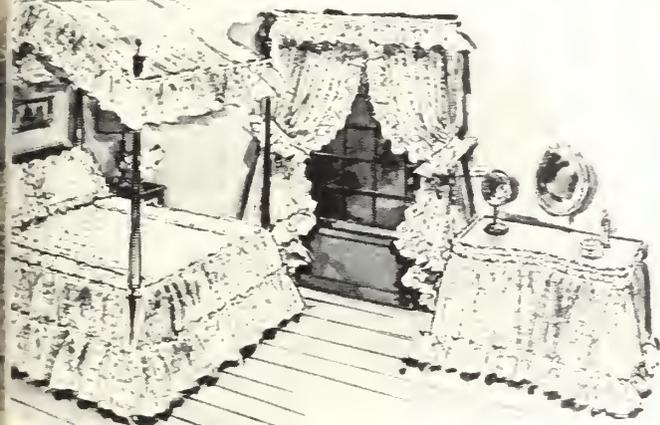
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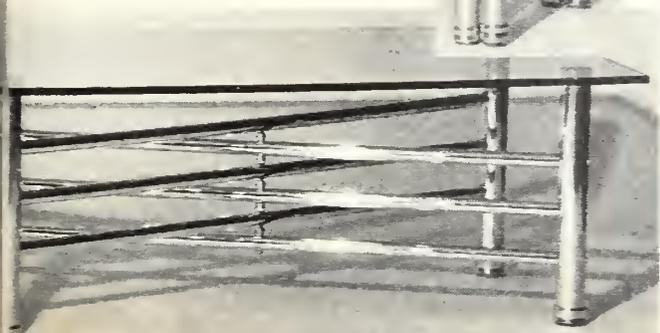
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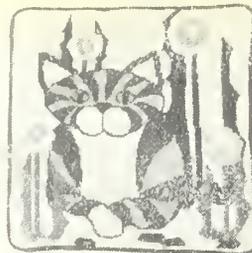
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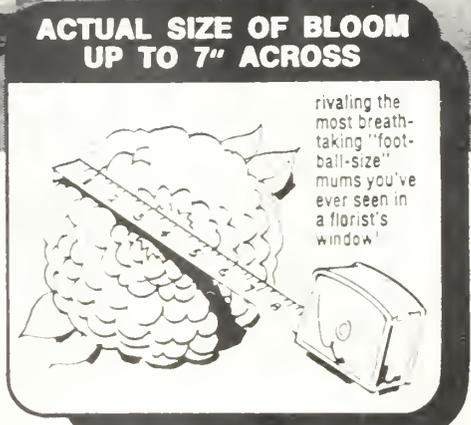


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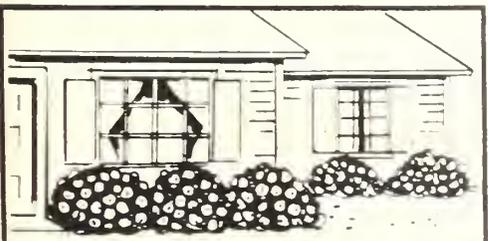
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**ACTUAL SIZE OF BLOOM  
UP TO 7" ACROSS**

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OF THOUSANDS OF BREATH-  
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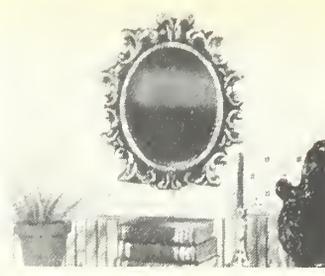
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**FASHION HIGHLIGHT**  
 Real peanut is 24k gold plated a terrific pendant on a 24" gold finished chain; also on a key chain or as earrings for pierced ears. Pendant with chain, \$5.95; key chain, \$5.95; earrings, \$8.95. Add \$1 postage. The Turcotts, Dept. E177, 3127 Industrial Rd., Las Vegas, NV 89109.



**NOT SO LAZY SUSAN**  
 Great lazy Susan is for snack service on a buffet table and for storage as well. Base is brown acrylic and clear dome is 1/8" thick lucite. 10 3/4" diameter, 3 1/2" high. Five clear pie-shaped dishes. \$13.98 plus 75¢ post. Count Gourmet, G2E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



**WINDOWSILL EXTENDER**  
 Perch for the windowsill has solid wood top finished in polyurethane and silk screened in a pretty leaf pattern. Holds up to 50 lbs., 20" by 12", it is installed without tools, is easily moved. \$11.95 plus \$2 post. Order from Posie Perch, HGE 5958 N. 83rd St., Scottsdale, AZ 85252.



**BROWN BAGGING IS "IN"**  
 Stoneware "brown paper" bag is perfect replica of the real thing and has even more uses! Put arrangement of flowers and grasses in it or a bunch of daisies. It's water proof. What a splendid cookie jar too. 5" by 9". \$25. ppd. Sandcastle Crafts Corp. HG2, 2 Spence Pl., Scarsdale, NY 10583.

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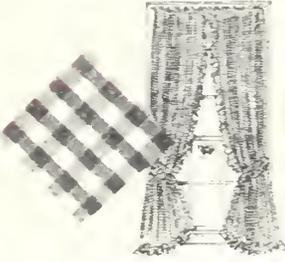
**BIRTHDAY TILE**

Designed just like a patchwork quilt in sunny childhood colors, mounted in a 7" sq. cabinet. In order specify baby's name, date, place and time of birth, weight. \$15.95; tile alone, \$9.95 ppd. Art Guild Enterprises, Dept. 2, Box 23201, Minneapolis, MN 55423.



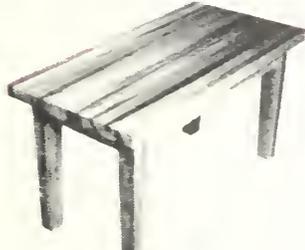
**CHECKED GINGHAM**

Cotton and polyester permanent press gingham with 1 1/4" checks. Colors: yellow, brown, blue or pink on white. 74" w.; 45", 54", \$10.95; 63", 72", \$10.50; 10" by 12" valance, \$3 each. Add \$2 post. Free catalogue, swatches. Country Curtains, HG21, Stockbridge, MA 01262.



**COUNTRY WORK TABLE**

Butcher-block tables for small families or lots of company. Sizes 48" by 30" \$162; 60" by 30" \$184; 60" by 36" \$205; 72" by 36" \$220. Exp. coll. Also available in other sizes. Send for catalogue. Butcher Block & More, HG2, 110 So. Clinton, Chicago, IL 60605.



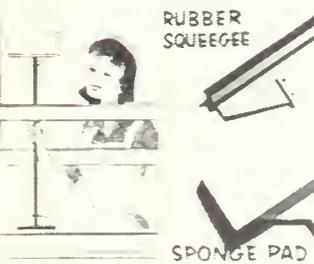
**SPOT FRETTER**

Push-on cleaner for aluminum, enamel, porcelain cookware, ovens, casseroles and grills, 7 oz. can with brush. Dissolves carbonized grease, encrusted buildup. Does not darken or pit. \$3.98 plus 60¢ post. Anthony Enterprises, HG2, 1000 Mission St., San Francisco, CA 94105.



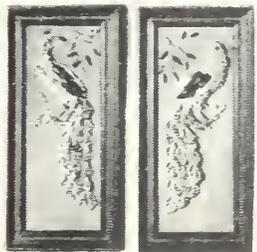
**EASY DOES IT**

Safe inside while you wash inside of windows, even double-hung types. "Window Washer" can extend 34" to 19 1/2" for tall or small windows. Use on mirrors, etc. Sponge on one end, rubber squeegee on other. \$2.99 ppd. Water Drake, HG98 Drake Bldg., Colorado Springs, CO 80940.



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Woven rattan makes an elegant overall airy look for a white painted rocker. 30" w., 36" h., 18" d. 17" deep floor. Cushion in solid gold, black, red, tangerine, blue or coral gold. Chair, \$84.95; cushion, \$29.95. Exp. coll. Catalogue, 25¢. Ann's Basket House, HG2, Rte. 10, Occasunna, NJ 07876.



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Perma Tweez is the largest selling home electrolysis instrument in existence because of one reason. It is the **ONLY** instrument that will not puncture the skin. This unique no-puncture safety feature is a must for your protection. Protect yourself from possible complications arising from the use of an ordinary product without this safety feature. Perma Tweez **PERMANENTLY** removes undesirable hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever at home in total privacy. Arms and legs can be forever free of the inconvenience of constant hair removal.

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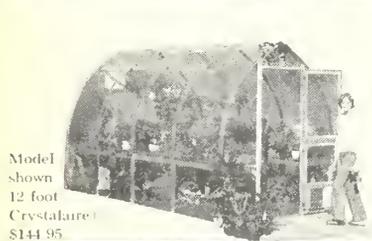


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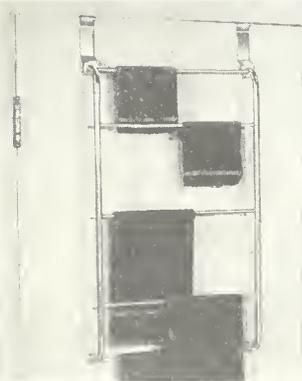
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puts a towel rack behind doors. Hangs  
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 Slide-A-Matic Green Trak (TM) is an  
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Have a handsome little handbag to  
 go everywhere. Woven wicker leath-  
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## COLLAR HIM

Sterling silver collar stays. He'll  
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 2 1/2" l., to engrave with three ini-  
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Better than the average step-stool,  
 Kik-Step rolls at the touch of a toe,  
 yet grips the floor securely when  
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 produced on a night shirt of  
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Superb quality from the 6" dia. weighted base to the black vinyl shade. Made like a piece of jewelry. Adjusts from 12" to 19" high. U.L. approved. With precise double action



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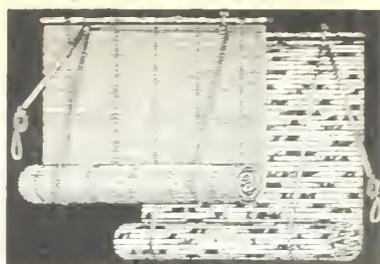


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We use only the finest acetate satin with 225x78 threads per sq. inch. That's soft! The difference is in the satin and workmanship. You'll feel it—and see it. COMPLETELY MACHINE WASHABLE. Hot Pink, Tangerine, Gold, Red, Black, Bronze, Blue, Silver, Pale Pink, White, Mint or Orchid.

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60 x 72	12	12.00	18.00
72 x 72	14	14.00	22.00

add \$1.00 postage per shade



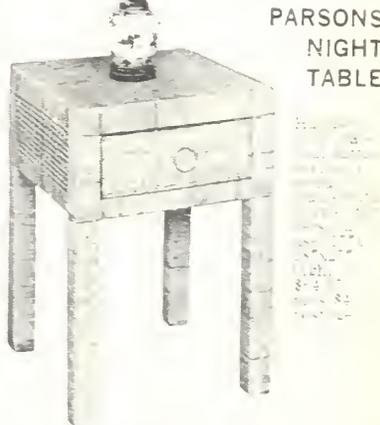
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WALL RACK



**RATTAN SWAG LAMP**

Handwoven from selected rattan with a metal switch and a plastic base. The shade is made of natural rattan and is perfect for a room with a natural look.

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Breakfast in Bed! Compartmented, lightweight handwoven of natural rattan 23" x 13" x 10" high.

