# HOUSE & GARDEN®

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## How to use COLOR to make your rooms come alive

Fresh ways to create the most beautiful bedrooms in years

How to brighten up with YELLOW all through the house

Terrific ideas for one-dish meals and other [illegible] you'll love

HEALTH Sh[illegible] your feelings— it's good for you

Decorating special: How to create the ROMANTIC LOOK at home

PETER C OSTRYE
VISTA
300264 DTR 0363A096

# Variety. The Luxury of Henredon.

This Henredon sofa is available in any length,
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Occasional designs, including the yew wood veneer
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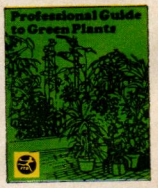
The Professional Guide to Green Plants tells you how to care for your green and growing plants. It is available only through your FTD Florist.

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Incorporating LIVING for young homemakers

Vol. 149 No. 3

# HOUSE & GARDEN

MARCH, 1977

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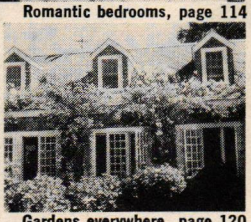

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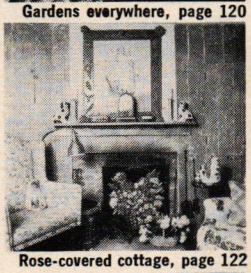

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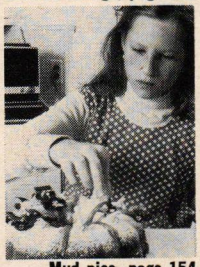

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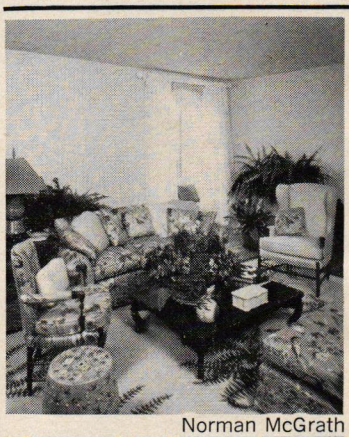
# HOUSE & GARDEN

MARCH, 1977

Norman McGrath

**On the cover:** Romance—you can't live without it. And here's an issueful of romance in decorating, starting with a living room that has all the romantic answers: soft colors in pale pinks, deep roses, and peacock blues, a look of deep comfort, fabrics printed with realistic flowers (for more fabric news, see page 118), ferns—real ones on either side of the sofa, needlepoint ones on the rug. Room designed by Albert Étienne Pensis, vice president of interior design of W & J Sloane, where you can buy everything in the room. For more romantic decorating, see our special report beginning on page 102. Sofa and chairs by Harden Furniture. Rug by Stark Carpet. Glazed chintz by Brunschwig & Fils. For shopping information, see page 172.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**FRENCH HOUSE & GARDEN**
(Maison & Jardin)
4 Place du Palais Bourbon, Paris 7

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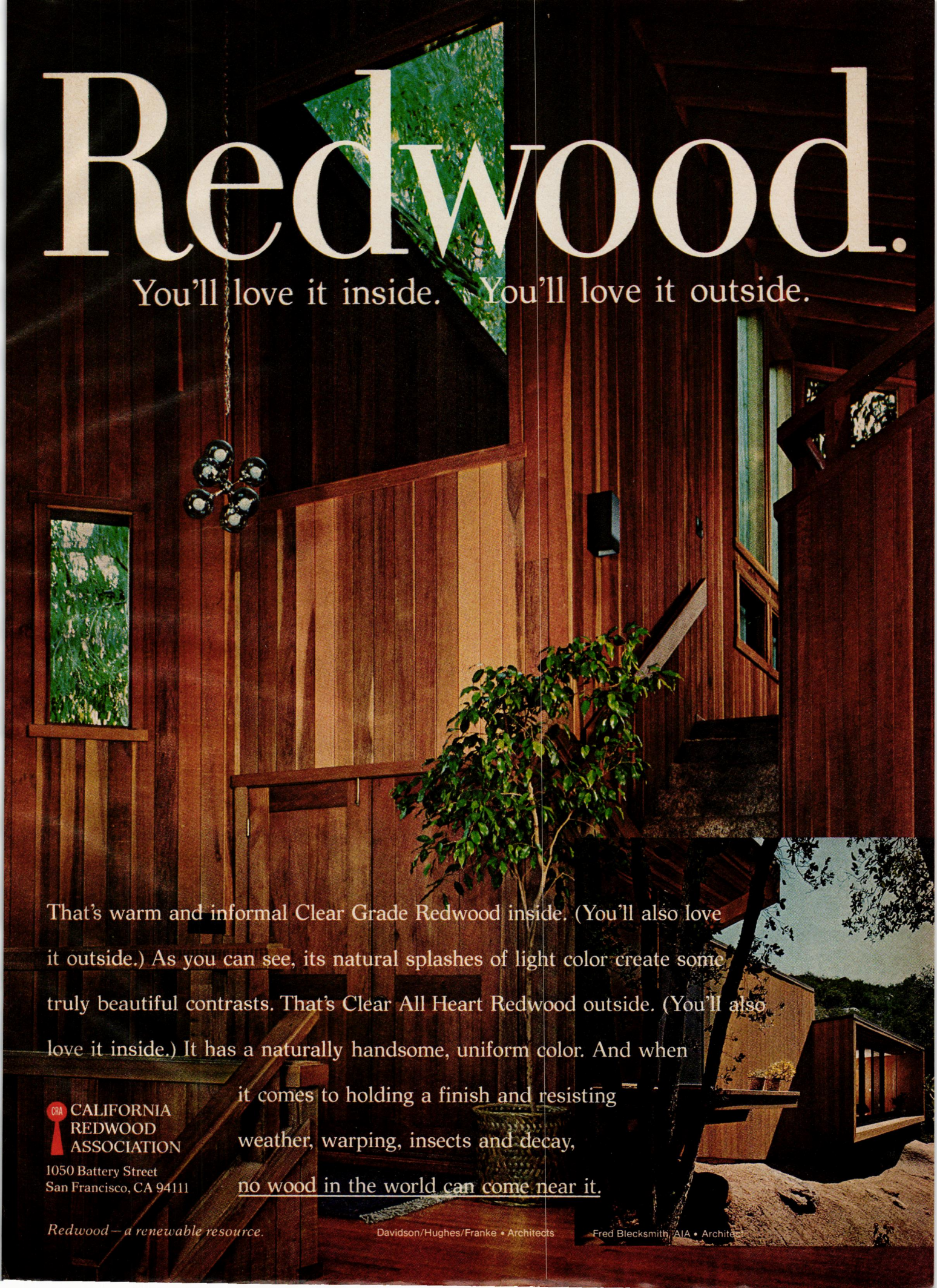
# Redwood.

You'll love it inside. You'll love it outside.



That's warm and informal Clear Grade Redwood inside. (You'll also love it outside.) As you can see, its natural splashes of light color create some truly beautiful contrasts. That's Clear All Heart Redwood outside. (You'll also love it inside.) It has a naturally handsome, uniform color. And when it comes to holding a finish and resisting weather, warping, insects and decay, no wood in the world can come near it.

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San Francisco, CA 94111

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Moon Drops Under Makeup Moisture Film helps prevent it. Less than one eighth-teaspoon is all you need. Because of the highly efficient Moon Drops Moisture Barrier. This Barrier bathes thirsty cells and helps them retain moisture. It helps keep the drying environment out. Yet it's sheer and nongreasy.

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Whether you wear makeup or not. Whether you apply Moisture Film at the start or end of the day... trust your face to Moon Drops.

Revlon

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# Living

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

## Health

### Just jogging along

Jog and your spirits will lift—that's what psychiatrist Dr. John Greist at the University of Wisconsin has just found out. Other medical research shows active runners are more independent, outgoing, and at ease. Physically, jogging tones the heart, helps you control weight and resist respiratory infections. Enthusiasts also claim they sleep better, feel livelier—generally and sexually. Get your doctor's okay before you start, and take it easy at first. The first week, begin with 5 to 10 minutes of warm-up and 10 minutes of jogging. Increase over 6 weeks to four 30-minute jogs a week.

## Dutch Treat: Spring Bulbs '77

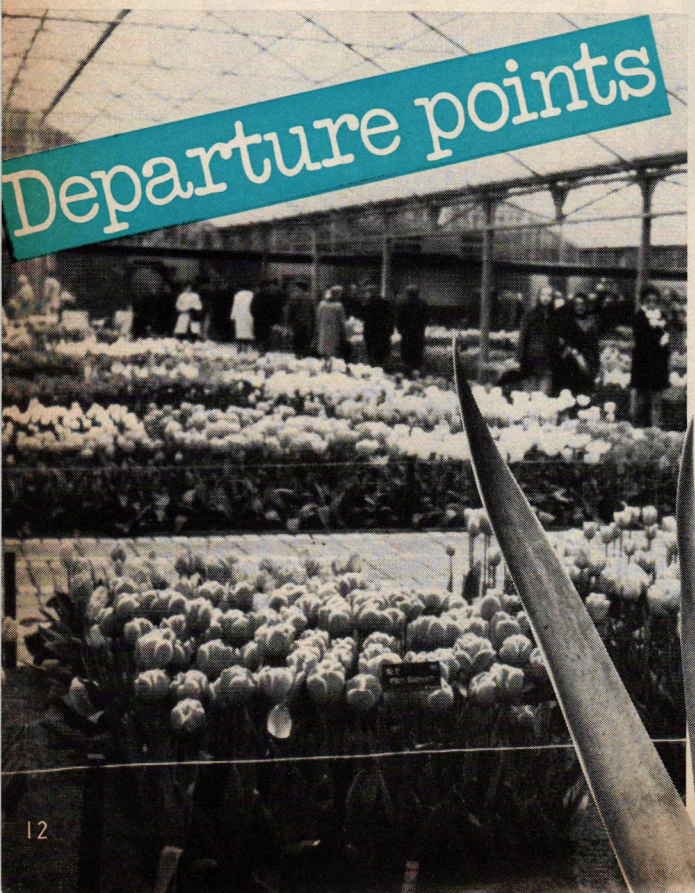
One of the most floriferous areas on earth lies between the Dutch cities of Amsterdam and Rotterdam. This spring, mile after mile of the flat countryside will glow with the brilliant colors of blooming tulips, daffodils, and hyacinths. The Dutch Bulb Growers Association maintains its own special display park to show the whole range of possibilities for using flowering bulbs in the landscape. This is Keukenhof, in Lisse, originally the kitchen garden of a nobleman's castle, where mossy-trunked beech trees shade flowering beds of color accented by sculpture, brooks, ponds, and fountains. Open from the first of Apr. to mid-May, it's just a half-hour from Amsterdam.

Practically on the edge of Amsterdam's airport is Aalsmeer, whose great greenhouses pour out cascades of cut flowers. Practically everything than can be grown under glass—70 varieties of roses alone—is sold to wholesalers by auction.

Plan to see the miniature city of Madurodam too, where dwarf trees and flowering plants fit right into the scaled-down arrangement of streets, canals, and buildings. This is in The Hague. But plant-minded people will probably get their biggest kicks in Amsterdam itself. Here is the flower market—canal barges loaded with bedding plants, trees, shrubs, cut flowers, seeds, fertilizer. You can buy the makings of next spring's garden, freshly dug and waiting to grow again.—JAMES FANNING

Fanning

## Departure points



**Dutch delights: The Franz Hals museum in Haarlem *** Holland's first casino at Zanvoort *** Seafood at Sauer's, The Hague; rijsttafel at The Bali, Scheveningen *** Auctions at Aalsmeer (left).**

Horst

## Garden art

### Grow rosemary, baby

Lamb without rosemary is like a salad without dressing. No matter how good it is, there's always the taste of something missing. And for truly savory lamb, the rosemary must be fresh—a surprisingly easy thing to come by if you grow your own. Of all the kitchen herbs to grow on your window sill, rosemary is the easiest and the least demanding. To boot, it is attractive. It can even be trained into a tasty bonsai if you have lots of patience.

The rosemary sold for cooking comes in either an upright or a prostrate growing posture. Choose the upright—it will take up less room and produce more attractive growth. Keep the plant in a place where it will get 3 to 4 hours of direct sun a day, and keep its soil evenly moist.

When it comes to repotting, rosemary will thrive in any rich potting soil. A teaspoon of lime mixed in at potting time suits it well. If you don't repot after the first year (and even a vigorous plant will do well in a 3-inch pot for two or even three years), sprinkle lime on the soil surface annually and scratch it in lightly before watering. Fertilizing once a month is beneficial, but not necessary if the soil is rich. What is necessary is to pinch back the plant to make it bushy. The more you eat, the more it grows. RICHARD LANGER

©1976 R. J. Reynolds Tobacco Co.
I didn't always smoke Winston Longs.
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I was looking for a longer cigarette. But I also wanted taste. Only Winston Longs give me both. Winston Longs have the length I like, and all the real taste I want. If a cigarette doesn't have taste, it doesn't have anything. For me, Winston Longs are for real.
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 DEC. '76.

# It's Sears Open Hearth
## Bedroom Furniture

Only at Sears

# Superb construction, 26-step finishing, and an outstanding price make it a great value.

# We urge you to compare:

You are about to make a major investment in a set of bedroom furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:

### Examine the Drawers

Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

When you shop and compare, look for all these drawer construction features. You'll find them in Sears Open Hearth.

**Ball-Bearing Slides** made from strong steel to make the drawer slide smoothly.

**Positive Drawer Stops** to prevent the drawer from accidentally being pulled out too far.

**Dovetail Joints** on all sides for extra strength.

**Tongue-in-Groove Bottoms** to hold more weight and make the drawer sturdy.

**No-Snag Insides** with rounded edges, triple sanding and smooth sealing lacquer.

**Anti-Wobble Discs** made from self-lubricating nylon. For a smooth pull without "seesaw" wobbling.

**Reproduction "Flying Eagle" Hardware** cast from heavy solid metal. Brass plated and antique burnished.

### Look for Inner Frame Strength

Look inside. Look underneath. Look behind. Don't ignore the inner construction of the furniture frame. If it doesn't include the inside strength features found in Sears Open Hearth, its outside beauty won't last as long.

**Tongue-in-Groove and Mortise-and-Tenon Piece Construction.** Ordinary butt-edge construction is nowhere near as long lasting.

**Corner Cleats and Glue Blocks.** Glued *and* screwed into the frame for extra strength.

**Recessed Back Panels** for added stability.

**Adjustable Casters** and self-levelers on all larger pieces.

### Meticulous 26-Step Finishing Makes All the Difference

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But *only*, if it is finished with time and care.

The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to hand-rubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You'll really see the difference when you shop and compare.

Sears ✶ Best

### It's a Sears Best

Sears Open Hearth Furniture has to continually meet strict quality requirements to be a "Sears Best." These tests, in addition to the hundreds of construction checking operations,are why we invite you to shop and compare.

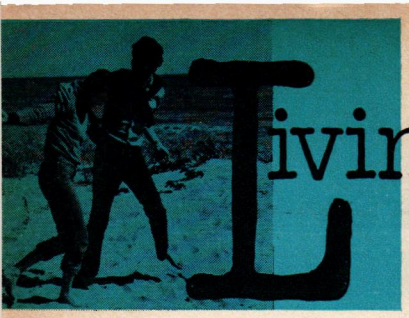
### Choice of Pieces

There are 13 different pieces in Sears Open Hearth Bedroom. And 41 more in Sears Open Hearth Dining Room, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

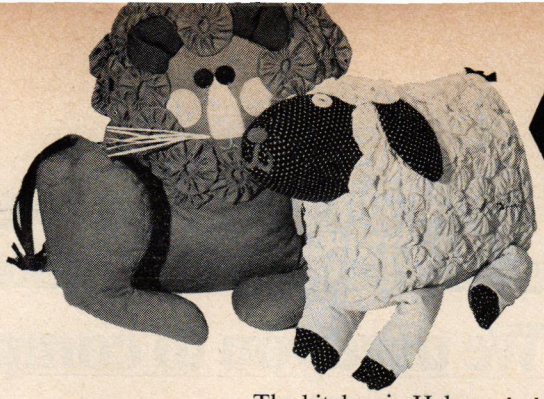
Sears Open Hearth Bedroom. Come see it now at most larger Sears, Roebuck and Co. stores.

**From Sears Open Hearth Collection**

Sears OPEN HEARTH



# Living



## March sewing: a lion and a lamb

**Easy-sewing animal kits begin as precut fabric pieces. Tawny "Mr. Ruffies," the lion, has pink felt cheeks, raffia whiskers. "Rosebud," the lamb, is navy pin-dot cotton. Each kit, $16.20. The Whole Kit & Kaboodle, Dept. DK, 8 W. 19th St., New York, N.Y. 10011.**

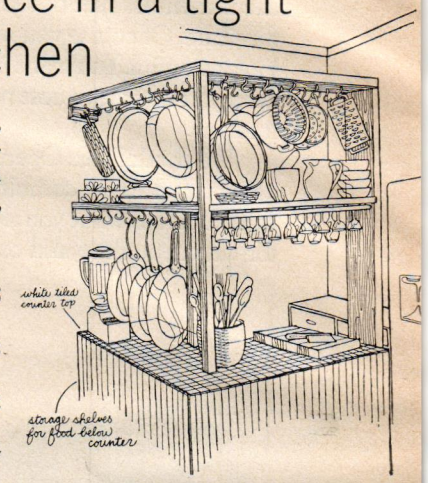
## Low-voltage lighting makes tracks

Lighting has been simplified at last with a brand new low-voltage system designed by lighting expert Ralph Bisdale. The 6- and 12-volt, swivel-neck, louver-faced lights offer the widest variety of illumination ever. The 6-volt lamp has a diffusing lens that varies from a pin-spot beam to full flood—or you can have it with a lens that changes the beam from a spotlight to an elliptical-shaped lozenge. The 12-volt lamp comes with either a narrow spot, flood, or wide flood bulb that's very easy on the eyes. Each one can be free-standing or fixed to circuit tracks. Bisdale's own preference is to mount the lamps on low-level tracks fixed just above baseboard on the wall, with the lights pointed up. The lamps can be purchased in ten House & Garden Colors at $80 each and also come in white and black for $57 each. From a new shop, Manhattan Ad Hoc Housewares, 842 Lexington Avenue, New York, N.Y., 10021.

Design news

## How to make space in a tight kitchen

The kitchen in Helga Gruber's apartment is a tiny recess off the living area, with a stove and sink unit side by side and no counter space. To make it work, she designed an L-shaped counter, which gives her space to prepare meals. It contains food storage below, shelves for china, glass, and cookware above.




*Materials:*

- 4 pine boards, 4 feet by 8 inches by 2 inches
- 1 pine board, 7 feet by 8 inches by 2 inches
- 2 pine supports, 4 feet by 2 inches by 2 inches
- 2 pine blocks, 8 inches by 2 inches by 2 inches
- 1 piece plywood 30 by 6 inches for glassware shelf
- 2 molly bolts, wood screws, screw hooks, cup hooks

*To build:*

Start by mitering 4-foot pine boards together to make the two L-shaped shelves. Attach pine blocks to ends where they will meet the wall. Fix to wall using molly bolts. Support the other end of L-shaped shelves with 7-foot pine board, which extends to floor and is secured to side of counter. Support L-shaped jointure with two 2-by-2-inch pine poles, notching shelves to fit. Make notches for glassware stems in plywood shelf. Attach below chinaware shelf. Screw in hooks as needed.

## A really super market

Downtown Boston's newly restored Faneuil Hall Marketplace, an attractive network of food and food-related specialty shops, is such a resounding success that the florist and the bakery are now open 24 hours a day, 7 days a week. A great endorsement for architect Ben Thompson and The Rouse Company, who worked together to restore the 19th-century buildings and create a new shopping experience. People crowding the market love the personal service, the stalls of fresh fruit, flowers, and vegetables, the chance to stop and snack or have a meal in a sidewalk café. The owners report that the sales per square foot of shopping space are triple the national average. Where Boston has dared to tread, will other cities follow? The enthusiasm for Marketplace suggests that prepackaged, push-cart, checkout counter supermarketing may not be everyone's idea of shopper's heaven. In any event, phase two and three of the Boston renewal scheme are going ahead, with the housewares, homefurnishings, and dress shops due for completion later this year. By bringing new life to derelict, wharfside warehousing, the project won two awards. Architecture critic Ada Louise Huxtable describes it as an "ace happening."

**Below: Modernized Faneuil Hall Marketplace. Exciting reuse of 535-foot-long domed arcade. Left: 24-hour bakery.**

SMIRNOFF® VODKA. 80 & 100 PROOF. DISTILLED FROM GRAIN. STE. PIERRE SMIRNOFF FLS. (DIVISION OF HEUBLEIN, INCORPORATED) HARTFORD, CONNECTICUT

# The Smokey Mary

We never dreamed when we first launched the Smirnoff Bloody Mary it would become a global classic.

That doesn't mean, however, that most folks know how to make a really good one, or even care to bother.

One fellow we know "cops out," as he says, with the Smokey Mary. "To put the bite in, I just add red barbecue sauce." A capital idea, for those who hate to fuss.

If you should become a Smokey Mary enthusiast, do pace your drinks. Try to remember that where there's smoke, there's fire.

To make a Smokey Mary pour 1½ ounces of Smirnoff into a glass with ice and fill with tomato juice. Add about a tablespoon of barbecue sauce to taste, a squeeze of lemon, and stir.

Smirnoff
leaves you breathless®

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# Twice a day.

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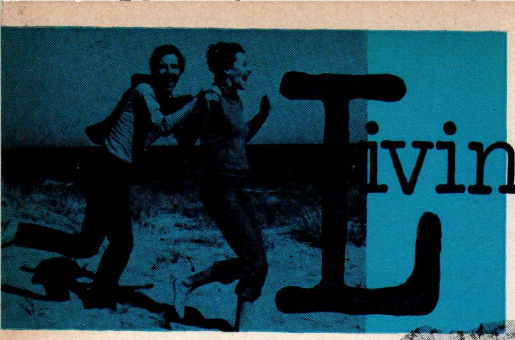


# Living

## Bang the drum loudly

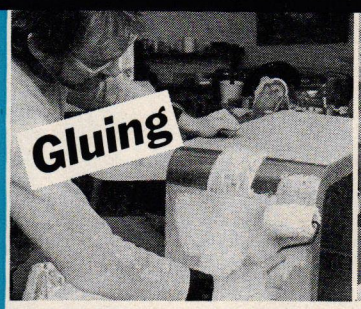
**Want to drum up money for a good cause? Put on an exhibition of miniatures from Terry Mayer's colorful collection of 260 tiny drum beaters, gathered from 46 countries over many years. Beginning March 21, they'll be drumming up funds for 10 days at New York's Donnell Library, which faces cutbacks in opening hours unless money is raised.**

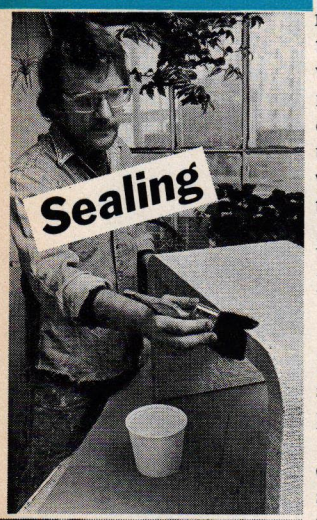
## Decorating idea of the month: How to make a drawstring bedcover

**Bedcover, left, with drawstring finish, above.**

With simple sewing, you can make this bedcover that tightens with a drawstring for a fitted, tailored look. The drawstring pulls around between mattress and box spring. For a single-size bed you need: 3 twin sheets, "Singing Blossoms" by Martex; 8 yards of 1/4-inch cord. *Step 1:* Pin sheets together lengthwise, right sides together, matching design, if possible. Stitch, taking 1-inch seams. Press seams open. *Step 2:* Lay cover flat on bed, face down, having seams at top and bottom of bed. Mark with pins line where mattress meets box spring. *Step 3:* Measure distance from top of box spring to floor. Double measurement. *Step 4:* Lay cover flat on floor, face down. Draw rectangle with pencil or marking chalk, where pins indicate. Mark distance from drawn rectangle to outer edge of bedcover using measurement in step 3. Add 2 1/2 inches. Trim excess. *Step 5:* Turn under 1/4-inch hem. Stitch, press. Turn up hemmed edge to drawn rectangle. Stitch 1/4-inch from edge, then 1 inch down from that to form casing. *Step 6:* Make a 1-inch vertical buttonhole in right side of casing near corner. *Step 7:* Thread cord through casing. *Step 8:* Place cover on bed, tightening cord. Tie cord in bow. On inside, turn up 4 corners; tack to casing to make rounded finish.

## Burlap: wonder finish for wood furniture





To finish a raw wood table or revive a hopelessly decrepit one, try adding texture and color with burlap and glaze. The method here was devised by craftsman Fentress Dorn, who used burlap, enameled in glossy white and glazed in beige for this waterfall-shaped table.

**MATERIALS**

White household glue
Burlap cloth, 2 inches larger all around than area to be covered
3-inch roller
sandpaper #120, #360
primer and sealer (this one by Bin)
enamel paint
special glaze (formula below)
polyurethane varnish

Step 1: Pour white glue into tray and apply over wood with roller.

Step 2: Apply cut cloth to underneath and apron of table, trimming edges with scissors. Smooth with hands, then a soft cloth. Follow same procedure for tabletop.

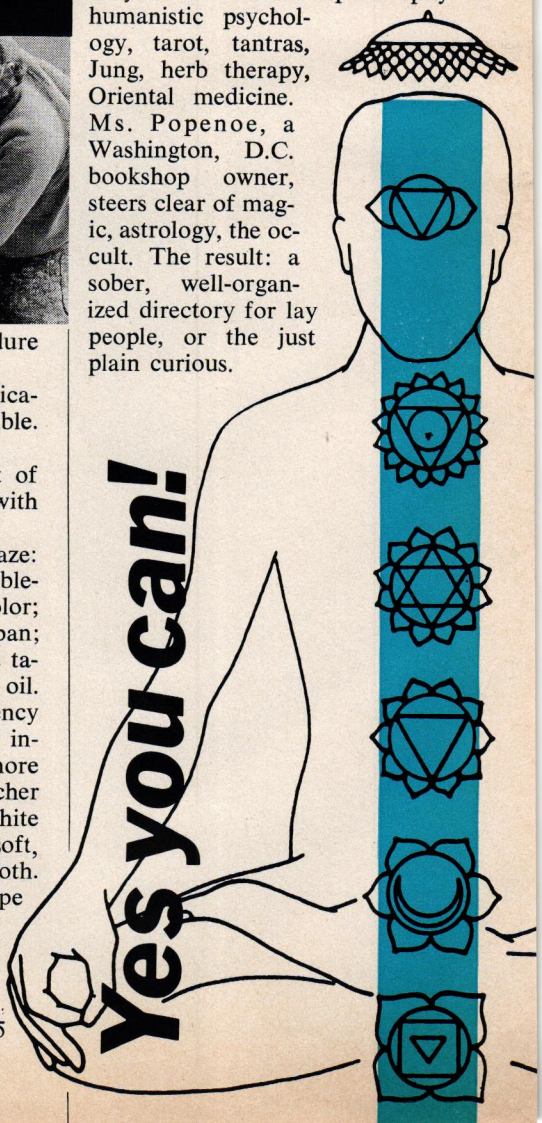
Step 3: Roll another application of glue over whole table. Let dry overnight.

Step 4: Paint a base coat of enamel. When dry, sand with #360 paper.

Step 5: Glazing. To make glaze: 1 cup pure benzine; 6 tablespoons flake white japan color; 1 teaspoon yellow ocher japan; 2 dabs raw umber japan; 2 tablespoons boiled linseed oil. Mix together to the consistency of milk. For a deeper tone, increase raw umber. For a more honeyed color, add more ocher (experiment on a painted white board). Apply glaze with a soft, clean piece of cheesecloth. When table is covered, wipe lightly with another cloth. When dry, protect with a coat of polyurethane varnish. Table made by Torrey. 30 inches long, 17 high, 15 wide.

## Yes you can!

A fascinating aid to reaching your untapped potential, or to keep up on what everyone else is doing with his or her potential, is *The Yes! Guide* (distributed by Random House, $5.95) to books on inner development. From Alchemy to Zen, it is a comprehensive overview of the "consciousness revolution." Editor-author Chris Popenoe reviewed some 8,000 books, gives short introductory essays to subjects from Indian philosophy to humanistic psychology, tarot, tantras, Jung, herb therapy, Oriental medicine. Ms. Popenoe, a Washington, D.C. bookshop owner, steers clear of magic, astrology, the occult. The result: a sober, well-organized directory for lay people, or the just plain curious.



# A touch of English elegance. Thomasville Carlton Hall in classic cherry.

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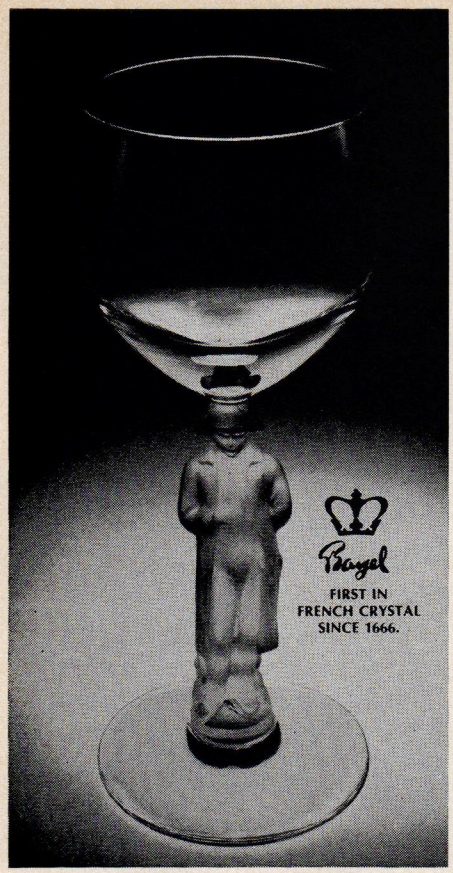


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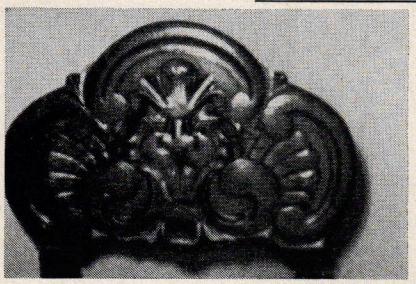
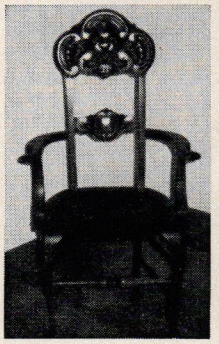
# Antiques

By Louise Ade Boger



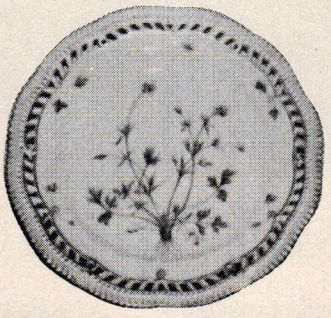
## French Renaissance chair



**Can you identify the style and age of my chair and tell me about it? R.I.C.—Wilmington, Md.**

The ancestor of your very early 20th-century American chair was the distinctive 16th-century French Renaissance wood open-armchair, the *caquetoire* (a chair for cackling, hence a *chaise de femme*), distinguished by a tall and narrow rectangular paneled-back and the top of the open arms forming a U (or horseshoe) shape, as in your chair.

## Flora Danica service



**The mark on the back of my plate shows three wavy lines and a crown and has the words "Ranunculus bulbosus" and an "L" on it. Can you identify the plate for me? J.E.H.—El Cerrito, Cal.**

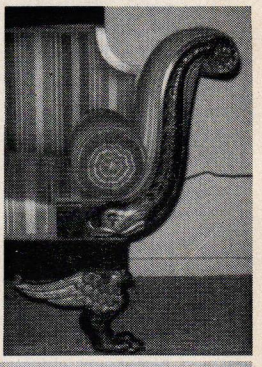
Your Royal Copenhagen porcelain dish, dating after 1890, is a copy of a piece in the celebrated Flora Danica service ordered in 1789 by the Danish king. In 1802, when the work was halted by royal command, 1800 pieces were delivered to the Danish royal household. Each piece is decorated with named plants copied from color plates in the botanical work by G. C. Oeder—*Flora of the Danish Kingdom*. The Latin name of the plant—in your case *runnunculus bulbosus*—appears on the back of each piece. The letter "L" stands for Linnaeus, the Swedish botanist, who first classified the flower in the 18th century.

## German mark

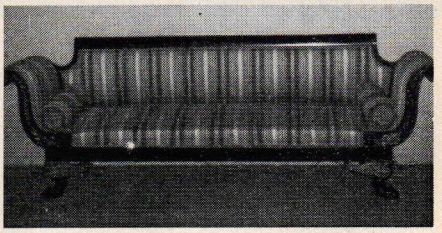
**Can you tell from my rough sketch of the mark, where my dishes originated? B.A.L.—Chicago, Ill.**

Your dishes were made at a German porcelain factory started in 1884 by Krautheim & Adelberg at Selb, Bavaria.

## American Empire sofa



**Is my sofa very old? What is its style? We think the decoration unusual, is it? H.A.H.—Lake Park, Fla.**



Your sofa with carved and gilt-wood enrichments is a handsome example of the American Empire style, dating around 1820 and perhaps of New York provenance. The dolphin (on the out-scrolled arm) is a remarkable tour de force both of design and craftsmanship.

*Continued on page 24*

# "MY DREAM ROOM."

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*We can make your dream room come true.*

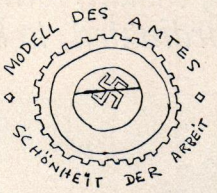
*continued from page 22*

## Silver Communion Service

**I would appreciate information about the date of our church's Communion Service. The emblem reads "Meriden B. Company 1380." H.L.K.—Hot Springs, Va.**

It is just about impossible to pinpoint a date for your plated silver Communion Service, as the set was popular over a long period of time. It was made by the Meriden Britannia Co., and was first illustrated in a catalogue dated 1867, but was still being offered as late as the 1930s.

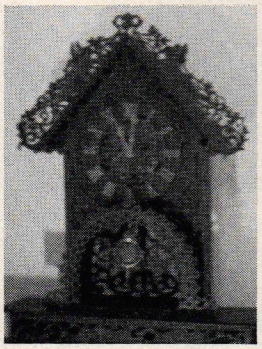
## Bohemian cup and saucer




**Are my cup and saucer very old? Who made them? I've drawn the mark in the hope it is sufficient clue. N.F.B.—Austin, Tex.**

Your cup and saucer were made at a porcelain and faience factory started at Klosterle, Bohemia, in 1793 and still active during World War II. The swastika in the mark indicates the cup and saucer are about the vintage of World War II.

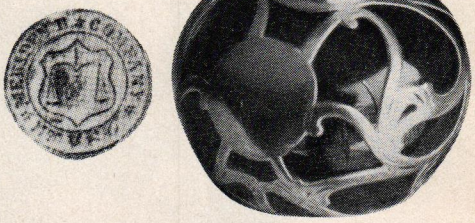
## 1860s clock



**The antique shop where I bought this clock didn't seem to know anything about it. Where does it come from? How was the case made? L.G.—Silver Spring, Md.**

Your gingerbread clock was probably made in America about the 1860s. The pendulum is strictly American; however the hands and numbers have a somewhat German feeling. About 85 percent of the decoration was done by a jig saw; about 15 percent (the pierced work surmounting the inverted V-topped case) was done by hand—a painstakingly long job.

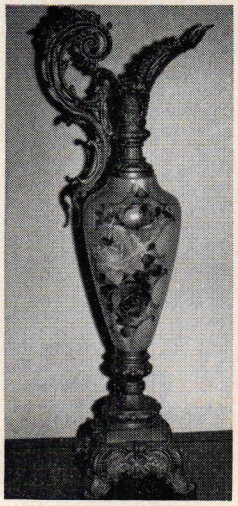
## Silver-deposit perfume bottle



**My glass perfume bottle was made by Steuben, but the name Alvin is stamped on the silver part. Who is Alvin? How was this silver work done? M.J.P.—New York, N.Y.**

The Alvin Mfg. Co., makers of sterling and plated-silver wares, specialized in silver-deposit work. This process—widely popular in our country between 1890 and 1910—was one in which silver was deposited through electroplating upon a silver flux design, which had been previously applied to the glass.

## Porcelain ewer



**Can you tell me what our unusual piece of porcelain was used for and something about its style? F.M.—Antioch, Cal.**

Your porcelain ewer of Elizabethan Renaissance derivation, with metal mounts, is of late 19th-century European manufacture. Before the fork came into use, the ewer and basin were necessary adjuncts to well-appointed dinner tables. The Elizabethan Renaissance ewer with a fanciful scroll-shaped handle and broad, much-everted lip spout is the most characteristic and best known of all forms.

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# Check out these Robertson draperies.

# We have.

# Check out these Robertson curtains.

# We have.

These Robertson batiste curtains have been checked for cleanability and sun rot resistance. Two of the many tough quality control tests curtains must pass to wear the Ban-Lon™ curtain label. In blue, melon, or gold. About $15 (including tie-backs). Also available: matching pillow sham and bedspread in most popular sizes. Hens & Kelly, Buffalo; Higbee's, Cleveland; Rike's, Dayton; Dayton's, Minneapolis; Bamberger's, New Jersey; Maison Blanche, New Orleans; McCurdy & Co., Rochester.

This rich-textured 100% nylon carpet has been checked for wear resistance and snag resistance. Two of the many tough quality control tests a carpet must pass to wear the Ban-Lon® carpet label. Available in a full selection of home fashion colors. Rich's, Atlanta; The May Co., Los Angeles; Dayton's, Minneapolis; Bamberger's, New Jersey; Famous-Barr, St. Louis; The Emporium, San Francisco.

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Monterey, Zekes House of Carpets
Sacramento, Weinstock's
Salinas, Cinderella Carpets & Drapes
San Francisco, Macy's
Santa Clara, Conklin Brothers

**COLORADO**
Denver, American Furniture, Franklin Furniture, Felson's

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St. Petersburg, Carpet Fashions

**GEORGIA**
Atlanta, Ralph Currie Carpets
Decatur, Dalton Carpets

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**KANSAS**
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**KENTUCKY**
Louisville, Carpet Guild, Stevens Floor Covering

**LOUISIANA**
New Orleans, Polo Corp.
Shreveport, House of Carpet

**MARYLAND**
Hunt Valley, Carpet Fair
Silver Springs, The Hecht Company

**MASSACHUSETTS**
Accord, Kent's Carpetland
Boston, Emerson Rug, Jordan Marsh
Worcester, Rotman's Warehouse & Showrooms

**MICHIGAN**
New York Carpet World
Detroit, Carpet Center
Grandville, Johnson Carpet Co.
Troy, Beckwith Evans Co.

**MISSOURI**
Clinton, Hobson and Son
Kansas City, Macy's
Springfield, Midwest Rug Co.

**NEBRASKA**
Omaha, Brandeis

**NEW JERSEY**
Allen Carpets
Kaufman Carpet Company
Paramus, Einstein Moomjy
Parsippany, Dean Floor Covering
Somerset, Carpet Heaven

**NEW MEXICO**
Albuquerque, House of Carpet
Roswell, Barnett's

**NEW YORK**
Allen Carpets
G. Fried's Carpetland
Kaufman Carpet Company
Brooklyn, National Carpet
New York, Macy's

**NORTH CAROLINA**
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Greenville, Mayfield's

**TENNESSEE**
Jackson, Duck's Carpets
Nashville, Holt Brothers

**TEXAS**
Amarillo, Mark Davis Carpets
Dallas, Vickery Distributing Company
Houston, Carpet World, Finger's Furniture, Foley's

**VIRGINIA**
Richmond, Heilig-Meyers Co., The Rug Shop

**WEST VIRGINIA**
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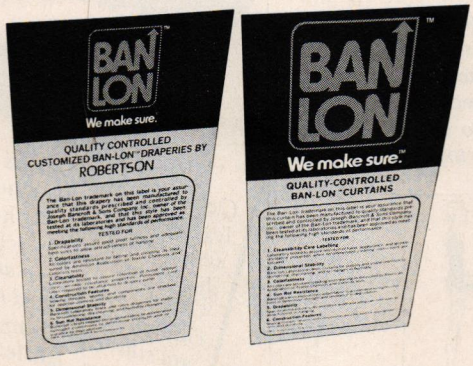


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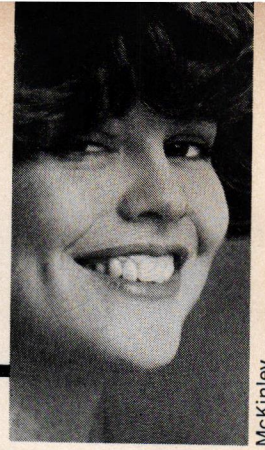
# GIVE YOUR LEGS A LIFT

## News on leg and ankle care from top orthopedic experts



McKinley

By Caroline Seebohm

"Her legs were long, slim, and shapely. He eyed them appreciatively." That's the kind of novelist's line we can do without. The shape of legs, like feet and hands, is something we cannot alter much—except, of course, by keeping our weight down all over. But legs are more than art objects for other people's approval. They contain the strongest muscle in the body—the calf muscle—and they carry us about faithfully all our lives, a job that is often neglected, or misunderstood.

You can't really think of legs without thinking of feet. And that's where care starts. Orthopedic surgeons and podiatrists agree that wearing the right shoes makes all the difference to healthy legs. But what are the "right" shoes? "For walking, wear the lowest heel you can comfortably wear," declares podiatrist Dr. Elizabeth Roberts, author of *On Your Feet* (Rodale Press). Orthopedic surgeon Dr. Nathaniel Gould explains why: "High heels throw you off balance. To wear them, the knee has to be bent, the hip bends, the lumbar region has to make an extra high arch, the neck cranes, the head is held badly. High heels also thwart the motion of the foot from going through its shock-absorbing action, which affects the joints all the way up the leg and into your back and up to your neck, jarring your whole body."

Nobody is asking you to wear sneakers to a cocktail party. For social occasions and for short daily periods, high heels are acceptable. But high heels for hiking or constant walking, as well as possibly giving you all those horrible things described by Dr. Gould, can also give you leg cramps.

Probably if we think of anything going wrong with our legs at all, we think of leg cramps. There are several causes for this pain, which can be very severe, according to Dr. Willibald Nagler, Chief of Physical Medicine and Rehabilitation at New York Hospital. "As one gets older, arterial problems can cause leg cramps, and these are often aggravated by smoking. You must remember that the arteries in the legs are very long—much longer than in the arms, for instance. They have to go all the way from the abdomen down to the ankles. In addition, the calf muscle has an extremely high

**"If you have to stand or sit for a long time, get up and run in place"**

demand for oxygen—it is a high-energy muscle—so blood circulation is very important. Smoking tends to contract the small blood vessels, inhibiting the flow of oxygen, thus producing cramps."

Dr. Nagler mentions two other causes of leg cramps: ill-fitting shoes (not just high

*(Continued on page 32)*

### How to stretch your legs

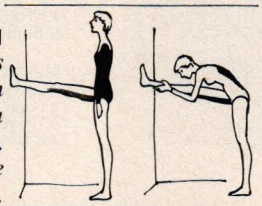
*These leg exercises were put together by Dr. John L. Marshall, Director of Sports Medicine at New York's Hospital for Special Surgery, and orthopedist for the U.S. Ski Team. Before you start, he asks you to consider the following:*

**1** *How flexible you are is not important. The important thing is to learn how to stretch your muscles properly.*

**2** *Become aware of the difference between the feeling of a stretch and pain. When stretching you should do it to that point where you feel an "easy" stretch. Hold this position and relax. As you relax—and the feeling of the stretch changes to a mild stretch—go a little further until you once again feel the pull. If you go too far the stretch will hurt and relaxation will not be possible.* Straining is not stretching.

**3** Do not bounce *when you stretch. Simply hold the stretch.*

**Hamstring stretch (back of thigh)** *Sit down with your legs straight, heels no more than 6 inches apart. Reach down and get an easy stretch. You will probably feel it in the back of your thighs (shaded area). If you have trouble stretching and simultaneously relaxing in this position, use a towel to help. Put the towel around your feet, grab the ends, and pull yourself forward to where you can relax and stretch. Work your way down the towel until you feel suffiently stretched.*

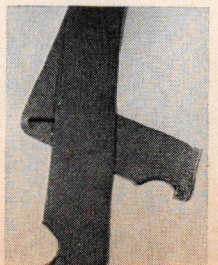


**Hamstring stretch using wall** *Choose an object near you such as a wall, tree, or table, or anything which is about waist high or at a height from which you can comfortably stretch. Place the back of your heel on the object keeping your leg straight out. Your leg on the ground should be nearly straight (people with back problems should bend the knee slightly), with your foot pointed forward. Now, slowly bend forward at the waist until you feel a good stretch in the back of the raised leg. Hold this position, then relax.*

*(Continued on page 32)*

Leg cozy

*Gelsey Kirkland wears them. So does Mikhail Baryshnikov. But leg warmers aren't just for ballet dancers. They are for any smart exerciser. "When you are very active, the blood vessels dilate and the muscles get very warm," explains Dr. Nagler. "Then if you stop and sit around doing nothing, your legs get chilled, and chilled muscles can cause cramps or even pulls once you start exercising again. If you are doing exercise with breaks in between, put leg warmers on during the breaks." (One-size-fits-all leg warmers by Danskin.)*



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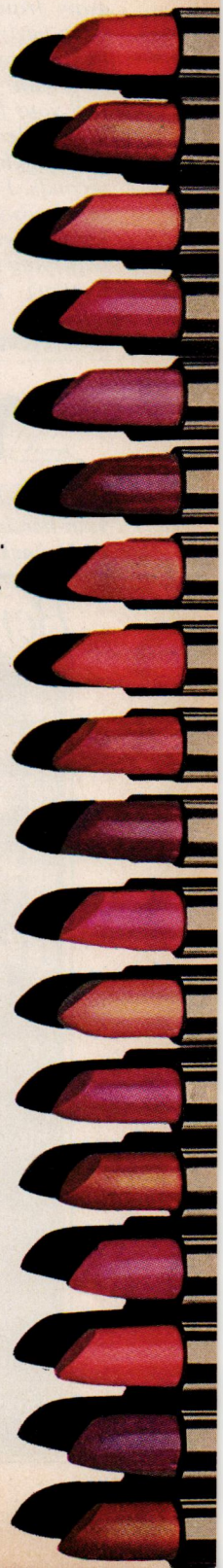

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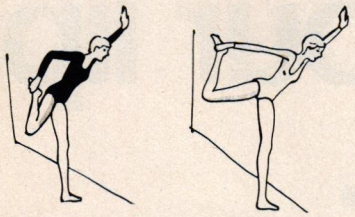
Leg exercises
*continued from page 30*

**Quadriceps stretch** *(front of thigh)*

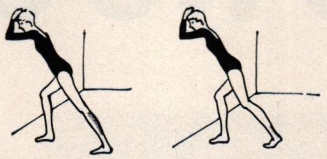


*Stand on one foot. Hold onto the wall with your left hand. Stand far enough away from it so that your left arm is kept fairly straight. Reach behind you and grab your right foot from the outside with your right hand. Now slowly pull your foot toward your buttocks until you feel the stretch in the front of your thigh. Hold this stretch for 15-25 seconds. For a greater stretch, hold the same position, then slowly extend your leg backward into your right hand, intensifying the stretch on your thigh* (right picture). *This will straighten out your left arm.*

**Quadriceps and knee stretch**

*First kneel down on both knees, placing your hands on the outside of your ankles. Walk backward with your hands so that they are behind you. Place your hands as far back as you can. Hold and feel the stretch on the front of your ankles, shins, and thighs. CAUTION: If you have or have had knee problems, be very careful bending the knees behind you. Do it slowly and under control.*

**Calf stretches**



*Face a wall, standing about 2 feet away from the wall. Rest your forearms on the wall with your forehead on the back of your hands. Now bend one knee and bring that knee toward the wall. Keep your other leg straight and the heel down as you move your hips slightly toward the wall. Keep your toes pointed straight ahead.* (Left picture). *You should feel a good stretch in the calf of the right leg. If you want to stretch the Achilles tendon from this position, slightly bend the back knee, keeping the foot flat* (right picture). *This gives you a much lower stretch, which is also good for maintaining or regaining ankle flexibility. By stretching one leg at a time as described, you are able to isolate and control the stretch in the calf muscle.*

Give your legs a lift
*continued from page 30*

heels), which force the calf muscles to do an extra balancing act; and too much loss of fluid, during excessive sweating, for example, as sometimes occurs with very energetic exercise.