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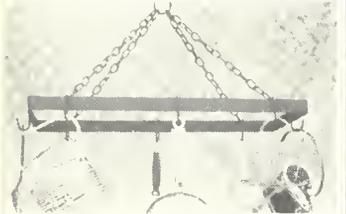


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... handforged by blacksmiths at "The Forge & Anvil," increases needed storage and allows display of special pans. These handcrafted racks will add charm and distinct *flair* to your kitchen!



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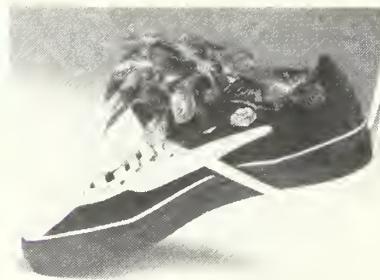
## Florida



### Florida panther

A noble creature captured in pen and ink by the eminent nature artist, Lee Evans. Black and white lithograph on fine textured paper, 12" by 16". Unframed, \$9.50 ppd. Catalogue 50¢. The Tattered Boot, HG2, Lamont, FL 32336.

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adored by decorators

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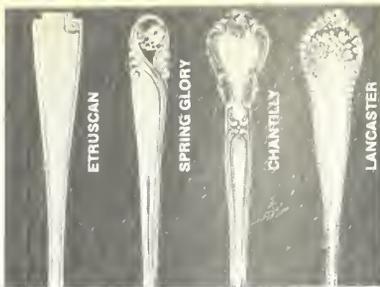
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**HEIRLOOM CRIB QUILTS**

*in Handcrafted Patchwork*

Pastel yellow, green, blue and pink gingham squares combine to make these patchwork crib quilts special additions to any nursery. Handsewn by Georgia artisans for heirloom quality. White eyelet lace trim. Machine washable. \$39.95 ppd. Matching crib pillow, \$8.95 ppd. Matching bib, \$5.95 ppd. Set (crib quilt, pillow, bib), \$44.95 ppd. Do-it-yourself crib quilt kit, \$19.95 ppd. Brochure, \$1.00 (includes \$2 credit slip). Send check or money order only to:

CRACRAFT, BOX 27567  
Atlanta, Georgia 30327 (Dept. HG27)  
Georgia residents add sales tax.



**Twin Bed Bridge**

**FOR ROOMY TOGETHERNESS**

Original Twin Bed Bridge with patented square rib transforms twin beds into one luxurious king size bed instantly. Hidden bridge of soft polyurethane foam gives custom-made king size appearance. No ridge, no lump, no gap. Saves money—uses standard size flat sheets. Saves space between beds—makes room seem bigger. 6' long by 14" wide. \$7.95. We pay postage, ship in 6 hours. N.J. residents add 5% tax.

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**Better Sleep Inc.** BOX GL  
New Providence, New Jersey 07974  
MONEY BACK GUARANTEE



**TRAVELING SHOE BAGS**

Protect clothes and shoes with washable velour shoe bags. Ideal gift for men, women and golfers. One size fits thru mens size 12 shoe. New interlocking design. Colors blue, green, maroon, gold and beige (specify color).

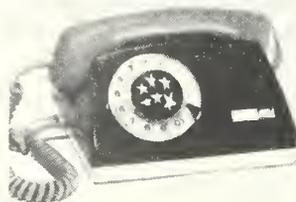
**\$3.50** pr. plus 50¢ post.  
California residents add 6% sales tax

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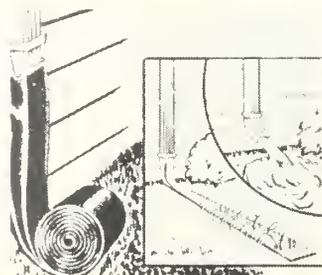
**CREWEL TREE KIT**

Design stamped on linen (overcast edges), colorfast all wool yarns, six-strand embroidery floss, directions. 16" by 20". Spring colors #53G or autumn foliage #53A, each \$7.95 plus 75¢ post. Catalogue 25¢. Saddle Valley Stitchery, S-8, Box 144, Saddle River, NJ 07458.



**BIRTHDAY TALK**

A working telephone that acts as a constant reminder of the nation's bicentennial. Decorated in red, white and blue. Has standard cord and plug. A great gift idea. \$39.95 plus \$2 post. Complete catalogue 50¢. Write to Grand Com, Inc., HG2, 324 Fifth Ave., New York, NY 10001.



**OFF, OFF AND AWAY**

Green plastic sleeve distributes rainwater away from down spout across lawn, shrubbery. Sleeve stays rolled until it rains then unrolls, water flows and spreads through sprinkler holes. 9' L. \$1.49 plus 35¢ post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



**GLEAMING CRYSTAL**

Crystal lamp sets with imported hand-cut crystal prisms combined with intricate Rogers gold-plated castings. Cast radiant rays for special lighting effect. 17 1/2" h., 9" w. Pair, \$39.95. Ship. coll. Catalogue, 25¢. Order from Luigi Crystal, H2G, 7332 Frankford Ave., Philadelphia, PA 19136.



**SECRETARY**

Like pieces made in Newport in 1780, with a "13-states grille window" in doors. Writing drop-lid, automatic supports. 79" h. by 33" w. by 18" d. Mahogany veneers and hardwoods. \$399.95 e.p.c. Catalogue, swatches \$1. Magnolia Hall, HG2, 726 Andover, Atlanta, GA 30327.



**RECIPE KEEPER**

Neat way to store your favorite clippings. Colorful bound book has ten clinging, transparent cover sheets (20 sides). Quick and easy. Just slip recipes under the sheets: no glue or tape required. Size 5 1/4" by 8". \$3.98 plus 42¢ post. Patti's Playthings, Dept. HG-277F, Dawsonville, GA 30534.



**LOOKING AHEAD**

"Stained glass" angel ornament. Needlepoint kit includes hand-painted outline on tape-bound imported white canvas; blues and lavender 3-ply wool, felt, needle, instructions. 4" high. \$5.50 plus 25¢ post. Hickory House Collector, HG, 823 North Court, Ottumwa, IA 52501.

**TWO INCH RIBBON**

Lace border or no-border polyester bottom. Natural or white. 80' roll to pair 84' 90' 96' long \$13.48' 84' 90' \$16.90 72' 84' 90' \$20.10 by 72" wide. \$6.95 each pack of \$2.90 Post. \$2. Free catalogue. Colonial Mail Curtains, H&C, Lawn Term, Mama's pack, NY 10843.



**WHAT A DOG!**

She's something special. If you dress her yourself. Victorian doll kit has smooth orna. head and arms. button shoes and the pattern for her charming dress, bonnet and bloomers. Creative and personal gift. \$6.95 plus \$1 post. Yield House, 670W. North Conway, NH 03860.



**MAGNIFICATION DELUXE**

The pendant on this 80' gold plated rope chain is a magnifying glass with a golden coin handle for easy viewing. Read menus, theater programs. Fine print with ease and elegant style. \$8.95 plus \$5.00 post. Order from Postmark Co., H-8277, Lafayette, LA 70504.



**EASY HOUSE-BREAKING**

Specially selected training mat attracts pet and makes housebreaking easy. Mat eliminates need for newspapers. 18" plastic holder plus two months' mat supply. \$5.95 six months \$7.95 plus \$1.00 plus \$1.00 post. G&G Research, H&C, Box 12074, Dallas, TX 75225.



**TIME TO GO**

Is your pool robbing you of time? Average size Mayco safety pool cover takes two minutes to put on or remove. Keeps out dirt, leaves, children and pets are safe when you're away. Discourages algae. Custom made any size. Write to Mayco, H-82, 225 Park Ave., Hicksville, NY 11801.



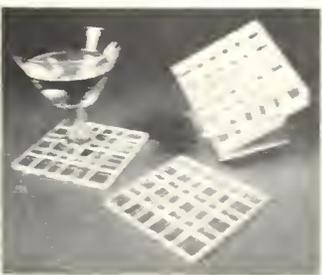
**NEVER TO RETURN**

For the female who has unwanted hair on face, arms, legs, we propose Perma Tweez. Battery operated device removes hair permanently and with professional results. Does not puncture skin. \$19.95 plus General Medical Co., H-86-64, 1935 Armadillo Ave., Los Angeles, CA 90028.



**LUCITE COASTERS**

Thick sculptured Lucite coasters with the look of frosty ice crystals won't stick to glass and cause spills. 3 1/2" by 3 1/2" to fit bottom of any glass. Packaged six to a box with holder. \$11.95 plus \$1 postage. Diamonds Ltd., Dept. G-27, 9806 Adams St., Guttenberg, NJ 07093.



WIDE-VIEW EXTENSION MIRROR! 11 comes to you for the price of shipping—80% off the retail. Comes 2 pack—each for \$17.95. 18" wide, 20" high. 20" wide, 24" high. 24" wide, 28" high. 30" wide, 34" high. 36" wide, 40" high. 42" wide, 46" high. 48" wide, 52" high. 54" wide, 58" high. 60" wide, 64" high. 66" wide, 70" high. 72" wide, 76" high. 78" wide, 82" high. 84" wide, 88" high. 90" wide, 94" high. 96" wide, 100" high. 102" wide, 106" high. 108" wide, 112" high. 114" wide, 118" high. 120" wide, 124" high. 126" wide, 130" high. 132" wide, 136" high. 138" wide, 142" high. 144" wide, 148" high. 150" wide, 154" high. 156" wide, 160" high. 162" wide, 166" high. 168" wide, 172" high. 174" wide, 178" high. 180" wide, 184" high. 186" wide, 190" high. 192" wide, 196" high. 198" wide, 202" high. 204" wide, 208" high. 210" wide, 214" high. 216" wide, 220" high. 222" wide, 226" high. 228" wide, 232" high. 234" wide, 238" high. 240" wide, 244" high. 246" wide, 250" high. 252" wide, 256" high. 258" wide, 262" high. 264" wide, 268" high. 270" wide, 274" high. 276" wide, 280" high. 282" 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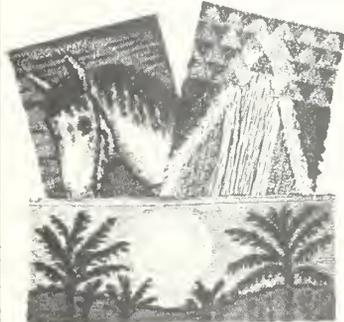
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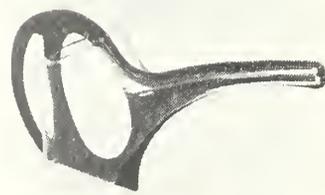
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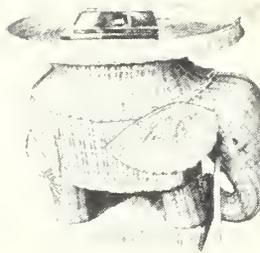
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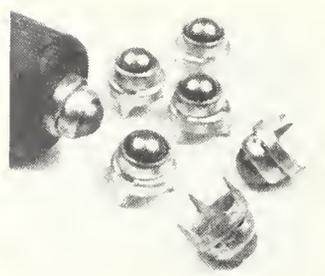
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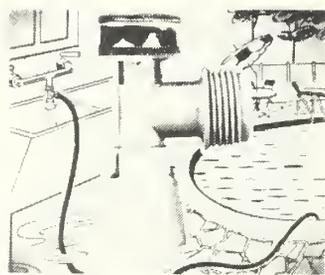
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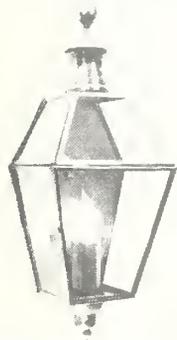
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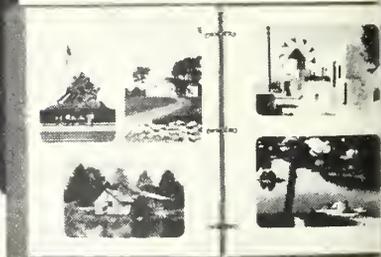
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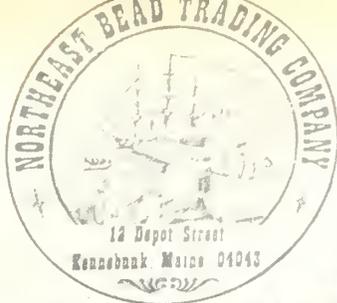
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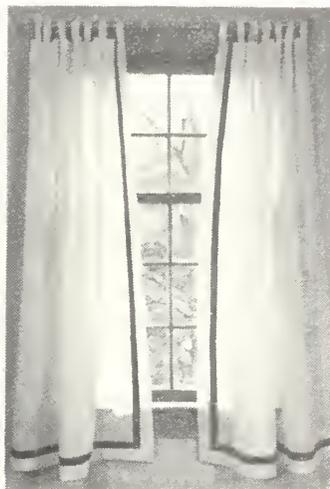
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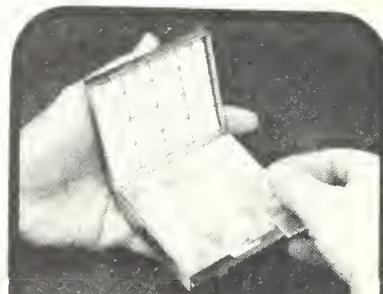
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## the enchanted doll house