Legs cramps may feel bad: Swollen ankles look even worse. Swollen ankles are caused by an accumulation of fluid in the bottom of the legs. "Many women get an accumulation of fluid prior to menstruation," explains Dr. Nagler. "It's very natural, and it soon goes away. Another reason why you may get an accumulation of fluid in your ankles is because of weakened leg veins and muscles. If you stand for a very long time, the muscles cannot do their pumping action through the veins, and fluid collects. Long sitting, such as on an airplane flight, can also cause this accumulation. (Varicose veins, too, which tend to be hereditary, can be triggered off by sitting or standing too long.)"

Basketball players are famous for their bad knees and pulled muscles. Luckily for us lesser mortals, our knees usually remain healthy unless we experience some form of osteoarthritis later in life, or unless we suddenly decide to start eating Japanese style. If you are overweight, however, you are much more likely to get stiff knees. There's too much stress on them. And if you do suddenly take it upon yourself to kneel down when you eat, take Dr. Nagler's advice: "Human nature hates sudden changes. In the West, we eat sitting down. Our knees are not used to more stress. Build them up slowly by bending and flexing them. Prepare them by kneeling down every day for a little while, increasing the time until you feel relaxed in that position."

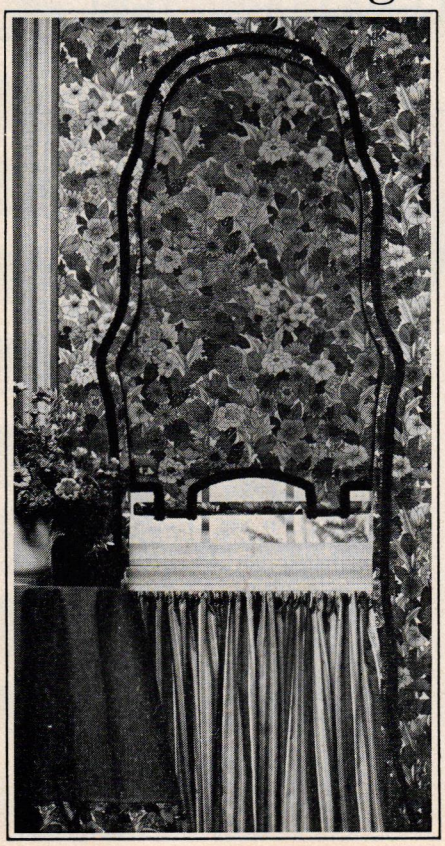
If stiff knees aren't your Achilles heel, what is? The Achilles tendon is the tendon in the calf muscle that inserts into the heel. For normal walking about, it is absolutely necessary to have a healthy Achilles tendon. "When you walk, you press down first on the heel, then roll over and push off with the toes," says Dr. Nagler. "The Achilles tendon then contracts. It must be prepared for this. If you do some forceful activity suddenly, like skiing or playing tennis, and the tendon is not prepared, then you can rupture it."

A pulled leg muscle is caused by similar forces. The tight muscles in the back of the leg can be stretched too hard if you jam your heel down while running, skiing, or reaching for a ball, for instance. If you do this when the muscle is contracted, then you'll get a tear.

For healthy legs and ankles then, some

*Continued on page 34*

*Beneath all this glamour lies a plain old window.*



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Give your legs a lift
*Continued from page 32*

basic rules of nurture are offered by Dr. Nagler:

**1.** Do some stretching exercises every day to avoid muscle or tendon pulls and joint stiffness (very important if you wish to exercise).

**2.** For walking, wear low heels. At all times, wear shoes that fit snugly round the heel and loosely enough round the toes for them to wiggle. ("Choose leather or fabric that allows your feet to breathe and be flexible," adds podiatrist Dr. Roberts. "Soles should be leather or crepe rubber—as long as they are flexible.")

**3.** Keep your legs moving to prevent accumulation of fluid in the ankles. If you have to stand or sit for long periods, run in place or move from one foot to the other as much as possible to allow the veins and muscles to do their work.

**4.** Wear support hose if you have a tendency to varicose veins, or have to stand for long periods. For these to be effective, the pressure should be strongest around the ankle and decrease as it goes up the calf. This pressure stimulates fluid dynamics, preventing accumulation.

**5.** Try putting your legs up for 10 or 15 minutes a day in a position higher than your head, to drain excess fluid out of the legs. ■

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

Sometimes at the start of a season one new thing seems right—a new shade, a new fragrance, a new way of doing something that gives your looks and spirits a lift. The stores are chock-full of pepper-uppers for Spring '77, starting with rich and glorious color! Reds, reds, reds galore. Four of the snappiest reds are to be found in a collection of **Poppy Blooms** by *Elizabeth Arden*. The lipstick shades are "Prize Poppy," a blued-red; golden coral "Burnished Poppy,"; clear-red "Hothouse Poppy,"; and "Golden Poppy," with a hint of gold frost. Each $3.50. For those who love a perfect lip outline, there is "Poppy Blaze" or "Poppy Pecan," a handsome nutty-red. $3.50 each. Two powder blushes and four nail lacquers complete the group. With fashion leaning toward romance this spring, they'll light up bright smiles.

More red lips from Moon Drops by *Revlon:* "Golden Caviar," "Red à la Russe" and "Red Sable" tell you where these are coming from . . . inspired by the drama of rediscovered fashions. The **Reds à la Russe lipsticks** are $2 each; you might want to try **PlumWine Lustre Glossy Lip Color** for a subtle sheen over any of them. Very sheer, $3. Nazdarovia (To your health)!

Skins tend to be drier during winter and early spring. Two options for cleansing: with a soapless liquid or a cream (which doesn't always give a clean feeling), or with soap and water (which can leave your skin feeling "squeaky clean" but also a bit tight). *Neutrogena's* experts have come up with new **Dry-Skin Soap** that, just like its regular soap, has no detergent, alkali, or perfume. What it does have are humectants that help maintain a moisture balance between your skin and the air around it. The transparent soap comes in hand and bath sizes for $1.50 and $2 at drugstores and supermarkets.

Pure milk protein has been captured in tiny strawberry-colored particles in **Skin Dew Visible Action Moisturizing Emulsion**, a continuous-action moisturizer for all skin types. Particles melt on the surface and blend with emollients to keep skin smooth and supple, regardless of the many hot and cold environments your face and throat are subjected to. Two ounces, $5.50 by *Helena Rubinstein.*

The house of *Dior* has a transparent mask called **Hydra-Dior Wash-Off Masque,** a great help for skin that's been overexposed to weather, indoor heating, and air conditioning. When using a mask, be sure to slather it also on your throat, where sensitive skin takes its share of chafing and rubbing from coats, scarves, and turtleneck sweaters. Wash-Off Masque, 2 ounces, $9.50.

Great news for deep ash-blondes, redheads, and brunettes who'd like an extra glow during these dreary days. *Clairol's* **Gentle Lights**, a fingerpainting hair-coloring kit, makes it child's play to give yourself highlights where you want them. It's easy, it's safe (you literally apply it with your fingers), and the result is soft and subtle. As a start, try first framing your face at the hairline. Takes about 20 minutes to set, then you simply shampoo. Your hair catches light in a very pretty, undramatic way. Only $4.50 at drugstores.

Two things to know about if you're lucky enough to be taking a late winter vacation: small, lightweight travel sizes of daily grooming products. All the skin-care products from *Charlie* will be available on a regular basis in new small sizes. from $1 to $3. That's also perfect for a locker at the health club, or to keep tucked away in a weekend bag. *Clinique* collectors have the same opportunity to get hold of small sizes of their favorites as gifts with purchases. These are offered by department stores all across the country. Keep your eyes peeled. ■

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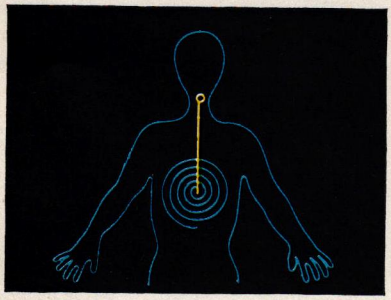
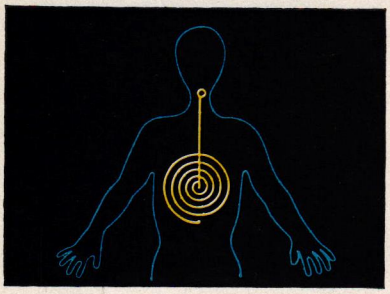


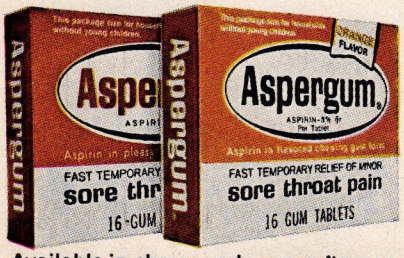
As you chew 2 Aspergum®, you bathe your throat with pain-relieving aspirin...right where it hurts.



Then, that aspirin travels all over your body, in minutes...to help relieve little aches and pains all over.

So when you have minor sore throat pain...chew two Aspergum. It's the sore throat medication that temporarily relieves minor pain all over.

Follow label directions.




Available in cherry and orange flavors.




# Protein power

It plays a multiple role in good nutrition. Here are protein-plus recipes, required allowances, and a useful protein chart

By Eloise R. Trescher, RD

You simply cannot live without protein. It is different from all other kinds of food substances in that it contains the nitrogen that is necessary for life. Named by the Greeks, "protein" means first importance, and indeed it is. In the United States there is no shortage of protein, but in many underdeveloped countries children sicken and die for lack of it.

You need protein to grow and to repair the wear and tear that is constantly going on in body tissues. Proteins are structural elements, the principal part of the many fibers of connective tissue—collagenous, reticular (or netlike), and elastic. And this is just the beginning of the vast role proteins play. As enzymes, their functions are numerous and impressive. For example, certain muscle proteins are involved in converting chemical energy into mechanical work.

As intra-membrane carriers, proteins serve as shuttles in the transport of molecules and ions across cell membranes. Proteins also provide a carrier function in plasma, the fluid portion of the blood in which the corpuscles are suspended. Antibody proteins help protect the body's defense against infections. And as hormonal messengers such as growth hormone and insulin, proteins carry information that regulates cell permeability and metabolism. Proteins furnish a source of fixed nitrogen for the synthesis of certain basic substances. Heme, for example, a deep-red pigment, is a constituent of hemoglobin. Protein may also serve as a source of energy.

Now that we know the myriad functions protein performs for us, just how much protein do we need? All through life protein is an essential nutrient, but infants, children, adolescents, pregnant and lactating women have special protein requirements for growth. The chart below of Daily Recommended Dietary Allowances was designed by the Food and Nutrition Board, National Academy of Sciences-National Research Council.

Proteins exist in both the animal and vegetable kingdoms. Amino acids linked together in a chain form the main structure of proteins. They may be said to be the building blocks of proteins. The synthesis of proteins and other nitrogen-containing compounds is one of the important roles of amino acids.

The quality of the protein is determined by *which* amino acids are used, how often they are repeated in the chain, and the order in which they are joined. There are 200 or more amino acids, but for humans we may divide them into two

*Continued on page 40*

## Recommended Daily Protein Allowance

| | AGE yr. | WEIGHT kg. | WEIGHT lb. | HEIGHT cm. | HEIGHT in. | ENERGY kcal. | PROTEIN gm. |
|---|---|---|---|---|---|---|---|
| **Infants** | | | | | | | |
| | 0.0-0.5 | 6 | 14 | 60 | 24 | kg. x 117 | kg. x 2.2 |
| | 0.5-1.0 | 9 | 20 | 71 | 28 | kg. x 108 | kg. x 2.0 |
| **Children** | 1-3 | 13 | 28 | 86 | 34 | 1,300 | 23 |
| | 4-6 | 20 | 44 | 110 | 44 | 1,800 | 30 |
| | 7-10 | 30 | 66 | 135 | 54 | 2,400 | 36 |
| **Males** | 11-14 | 44 | 97 | 158 | 63 | 2,800 | 44 |
| | 15-18 | 61 | 134 | 172 | 69 | 3,000 | 54 |
| | 19-22 | 67 | 147 | 172 | 69 | 3,000 | 52 |
| | 23-50 | 70 | 154 | 172 | 69 | 2,700 | 56 |
| | 51+ | 70 | 154 | 172 | 69 | 2,400 | 56 |
| **Females** | 11-14 | 44 | 97 | 155 | 62 | 2,400 | 44 |
| | 15-18 | 54 | 119 | 162 | 65 | 2,100 | 48 |
| | 19-22 | 58 | 128 | 162 | 65 | 2,100 | 46 |
| | 23-50 | 58 | 128 | 162 | 65 | 2,000 | 46 |
| | 51+ | 58 | 128 | 162 | 65 | 1,800 | 46 |
| *pregnant* | | | | | | +300 | +30 |
| *lactating* | | | | | | +500 | +20 |

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**1.** Carefully wrap stem and part of bowl from broken Royal Doulton stemware.

**2.** Include the pattern name and item, your name and return address, and a check to Royal Doulton for half the current suggested retail price plus $1.00 insurance and postage. New Jersey residents add sales tax.

**3.** Mail to Doulton and Co., and your replacement will be delivered in approximately four weeks.

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English Crystal

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*If bedding is queen size (60-inch width) these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support.

**The place to shop for mattresses** Sears

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*Prices higher in Alaska and Hawaii

*continued from page 36*

groups—the dispensable or nonessential, and the indispensable or essential. The indispensable amino acids must be obtained from our food. The human body can synthesize the nonessential.

There are eight indispensable amino acids for the adult, and all can be found in meat, fish, poultry, eggs, milk, and cheese. The eight are: isoleucine, leucine, lysine, methionine (cystine), phenylalanine (tynosine), threonine, tryptophan, valine. A ninth, histidine, is necessary for infants.

Roots, nuts, fruits, tubers, legumes,

*Continued on page 42*

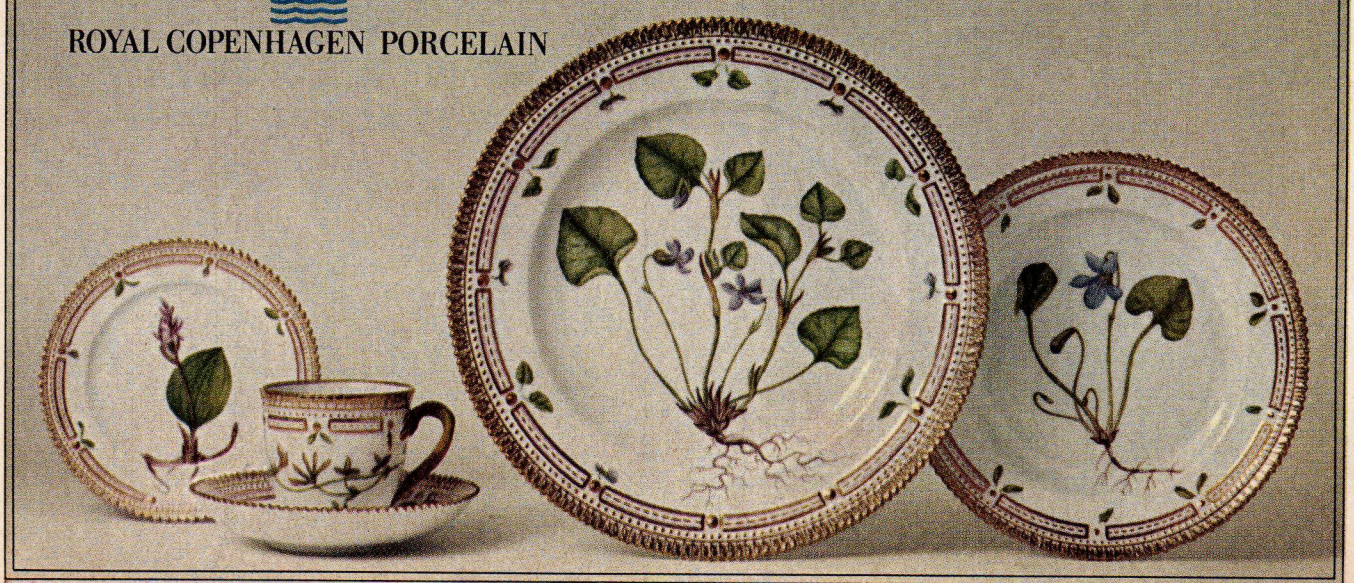
## How Much Protein?

| FOOD | AMOUNT | PROTEIN GRAMS |
|---|---|---|
| bacon (crisp) | ½ ounce | 5 |
| beef, cooked | 3 ounces | 23 |
| corned beef hash | 3 ounces | 7 |
| chicken, broiled | 3 ounces | 20 |
| beef heart, braised | 3 ounces | 27 |
| chicken pot pie | about 8 ounces before cooking | 23 |
| lamb leg, roasted | 3 ounces | 22 |
| liver beef, fried | 3 ounces | 22 |
| pork, roasted | 3 ounces | 21 |
| Braunschweiger, 2 slices, 2-inch diameter, ¼-inch thick | ⅔ ounce | 3 |
| frankfurter (one) | 2 ounces | 7 |
| pork sausage links, 2 links | 2 ounces | 5 |
| veal, roasted | 3 ounces | 23 |
| clams, raw, meat only | 3 ounces | 11 |
| crabmeat, cooked | 3 ounces | 15 |
| fish, haddock, perch, breaded and fried | 3 ounces | 17 |
| oysters, raw | 4 ounces | 10 |
| tuna, canned, drained | 3 ounces | 24 |
| salmon, canned, drained | 3 ounces | 17 |
| shrimp, canned, drained | 3 ounces | 21 |
| beans (dry, cooked navy, Great Northern, black-eyed peas) | 1 cup | 13-15 |
| beans, lima, cooked | 1 cup | 13 |
| snap beans, cooked | 1 cup | 2 |
| peas, green, cooked | 1 cup | 9 |
| thin dark green leaves, cooked spinach, kale, collards, turnip greens | 1 cup | 4-5 |
| broccoli, cooked | 1 cup | 5 |
| Brussels sprouts, cooked | 1 cup | 7 |
| mushrooms, canned | 1 cup | 5 |
| potatoes, 3 per pound | 1 small | 3 |
| bread, white enriched | 1 slice | 2 |
| bread, whole-wheat | 1 slice | 3 |
| bread, light rye, pumpernickel | 1 slice | 2-3 |
| milk | 8 ounces | 9 |
| cheese, cheddar | 1 ounce | 7 |
| cheese, cottage creamed | ¼ cup | 8 |
| most fruits | average serving | trace-1 |
| most vegetables not mentioned | average serving | 1-2 |


Extraordinary exotica is 'Flora Danica.'

It's exquisite, breathtakingly so. It's expensive. The five-piece place setting is a precedent-setting $825.00. It's exclusive. 'Flora Danica' originally took 13 years to create for Catherine the Great. There's a different flower to grace the face of each piece of the service. Each is hand-shaped, hand-carved, hand-painted and hand-decorated. Each is signed with the artist's name, and the gold decorator does the same. Thus, there are slight variations in the individual interpretations that are these creations. That's 'Flora Danica.'

ROYAL COPENHAGEN PORCELAIN



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**WAVERLY FABRICS**

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*With Permission from Royal Copenhagen Porcelain Manufactory, Ltd, Denmark.*

*continued from page 40*



## Plenty-of-protein Menus

| With meat: | AMOUNT | PROTEIN GRAMS |
|---|---|---|
| **BREAKFAST** | | |
| fruit or juice | 1 serving | 1 |
| broiled ham | 2 ounces | 14 |
| pancakes | 2 | 4 |
| | | **19** |
| **LUNCH** | | |
| tomato juice | 1 cup | 2 |
| roast beef sandwich: | | |
| enriched white bread | 2 slices | 4 |
| roast beef | 2 ounces | 14 |
| lettuce and mayonnaise | — | trace |
| milk | 1 cup | 9 |
| banana | 1 large | 1 |
| | | **30** |
| **DINNER** | | |
| broiled fish | 4 ounces | 28 |
| mashed potato with milk | 1 cup | 4 |
| Harvard beets | ½ cup | 1 |
| spinach and watercress salad | 1 serving | 1 |
| Thousand Island dressing | 2 tablespoons | trace |
| fresh fruit compote | 1 serving | 1 |
| cookies | 1 | 1 |
| | | **36** |

**Total: 85 grams of protein**

| Meatless: | AMOUNT | PROTEIN GRAMS |
|---|---|---|
| **BREAKFAST** | | |
| fruit or juice | 1 serving | 1 |
| oatmeal, cooked | 1 cup | 5 |
| milk | 1 cup | 9 |
| muffin | 1 | 3 |
| | | **18** |
| **LUNCH** | | |
| peanut butter, lettuce and tomato sandwich | | |
| enriched white bread | 2 slices | 4 |
| peanut butter | 2 tablespoons | 8 |
| lettuce | 1-2 leaves | — |
| tomato | 3-4 slices | 1 |
| milk | 1 cup | 9 |
| apple pie | 1 section | 3 |
| | | **25** |
| **DINNER** | | |
| baked beans | ¾ cup | 12 |
| Boston brown bread | 1 slice | 3 |
| broccoli | ½ cup | 3 |
| lettuce hearts, | 1/6th head | — |
| roquefort dressing | ½ ounce | 3 |
| fresh strawberries | 1 cup | 1 |
| | | **22** |

**Total: 65 grams of protein**

and cereals may lack one or more of the indispensable amino acids, but the deficiency may be supplemented by eating a food from each of the two groups at the *same time*. A common example is cereal and milk. Cereal and milk are a good combination any time, and a favorite bedtime snack for many. It is vital to remember that the time factor, the togetherness of each group, is essential in protein synthesis.

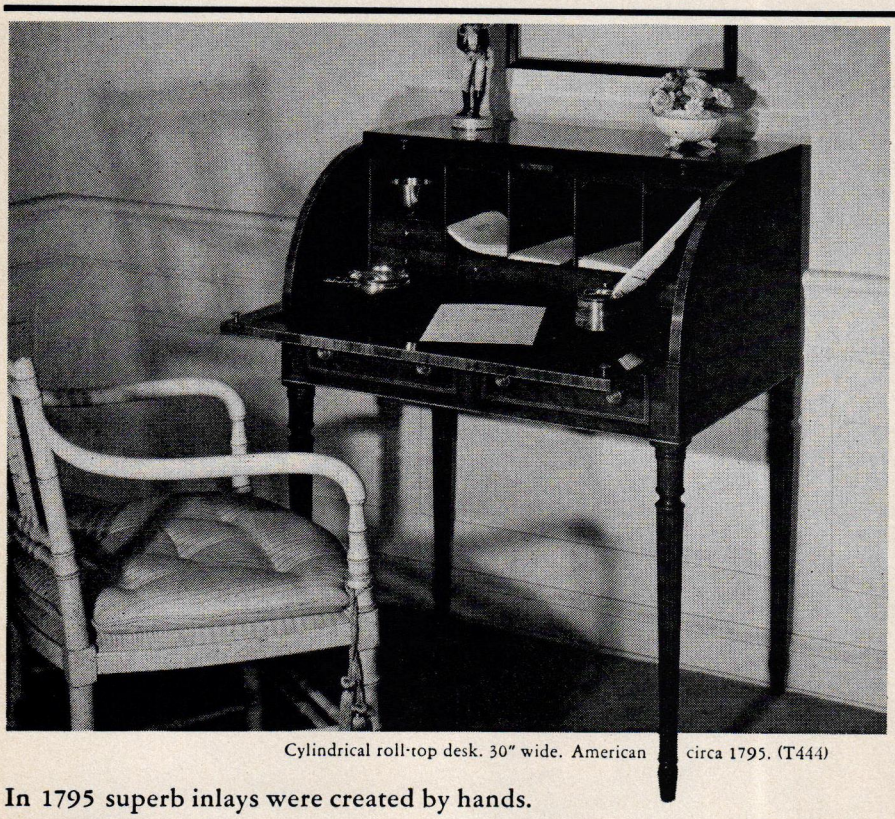
We know what protein does for our bodies, and how much we need to keep ourselves in health, but where do we get it? The chart on page 40 of certain selected foods will help you add up your daily protein allowance. Keep it handy when you're planning your family meals.

It is important to remember that when calorie intake is reduced, the efficiency of protein utilization is decreased. Think about this the next time you go on a diet budgeting calories. When energy intake is impaired by restriction of calories or illness caused by infection, fever, or surgical trauma, special effort must be made to ensure an adequate intake of both energy and protein. Rather than that old cliché, "feed a cold and starve a fever," you should feed both the cold and the fever. As your temperature goes up, more energy is used, so you should increase your calories by eating wisely.

A second erroneous belief is that muscular work increases the need for protein. Studies indicate that a small increase is needed for the *development* of muscles *during conditioning*. However, when this is accomplished no increment need be added for work. For healthy people, there is little evidence that exceeding the recommended allowance for protein is either beneficial or harmful.

Most Americans eat more than they really need, and far more protein than they need. Ours is a protein-oriented culture, from peanut butter to pork chops. The two menus above show two different ways you can come up to the required allowance, however, if you feel you might not be eating enough protein. Both, you will notice, exceed the recommended allowance. Both menus in-

*Continued on page 78*



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## Fact: The low gas, low 'tar.'

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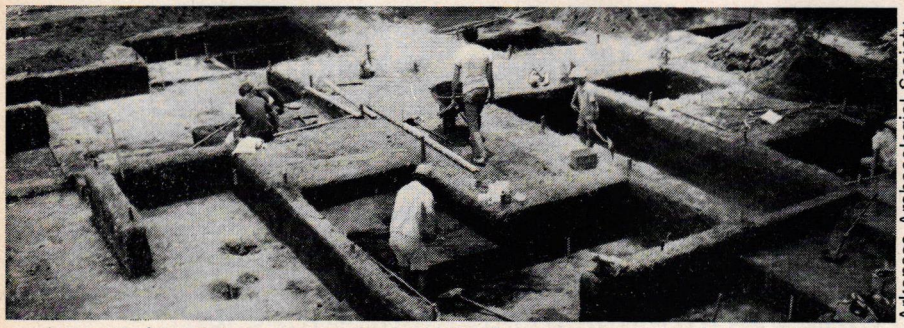
# Amateur archaeology: The joy of the dig



Arkansas Archaeological Society

**Amateurs in training program dig in at the Ferguson site in southwest Arkansas.**

Exciting volunteer programs in this country and abroad give amateurs a chance to learn and work in real archaeological digs

By Elin McCoy

*Wanted: Person willing to spend vacation doing arduous manual labor daily. Duties may include digging up dirt with trowel and sifting it carefully, tedious brushing of minute stone and ceramic particles, and sorting of items found. Workers should expect to pay for the privilege of putting in long hours of hard, meticulous, and slow work.*

What Suzanne Angstadt, a housewife from Darien, Conn., Elaine Payne, a 9th-grade teacher from Dallas, and Walter Heinze, a retired corporation president, have in common is that they've all answered an ad similar to the one above. In short, they—and thousands of others, from students to lawyers—have all been members of an archaeological excavation team. What makes the idea of literally digging into the past so appealing? Suzanne Angstadt says, "It's a wonderful way to get a historical frame of reference on ourselves, our culture, and our civilization. History is irresistible." Elaine Payne sees the experience as "a key to the past—a way of understanding who and what you are."

For Walter Heinze, "Ancient history has been an obsession with me from the time I was very small. When other boys were reading Horatio Alger, I was reading ancient history." Others mention the joy and awe of discovering and holding a tool used centuries, perhaps millennia, ago and the fascination of putting together bits of stone and earth to solve the puzzle of human history.

The participation of enthusiastic amateurs is a tradition in archaeology. Probably the best known contribution by an amateur is Heinrich Schliemann's discovery of Troy in 1871. Archaeology, like astronomy, is one of the few scientific fields that still gives nonprofessionals a chance to make a contribution.

***Amateurs feel the fascination of putting together bits of stone and earth to solve the puzzle of human history***

Joining an archaeological expedition today is quite different than it was about 15 years ago when Walter Heinze first tried to accompany one. Professors at the University of Pennsylvania Museum, which sponsors a considerable number of excavations abroad, told him that he would only be in the way if he didn't have some professional expertise to contribute to a field team. Undaunted after several refusals, Heinze eventually spent a few months learning how to be an archaeological photographer and presented himself again. He was hired and left for his first dig, an excavation at Gordion in Turkey.

If you have a yen to "dig into the past," today there are a variety of ways you can participate, from attending field schools where on-the-job excavation training is available, to participation in archaeological activities through state societies and clubs, to joining an expedition and helping fund its work.

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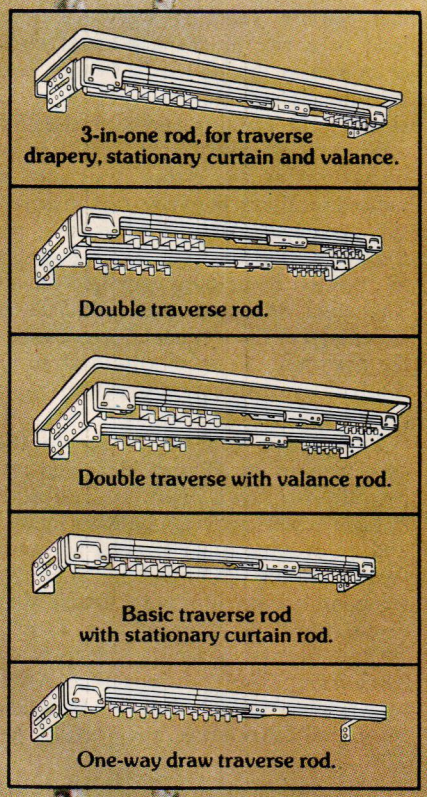
*Continued on page 52*

# The secret behind beautiful draperies: a beautifully-designed drapery rod.

## Sears Whisper Glides

Basic traverse rod.
Curtain rod socket at rear.



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A GREAT AMERICAN IDEA

Archaeology *continued from page 50*

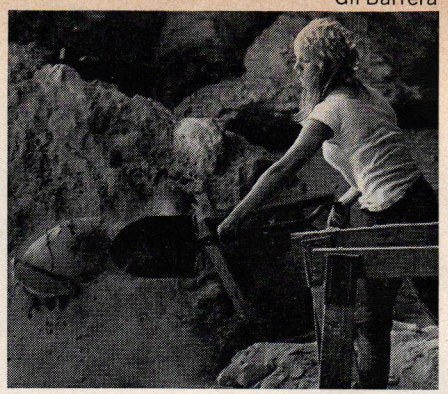
This fortunate situation has come about because many professionals are interested in seeing that amateurs get training so that their archaeological interest is channeled in useful directions. Some have founded field schools for just that purpose, as Hester Davis and Charles McGimsey have done in Arkansas. Mike Roberts, who heads the Institute for Conservation Archaeology at the Peabody Museum at Harvard, believes that amateurs have a role to play because there are not enough professional archaeologists to go around. However, he feels that amateurs digging without professional supervision contribute to the destruction of sites. "When you take the artifacts away from the site, as amateurs often do," he says, "you destroy the context from which you can learn about that artifact." Beginners often don't realize that "pot-hunting" not only has nothing to do with archaeology—it is the antithesis of it. Suzanne Angstadt points out, "Once you've been on a real dig with professionals, you no longer have the desire to take home the artifacts."

What you come home with from a "real dig" is often the sense of having participated not only in scientific research, but also in an adventure. The living and working conditions at archaeological sites are frequently primitive and strenuous, and, depending on the location, climatic conditions may be harsh. Only those who like the outdoors in all types of weather, are in good health, like roughing it in a tent, and can suspend their desire for fine food and air conditioning should apply. While not all conditions are as primitive as those which Walter Heinze experienced on a dig in the Desert of Death in Afghanistan—where the only fresh meat was local game, and water had to be brought from over a hundred miles away—many sites have only rudimentary shelters and no bathing facilities. "On the Earthwatch excavation at Natural Trap, Wyoming," Elaine Payne recalls, "we bathed in a horse trough, and it was a luscious feeling after a long day in the pit."

Elizabeth Whitehead, general secretary of the Archaeological Institute of America, has this advice for would-be field workers: "You need patience, endurance, and a good constitution."

Where can you go to learn about proper archaeological techniques and develop some of the skills needed on a real dig? There are scores of field schools in the United States and abroad where an adult amateur can get training. For a free list of field schools in the U.S. write: SAA Field School List, American Anthropological Association, 1703 New Hampshire Ave. NW, Washington, D.C. 20009. At this time there

Gil Barrera



**At work in Baker Cave Rockshelter, in Texas, part of the Earthwatch program.**

is no set of standards a field school must meet in order to be accredited, so investigate who will be teaching and what will be taught before you sign up. Thomas King, an archaeologist with the Office of Archaeology and Historic Preservation of the National Park Service, offers this guideline: Make sure the school offers a broad acquaintance with different aspects of archaeology, and has various types of instruction—lectures, seminars, and laboratory instruction. The two field schools listed below are noted for the quality training they provide.

## Field schools

The 14th Annual Arkansas Archaeological Survey Training Program, to be held at a site in the northwest corner of Arkansas during the last three weeks of June, is an astonishing bargain considering the training and expertise that's offered. Participants may enroll in one or several of the 5-day basic and advanced seminars in excavation, mapping, site survey, laboratory techniques, photography, and so on, given by specialists, in addition to helping excavate the site. The cost: $6 to join the Arkansas Archaeological Society and $5 to enroll in the program. Trainees who wish to join the formal certification program pay an additional $5.

Participants can camp free in their own tents in an adjacent field and must provide their own breakfast and lunch. A local school provides bathing facilities and an evening meal (for an additional fee). Children are welcome as long as someone comes along to watch them. Registration is required by May 1. Write: Annual Training Program and Society Dig, Coordinating Office, Arkansas Archaeological Survey, University Museum of Arkansas, Fayetteville, Ark. 72701.

This spring and fall, Northwestern University will offer its sixth season of Adult Archeological Field Schools at its Kampsville Archeological Center in Kampsville, Ill., about 60 miles north of St. Louis. Northwestern maintains dorm houses, a library, dining facilities, laboratories, and a museum. Within a 30-min-



*Continued on page 54*

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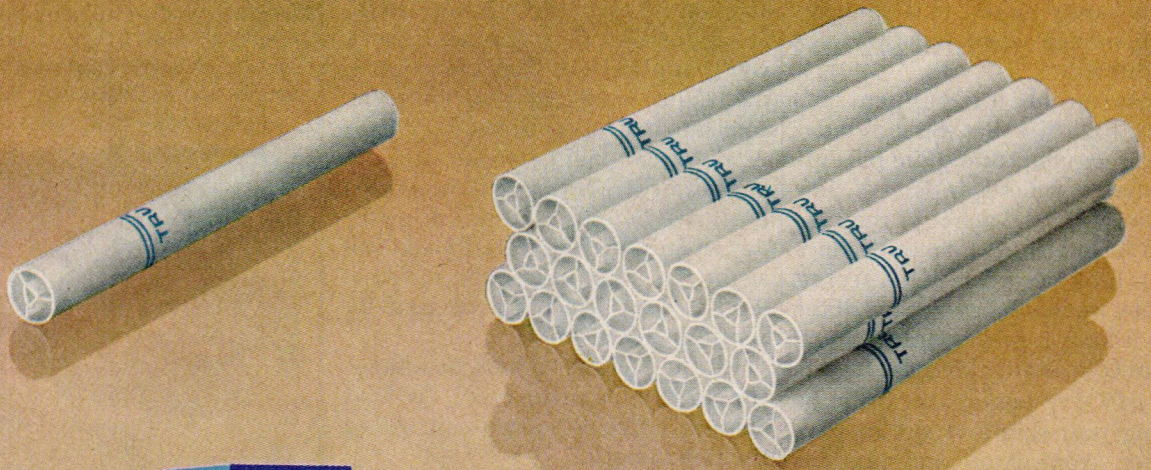


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# When Did You First Realize You Looked Older?

It happens to different women in different ways. Was it at the Cub Scout outing when you looked around and marvelled at how young some of the mothers seemed? Or perhaps you felt strangely out-of-place getting together for an informal reunion with some high school classmates. Could it have been that brief moment when his eyes barely flicked to a younger-looking woman when you two went out to dinner?

No matter when it happens, it's startling to realize that you look older than you thought. And quite possibly older than you need to. Isn't it time you discovered the secret of the mysterious beauty fluid that can help a woman look younger? This secret, shared by women in many parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates quickly, bringing your skin a wealth of pure moisture, tropical oil and precious emollients to help ease away dryness. It's dryness, you know, that accents aging little wrinkle lines. Soon after you apply the skin-loving liquid, Oil of Olay helps make these lines less noticeable. You'll see the difference. And other people will be able to notice the change, too.

Smooth Oil of Olay on your face and throat. Within moments you'll notice your skin grow softer and smoother. And your complexion has a marvelous renewed lustre and radiance, a look you might not have expected to see again. One of the beauties of Oil of Olay is that it doesn't leave a greasy afterfeel or look. So naturally it's marvelous under makeup. Or, if you like to go bare-faced, Oil of Olay gives you a dewy glow, even without makeup.

Oil of Olay, working with nature in its own mysterious way, helps maintain your skin's natural moisture balance so your skin can be softer and more supple. No wonder it can help you look younger.

Can you resist making Oil of Olay an essential part of your beauty ritual? If you're like most devoted users, you'll apply Oil of Olay every morning, either under makeup or to let your skin live in its own moist climate. Again every night, so the precious fluid can cherish your skin into quiet nocturnal hours. Any time during the day when your skin feels dry and you again want to increase the moisture level of your skin is a good time for gentling on Oil of Olay.

Isn't it exciting to look forward to the lovely possibility of looking younger? Who do you suppose will be the first to notice?

## Beauty Secrets

If you go without makeup at home, keep a bottle of Oil of Olay handy enough to put in for an almost-instant dewy glow before answering the doorbell. Were you expecting someone special?

* * *

When you can take time for a leisurely bath, smooth Oil of Olay® on your face and throat while you're relaxing and unwinding in the tub. It feels marvelous, and the discreet fragrance that surrounds you is one more delicious addition to that peaceful time.

*(Advertisement)*

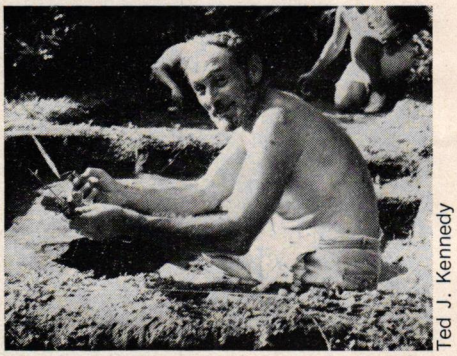



Archaeology *continued from page 52*

ute drive of Kampsville are over 800 known but unexcavated sites, as well as the famous Koster site still being excavated—the principal reasons why a long-term teaching and research center were established in this location. Programs include "One Week Digs," with emphasis on learning excavation techniques, symposia of other aspects of archeology, and 2-week lab sessions. Fees for the variety of programs begin at $100, depending on what you elect, and include room, three meals a day, instruction, and materials. For further information, write: Ellen Gantner, Northwestern Archaeological Program, 2000 Sheridan Road, Evanston, Ill. 60201.

### Archaeology at the state level

If you can't attend a field school far from home or take the time to join an archaeological excavation out-of-state, there are still ways to become involved in archaeology. Contact your state archaeological society for information on what's being done in your community. The *Beginner's Guide to Archaeology* by Louis Brennan (Dell, 1974; $2.25), gives a complete list of state archaeological societies, their addresses and activities, and detailed information on each state's sites and facilities.



Ted J. Kennedy

**He found it! Norwalk Community College dig member pleased with discovery.**

Inquire, too, at local community colleges for information about their activities in archaeology. Some, such as Norwalk Community College in Norwalk, Conn., are starting experimental programs for "community avocational archaeologists." Until 3 years ago, Olivia Vlahos, an assistant professor at the college, had no idea there was untapped community interest in archaeology. Now Norwalk has a series of courses to certify local amateur archaeologists. Vlahos believes members of the program will provide a real service to the community and state—surveying the Connecticut area for important sites, helping local historical societies identify materials in collections, and assisting professional

*Continued on page 56*

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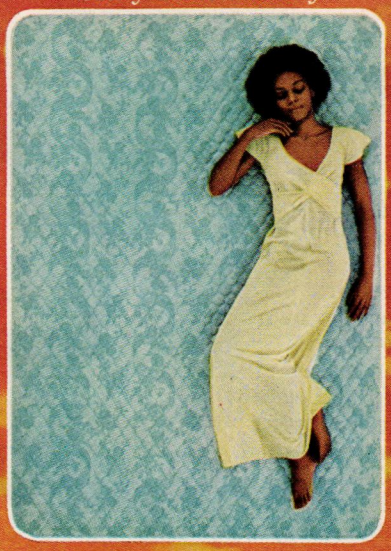

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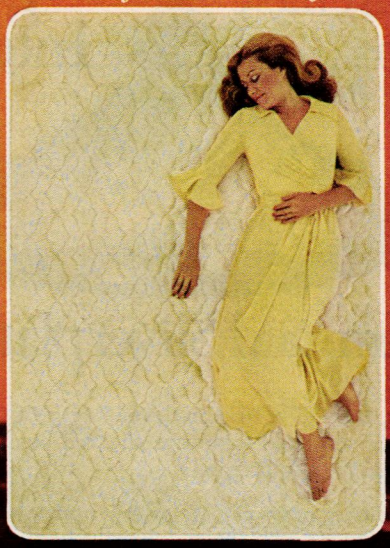

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Archaeology *continued from page 54*

archaeologists in excavations, analyzing artifacts, and keeping records. Participants aged 18 to 80 have enrolled; $80 is the total fee for all required courses.

### Earthwatch and other digs

Earthwatch is, so far, a unique nonprofit organization. Based in Boston, it provides people and funds for scientific research expeditions, and provides a way for interested amateurs to be working members of a field research team. Most expeditions last about 3 weeks; costs range from about $500 to $900, excluding transportation to the archaeological site. Since participants' contributions help make the expedition possible, much of the amount may be tax deductible. All meals, accommodations, field gear, scientific instruments, as well as books sent about a month before the expedition, are included in the price.

**Volunteers in Arkansas Archaeological Survey learn about treatment of artifacts.**

Participants range in age from 16 to 75, and come from a wide variety of backgrounds. The main thing to remember is that these are not tours or field trips; each participant is expected to be a working member of the field team. Among Earthwatch's many archaeological expeditions in which you can participate this summer or fall are an investigation of Liberty Hall, the first classical school of Revolutionary times in Virginia; an excavation of a recumbent stone circle in Ireland; an excavation and field school studying the Chaco Indian culture at the Salmon Ruins in New Mexico; excavations of caves and rock shelters on Majorca by the Deya Archaeological Museum and Research Center. The latter is an attractive trip for beginning enthusiasts—the center has plenty of facilities where the amateur can learn laboratory analysis methods and cataloguing, in addition to field techniques. Besides, the living and working conditions are relatively civilized—dormitory

*Continued on page 58*

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Pella • Lots of elbow room

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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.

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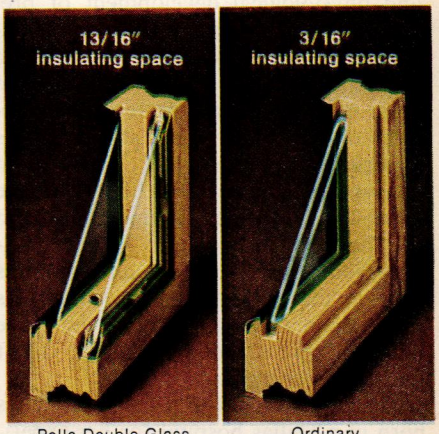


Pella Double Glass Insulation

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Easily pulls down.

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Unprotected windows require regular maintenance.

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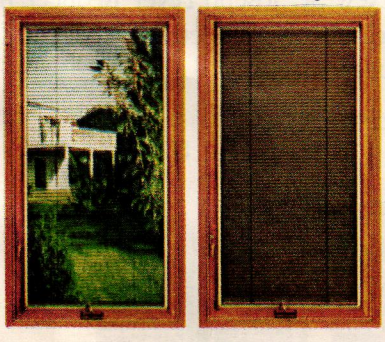
Optional Pella Slimshade® opens to let in the view.

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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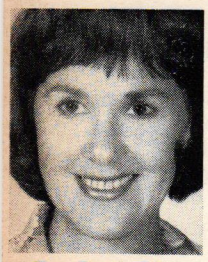


Dr. Ruth Rice

# Infant care: A touching story

Do touching, stroking, and rocking give more than comfort to a newborn baby? Recent research says yes! An experimental project developed by Dr. Ruth Rice, a Dallas nurse, psychologist, and specialist in neo-natal development, shows that systematic touching, stroking, and rocking treatments substantially increase the neurological and physiological development of premature infants. Rice believes the treatments will benefit all newborns, though premature babies need and benefit from them most. Since she presented the results of her experiment at last year's American Psychological Association convention, articles about her work have appeared in two medical magazines, and she has received requests for information from parents, nurses, and hospitals all over the world, including Children's Hospital in Oklahoma City, where she recently trained nurses in her infant massage procedures.

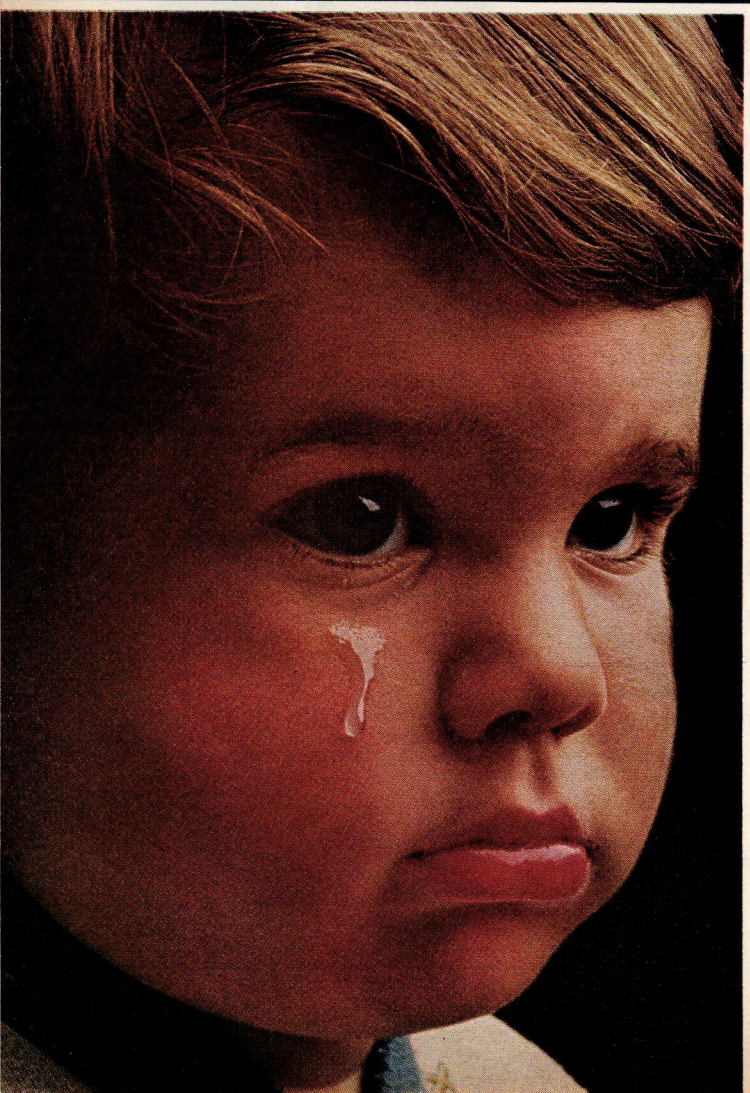
Dr. Rice selected 30 premature babies born in a Dallas hospital for her experiment. She trained 18 nurses in the specific stroking and rocking techniques she designed to stimulate the infants' nerve pathways. After the "premies" were taken home, the nurses instructed and guided 15 of the mothers in the treatment, while the other 15—the control group—were only given standard advice on caring for their babies. The mothers of the babies in the experimental group stroked their babies from head to foot with specified movements for 10 minutes four times a day. After each stroking session, the mothers rocked and cuddled their infants for five minutes. During the 30 days of treatments, each baby's head received over 3,200 strokes. Both groups of babies were fed the same prepared formula for four months.