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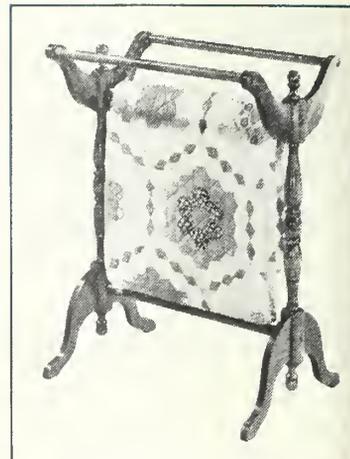
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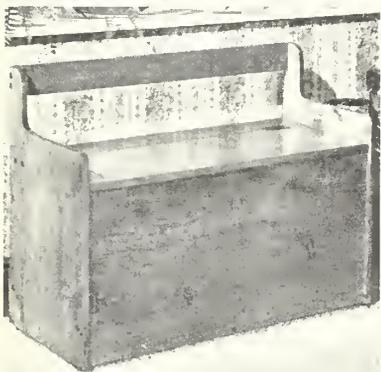
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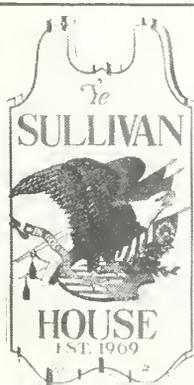


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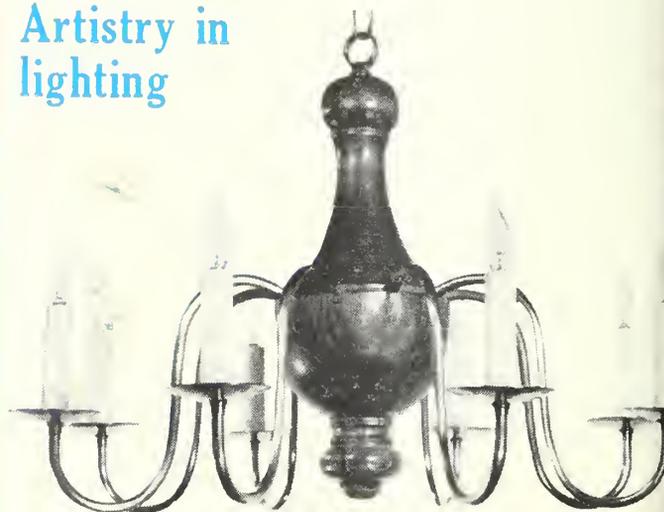


### American art form

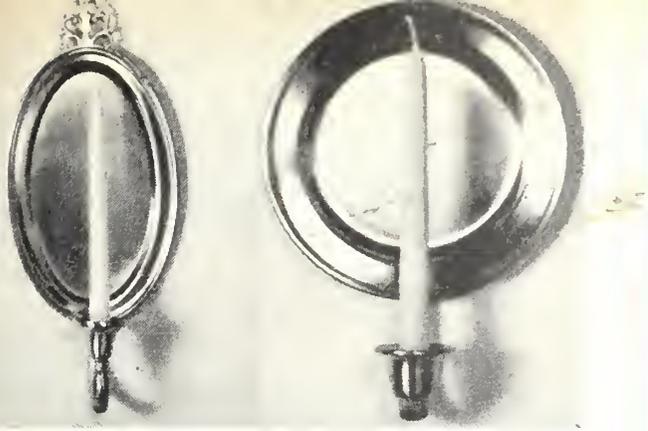


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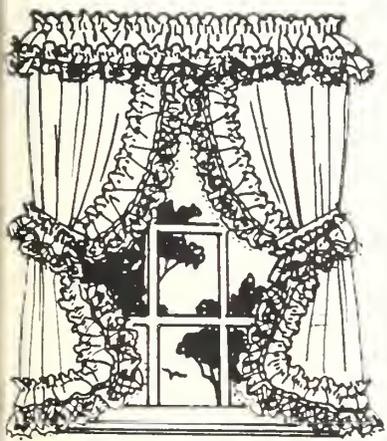


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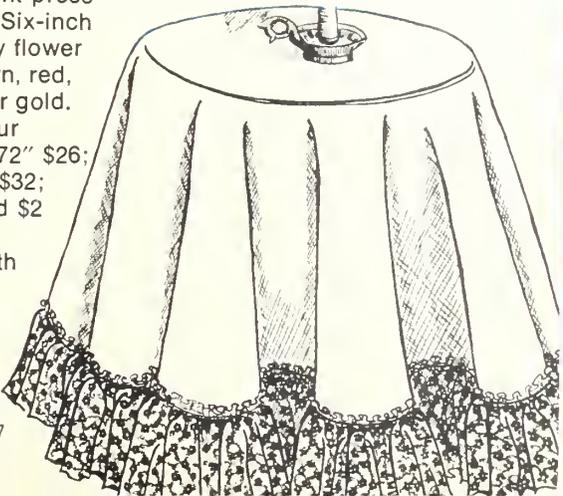


## Bunny couple

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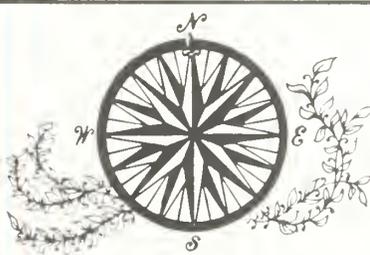
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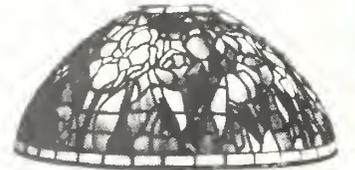
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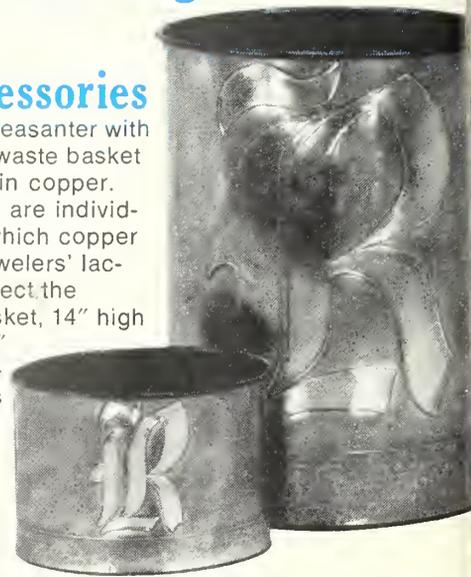
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## New England

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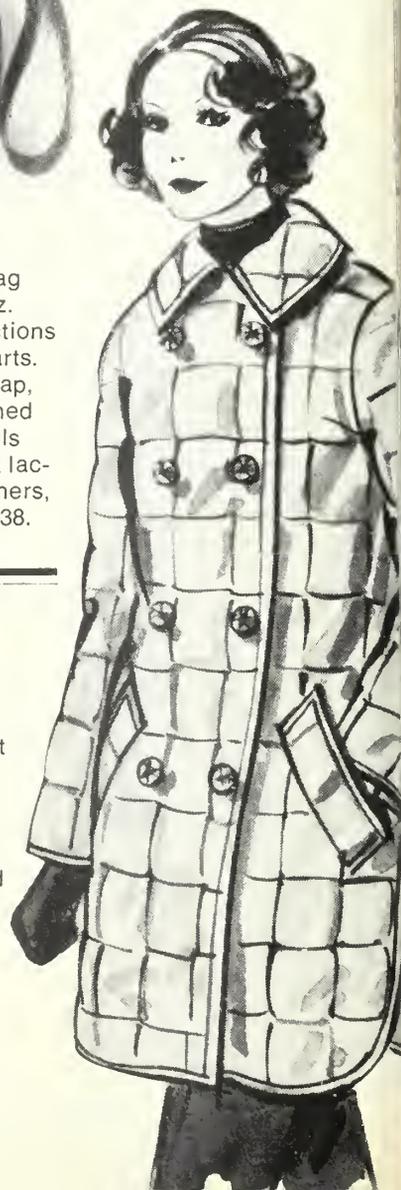


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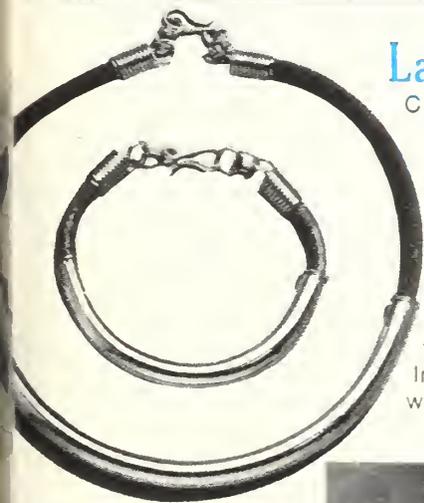
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Classic jewelry from Greece perfect for turtle-necks or blouses. Golden brass is gracefully curved over brown leather. Choker  $4\frac{3}{8}$ " dia. \$6; bracelet  $2\frac{3}{8}$ " dia. \$3.25; both \$8.50 Ppd. Shopping International, 3 Shopping International Bldg., Norwich, VT 05055.

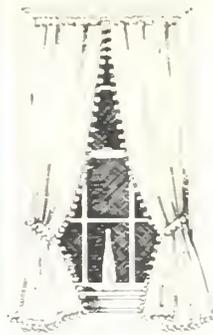
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Authentic old-style pin-up lamp has a melon-shaped opal glass 8" shade, frosted chimney, antique brass fittings. Its 14" high and extends 11". 3-way bulb. \$1.95 plus \$1.75 post. Catalogue is free with order, otherwise 50¢. Sturbridge Yankee Workshop, HG2, 44 Brimfield Turnpike, Sturbridge, MA 01566.