After four months, the two groups of infants were examined thoroughly by a pediatrician, a pediatric nurse, and a psychologist, who assessed each baby's physical, neurological, muscular, and mental development. Results were impressive. The stroked babies showed a higher degree of neurological and mental development than the control babies, and they gained significantly more weight.

Rice's research grew out of her interest in tracing the origins of disabilities and defects common to prematures. She wondered whether the abrupt change from the richly stimulating environment of the womb to the relatively stark environment immediately after birth might be a cause. "Within the uterus," Rice says, "the amniotic fluids and the mother's movements are always stimulating the baby—it is being stroked constantly by these in a gentle, rhythmic way." Not only have the premature infants been deprived of the last weeks of intra-uterine tactile stimulation, but during the critical first weeks after birth they are further deprived in the isolation of the incubator. The stroking, touching, and rocking techniques Dr. Rice developed are intended to simulate the tactile-kinesthetic stimulation the fetus experiences in the womb.

It may be possible to prevent or at least lessen neurological and muscular defects many premature babies suffer from, such as cerebral palsy, by such treatments, Dr. Rice feels. She also feels the experiments have important implications for the treatment of full-term in-

*Continued on page 211*

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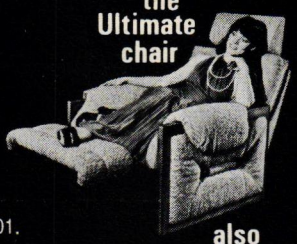

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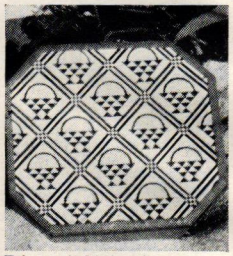
# How to make your own patchwork boxes



Step-by-step to the "Basket" quilt-pattern box on page 142

Edward Oleksak

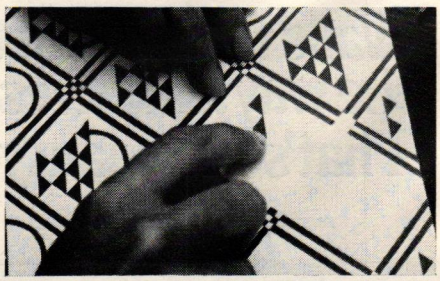
**You will need:** A reinforced box about 6 by 8 inches, octangular or rectangular (available at craft shops. Sides should be ¼-inch thick); 2-inch-wide masking tape; white watercolor paper, 11 by 18 inches; blue and red construction paper. 12 by 18 inches; embroidery scissors; regular scissors; ruler; linen dishtowel; pencil; tape measure; white household glue; clear or white shellac; 2-inch paintbrush; fine steel wool; hard wax or saddle soap.

**To make basket quilt pattern for box lid**

**1.** Trace lid on white watercolor paper. This will be the background for quilt pattern. Cut 1½-inch squares of blue construction paper into ¼-inch strips. These will form the grids that frame baskets. Cut a 1½-inch square of white watercolor paper to use as a pattern guide for grid. Starting from the left, place pattern as a diamond shape and glue a blue strip along each side, keeping strips evenly spaced (see illustration), building blue diamond outlines. (Continue beyond traced lid; cut later to fit.) Wash your hands after each gluing.

**2.** To form baskets, cut with embroidery scissors six ½-inch blue squares, then halve each diagonally. You'll need 11 of these tiny triangles for the base of each basket. Trace a 25¢ coin on blue paper. Cut the circles in half, then cut a handle from the outer edge of each half.

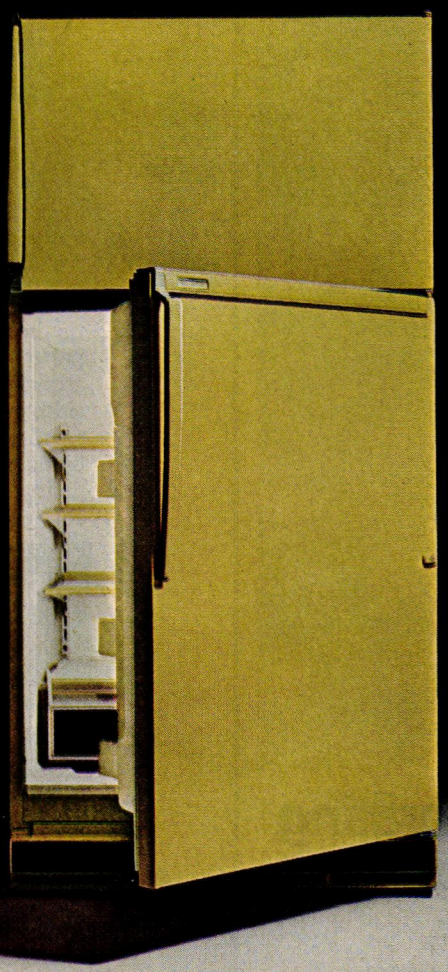
**3.** Start gluing your basket, beginning with a line of 4 triangles across the center of a diamond square. The second line



is 3 triangles; the third, 2 triangles; all with points down. The fourth line should be 2 triangles, points up touching the points of the 2 above. Glue handle. Set the completed lid aside.

*Continued on page 72*

# No fingerprints. One more thing you didn't have to ask for.



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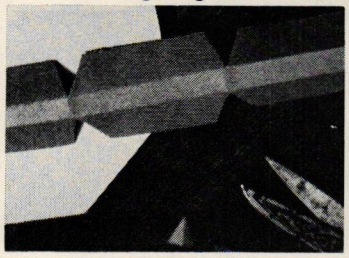
## Patchwork box

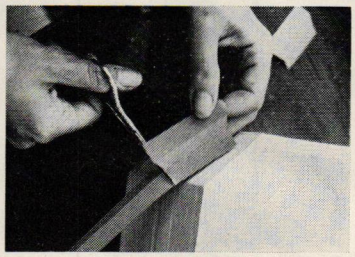
*continued from page 70*

**To cover box**

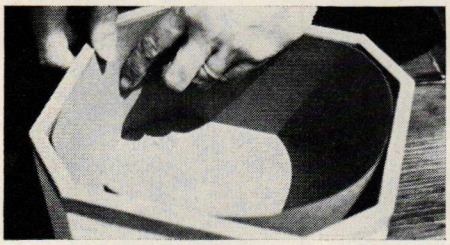
**1.** For strength, wrap 2-inch masking tape evenly and securely around box lid, and inside and outside of box.

**2.** For binding the top edge of box and lid, cut 2 strips of red construction paper 18 inches long and 1¼ inches wide. Fit and prefold lid binding in one continuous strip, with ½ inch on each side. Fold over excess paper at inner corners. Cut notches of excess paper and miter corners. Glue binding around edge of lid. For box binding, prefold notch corners, then cut into individual strips before gluing (see illustrations).





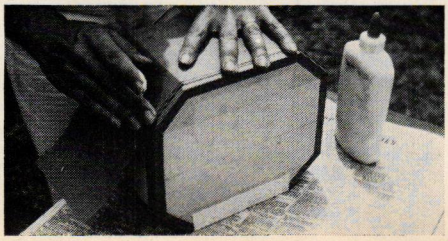
**3.** To make lining for the inner floor of the box, trace box on blue construction paper. Cut shape ¼ inch smaller all around; glue to box floor. Measure inner sides of box, cut blue paper ⅜ inch lower than top edge so you can see red binding. Fit and prefold corners before gluing. Glue, smoothing bubbles. Trace, cut, glue outside bottom of blue paper.



**4.** Trace lid on blue paper; cut and glue on underside. Place between heavy books approximately 15 minutes to prevent lid from warping.

**5.** For box hinge, cut a 2-inch-wide piece of linen (such as a dishtowel) slightly shorter than the back top of box. Saturate with glue. Line up lid with back of box top and glue lid to box, having ¼-inch linen on box, the rest on lid. Insert a cardboard strip between lid and box to allow hinge some play. Smooth it, weight with books, allow to dry at least 12 hours.

**6.** Measure exterior sides of box. Cut a continuous length of red paper to cover all but ¼ inch of box. Fit and crease corners before gluing. Use glue generously; smooth with palm of hand.



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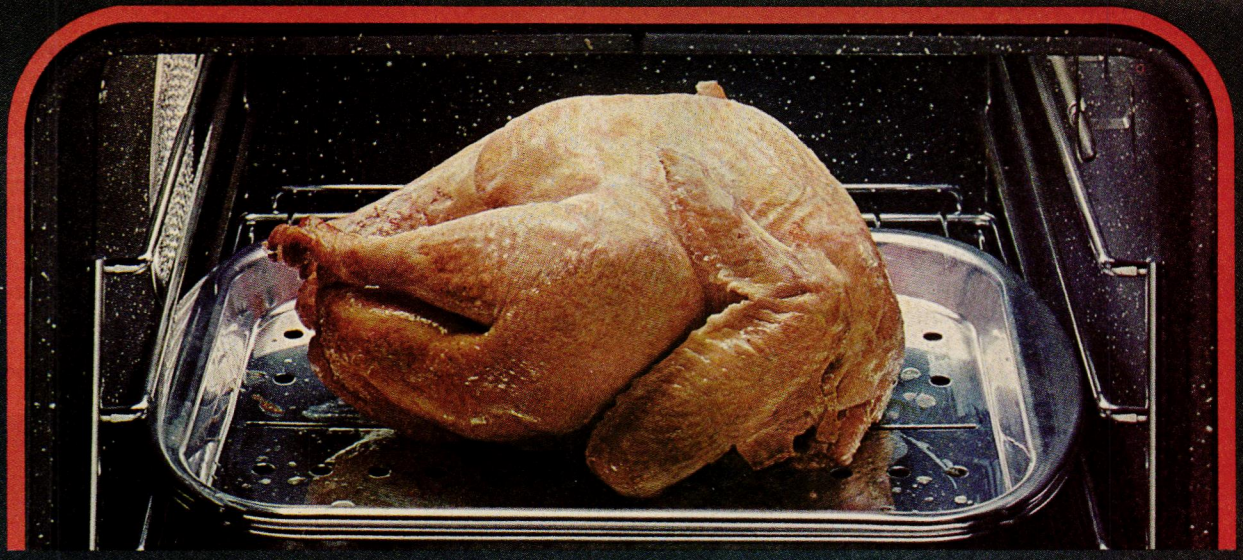
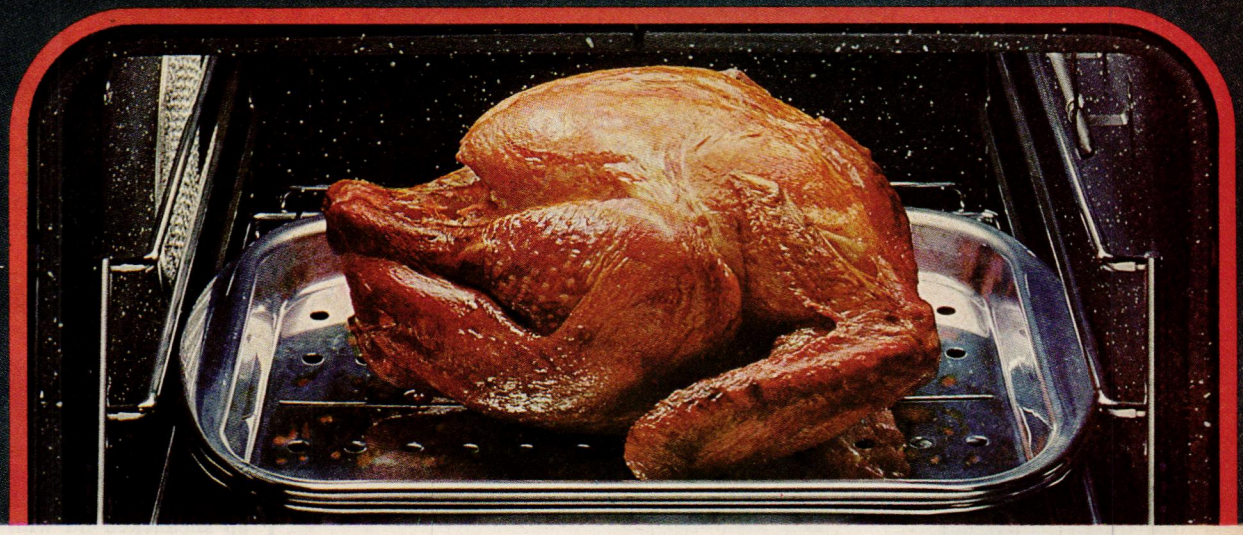


**3 HRS.**

**Regular Oven,** two-thirds cooked with foil tent at 350°

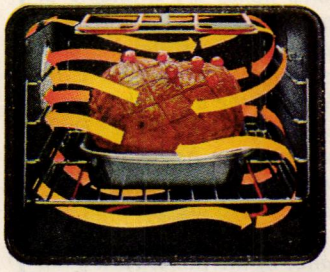


**3 HRS.**

**Jenn-Air Convected Power Oven,** fully cooked at 300°.

# The Extraordinary Jenn-Air

## The unique Power Oven means juicy meats and 30% faster cooking – at 50° cooler temperatures.



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## The Jenn-Air Grill-Range.

® A Magnificent Cooking Instrument

## Patchwork box

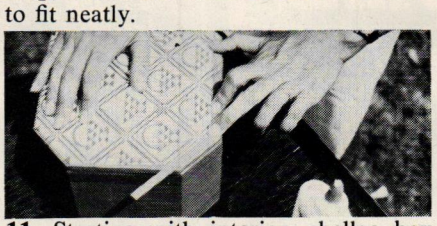
*continued from page 72*

**7.** Cut red construction paper the same size as linen hinge, folding one end at the ¼-inch mark so paper will fold with hinge. Glue. Touch up with red Magic Marker, if necessary.

**8.** Cut out finished quilt-pattern for lid, trimming slightly in from edge. Glue.

**9.** Measure outside perimeter of box. Cut two ½-inch-wide strips of blue construction paper to use as trim around upper and lower edges of box. Glue.

**10.** Measure perimeter of lid, cut a strip of red paper ¼-inch-wide to trim *top* edge of lid and cover raw edge of quilt pattern. When fitting and prefolding this strip, crease excess at corners and miter to fit neatly.



**11.** Starting with interior, shellac box everywhere except outside bottom. Prop up shellacked lid with a toothpick and allow to dry for 12 hours. Sand lightly between first and second coats, waiting 24 hours between each coat. Do not count rainy days. Shellac bottom of box, applying only 2 coats.

**12.** Go over the entire box with fine steel wool. Wax with hard wax or saddle soap. Buff and shine.

*Mrs. Lydon's boxes are available at the Nantucket Looms, Nantucket, Mass., Old Sturbridge Village, Mass., and Henri Bendel, New York City. She first learned the art of box-making from her friend, artist Dana Richmond, but soon began adapting and creating quilt patterns as covers for her boxes. Here are some of her reference books:*

*The Romance of the Patchwork Quilt in America.* By Carrie A. Hall and Rose G. Kretsinger

*The Standard Book of Quilt Making and Collecting.* By Marguerite Ickis

*The Perfect Patchwork Primer.* By Beth Gutcheon

*Quilts in America.* By Patsy and Myron Orlofsky

*America's Quilts and Coverlets.* By Carleton L. Safford and Robert Bishop

*The Pieced Quilt, an American Design Tradition.* By Jonathan Holstein

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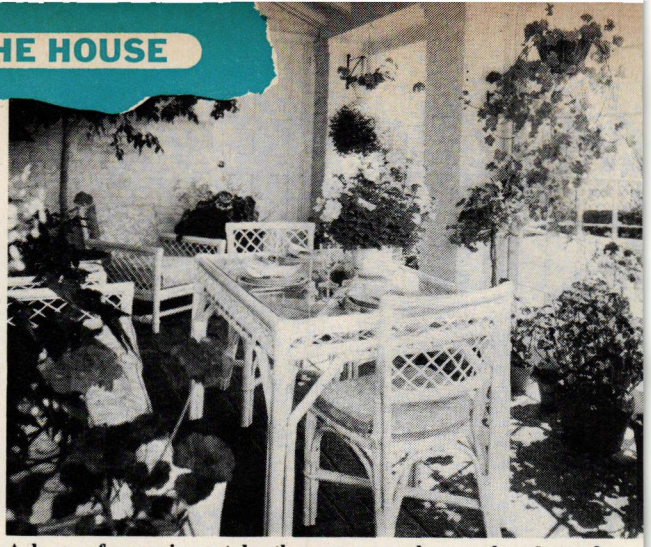
H&G/377

# For nonstop color— geraniums

By Richard Langer

## Spunky plants that thrive on a lot of light and a little benevolent neglect— and give you year-round bloom

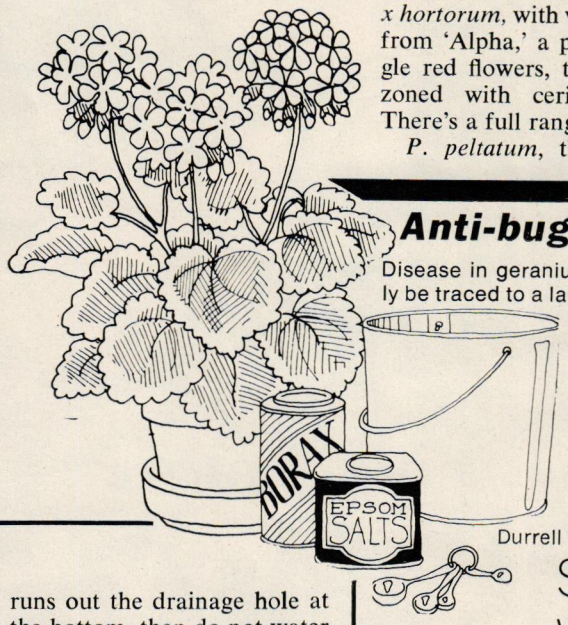


A bevy of geraniums take the sun on a glass-enclosed porch.

Among the many flowering house plants, the geranium is often overlooked because it is so "common." Yet it isn't really. There are many outstanding varieties, their shapely one- and two-toned leaves accompanied almost year-round by riotous rose and vermilion flowers in singles and doubles. Easy to grow, inexpensive, fragrant, here is a plant that thrives in the dry air so prevalent in today's centrally heated homes. It does need lots of sun, and a cooler spot than most house plants, but a western or southern exposure provides sufficient sunlight, and keeping the plant close to the window keeps it happy.

The most popular geraniums are probably the zonals, so named for the circular, or banded, markings dividing the scalloped leaves into various color zones. Within this group the most striking, and at the same time most problem-free, growers are the so-called French zonals. Their long-lasting flowers and striking foliage are hard to beat. Most of the zonals are hybrids, known as *Pelargonium x hortorum*, with varietal names from 'Alpha,' a plant with single red flowers, to 'Zip,' dark-zoned with cerise blossoms. There's a full range in between.

*P. peltatum*, the ivy-leaved geranium, gets its popular name from its resemblance to English ivy. However, it goes the ivies one better by bearing a profusion of lavender, pink, cerise, or almost white blossoms, depending on the variety. As with all geraniums, the secret to a bushy flowering plant rather than a meandering one is occasionally pinching back heavily.




Durrell Godfrey

### Anti-bug booster

Disease in geraniums can usually be traced to a lack of two trace minerals: boron and magnesium. A twice-a-year foot bath of Epsom salts and borax should cure any problems before they start. Some time in spring, and again in the fall, add 1/4 teaspoon Epsom salts and 1/4 teaspoon borax to a full gallon of water. Mix well and water your geraniums with this solution. If a gallon is too much for your geraniums, use the leftover for your other plants. It will do wonders for them.

### Care and feeding

Geraniums are tough plants originating in the cool semi-arid regions around the Cape of Good Hope in South Africa. Their toughness, of all things, can cause problems when they are cultivated indoors, unless you respect it. Spoil them and you'll get nowhere.

Geraniums don't want the good loose rich soil most plants crave, nor large roomy pots, nor lots of water. What they do want is sun, plenty of it, or else 14 to 16 hours a day of a well-balanced fluorescent solar substitute. They also like a place on the cool side (50 to 70 degrees) and so are ideal right up against the windows, where the more delicate African violets and other flowering plants would be too chilled.

Unlike so many other house plants, geraniums do not like their soil constantly moist. Drench their pots until water runs out the drainage hole at the bottom, then do not water again until the soil is quite dry; with these splendid plants it is better to err on the too-little-water side. And in order for that water to drain out well, the geraniums should be potted in a mix having a large percentage of sand. A good proportion is two parts topsoil or prepackaged potting soil to one part peat moss or chopped sphagnum moss and one part sharp or relatively coarse sand. Put several shards or pieces of broken pottery over the hole in the bottom of the pot to make sure drainage will not be a problem. Use a pot only one size larger than the last when repotting; geraniums need tight shoes to bloom. Also, they do better in clay pots than in plastic.

A common problem with geraniums, luckily one of the few, is that the lower leaves tend *(Continued on page 211)*

### Scented varieties

Probably no group of house plants exudes more fragrance than the geraniums. Pinch back a few stems or leaves and the whole room is instantly pervaded with their distinctive geranium scent. But the most interesting geraniums from an olfactory point of view are the ones that smell like just about anything except what they really are: *P. graveolens* smells like a rose. *P. tomentosum* is minty as a julep; *P. crispum* fills the air with a citrus scent; *P. odoratissium* is an apple in the mind's eye, and *P. fragrans* mimics nutmeg. Grow a living potpourri on your windowsill.

### Miniatures

Geraniums often bring to mind old-fashioned, sunny kitchens whose windows our grandmothers used to fill with plants. If your culinary corner, like ours, is beginning to overflow with utensils and potted herbs, *(Continued on page 211)*

### Plants by mail

Although you will find geraniums at almost every local plant store, for the more unusual specimens, here are the specialists, who often list geraniums under the botanical name, *Pelargonium*.

*Carobil Farms*
*Church Road*
*Brunswick, Me. 04011*
*Catalogue 35 cents*

*Cook's Nursery*
*712 No. Grand*
*Lyons, Kans. 67554*
*Catalogue 35 cents*

*Logee's Greenhouses*
*55 North Street*
*Danielson, Conn. 06239*
*Catalogue $1*

*Merry Gardens*
*Camden, Me. 04843*
*Free list*

*If you get serious about geraniums, you might join the clan.*
*International Geranium Society*
*22551 Thrush*
*Colton, Cal. 92324*
*Yearly dues, $5.*

This picture just proves something that any farmer who grows things for a living could tell you. You get big lettuce (or tomatoes or whatever) when you fertilize and you get dinky ones when you don't. You can water and put down humus and compost and that's fine but it isn't the same as fertilizer.

Scotts® Vegetable Garden Fertilizer holds some of its nitrogen back for later. Your seeds or seedlings get a good feeding to start with, then a little more every day to keep your crop growing.

Both heads of lettuce grown in the same garden. Look at the difference.

# We fertilized the big head but not the little. That's why one is big and the other is little.

Fertilizer is food you put in your soil to pass on to your vegetables. Nitrogen, phosphorus and potassium, chiefly. A good supply of nutrients is where all those fat tomatoes and big ears of corn come from.

Some fertilizers tell you to do it 2 or 3 times a crop. That's because their nitrogen usually "releases" right away and after a short time there just isn't much left. You only use our fertilizer once (unless you happen to live in the South and have very sandy soil).

You ought to put it down at planting time, and you can use our fertilizer on all vegetables. (Just do what it says on the box. It won't hurt your plants.)

There's hardly any work to it. Just put it down evenly and work it into the soil an inch or so.

We use everything we make so we know what it will do. You will get more beans or extra tomatoes or bigger lettuce and that's a promise. Our guarantee says, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back.

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*continued from page 42*

clude the four food groups—milk and milk products; vegetables and fruit; whole grain and enriched breads and cereals; meat, fish, poultry, eggs, cheese, dried beans, peas, and nuts. These menus demonstrate how easy it is to put protein in your daily diet.

For a family dinner or a party supper, here are two recipes that provide both protein and a bit of variety. Both can be prepared in advance.

## Mrs. Gott's Bran Muffins

*2 cups 100% Nabisco Bran*
*2 cups boiling water*
*3 cups sugar*
*1 cup shortening*
*4 eggs*
*5 cups flour*
*5 teaspoons baking soda*
*1 teaspoon salt*
*1 quart buttermilk*
*4 cups Kellogg's All Bran*

Combine Nabisco Bran with boiling water, then cool. Cream sugar with shortening. Add the eggs, one at a time, to the creamed mixture, beating well. Sift flour with baking soda and salt and mix alternately with buttermilk. Then combine with cooled Bran mixture and creamed mixture. Add the All Bran and stir well. Bake at 400° for 15 minutes in greased muffin tins. If using small muffin tins, check after 12 minutes. This batter may be halved for smaller amounts. It keeps well, covered, in the refrigerator for up to 2 weeks. Bake as needed.

## Mrs. Lawrence Harper's Almond Pudding

*1 cup roasted almonds, unblanched*
*½ cup shortening*
*½ cup granulated sugar*
*1 egg yolk*
*½ teaspoon almond extract*
*¼ cup milk*
*1 cup sifted flour*
*2 teaspoons baking powder*
*½ teaspoon salt*
*Topping:*
*1 egg white*
*3 tablespoons honey*
*1 tablespoon butter*
*¼ cup granulated sugar*

Chop almonds fine. Cream shortening and sugar. Beat in egg yolk and almond extract. Stir in milk and almonds. Sift flour, baking powder, and salt; add to cream mixture. Spread in bottom of greased baking pan (10 by 10 by 1 inches). Combine topping ingredients; beat well, pour over batter and sprinkle with sugar. Bake 15 minutes in 400° oven. Serve hot or cold with cream. ■

# After a few months a puppy's outsides look full grown.

# But he'll be a year old before his insides catch up.

By the time he's four or five months old, your puppy may start to look like a full-grown dog.

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His muscles continue to gain strength and he needs extra protein for that.

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That's why – for a full year – a puppy needs extra amounts of specific nutrients. The kind he gets in Purina® Puppy Chow® – the special formula puppy food.

So for your puppy's health, see your veterinarian regularly. And feed your puppy Purina Puppy Chow for a full year. To be sure his insides catch up with his outsides.

**For a full year till he's full grown.**

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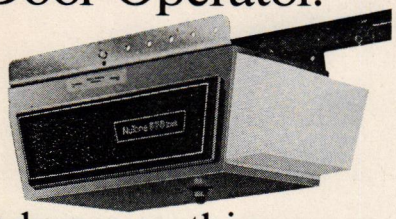
# The NuTone Automatic Garage Door Operator.



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# For the house fixer

## INSTALLING DOOR AND WINDOW LOCKS

By Deanne Raffel

You, along with everyone else, are probably concerned with making your home burglarproof. The days of the skeleton key are gone for all except the locksmith. A lock on all entrances, of course, is one of the prerequisites for your safety —on both doors and windows.

An ordinary lock on a double-hung window is not only a deterrent to intruders, but it also helps correctly position sashes that fit sloppily in their channels. This lock is easily installed by even the most mechanically inept. Center the hardware on the sashes—the larger piece with the lever on the top rail of the bottom sash, and the smaller piece with the hook on the bottom rail of the upper sash. Set the lever in the lock position under the hook, and with a pencil or an awl, mark the screw-hole locations. Do not try to drive the screws into the sash without using a screw starter, an awl, or a bit to predrill the holes in the wood. Next, replace the lock over the holes, insert the screws, and drive them tightly into the sash.

There are other types of sash locks that are installed near corners of rails—this kind of hardware secures the sash while providing ventilation by allowing one sash to be opened a few inches.

If you do not want to take the trouble to mount window locks, do the following:

1. Close the windows.
2. Put a pencil mark on the front face of the top rail of the bottom sash—¾ of an inch from the jamb molding on either the right, left, or both sides, and ½ inch down from the top.
3. With a ¼-inch bit, drill a hole 2½ inches deep (the hole will penetrate 1 inch into the upper sash).
4. Raise the bottom sash 2 inches, reinsert the bit in the hole, and bore another 2½-inch perforation.
5. Raise the sash 4 more inches from the preceding position and bore again.
6. Insert a ¼-inch machine bolt that is 2½ inches long in one of the aligning screw holes.

No matter which position the sash is in—closed, 2 inches open, or 6 inches open, once the bolt is in place, the window is locked to the outside.

Check door locks to see that they are in good working order. Give the tumbler and latch or deadbolt a squirt of powdered graphite or silicone (not oil). Tighten all screws that secure the lock to the door and the strike-plate to the jamb.

For doors, adding an auxiliary deadbolt cylinder lock is a wise precaution. More effective than the easily opened spring latch often found in older houses, it can be installed above or below the existing lockset. The deadlock feature is a strong metal bolt with a 1-inch throw (minimum length) that bolts door and door jamb together with the turn of a key. Installation requires cutting a circular hole in the door stile for the lock cylinder, and one in the edge of the door for the bolt, then installing and screwing the hardware in place. The locks open and close by key from outside and inside, or by thumb knob inside. Another type, a rim deadbolt lock, can be surface mounted on the inside frame of a door and has two steel vertical interlocking bolts. For sliding glass doors a simple security device is a steel rod. Place one in the bottom track of each sliding door frame and the doors can't be pushed open.

## How to make your house secure

The good old days, when back doors were left unlocked and we were all barefoot and innocent, safety-wise, seem far away. In keeping with the changing requirements of our age, here are some new safety devices on the market that can add a helpful measure of security to your home.

### Blanket security

A protection system that oversees the whole house will alert an outside monitoring station in case of burglars, fire, or special emergencies. The electronic system operates from a push-button panel. If sensors detect a break-in at entry

*Continued on page 82*

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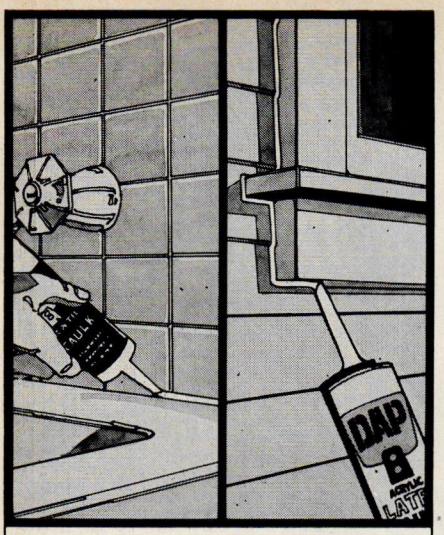


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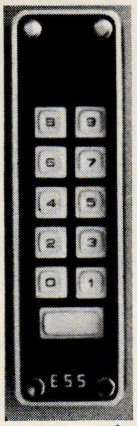
*continued from page 80*

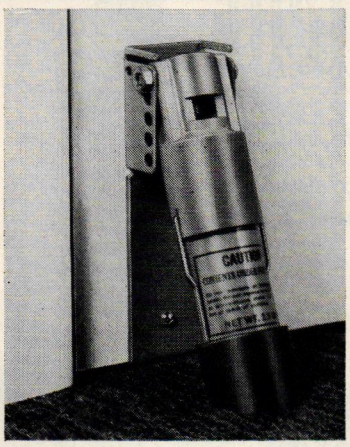
points of the house, or suspicious movements indoors, police are alerted by the central monitor, *"burglar"* lights up on the panel, and the burglar alarm sounds. If sensors detect fire, the monitor alerts the fire department, *"fire"* lights up, the fire alarm sounds. There are also Police Call and Auxiliary buttons to press for medical or other emergencies. Honeywell, Honeywell Plaza, Minneapolis, Minn. 55408.

## Digital door lock



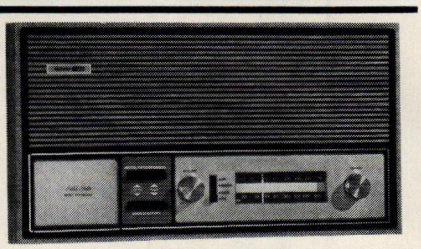
Intruders can't pick this lock; keyless, it opens only with a digital combination, has no pins or tumblers to pick. Press the key switch on the panel and the battery-powered electronic system turns on. Then press, in correct sequence, the 7-digit numbers of your combination and push the door open. Three distinct, easily remembered combinations of your choice are programmed into the system and can be changed if necessary. Lighted at night, it fits wood, aluminum, hollow metal doors. $225 with inside door hardware. Electronic Security Systems, Inc., P. O. Box 61403, Sunnyvale, Cal. 94088.

## Beware of door stop



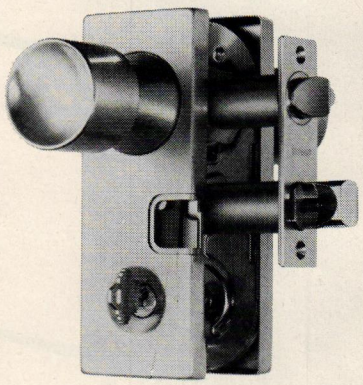
Breaking open an entrance door is hindered by this simple "Stop Alarm" device priced under $10. A rubber-footed door stop, it grips the floor tightly and sounds a 90-decibel alarm twenty times from its aerosol container if forced entry is attempted. Held by a steel bracket at the door base, it can be installed permanently or suspended by cord from the doorknob. The small 2.5-ounce stop folds up against the door when not needed, needs no electrical connections to operate its alarm warning of a break-in attempt. Sunbeam Appliance Service Co., 5600 Roosevelt Rd., Chicago, Ill. 60650.

## Intercom alarm



This room-to-room intercom and FM/AM radio system has a general alarm and an intruder-detection circuit with plunger or detector switches for attachment to house doors and windows. Controlled from a 3-position switch at the base of the system's Master Station, the detector circuit is turned on at the "Home" position, turned off at "Off." The "Exit" position lets you leave and reenter without sounding the alarm. A break-in sets off the alarm whether you are home or away and even if the intercom is off. NuTone Div. Scovill, Madison and Red Bank Roads, Cincinnati, Ohio 45327.

## Double protection



Door hardware with double locks provides double security. The Schlage Lock Co. "G" Series, in various finishes and styles, combines a 1-inch deadbolt with a ½-inch deadlock latch. From outside, the *deadbolt* locks or unlocks the door by key; on the inside, a twist of the thumbturn throws the bolt and locks the door. For double protection, the *deadlatch* locks automatically on closing the door. For safe, quick exit, both deadbolt and latch retract with the thumbturn. A steel insert in the deadbolt, armor plate over the lock, and a recessed key cylinder are added burglar bafflers. Schlage Lock Co., San Francisco, Cal. 94119. ■

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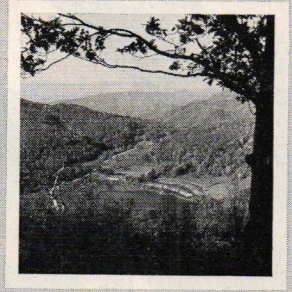
Virginia is a glimpse of the English countryside at Richmond's Agecroft Hall and the Virginia House next door.



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If that doesn't turn your head on end, try plunging 40 feet over Stanley Falls in a log flume.

And if you're really tough, take a turn or two, upside down, on The Python – a looping, head-over-heels roller coaster.

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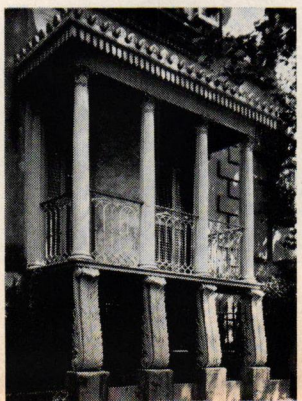
*continued from page 86*

Palm Beach is full of examples of big houses built for entertaining early in the 20th century. The Breakers, an old hotel that's still a beautifully functioning place, was also built in this period.

## Georgia

The French, the English, the Spanish, and the Indians all quarreled over Georgia territory. Once Georgia became a state, troubles continued with the Civil War and Sherman's march to the sea. Atlanta was 27 years old when Sherman burned it and so the historic houses today are the Victorian ones. In the Inman Park Restoration, a several-block area full of quirky Victorian houses, the O'Keefe house built in 1896 is a wonderful example of the asymmetrical Queen Anne style. All of the windows are different in spacing and shape. A shingled house, the exterior woodwork varies from pattern to pattern. The porch goes all the way around, but the second-story porch, or belvedere, is in two sections, front and back.

Columbus, Macon, Athens, and Valdosta all have houses of interest, but it's in Savannah where house lovers can really dig in and stay for awhile. The waterfront has all sorts of old commercial buildings; there's a whole section of restored Victorian houses. The city itself was laid out in the 18th century so that the inner city had 52 parks, and there are numerous handsome early 19th-century houses. A good example of the town houses in the Federal period, the Davenport house has a sober symmetrical façade, with simple English brickwork, a fan-lit doorway, and a graceful elliptical stairway with a pretty iron rail. On the second floor there are four large bedrooms, each on a corner. Downstairs the layout consists of a central hall with rooms opening off to either side, still perfect for today's living. Of the same period but more strongly classical is the Owens-Thomas house. The side balcony shows the combination of the newly popular cast iron with classical Corinthian elements and acanthus leaf scrolls. It is a two-story brick and stucco house on a raised basement with a classical floor plan: a large central hall flanked

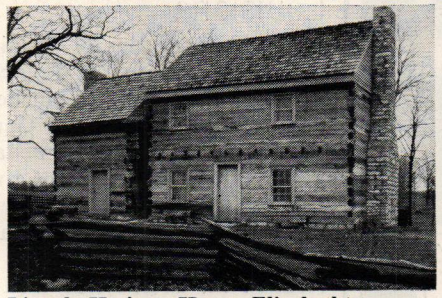


**Cast-iron balcony and Adam-style drawing room of Owens-Thomas House, Savannah.**

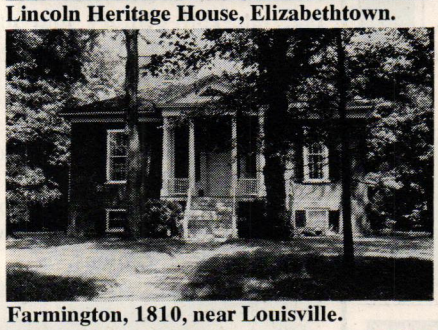
by rooms of the same width. Inside are the Adam influences: In the drawing room a continuous Greek fret rings the ceiling and in the corners sunburst spandrels complete the transition from oval to square.

## Kentucky

At the time of the Revolution, woodsmen were hacking their way through the wilderness to open a passage from Virginia to Kentucky through the Cumberland Gap. The state has three distinct areas: the lakes in the west, the Bluegrass in the north central section, and the mountains in the east. Several houses caught my interest. Abraham Lincoln's father built a one-room log house in 1789 near Elizabethtown (see below). The corners still show the crisscrossing of the logs. Mud was used for mortar. A four-room addition was made in 1805. This additive principle active in New England salt-boxes was often used to expand rural Southern houses. Open June through Sept.



**Lincoln Heritage House, Elizabethtown.**



**Farmington, 1810, near Louisville.**

Outside of Louisville are two house museums. Locust Grove, a red brick late 18th-century house with simple window and door relationships typical of the period. Open daily, Farmington, built in the Federal period in

*Continued on next page*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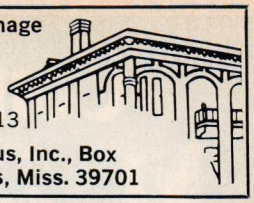

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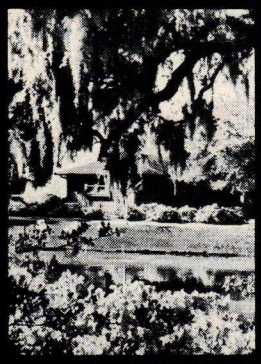
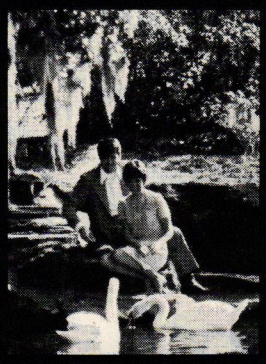

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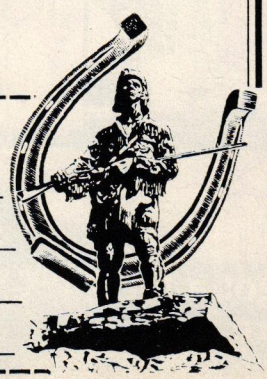

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1810, was built from a Thomas Jefferson design. A slim-columned, smallish white portico was tacked onto the front of a red brick house with a raised basement. Inside the Jefferson favorites appear: two octagonal rooms, a secret stairway, reeded mantels, and carved mantels and moldings. Open daily.

## Louisiana

Creoles—Americans of Spanish origin; Cajuns—Americans of French-Canadian descent; plus American descendents of the Irish, English, and Germans, all settled in the Mississippi delta country. The north is rural: full of rivers, hills, forests. For a variety see the very different houses of country plantations and the town houses of New Orleans. Around St. Francisville is a series of big, late-18th-century and ante-bellum plantation houses done Louisiana-style. Oakley Plantation, (see page 84), converts the classical peristyle to its own many-storied use: The first floor veranda is open; the second is shuttered in, almost like a sleeping porch. Open daily April through October. Nearby is Rosedown, an ante-bellum house with 17th-century French gardens.

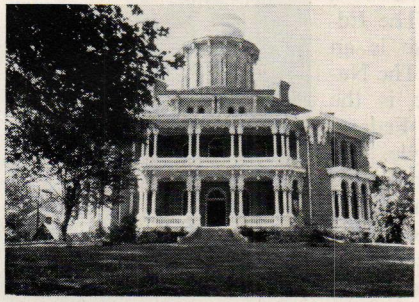
**Gallier House, New Orleans.**

In New Iberia, the National Trust property, Shadows-on-the-Teche, is a typical classical revival town house built right on the bayou.

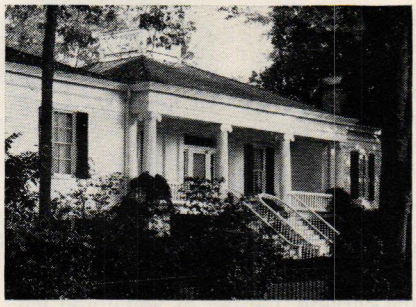
In New Orleans, two 19th-century town houses have a very different feel. The Gallier House, which is open daily except Monday, has a double gallery (that's what porches, balconies, or verandas are called in New Orleans), which had cast iron instead of wood columns for support. The elaborate ironwork in the second story is typical both of New Orleans and the period in general. Inside the double parlors are separated by gilt-capitaled, fluted Corinthian columns making the house Italianate outside and classical inside. These Adam-inspired, though much diluted, interior details are also typical of the Hermann-Grima house with its wrought-iron decorated double transom and curving stairwell.

## Mississippi

Spaniards followed De Soto to this countryside 80 years before the Mayflower landed in Massachusetts. Cotton was grown along the Mississippi almost since that time. With the river, the railroad, and the Natchez Trace converging in Natchez in the 19th century, there was prosperity enough to produce many ante-bellum houses. Both the Natchez Garden Club and the Pilgrimage Garden Club have taken great care in restoring them. Some are in private hands and open during spring house tours, and others are open year-round. Atypical of these big Greek Revival houses is Longwood, a Moorish octagonal house built just before the Civil War and never completed inside. All the rooms open onto a central oval hall, which gives a great sense of interior space but little privacy.



**Longwood, 1860's, unfinished. Natchez.**



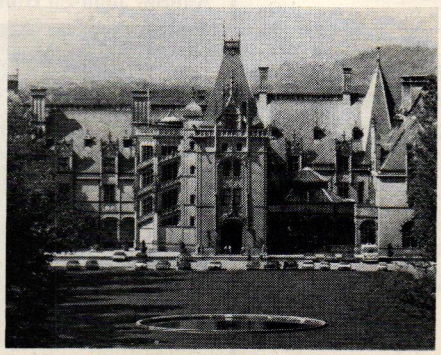
**Pratt-Thomas House, 1833, Columbus.**

Columbus is a very old Mississippi town with many old houses. The Pratt-Thomas house is typical of a small ante-bellum house, called a raised cottage because of its high basement. The elliptical staircase becomes a device for getting people from the ground up to the second story first floor.

## North Carolina

North Carolina, twelfth of the original thirteen states, is a sneak hit for anyone who likes to comb the countryside for old houses. One of its beautiful mountain resorts, Asheville was a little Baden-Baden without the waters around the turn of the century and later. In 1890, George Vanderbilt began to assemble the pieces of a French château. Richard Morris Hunt, architect of other huge Vanderbilt palaces, was in charge and produced a pretty though still very large country house. If you associate this sort of thing with Newport, R.I., see how one of these big houses can look if set in the rural countryside of the foothills of the Great Smoky Mountains. Though balanced, the façade is asymmetrical with an entrance pavilion that includes flying buttresses and clustered pinnacles. Thomas Wolfe also lived in Asheville. The Wolfe house and Vanderbilt's Biltmore are open to the public.

Back in time and of a totally different feeling is the old Salem restoration in Winston-Salem. This entire town, which was founded by a group of immigrant Moravians from Pennsylvania, was begun in 1766. A very different sort of place than other city-towns of the late 18th century. Both more medieval and more distinctly European in their half-timbered construction, these houses relate more to Jamestown than anything else.



**Biltmore, 1890-95, Asheville.**

In New Bern another one-of-a-kind, Tryon Palace, was built at the same time as Salem. Built for the then-governor by an English architect, it was one of the stylistically most advanced houses of its time. It burned in 1798 and has been restored. Tryon relates to the most beautiful late Georgian houses being built in Virginia at the time. Watch for the three-dimensional treatment of the façade: projecting pediments, colonnades, free-standing portico, plus a low hipped roof that was even newer stylistically than everything else. Open daily except Mon.

*Continued on next page*

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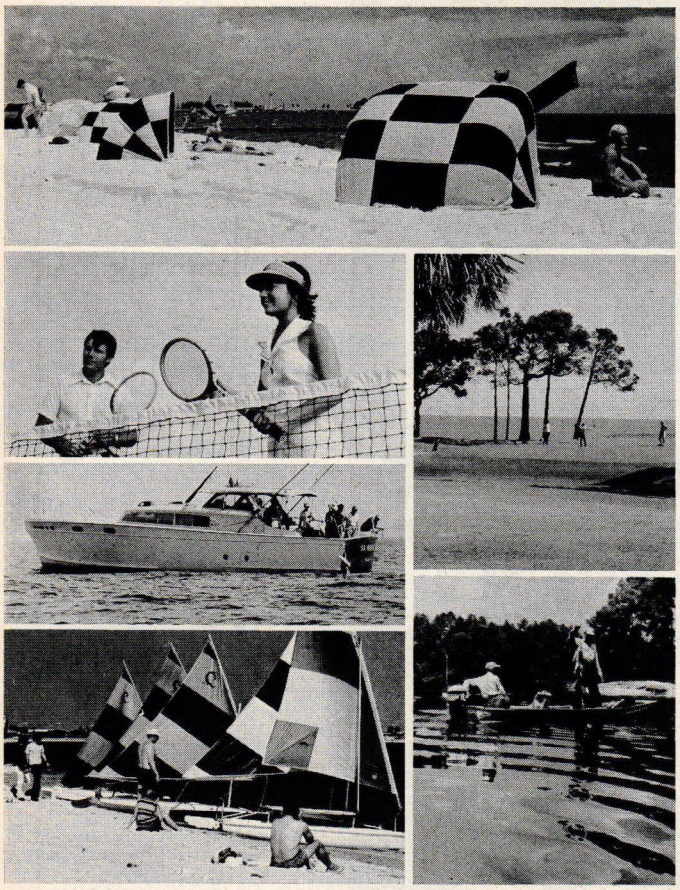

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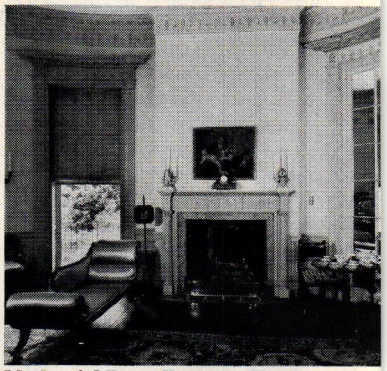
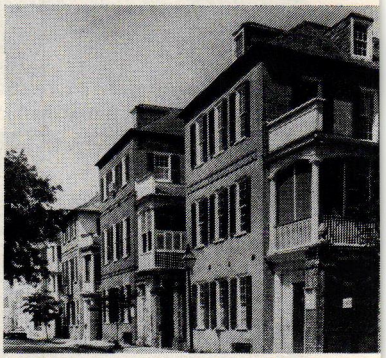
## South Carolina

There are many houses to see in South Carolina but so many of note are gathered in Charleston that it's easiest to concentrate on them. The single house is the perfect example of a local house type that evolved to suit the climate. A single room wide and two rooms deep, and sitting sideways to the street, these houses are entered through two front doors. The street door opens onto a porch at the end of which is another door. The single house is several stories high, each story with a porch or "piazza" overlooking the garden. If these houses had faced the street, the piazzas would not have been private outdoor sitting rooms. The picture of Church street shows a row of single houses. The Edmonston Alston House is an elaborate single house. The Nathaniel Russell House is the perfect example of a Federal house in the Adam style. The outside is simple and the inside more elaborate with oval rooms, a flying staircase. The music room in particular is a combination of Adam elements and Charleston adaptations. Four double sash windows open onto a balcony, not as French doors would, but for ventilation. Two panels mirrored to look like windows line the doorway into the room and reflect the light and the gardens. Window frames and entablature are carved wood; swags are putty; frieze all putty, and fireplace both wood and putty. Disguising of the materials is an Adam characteristic as is all the carving, the use of white and gilt.