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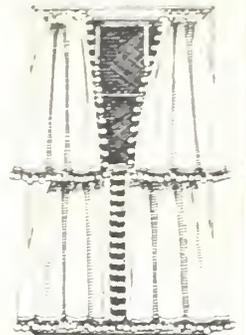


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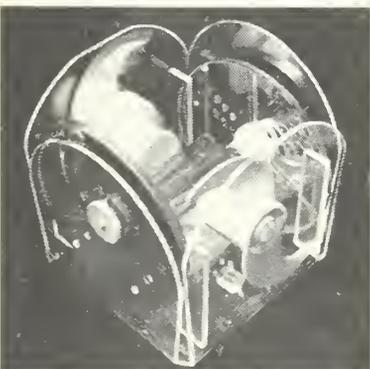
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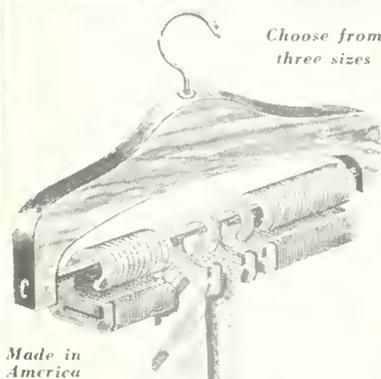
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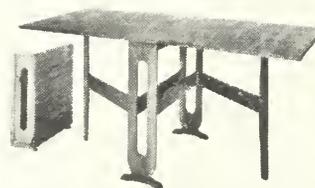
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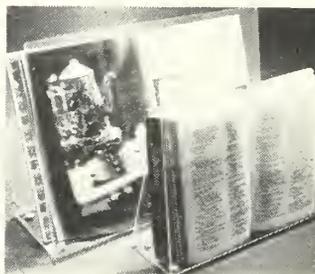
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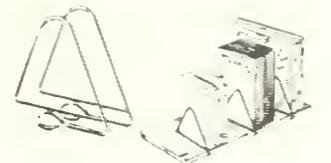
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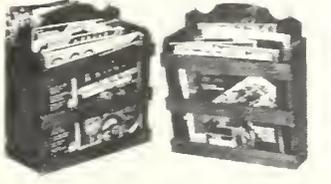
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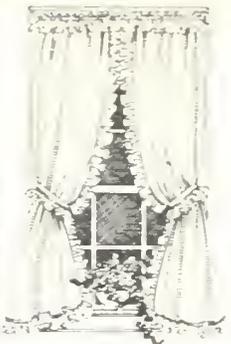


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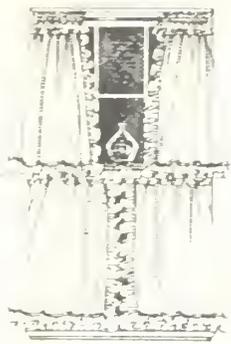


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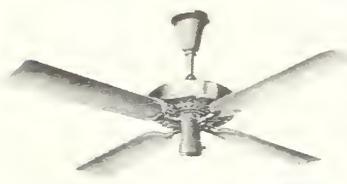
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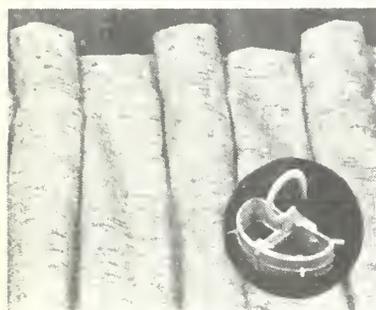
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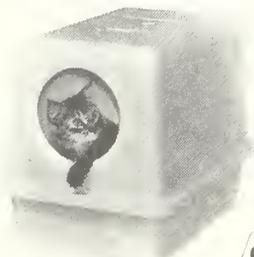
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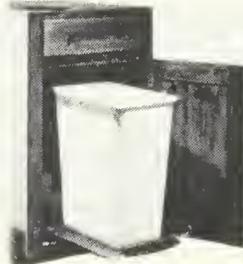
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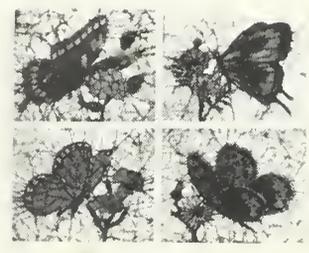
## CAMOUFLAGE

Now you see it, now you don't. An ingenious trolley hides your waste basket. It glides out when door is opened, holds any size wastebasket. Attaches to right- or left-hand door. 16" l. by 12" w. Antique tone pine. \$5.95 plus \$1.80 post. Order from Yield House, G72W North Conway, NH 03860.



## BATIK PRINTS

Four butterflies, wings spread in glorious colors, sip nectar of the abundant flowers. Finely grained 9" by 12" art paper, to mount in a frame or decoupage. Ideal for any room, little gift. All four in set \$1 plus 50¢ post. Cadlyn's, HGB2 10250 No. 19th Ave., Phoenix, AZ 85021.



## KNIT VALET

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, \$1.98 plus 25¢ post. Order D-Fuzz-It from Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



**GENTLE PEOPLE PRINT**

"Two on a Bench" color lithograph signed by artist James Warner is printed on fine-textured parchment. 14" by 17". This scene of Amish children is one of a series on "Gentle People" by Warner. \$10 ppd. Free catalogue. W R Collector Studies, HG2, Box 4535, Baltimore, MD 21212.



**LEARN-TO-READ DISCS**

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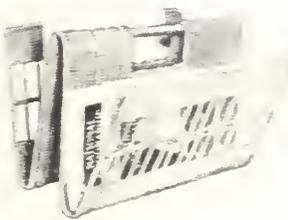
**GRACEFUL LADDER BACK**

Rush seated (woven by hand) chair is in native hardwood with lovely turnings and elegant slats. 42 1/2" high, seat h., 17 1/2". Sanded, unfinished. \$21.95 walnut, pine or maple, \$25.95 matching arm chair, \$29.95. Exp. coll. Catalogue 50¢. Marion Travis, HG2, Box 292 Statesville, NC 28677.



**LIGHT AND AIRY**

Magazine rack can hold your periodicals and newspapers wherever you happen to want them. Natural rattan, to complement any color scheme. It's 10" high by 10" wide by 15" long. \$9.95. Add \$1.50 post. Write for Catalogue 25¢. Fran's Basket House, Dept. HG2, Route 10, Succasunna, NJ 07876.



**VERSATILE LAMP**

Telescopic lamp on well-braced chrome tripod swivels its goose neck to any angle. Complete with 60W plant growth bulb. Folds up and goes from 24" to 54", 7' cord. Can be used for reading or as spot-light. \$18.98 plus \$1.25 post. Lillian Vernon, Dept. G2E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



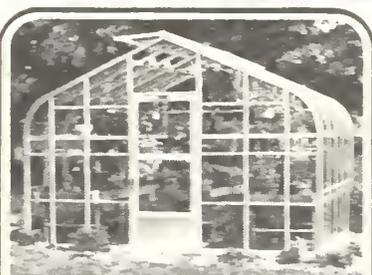
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Crystal-clear stackers put an end to clutter, add needed serving space. American-made Lillian Vernon designs alone. Super buys—were \$3.95

Fork spoon stackers 2 1/2" x 3 1/2" high—set of 2 season holds 120 knife stacker not shown — 2 1/2" x 3 1/2" high 10 sets cts

7345 Fork-Spoon Stackers, 1 Set \$2.95  
7983 Knife Stackers, Each \$2.95  
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**"GROW TALL" in Janco's new Camellia series**

Introducing a brand-new aluminum Janco greenhouse—ideal for hanging baskets, topiary trees, etc. Extra height extra light! All Jancos are minimum-maintenance aluminum. Fit any site every budget. All parts pre-fit. Glass pre-cut.

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**1000 RETURN ADDRESS LABELS \$1.00**

1000 printed economy labels printed in black with any name, address and zip code up to 4 lines. Order \$7.17 Economy Labels box of 1000 \$1.00. Add 20¢ per set for postage & handling.

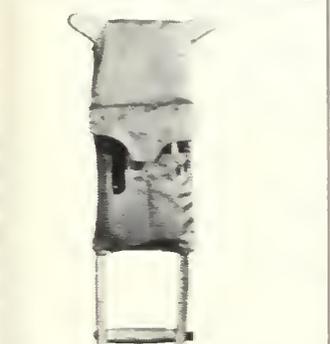


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Gleaming gold foil labels stick to any clean dry surface—no mulling. Handsome black printing and glossy border. Order P4010 Gold Foil Labels roll of 250 just \$1.98. Add 20¢ per set for postage & handling. Satisfaction Guaranteed.

**Walter Drake**  
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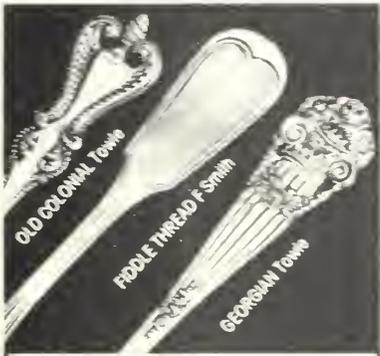
**HANDI-TOTE** patent pending



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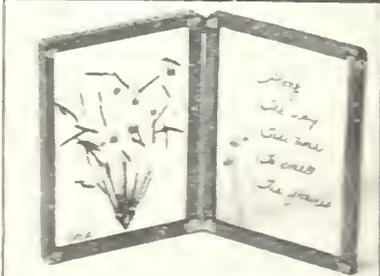
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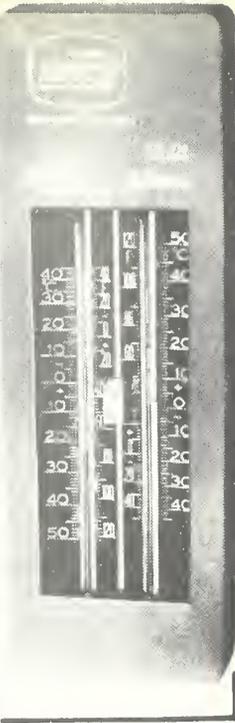
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Ship  Max-Min Thermometers @ \$18.00 ea.  
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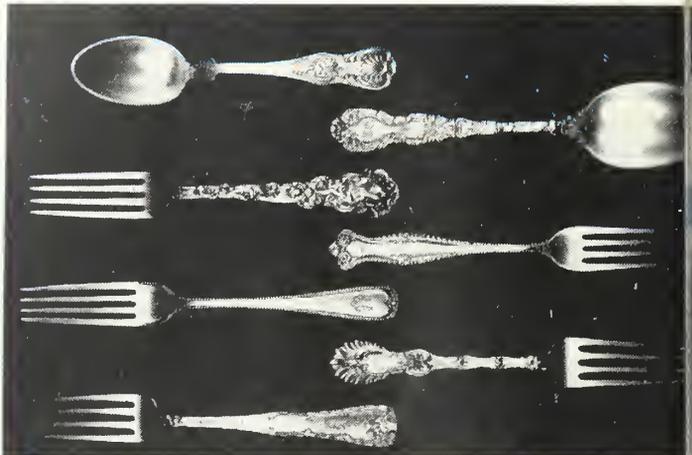
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# Shopping around

## Household helpers



## Sterling service

If your sterling pattern has been discontinued, don't despair. Fill in your set, replace lost or damaged flatware pieces from Jean's huge inventory of discontinued sterling patterns. Any pattern can be identified from snapshot, tissue rubbing, even xerox. Send description for details. Jean's Silversmiths, HG2, 16 West 45th St., New York, NY 10036.

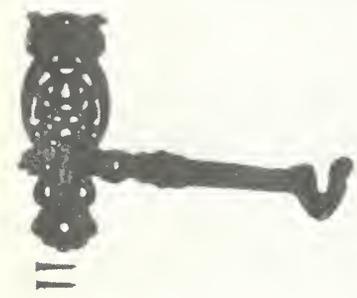


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A built-in strainer eliminates need for collander. Simply match up the holes in the lid with the holes in the pan and pour out liquid when cooking is finished. Aluminum with plastic handle. \$6.99 plus 60¢ post. Thomas Enterprises, HG2, Box 22555, San Diego, CA 92122.

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THOMAS ENTERPRISES

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Photoelectric Smoke Detectors are the finest instruments available for the detection of fire in its early stages before the smoke reaches a dangerous concentration. Constant sampling of air results in faster response and superior sensitivity. This Smoke Detector includes a power-on indicator light, trouble signal, test button, and is clad in a rugged vinyl-covered metal case,  $6\text{-}1/2 \times 4\text{-}1/2 \times 2\text{-}1/2$  inches. Simple plug-in operation . . . no expensive batteries to wear out or replace . . . with an 8-foot cord. Approved by HUD, FHA, and state fire marshals for residential use. Also useful in apartments, campers—anywhere 120 V is available.

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House & Garden



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Mini intercom system for instant communication throughout house or kitchen to barn. Two station wireless, lock switch. Plug into any AC outlet. Each unit with built-in speaker microphone, on-off indicator light, lock-open device for monitoring. 3 1/8" by 5 1/2". Pair. \$31.95 extra unit \$16. Ppd. Beth Braxton Specialties, HG2, Box 245, Kingston, NJ 08528.



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Do you know where I can buy discontinued silver patterns? I recently inherited some silver and wonder if I might add to the set. I do not know the name of my pattern.

Jean's Silversmith's Inc. carries hundreds of old and discontinued Sterling Patterns. Just send a snap shot, tissue rubbing, or Xerox®, with a description of any identifying marks. Jean's can identify any pattern from any of the above.

Jean's has the largest stock of old and new flatware.

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Your cat's window seat on the world! Fits on any window sill provides a sturdy, 20" x 12" shag-carpeted platform where your cat can doze in the sun or sit for hours watching the world outside. Installs in a jiffy. No tools needed on most windows. Can be moved easily from room to room. Choose Gold, Sea Green or Royal Blue shag cover, and order today on a 15-Day Trial with all your money back — guaranteed — if your cat doesn't fall in love with it (and with you for getting it). Send only \$14.95 (plus \$1 ea. for shipping & handling) to KITTYPURR-CH 5958 N. 83rd St. Dept. H2 Scottsdale, Arizona 85252

## Plant Center



The Plant Center is totally wood constructed with a walnut finish. This handcrafted stand comes with 4 shelves and 2 hanging plant arms. Extra shelves and arms available at \$5 each. The whole unit is freely adjustable in height and breadth. Decorative yet durable. \$98.00 shipping charges collect. Bank Americard and Master Charge accepted.

Send for Free Catalog.

Rain Forest  
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Guaranteed to last 4 to 6 mo. This amazing automatic bowl cleaner used by professionals isn't just another perfumed dye. While sanitizing it removes rust, stains and minerals, PLUS eliminates 80% of leaking toilet problems. Safe for septic tanks. Only \$4.95 or 2 for \$8.00. Add 1.00 post. ea.

THE WINDOW SHOP, (Dept. HG)  
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really yes add 6% tax

# How to get rich

**START YOUR OWN BUSINESS RIGHT FROM YOUR HOME—AND MAKE A FORTUNE IN MAIL ORDER!**



Millions of people read your ad and suddenly, you are swamped with cash orders from all over the country... **MORE MONEY** in 60 days than you could earn in a lifetime!

Like the Vermont dealer who ran one ad in Sports Afield magazine. His ad pulled 22,000 orders—over **A HALF MILLION DOLLARS IN CASH!**

Yes, Mail Order is the fastest-growing, most profitable business in America! And now with the population explosion... the huge teenage market... and more people moving to the suburbs—we are on the verge of the **BIGGEST BOOM** in Mail Order history!

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There is no other business where you can make a fortune so fast. Come up with a "hot" new item... and **WHAM!**

It strikes like a bolt of lightning!

## Free

If you are sincerely interested in starting a lucrative business of your own **ACT NOW!** We can help you get rich in Mail Order just as we've helped others. Mail the coupon or send a postcard. We'll send you a free book, catalog, ads and complete facts about our offer. No salesman will call. No obligation. You don't need previous experience but you must be over 21. Write to:

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The **Hadley Two Step** is an exact reproduction of an American colonial museum original in dark stained pine. So faithfully reproduced that even the bottom step is worn. The 12 x 12 x 24" two step was used by 17th century Americans to get into the high beds used then. Today you can use it as a step stool, seat, telephone or flower pot stand. Send \$19.95, ppd to: **DANIEL I. HADLEY, B2; Box 1456; Wilmington, DE 19899** (Send \$1.00 for catalog of other reproductions).

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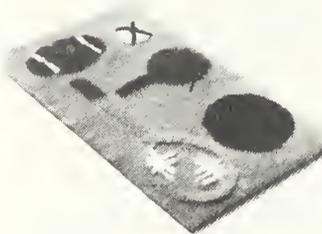
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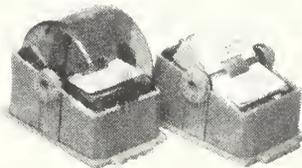
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Smart man-tailored style with long sleeves, curvy shirttails. Fine pima cotton. Colors: White, blue or yellow in sizes 6 to 14. \$27; navy monogram on cuff (underline last initial) \$3 extra. Add \$1.75 post. Send for free color catalogue. Write to The Talbots, Dept. JF, Hingham, MA 02043.



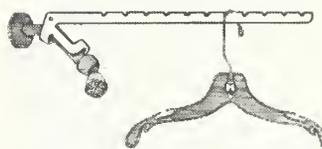
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Deep-piled 21" by 34" rug is a great choice for sports families everywhere. Beige ground with multi-color high pile sport symbols. Dacron/nylon with nonskid back. Machine washable. \$9.98 plus 75¢ post. Lillian Vernon, Dept. G2E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



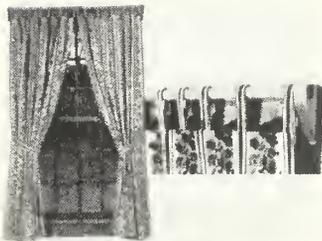
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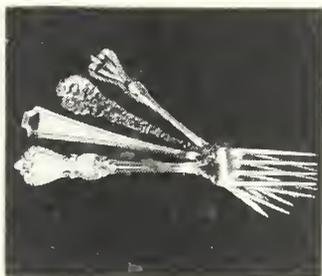
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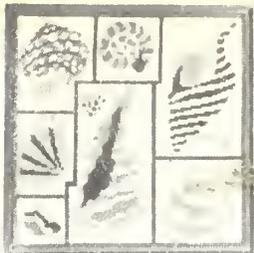
## INDOOR/OUTDOOR EXPANDABLE TRELLIS

Indoors or out, this beautiful white plastic trellis is perfect for plant arrangements, a room dividing screen or wall accent. Easy to hang with supplied hardware, it can't warp, chip, fade or rust. Two expandable sizes available: 6'x2' @ \$6.50, 6'x3' @ \$9.00 ea, postage paid.

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Shells make a stunning arrangement to needlepoint on 12 mesh canvas 10" by 10". Kit includes: design, Persian wool yarn in gold, beige, burnt orange, brown, gray, white; needle (Frame not included). \$7.50 plus 60¢ post. World of Stitch 'n Knit, Dept. 85-27, Box 709, Framingham, MA 01701.



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Genuine gem amethyst necklace, entirely handmade, with hours of hand-polishing to make rich violet hues shine like the sun. Certain to enhance any jewelry collection or any wardrobe. 18" long. \$12.50 plus \$1.25 post. Rarities, HG2, 256 So. Robertson, Beverly Hills, CA 90211.



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Tie-dyed hues of red, blues and yellows brighten a nightie with panties of shimmering acetate satin. Comes in sizes 6 to 20. Short nightgown and panties set \$18.75; with monogram (print) \$2.50 extra. Ppd. Order from Scintilla Satin Shop, Dept. G, 4802 No. Broadway, Chicago, IL 60640.



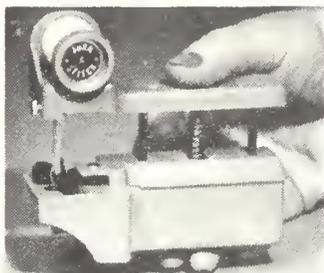
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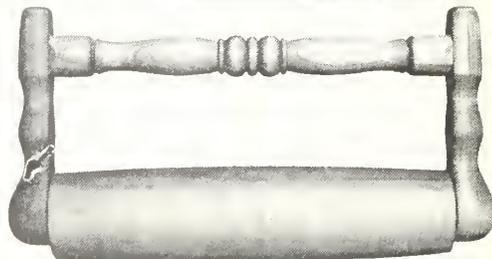