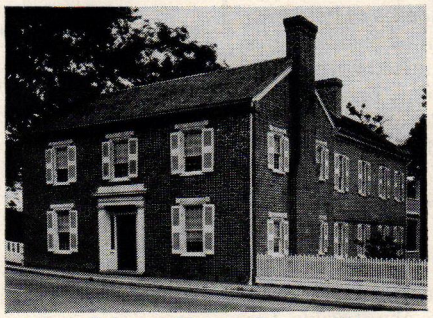


**Nathaniel Russell room, Charleston.**

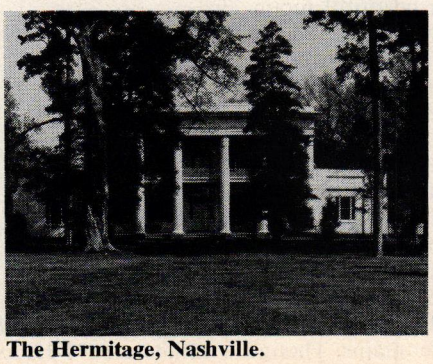


**Single houses, Charles St., Charleston.**

## Tennessee



**Andrew Johnson House, Greeneville.**



**The Hermitage, Nashville.**

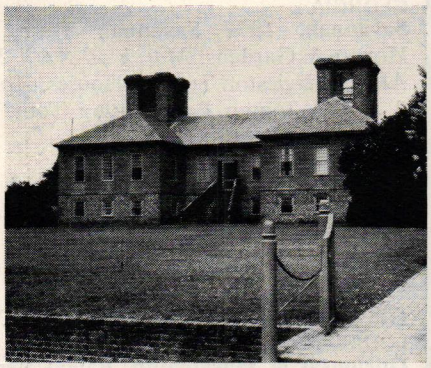
Tennessee is a state of mountains and rivers brought under control by the TVA. Andrew Jackson and Andrew Johnson both had houses here. In Greeneville, Andrew Johnson's 1850 brick house expands away from the street like a New England saltbox. The initial square brick structure has two rooms on the first floor and two on the second. It became an L-shape with a later addition. Open daily.

Outside of Nashville, Andrew Jackson's big Greek Revival house, The

Hermitage, is also open to the public. Look for the two front doors, one on the first floor, one entering the upstairs porch from the second floor, a curious way of announcing on the exterior of the house that the central halls, both upstairs and down, are identical. The massive cornice that tops the big six-column colonnade spanning the façade hides gables and windows of a third floor.

## Virginia

Virginia represents Southern architecture in its finest hour, not only in the 18th century but also in a variety of periods. Near Norfolk, the Adam Thoroughgood House built in 1640 (see page 84) is a handsome example of 17th-century architecture, which still looked back to medieval-European rural house-types. This is the prosperous house of a once-indentured servant who made good in Virginia, a yeoman's house of the sort prevalent before the development of big landowners, who began to build the more style-conscious plantation houses.



**Stratford Hall, near Fredericksburg.**

Stratford Hall is one of the early big country houses in the 18th century. The home of the Lees, it is a massive H-shape, austere but very classical. It perhaps relates more to mid-16th-century Italian palaces than to other, also-massive, early Georgian houses.

Carter's Grove is a remarkable early Georgian house owned by Colonial Williamsburg. The façade is a continuous broken line by a central square flanked by lower wings stretching out to either side. Inside, large rooms were set aside for entertaining and all the household activities went on in separate houses or dependencies. Westover, also on the James River, is another Georgian house that relates to Carter's Grove but was built earlier.

The 18th century in its most classical mood is Monticello, which takes the harmonies of mid-18th-century architecture and uses them in the form of their original inspiration—as a Greek temple. It is also with Monticello that modern conveniences begin to appear: dumbwaiters, bedrooms that work like sitting rooms, and dependencies placed underground.

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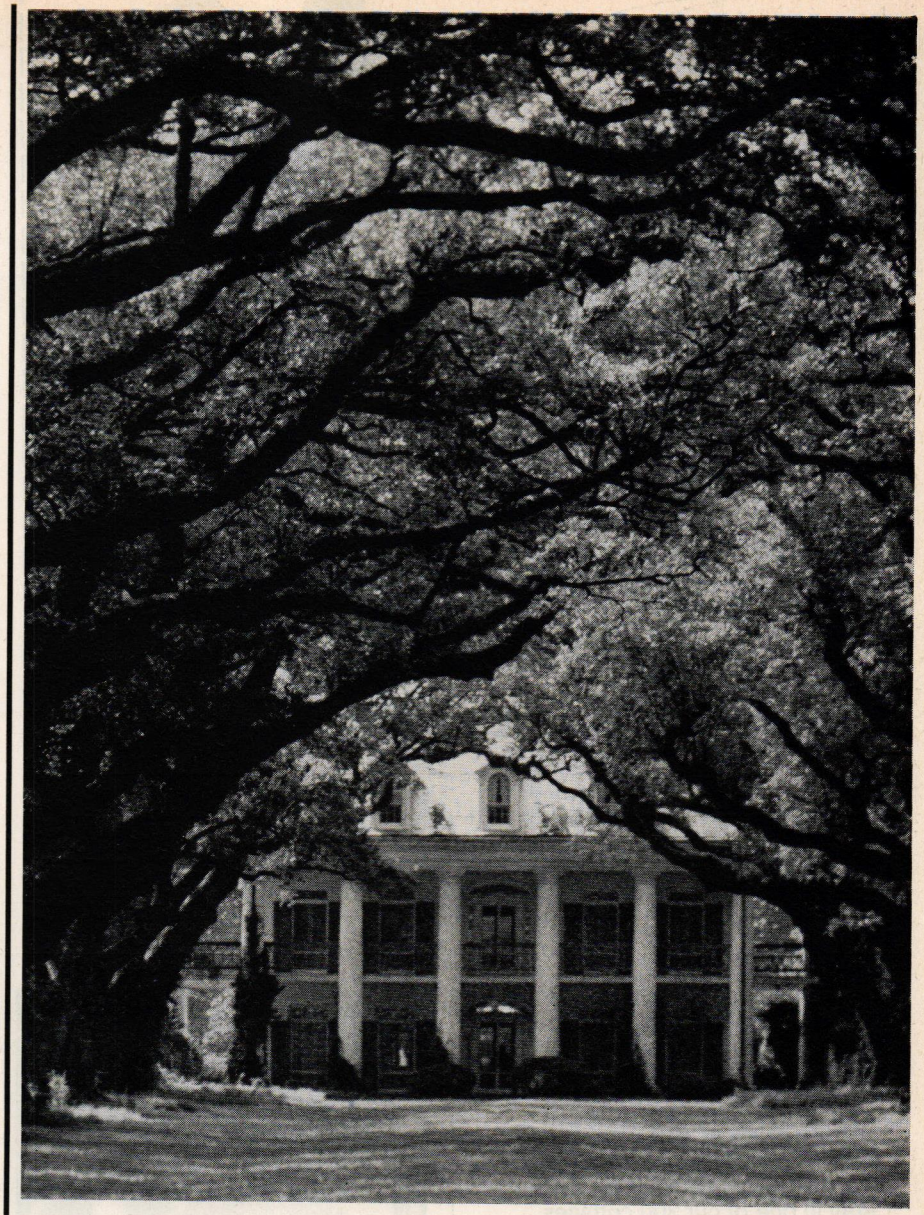

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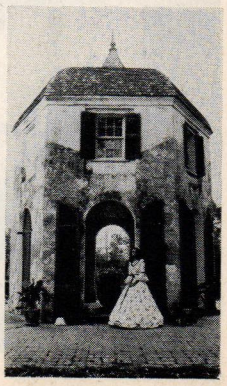

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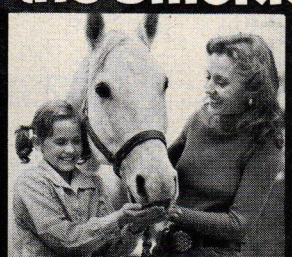

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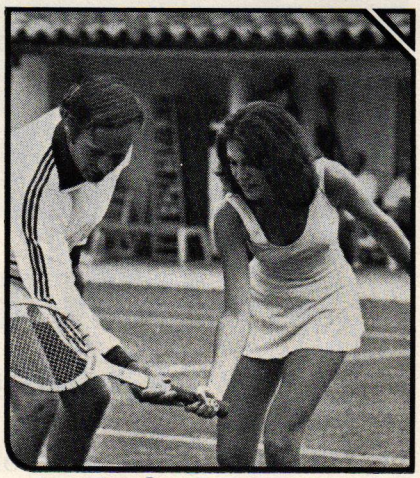

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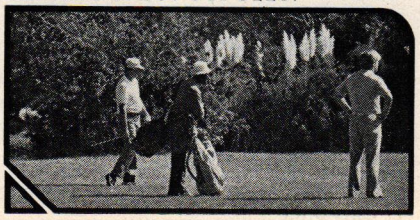




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## House tours

All over the South, historic houses are open to visitors over an 8-week period beginning in March. The dates of these house tours vary from year to year and some dates had not been fixed when we went to press. Check ahead to avoid disappointment. Remember that most towns have a house museum open year-round.

**ALABAMA**

**Lowndesboro.** Lowndesboro Pilgrimage & Antique Show. *March 25, 26, 27.*

**Eufaula.** 12th Eufaula Pilgrimage. *March 31-April 13.*

**Mobile.** Historic Mobile Tour. *March 10-26.*

**Selma.** Historic House Tour. *3 days mid-March.*

**ARKANSAS**

**Little Rock.** Quapaw Quarter Spring Tours. *April 24-May 2.*

**Helena.** Helena Pilgrimage. *Late April.*

**FLORIDA**

**Tallahassee.** House Tour. *End of March.*

**GEORGIA**

**Savannah.** 1977 Savannah Tour of Houses & Gardens. *March 30-April 2.*

**Atlanta.** Egleston Tour of Houses. *April 2 and 3.* Inman Park Spring Tour of Houses. *April 30, May 1.*

**KENTUCKY**

**Paris.** Historic House Tour. *May 12.*

**Lexington.** Historic House Tour. *May 14-15.*

**Louisville.** Historic House Tour. *May 20-21.*

**Glasgow.** Historic House Tour. *May 21.*

**LOUISIANA**

**Opelousas & Washington.** Bayou Ramble Historic House Tour. *March.*

**West Feliciana Parish (St. Francisville).** Audubon Pilgrimage Historic House Tour. *March 11-13.*

**New Orleans.** Spring Fiesta. *April 15 through May 3.*

**MISSISSIPPI**

**Natchez.** Natchez Pilgrimage. *March 5 through April 3.*

**Holly Springs.** Pilgrimage. *Last weekend April.*

**Columbus.** Pilgrimage. *March 25-April 13.*

**NORTH CAROLINA**

**Hillsborough.** Tour of Historic Houses & Gardens. *Mid-April.*

**Southern Pines-Pinehurst.** Tour of Historic Houses & Gardens. *April 13.*

**Chapel Hill.** Tour of Historic Houses & Gardens. *April 3.*

**SOUTH CAROLINA**

**Charleston.** Festival of Houses. *March 17-April 11.* Garden Club of Charleston Walking House Tour. *March 12, 2-5:30.* Candlelight Tour of Houses. *March 16.* Town House Tour. *April 1.* St. Philips Church Candlelight Supper Tour. *April 2.* House Tour. *April 15.*

**Beaufort.** 21st Annual Beaufort Tour of Houses and Plantations. *March 17-19.*

**Camden.** House and Garden Tour. *Early*

*April.*

**Georgetown.** 30th Annual Plantation Tours. *April 1-2*

**Hilton Head Island.** St. Luke's Tour of Houses. *April 2-3.*

**Aiken.** St. Thaddeus House and Garden Tour. *April 2-3.*

**TENNESSEE**

**Nashville.** The Spring Tour of Houses. *Mid-April.*

**VIRGINIA**

**Statewide.** Historic Garden Week. *April 23-May 1,* includes historic houses and gardens in almost every community in the state.

## How to go:

Since a car is a must for this sort of trip, airline packages, called "Fly-Drives," make a complicated reservation process into a simple one. By calling the reservations number at American, Delta, National, or United, one can book round-trip airfare, a rental car, and hotel rooms in as many states as you like, all at once. Southern Airways and Piedmont also offer Fly-Drives into certain cities. Though the South has beautiful, one-of-a-kind resort hotels, there may not be one everywhere you go. So do rely on the big hotel-motel chains for clean, functional rooms. Sheraton, Marriott, Holiday Inn, Ramada are all over the South. A good guidebook is a must. Mobil, Fodor, AAA have them. Rand McNally's *Discover America Guide* details historic houses and sites. The best house guide: *An American Heritage Guide to Historic Houses of America.*

## What to see and where to stay

House & Garden will send, free of charge, any of these booklets. Just fill out the coupon below. For other information on these eleven Southern states, write: Travel South USA, 3400 Peachtree Rd., N.E., Suite 1535, Lenox Towers, Atlanta, Ga., 30326; (404-231-1790.)

**ALABAMA**

A resort with an Olympic variety of sports, *The Grand Hotel in Point Clear* (1) offers in addition to its beach, a fresh-water pool, water skiing, sailing, tennis, golf, riding, quail shooting as well as skeet and trap, deep-sea and bill fishing, crabbing, and croquet.

From the Alabama Travel Department, *Alabama Has It All* (2), a booklet that divides the state into three parts and tells what to see and do in each: skiing, festivals, house tours, museums.

**ARKANSAS**

This is a state full of the best of the great outdoors. From the Arkansas Department of Parks and Tourism comes *Arkansas is a Natural* (3), a booklet telling of 21 state parks and the best-bet Arkansas #7 highway, the scenic route.

**FLORIDA**

An amusement park with an African approach, Busch Gardens (4) mimics carefully the variety of the Dark Conti-

*Continued on next page*


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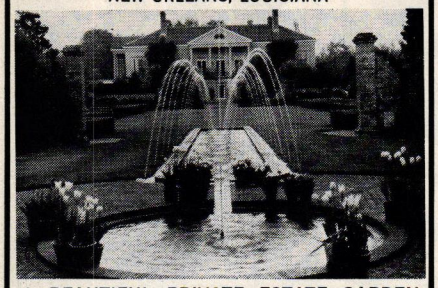
Longue Vue Gardens

NEW ORLEANS, LOUISIANA



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## GOING PLACES, FINDING THINGS

*continued from preceding page*

nent with North African belly dancers, a Nairobi game park, and an amusement park Stanleyville-style with a waterfall you can ride over in a log-boat.

The Florida department of Commerce predigests the state's attractions in a series of maps and brochures. *Florida Bicentennial Map* (5) is a useful hangover from '76 that also maps smaller key sections of the state, *The Florida Information Guide* (6) gives the lowdown on climate, what to pack, fishing and hunting regulations, where to camp, swim, go boating, and the recreation areas to base in. Walt Disney World and other vacation parks are listed with details in the *Official Guide to Attractions* (7).

### GEORGIA

Sea Island's *The Cloister* (8) is a wonderful island gateway with beautiful beaches, tennis, and golf. The Georgia Tourist Division sends a booklet, *Georgia Days* (9), where parks, camping and picnicking, historical go-sees, golf, and hunting are worked out for you from the mountains to the coast. Georgia's Stone Mountain (10) is a park where the portraits of Jefferson Davis and other Southern heroes are carved in huge relief on the mountain face. There's also a restored plantation, a riverboat, game ranch, and a cable car to the top.

### KENTUCKY

Everything from the Cumberland Gap to the thoroughbred farms of the Bluegrass is described for visitors to the state in the Department of Public Information's booklet, *Call of Kentucky* (11). All facilities and national parks are described in detail for families who want to know what's up before they get there.

### LOUISIANA

Battle sites and old houses, sports, one-of-a-kind food treats, music, 16 pages of gardens in color are what you learn about in the Louisiana Tourist Development Commission's booklet, *Louisiana* (12). *Be Our Guest in Shreveport-Bossier* (13) tells what to do there from sports to houses and gardens open to the public. *The Fishing Guide* (14) tells all about 9 local lakes and what to catch.

### MISSISSIPPI

*The Columbus Pilgrimage* (15) tells of seven house tours in late March. The Mississippi Board produces a comprehensive booklet, *Mississippi: Your Guide to Travel* (16) which lists all: driving tours, scenic routes, hunting, fishing, historic sites and houses, 26 public golf courses, tennis courts, a map of the state, a chart of lakes, reservoirs, parks.

### NORTH CAROLINA

*North Carolina One Day at a Time* (17) tells what to do all over the state: in Asheville, in Winston-Salem, in Charlotte, in the Piedmont. A brochure that anticipates your questions. Two resorts offer a variety of accommodations: "Grandfather Golf and Country Club" (18) has condominiums to rent; Fontana Village (19) has a choice of rooms in a lodge and an inn plus 300 cottages. The setup described in its booklet has you busy all day long and all night long, if you choose.

### SOUTH CAROLINA

Everything you wanted to know and didn't know who to ask is worked out for visitors to the state in a super *South Carolina Trip Kit* (20), a fat stack of booklets each dealing with a different activity from fishing to golf; old houses, beaches, plus a new hotel guide.

A state known for beautiful beaches. At Myrtle Beach, the Ocean Dunes Motor Inn offers a booklet describing all-expenses-paid golf and tennis packages (21). Also on Myrtle Beach, campgrounds, fishing. For details: *Myrtle Beach and Grand Strand* (22).

### TENNESSEE

There are four big vacation areas in Tennessee and the Tennessee Tourist Development Board's brochure *Follow Me to Tennessee* (23) tells all.

### VIRGINIA

Three brochures give the low-down on a beautiful state. *Virginia* (24) gives color pictures and details about historic architecture as well as the Cumberland Gap and the NASA research center. *Virginia Bicentennial Guide* (25) sticks to what the state has got in spades: historic architecture. A calendar of events give a time frame. For a driving trip, the essential is the map, *Virginia, Independence Bicentennial Highway Map* (26) with small color pictures of sights.

Circle the number of each booklet you want. Add 50¢ postage and handling. Do not send stamps. Allow up to four weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 3A, Box 3579, Grand Central Station, New York, N.Y. 10017.

March 1977

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Be careful with fire: There are babes in the woods.

And those baby animals and trees need a place where they can grow up strong and healthy. The forest is their home. When you come to visit, please don't burn it down.



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# Walk one mile and 200 years into history.

Williamsburg's mile-long Duke of Gloucester Street leads you deeply into America's past.

At one end, you'll find the oldest academic structure in continuous use in British America, the Wren Building at the College of William and Mary. At the other, the Capitol, stately symbol of the Crown's power in its largest colony.

In between are taverns and townhouses, craft shops and quiet gardens.

Now, while the beauty of spring slowly unfolds, give yourself time to walk this historic mile. And to continue your journey through the past, enjoy the timeless pleasures of a Colonial Williamsburg hotel. Here in the midst of the Historic Area, you'll find gracious accommodations, festive dining and the enjoyment of golf and tennis.

Discover the wonder of an eighteenth-century world that's bright and fresh and new, this spring in Colonial Williamsburg.

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WILLIAMSBURG, VIRGINIA

**Make reservations now** *at Williamsburg Inn, Lodge, and The Motor House. Write Reservations Manager, Box CN, Williamsburg, Va. 23185; or call (804) 229-1000; New York, (212) 246-6800; Washington, 338-8828.*

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

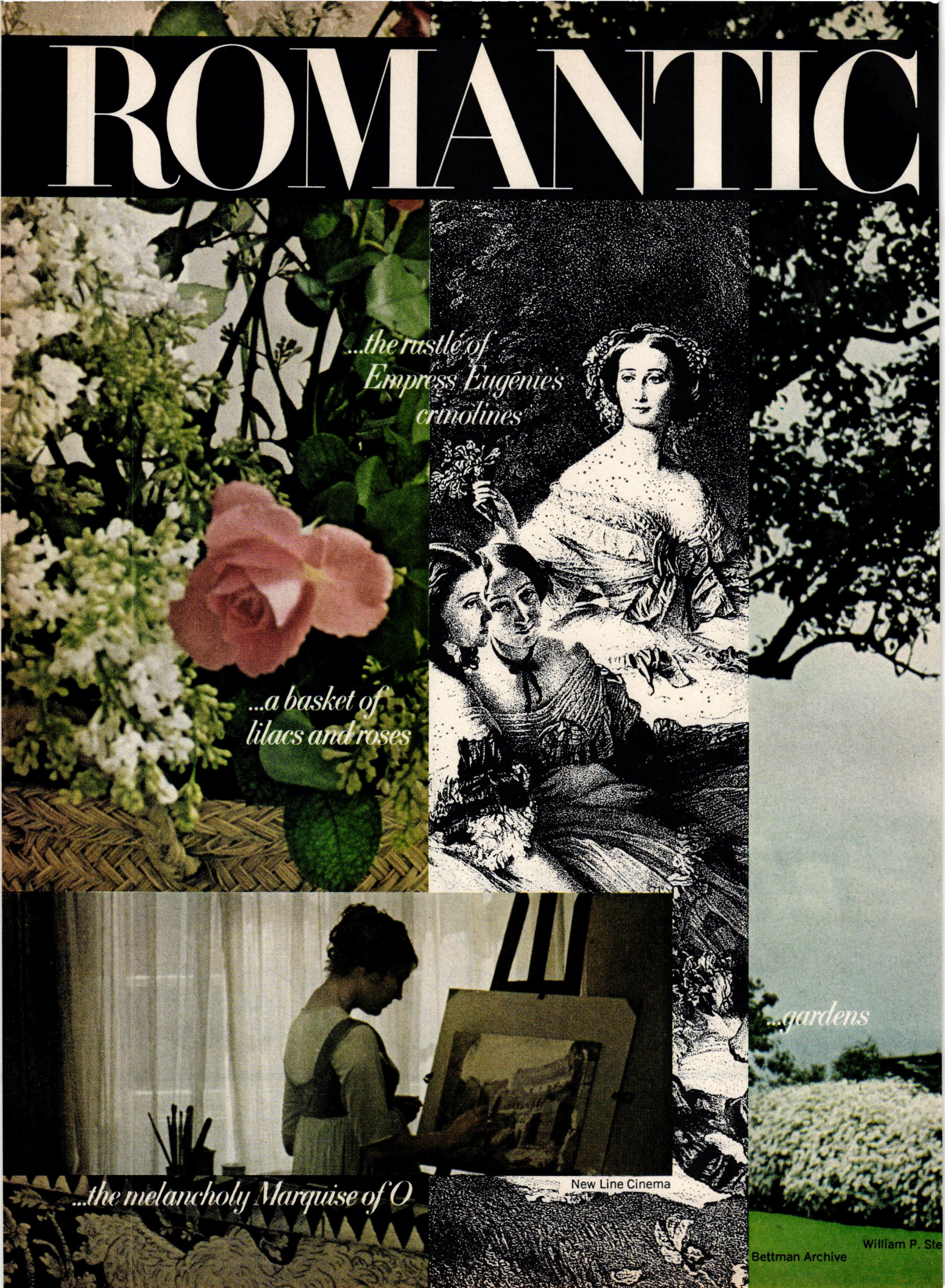
House & Garden, March, 1977

Courage, vision, feeling. In our work and in our lives, that's the true spirit of romance. It's doing whatever you do lustily and with passion, exploring, taking risks, following impulses, and convention be damned. In decorating, romance gives us the courage to make things pretty, to put our feelings on the line. And why not? While our skins are toughened by the outside world, a little honest sentiment at home reminds us that we can still be vulnerable, that we also have a heart. It's not that we don't want to face reality, we just need to sand down its jagged edges, to create a personal reality of our own.

When you create a room that dares to show how you really feel, and what you really love, you've captured the modern spirit of romance. Because romance in decorating has nothing to do with anyone's notions but yours—your sense of freedom, self-expression, surprise. The same qualities that put excitement in your work, sparkle in your eyes, and interesting people in your life. Starting here, a gathering of the houses and gardens of some very romantic spirits—encouragement for your own to rise and shine.

# *This way to romance*

# ROMANTIC


...the rustle of Empress Eugénie's crinolines
...a basket of lilacs and roses
...the melancholy Marquise of O
...gardens
New Line Cinema
William P. Ste
Bettman Archive

# S AWAKE!

You've come of age. Your decorating is open-eyed, self-assured, maybe a little sassy —because modern romantics are romantics who know the score. You decorate by heart: your style, your favorite things, whatever turns you on. We're sure that when you see what we mean, you'll take romance.

PORTRAIT OF A

## modern romantic

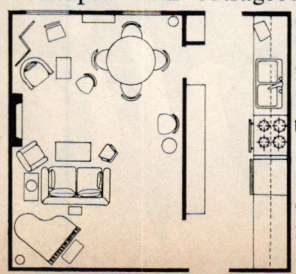
*What does she want?*

A MODERN ROMANTIC

# she wants:

## a voluptuous ambiance: heady colors, sensuous textures, just a trace of wickedness

The scene could hardly be more romantic. And the magic is worked by color and fabric and a masterful use of scale. A paisley chintz covers some of the furniture and, shirred on rods, cocoons the walls, deftly disguising the uneven surfaces of the architecturally hopeless space. It's a brownstone apartment with a pocket bedroom opening off the kitchen (see plan below). Velvet, the same luscious rose color as the carpet, covers the bed and a sofa heaped with outrageous bobble-braided cushions. Yellow taffeta falls gracefully as curtains for windows and the fourposter bed. All of this creates an opulent 19th-century ambiance for its occupant, Sandra Osborne, but there's plenty of modern comfort too: The fireside chairs swivel and the sofa was overscaled by decorators Robert Denning and Vincent Fourcade "to create a look of grandeur." Details that develop the romantic atmosphere: softly shaded, fringed lamps, a grand piano, pillows, candles, of course. Tucked behind a screen in the bedroom is Sandra's office, evidence that this modern romantic has one foot squarely in reality.



**Opposite page, top:** In the living room, an embrace of fabrics, a splurge of red. **Right:** Sandra, with two of her pets. **Far right:** In the dining area, red-leather-covered French-style chairs, antique mahogany table. **Above:** Modern steel fourposter softened with swath of taffeta, a velvet bedcover.

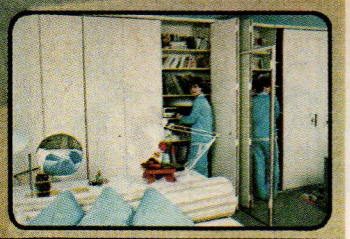
London

William P. Steele

THE ROMANTIC ALTERNATIVE

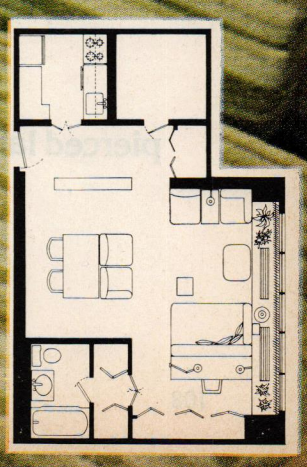
# serenity of space

A one-room apartment with an atmosphere of mirror, pale colors—and not a drop of nostalgia



If you like the look of uncluttered space, you can still have the romance of soft colors, soft textures. This versatile apartment belongs to Vonnie Mansell, a top model for whom designers Patino/Wolf Associates made the ceiling and pillows blue to match her eyes, painted walls peachy cream, and wrapped the floor in cinnamon carpeting. Mirror, strategically used on walls facing windows and on freestanding dividing wall by the front door (see plan below) expands and lightens space. Double duty furniture conserves it.

**Left:** In an L-shape room doubled by a mirrored wall, four modular units, plus ottoman and sofa-bed, all covered in natural Indian cotton. Units by Patino/Wolf roll about, draw up to dining table, combine as sofas.
**Left, top:** Storage behind bed.
**Left center:** Below window, carpeted bed platform.
**Left below:** Behind sofa-bed, desk.
**Opposite page, left:** Vonnie prepares for a sitting. William P. Steele



# WHERE *does romance begin?*

*Where else but the bedroom?*
*Here are 27 ways to say romance.*
*How many more can you think of?*

# HER

Susan Wood

mauve roses

filmy fabric

silk bow

fire

antique birdcage

bull's-eye mirror

white lilacs

voluptuous pillow

upswept hair

old-fashioned nightgown

chaise longue

child's chair

fragile colors

bamboo

antique quilt

breakfast tray with rose

blue and white china

ferns

ROOM DESIGNED BY MARIO BUATTA.
SHOPPING INFORMATION, PAGE 172

BEDROOMS THAT SAY ROMANCE

# ON DARING TO BE ROMANTIC

BY JANE O'REILLY

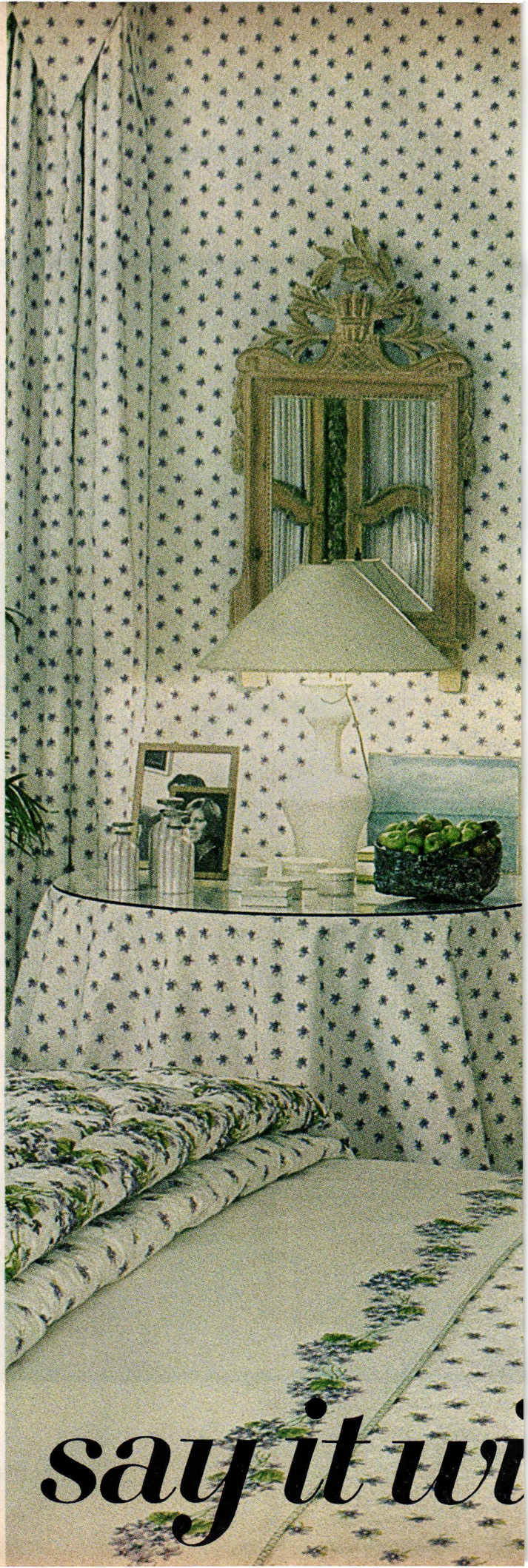
My notions of what is romantic were fairly well fixed when I was 10 years old and first heard the song about a stranger seen across a crowded room on some enchanted evening. I am still quite attached to those notions. Champagne is, of course, romantic. So are white lilacs out of season, long-distance telephone calls at midnight, Fred Astaire movies, fur rugs before bedroom fireplaces.

In time, some of my notions of the romantic had to be given up. Maribou bed jackets made me sneeze, red leather address books were too often lost. Lace-trimmed nightgowns hand-hemmed in Belgium were too often thrown into the laundry with the sweat socks.

As the proportion of sweat socks rose in relation to the tattered remnants of lace nightgowns, I reflected sorrowfully, and with considerable lack of originality, that life is not, as a rule, very romantic.

I was wrong. Life *is* romantic; infinitely unpredictable, endlessly possible. What was not romantic was my own stubborn attachments to a few ideas of what romance should be. Limousines and candlelight and meaningful glances are all right as far as they go, but they don't go very far. As concepts, they serve best in advertisements. In real life, they are somewhat banal, and the constant effort to avoid banality is the essence of romanticism.

The *Oxford English Dictionary* defines romantic as that which is ideal, purely imaginary, having no real existence. *(Continued on page 113)*




**Right:** Flowers and romance—it was love at first sight when they were first introduced ages ago—and the honeymoon promises to last forever. "Romanticism is here to stay—and flowers say it best," declares Gustav Zumsteg, who has designed sheets that show he means it: They're patterned with tiny violets stretching to infinity. Designer Mark Hampton and his wife loved the idea so much that they chose the sheets for their own bedroom. A violet garden covers walls, bed, and valances. Shirred, sheets become curtains and table skirt. The garland border on bed sheets turns up in a pattern of its own on comforter, chair, and canopy lining.
**Opposite page, insert:** In the bedroom, wall-to-wall flowers are clarified and anchored by a natural straw rug, white night tables, and white porcelain lamps. "Sentimental Bouquet" sheets by Gustav Zumsteg for Fieldcrest. Shopping information, see page 172. William P. Steele

th violets

ROMANCE...
say it with ruffles

According to the dictionary, a romantic novel is that in which the imagination is most free; romantic music combines imagination and passion; and a romantic project (a bedroom, a valentine, a trip to the moon) is that which goes beyond what is customary or practical.

A free flight of the imagination, a leap beyond the expected and the ordinary, risks taken to achieve an idea—those are the truly romantic things.

Places, objects, music are not in themselves romantic simply because we think they are or because someone else once declared them to be. They become romantic only in so far as someone has made them expressions of a romantic idea, has invested them with imagination and daring.

Nature is the most romantic, because it is never ordinary, never predictable, and can never be duplicated even by the most unlimited imagination. The Grand Canyon, a prairie, a waterfall, one violet are each in their way very close to some ideal form.

People who do not wonder at the world they live in are not romantic. It is not necessary to live in constant fatuous preoccupation with the beauty of a blade of grass, but a person who never notices grass denies the essential inspiration to the mind and spirit. The poet Yeats lived in a cloud, but suddenly some part of the world would appear to him as a glorious unique revelation and he would sit right down and write a poem about it.

A picnic in the snow beside a winter-bound lighthouse is a response to a place, and a shared picnic is a response to people who notice *(Continued on page 115)*

**Left:** The romance of ruffles —there's nothing softer, more feminine, more inviting. In this bedroom, designer Zandra Rhodes used them abundantly on the freestanding bed's pillow shams, dust ruffle, and headboard. On the banquette Miss Rhodes used sheets shirred at their borders and flowing to the floor in a double-ruffled skirt. "I wanted to design a revolutionary sheet—something as luxurious as the hand-embroidered linen sheets of days gone by," says Miss Rhodes. "So I added a 3-inch pleated satin frill." "Zandra's Octagon" was a natural for octagonal pillows and forms a geometric design for the screen. "Zandra's Trellis" on bed, banquette, and curtains. Sheets by Wamsutta. Shopping information, page 172.

Susan Wood

ROMANCE...
say it with roses

while the others are warm at home watching the football game. It is not romantic if two people have trudged out in the cold and the wet dragging along some hot cocoa because they think it will make a nice setting for romance.

The lights on the George Washington Bridge at night are not romantic because they form a nice backdrop, but because they are there because someone dared to imagine such a bridge.

It is the imagination that counts, the risks taken, the expression of self. That is why travel can be romantic, but not always. The willingness to experience makes Cleveland romantic for some people, but Venice can be a bore for a grudging spirit.

Most Americans believe that without love there can be no romance. Of course love makes everything better. It is the principal adventure available to every human. Being in love is letting oneself in for a flight of extreme romantic daring—risky, idealizing, a time when the sweat socks and banality of life are transcended.

But we do not recognize that our responses to heroes and heroines, to the exhilarations of spring, to the delights of art are also romantic. When we deny the sources of those responses, we deny our emotions, lose touch with ourselves.

Showing our emotion is good for us. Emotions are the sources of our *(Continued on page 148)*

**Left:** Romance as only the 19th century knew how—all in soft colors, full of creature comforts, and with flowers everywhere. That was the inspiration Françoise de la Renta and Robert Perkins drew upon when they designed the bedroom here, with curtains gracefully drawn back to reveal a sitting room at one end, a bath at the other. To articulate their mood, they used sheets: as curtains hung from brass rods; patterned with wild flowers on the bed and Austrian window shades. And on walls and the outside of the bathtub, they applied sheets with roses and lilies of the valley scattered across a background of stripes. A border of voluptuous roses adds an extra molding around windows. **Inset, left:** In the sitting room, table skirt and pillows made from sheets. "Les Belles Fleurs" and "Victorian Lavender" sheets designed by Oscar de la Renta for Cannon. For shopping information, turn to page 172.

William P. Steele

ROMANCE...
say it with a coup

# HOW ROMANTIC ARE YOU?

*Romance, according to Webster's Dictionary, involves "knights, adventure and love." You either go in for that sort of thing or you don't. See if you're a romantic by testing yourself on these 15 questions, compiled with the help of a psychologist. They apply equally to men and women, so don't be sexist about it. Choose only one answer in each category, then turn to page 166 for the answers.*

1 At the end of a love affair, you:
- ☐ **A** forget about it at once.
- ☐ **B** try to analyze what went wrong.
- ☐ **C** find it hard to pick up the pieces.

2 What do you sleep in? (For men) What would you like your partner to sleep in?
- ☐ **A** a floaty nightdress.
- ☐ **B** whatever comes to hand from the drawer.
- ☐ **C** nothing at all.

3 What music do you prefer?
- ☐ **A** Bach.
- ☐ **B** Chopin.
- ☐ **C** Stravinsky.

4 Have you written a poem since you left school?
- ☐ **A** once.
- ☐ **B** more than once.
- ☐ **C** never.

5 When you think about your goals in life, you find you:
- ☐ **A** prefer to live from day to day.
- ☐ **B** aim for things you can probably attain.
- ☐ **C** visualize an ideal life.

6 What is the place you'd like to live in most?
- ☐ **A** a penthouse apartment.
- ☐ **B** an 18th-century restoration.
- ☐ **C** a modern one-level house.

7 In your wildest dreams, you would like to be:
- ☐ **A** able to afford anything you want.
- ☐ **B** swept away by a stranger to a different world.
- ☐ **C** very successful in your career.

*Continued on page 166*

**Left:** There's something about a low-ceilinged country bedroom with a fireplace and wide-board floors that inspires romantic decorating. "It's the irregularity of the room—the randomly placed beams, the imperfect lines, the odd shaped walls," says designer Angelo Donghia. "Romantic things aren't perfect, there's always a slight disorder." Mr. Donghia added romance to this bedroom with his new sheets. "I thought of the most romantic things—yellow sweetheart roses, great big anemones, lots of ribbons floating through designs—and I put them together in these sheets." On the bed he matched sheets with a fluffy comforter and ruffled pillow shams. From the same sheeting, he cut and sewed a canopy in a flat geometrical design. For chair cushions, he centered two sheet squares; for napkins, he cut four sheet squares; and for the tablecloth, he cut a sheet to size and bound it with matching apricot grosgrain ribbon. Then to create the unexpected—"the key to romanticism"—he covered the wing chair in a green floral print, and tiled the fireplace in a lively red and white checkerboard pattern. "Grosgrain Ribbon" sheets by Angelo Donghia for J.P. Stevens. Shopping information, page 172.

Susan Wood

THE ROMANCE OF

# GARDENS every

## WHAT'S COMING UP IN *fabrics*

Only the richest crop of new ideas in years—a beautiful revolution of color, pattern, texture, thought. *In pattern,* nature is the star. Not stylized, abstracted flowers, but flowers as real as you can get without sunshine and soil. And drawn to life size—or else very small, like the English garden prints and all-over flowers that combine in new kinds of subtle pattern-on-pattern. Backgrounds are disappearing in the foliage, but where they do peek through, they're almost never white anymore, but soft rich color. *Colors* themselves are in the midst of a subtle transformation. Clear bright primary colors are used singly, with white, rarely mixed together.

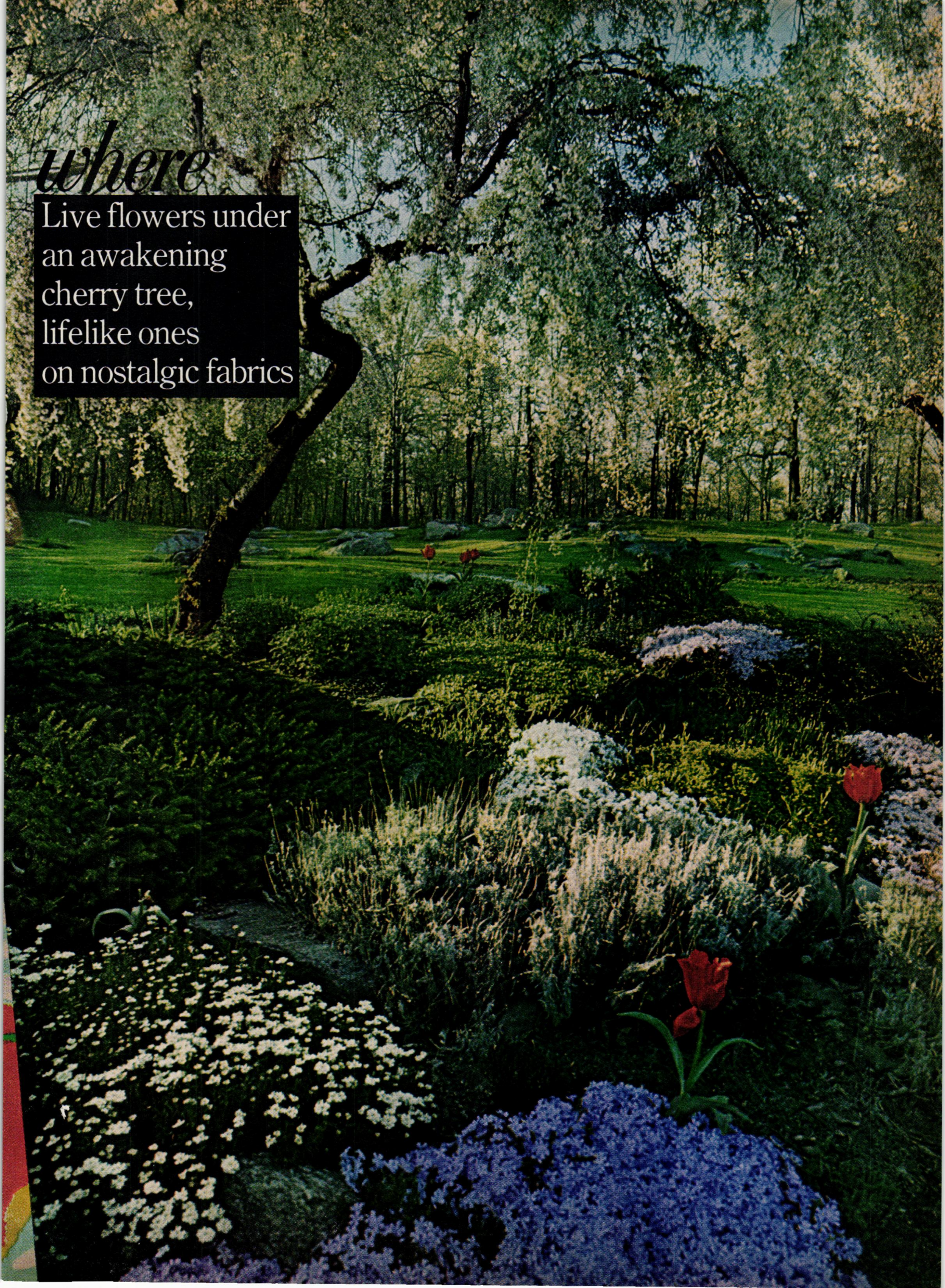
*(Continued on next page)*

**Far left:** Great bunches of hollyhocks and ribbons on glazed chintz. By Brunschwig & Fils.
**Left:** Big floppy tulips on a background of allover tiny flowers. "Tulipa" pattern cotton sateen by Cohama.
**Right:** The warp-weave look, a printed version of the old-world art of dyeing silk threads before weaving. "Ava" glazed cotton chintz by Schumacher.

Keith Trumbo

**Above left:** Botanical-print chintz by Marignan above more "Hollyhocks," this time on minty green stripes. Bottle-green thistle geometric by Laura Ashley for Raintree Designs.
**Above right:** Rosy porcelain-yellow glazed chintz—"Arbor" by Jay Yang for P. Kaufmann. Shopping information, page 172.
**Opposite page:** A weeping cherry blossoms above frothy white candytuft (*Iberis sempervirens*), creeping lavender Phlox *subulata* in Mr. and Mrs. John H. Bruce's spring garden in New York State.

Beadle


where
Live flowers under
an awakening
cherry tree,
lifelike ones
on nostalgic fabrics

# A rush of roses to the roof, romantic florals in soft new colors, warp-weave prints

# FABRIC'S COMING UP

Pretty—that's what people want. *Pretty colors,* off-beat colors, the colors of durrie rugs, porcelain, Rousseaus. Designers and decorators are talking about red's influence on the whole spectrum, which means you'll see fewer yellowy blues and greens, less gold, as the spectrum shifts to rosy blues, bottle greens, lavenders, pinks. Neutrals are red-shifting, getting grayer, taupier. And red is in its crimson glory. Root- and leaf-died hues of batiks and other primitive prints continue to thrive, as do geometrics—but smaller, for backgrounds, quiet but with character. What it all adds up to is choice—and more freedom than ever to follow your instincts and indulge your own delights.

Keith Trumbo

**Left:** Another warp-weave look (see preceding page), of silky-looking roses on cotton sateen. "Rose Ribbon" by Cohama.
**Right:** Victorian bouquets with stripes of lace. "Filigree Stripe" chintz by Brunschwig & Fils.
**Far right:** Faded rosy apricots and melons in an English country floral chintz. "Windsong" by Cyrus Clark.
**Above left:** Overblown anemones on new taupy background. "Anemone" sailcloth by Stroheim & Romann. With it, a group of new grayed neutrals, taupe and lavender geometrics.
**Above right:** Pink—the most romantic color, here with fragile blue in a peony-printed cotton sateen. "Claiborne" by Waverly. Shopping information, page 172.
**Opposite page:** Roses! Climbing on trellises on a fisherman's cottage on the island of Nantucket, where 18th- and 19th-century shingled cottages are covered with old roses (often old-fashioned Dorothy Perkins variety) that climb clear to the roof. When house repairs become necessary, the trellises and rose canes can be gently laid back on the ground, then replaced to bloom for decades more.
**Opposite page, insert:** An espaliered pear tree against a whitewashed brick wall, with purple verbena, red and orange zinnias blooming at its feet. Wayward shoots will be pruned to keep the stylized shape. In Alexander Eltz's New Jersey garden.

Beadle

Cozy and warm, full of flowers and tender prints, it's a 20th-century gingerbread house, and just as sweet

There's something dreamy about a tiny cottage hidden in a clearing and surrounded by a flower garden. It's the quintessential rose-covered cottage where living is simple but comfortable, the decorating unpretentious but unabashedly pretty outdoors and in. "It's like living in a birdhouse," says designer-owner John Robert Moore. "It reminds me of a thatched-roofed English cottage, the kind you read about in storybooks." So the first thing he did was plant a proper English garden of climbing roses, larkspur, and hollyhocks. Then he restored the interior so that now it looks like the sea captain's house it was 200 years ago: "Everything that was once charming about the house had been hidden." Beginning in the living room, he removed 200 years' worth of accumulated paint and wire-brushed ceiling beams leaving some of the old paint. He scraped the fireplace, Dutch ovens, and nearby cabinets and found antique English flowered fireboard. In the eat-in kitchen, he removed a ceiling and uncovered the original peak and beams. He painted the linoleum floor a leafy green, and while the paint was still wet, textured over it with a sponge. The little house is furnished with found-furniture and antiques, all covered in different lighthearted prints. The table skirt is an unfinished appliquéd quilt. "Patterns blend naturally," says Mr. Moore. "But you have to know when to use a bold print and when to use a small one."

**Right:** The living room, lighted by sun let in through the big bay Mr. Moore added and curtained with crisp white eyelet—"the only non-print in the house." Coffee table, a sea carpenter's chest, is part of a nautical collection. Surveying the scene, a French porcelain parrot.
**Above:** At the front door, Victorian roses from Tillotson's Roses
**Opposite page, bottom:** Kitchen chairs with warp-weave print cotton cushions.

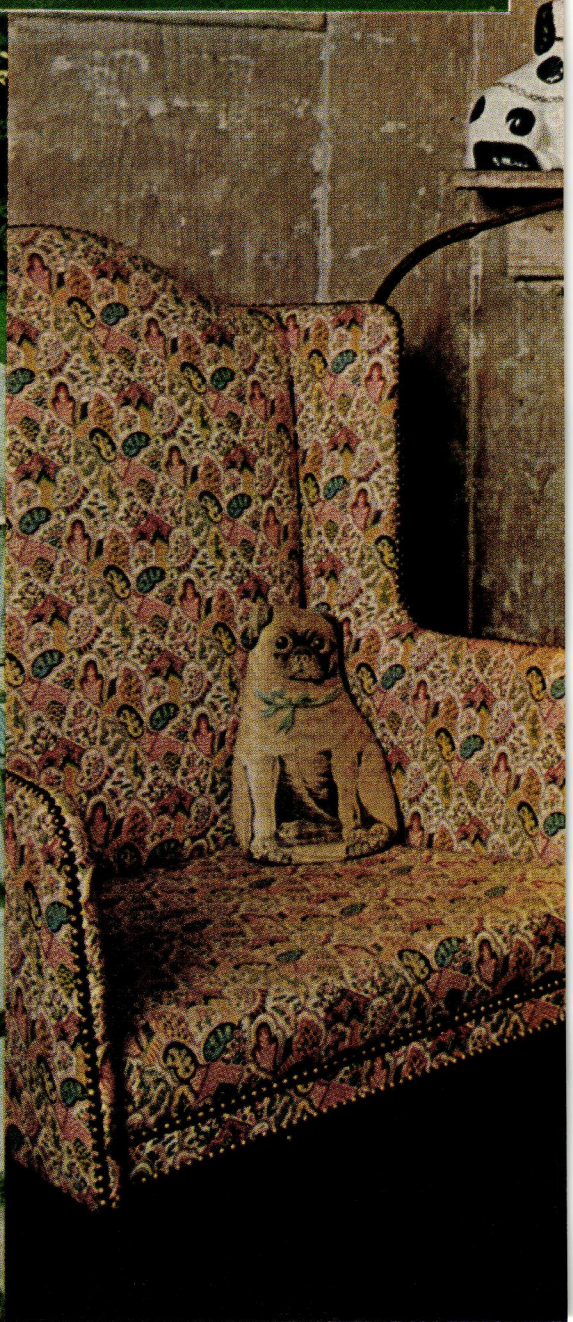
# What it's like to live in a Rose-cover

Beadle

# ed cottage

# In a rose-covered cottage

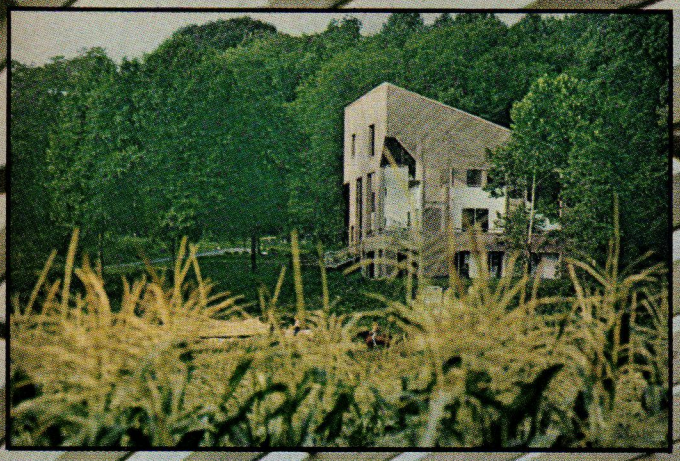
## Intimacy, personal collections, delicate patterns, a garden table for dining



Although it is small, the five-room cottage is designed for lots of living. "I like a cozy, feet-up feeling where everything's relaxed," says Mr. Moore, a Southerner who attributes his outlook to "a tradition of romanticism in the South: The warm climate lends itself to a soft, lazy way of life—no Southerner was ever found rushing around preparing for winter." Mr. Moore brought this romanticism North in soft colors and patterns, the warmth of natural materials, and his favorite possessions collected from all over the world. From England came Staffordshire—including the pair of dogs on the mantel, the blue china in the living-room corner cupboard, and the Scotch-people lamp on the skirted table (see preceding page). Above the mantel, a multimasted schooner in an old frame of sailors' knots. From France came a collection of wire furniture, mixed with white rattan, all covered in hearty cottons that stay outside rain or shine.

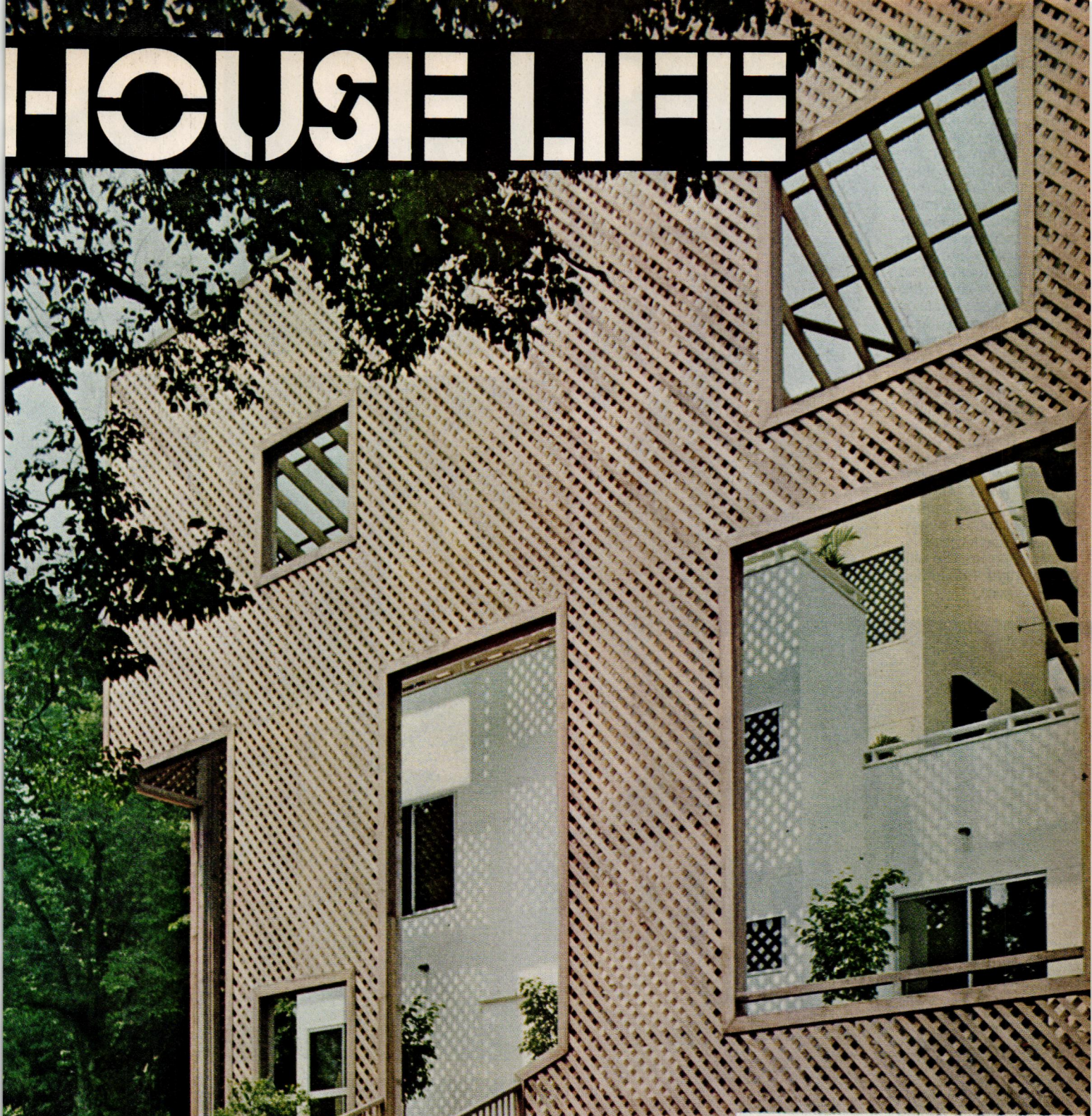
**Left:** In the living room, original fireplace and ovens that now conceal sound system and wood. The summer fire screen is painted wood flowers-in-a-basket with a real basketful from the garden.
**Far left:** On the patio, a birdhouse which Mr. Moore once admired—and was told he could have if he could remove it.
**Opposite page, top:** In the kitchen, a gallimaufry of baskets, copperware, and French Provincial fabrics. Beadle

# LATTICE



Wraparound privacy and a wonderful play of light in a house with as much space indoors as out

# HOUSE LIFE



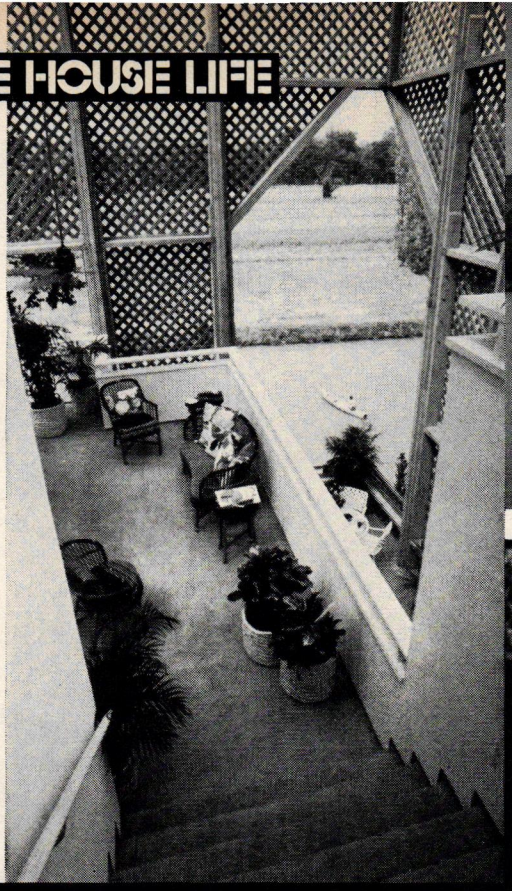
The romance of a porch—that was the inspiration for this house that is practically *all* porch. Enchanting patterns of light and shade play through this filigree house-within-a-house. Its outer shell is a grille of redwood strips, with doors and window openings to frame views. Inside, architect William Turnbull Jr. built a 3-story white-painted plywood house, all around an inner skylit stair tower with flat roofs that serve as decks. A rafter roof sheathed in translucent plastic covers the multilevel decks, bathing the space with light.

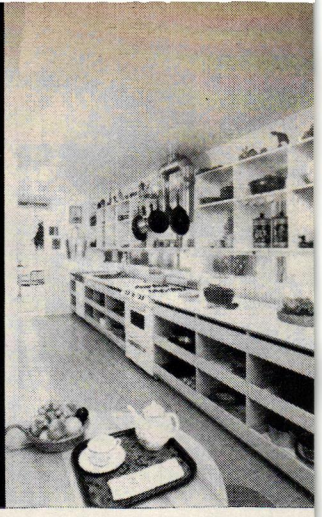
**Above:** House nestling within redwood lattice porch with translucent roof. **Opposite page:** Ground-floor dining deck covered with heavy-duty paint. **Opposite page, top:** Exterior of barnlike house, backed by woods. Robert Lautman

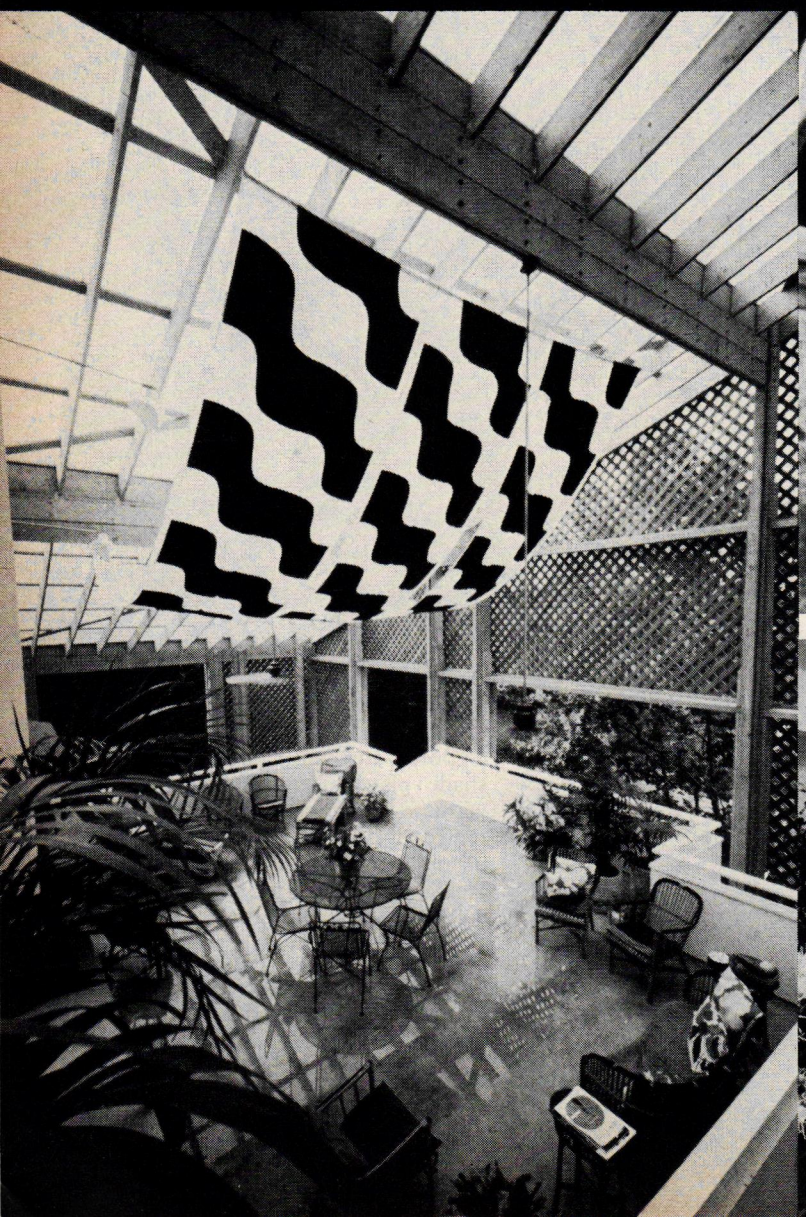
# THE LATTICE HOUSE LIFE

This is a real open-country house in Virginia, and decks give more open space inside: bottom floor for children, middle floor for entertaining, top floor for parents only. The lattice enclosure filters light through on every level; white walls and vinyl floors reflect its patterns. The inside rooms can be private or opened up on to deck areas. Almost Eastern in its delicacy, the fretwork is made of redwood strips. The house is of standard materials—plywood siding, wood framing, translucent plastic panels.

**Above right:** Angular cutout in lattice frames view of pond. **Below:** Parents' deck with suspended Marimekko sail. **Below right:** Plant-filled living room.

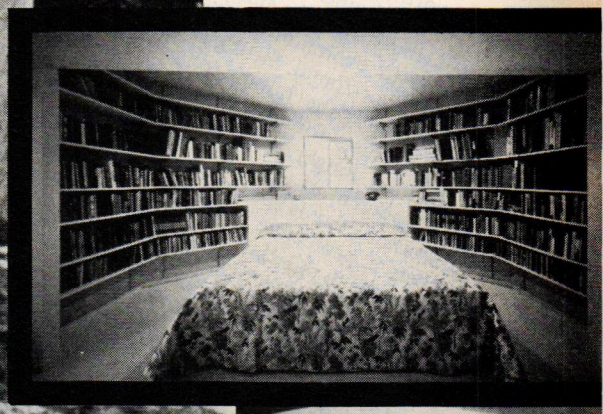


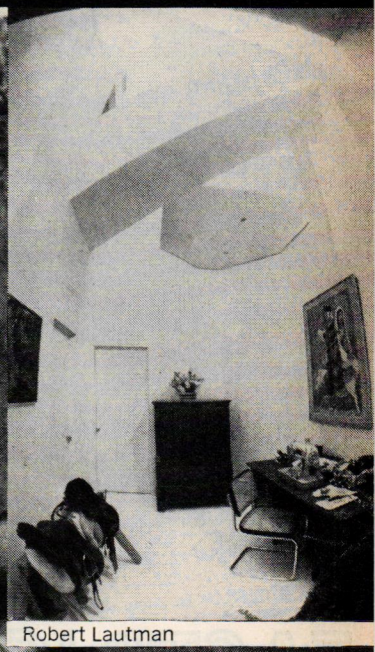




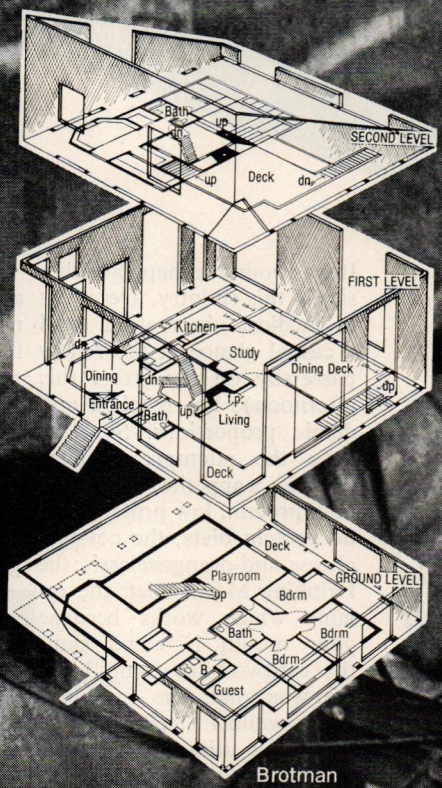
# A house within a house— 3,860 square feet of indoor living space, 3,350 outdoors under a see-through roof

**Below:** Master bedroom, with five-sided book wall, built-in storage headboard, sunny walls. **Below center:** Central skylit stair tower whose lowermost level serves as sewing area and hall. **Bottom:** Plan of house, designed by William Turnbull Jr., with 3,860 square feet of deck. For building materials, see page 167. **Opposite page, top center:** Octagonal dining room with sliding doors to mid-level deck. **Opposite page, top right:** In galley-shaped kitchen, open shelving and narrow windows above counter; breakfast area opposite dining room door.





Robert Lautman

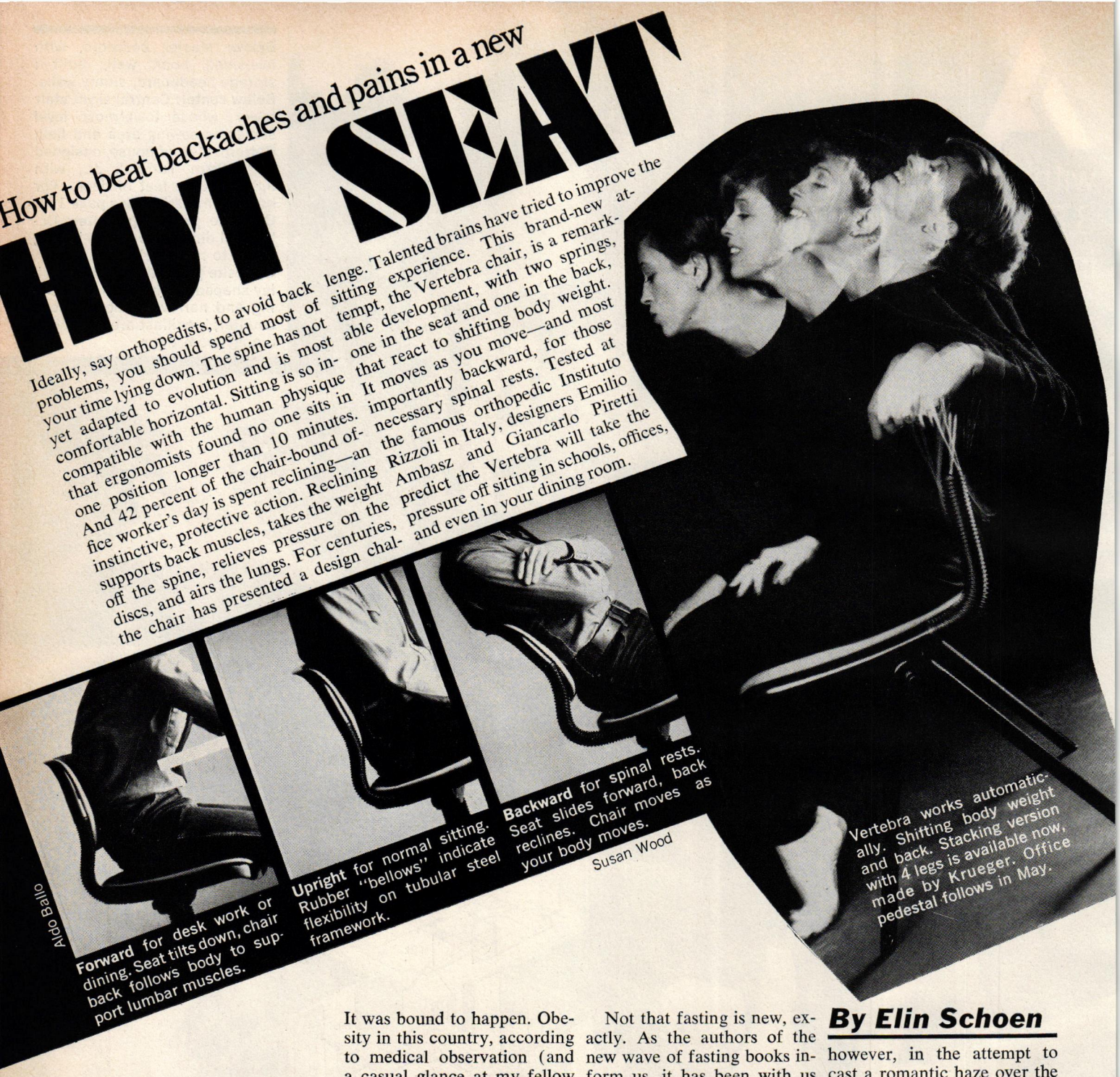



Brotman

How to beat backaches and pains in a new

# HOT SEAT

Ideally, say orthopedists, to avoid back problems, you should spend most of your time lying down. The spine has not yet adapted to evolution and is most comfortable horizontal. Sitting is so incompatible with the human physique that ergonomists found no one sits in one position longer than 10 minutes. And 42 percent of the chair-bound office worker's day is spent reclining—an instinctive, protective action. Reclining supports back muscles, takes the weight off the spine, relieves pressure on the discs, and airs the lungs. For centuries, the chair has presented a design challenge. Talented brains have tried to improve the sitting experience. This brand-new attempt, the Vertebra chair, is a remarkable development, with two springs, one in the seat and one in the back, that react to shifting body weight. It moves as you move—and most importantly backward, for those necessary spinal rests. Tested at the famous orthopedic Instituto Rizzoli in Italy, designers Emilio Ambasz and Giancarlo Piretti predict the Vertebra will take the pressure off sitting in schools, offices, and even in your dining room.



Aldo Ballo

**Forward** for desk work or dining. Seat tilts down, chair back follows body to support lumbar muscles.

**Upright** for normal sitting. Rubber "bellows" indicate flexibility on tubular steel framework.

**Backward** for spinal rests. Seat slides forward, back reclines. Chair moves as your body moves.

Susan Wood

Vertebra works automatically. Shifting body weight and back. Stacking version with 4 legs is available now, made by Krueger. Office pedestal follows in May.

# FASTING: IS IT A SAFE WAY TO LOSE WEIGHT?

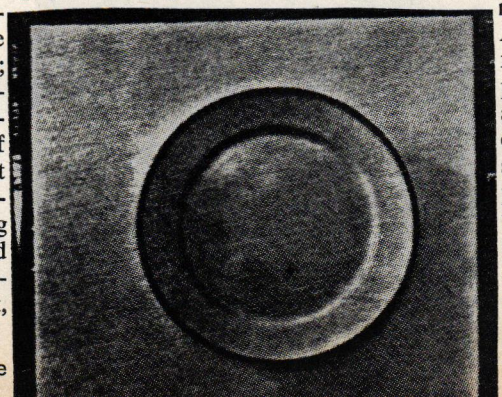
The new "in" method of dieting may be "out" for your health, according to top medical nutritionists.

**By Elin Schoen**

It was bound to happen. Obesity in this country, according to medical observation (and a casual glance at my fellow passersby on the street this afternoon), has reached epidemic proportions. So, too, have the attempts to curb America's appetite. We've had high protein, low protein, and no protein diets; the cottage-cheese-and-oranges classic; the Drinking Man's Diet; the regime which works because your mouth is wired shut; the eat-two-bites-of-anything-you-want-diet; the taste-but-don't-swallow technique of suffer-free slimming. And it was inevitable, given the hunger for help of the dieting multitudes, that we would eventually embrace as diet-of-the-year the no-food diet, nutritive nihilism—fasting.

Not that fasting is new, exactly. As the authors of the new wave of fasting books inform us, it has been with us nearly forever. Famous fasters include Moses, Mahatma Gandhi, and Dick Gregory. Jews observe Yom Kippur by fasting; Moslems go without food daily (until sundown) during Ramadan. What the pop fasting gurus overlook, however, in the attempt to cast a romantic haze over the practice of not eating, is that (1) most of us are not on the same wavelength as, say, Gandhi. Fasting, for him, was undertaken within the context of a lifestyle, a philosophy, that is unknown, inaccessible, and probably undesirable to most Americans. And (2) religious fasts are for the purpose of atonement. The experience is not supposed to be pleasant or "a trip" or slimming. It is understood that since going with-

*(Continued on page 168)*



Tom Yee

# STAYING YOUNG LONGER

## Alex Comfort, author of *The Joy of Sex,* offers his own provocative views on living a long, vigorous, and solvent life in America today

**By Caroline Seebohm**

EDITOR'S NOTE: *Alex Comfort, author of the best-selling* The Joy of Sex *and* More Joy, *is a physician and biologist. He is one of the founders of the new discipline of gerontology, the study of the scientific nature of the aging process. But his energies have been focused most recently on social gerontology —the role of old people in society—and his new book,* A Good Age *(Crown), is really a consciousness-raising work which he hopes will do as well as* The Joy of Sex *in educating both young and old on how to grow up without "agism." The book is dedicated to his father, who died in 1976 at the age of 94—"after about 2 months of old age," says Dr. Comfort.*

**Changing times:** Groundbreaking recent ad reflects enlightened Scandinavian attitudes. Are American attitudes changing too?

"Old people are simply young people who have been around a long time." Read that again. It's Alex Comfort's opening salvo in his crusade against "agism." In *The Joy of Sex,* Dr. Comfort reassured people about the myths surrounding sexual behavior. Now, in his book *A Good Age*—using his 25-year background on human biology and gerontology—he has decided to try to reassure people about the myths surrounding age.

"Old people are people who lived a certain number of years, and that is all," declares Dr. Comfort. "If they have physical problems, so do young people. If they get lonely, so do teen-agers. As you grow up, you don't feel any different. You go on feeling young, with added experience."

It sounds so simple, put like that. And reassuring. But surely it's not that easy. What about the "aging process?" Doesn't that get in the way of feeling young?

"Of course there is biological aging," says Dr. Comfort. "The body, hair, ears, and eyes undergo changes. You tend to need less sleep. You may forget things a little more easily. But if you exercise, you won't slow up much physically. And intelligence does not change, in spite of what you may have heard. Those images of thousands of brain cells being destroyed daily are very misleading—the loss is trifling compared to the amount of brain in reserve."

There are also some changes in human sexual performance —but not what we have been led to expect. "Every study shows that a high proportion of older people are either still having sex or would welcome an opportunity to have it, because they are fully able to enjoy it," declares Dr. Comfort. "There are some signs of change. But in the absence of disease or the belief that the old are or should be asexual, sexual requirement and sexual capacity are lifelong." Dr. Comfort is very reassuring to the new generations in this context. "Almost certainly the 'new old' will score higher because they have grown up living sexually, view sex positively, and are determined to go on as long as possible in the style they have known." The author of *The Joy of Sex* knows whereof he speaks.

According to Dr. Comfort, the problems of aging have very little to do with physiological symptoms. "Biological aging only accounts for 25 percent of the difficulty," he believes. *"The real problem is the attitudes we have toward people who are no longer young—attitudes that affect their behavior."*

In other words, it's a question of role-playing. Remember when the Women's Movement started pointing out how women were expected to be the weaker sex, stay-at-homes, earn less money, faint at the sight of blood, and so forth? Women were playing roles assigned to them by society. Older people are forced to role-play in exactly the same way. They are supposed to be infirm, physically slower, slower on the uptake, no longer useful to the world.

"Two days ago at a movie I saw an older and a younger woman sit down together," Dr. Comfort relates. "I think they were mother and daughter. The old lady was trying to wind her watch. She was doing it slowly. The young woman took it away from her and said, 'I'll wind it.' Her mother said, 'I'll never learn about this watch if you don't let me wind it. I've had it a year and haven't gotten to wind it yet.' The daughter said, 'But you're turning it the wrong way.' And the old lady said, with great determination, 'But I wasn't trying to wind it, I was trying to set the hand.'

"Now that old lady knew perfectly well how to wind her watch, and she should have been allowed to do it. Her daughter "childrenized" her. You go into a restaurant and see an old woman and a young woman at a table, and the waiter comes up to the young woman and says, 'Does she like her eggs sunny-side up?'—as if the older woman was some sort of mute buffoon who couldn't order a meal. Here's another example: Old people take a lot of naps. People think there's something wrong with them because they often nod off, but actually they simply sleep less at night and nap more. Society points a finger and says, 'You're no good any more.' Not only that, but society's prejudices indoctrinate us before they hit us. On this basis we obligingly become nonpersons when the clock points to the appropriate age."

There's one bright light at the end of this tunnel. *"You can change attitudes. You can fight back."* This is Dr. Comfort's call to the barricades. "When a minority has been subjected to intensive propaganda by society, a certain amount of consciousness-raising can bring them finally to refuse to tolerate that sort of treatment. People have stopped using insulting ethnic names about each other now to the extent that they did. In movie mythology, all Mexicans were villains, all Englishmen were comic aristocrats, all cowboys were heroes.

*(Continued on page 170)*

A very personal house where colo

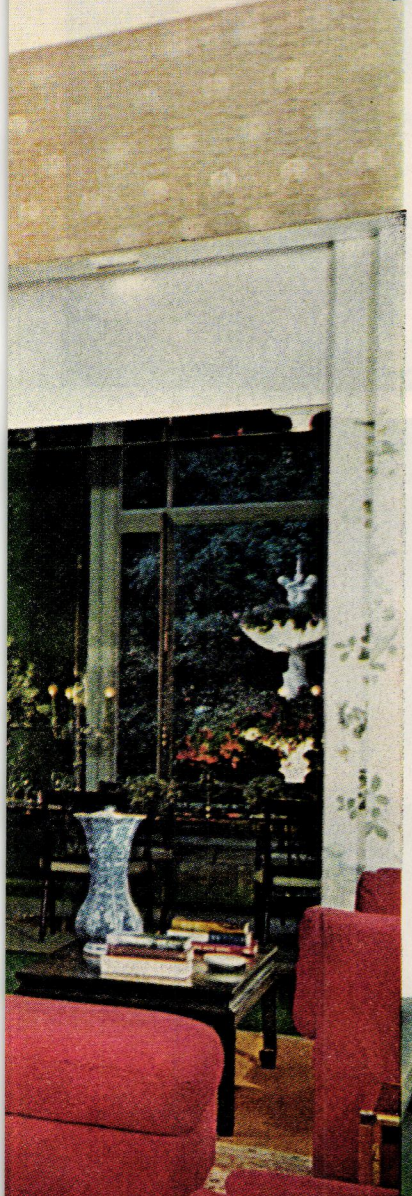
# A pass

brings every room to life

# ion for color

To be born with a passion for color can land you on the side of angels. It can also—if over-indulged—submerge you in an eddy of riotous hues—and that's not what color is for. Color must be handled with wisdom, a strategy not always easy for people in love. No one knows this better than Vivien Duffield who heaps her color passion on her house: "I could never live in a mouse-colored house," she says. "The more color poured into a room the better I like it. But, after a succession of houses, I have learned that vivid rooms lined up like tin soldiers lose their impact."

With this house, she decided to change the rhythm—so she could have all the color she loved and still stay in control. But to do this called for a master. Built in 1896 in a curious semi-Gothic style, the house offered only two inducements: space, and a magnificent lake view. She called her friend Tony Cloughley, an architect and interior designer who had done two houses for her, and asked him to inspect the monster. Did it have any chance? Yes—but it wouldn't be easy. And it wasn't. "It took 3 years, and I learned how to mix cement, and make color work."



**Far left:** The Chinese Room, so-named because of its sweet, pungent red, its lacquered furniture, and its painted silver wallpaper, is a very good example of how to make color more intense simply by isolating it. The room opens on one side to a terrace, all green and white and studded with scarlet flowers, on the other to a stone and steel entrance hall that is also a little museum. There is nothing in it but painting and sculpture. "The red fabric," says Mrs. Duffield, "is linen the color of a beautifully ripe red raspberry. I like pink-reds better than the hot ones, although they have their place—which to me is the garden."

**Left:** On the terrace, one of the circular, cushioned concrete "banquettes" used for lunching. The white umbrellas keep the sun where it should be—in the sky."

**Below:** Mrs. Duffield in the garden, about to nip off a few flowers.

David Massey

*"Red is exciting: sweet-pungent red for the living room, uninhibited fire blooming in the gardens"*

## A passion for color

### "The green lacquer dining room is a reminder of pine trees"

"At heart, I suppose, I'm a blue girl," says Mrs. Duffield. "I know what Ruskin meant when he said that blue is an everlasting source of delight. So my sitting room is a Chinesey blend of robin's-egg and faded jeans." Green, too, is one of her delights. The dining room has lacquered walls the color of certain pine needles—"I grew up in an English pine-circled house"—and her bedroom, a combination of apple and Adam greens, is "cool as peppermint." Colors are kept from rubbing elbows by buffers of neutral-colored areas. You walk along through beige or white halls, open a door—it's like coming upon a rare shell in the sand. "An invaluable lesson, thanks to trial and error and Tony Cloughley, who taught me how to have all the color I want, but no monotony, no clash. If color were a cake, I'd have mine—and eat it too!"

David Massey

**Right:** The dining room, with mirrored shutters to reflect more green; table designed by Alessandro Albrizzi.
**Below:** Sitting room, a mosaic of blue and white patterns.

### "In the sitting room, blue—an everlasting source of delight"

*"For the bedroom, greens as cool as peppermint"*

There are three dominating colors in this part of the world: silver, blue, and green —a lake, the sky, and the trees. And Mrs. Duffield didn't want to lose them indoors. "I wanted nature *inside* as well as out, either as an echo or a reflection." So she has a blue room and a green room since these are "colors that give you the sky, grass, and leaves. Not real, of course, but what beautiful echoes." She papered the Chinese room in shiny silver to echo the glimmer of the nearby lake. And for real reflection, Mrs. Duffield used lots of mirrors. The dining room has mirrored shutters, and the bath is *wrapped* in mirrored squares. "If you want to, you can see yourself and the lake reflected in twenty-seven ways. I counted them." So, short of taking off the roof, there is as much of the outdoors inside as can be managed. Even the Chinese Room plays its nature-loving part: "It's a flower."

*"To stretch color, mirror–like walling a room with nature"*

**Above:** Master bedroom: two greens, an English-country print—one of the fabrics, a cross between nature and geometry, that are making design headlines (see page 118).
**Right:** Master bath, a sea of mirror, marble, 27 lake views.

Does an all-white room make you see red?

# How does color hit you?

## An artist's fascinating experiment that proves once more the basic human need for all colors

By Paula Rice Jackson

A young California-based artist named Michael Balog constructed last February in New York a bedroom/sitting room in which everything from the furnishings to the knickknacks on the bureau tops was covered with a solid coat of paint—in just one color. Three such colored worlds were created over a period of weeks while artists, designers, collectors, and the curious came to have a look and have their reactions recorded on film. Some twenty people spoke with us about their feelings toward the mega-dose of red, white, and black-and-white that Balog chose to experiment with. He is shown in a room he constructed for House & Garden at right with Mary Margaret Loughead, who helped him assemble the project. The quotes, also at right, are for your consideration and amusement. Some responses were positive, some critical, but everyone reacted strongly and everyone felt that his appreciation for the natural colors of life had been greatly enhanced by the experience of being plunged into a totally monochromatic environment. What actually happened in the colored rooms? We asked a psychiatrist and an optometrist to comment.

"Color and comfort, physical as well as psychological, are closely related," says Dr. Herbert Holt, a psychoanalyst with a private practice and Dean of the Westchester Institute of Psychotherapy in Rye, N.Y. "Balog's rooms are interesting because they isolate one thing—color. The color acts as a catalyst and liberator that lets thoughts and feelings come forward in an uninhibited flow. Few people would actually choose to live in surroundings such as he's created. We are talking about the stimulating effect of differing wavelengths of color on human beings. Although one cannot say beforehand how another will react to a specific color, how a person actually responds to a color does give us light on his personality structure. The personality expresses its reaction to the physical stimulus by rejecting, enjoying, avoiding, seeking, selecting colors to wear, live with, and judge other people by. It's interesting that human feelings can affect perception without a person's conscious knowledge. For example, fear and anxiety can wipe out a person's ability to perceive the color red, a greatly stimulating color. Dark blue, to make another case, is tranquilizing because the stimulating red wavelengths have been screened out. A person preferring dark blue over a period of time is expressing a phase of introspection, relinquishing temporarily a more active engagement with life. Look around your house or apartment—we'll leave out the office because it isn't necessarily a place where one's own choices and preferences are acted on—to see if there are one or two predominating colors. Those colors represent you at a certain moment. The person who's temporarily invited into your color world may react quite differently. Don't be surprised when others do not find your color choice as pleasurable as you do.

"Monochromatic colors may at first appear to be enormously liberating, as the responses to the white room especially show. But with the passage of time, that sense of freedom and release changes to oppression because man needs color, different colors in varying quantity in order to organize and define his world."

"It may sound strange to you," says Dr. Melvin Schrier, an optometrist with a private practice in New York and the former president of the New York Center of Learning Disorders, "but one of the things experienced in those colored rooms was sensory privation! The eye and the mind need moderation in order to function at their best—shades, textures, lights, darks, a range of stimulae, not a flat, one-dimensional environment the light *(Continued on page 168)*

## One room three ways

WHITE ROOM

*"My intuitive senses got a good workout. That incredible white took away every known association or feeling I remembered about a normal bedroom. I felt a true stranger to myself."*

*Robert Scull, collector of modern art*

RED ROOM

*"The red was shocking. And somewhat morbid, too. Most of all, I remember urgently wanting to leave."*

*Robert Bray, interior designer*

*"The red was a happy, joyful, cozy, wonderful room in which I had first felt utterly lost, then thrilled to death."*

*Mary Margaret Loughead, assistant, model*

BLACK & WHITE ROOM

*"The idea that those two colors could manipulate my feeling, which they certainly did, struck me as being very, very funny."*

*Renee Gladstein, color analysis instructor, Fashion Institute of of Technology*

*"I felt I was one personality in the white part, another in the black."*

*Paula Rice Jackson, House & Garden staff writer*

Norman McGrath

*"I was so exhilarated! It made me laugh out loud with a great joy."*
*W.W. Rippner, writer, director, advisor to N.Y. State Council on the Arts*



*"I found it mildly erotic. The red reflected a soft glow that was flattering to everyone's skin and hair tones."*
*Steve Shadley, painter*

*"With the black and white, there was always a place to retreat."*
*Robert Bray, interior designer*

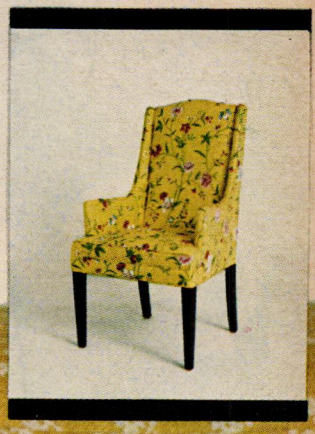
# PUT A LITTLE FUN IN YOUR

Horst

Pour on the sunshine with House & Garden's Country Yellows to brighten every room in your house. Start with Sun Yellow, or choose pale Vanilla, Pure Cream, Pineapple, or deep Chrome. You'll find them in a bonanza of products in stores across the country.

**Above:** A once dark-paneled room transformed into a spring garden with Sun Yellow paint, white lacquer trim, and a bouquet of fabrics by Medardy Westrum for Franciscan. Designed by Marcos A. Ors.

# LIFE TRY YELLOW



Joshua Greene

**A TOWER OF FABRICS, from top:**
**Sun Yellow and Pineapple** on cotton sateen by Key West Hand Print Fabrics, Zepel finish;
**Sun Yellow flowers** printed on sheer cotton and polyester by E. C. Carter;
**Sun Yellow geometric** on white cotton by Stroheim & Romann;
**Tiny Chrome Yellow leaves** on white cotton by Riverdale. Scotchgard finish;
**Flowers scattered** on dark Pineapple glazed chintz by Jay Yang for P. Kaufmann;
**Allover snowflakes** on Sun Yellow sailcloth by Bloomcraft;
**Bamboo in Sun Yellow,** orange and white on sailcloth by Waverly;
**White Fern** on Chrome Yellow cotton and polyester by Vera for Schumacher.
William P. Steele

**BRIGHT IDEAS IN FURNITURE, from left: Chair and ottoman** covered in Sun Yellow corduroy. Shuford, division of Century Furniture.
**Pineapple painted armchair,** Scotchgard finished cotton seat. Hitchcock.
**Sun Yellow canvas loveseat** with rattan frame. Burris.
**Bench** upholstered with floral fabric, by Kay Lyn.
**Oak frame chair** upholstered with flowers and vines, by Pennsylvania House. Shopping information, page 172.

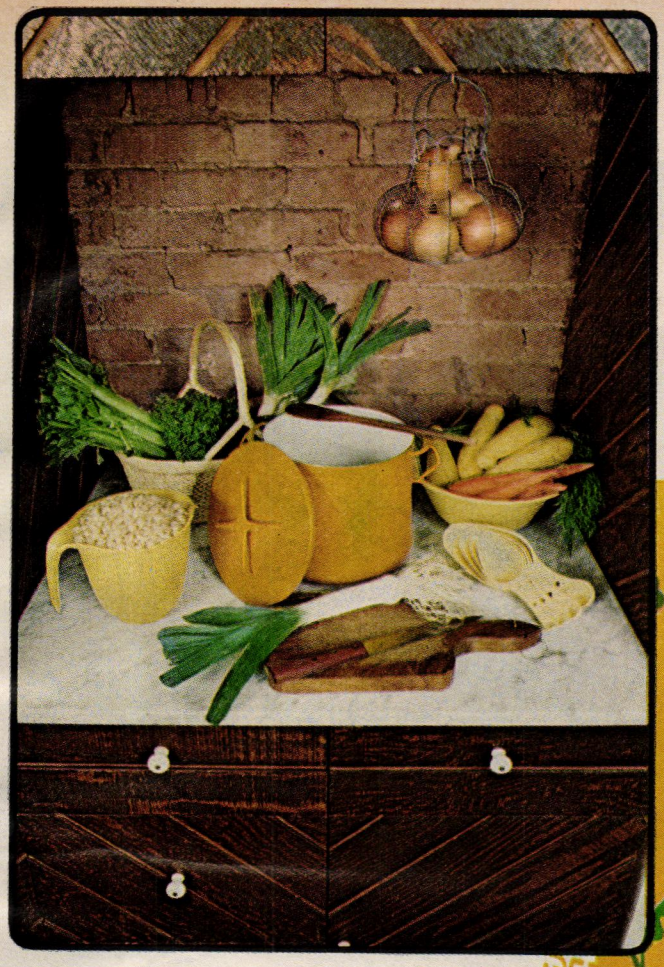
## TRY YELLOW

**TO HELP YOUR GARDEN GROW:**
**Far left from top: Watering can** of Chrome Yellow plastic, Design Research. **Soil Moisture tester** by AMI. **Sun Yellow shears** for grass and pruning, J. Wiss & Sons. **Glazed ceramic tiles.** Country Floors.
**FOR YOUR STUDY:**
**Left from top: Yellow extension lamp** by Luxo. **File** from Design Research. Desk accessories—yellow plastic, at Fuller Office Furniture. **Black and white TV**—and yellow all over. Quasar. **Wastebasket** in Chrome Yellow. Design Research. **Desk** of English pine, Lord & Taylor.

# IN EVERY ROOM, A LITTLE YELLOW MAKES

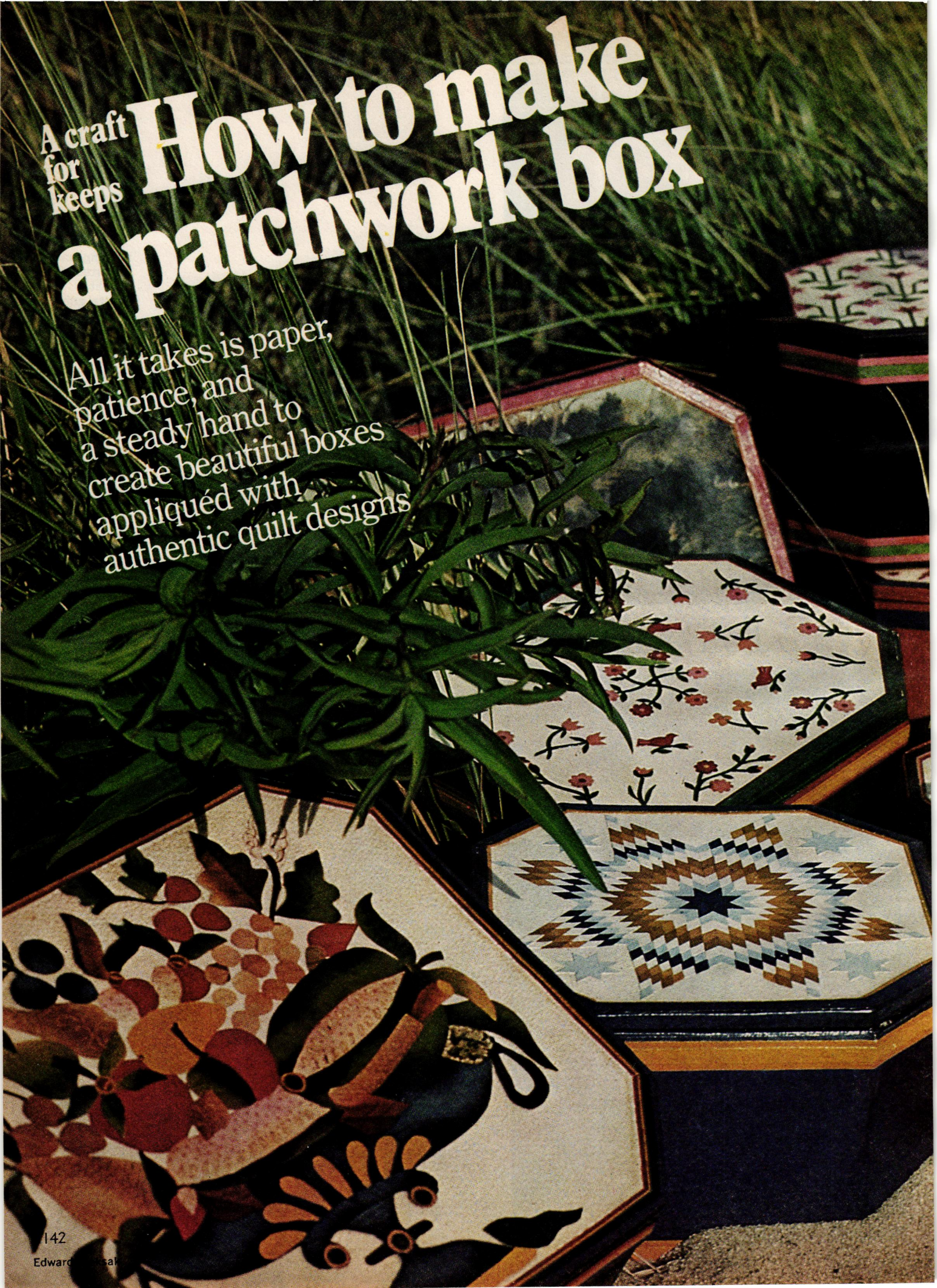
**TO BRIGHTEN BED AND BATH:**
**Far left, top shelf:** Vanilla sheets by Wamsutta; patterned by Lady Pepperell. **2nd shelf:** Chrome Yellow and Pineapple towels by Burlington. **3rd shelf:** "Halston's Flower" towels by Fieldcrest. **Bottom shelf:** More towels, sheets. **On leaf:** Daffodil wool throw by The Three Weavers. **Corner cupboard** at Lord & Taylor.
**SOMETHING FOR THE KITCHEN:**
**Left top:** milk-glass coffee crock, grinder. Once More With Feeling. **Right:** Chrome Yellow scale by Terraillon. **Left:** Salton's peanut butter machine. **Center:** Vitro-porcelain by Villeroy & Boch, imported Ceramar.