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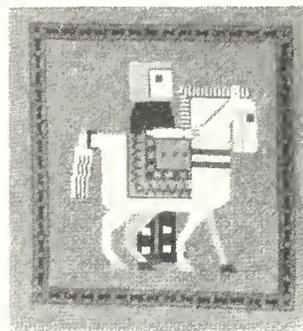
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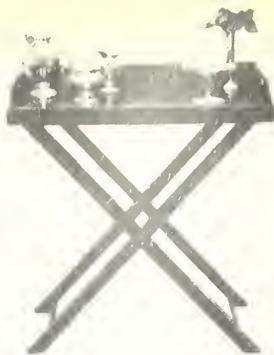
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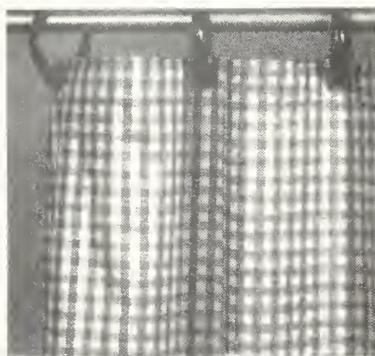
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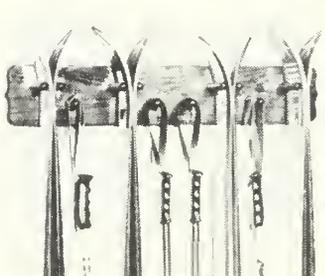
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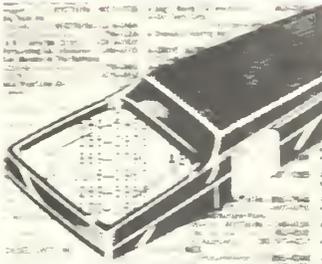
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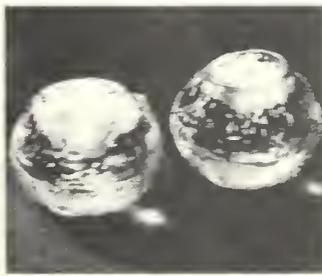
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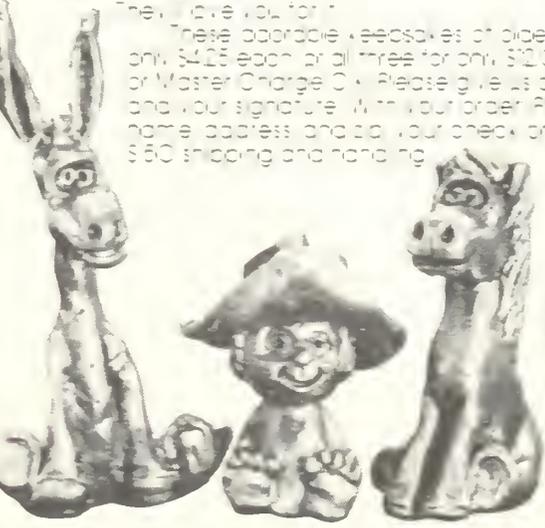
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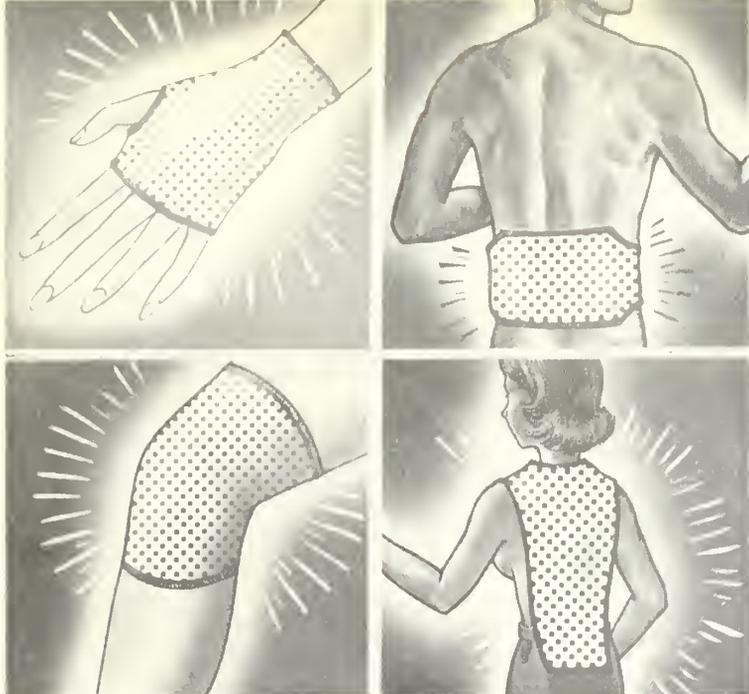
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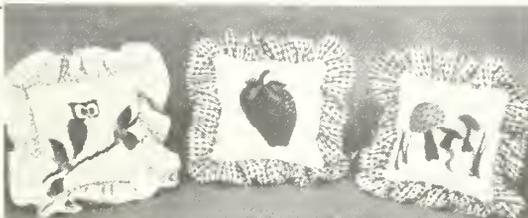
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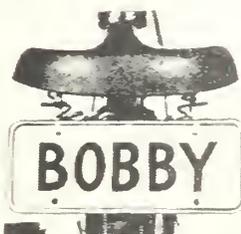
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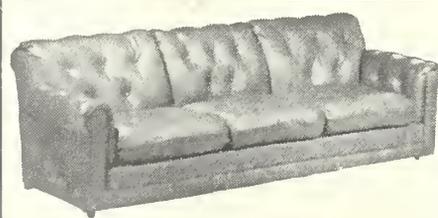


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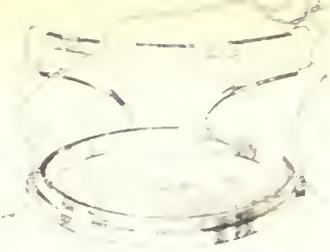


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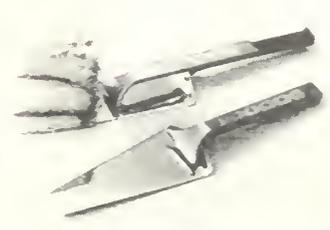
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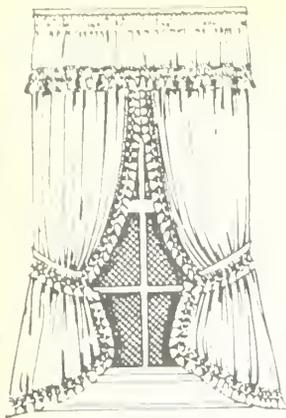
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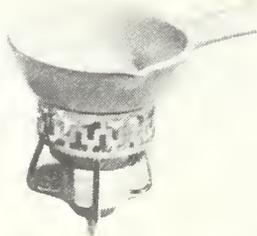
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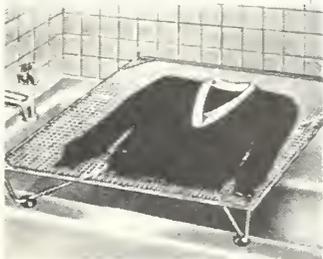
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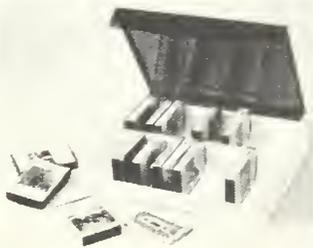
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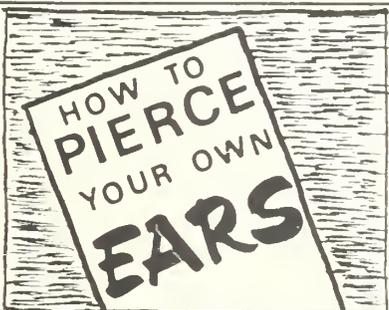
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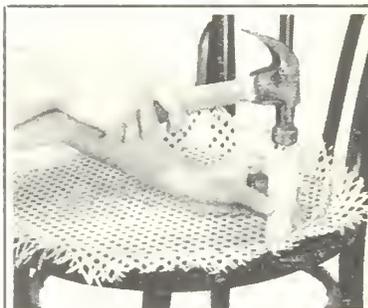
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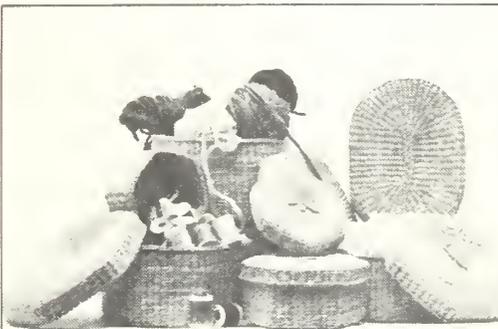
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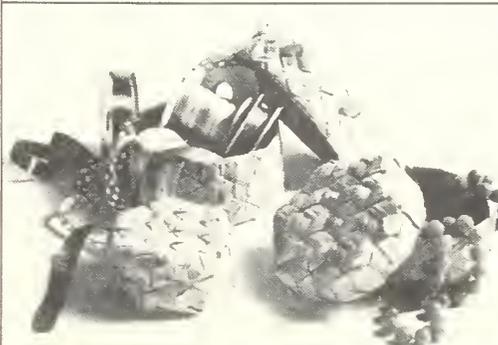
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Colorful patch-print wraparound skirt reverses to another print of petite posies. Polyester and cotton edged and tied in braid. Patch pocket. Green/navy. S, M, L (for 6-16). \$28 plus \$1.75 post. Free color catalogue in request. The Talbots, Dept. JD, Hingham, MA 02043.



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Deposit new silver on copper, brass or bronze where the original plating has worn away. Use Silver Plus to polish sterling but it does not deposit new silver on sterling pieces. 4 oz. bottle. \$5.98 plus 65¢ post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.



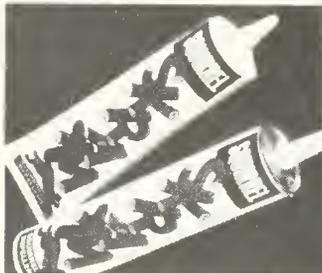
## NEEDLEPOINT HITS HOME

Your own state and a star showing the location of your home town plus state symbols is researched for a kit that includes #12 canvas, wool yarns, instructions. A 12" square when completed. Give state name, home town. \$18.50 ppd. Bruce Bolind, HG2, Bolind Bldg., Boulder, CO 80302.



## DOWN COMFORT

Just like grandmother used to have, a selection of soft and snug comforters in a variety of coverings: down-proof satins, or non-skid cottons, all a joy to see—and snuggle under! Send for free samples and information to Alden Comfort Mills, HG2, Box 6070, Dallas, TX 75222.



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New repellent doesn't do harm to pesky rodents, yet it's guaranteed to keep them away—it does not hurt birds at the feeder or bulbs in the ground. Handy 10.5 oz. squeeze tube. \$3.49 add 80¢ post; three, \$9.95 add \$1.25 post. World Garden Products, 2HGE2, Saugatuck, CT 06880.



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Satisfaction guaranteed; no C.O.D. Send \$2 for Furniture Catalogue and Request Form for FREE. hand-selected decorator fabrics.

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VERSATILE—hang as Tier-on-Tier, Tier and Valance, or use two pairs Cottage Style (as shown) or one pair full length tied back.

Avoid delay. Order Style "SURREY". Specify White or Natural

Old Colony Curtains

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24", 30", 36" \$6.00 pr  
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tiers 1.00 pr

### TIE BACK CURTAINS

45" 54" 63" \$9.00 pr  
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## the needlepoint shop



Needlepoint a love note. Spring blossoms and carrots in green, orange, blue, pink and yellow complement tan bunnies on a white background. Finished design hand painted on #12 canvas measures 11" x 8". BankAmericard and Master Charge accepted. Makes a charming gift with Persian yarn. \$19.50 ppd.

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To order send front face photo (for best results face should be at least the size of a half dollar) with your name, address and zip printed on the back, along with your check or money order to:

BE A DOLL, Inc.

99 Prince St.

Dept. A, 4th Fl.

New York, N.Y. 10012

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Patent Pending

\*Please add \$1.50 for shipping and handling. N.Y.S. residents add applicable sales tax. Allow 4 weeks for delivery; photographs will be returned.



## FIX LOOSE CHAIRS

Chair-Loc "Swells" Joints Tight

Sure-acting liquid synthetic penetrates wood fibres, makes them S-W-E-L-L Fixes loose chairs, locks rungs, legs for ever tight. Also use Chair-Loc for dowel tool and broom handles, mortised joints. Plastic squeeze bottle with applicator nozzle makes it quick, clean, easy. Over 2 million sold. Satisfaction guaranteed. 3 oz. bottle \$2.00 ppd. Send cash, check or M.O. N.J. residents add 10¢ tax.

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Kit includes: choice of precious jewels, clasp, 2 crimp beads, dainty gold filled or S.S. beads, tiger tail wire and liq. S.S. or G.F. to make up to a 20" necklace. EASY instructions. Add 80¢ for postage and handling. Okla. res. please add 4% sales tax. Satisfaction Guaranteed. Our brochure is free. Send check or money order. No. C.O.D.'s.

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219 So. Washington Stillwater, OK 74074

**BRIDAL REMEMBRANCE**

Field flower bouquet painted on a square ceramic tile is mounted in a walnut frame as a trivet or plaque to hang. Give name of bride and groom, date and place of wedding. \$15.95 ppd. Tile alone, \$11.95 ppd. Art Guild Enterprises, HG2, Box 23201, Minneapolis, MN 55423.