William P. Steele



# A BIG IMPACT

**MORE FOR YOUR KITCHEN:**
**Far left from left: Pineapple bowl** by Rubbermaid. **Sun Yellow** pot. Dansk. **Pineapple colander** by Rubbermaid. Spoons with scoop handles. Ekco.
**TO SET THE TABLE: Bottom left: Chrome Yellow plates,** "Marsailles" faïence by Longchamp, imported by Jacques Jugeat
**Crystal goblets,** "Old Williamsburg" by Imperial, from Mayhew.
**Knives and forks,** nickel and bronze, rosewood handles. By Fürst, imported by Ceramar. Henri Bendel napkins.
**TO COVER A WALL WITH SUNSHINE: Left, from top: Crayon print vinyl** in Pineapple by Lloyd. **Radishes** on Sun Yellow vinyl; coordinating **dots.** Instock. **Sun Yellow Geometric** vinyl by Thibaut.
**Bottom, from right: Pineapple and white** print by Van Luit. Blossoms zigzagged on vinyl by First Editions. Yellow print by Designfriends.
Shopping information, page 172.

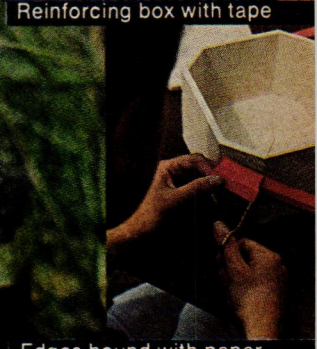


A craft for keeps

# How to make a patchwork box

All it takes is paper, patience, and a steady hand to create beautiful boxes appliquéd with authentic quilt designs

Reinforcing box with tape



Edges bound with paper

Covering sides with paper

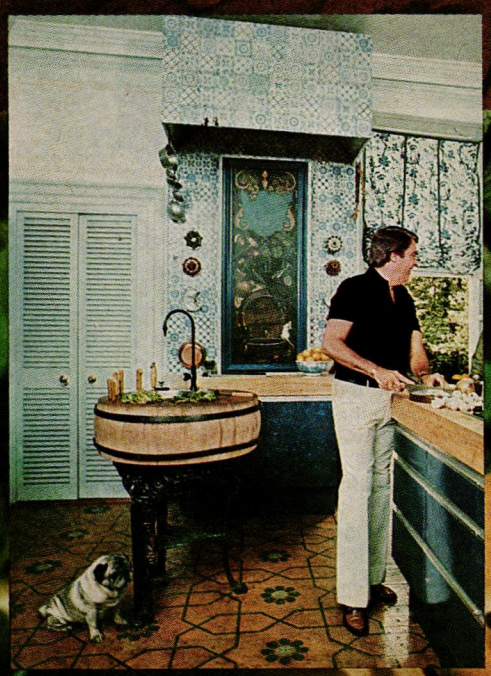
Lining, fitted and creased

Covering linen hinge with paper

When they weren't busy stitching at quilting bees, 19th-century women often covered boxes with scraps of wallpaper. Cindy Lydon of Nantucket has combined both arts in unique boxes with cut-paper patterns from the past. Although she makes her own boxes and tints her own paper, you can find ready-mades at craft shops. Her inspiration comes from museums, books, and her own quilts. **Left:** some quilt patterns: "Bethlehem Star," "Floral and Birds," variations on "Friendship Block," "Basket." ("Compote" is a museum print.) How to make a box, page 70.

**Above:** Adding contrast strip
**Below:** Quilt design patterns

# *How to keep* all your pleasures at hand



# A living-dining-kitchen with a garden at the door: all-in-one organization for an enthusiastic cook and gardener

"I like to live right at the door to the garden. If I'm going to shell peas I want to sit on the doorstep and do it in the sun," says Robert Carrier, who lives in England in a historic stately home that's also a three-star restaurant. Hintlesham Hall is, not unexpectedly, formal—at least the public areas. But when it came to planning his own rooms, Mr. Carrier decided to express his unique brand of comfortable nonconformity. "I wanted one big workroom. A studio, a dining room, a place where I can paint if I want to, a place to cook in all the time, where friends can be with me while I do it, where the dog can be on the sofa. A really comfortable, what they used to call in the 18th century, common room. An *uncommon* common room." His very 20th-century version is living-room, dining room, and kitchen—a combination more and more people are discovering as they realize how much they live in their kitchens. But Mr. Carrier added one important element: The door opens directly on a vegetable garden, which becomes a sort of annex to the kitchen, a place to prepare vegetables as well as pick them. The real work center, however, is in the center of the common room—a big hickory-topped work island, always ready for action, that also turned out to be the entertaining center. The only division between living-dining and kitchen area, it serves both handily: On the kitchen side, cupboards and drawers hold pots, pans, utensils; within reach of the dining table, storage for china and glasses.

**Left above:** The living-dining-kitchen, where life circulates around the blue lacquer work counter with thick hickory top. **Above:** On the living side, blue and white fabrics for French furniture, provincial fruitwood dining table, stenciled floor. **Far left:** On the kitchen side, a round hickory chopping block, shaped like a wheel of cheese, houses knives and a sink disposal unit. Since hickory shrinks, the iron bands that brace it can be adjusted to fit. Louvered door conceals appliances, pub sign hides the wall oven. **Center left:** garden tomatoes. **Near left:** a plate of al dente vegetables (recipes, page 151).

Karen Radkai

# A well-laid garden plan that looks good even before seeds sprout

It's every bit as glorious as a flower garden," says Mr. Carrier, who used Mount Vernon and other 18th-century gardens as inspiration even though "we began with one of the best nettle beds and boulder crops in East Anglia. For drainage we rolled corrugated cardboard boxes tightly, placed them in rows the length of the garden, and when they rotted we had our channels." Each bed has a crop and a border specially chosen for the happiest combination of color and shapes like dark wild strawberry greens with a border of silver–gray santolina, and cascading beans with fiery orange nasturtiums. "One patch is all dark and mysterious with purslane, purple basil, arugula, and bay . . . a sort of herbal fugue." Mr. Carrier calls it a trompe l'oeil garden because it looks like more work than it is. Since everything's in small areas, he's not daunted by great stretches of gardening. "In a 10-minute burst of energy I can completely weed, plant, or pick a whole patch."

**Bed**

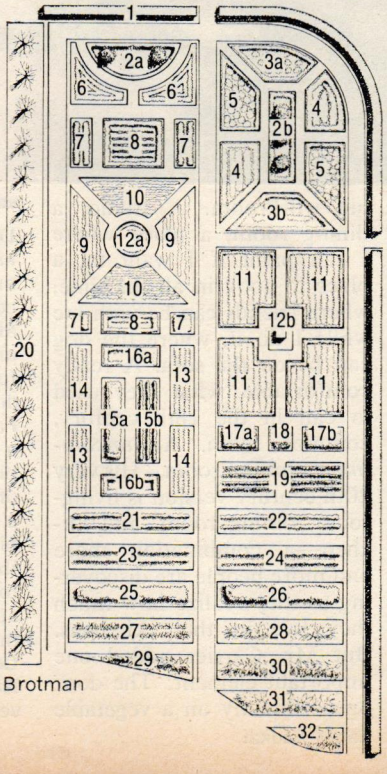
*1. Beach hedge*
*2a & b. Beans on bamboo wigwam*
*3a. Tomatoes*
*3b. Tarragon*
*4. Basil*
*5. Green peppers*
*6. Salad Bowl lettuce*
*7. Tomatoes*
*8. Celery*
*9. French lettuce, chicory (curly endive), escarole, batavia*
*10. Romaine lettuce*
*11. Wild strawberries, bay tree*
*12a. Purslane, purple basil, arugula, bay tree*
*12b. Onions*
*13. Sorrel*
*14. Beets*
*15a. Turnips*
*15b. Lettuce*
*16a. Fennel*
*16b. Dill*
*17a & b. arugula*
*18. Rhubarb*
*19. Carrots, turnips*
*20. Espalier tree walk*

**Border**

*2a. Wild strawberries*
*2b. Nasturtiums*
*3a & b. Lavender*
*4. Marjoram*
*5. Rosemary*
*6. Chives*
*7. Flat leafed parsley*
*8. Sweet alyssum*
*9. Marigold*
*11. Clipped santolina*
*12a & b. Privet*
*13. Parsley*
*16a & b. Marigolds*
*17a & b. Radishes*
*20. Apples and pears (young)*

**Border bed**

*21, 22. Oregano, flat leafed parsley, peas*
*23, 24. Snow peas, broccoli*
*25, 26. Asparagus*
*27. Purslane, spring onions, planting bed for artichokes*
*28. Artichokes*
*29. Late seeding bed (various)*
*30. Sweet corn*
*31. Squash and zucchini*
*32. Late seeding bed (corn)*

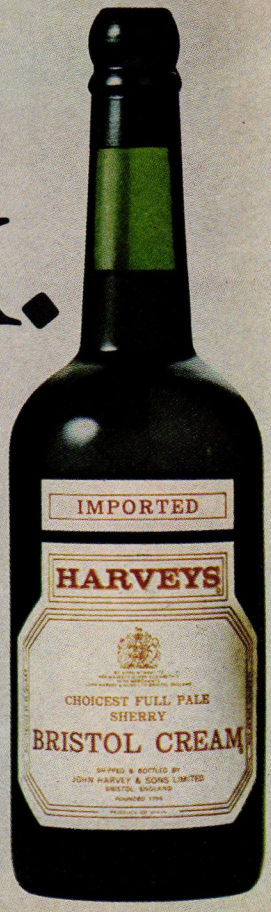



Brotman

**Top left:** Friends and Hoover the pug gather around while Bob cooks. From left: David Ball, Bob, Susan Telsh, Angus McBean, and Janet Shand-Kydd. **Top:** Beech-enclosed kitchen garden. **Above:** Strawberries in tulip-shaped cookie. **Right:** Hintlesham's nine-herb salad. **Far right:** In newly seeded beds, sand is dribbled neatly on the loam to indicate just where the plants will come up. Karen Radkai

The Drink.

Harveys Bristol Cream with a wedge of lime on the rocks.
So good, it's one of the nicest ways of all to serve and enjoy the best there is.




Harveys ® Bristol Cream ® Sherry, © 1977 Heublein, Inc., Hartford, Conn.


*continued from page 115*

creativity. We talk about "creative outlets," and the phrase means a good deal more than a bit of therapeutic piecework. It means a way of shaping and disciplining, examining and patterning our emotions. If we deny our feelings, the energy will come out in much less desirable ways: headaches and depressions and long winter colds, a general sense of being oppressed by people and places.

Nothing can be romantic unless it is an expression of one's own self and emotions. The trouble is, one of the great dilemmas of life is trying to figure out who one's self is. That is why people's houses are so endlessly fascinating. The spaces people live in always reflect who they are, one way or another, and their bedrooms are the most revealing of all.

I think of a dear friend's house, each room carefully planned with comfortable chairs and soothing colors. And yet her bedroom is furnished with a Spartan single bed, with a plain white coverlet, and solid mahogany furniture.

Other friends have acquired an apartment full of expensive, "good," impressive antiques and artifacts. All of it is uncomfortable and forbidding, stiff and unwelcoming. No wonder I never quite believed their hearty invitations to make myself at home. Even they have not made themselves at home there.

I would far rather visit my friend whose loft studio has somehow grown, an uncontrollable mass of plants, cats, odd pots and pans tumbled in with the books. But it is a reflection of her, warm and spontaneous, taking pleasure in insignificant but pleasing bits.

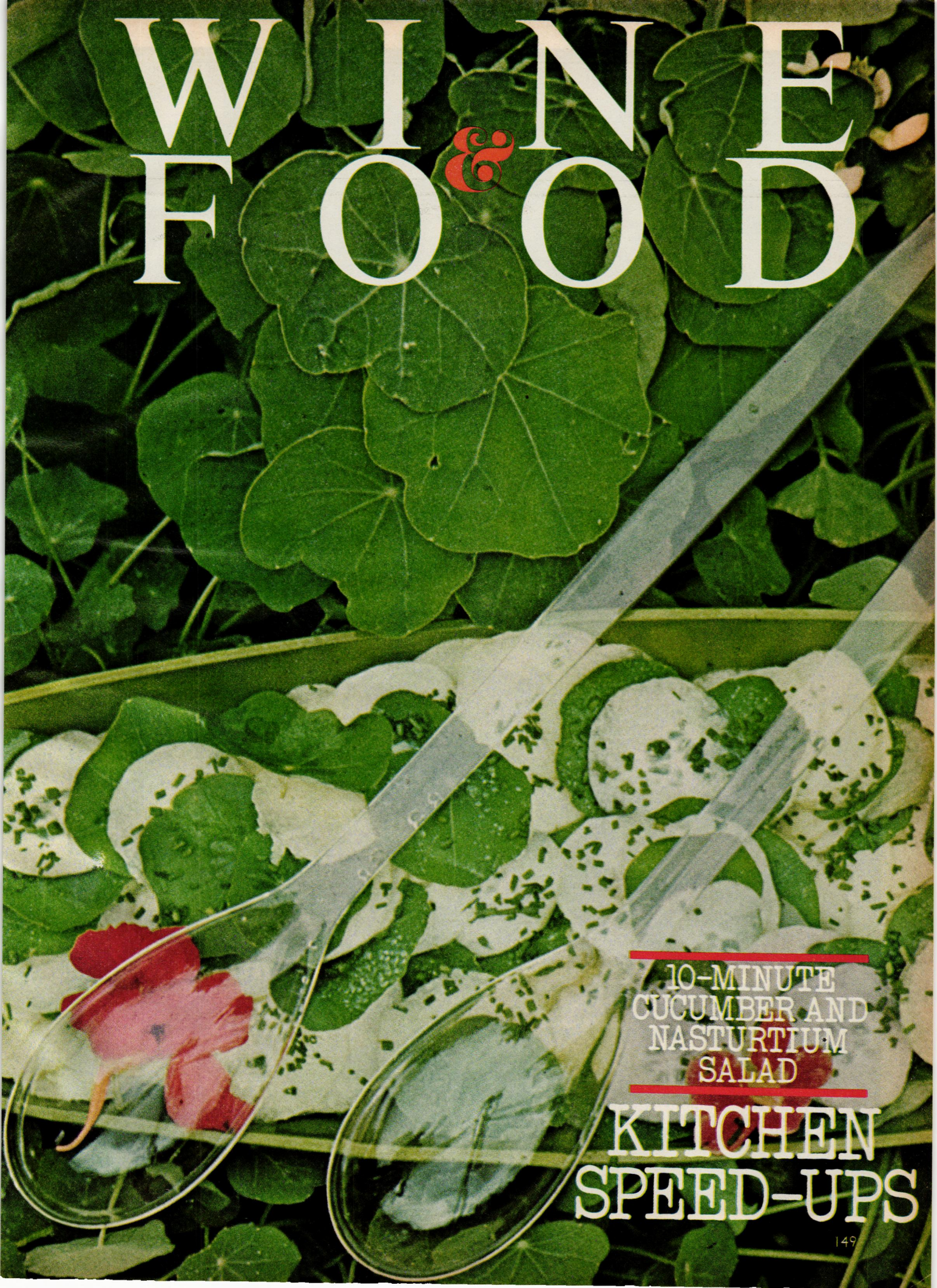
My own bedroom is an uneasy compromise between my romantic ideal and the unenhanced me. I would prefer a bedroom which achieved the effect of a wisteria arbor in full bloom, but at the moment the piles of books and papers and mystery novels drifting about the counterpane seem a truer reflection.

I have a large brass bed, which I bought many years ago in England, at a moment of faith and hope in the future. I imagined myself conceiving and bearing children in the bed, and finally spending a peaceful old age propped up on lace pillows in it. The bed lasted longer than the marriage, and I have never acquired the lace pillows. But the bed is my symbol of a readiness to take romantic risks. It pleases me.

A room will never, never be romantic if it does not reflect the person whose room it is. A habit of leaving galoshes on the chest of drawers may be regrettable esthetically, but it will still make a more comfortable room than one so perfectly created in someone else's image of the romantic that the inhabitant seems to be an accessory.

And now that I have insisted on a reflection of one's own imagination as well as taste, I wonder how I can go about creating a wisteria arbor in a New York apartment. ■

# WINE & FOOD



10-MINUTE CUCUMBER AND NASTURTIUM SALAD

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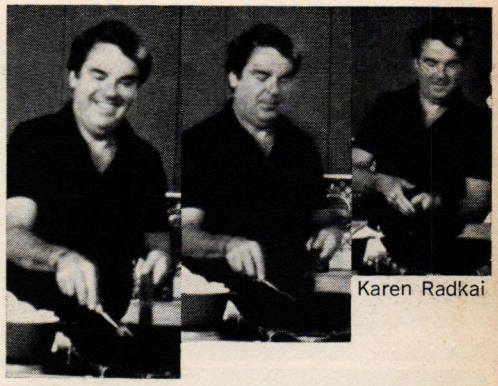
**THIS MONTH: Robert Carrier uses herbs to give dash and excitement to fresh-from-the-garden cookery. Children help make Mud Pies and other delicious easy desserts. Learn how to entertain easily with hearty 1-dish meals. An ABC of fruit liqueurs, plus kitchen speed-ups, a report on the latest kitchen equipment.**

# Fresh-from-the-garden cooking

## from Robert Carrier



Karen Radkai

A spectacular herb garden, his own vegetables outside the kitchen door, and a large, functional yet comfortable kitchen give abundant inspiration to Robert Carrier when he's cooking for himself. Professionally, his energies go into the 3-star restaurant at his stately home Hintlesham Hall in England, a popular restaurant in London, and writing cookbooks. See pages 144-147. For at-home cooking, he uses herbs and vegetables in their prime to create beautiful, fresh-from-the-garden dishes, such as the cucumber and nasturtium salad on the Wine & Food cover and cold roast beef with a trio of colorful mousses.

### Cucumber and nasturtium leaf salad

*Ingredients*

*2 cucumbers*
*36 small nasturtium leaves*
*1 teaspoon Dijon mustard*
*2 tablespoons wine vinegar*
*6 tablespoons olive oil*
*salt, freshly ground pepper*
*2 tablespoons fresh tarragon, finely chopped*
*6 nasturtium flowers (optional)*

*Method*

☐ Peel and slice cucumbers thinly. Wash nasturtium leaves; remove stems and drain.

☐ Combine mustard and vinegar in a bowl and stir until well blended. Add olive oil, and salt and pepper to taste, and blend well. Stir in tarragon.

☐ When ready to serve, combine cucumbers and nasturtium leaves in a salad bowl; add vinaigrette dressing, and toss well. Garnish with nasturtium flowers, if desired. Serves 4-6.

### Herb tart

*Ingredients*

*1 10-inch pastry shell, baked*
*herb filling*

*Ingredients for herb filling:*

*4 eggs*
*½ cup heavy cream*
*½ cup milk*
*4 tablespoons Parmesan cheese, freshly grated*
*salt, freshly ground black pepper*
*freshly grated nutmeg*
*4 tablespoons onion, finely chopped*
*2 tablespoons butter*
*1 lettuce, washed, and cut in slivers*
*1 tablespoon chives, finely chopped*
*1 tablespoon tarragon, finely chopped*
*1 tablespoon fennel or dill, finely chopped*
*2 tablespoons parsley, finely chopped*
*½ teaspoon rosemary, minced*

*Method for filling*

☐ Beat eggs together with cream and milk in a bowl. Beat in Parmesan; when well mixed, season to taste with salt, freshly ground black pepper, and freshly grated nutmeg.

☐ Sauté onion in butter in a skillet until just colored; add slivered lettuce and toss quickly (about ½ minute) just to heat lettuce through. Force through a fine sieve. Combine onion and lettuce mixture with herbs and add to egg mixture.

*Method for tart*

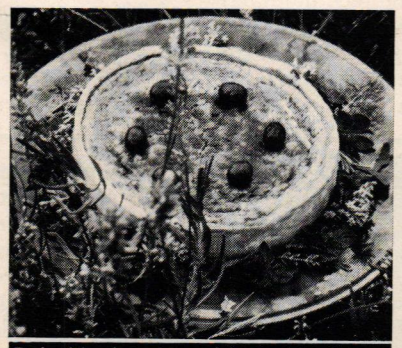
☐ Fill tart shell with herb mixture and bake in a 325° oven for 30-40 minutes. Serve hot, lukewarm, or cold, cut in wedges.

### Cold roast beef with trio of mousses

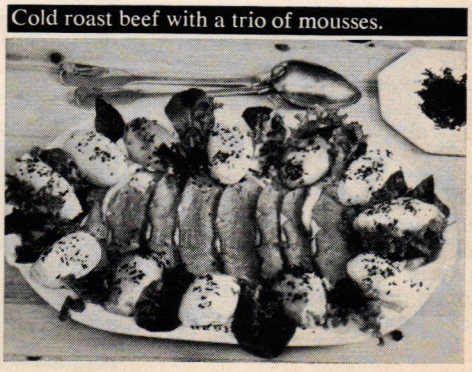
*Ingredients*

*12-18 slices cold, rare roast beef (3 slices per person)*
*lettuce leaves*
*sprigs of watercress*
*watercress mousse*
*tomato mousse*
*horseradish mousse*

*Continued on page 164*



Baked herb tart garnished with olives.



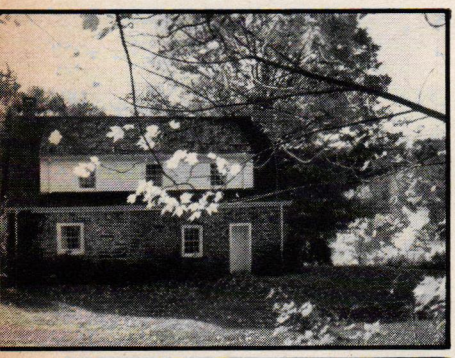
Cold roast beef with a trio of mousses.

# 1-dish meals

## Fresh vegetable minestrone, crêpes filled with spinach and nuts, and other easy-on-the-hostess party dishes

DINNER FOR 8
*Minestrone alla Genovese*
*Egg bread or sesame seed bread*
*Plate of raw celery, olives, radishes, scallions*
*Lemon mousse with crème Anglaise*
*Red wine*

**Opposite page, top:** A soup of fresh and dried vegetables enriched with homemade pesto and freshly grated Parmesan cheese needs only bread and wine to make a satisfying meal.
**Opposite page, far right:** In the keeping room of the 200-year-old Dutch farmhouse, with antique carving from a Sicilian market cart above the mantel.



It's marvelous to enter a house through the kitchen—it's warm and friendly, especially if there's something cooking on the stove," says Mrs. Harry Brague, who owns a very inviting kitchen in an old Dutch house she renovated. You enter directly into the convivial keeping room warmed by a huge stone fireplace with original mantel. The kitchen occupies one part of the keeping room, dining another, so guests can watch while Mrs. Brague finishes one of her soups or stews. "The ambiance lends itself splendidly to the one-dish dinners I love to prepare." She finds inspiration for new dishes by opening the refrigerator. First she decides what needs using up, then concocts such things as a relish of vegetables too abundant to eat fresh. The possibilities for adventures are endless. "I believe there are two kinds of cooks—tasters and bakers. I'm a taster. I use recipes as guidelines and keep tasting until it's right. Sometimes I seem to have a good portion of the meal eaten before it gets to the table!" Often much of the food is prepared ahead—dessert and bread stored in the freezer; stew to be reheated. "I'm very organized; since the nearest store is a 12-mile round trip, I try not to forget things. I drive into the city occasionally and pick up things I need then." Mrs. Brague feels the nicest thing you can do for family and friends is to cook for them: "It says you like them."

**Above, top:** Mrs. Brague's renovated 200-year-old Dutch farmhouse. Found 15 years ago, its main asset was a leaky roof and "it was quite simply a wreck."
**Above, center:** The cook and her dauntless companions, Viento Blanco de Lorca, a white shepherd and Samantha, a West Highland terrier, all are off for a picnic in Mrs. Brague's 1946 MG TC.
**Above, bottom left:** Mrs. Brague and friend in the kitchen, part of the keeping room.
**Bottom, right:** Planting bulbs for a red and white array come spring.

LUNCHEON FOR 2
*Crêpes Bettina*
*Salad with sprouts and tomatoes*
*Oranges in red wine*
*Cookies*
*Fresh cider*

**Opposite page, center: Spinach-and-almond-stuffed crêpes bathed in bèchamel with a thin crust of cheese—a good dish to have with apple cider when there's still a nip in the air.**
**Opposite page, left: Terrace and tables are made of local bluestone salvaged from abandoned quarries on the property. An old sewing machine treadle supports the millstone table top. Serving table is also a millstone. Blue bench is a Quaker church pew. Terrace runs the length of the house, opens to the kitchen, convenient for outdoor eating**

### *Minestrone alla Genovese*

"A good minestrone depends upon a variety of fresh and dried vegetables and upon homemade chicken broth. Use whatever fresh vegetables are available and in season. A few tablespoons of pesto add a delicious flavor."

**INGREDIENTS**

*2 strips bacon, diced*
*1 tablespoon olive oil*
*1 onion, sliced*
*1 carrot, diced*
*2 stalks celery, diced*
*1 potato, cut in quarters*
*1 cup white beans, soaked overnight in water*
*about 8 cups chicken broth*
*salt, pepper to taste*
*fresh vegetables—use at least three. Choose from zucchini, peas, green beans, eggplant, spinach, okra*
*1 cabbage*
*1 tablespoon tomato paste*
*1-2 ¾-ounce packages dried Italian mushrooms, soaked in warm water ½ hour*
*3 tablespoons pesto*
*1 cup pasta—vermicelli or spaghetti, broken into smallish pieces*
*freshly grated Parmesan cheese*

**METHOD**

Put bacon and olive oil in a large kettle. Add onion; cook until tender. Add carrot, celery, and potato, dried beans, 2 cups broth, and salt and pepper. Simmer 45 minutes.

Cut up vegetables, except cabbage; add to pot with tomato paste, mushrooms, enough broth to cover. Bring to a boil. Shred cabbage; add to soup, cook until cabbage is wilted. Vegetables should just be covered with broth; soup should remain thick. Simmer 30 minutes.

Stir in pesto. Add pasta and continue to simmer until tender, about 10 minutes. Add 1 or more spoonfuls of Parmesan until soup is thick and rich. Serve in heated soup tureen and accompany with more freshly grated Parmesan. Serves 8.

DINNER FOR 6
*Choucroute garnie*
*Potatoes steamed in jackets*
*Tossed salad, pickles*
*Black bread with tarragon butter*
*Grandma's dessert*
*Ale, beer, or white wine*

**Opposite page, bottom: Choucroute garnie, a peasant dish native to Alsace that Mrs. Brague began making because it was one of her husband's favorites. Sausages and pork cutlets are simmered with sauerkraut, apples, homemade chicken broth, white wine. Before serving, it is garnished with slivered ham.**
**Opposite page, right: One end of keeping room, with sun-loving herbs on sill; 18th-century dry sink underneath. Ceiling was stripped to original beams.** **Recipes, page 157.**



Beadle

## *Mud pies*

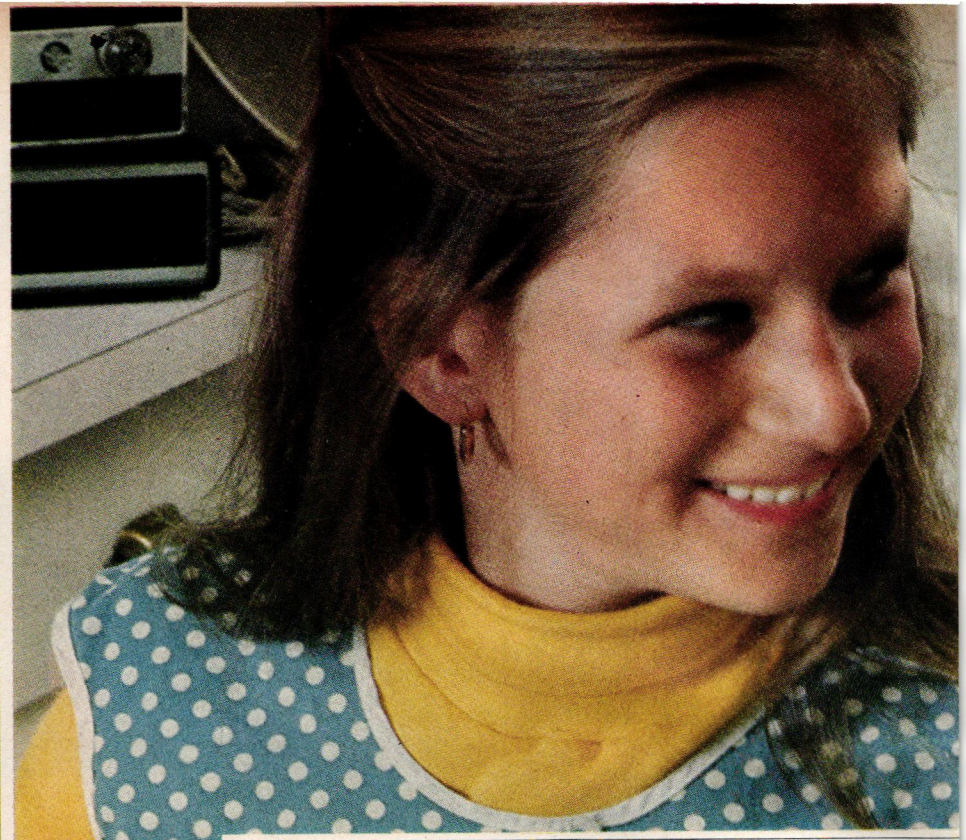
**INGREDIENTS**

*1 1-pound package Oreos*
*11 tablespoons butter*
*2 pints Häagen Dazs coffee ice cream, softened*
*10 ounces semi-sweet chocolate*
*whipped cream*

**METHOD**

Crush cookies; melt ¼ pound butter and mix into crumbs. Press into two 9-inch pie plates. Pour ice cream into pie shells; freeze. Melt chocolate with remaining butter. Pour over frozen ice cream. Refreeze and cover. Take out 30-40 minutes before serving. Pipe on whipped cream.

**Above left:** Mud pie makings—ice cream poured into Oreo crust. **Right:** Mud pie, iced carrot cake.



Beadle

## *Coach House bread-and-butter pudding*

**INGREDIENTS**

*5 eggs*
*4 egg yolks*
*1 cup sugar*
*dash salt*
*1 quart milk*
*1 pint heavy cream*
*1-inch piece vanilla bean, slit open with a knife or 1 teaspoon vanilla extract*
*12 thin slices French bread, crusts removed, buttered*
*confectioners' sugar*

**METHOD**

In a bowl stir together the eggs, yolks, sugar, salt. In a saucepan scald the milk and cream with vanilla bean or extract. Slowly stir hot milk mixture into eggs until blended. Lay bread

*(Continued next page)*

# Mud pies

## and other good and easy desserts children can help make

Cooking is as much a matter of texture as taste. And that makes it a natural for children —you get to lick your fingers a lot. Mrs. Mitchell Rosenthal teaches her fearless hands-on cooking methods to her children. Ten-year-old Alexis often works with her mother in the kitchen turning out special dishes under her mother's watchful eye; "with Lexy's fast hands and organized mind, she's a great help to me," says Ellen Rosenthal, one of James Beard's talented students. Lexy specializes in cake decorating and lace cookies—her personalized birthday cakes are in demand among her friends. For more complicated dishes, she dons the assistant chef's cap and helps her mother. Lexy also plans the mechanics of the Rosenthals' dinner parties: "I just tell her how many people," says her mother. "She sets the table, works out the seating, helps me cook. Mud pies, bread-and-butter pudding, and the others we did here are return performance favorites."

**Above right:** Alexis displays a plate of freshly made lace cookies.
**Above:** Ellen Rosenthal instructs Alexis in proper cookie-baking techniques.
**Opposite page, far left:** Bundt cake Alexis made and decorated looks like a party itself.
**Opposite page left:** Decorating takes concentration and a steady hand. Alexis pipes colored sugar icing onto her cake. Collection of furniture for arranging on top stands by.

in a 2-quart casserole, buttered side up with edges overlapping. Strain custard over bread. It will rise to the top. Put pudding in a large pan and fill with hot water 1 inch or halfway up the mold. Bake in the middle of a preheated 375° oven for 45 minutes or until a knife inserted in the center comes out clean. Let cool outside water bath.

Sprinkle heavily with confectioners' sugar and put under the broiler for 1-2 minutes until it caramelizes and looks nicely browned. Serve the pudding with a pitcher of heavy cream, if desired. Serves 6-8.

### *Bundt cake*

**INGREDIENTS**

*1 package instant lemon pudding*
*1 package Duncan Hines yellow cake mix*
*½ cup vegetable oil*
*4 eggs*
*¾ cup water*
*¼ cup sherry*
*confectioners' sugar*

**METHOD**

Put all the ingredients in a large bowl and mix until smooth. Pour into a greased and floured bundt pan and bake in a preheated 325° oven for 35-45 minutes. Cool in pan 10 minutes, then unmold the cake onto a plate.

Sprinkle with confectioners' sugar and decorate however you like: with tiny toys, doll furniture, candy, or a vase of flowers in a small glass in the middle. Fun for birthdays and easy to make.

### *Jennifer's carrot cake*

**INGREDIENTS FOR CAKE**

*3 cups flour*
*1 teaspoon cinnamon*
*1 teaspoon baking soda*
*1 teaspoon baking powder*
*½ teaspoon salt*
*2 cups carrots, grated*
*1 cup pecans, chopped*
*1 small can (6 ounces) crushed pineapple*
*1½ teaspoons vanilla*
*3 eggs*
*1½ cups oil*
*2 cups sugar*
*1 8-ounce package cream cheese, softened*
*½ pound butter, softened*
*1 1-pound package confectioners' sugar*
*1 teaspoon vanilla*

**METHOD FOR CAKE**

Sift together into large bowl the flour, cinnamon, baking soda, baking powder, salt. Set aside. In another bowl, mix carrots, pecans, pineapple, vanilla. In third, beat eggs, oil, sugar together. Mix ½ the contents of each bowl by hand. Carefully add remaining mixtures. Don't overmix.

Grease two 9-inch-round cake pans; cut paper to fit. Pour half batter into each; bake in preheated 325° oven 25 minutes, or until cake springs back when lightly touched. Wait 10 minutes before removing from pans. Cool on wire racks.

**METHOD FOR FROSTING**

Put cream cheese, butter, sugar, vanilla in bowl of food processor or mixer. Beat until light and fluffy. Frost completely cooled cake thickly.

### *Lily's lace cookies*

(from Jacques Pépin)

**INGREDIENTS**

*¼ pound sweet butter, melted*
*½ cup sugar*
*1 cup almonds, ground, or a mixture of almonds, walnuts, pistachios or other nuts*
*2 tablespoons flour*
*2 tablespoons milk*

**METHOD**

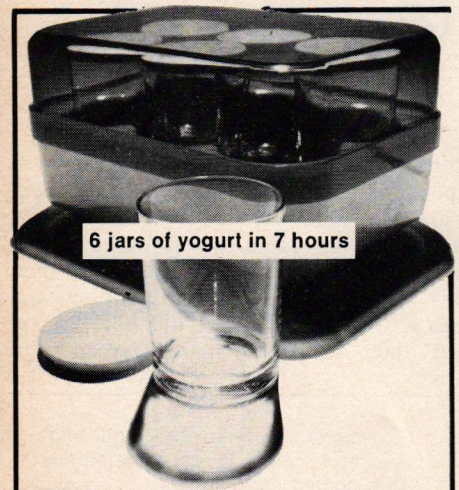
In a bowl, mix all ingredients together with a fork.

Grease and flour several cookie sheets. Drop batter by ½ teaspoonfuls, leaving 1½ inches all around for spreading. Bake in a preheated 350° oven 5-8 minutes or until golden.

Let cool a minute or two—not too much—just until cookies are set. Take them off sheets and cool on wire racks. Makes about 45 cookies.

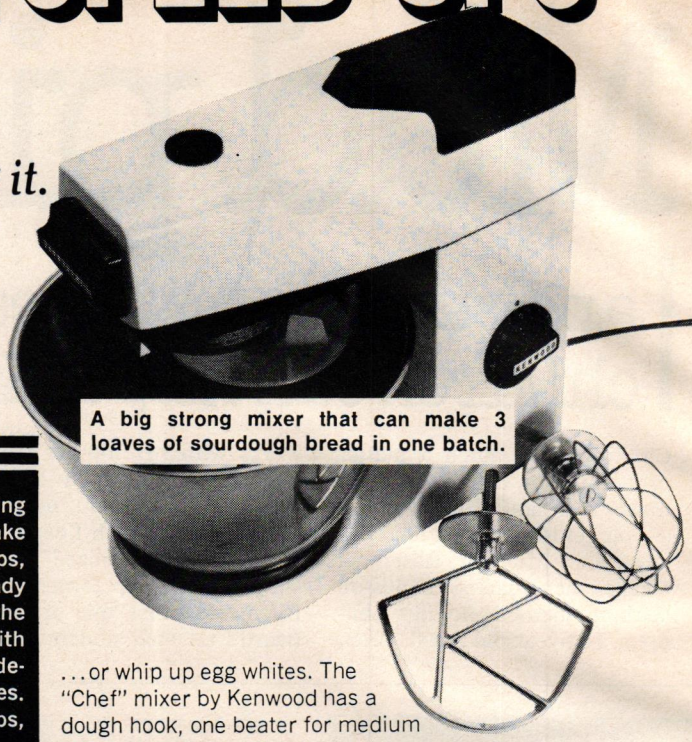
# NEW KITCHEN SPEED-UPS

*Designed to save energy—yours and your utilities—some of the latest cooking equipment plus tips on using it.*



6 jars of yogurt in 7 hours

Super sleek, super quick yogurt maker whips up 6 ready-to-serve 5-ounce jars of yogurt under its smoked acrylic lid. By Terraillon.



**A big strong mixer that can make 3 loaves of sourdough bread in one batch.**

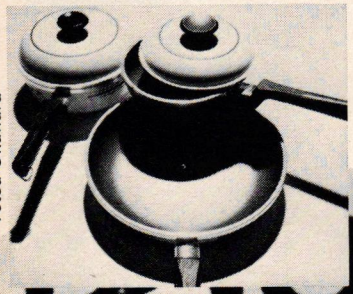
...or whip up egg whites. The "Chef" mixer by Kenwood has a dough hook, one beater for medium to heavy loads, another for feather-lights, and a rotating shaft that ensures thorough mixing whether you have 5 quarts of sourdough or 3 egg whites. With contoured stainless steel bowl and a baker's dozen options from blender, meat grinder, potato peeler, salad shredder, and can opener to cream maker.

To cut your food preserving down to size—dehydrate! Make dried vegetables for soups, dried fruits for ever-ready snacks in a fraction of the work, time, and space with Grandinetti's kitchen-size dehydrator, 18 by 12 by 8 inches. If you grow your own herbs, they dry in hours, not days:

| | |
|---|---|
| fennel, mint, oregano, rosemary | 4½-5 hrs. |
| basil, marjoram, sage | 5-5½ |
| thyme | 5½-6 |
| savory | 6-6½ |

*Shopping information, page 172*

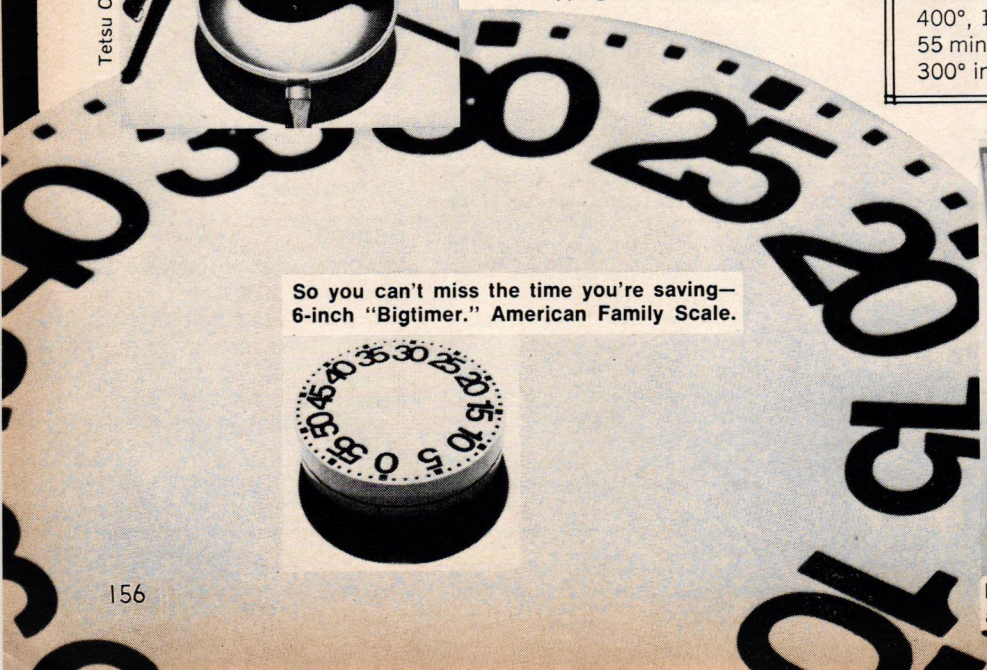
Cast-aluminum cookware by Regal with DuPont's new, durable, satin-smooth SilverStone nonstick surface. To clean this and other nonsticks, mix 1 tablespoon each chlorine bleach and vinegar with 1 cup water; simmer 5-10 minutes, remove from stove. Wash, rinse, dry well. Wipe pan with cooking oil before use.



Tetsu Okuhara

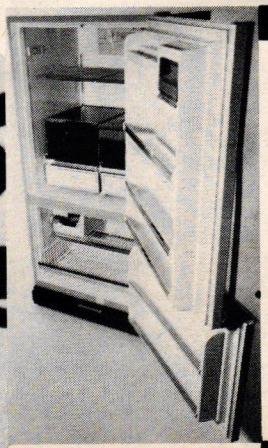
**Forced-air oven cuts cooking time from about 17 to 39 percent.**

Instead of venting its hot air on your kitchen, the oven in Tappan's "Convectionaire" gas range recirculates 90 percent of its heat. Burners ignite electrically (no pilot light, which can use 10 to 50 percent of a range's fuel). Baked potatoes cook in 40 minutes instead of 1 hour at 400°, 1½-pound meatloaf in 55 minutes instead of 90 and at 300° instead of 350° as well.



**So you can't miss the time you're saving—6-inch "Bigtimer." American Family Scale.**

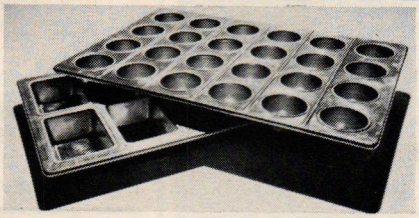




New frost-free bottom-freezer refrigerator has 15 percent greater energy efficiency than similar units and an airtight drawer that keeps salads, desserts moist up to 2 weeks without wrapping. At Sears in April.

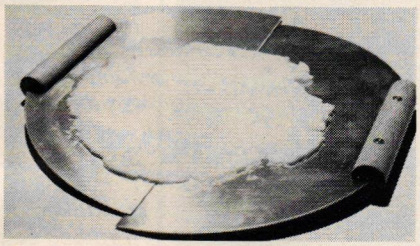
**Bottom freezer's back—and more efficient, too.**

# AND WORK-SAVERS



Bake up big batches with sturdy bakery-weight muffin and mini-loaf tins. Hoan.

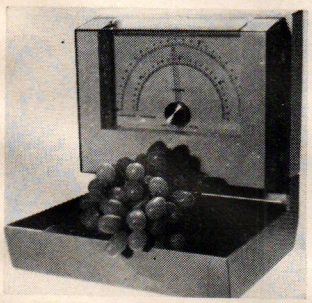
No-guess coffee grinder—electric, with 12 preset grinds. Waring.



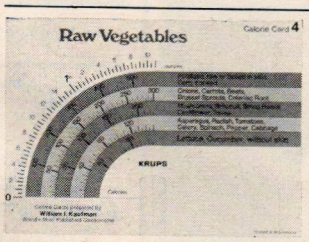
Flop-free pizza or pie crusts with 13-inch aluminum dough or pastry handlers. Hoan.

Fast broiling, steaming, frying, and pancake-making—at the table.

For versatility and quick cooking you can't beat the "Crock-Plate" cooker by Rival, with its durable foot-square stoneware cooking plate, which lifts off for cleaning. The accompanying cookbook has 170 recipes, and the cooker often works even faster than the cookbook says. Vegetables *al dente*: Put 2 cups of water in cooker, then, on top of baking rack, raw zucchini sticks, mushrooms, and Chinese peas. Cover and steam on high heat for 6 minutes. Serve with lemon or herb butter.



Dieter's delight: weighs ingredients and calories at once.

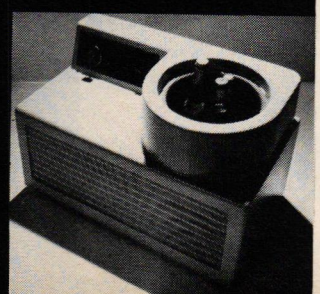



A fold-up wall or counter scale where calories do count: Slip the proper calorie card over the dial and read pounds and calories simultaneously. The cards cover over 150 different foods, tell you, for example, that for the same calories you could have 14 ounces of tomatoes instead of 4 ounces of potatoes. The "3-Weigh" scale, of high-impact-resistant plastic, 10 inches wide, by Krups.

Cool food and beverages down to serving temperature in minutes with the "Chilling-Well" chiller, with its 34° F water bath, automatic timer. By Thermetrics.

| | TO | IN |
|---|---|---|
| Red wine (4 24-ounce bottles)* | 60°F | 3 min. |
| Beer (6-pack of cans)* | 38° | 10 |
| Cooked soups, stock, or sauces (1 quart)** | 40° | 15 |
| Aspic, gelatin (1 quart, up to 9½-inch mold)** | 45° | 15 |
| Hot tea (1 quart)*** | 40° | 15 |

*from room temp. **from cooking temp. ***from boiling



Fast chiller: 4 bottles of white wine* down to 50° in 6 min.


*continued from page 152*

## Sesame seed bread

*Ingredients*

*1 clove garlic, peeled*
*1½ sticks sweet butter, softened*
*large loaf French bread*
*1 cup sesame seeds*
*salt to taste*

*Method*

☐ Crush garlic and mix well with ¼ pound (1 stick) butter. Slice bread and spread each slice with butter mixture and reshape loaf. Place loaf in center of aluminum foil.

☐ In saucepan melt remaining butter and add sesame seeds, salt, and brown the seeds over medium heat.