**GROW BABY ORCHIDS**

A unique, horticulturist starter's kit with five little plants of exotic baby orchids thriving in glass terrarium. Has potting mix and instructions for transplanting when they grow. Pkg. \$3.79. Three pkgs. \$10 plus 50¢ post. Jungle Gems, Inc., Dept. HGE, Box 95, Bel Air, MD 21014.



**ELECTRIC BOOT DRYER**

Dry damp boots or shoes in about an hour, wet footwear overnight without damage to leather. Also use to warm shoes. Operates on 110V AC or DC. Rust-proof aluminum. 8½" by 2¾". \$16 plus \$1.79 post. Catalogue, \$1. House of Minnel, Dept. 5126E, Deerpath Rd., Batavia, IL 60510.



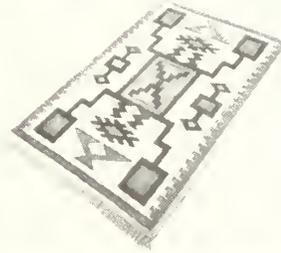
**LIQUID LUXURY**

Neck ring of 50 extremely fine golden brass wires. No clasp or closing: springy circlet capped at back simply slips on. \$4.98. Earrings have same cling-spring design, clip on gently. \$3.98. Set \$7.98. Add 50¢ post. Lillian Vernon, G2E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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Authentic copy of 1920s country corn popper. Blued steel welded construction, seamless bottom, rotary agitator assure maximum popping. Use on gas, electric, wood stoves. 3 qts. \$9.98; two \$18. Add \$1.25 post. per order. K Miller Specialties, HG1, Box 186, Verona, NJ 07044.



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Tired of untangling knots? Necklaces snorled together in your jewelry box? Now favorites are at your fingertips with a handcrafted NEK-LACE TREE™ Compact yet holds 12 or more necklaces w/ease. Decorative display stands 16" high, jet block base studded with polished obolone shells.

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Sumptuous needlepoint pillows (approx 10" x 10"). Top: (L.) Greek Revival. (R.) Federal; bottom: (L.) Colonial, Kit Queen Anne. Kit contains taped 12-gauge mono canvas, natural unbleached Paternayan Persion wool, steel needles, fully illustrated instructions.

each \$16.95

(two \$29.95; all four only \$52.50 postpaid if sent to one address.)

ella projansky's needleworks, inc. p.o. box 423, G27 - white plains, n.y. 10602



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**Anthony Enterprises**

Dept. HG-27 556 Mission, San Francisco, Calif. 94105

## Shopping information

continued from page 138

90" regular size, catalogue #7482F, \$65 ppd. Also available in 90" x 100" queen size, catalogue #7483F, \$85 ppd. In white multi-colored stripe (shown), in red or green with black stripes or gold with dark gold stripes. From L.L. Bean, Freeport, Me. **"Yardley Brick" self-sticking no-wax vinyl asbestos floor tile:** 12" sq. tiles come in white or "dusky red." About 89¢ a sq. ft. By Amtico Flooring.

**Peeled pine loveseat:** 66" x 35" x 30<sup>3</sup>/<sub>4</sub>" high. Doweled sides, terra-cotta paisley flame-stitch fabric. About \$690. By Thayer Coggin. At The Chair Store.

**Oak Curio desk:** 40" x 14" x 66" high. About \$520. From the "Collector's Corner" collection by Hammary Furniture. At John M. Smyth, Chicago, Ill.; Macy's, San Francisco, Cal.

**Glass flower basket with handle:** 6<sup>1</sup>/<sub>2</sub>" diam., about \$33. Also available: 10" wide oval, about \$60. By Arabia of Finland. For store nearest you write Arabia, 8300 N.E. Underground Dr., Kansas City, Mo. 64161.

**Drop-laf table of pine and ash veneers:** 66" x 38" x 30" high open. 66" x 18" x 30" high closed. About \$320. From the "Legendry" collection by Lane. Available late March.

**"Dakotah Trails" cotton and polyester quilted bedspread:** Twin size, \$45. Pillow sham, \$16. By Wamsutta Trucraft.

**Laminated "Oak Blocks":** 14" x 21" trencher and 14" x 21" carving board, \$27.95 each. 12" x 19" carving board, \$24.95. Designed by Ken Brozen for Lauffer. At Bloomingdale's.

**"Fair Haven" cushioned, resilient no-wax sheet vinyl flooring:** In 6", 9", and 12" widths. In blue, red, yellow, brown. About \$3.95 a sq. yd. By Congoleum.

**Willow-branch settee:** 28<sup>1</sup>/<sub>2</sub>" x 27" x 40" high. About \$225. By Added Oomph! For store nearest you write Added Oomph!, 270 S. Wrenn St., High Point, N.C. 27260.

**In the house at Sea Ranch, Cal., designed by architect Donald Jacobs:** "Pinetree" sofa of handpeeled pine logs: 94" x 46" x 35" high, \$2,955 COM. Pine "Billy Chair": 31" x 32" x 30" high, \$990 COM. Both designed by Mimi London of London Marquis.\*

### YOUR OWN HOME SPA

#### Pages 98-103:

**Architectural design:** By Yann Weymouth and Peter Coan of Redroof Design.

**Planting:** By Peter H. Dunlop of Horticulture House.

#### Pages 98-99:

**"The Environment":** Exterior: 120" x 60" x 90" high. Interior: 7' x 37<sup>1</sup>/<sub>2</sub>" x 60" high. White fiberglass front panel; clear acrylic window; smoked acrylic entry and shelf doors; solid teak interior; cypress deck; two 8" 10-ohm stereo speakers that can be hooked up to your own or the optional stereo unit; hand-held shower; 4 ultraviolet lamps that may be used to preheat interior prior to the 5 cycles; digital clock and print-out of the time that has elapsed on each cycle. The five cycles are (1) Baja Sun, 0-39 minutes under 4 ultraviolet lamps; (2) Spring Shower, 0-99 minutes under water spray, temperature-controlled by thermostat-operated water valve inside the unit, from 6 gold-plated spray nozzles; (3) Jun-

gle Steam, 0-29 minutes; (4) Tropic Rain, 0-99 minutes, with thermostat-controlled temperature; and (5) Chinook Winds 0-99 minutes. **"Trinidad" shower module of fiber-glass-reinforced plastic:** 36" x 35<sup>1</sup>/<sub>2</sub>" x 76<sup>1</sup>/<sub>2</sub>" high. With "Contemporary" brushed chrome shower head. **"Caxton" vitreous china wash basins:** 19" x 15". Shown in "cerulean blue," with "Contemporary" brushed chrome fittings. All by Kohler.

**"Ceramic Mosaics" tiles:** 2" sq. Here in white, available in 43 colors. By American Clean Tile Co.

**On undercounter cabinet surfaces:** **"Flexwood" teak wallcovering:** Thin wood veneer on a cloth backing. Here, teak veneer has been custom bleached. Available in nearly 80 other domestic and exotic wood species. By Flexible Materials division of Champion International.\*

**Chrome towel ring:** \$22. **Chrome towel hooks:** \$12 each. By Keuco-American.

**"Rubdown" cotton and Dacron polyester towels:** Bath towel, about \$9.50. Hand towel, about \$5.50. Washcloth, about \$2.25. In white (shown) or in "suede." By Martex division of WestPoint Pepperell. At Carson Pirie Scott, Chicago, Ill.; Garfinckel's, Washington, D.C.; Neiman-Marcus, Dallas, Tex.

**Matching bath sheet:** About \$35. At Neiman-Marcus, Dallas, Tex.

**English chrome tub tray:** Extends from 26" to 34". Rustproof. \$31.70 ppd. **Mirror in clear plastic frame:** (on counter) 9" diam., 12" high. \$46.75 ppd. Both from Hammacher Schlemmer.

**Two-spouted watering cans:** 3<sup>1</sup>/<sub>2</sub>" qt., \$10; 5<sup>1</sup>/<sub>4</sub> qt., \$15. By Taylor & Ng. At Manhattan Ad Hoc.

**Clear acrylic shelves:** Custom designed by Redroof Design. Of Plexiglas acrylic sheet by Rohm and Haas, available from Cadillac Plastic and Chemical Co. For free buyer's guide and free Rohm & Haas booklet of do-it-yourself ideas, write Cadillac Plastic and Chemical Co., P.O. Box 810, Detroit, Mich. 48232.

**On top shelf:** **Steel dressing jar:** 8 qt., \$41. At Arista Surgical Supply. **Middle shelf:** **Three handwoven split-bamboo nesting boxes:** Largest, 8" diam., 4<sup>1</sup>/<sub>2</sub>" high. Smallest, 6<sup>1</sup>/<sub>4</sub>" diam., 3<sup>1</sup>/<sub>2</sub>" high. With clear lacquer finish. \$11.50, \$10.50, and \$9.50 each. Imported by Boxer & Ashfield. At Azuma.

**Far right photo:**

**Three-legged stools with birch seats:** Adult size, 17" high. \$35 each. Designed by Alvar Aalto. Imported by ICF. At Design Research.

#### Page 100:

**Long-sleeved cotton terrycloth velour kimono:** Floor length, in white (shown) or to order in many colors. \$75. At Alexander Shields.

**"Green Thumb" garden tools:** Trowels, 5<sup>5</sup>/<sub>8</sub>" and 6" long, about \$1.50 each. Three-tined cultivator: 2<sup>1</sup>/<sub>2</sub>" spread at points, about \$1.50. By The Union Fork and Hoe Company. At selected garden and hardware stores.

**"Doughnut" wire basket:** 12" x 18" x 2". \$9.25. By Metropolitan Wire. At Manhattan Ad Hoc.

#### Page 101:

**"Rochelle" vitreous china toilet:** 21" x 28<sup>1</sup>/<sub>2</sub>" x 19<sup>3</sup>/<sub>4</sub>" high. In "cerulean blue," with "cerulean blue" seat and brushed chrome trip lever. **"Caravelle" vitreous china bidet:** 14<sup>1</sup>/<sub>2</sub>" x 24<sup>3</sup>/<sub>4</sub>" x 14" high. In

"cerulean blue," with "Contemporary" brushed chrome fittings.

**"Whirlpool Steeping Bath" in cast iron:** 60" x 36" x 20<sup>3</sup>/<sub>8</sub>" high. With 4 whirlpool jets. Shown in "cerulean blue," with brushed chrome grip rails and "Contemporary" deck-mounted brushed chrome spout and bath valve. All by Kohler.

**"Bain Marie" jars:** 1 pt., \$2.95; 2 qt., \$6.75; 1 gal., \$9.95; 3 gal., \$30.50. **Footed compote:** (holding pumice stones) 3<sup>1</sup>/<sub>2</sub>" high. \$5.95. All by Hall China. **Glass bottles with stoppers:** (shown holding "Azurée European Mineral Bath Salts," 8<sup>1</sup>/<sub>2</sub> oz., \$7.50, by Estée Lauder) 250 ml., \$3.50; 1000 ml., \$8.50. By Kimbele. **Round wire baskets with handles:** (holding luffa) 10" diam., \$20; 12" diam. \$26.05. By Metropolitan Wire. All at Manhattan Ad Hoc.

**Bath soaps:** "Tricorn," "Persian Leather," and "Almond Cold Cream Soap" by Caswell-Massey. All \$6.50 ppd. the box of three bath cakes. Strawberry and glycerine soap from Spain by Brisa, \$5 ppd. the box of three cakes. **Luffas:** \$3.25 ppd. each. From Caswell-Massey (catalogue order dept.).

**Recessed ceiling lights:** (over toilet, bidet, and entrance). By Staff Lighting.

#### Pages 102-103:

**Bath products:** "Azurée Invigorating Bath Gel," 4<sup>1</sup>/<sub>2</sub> oz., \$6. "Estée Lauder Youth-Dew Creamy Milk Bath," 5<sup>3</sup>/<sub>4</sub> oz., \$8 "Azurée European Mineral Bath Salts," 8<sup>1</sup>/<sub>2</sub> oz., \$7.50. "Azurée Body Satin Rub," 8 oz., \$7. "Azurée Mint Pick-Up Bath," 8 oz., \$6.50. "Estée Perfumed Milk Bath," 7 oz., \$11. "Estée Perfumed Body Creme," 11<sup>1</sup>/<sub>2</sub> oz., \$12.50. All of the bath products are by Estée Lauder.

### SLIPCOVERS—FOR A CHANGE

#### Pages 104-105:

**"White Multi-striped" Hudson's Bay virgin-wool blanketing-by-the-yard:** "6 point" (90") width, 100" repeat. Limited quantity has been special-ordered from England. Lengths available in multiples of 100" only, while supply lasts. Price will depend on foreign exchange rate, shipping, and duty. For information, have your interior designer or department store decorating service write Pearce Woolen Mills, Woolrich, Pa. 17779.\* (Note: Cut Hudson's Bay blankets available only through retailers such as L.L. Bean—see page 86.)

**Winter pillow closings: Of Velcro tape.** By Velcro USA. At notions departments.

**Painting over banquette:** "Venetian Red" by George Hoffman.

### DRESSED BY HALSTON

#### Pages 94-95:

**"H" no-iron cotton and polyester percale sheets:** Twin-size sheet, about \$10; full, \$12; queen, \$16.50; king, \$19.50. Pillowcases, about \$4.25 the pair. Available in "ultra white," "champagne," "blue," or "coral." Also available (not shown): "H" bath towels in 9 different colors. **"Halston's Touch" brown Ultrasuede bedspread:** Twin-size, about \$800; full, \$1,000; queen, \$1,200; king, \$1,500. **Matching shams:** Regular-sized sham (without pillow), \$225. Breakfast pillow and sham, \$200. **Matching bedskirts:** Twin-size, about \$300; full, \$350; queen, \$400; king, \$500. All designed by Halston for Fieldcrest. (Note: Red stretch cashmere lap robe, taupe blankets are Halston's own.) ■

# The quiet season

Now that many gardeners are indoors, it's time for summer projects and plans, good new reading, and useful winter-care tips

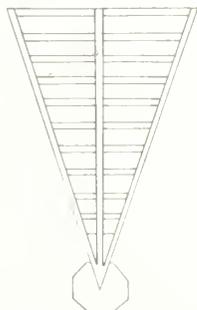
By James Fanning



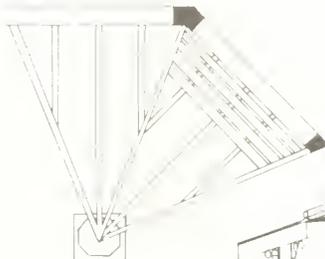
## How to build your own summerhouse

A summerhouse is the dominating feature of the Ritts's garden (page 106). Octagonal in shape, suggesting a 19th-century bandstand, the summerhouse is light and airy, yet substantial enough to shelter a fair number of people from summer sun or showers. Beginning at the bottom, the structure stands on 9 concrete piers—one for each point of the octagon, plus one for the center. How substantial these should be depends on climate and soil. In the Ritts's area, Princeton, N.J., this means digging 3 feet so that frost does not get under the piers in winter. Shallower piers will serve as well in warmer climates, but the 12-inch square of concrete will be needed everywhere. The Rittses rented a post-hole digger and used 8 bags of ready-mix concrete. Basic framework of the structure is 4-by-4-inch timbers, which may be held on the piers with cast-in pins or bolted-on iron straps. Base of the floor is 2-by-4s, running from the peripheral piers to the central one, with cedar strip flooring laid on top. Railings, of 2-by-4s and 2-by-2s, are built as independent units, then nailed into place between the uprights.

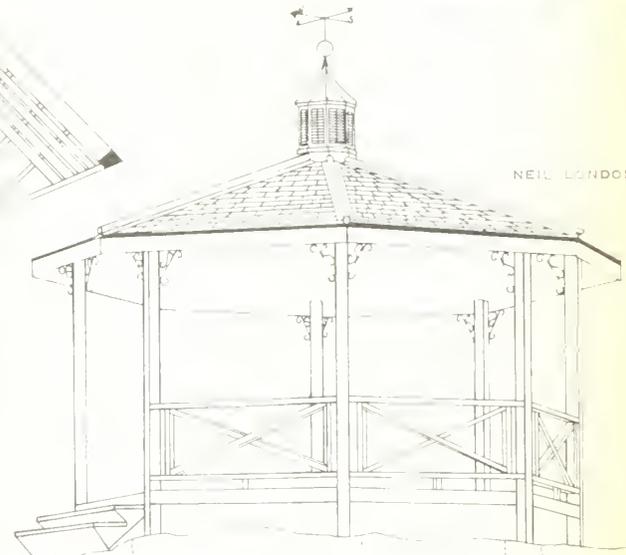
Aluminum brackets, in the angle where roof support and upright meet, are a decorative element that also add stiffening to the structure. Triangular roof elements can be fabricated on the ground, hoisted into place and nailed into position atop the 4-by-4 frame. The cedar shingles are nailed onto the roof



Roof has 8-by-4-inch center plug. Pine rafters are 2 by 4 inches in 9- and 8 5/12-foot lengths. Cedar shingles overlay 1-by-2-inch laths, set 6 inches apart.



Floor rests on cement footings. Fir joists are 2 by 4 inches in 7, 6 1/2, and 4-foot lengths. Cedar boards are 5/4 by 4 inches, toenailed 1/4 inch apart.



Octagonal summerhouse designed by Paul Ritts has roof width of 16 1/4 feet, floor diameter of 13 1/2 feet. Space between midpoint of cement piers is 5 1/2 feet.

laths, and the 8 ridges covered with a screwed-on metal capping strip. The cupola should also be built on the ground and hoisted into place. It consists of a sheet-metal (galvanized flashing) roof, painted to simulate copper, atop 8 6-by-16-inch shutters of the indoor type. Final step, of course, is to paint exposed surfaces—except shingles and flooring—in whatever colors suit you.

The walkways through the Ritts's garden and up to the summerhouse are kept dry and soft with licorice-root mulch from a local nursery. A mulch of coarse wood chips holds down weeds in the garden and on the knoll around the summerhouse. Small-scaled pines, heathers, gray santolina, and artemisia are among the permanent plantings. Spring bulbs, daylilies, and chrysanthemums also ring the summerhouse.

The rail fence all but disappears under roses and morning-glories, but it has its working side, too. Metal hardware cloth goes from 8 inches below ground to nails on each rail. This keeps rabbits out and twiners, including cucumbers, merrily up. One last tip: Because morning glories can be hard to germinate, the Rittses soak the seeds 24 hours and plant them in Jiffy pots well before outdoor planting time. This way they are sure of a bower of blossoms by summer.

Materials for the Ritts's summerhouse cost about \$1,650. Since Paul Ritts did the work himself, there was no labor cost for carpenter work.

## Is your garden winterized?

Now is the time to check winter protection of your garden. Sunlight is getting stronger every day, but the air is still frigid, and the combination is one that may be highly dangerous for plants. So check up on wrapping and shading materials—make sure they are still firmly anchored and in their proper positions. Replace any mulch that may have blown away and batten it down with boards or branches to resist blustery days ahead. Evergreens that have been coated with anti-desiccant may need a renewal of

the coating—make sure, though, that the temperature is above freezing before applying the spray. And be sure to remove all storm-damaged tree or shrub branches promptly—the sooner this is done, the sooner healing will begin.

## Planning for spring planting

The frozen-up months are a time for planning—what to do when frost is gone and all outdoors is calling for attention. Planning is the professional function of a landscape architect, and Nelva M. Weber is one of the most expert in the business. Out of her experience in the

New York City-Long Island area, Mrs. Weber has distilled the essence of landscape design and put it all into a book for homeowners. *How to Plan Your Own Home Landscape* (Bobbs-Merrill, \$11.95) tells what to expect from the space around your house and how to go about realizing the expectation. It describes how to prepare a plan, how to select and install paving materials, how to choose plants and, once the job is finished, how to keep it all in topnotch condition. Black and white photographs by Molly Adams and line drawings to explain technical points will stimulate the design talent latent in practically every homeowner.



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# THE GARDEN MART

A gardener's most helpful library is his collection of seed catalogues. Appetite-whetting pictures aside, these catalogues provide all the information you really need. A well-prepared catalogue, for instance, will tell how long you may expect to wait between planting and harvest time for any given vegetable or how tall annual or perennial flowers will grow, so you can decide whether to put them at the front or rear of a flower border. Cooking instructions for everything from asparagus to zucchini are often included, too, and some catalogues even go into nutritional values of the various vegetables. All this information is naturally expensive to compile, print, and distribute, so more and more seed and nursery stock houses are being forced to charge a slight fee for their catalogues. Some of the old reliables are still free, but even these may now have a charge for postage and handling. They're still a bargain considering all the knowledge and expertise that goes into them. When ordering plants, you may find, too, that modern packaging techniques have caused the price to increase, but, again, it is well worth it. With plastic wraps to halt evaporation and specially shaped containers to prevent crushing, you will receive your plants in topnotch condition.

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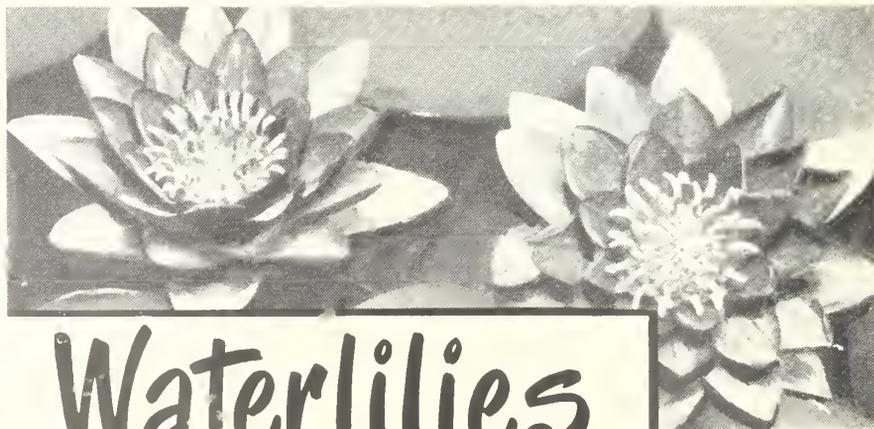
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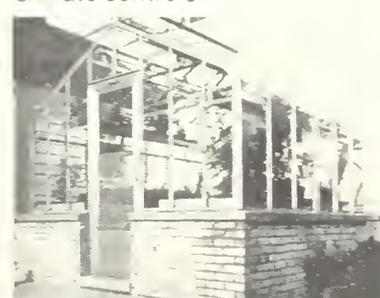


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