☐ Spread sesame seeds and butter thickly over top of bread. Wrap foil around bread; place in freezer until ready to use. To serve, heat bread in a 300° oven until very warm. Just before serving, open foil and raise temperature to brown top of loaf.

## Crêpes Bettina

*Ingredients for batter*

*¾ cup milk*
*¾ cup cold water*
*3 egg yolks*
*3 tablespoons cognac*
*1½ cups all-purpose flour, sifted*
*5 tablespoons sweet butter, melted*

*Method for crêpes*

☐ Place ingredients in a blender in order listed. Cover, blend at top speed for 1 minute. Refrigerate, covered, for at least 2 hours. Batter should be just thick enough to coat a spoon. If too thick, beat in a bit of water.

☐ Heat a seasoned crêpe pan until hot and add a bit of oil to make the pan "slithery." Add a small piece of butter, and when melted and hot, add a tablespoon or so of batter. Lift and tilt the pan so the batter covers the bottom of the pan. Cook until set. Turn and cook the second side. Turn out onto a towel. Recipe will make about 12 6-inch crêpes.

*Ingredients for filling*

*2 pounds spinach*
*butter*
*1 1⅞-ounce-package almonds, blanched and sliced*
*salt, dash nutmeg*
*½ cup Swiss cheese, grated*
*about 2 cups bèchamel sauce*

*Method for filling and assembly*

☐ Steam spinach and chop coarsely. In a skillet melt some butter and add the almonds, salt to taste, and nutmeg. Toast over moderate heat. When browned, mix with spinach.

*Continued on next page*

I suppose it could have been hamburger and potato chips, but a blend of two rices with different herbs and seasonings made it a meal.

What a success.

original . . . or fast cooking


*continued from preceding page*

☐ Place 2 tablespoons of spinach mixture in center of each crêpe and sprinkle each with about 1 teaspoon of cheese. Roll up crêpes, place side by side in greased baking dish.

☐ Pour over a generous amount of bèchamel sauce and sprinkle lightly with more grated cheese. Dot with butter and brown in a preheated 400° oven for about 15 minutes. Serves 4.

## Choucroute garnie

*Ingredients*

*12 slices fat bacon*
*2 quarts sauerkraut, washed several times in cold water*
*3 onions, stuck with 4 cloves each*
*2 apples, washed, and left whole*
*6 smoked pork loin cutlets*
*6 spiced sausages*
*2½ cups homemade chicken broth*
*1 bottle dry white wine*
*6 frankfurters*
*6 slices boiled ham, cut in slivers*

*Method*

☐ Line the bottom of a large casserole with 6 slices of the bacon. Place sauerkraut on top. Pierce each onion with 4 cloves and put in casserole. Add apples. Add pork cutlets and sausage. Cover with the remaining bacon and add the broth and wine. Cover casserole tightly and simmer 2 hours. Uncover, add frankfurters and simmer for 15 minutes.

☐ Place sauerkraut on a large heated platter, surround it with meats and garnish with ham. Serves 6.

## Grandma's dessert

Freezing this rich fruit compote is so easy, you can enjoy it all year.

*Ingredients*

*4 red plums, 8 purple plums, 6 peaches, 4 nectarines*
*5 cups sugar*
*1 pint each fresh blackberries, raspberries, red currants, blueberries*
*vanilla ice cream or heavy cream*

*Method*

☐ Place fruit in heavy enamel pot. Add sugar and very little water. Cover tightly. Simmer until tender. Add berries, simmer 5 minutes.

☐ Remove fruit with a slotted spoon. Taste syrup, sweeten if necessary. Simmer about 10 minutes. Add to fruit. Cool. Chill. Serve over vanilla ice cream or with heavy cream.

*Note:* "If fresh berries are not obtainable, frozen ones may be used—in which case they should not be simmered more than 2 minutes. ■

# SILVERSTONE*

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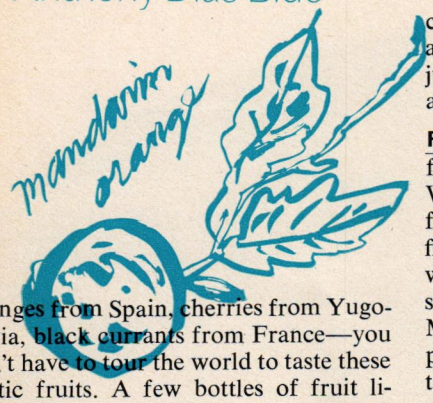
# ABC of fruit liqueurs

## Add a highlight of fresh fruit flavor to drinks and desserts

By Anthony Dias Blue




Oranges from Spain, cherries from Yugoslavia, black currants from France—you don't have to tour the world to taste these exotic fruits. A few bottles of fruit liqueur can bring you an international garden of flavors.

Fruit liqueurs, brilliant in color, capturing the flavor of fresh fruit, always high in sugar, are different from *eau de vie,* a dry, clear, high-proof, distilled fruit spirit, and from domestic fruit-flavored brandies, 70-proof grape brandies flavored with fruit concentrates.

Fruit cordials can be sipped straight—out of brandy snifters to better appreciate the bouquet—on the rocks, or blended into cocktails. You can glaze a duck with liqueur made of oranges from Spain, liven up French toast with oranges from the Caribbean, lace a fruit salad with marasca cherries, or spice your champagne with French black currants.

### Recipes and quick tips

**Cranberry-tinted vodka:** In a tall glass stir half vodka and half cranberry liqueur (Regnier Cranberria or Heublein's Boggs) over plenty of ice.

Mix cranberry liqueur with white wine for a new **Kir** taste.

"Serve a **Cardinal** as an apèritif and throughout dinner," suggests the Marquis de Roussy de Sales of Château de la Chaize, who claims it is also an aid to digestion. Into a chilled wineglass put 2 teaspoons crème de cassis and fill glass half full of red wine.

Grand Marnier adds a dash of spirit to **Papaya Mystique** at the restaurant Shezan in Manhattan. Serve half a papaya filled with mandarin segments, cherries, and pistachio nuts. Splash with a little Grand Marnier, passion fruit juice, and a twist of lemon. Serve as an appetizer or dessert.

**FRUIT LIQUEUR CREAMS**

from Bruce Bolton:
Whip ½ pint heavy cream. Just before it forms stiff peaks, beat in ½ envelope unflavored gelatin dissolved in a touch of water, then cooled. Flavor with 1 tablespoon any fruit liqueur desired (Grand Marnier or orange curaçao would be particularly good). Store in refrigerator to set. Serve in parfait glasses.

**PETER THE GREAT**

Fill a tall glass half full of ice and add 4 ounces orange juice, 1½ ounces gin, and ½ ounce Peter Heering cherry liqueur. Top with ginger ale, stir, and garnish with an orange slice.

**BIG APPLE**

Pour 2 ounces Triple Sec over ice in a tall glass. Fill with apple juice. Garnish with a wedge of lime.

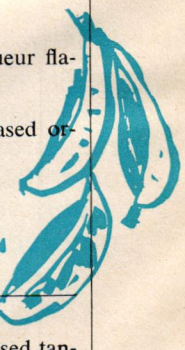
**CHERRY LEMONADE**

Put 1 quart lemonade, fresh or reconstituted frozen concentrate, into a pitcher

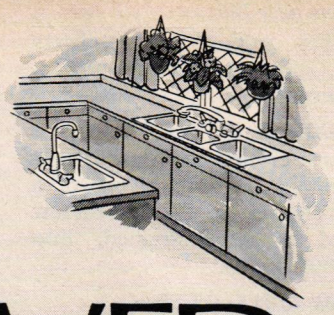
*Continued on page 162*

## A guide to the fruit liqueurs

| Fruit liqueurs | Color | Description and proof |
|---|---|---|
| **CITRUS** | | Citrus liqueurs are made from peels and not the juice or pulp of the fruit. This gives the liqueur a bitter-sweet flavor. |
| ***Orange*** | | |
| **Cointreau** | white | 80° (France) Dry, smooth, delicate flavor of Spanish, Haitian, Egyptian, and Israeli oranges. |
| **Triple Sec: Arrow Bols, Cusenier Dant, De Kuyper, Garnier, Jacquin, Leroux, Mohawk, Old Mr. Boston, Piping Rock, Regnier, Hiram Walker** | white | 80° although some are 60° and a few 40°. They are dry and orange flavored (particularly good for making Margaritas). |
| **Grand Marnier** | amber | 80° (France) Dry cognac-based liqueur flavored with bitter Haitian oranges. |
| **Aurum** | light amber | 78° (Italy) Medium sweet brandy-based orange liqueur. |
| **Curaçao: Arrow, Bols, De Kuyper, Dubouchett, Garnier, Leroux, Hiram Walker** | usually amber, sometimes blue | 60° Usually a dry, orangy liqueur. |
| ***Tangerine*** | | |
| **Mandarine Napoleon** | orange | 80° (France) Medium dry, cognac-based tangerine liqueur. |
| **De Kuyper Mandarinette** | light amber | 54° (USA) Medium sweet, smooth tangerine flavor. |
| ***Lemon*** | | |
| **De Kuyper Lemonique** | yellow | 45° (USA) Medium sweet lemon-candy flavor. |



# IT'S YOUR HOUSE, YOUR KITCHEN, YOUR SINK.



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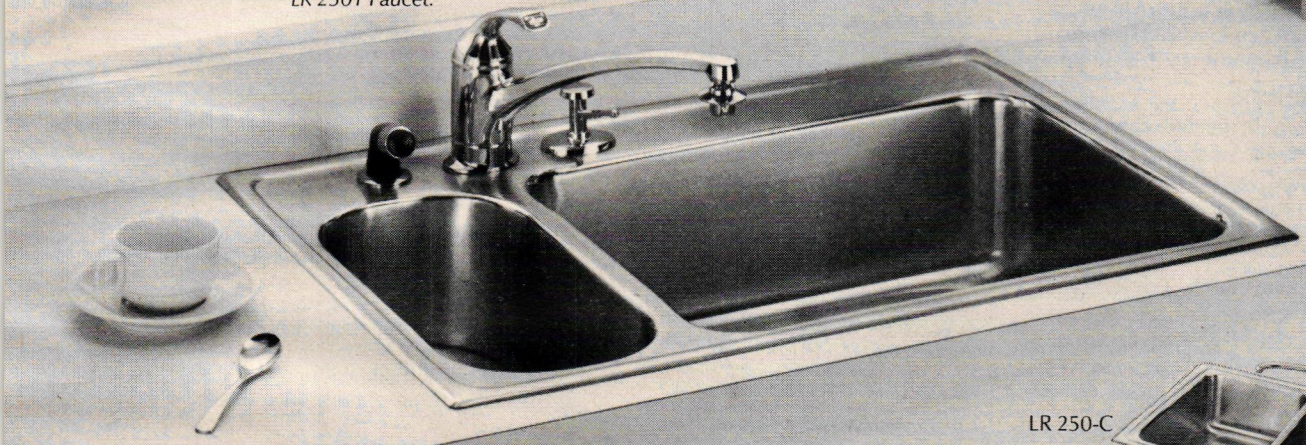
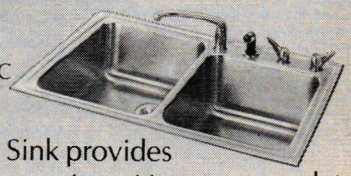
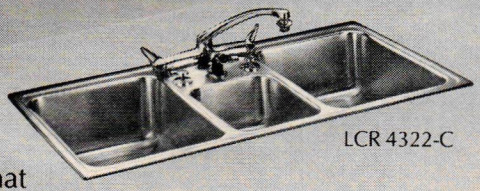




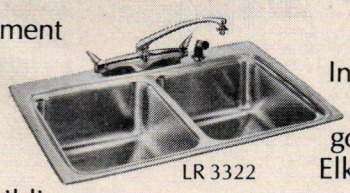

The Elkay 250 + Sink provides one extra-size compartment to accommodate large roasting and broiling pans, and one regular-size compartment.




Elkay Cuisine Centré (LCR 4322-C) can change your entire cooking operation by providing three separate compartments. High quality Elkay Sinks are available in many models and sizes, and at three price levels. (LR 3322 Sink illustrated at left with LK2201 Faucet.)

Independent studies show that approximately 70% of a homemaker's kitchen time is spent at the sink . . . chopping, peeling, washing, rinsing and cleaning up.

An Elkay Sink, like the two-compartment Cuisine Centré featured above, can change your entire cooking operation by providing almost space-age convenience.




So whether you're remodeling or building a new home, and you want the finest stainless steel sink money can buy, insist on Elkay.

You'll be glad you did.

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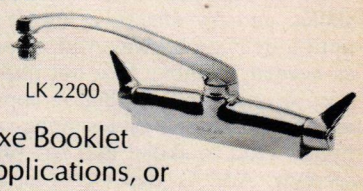


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MANUFACTURING COMPANY
2700 South Seventeenth Avenue
Broadview, Illinois 60153

*continued from page 160*

with ice cubes. Add 1½ cups cherry liqueur; stir, and pour into tall glasses. Makes 6-8 servings.

**BANANA DAIQUIRI**

Put equal parts Crème de Banane, light rum, and lime juice into the jar of a blender with cracked ice. Blend for a few seconds and pour, unstrained, into chilled cocktail glasses.

**MARASCHINO APPLE CRISP**

Peel, core, and slice 4 cups cooking apples. Arrange in a 9-inch baking dish. Sprinkle with 2 tablespoons lemon juice and 2 ounces maraschino. Mix ½ cup brown sugar, ½ cup flour, ¼ cup butter, and 1 tablespoon ground cinnamon in a bowl until it has a crumbly texture. Be careful not to overmix. Sprinkle the mixture over the apples and bake in a preheated 375° oven for 30 minutes. Brown under the broiler for 2 minutes. Serve topped with heavy cream, crème fraiche, or crème Anglaise. This will work well with fresh peaches or cherries, too.

**ORANGE GLAZE FOR DUCK OR CHICKEN**

In a saucepan put 1 cup orange marmalade and ¼ cup Triple Sec. Heat, brush on the bird occasionally as it is cooking.

**BRANDIED CARROTS**

Put about 24 small, peeled carrots in a saucepan with cold, salted water to cover. Bring to a boil, reduce heat, and simmer, covered, until just tender, about 15 minutes. Drain and arrange in a buttered casserole.

Combine 2 tablespoons Triple Sec, ¼ cup brandy, ¼ cup honey, and the juice of 1 lemon. Mix and pour over the carrots. Bake at 350° for 15 minutes. Garnish with chopped parsley. Serves 4.

**CHOCOLATE WALNUT MOUSSE**

Add a 6-ounce package semi-sweet chocolate morsels to the jar of a blender, with 3 tablespoons hot espresso coffee, 2 eggs, ¾ cup scalded milk, and 2 tablespoons Triple Sec. Blend at high speed for 1½ minutes. Add ⅔ cup finely chopped walnuts, and blend for 30 seconds more. Pour into 6 ramekins or pot au crèmes and chill for 3 hours until set. Serves 6.

**CURAÇAO FRENCH TOAST**

Remove crusts from 12 slices day-old bread and cut into fingers. Put a cup of milk or cream in a bowl; add 2 eggs to another bowl and beat lightly. Dip each finger in milk, then eggs. Melt butter in a skillet, and fry fingers, a few at a time, until a delicate brown. Add more butter as needed. Remove to a hot platter and keep warm. Beat together ½ cup orange marmalade and 2 tablespoons softened butter. Add to skillet and stir for a few seconds. Add ¼ cup Curaçao, stirring. Ignite and pour the hot sauce over the toast. Serves 6.

**STRAWBERRIES IN CASSIS**

Halve 1 pint fresh strawberries, saving 6 for a garnish. Purée 1 thawed package frozen raspberries and combine with 2 ounces crème de cassis. Fold in the sliced strawberries. Pour into goblets. Garnish each with a berry and chill. Serves 6.

**SWEET APRICOT BUTTER**

Good for pancakes, waffles, or French toast. In a bowl, beat ½ pound sweet butter, softened, with ¼ cup honey, and ¼ teaspoon grated lemon zest. Slowly beat in ¼ cup apricot liqueur until well blended. Makes about 1½ cups. Pack into a crock and store in refrigerator. ■

| Other Fruits: | Color | Description and proof |
|---|---|---|
| **BERRIES** | | 60° The most popular are strawberry and blackberry. These cordials are usually sweet and syrupy. |
| ***Strawberry*** | | |
| **Leroux** | reddish | 54° (USA) |
| **Arrow** | brown | 44° (USA) |
| ***Blackberry*** | | |
| **Leroux, Garnier Marie Brizard, Hiram Walker, Bols, De Kuyper, Dubouchett** | deep red | 60° although some are 50° (foreign and domestic) |
| ***Raspberry*** | | |
| **Leroux** | deep red | 50° (USA) |
| ***Cranberry*** | | |
| **Regnier Cranberria Boggs** | bright red | 40° (USA) for both, also both light with a refreshingly tart cranberry flavor. |
| ***Peach*** | | |
| **Marie Brizard Peach** | gold | 70° (France) Medium sweet, spicy peach flavor. |
| ***Apricot*** | | |
| **Marie Brizard Apry** | amber | 70° (France) Medium sweet, ripe apricot flavor. |
| **Garnier Abricotine** | light amber | 60° (France) Sweet apricot flavor. |
| ***Sloeberry*** | | |
| **Arrow, Bols, Châteaux, J. W. Dant, De Kuyper, Dubouchett, Garnier, Jacquin, Leroux, Mohawk, Old Mr. Boston, Regnier, Stock, Hiram Walker** | deep red | 42°-60°. Sloe gin is a popular American cordial invented in England where these tiny wild plums were soaked in gin. Now sloeberry liqueur is made without the gin. Medium sweet with an almond-like flavor. |
| ***Banana*** | | |
| **Crème de Banane: Marie Brizard, Mohawk, Garnier, Hiram Walker, Bols, De Kuyper, Leroux, Arrow, Dubouchett** | white/gold | 60° (Foreign and domestic) Quite sweet |
| ***Pear*** | | |
| **Dettling Elixir Williams** | white | 70° (Switzerland) Smooth, dry, ripe pear flavor. |
| ***Cherry*** | | |
| **Maraschino: Bols, Dubouchett, Garnier, Leroux, Stock, Jacquin** | usually white | 60° (Foreign and domestic) Medium sweet, made from marasca cherries, and traditional in the delicious Italian fresh fruit compote, *macedonia.* |
| **Peter Heering** | deep red | 49° (Denmark) Light, medium sweet wild cherry flavor. |
| **Cherry Marnier** | deep red | 48° (France) Medium sweet wild cherry flavor. |
| ***Black currant*** | | |
| **Crème de cassis: Arrow, Bols, Châteaux, Cusenier, De Kuyper, Dubouchett, Garnier, Leroux, l'Heritier, Guyot, Hiram Walker** | deep red | 35°-40° (Foreign and domestic) Extremely sweet currant-jelly flavor. Usually combined with something else, such as white wine in the famous kir. |

# "For two generations the Bigelow family has been dedicated to the art of blending fine teas with subtle flavors." David C. Bigelow

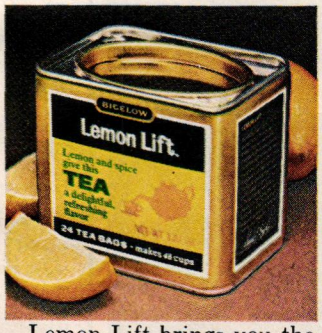
It all started with "Constant Comment"®. And almost thirty years later, we still follow my family's original secret recipe that calls for the finest Ceylon tea flavored with golden orange rind and a dash of sweet spices. Its marvelous flavor makes "Constant Comment" one of the most popular teas in America.

We also have nine other special blends of teas for your enjoyment.

Cinnamon Stick is delectably flavored with a touch of

pure cinnamon. A cinnamon lover's delight.

Plantation Mint offers you the right amount of real garden mint blended with the finest quality mountain-grown tea.

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Rose Garden is a delightful mixture of mountain tea blended with natural rose

hips and red hibiscus petals. It makes a tangy, wine-colored tea with character all its own.

So, if you love tea the way we love tea, you now have ten deliciously different teas to explore and enjoy.

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My $1.00 is enclosed. Please send me five teabags each of Cinnamon Stick, Lemon Lift and Royal Jasmine (total 15 teabags). Offer expires 12/31/77.

Name _____

Address _____

City _____ State _____ Zip _____

*continued from page 151*

*Ingredients for watercress mousse:*

*1 tablespoon gelatin (this makes enough gelatin for all 3 mousses)*
*1½ bunches watercress*
*2 tablespoons butter*
*2 shallots, finely chopped*
*½ clove garlic, finely chopped*
*salt, freshly ground black pepper*
*freshly grated nutmeg*
*12 tablespoons heavy cream*
*green food coloring*

*Method for watercress mousse*

☐ Soak gelatin in a bowl with 6 tablespoons water, keeping bowl in a pan of hot water. Remove stems from watercress. Simmer leaves in butter in a saucepan over low heat, until they begin to "melt"; add shallots and garlic. Add water to just cover. Season with salt, pepper, and nutmeg to taste and simmer gently, stirring from time to time, 15 minutes.

☐ Purée in a blender or force through a fine sieve. Add 2 tablespoons of the softened gelatin mixture. (Reserve remainder for other 2 mousses.) Mix well and allow to cool. Whip cream to thicken it slightly and stir in watercress purée with a little green food coloring to intensify color. Pour mixture into small terrine or soufflé dish to set. Refrigerate.

*Ingredients for tomato mousse:*

*6 ripe tomatoes*
*2 tablespoons butter*
*1 tablespoon tomato paste*
*pinch sugar*
*½ small clove garlic*
*leaves of 1 small sprig thyme*
*1 tablespoon chervil or parsley, finely chopped*
*2 tablespoons gelatin, softened (from watercress mousse)*
*12 tablespoons heavy cream*

*Method for tomato mousse*

☐ Peel and seed tomatoes. Cut into pieces and simmer in butter with tomato paste and a pinch of sugar, stirring constantly, until liquid has evaporated. Mash garlic and add to tomatoes with thyme and chervil or parsley. Simmer gently 15 minutes.

☐ Purée in a blender, or force through a fine sieve. Add the gelatin mixture. Reserve remaining 2 tablespoons for other mousse. Mix well and allow to cool. Whip cream to thicken it slightly and stir in tomato purée. Pour mixture into a small terrine or soufflé dish to set. Refrigerate.

*Ingredients for horseradish mousse:*

*12 tablespoons heavy cream*
*ice water*
*1-2 tablespoons raw horseradish, freshly grated*
*pinch salt*
*2 tablespoons softened gelatin*

*Method for horseradish mousse*

☐ Whip cream until it holds its shape in soft peaks. Add 1-2 tablespoons ice water and whisk until thick and light again.

☐ Fold in horseradish to taste, and season with a pinch of salt. Add remaining softened gelatin mixture and mix well. Pour mixture into a small terrine or soufflé dish to set. Refrigerate.

*Method for serving*

☐ When ready to serve, remove mousses from refrigerator.

☐ Arrange rare beef slices down the center of a large oval serving dish. Make "egg" shapes of the mousses by dipping a tablespoon in hot water and scooping out "eggs" from the mousses. Arrange mousse "eggs" alternately around meat. Garnish dish with lettuce leaves and sprigs of watercress. Serves 4-6.

## *Tulip pastry filled with wild strawberries*

*Ingredients*

*fresh strawberries*
*fresh wild strawberries*
*1 fresh pineapple, peeled, cored, and diced*
*kirsch*
*5 ounces flour*
*5 ounces superfine sugar*
*2 egg yolks*
*3 egg whites*
*1 large orange, greased*
*vanilla ice cream*
*heavy cream, whipped*

*Method*

☐ In a bowl marinate the strawberries and pineapple in kirsch; reserve.

☐ Sift flour and sugar into a mixing bowl; add egg yolks and whites and mix well.

☐ Grease a cold baking sheet and mark 4 circles on it with a large saucer or side plate. Spread 1 dessert spoon of batter over each circle using the back of the spoon. Bake at 350° for 5-6 minutes, or until just turning brown at edges.

☐ Remove each round from sheet; turn over and, working quickly, place each circle over top of greased orange. Place tea towel gently over pastry to prevent burning hands and mold pastry to fit orange. Remove, and continue as above, baking 2-4 circles as you go.

☐ To serve, fill 4-6 cases with the marinated fruit; add a scoop of vanilla ice cream and decorate with whipped cream and more berries. Serves 4-6.

*Note:* This recipe makes 12 tulips. Cases will keep for days in a biscuit box. ■

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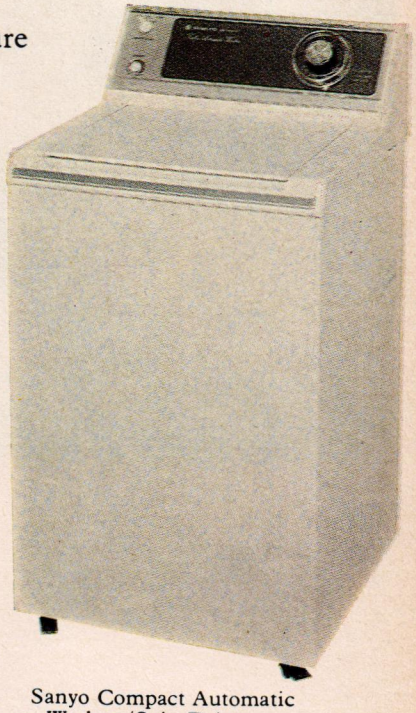

Sanyo Compact Automatic Washers/Spin Driers... ideal for apartments and mobile homes.

SANYO

**A worldwide leader in products for the home.**

Romantic quiz
*continued from page 117*

**8.** If you visit a wishing well, you:
- ☐ **A** throw in a coin and wish.
- ☐ **B** wonder how much money is in it.
- ☐ **C** pass it by.

**9.** What do you consider most important in a garden?
- ☐ **A** a vegetable patch.
- ☐ **B** a herbaceous border.
- ☐ **C** a fountain.

**10.** If you could choose a new career, you would be:
- ☐ **A** a lawyer.
- ☐ **B** a teacher.
- ☐ **C** a photographer.

**11.** Someone you're fond of says, "You're the kind of person I'd like to arrange my life around." You reply:
- ☐ **A** "That's what I hoped you'd say."
- ☐ **B** "I'll have to think about it."
- ☐ **C** "I need my independence."

**12.** You're going to a gala. You choose to wear: (for men) you would like your partner to wear:
- ☐ **A** the Russian peasant look.
- ☐ **B** a velvet tailored suit.
- ☐ **C** something long-lasting and timeless.

**13.** You've seen *Gone with the Wind:*
- ☐ **A** once.
- ☐ **B** more than once.
- ☐ **C** never.

**14.** You're tired after a long, hard day. What would be the best present to come home to?
- ☐ **A** a cooked meal.
- ☐ **B** a bottle of champagne.
- ☐ **C** an early night.

**15.** Which part of the day do you like best?
- ☐ **A** morning.
- ☐ **B** afternoon.
- ☐ **C** evening.

## ANSWERS TO THE QUIZ

**1. C** Romantics tend to be at the mercy of their emotions—and this may surprise you, but a recent psychological study from Harvard shows that women are better at handling their emotions than men; in other words, men are the romantic sex!

**2. A** This age of full frontal nudity is less romantic than the Victorian era, when the peep of a petticoat or hint of an ankle was enough to send the gentlemen into transports of delight.

**3. B** Like all true romantics, Chopin's life and art were inseparable; he poured his passions into his music, releasing it from the conventional forms that preceded it.

**4. B** The poem is the perfect romantic form of expression—it speaks to the heart through imagery and metaphor, using language to set the emotions free.

**5. C** Tristan and Isolde, Abélard and Héloïse, Romeo and Juliet—the reason these pairs are so romantic is because they represent an ideal that can never be attained. The phrase 'romantic agony' was invented to describe these dreams of perfection—never to be fulfilled.

**6. B** If you chose this, you probably surround yourself with memorabilia, keep old letters, hate to throw anything out. Nostalgia is madly romantic.

**7. B** Hopelessly impractical—but so thrilling!

**8. A** If you're Tristan or Isolde (see above) there's nothing much you can do but wish.

**9. C** Water, whether in the form of fountains, ponds, streams, or the ocean, speaks volumes to the romantic spirit.

**10. C** Adventure, travel, people, creativity—it's the career Scarlett O'Hara would have chosen if she hadn't been a Southern Belle, which is even more romantic.

**11. A** Romantics are basically optimists.

**12. A** Tiny waists, full skirts, puffed sleeves, glowing colors—the romantic's wardrobe.

**13. B** It's the classic romantic plot: Girl goes through life loving the wrong man, and rejecting the only man in the world who's right for her—until it's too late. Romantics weep ecstatically every time they see it.

**14. B** The sparkle of champagne, preferably shared, turns the most dreary moment into a glorious romantic celebration.


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**15. C** "Isn't it romantic?
Music in the night, A dream that
can be heard?
Isn't it romantic?
Moving shadows write the oldest
magic word.
I hear the breezes playing in the
trees above.
While all the world is saying,
You were meant for love.
Isn't it romantic?
Merely to be young on such a night
as this?
Isn't it romantic?
Ev'ry note that's sung is like
a lover's kiss.
Sweet symbols in the moonlight,
Do you mean that I will fall
in love perchance?
Isn't it romance?"*
You can't say it better than that.

*Lyric for *Isn't It Romantic?* by Lorenz Hart. Copyright © by Famous Music Corporation. Copyright renewed 1959.

### SCORE

**12-16 right:** You were meant for love.
**8-12 right:** We salute your grain of common sense.
**4-8 right:** What about a little more music in the night?
**1-4 right:** Well, at least you don't have to suffer like the rest of them.

# Building Facts

**Materials and equipment used in the house on pages 126-129**

ARCHITECT: William Turnbull Jr. MLTW/Turnbull Associates
LANDSCAPE ARCHITECT: Avis Bohlen
CONTRACTOR: Leo T. Thibodeau
SIZE OF HOUSE: 3,860 square feet enclosed, 3,350 square feet of open decks.
SIZE OF GROUNDS: 2 acres.

### STRUCTURE

**Foundation:** Reinforced concrete slab, spread footings and concrete block retaining walls.
**Framing:** Douglas fir and hemlock. For house, standard 2-by-4-inch wood stud framework; for porch enclosure, wood stud framework.

### EXTERIOR OF HOUSE

**Exterior walls:** Resawn 5/8-inch plywood panels by Simpson Timber Co. Lattice enclosure of 1-by-4-inch redwood.
**Exterior stains and surfacing:** On walls, stain by Samuel Cabot, Inc.; on roof decks, "Neoprene Hypalon" surfacing by Gaco Corp.
**Roofs:** On house, wood decking; on porch enclosure, translucent corrugated plastic panels by Filon Div., Vestron Corp.
**Windows:** Aluminum frame, sliding glass sash, and fixed glass panels by Capitol Products Corp.
**Doors:** Aluminum frame, "Arcadia" sliding glass doors by Northrop Architectural Systems. Entrance door, wood, solid core.
**Skylights:** Wasco Products, Inc., O'Keefe, Inc.
**Insulation:** In walls, 3-inch glass fiber batts; in roof decks, 6-inch glass fiber batts by Owens Corning Fiberglas Corp.

### INTERIOR OF HOUSE

**Walls and ceilings:** "Sheetrock" wallboard by U.S. Gypsum Co.
**Floors:** Sheet vinyl, white, by Congoleum Industries, Inc. over sub-flooring.
**Lighting fixtures:** Recessed cylindrical incandescent ceiling fixtures by Prescolite Div., U.S. Industries, Inc.; fluorescent surface fixtures by Gotham Lighting Corp. Div., ITT. Dimmer controls by Slater Electric, Inc.
**Fireplace:** Prefabricated metal unit by Majestic Co.
**Hardware:** Door hardware by Schlage Lock Co.; other hardware by Stanley Hardware Div., The Stanley Works.
**Furnishings:** In living room, sofas and coffee table by Selig Mfg. Co. Parsons table and dining table by the Door Store. Dining table china and glass, living room pillows, baskets by The Design Store. Dining table cloth by Leacock & Co., Inc.; master bedroom bedspread by Lord & Taylor. Tropitone deck furniture by Mesmeralda's, Ltd. Plants by Creative Plantings, Inc.
**Kitchen and bathroom countertops:** Formica.
**Plumbing fixtures:** In bathrooms, American-Standard Co.; kitchen sink by Ziegler-Harris.

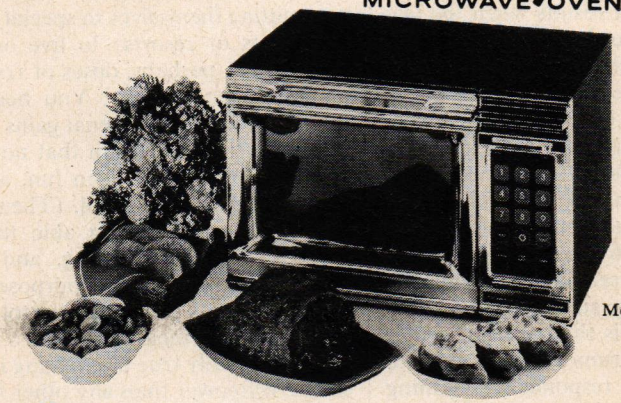
### EQUIPMENT AND APPLIANCES

**Appliances:** Four-burner gas range with oven by Westinghouse Corp.; refrigerator by Amana Refrigeration, Inc.; freezer, "Coldspot" by Sears, Roebuck & Co.; food waste-disposer by Waste King Universal, Div. of Norris Industries; dishwasher, KitchenAid Div., Hobart Mfg. Co.; laundry washer and dryer by Westinghouse Corp.
**Water Heater:** 60-gallon tank by Ruud Mfg. Co.
**Heating system:** Electric wall units by The Singer Co. in each room with thermostat controls; baseboard heating units.
**Cooling:** Power fans by ILG Industries, Inc.

### Correction

*In House & Garden, January 1977, on page 79 we stated in error that the Samuel Whitehorne house contains some reproductions of Newport antiques. While it is true that reproductions of Newport antiques are available, the Whitehorne House is furnished entirely with genuine originals.*


**You can do much more with an Amana® Touchmatic™ Radarange® MICROWAVE OVEN**



Model RR-9

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How does color hit you?
*continued from page 136*

creates in those rooms. Light energy enters the eye through the pupil and hits the retina which is filled with a fluid called 'visual purple' or rhodopsin. The breakdown of the fluid by light is what gives us our 'color-seeing' ability. So light is experienced and acted on. One way we have to control our physical response to light is by using tinted lenses. Yellow lenses reduce glare from haze and fog by filtering out the blue wavelengths of darkness. Gray, green, and brown lenses filter out ultraviolet wavelengths of glare.

"I have been very interested in a therapy called 'syntonics' which explores the uses of colored light and its application for the amelioration of physical conditions. We've known that infrared and ultraviolet light could be used in the treatment of disease for some time. These are, however, invisible wavelengths of the light spectrum. Syntonics concerns itself with the visible portion, the radiant energy we can actually perceive as color. Admittedly, until people are hooked up to biofeedback systems that specifically measure physiological reactions to light coming through the eye, there is little proof as to how man is affected. Respiration, blood pressure, perspiration indicators guide our efforts to determine whether a color is positively, negatively, or indifferently affecting a patient.

"I had some luck with a patient who had developed a cataract. There is a theory that a cataract results when the lens behind the eye becomes heated, the symptom manifesting itself by a clouding of the lens. By projecting a soft green light into the eye and by prescribing green-tinted lenses, we filtered out the stimulating infrared wavelengths. We cannot say we 'cooled' the lens with green light; we can say we were able to prevent further clouding possibly by interfering with the infrared. We restored a degree of clarity to the lens without surgery; this is very important. Green is the balanced center of the color spectrum between red and violet. The body responds to calming green. We don't know exactly why now, we can only observe what works." ■

Is fasting safe?
*continued from page 130*

out food is punishment for most people, it is an ideal way to absolve one's sins.

And once the fasting guides get through with fasting as a venerable human tradition and as a perfectly natural thing to do (after all, some animals instinctively reject food when they're not feeling well or when hibernating), they get into their real raison d'être: the fact that not eating makes you lose weight. The authors and publishers of these books are perfectly aware that potential buyers tend to be esthetically, rather than ascetically, inclined. They know, too, that patience is not usually a virtue found in fat people who want to be slender (hence, cover lines such as ". . . lose weight the quickest, easiest way possible"). They suspect that the concept of food deprivation awakens in many people visions of malnourished children, so much is made of the fact that fasting is not synonymous with starving. Fasting, they say, is voluntary food avoidance. Starving does not occur by choice. During a fast, furthermore, your body nourishes itself (more about that later). Starvation sets in when your body has depleted its resources.

One would think that observing foodless Fridays or weekends or entire weeks would be as unpalatable as, for instance, a steady intake of nothing but bananas and milk. But people are buying fasting books like hot cakes and swallowing the advice therein. They are—voluntarily—committing themselves to special retreats (or farms or resorts) to live on water alone (plus, perhaps, doses of fruit juice or shots of vitamins). You hear testimonials about phenomenal gains in slimming. Participants claim that not eating anything is pleasant, even fun, and that you don't miss food at all. (Then there's the advantage of being able to spend grocery-shopping, cooking, and eating time for other, nobler purposes. One book even goes so far as to extol fasting as an economy measure.)

It is probably true that fasting is easier on the willpower than any other form of dieting. To understand why, it is neccessary to understand what happens to your body when it is not being fed. What happens is so complex that a complete explanation would require much more space than I have and a degree in biochemistry. But, as medical nutritionist Dr. Morton Glenn explained to me, the physical changes actually begin within 24 hours after eating stops, at the point when all the calories you had previously consumed are used up and your body begins to utilize internal, rather than external, resources. Your metabolism changes drastically. Circulation, respiration, and other body functions slow down. On a normal diet, most of your body's energy comes from glucose (which comes from the carbohydrates you consume). When fasting, however, once the glucose supply is gone, most energy comes from ketone bodies, acids which are formed in the liver from your fat deposits. When your body is in ketosis, you experience nausea and an unpleasant taste in your mouth. Your appetite, consequently, disappears.

On a low-calorie diet, by contrast, your taste buds "remember" your last meal and you anticipate the next one. If a diet allows a snack of ten freeze-dried peanuts, it takes the discipline of St. Augustine to resist continuing on through the whole bag. Fasting rids you of all such compulsions. Which sounds ideal.

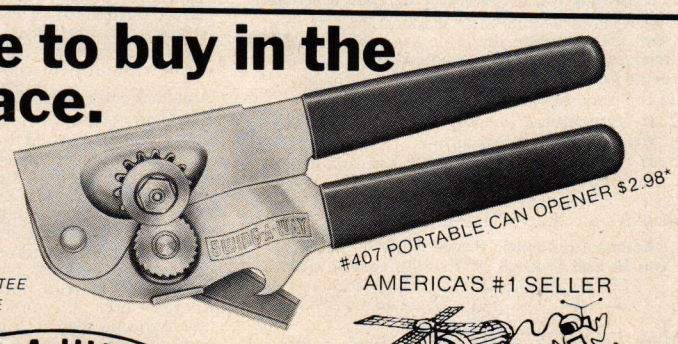
But it's not. The body, it happens, cannot function entirely on fat deposits. Some protein breakdown is also necessary to maintain normal carbohydrate levels in the blood. So your body also starts feeding on lean tissue (muscles, liver, heart, etc.). The body's consumption of its own protein stores results in "negative nitrogen balance," the excretion of too much nitrogen through the urine. Among other possible negative effects of fasting are: vitamin and mineral deficiencies, potassium imbalance (which can trigger heart ailments), and very low blood pressure.

Fasting has been called "the ultimate diet," and the phrase can be taken literally. Although all books on the subject are threaded with the caveat that no fast—in fact, no diet—should be undertaken without a doctor's approval and/or supervision, the warning is meaningless. My instinctive reaction to such advice (and that of most people I've talked to) is, "Oh, I know I'm in perfect health so I don't have to spend money on a medical go-ahead." This is fine if luck happens to be with you. But for people with ailments they are unaware of, fasting can be dangerous, even fatal. One day without nourishment can put a diabetic into a coma. My single experience with fasting had a less serious, but quite unpleasant, result. I did it without considering my "low-normal" blood pressure. Fasting for two days made it drop so far below normal that I blacked out.

Even for a person with no abnormalities, fasting can be harmful because of the abnormalities it causes. As Shirley Ross writes in *Fasting, the Super Diet:* "Under ordinary eating circumstances, you have a built-in system of checks and

*Continued on page 170*


**The one to buy in the first place.**

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Is fasting safe?
*continued from page 168*

balances learned since infancy. You know what you are putting into your body and how it will affect you, for better or worse. During a fast, you are in foreign territory. The normal signposts and warning signals will not help you . . . The changes that occur in the blood and urine are not visible to the naked eye. Careful medical supervision during an extended fast is a necessity."

And an extended fast, according to Dr. Robert Linn, is not for people who are "just a little bit overweight." Dr. Linn wrote *The Last Chance Diet,* a book which explains his program of fasting, but with a daily intake of hydrolized amino acids to prevent the body's consumption of its own protein. Dr. Linn did not invent this concept. It is the result of research by quite a few nutrition specialists, and this type of regime is used in obesity control at several hospitals (Thomas Jefferson Hospital in Philadelphia, for one). Dr. Linn did not originate the protein supplement he uses, either. It has been used in hospitals for years. He did, however, start calling it "Prolinn" when dispensing it in his office. And this is what it is called in his book. (On December 15, 1976 the *New York Daily News* reported that the State Attorney General's office had charged that advertising for *The Last Chance Diet* was misleading because, according to the book, the diet depends upon Prolinn, which can only be obtained by patients of Dr. Linn or his associates.)

Dr. Linn, who is opposed to total fasting, took off 65 pounds himself about 10 years ago. He knows firsthand the agonies of low-calorie dieting. His form of fasting, he says, offsets the trauma of "not seeing weight come off fast enough for what you're giving up" since, as in any foodless program, the appetite disappears so the sacrifice seems nil. And, of course, fasting brings fast results.

"But weight reduction without weight maintenance is ridiculous," says Dr. Linn, whose patients are taught to eat sparingly for life. Dr. Morton Glenn agrees that changing peoples' eating habits on a permanent basis is the only valid weight reduction technique, but he doesn't believe fasting is the way to do it. He puts his patients on "balanced diets—high protein, moderate carbohydrates, and low fat." Dr. Glenn won't even allow his patients to have skim milk in coffee, because the day might come when they don't have skim milk around and they might succumb to cream. "Fasting," according to Dr. Glenn, "*doesn't* teach people good diet habits, how to eat. Now some doctors think they can offer a little protein powder to prevent the breakdown of muscle tissue. But this does not take away from the basic problem of teaching people how to eat correctly in order to keep weight off." Dr. Seymour Halpern, president of the American College of Nutrition, concurs: "Fasting is like sweeping the dirt under the carpet when guests are coming. The room looks clean, but the dirt's still there" (i.e., you have not changed your basic eating habits).

The word on fasting, even from its most zealous advocates, is that it is not for everybody. But the truth is that fasting is really not for *anybody* except those who are critically overweight and choose to give up food under a program which provides both nutrition supplements and strict medical supervision. As for "short-term fasts": Although you can lose 3 to 5 pounds in 24 hours, the weight is in fluids, and it will return as quickly as it disappeared. One-day fasts have been recommended to "clean" the body, rid it of toxins—but, in fact, your body is not dirty, does not need airing out (unless, of course, you're going by the sort of beliefs that spawned primitive purification rites). Another rationale behind brief fasts is that they give your digestive system a rest. But, as Dr. Halpern told me, "your digestive system doesn't need a rest" (it gets what rest it needs every night while you sleep).

After an evening of glutting myself with three books on "the ultimate diet," I came up with yet another reason to abstain from fasting. By the time you get through with the prefast routine (a couple of days of dainty health-food-type snacks and juices), endure the no-food period, and complete the break-fast ritual (slowly revving your body up to a normal diet via gradually increasing consumption of liquids, then a little yogurt, etc.), you could die of boredom. ■


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Staying young longer
*continued from page 131*

In books, little girls played with dolls, little boys played with cars . . . Well, all that is changing now. And so it should with the old.

"We've got to put our skates on. Stop letting old people be portrayed as buffoons or slow-witted. Otherwise we're going to end up in the same trap. And old people themselves must take up cudgels. If you are called 'old biddy,' or 'grandpop,' say 'I've got a name and you can use it.' A senator was taking a group of older people around the senate chamber. He treated them like children, and finally, turning to one of them, he asked, 'And what did you used to be?' The old man fixed a beady eye on him and replied, 'I still am.' Don't let yourself be put down. In Beethoven's words, 'Take life by the throat.'

"This means keep on working. Prepare for retirement by planning a new occupation—like finding a new job after dismissal. It's no coincidence that working people live so long. Picasso never stopped working; nor did Helena Rubinstein or Coco Chanel. Just look around for proof. And if you've got nothing else

to do, get active politically. You have got an advantage in that whereas women and blacks had to fight for the vote, you've got one, and it's very powerful. Write to your congressperson to get rights for old people, respect, and health care. Grow old disgracefully—hit back. Better than playing shuffleboard, and it will help those who come after—us."

In the recent election, everybody from the presidential candidates on down began addressing themselves to the older constituency. After all, in 1970, 10 percent of the population was over 65—by 2,000 it may be 20 percent. Dr. Comfort's words relate to a real phenomenon in the country—and the most obvious proof of that is the founding of the National Institute on Aging, which became operational in 1975; with this the United States finally recognized the importance of growing old and what it means to every citizen—since every one of us will ultimately experience it.

### WOULD YOU LIKE TO TAKE 70 YEARS TO REACH AGE 60?

In addition to this new political consciousness, enormous progress is taking place in the scientific arena. "We are working on the hypothesis that there is an 'aging clock' in the brain," says Dr. Comfort. "We are trying to find out what it controls. Does it modulate the whole life cycle? Does it exist in men and women? There's a lot of work to be done on this. It's getting very interesting, because we are moving toward the possibility that the aging clock is in the hypothalamus—in which case you might be able to control it by tightening a knob with a screwdriver, as it were, and seeing how far you could slow it down. Or you might be able to fool it as to calorie intake, and make it slow itself—or try reducing the tryptophan intake (found in food), which we have found does affect the rate of aging in some animals."

The possibilities are very exciting. Biologists are closer to plumbing the mysteries of aging. "What this research will do perhaps is ensure that people remain in better condition for longer," explains Dr. Comfort. "It would incidentally probably prolong their lives. But it would also prolong the period of vigor. In other words, you would take 70 years to reach 60."

This is not, of course, a promise of immortality. Human beings are mortal, and there is no escaping that. But we can escape the role-playing inflicted on us by society when we get past middle age—and after all, it is in all of our interests to escape it, since one day we will be the ones who care. "I will never be an old man," said Bernard Baruch. "To me, old age is always 15 years older than I am." As Dr. Comfort says, "Old age as it is now sold is an imaginary state." Which is presumably what Oliver Wendell Holmes had in mind when he declared, "To be 70 years young is sometimes far more cheerful and hopeful than to be 40 years old." May it happen to all of us.

### 9 THINGS TO REMEMBER ABOUT STAYING YOUNG

In his book, *A Good Age*, Alex Comfort gives nine "attitudinal lessons" that he thinks can help us all stay younger longer. They may be summarized as follows:

**1.** Aging has no effect upon you as a person. When you are "old" you will feel no different and be no different from what you are now or were when you were young, except that you will have had more experiences. In age your appearance will change, however, and you may encounter more physical problems. When you do, these will affect you only as physical problems will affect a person of any age.

**2.** "Oldness" is a political institution and social convention, based on a system which expels people from useful work after a set number of years. Folklore is used to justify the expulsion, by depicting those expelled as no longer competent. This folklore is not true.

**3.** Retirement is another name for dismissal and unemployment. It must be prepared for exactly as you would prepare for dismissal and unemployment.

**4.** You are one day going to join an underprivileged minority. The remedies available to you will be those available to other minorities—organization, protest, and militancy.

**5.** When this happens you will be poorer than you think, so prepare and reinsure if you can. Best of all, try to stay in paid useful work.

**6.** On the other hand, you need not look forward to illness or decrepitude. Your memory, sexuality, activity, capacity for relationships, and zest should normally last as long as you do.

**7.** Science is nearer than most people realize to attempting to slow the health deterioration of age so that vigor will last longer and death come later.

**8.** The "old" will make up a large percentage of the population by the year 2000, enough to raise a ruckus if they get together and ensure they are not, as now, picked off singly. When this happens, the word "old" will change meaning.

**9.** As an "old" person, you will need four things—dignity, money, proper medical services, and useful work—things you always needed. So either set out now to see that you do get them, or work to force society to change its posture—or do both. ■


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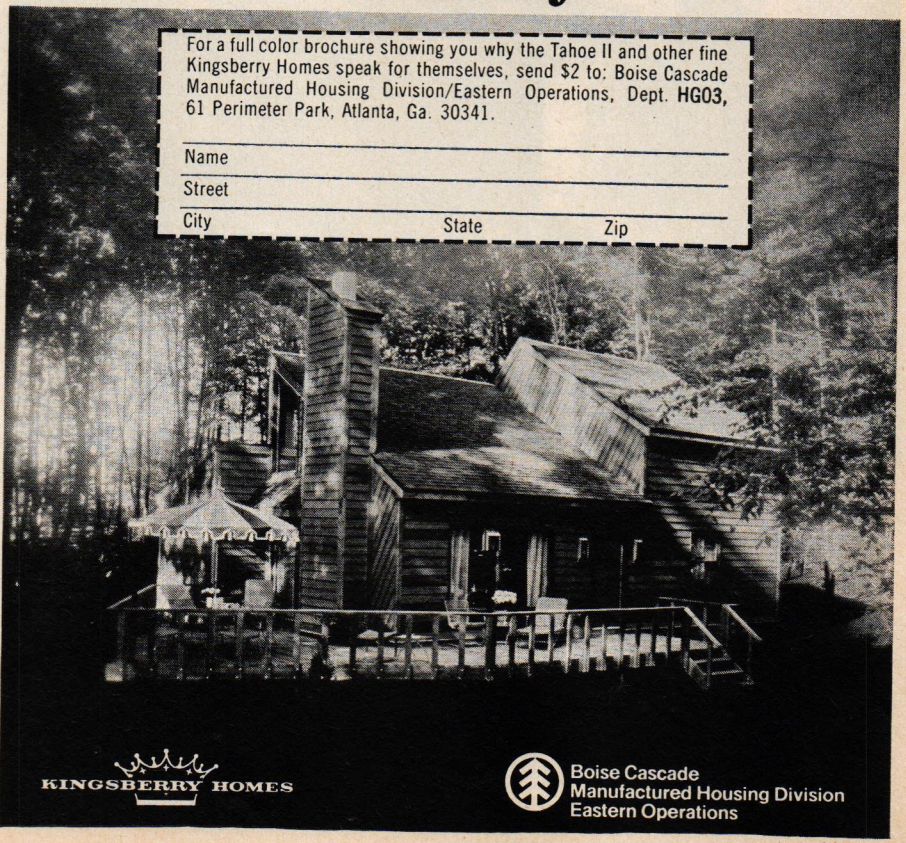


# Shopping information

**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**

**In the room designed by Albert Étienne Pensis, vice president of interior design of W & J Sloane, where you can buy all the following: Lacquer coffee table:** 47½" x 35" x 13" high. $610.

**Antique French Provincial cherrywood lamp table:** 35" x 27" x 27½" high. $1,095.

**Antique metal jardiniere:** 42" x 21" x 32½" high. $1,925.

**Early 14th-c. Oriental ceramic garden seat:** 14" diam., 18½" high. $2,520.

**Antique ceramic lamp:** 30" high with jade finial, silk shade. $1,600.

**Antique ceramic leaf dish:** 7" x 4" x 3" high. $100.

**Sculptured box:** 11½" sq. x 7" high. $240.

**Antique blue ceramic plate:** 9" diam., $100.

**Antique ceramic peach:** 6" high, $350.

**Curtains of Swiss cotton:** $150 plus labor as shown.

**Portuguese needlepoint rug with fern design:** 10'2" x 14'. By Stark. About $6,700.

**Sofa with rolled arms:** 82" x 37" x 30" high. With loose seat and back cushions, six throw pillows. $915 COM. **Cherry armchair:** 23" x 23" x 35" high. With upholstered seat and back. $268 COM. **Cherry wing chair:** 30" x 25" x 41" high. With exposed wood frame, loose seat cushion. $398 COM. **Footrest/ottoman:** 34" x 27" x 18" high. With tufted attached seat cushion, kick pleat. $195 COM. All four above by Harden Furniture.

**Fabric on sofa, armchair, and ottoman: "Les Roseaux Tropicaux" glazed cotton chintz:** 61" wide, 52½" repeat. By Brunschwig & Fils. At W & J Sloane.

**Fabric on wingchair and pillows:** Cotton, 39" wide. By Boussac of France. At W & J Sloane.

**GOOD LOOKS & GOOD HEALTH**

**Page 30:**

**Acrylic and nylon leg warmers:** Comes in gray, black, navy, "wine," and "ballet pink." One size fits all. By Bonnie August of Danskin. About $7.75 the pair.

**ROMANTIC BEDROOMS**

**Pages 108-109:**

In the bedroom designed by Mario Buatta: **Indian cotton gauze bedhangings:** Hand-painted by Peter Fasano.*

**"Richelieu Lace" cotton percale sheets with pierced lace borders:** Twin-sized sheet, $250. Queen, $295. King, $450. Pillowcase, $85 each. From Léron.

**Antique mahogany double bed:** English Hepplewhite, c. 1790. From Florian Papp.

**Tilt-top mahogany piecrust table:** (far corner, by bed) 30" diam. x 29" high. With ball-and-claw feet. About $376. By Baker.

**Black-lacquered Japanese stacking tables:** From a collection at Joseph Rondina.

**Antique cotton durrie rug:** 9'7" x 14', about $4,000. From Patterson, Flynn & Martin.*

**Brass seashell andirons:** About $425 the pair. From Edwin Jackson.

**Blue and white Nanking porcelain tea set:** From John Rosselli.*

**White wicker breakfast tray:** With removable laminate top. Also in pink or blue. $68.50 ppd. from Hammacher Schlemmer.

**Antique dressing gown:** One of a collection, $85. **Two antique picture frames:** $20 and $25 each. **Antique pillows:** $15-$35 each. All at Cherchez!

**Antique American quilt:** (on bed) 7'3" x 8'10", $90. At Elinor Merrell.

**One-of-kind quilt:** (on chaise). From a collection at The Elder Craftsmen.

**"Lily" cotton chintz:** (on armchair). 54" wide, 22½" repeat. With Zepel finish. About $36 a yd. Designed by Joan Kaminski for & Vice Versa.*

**Flowers:** From Jean-Jacques Bloos.

**Other furniture and accessories:** From Mario Buatta.

**Pages 110-111:**

In the room designed by Mark Hampton: **"Sentimental Bouquet" cotton and polyester no-iron percale sheets:** Sheet, from about $10 twin-size. Pillowcases, about $8.50 pair. From the "Romance, International Style" collection by Gustav Zumsteg for Fieldcrest. At Dillard's, Little Rock, Ark.; Marshall Field & Company, Chicago, Ill.; The Emporium, San Francisco, Cal. Matching comforter, from about $65 the twin-size, pillow sham, about $16, and breakfast or neckroll pillow with sham, about $26, also at Dillard's.

**Blue-and-gray-lacquered oval basket:** 9" x 7½" x 3" deep. $25. At Jean-Jacques Bloos.

**Pages 112-113:**

In the room designed by Zandra Rhodes: **"Zandra's Trellis" cotton and polyester no-iron percale sheets:** (on bed) Sheet from about $12 twin-size. Pillowcases, about $14 pair. Pillow sham, about $20. Comforter, from about $55 twin-size. Custom dust ruffle. **"Zandra's Lily" cotton and polyester no-iron percale sheets:** Shown on custom bottom floor pillow. Available in same pieces, prices as above and in a ready-made dust ruffle, about $23 the twin-size, as well. By Zandra Rhodes for Wamsutta. All at Bloomingdale's; Bullock's, Los Angeles, Cal. All but dust ruffle at Joske's, Houston, Tex.

**"Z" tables:** Designed by Zandra Rhodes.

**"Chateau" carpeting of Antron nylon:** 12' wide, shown in "haze." About $25 a sq. yd. By Karastan.

**White raffia-textured polyester jar lamps:** With parchment shades. Come also in natural. $40 each. By Alsy. **Assortment of picture frames:** From $5-$25 each. Both at Bloomingdale's.

**Antique American Indian lidded basket:** 18" diam., 7" high. $210. At Maxon.

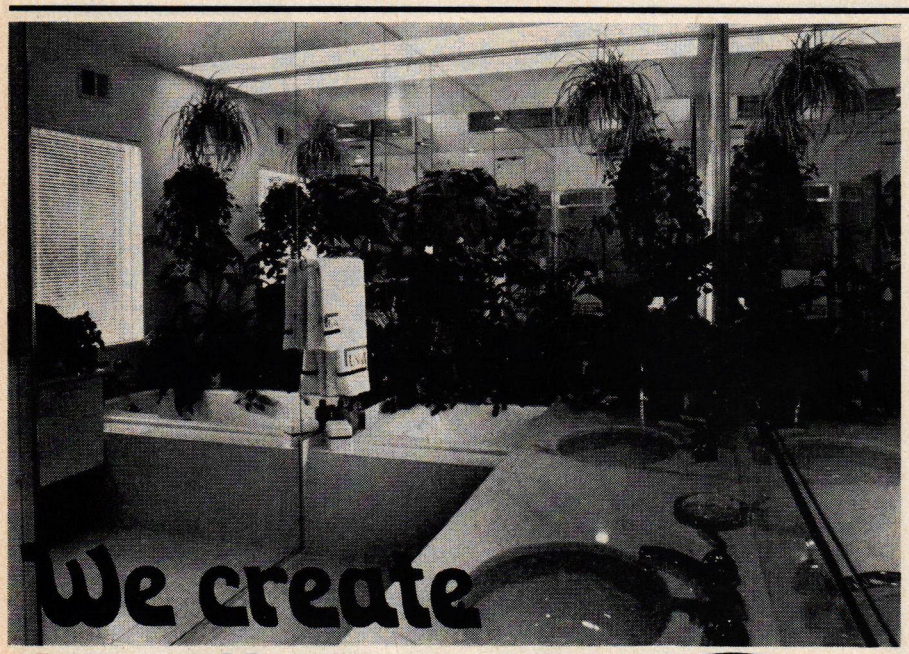
**"Basket of Flowers" handmade cotton quilt:** 74" x 91". With cotton filling. c. 1930. $350. At Thos. K. Woodard.

**Acrylic painting on canvas:** 33" x 57". 1974, by Minoru Kawabata. $1,600. Loaned by Betty Parsons Gallery.

**Handmade terra-cotta planters:** 5" sq. x 4" high, $25 unplanted. Also available: 4" cube, $15 unplanted. 9" sq. x 4" high, $45 unplanted. At Jean-Jacques Bloos.

**Pages 114-115:**

In the room designed by Françoise de la Renta: **"Les Belles Fleurs" cotton and polyester no-**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**iron percale sheets:** (on walls, window shades, chair, for curtains). Sheet from about $9.50 twin-size. Pillowcases, about $7.50 pair. By Oscar de la Renta for Cannon. In peach (shown) at Rich's, Atlanta, Ga. In green at Macy's and after April 1, Strawbridge & Clothier, Philadelphia, Pa. Quilted bedspread, about $40 twin, sham, about $16, bath towels also at Rich's and after April 1, Strawbridge & Clothier **"Victorian Lavender" cotton and polyester no-iron percale sheets:** (on bed) Sheet from about $9 twin-size. Pillowcases, about $8 pair. Comforter, from about $50 twin-size. By Oscar de la Renta for Cannon. At Rich's, Atlanta, Ga., and, after April 1st, at Hess's, Allentown, Pa.; J. L. Brandeis, Omaha, Neb.; The Broadway, Los Angeles, Cal. Coordinating bath towels at Rich's and, after April 1st, at Hess's.

**"Edwardian" solid brass tub set:** Here with deck spout, $465. With wall spout, $315. Or either in chrome-on-brass. At Paul Associates.

**"Beautyrest Back Care II" mattress and boxspring:** By Simmons.

**Painted steel Napoléon III bed:** $1,000. **Bamboo chair with gold leaf:** c. 1880, $580. **Marble-topped wood and brass wash stand:** c. 1880, $750. All at Beaujard.

**Oriental teakwood stands:** 3½'-4' high. $825 the pair. **Papier-mâché lamp bases:** $600 the pair without lampshades. **Mahogany étagère:** American, c. 1800-1810, $975. **Mahogany canterbury:** English, c. 1790, $325. **Gilt mirror:** English Georgian, c. 1760, $1,750. **Watercolor of an Italian garden:** 18th c., $375. **Painting of a lady:** French, 19th c., $550. **Chinese painting on glass:** c. 1820, $800. **Japanese laquered box:** 18 h c., $125. **Black-lacquered worktable on rollers:** English Regency, c. 1810, $575. **Two square table-like urn stands:** English Hepplewhite original, c. 1790, $825. Modern copy, $125. **Chippendale-style upholstered bench:** With ball-and-claw feet. $300. **Three-piece Belter suite:** (chaise and two chairs) American, mid-19th c. $2,400. **Mahogany work table with front columns:** American Empire, c. 1820-25. $475. All from George Subkoff Antiques.*

**Handcrafted wool rug:** From Stark Carpet.*

**Pages 116-117:**

In the room designed by Angelo Donghia: **"Gro grain Ribbon" cotton and polyester no-iron percale sheets:** Sheet from about $9 twin-size. Pillowcases, about $8 pair. Comforter from about $40 twin-size. By Angelo Donghia for J.P. Stevens. In orange (shown) or blue at Diamond's, Phoenix, Ariz. Sheets, pillowcases in brown at J.W. Robinson's, Los Angeles, Cal.

**Four red-lacquered bowls:** (on mantel) Japanese, 19th c. From John Rosselli.*

**GARDENS EVERYWHERE**

**Pages 118-119:**

**"Hollyhocks" glazed cotton chintz:** 51½" wide, 32½" repeat. With Zepel finish. By Brunschwig & Fils.*

**"Tulipa" cotton sateen:** 54" wide, 22" repeat. With Scotchgard finish. By Cohama Decorative Fabrics. At Rich's, Atlanta, Ga.

**"Ava" glazed cotton chintz:** 54" wide, 12½" repeat. About $12 a yd. By Schumacher.*

**Glazed cotton chintz:** 51" wide, 37" repeat. About $15 a yd. By Marignan.*

**"Arbor" glazed cotton chintz:** 54" wide, 27" repeat. With Scotchgard finish. About $7 a yd. By Jay Yang for P. Kaufmann Fabrics. At Lord & Taylor; Woodard & Lothrop, Washington, D.C.

**"Glenartney" cotton fabric:** 54" wide, 25¼" repeat. About $12.90 a yd. By Laura Ashley for Raintree Designs, division of Kirk-Brummel.

**Pages 120-121:**

**"Rose Ribbon" cotton sateen:** 48" wide, 24" repeat. With Zepel finish. By Cohama Decorative Fabrics. Available through S.M. Hexter.*

**"Filigree Stripe" glazed cotton chintz:** 54" wide, 31½" repeat. By Brunschwig & Fils.*

**"Windsong" Everglazed cotton chintz:** 36" wide, 21" repeat. By Cyrus Clark. Write Cyrus Clark, 267 Fifth Ave., New York, N.Y. 10016, for the store nearest you.

**"Anemones" cotton sailcloth:** 54" wide, 26½" repeat. By Stroheim & Romann.*

**"Claiborne" cotton sateen:** 48" wide, 23½" repeat. With Scotchgard finish. About $9 a yd. By Waverly Fabrics.

**LATTICE HOUSE**

**Pages 126-129:**

**Aluminum brunch table:** 42" diam. 26" high. $150. **"Marrakesh" aluminum chairs** with vinyl strapped seats: 23" x 19" x 31" high. $64 each. Shown in "citron." By Tropitone. At Mesmeralda's, McLean, Va.

**"Spectrum" polyester and rayon tablecloth:** 70" diam. Shown in "citron." About $20. By Leacock & Co.

**Maple butcherblock-topped dining table:** 54" diam. on white metal pedestal base. About $418. **White-lacquered Parsons sofa table:** 60" x 30" x 30" high. $250. Both at Door Store, Washington, D.C.

**Upholstered-leg sofa:** 86" x 34" x 29" high. $655 as shown. **Upholstered-leg loveseat:** 56" x 34" x 29". $420 as shown. Both shown in white Haitian cotton, by Selig.

**Accessories:** Dinner plates, wine goblets, white flower bowl, floral and geometric print pillowcases, baskets from The Design Store, Washington, D.C.

**Tropical plants:** From Creative Plantings, Rockville, Md.

**"June" quilted cotton chintz bedspread:** Dual size, about $85. By Pacific Manufacturing. At Lord & Taylor.

**COUNTRY YELLOWS**

**Pages 118-119:**

**Fabrics in the room designed by Marcos A. Ors:**

**"Bouquet des Champs" linen and cotton fabric:** Covering sofas. 52" wide, 25" repeat. **"Tulip Stripe" linen and cotton fabric:** Covering fireside benches. 52" wide, 30" repeat. **"Muscari" polyester and cotton sheer fabric:** For curtains, 52" wide, 11½" repeat. All three from the "Bouquet des Champs" collection designed by Medardy Westrum for Franciscan Fabrics.*

**"Belvedere" plaid cotton fabric:** Covering corner table. 48" wide, 6" repeat. By Franciscan Fabrics.*

**Plaid fabric:** In foreground and in curtains. From First Editions Wallcoverings and Fabrics.*

**The tower of fabrics:**

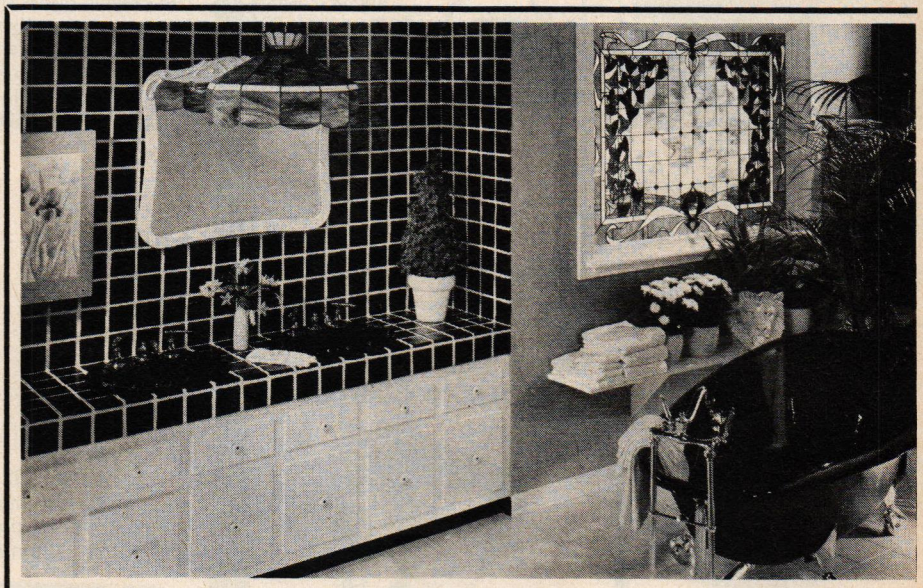
**"Tres" cotton sateen:** 54" wide, 3" repeat. With Zepel finish. By Key West Hand Print Fabrics. Through Krupnick Brothers.*

**"Springsong" cotton and polyester printed sheer fabric:** 52" wide, 29" repeat. By E. C. Carter & Sons.*

**"Paradox" cotton fabric:** 54" wide, 19½" repeat. With Zepel finish. By Stroheim & Romann.*

**"Grapevine" cotton sateen:** 54" wide, 18" repeat. With Scotchgard finish. About $9 a

*Continued on page 211*

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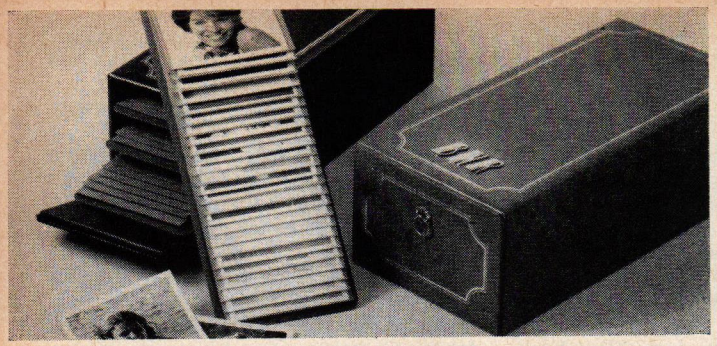

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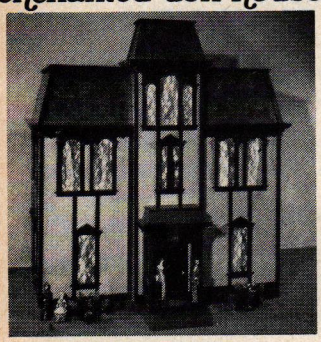

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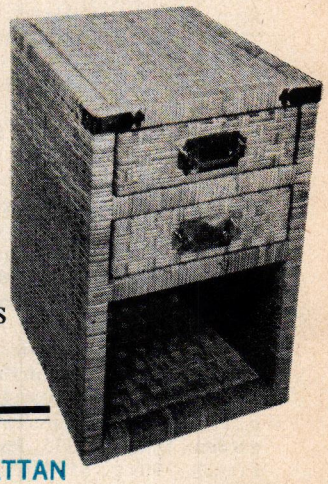

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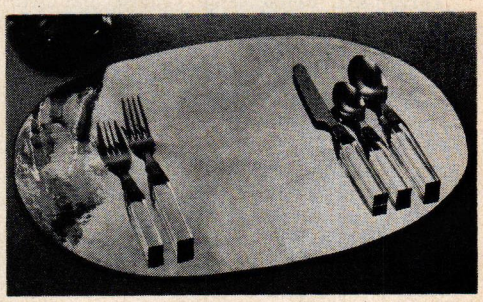

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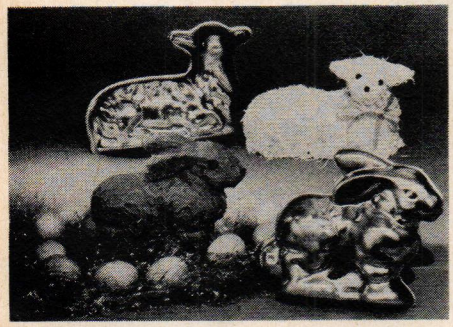

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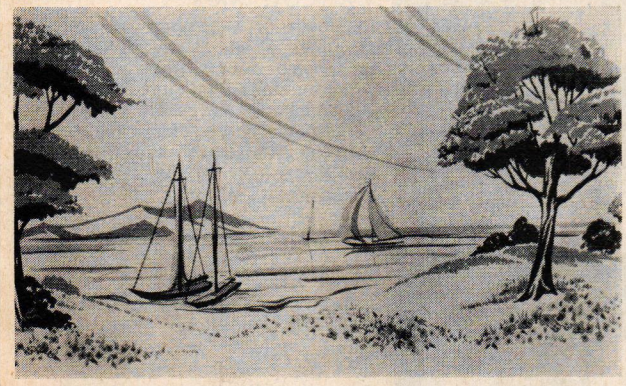

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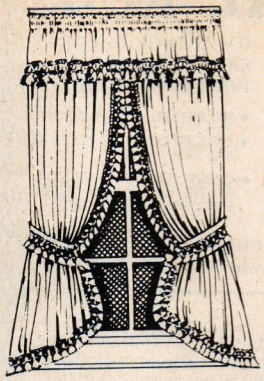

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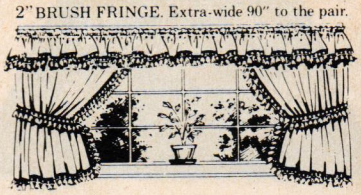

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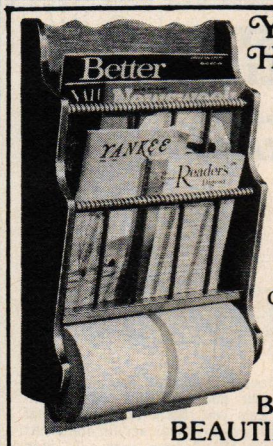


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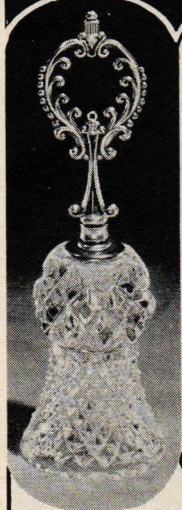

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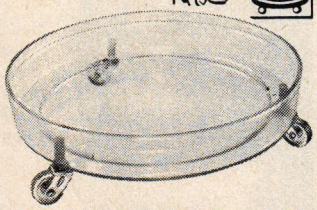

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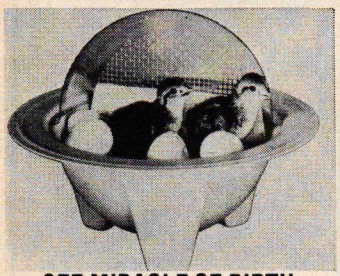

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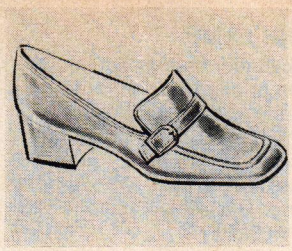

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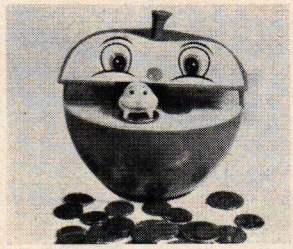

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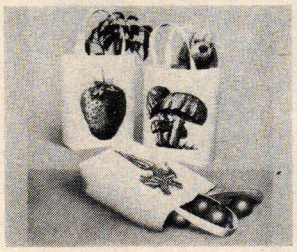

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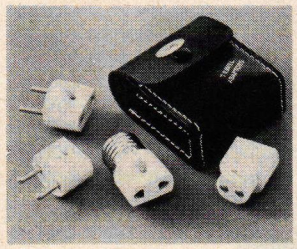

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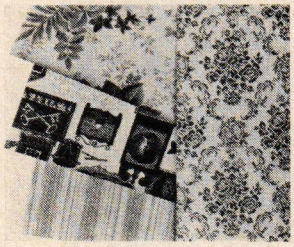
YOUR FAMILY CREST

Handsome hand-engraved rings. Choice of sterling silver, $80. 14kt. gold, $195. Send coat-of-arms or have it researched. A splendid gift idea bound to become a prized keepsake. Free color catalogue. Order from Heraldica Imports, Inc., HG3, 21 W. 46th St., New York, NY 10036.



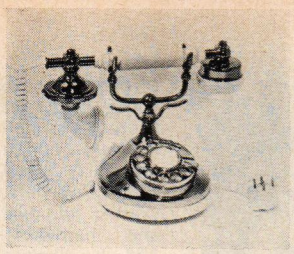
WALLCOVERINGS

Catalogue of wallpapers and wall coverings is said to save 50% or more to consumers. Book includes sample sheets of pre-trimmed vinyl-bondeds, strippable flocked papers, vinyls and fabric-backed coverings. Catalogue, 35¢. Mutual Wallpaper, HG3, 812 W. Main St., Louisville, KY 40202.

DELFT BIRTH PLATE

Lovely way to record arrival of baby, or a birthday. First/last names, middle initial; weight; time (AM or PM), place, and the date of birth are hand-painted. 6¼" dia. Direct from factory in Holland, 6-8 weeks. $19.95 plus $2.25 post. Postamatic Co., HG 377, Lafayette Hill, PA 19444.

### FRENCH CHARM

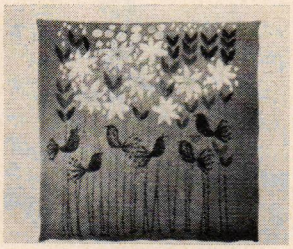


La Ladt petite telefon, decorator mini phone, is small enough for night table, attractive anywhere. With cord and plug, ready to use. In brass with white fittings, or white with brass. $69.95 plus $2 post. Complete catalogue for 50¢. Grand Com. HG3, 324 Fifth Ave., New York, NY 10001.

### HARDY, HANDSOME

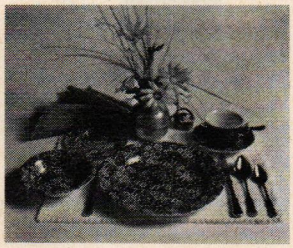
Ideal for dining, kitchen, study or living room. Sturdy twin oak pedestal with maple butcher block top. Tables come in sizes 60" by 30", $207; 60" by 36", $225; 72" by 36", $246. Exp. Coll. Catalogue, 50¢. Write to Butcher Block & More, HG3, 1600 So. Clinton, Chicago, IL 60616.

### FLORAL TO STITCH



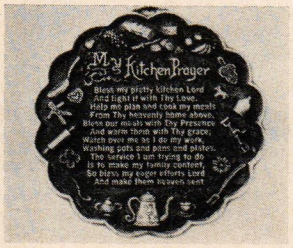
Scandinavian design stamped on green linen is ready for crewel stitchery in fresh spring pinks, greens and white. Kit #1102 includes matching linen for reverse to use as a pillow. 12½"x12½". $13.95 plus $1.50 post. Catalogue, $1. Skon, HG3, 55 Lambert Lane, New Rochelle, NY

### CALICO BLUE



Old-time favorite floral pattern in china from England. Blue or brown. Eight each dinner, bread & butter plate, cup and saucer, soup. Forty pc. set, $99.95 plus $4 post. Covered sugar, creamer, platter, veg. bowl, $34.95 plus $2 post. Etcetera, HGE-3, Box 19976, Atlanta, GA 30325.

### DAILY INSPIRATION

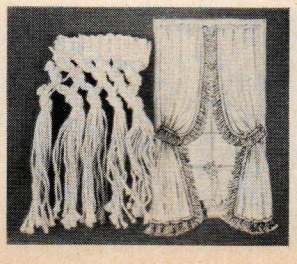



Lovely molded wood wall plaque spells out "My Kitchen Prayer", can be a cheering thought to one devoted to family. Has a carved look, is decorated with all sorts of kitchen accessories. 9½" dia. $3.99 plus 90¢ post. Morgan's Cove, HG3, 28 W. Prospect St., East Brunswick, NJ 08816.

### 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 ppd. General Medical Co., HGE-65, 1935 Armacost Ave., W. Los Angeles, CA 90025.

### LAVISH LOOK



Knotted 4" fringe on easy-care curtains. Cotton and polyester permanent-press. 90" wide pair. Natural or white. 30", 36", 40" l. $11.25; 45", 54", 63" $16.50; 72", 81", 90" $19.50; valance 10" by 80" $6.25 ea., Add $2 post. Free catalogue. Country Curtains, HG3, Stockbridge, MA 01262.

# Carol Channing says:
# "WATER INDOOR PLANTS LIKE I DO WITH A *little squirt*"

***The *little squirt* is the world's first indoor watering hose . . .***

It attaches to any kitchen or bathroom faucet in seconds . . . Lets you travel anywhere in your home or office (up to 150') watering plants with the unique on/off finger control. It has a drip-proof nozzle with a pressure-protected valve AND A NEW MISTING ATTACHMENT!

Stop lifting heavy buckets and pitchers. Use a *little squirt* and you'll really thank me for telling you about it.

**50 foot *little squirt*** $9.95 **75 foot *little squirt*** $12.95

*(Add $1.00 postage/handling; 6% tax in Calif.)*

casaplanta, Dept. 180

16129 Runnymede St., Van Nuys, CA 91406

**CASAPLANTA, Dept. 180**
**16129 Runnymede St., Van Nuys, CA 91406**

Please send me _____ 50' *little squirts* at $9.95
_____ 75' *little squirts* at $12.95

I enclose $_____ *(Add $1.00 postage/handling; 6% tax in Calif.)*

Name _____

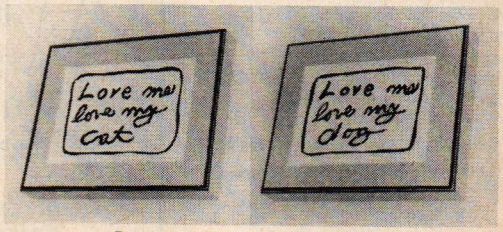
Address _____

City/State/Zip _____

# FOR YOU

To brighten your walls. Silk screened by hand in soft goldenrod color. Brushed gold 8 x 10 Dax acrylic frame one inch deep included too.

**Each 9.95**

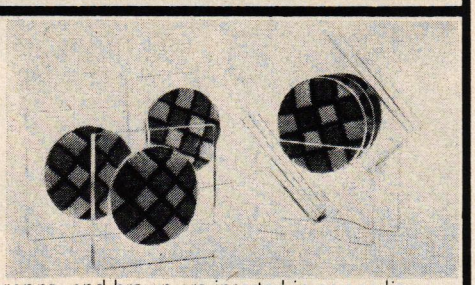



*Postage & handling 75¢. N.Y. res. add taxes*

**PEYTON GRAPHICS** **Dept. HG3 34-47 80th Street Jackson Heights, N.Y. 11372**

## Creative Village stitchery showcase

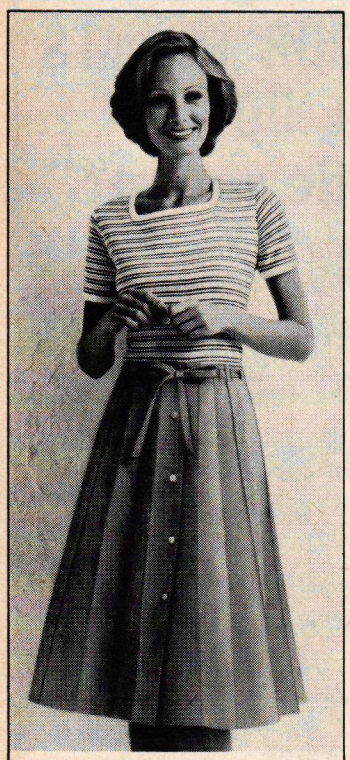
### NEEDLEPOINT COASTERS



Circle within a square and squares within a circle. An exclusive of Creative Village, these easy to stack geometric needlepoint designs of golden yellow, orange and brown are inserted in an acrylic holder. For a complete set, kit includes canvas, yarn, 6 acrylic coasters (each 3½x3½x¼"), holder, needle, and instructions. $12.49 plus s/h $1.30.

Creative Village Catalog, 25¢ or free with order

BA, MC Accepted—Include Acc't, Exp. Date & Int'bank #.
CREATIVE VILLAGE, P.O. Box 100, Dept. 88,
Pine Brook, N.J. 07058. N.J. residents add 5% sales tax.



### Seasoned Travelers

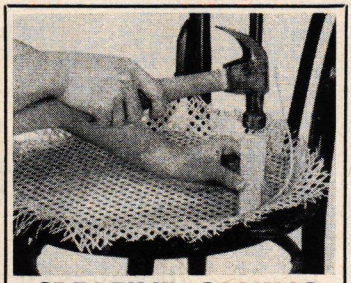
Top things off in our multi-striped polyester/cotton jersey from Gordon of Philadelphia. White/blue/green/yellow. Sizes P,S,M,L. $15.00.

Ready for action wherever you take it, our fan-pleated skirt folds neatly to the size of a single panel for packing without a wrinkle. From Meadowbank of denimy polyester/cotton, it buttons down the front and has drawstring waist. Blue, green or yellow. Sizes 8-18. $26.00.

Add $1.75 for postage.
Order by mail, or phone: 617-749-7830
Master Charge, BankAmericard or American Express accepted.

**Send for our new free color catalog.**

The Talbots
DEPT. JY, HINGHAM, MA 02043
Acton, Duxbury, Lenox, So. Hamilton, Ma.
Avon, Hamden, Ct.



### CREATIVE CANING
**KITS OF PRE-WOVEN CANE**

Save money—do it yourself—with natural cane for grooved chair seats, screens, stereo speakers, door panels, headboards, lampshades, room dividers. Decorative cane kits include easy instructions and necessary materials. Cane in 3 sizes: **12"x12" $6.75; 18"x18" $10.25; 24"x24" $14.75;** ppd. (Cal. residents add 6% tax). State size, and send check/m.o. to:

**T. I. E., g**
**P.O. Box 1121,**
**2615 El Camino**
**San Mateo, Calif. 94403**

Send 25¢ for CATALOGUE. **Larger sheets of cane, hand-caning kit, and other cane materials available.**

BEAN looking for something exciting to plant in your garden?

Find it in our FREE 1977 Seedbook!

Write to:
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204 Rose Lane
Medford, Oregon 97501
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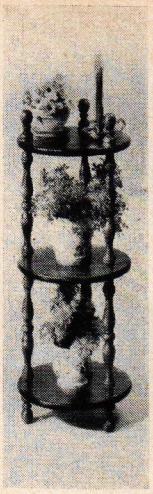
## SHOPPING AROUND

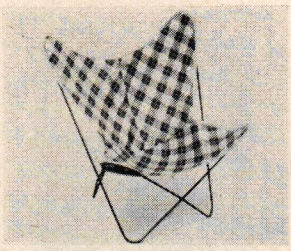


### TRIPLE TIERS

Display favorite house plants or figurines more effectively on a graceful stand with three tiers. Crafted of pine and hardwood. 33" h. Shelves are 12" dia. and 12" apart. Unfinished $17.95; with antique finish $24.95. Add $2.75 post. Yield House, G-73S, North Conway, NH 03860.

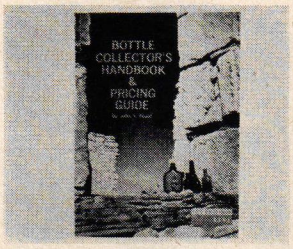
### DOUBLE TWIST

Very decorative hanging planter including chain will hold two plants, or can double as candle holder. Copper tones, a rich satin finish on fine lightweight rolled steel. It is approximately 18". $10.95 ppd. Gifts from P. M., HG-3ED, P. O. Box 48011, Los Angeles, CA 90048.



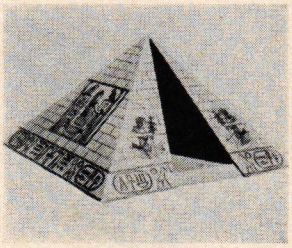
### RECOVER A BUTTERFLY

Sturdy Enduro vinyl in blue, red or gold plaid, solid matching reverse, $17.95; canvas, 18-oz., in solid avocada, turquoise, orange, citron, red, natural, black, $16.95. Add $1.50 post. first cover, 50¢ ea. addit. Catalogue, $1. The Patio, HG3, 550 Powell, San Francisco, CA 94108.



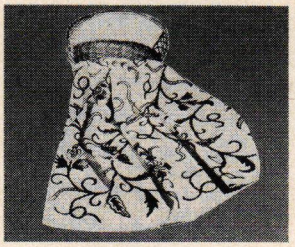

### BOTTLE INFORMATION

Collectors and sellers of bottles find that "Bottle Collector's Handbook" carries all the inside information they need. It lists and gives prices for over 2500 new and old bottles. $3.95 plus 50¢ post. Gift catalogue, $1. House of Minnel, Dept. 537C, 530 Lark St., Geneva, IL 60134.



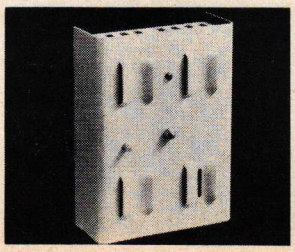
### EGYPTIAN REPLICA

A scale model of Cheop's pyramid lets you explore for yourself if power claims are fact or fiction. Heavy corrugated board, authentic art decoration. 28" by 28" by 16"h. Can be bed for cat/small dog. $9.95 plus $1.50 post. Haugen Products, HG, 717 W. Huron, Box 1986, Ann Arbor, MI 48106.



### CREWEL BY THE YARD

Imported from India, natural handwoven cotton embroidered with multi-colored flowers. Richly textured fabric lends itself to upholstery, slipcovers, draperies, long skirts. 50" wide. One yard, $14 ppd. Swatch, color catalogue, 50¢. Gurian's, G37, 276 Fifth Ave., NY 10001.

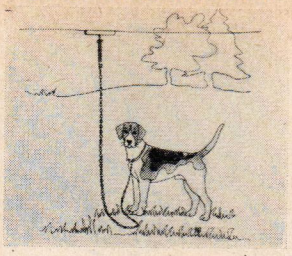


### SMOKE DETECTION

Photoelectric dual circuit alarm is an invaluable aid for households everywhere. Plug-in alarm detects smoke at 2% level, before reaching a dangerous concentration. Vinyl covered metal case, it is UL listed. 8' cord. $37.95 ppd. West's, Dept. 41137, 8527 Georgetown Pike, McLean, VA 22101.

### PET ACTION-TROLLEY

Mono-rail, overhead system gives pet freedom to run while keeping him secure, within home grounds. Adjust for up to 1200 sq. ft. of play area. 750-lb. stress test on cable assures large dog capacity. 50-ft. l., $11.95; 75-ft., $15.95. Post. $1. Catalogue 25¢. Du-Say's. Dept. P-88, Box 24407, New Orleans, LA 70184.

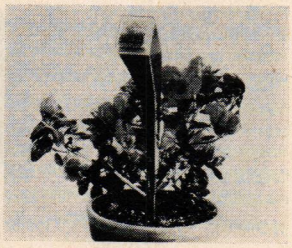


### ENDS GUESSING

Recipe converter is an accurate, handy way to increase or decrease your original recipe to desired number of servings. Easy-to-read window shows the exact amount of each ingredient to be used. 9½" by 3¼". $3.98 plus $1.20 post. H & S Enterprises, F-1, 3055 Amarillo Ave., Simi, CA 93063.

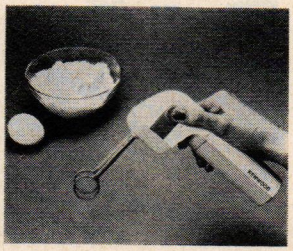
### NO GROWING PAINS

Keep your plants growing happily with Mist'r Sun Plant Probe and Guide. Probe measures nutrients all plants need: light/moisture. Guide lists light and moisture needs for over 350 plants/shrubs. No batteries. $14.95 plus $1.50 post. Whitehawk, HG12, 390 Old Wyman St., Waltham, MA 02154.



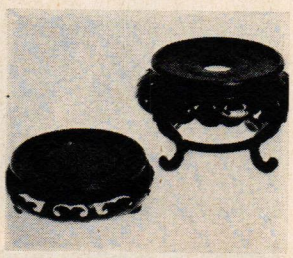
### A GOOD MIXER

It's battery-powered, lightweight and ideal for mixing, beating or stirring. Use the cordless mixer for eggs, sauces, shakes, pancake batters, cocktails. Easy to clean, safe for non-stick surfaces. $9.95 ppd. Order from Jeffers Ltd., HG6, 97 Bound Brook, Newton, MA 02161.



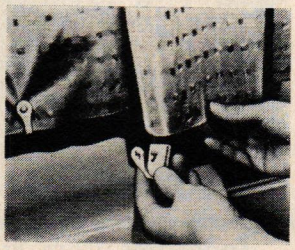
### STANDING ORDER

Beautiful rosewood stands, hand-carved in century-old Oriental patterns. Display a treasured figure or flowering plant. Shown are the low base model at $4.55 and the footed version at $10.55. Both are 4" in dia. Ppd. Other sizes. A. C. Gifts, HG3, 2642 Central Ave., Yonkers, NY 10710.



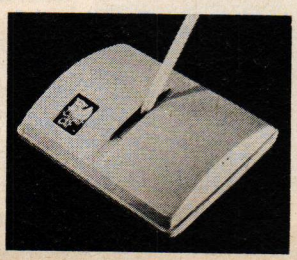
### CURTAIN CLAMPS

Shower curtains won't blow out of the tub when plastic magnetic holders are snapped on to the curtain. Permanently magnetized; won't rust or mar. Eliminate wet floors. Set of three, $1.98 plus 30¢ post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



### QUICK-PICK POWER

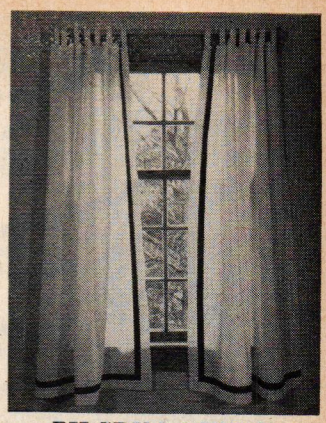
The New super-efficient carpet and floor sweeper, similar to type used by airlines and restaurants. Boar-bristle brush picks up everything including sand, pet hair, and nails. Furniture bumpers; adjust-handle. 9" sq. $21.95; plus $2 post. Artisan Galleries, HG3, 2100 No. Haskell Ave., Dallas, TX 75204.




Constance Carol

Plymouth Massachusetts 02360

## TAB CURTAINS



PILGRIM STRIPE

Many early American homes had no curtains at all. But those that did most likely had tab curtains. Tab curtains are found here in Plymouth at the windows of houses built as early as 1640. We love them and use them throughout our own weathered saltbox home. The simple elegance of tab curtains makes them as right for the finest Contemporary homes as they are for the most authentic Colonial homes. They are as functional as they are beautiful, sliding easily on simple rods. They do not require expensive and complex drapery hardware. And they are available both in plain natural muslin and in a variety of colors and fabrics to suit your taste.

Natural: Permanent press muslin.
White: Polyester/cotton blend.

| | | About 80" wide | | | | |
|---|---|---|---|---|---|---|
| TAB CURTAINS | LENGTH | 40" | 45" | 54" | 63" | 72" |
| Natural or white | | $14 | $15 | $15 | $18 | $18 |
| Pilgrim Stripe (Wine, Navy, Moss Green, Soft Gold or Brown on natural or white) | | $20 | $22 | $22 | $26 | $26 |
| Gingham (Yellow, Green, Brown, Red, Blue or Pink) | | $15 | $16 | $16 | $19 | $19 |
| Meissen Stripe (Red, blue, green, gold) | | $26 | $27 | $29 | $34 | $36 |
| BALL FRINGE CURTAINS | | | | | | |
| Natural or white | | $11 | $12 | $12 | $13 | $13 |

Valance 10" by 80" each $3.50

WOODEN RODS AND BRACKETS per set $4 — Brackets only $3
*Set includes two brackets made from birch, four nails and a 36" by 48" (specify) wooden rod.*

CATALOG FREE — FABRIC SAMPLES (about 30) $2

Allow 1" per yard shrinkage. Money back guarantee.
VISIT OUR MAIL ORDER SHOWROOM,
327 COURT ST., (RTE. 3A), PLYMOUTH,
on Tues-Sat from 9-3. See tab curtains in dozens of colors, trims, and prints.

Master Charge — Tel. (617) 746-6116 — BankAmericard
For delivery in Mass. add 5% sales tax. Add $2.00 for postage and handling.
Send check or money order to:

Constance Carol

**Dept. 53, P.O. Box 899, Plymouth, Massachusetts 02360**



**HAPPY EASTER KIDS**

A cuddly twosome ready to hop right into your heart and home to brighten the spring holiday season.
ANNALEE'S Boy Bunny with carrot, & Girl Bunny with egg, are 18" tall, handcrafted of white flannel and pink & white felt. Their Easter Parade outfits are a-bloom with pink, mint and lavender print on white cotton. Flexible for easy re-positioning, with whimsical expressions created exclusively by ANNALEE.
Just 13.50 each plus 1.50 post. & hdlg. Available in 7" size for 6.00 each plus 1.25 postage & handling.

Annalee's Workshop
Box 446 HG3
Meredith, N.H. 03253
'77 catalogue of dolls for all seasons available on request.

The Old Schoolhouse Clock
$98.00

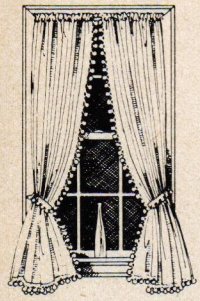
**ANNOUNCING THE FIRST CATALOG OF GENUINE ANTIQUE CLOCKS**

Not replicas, but genuine circa 1900 antiques. Catalog offers many styles of increasingly rare antique clocks at incredibly low prices--at prices far lower than you would pay at antique shop or auction. Fully restored and in running order. Hurry--these clocks are antiques and when they're gone, they're gone forever.

Catalog: $1.00 (refundable)

PONY EXPRESS SYSTEM
Dept. G35
2986 Navajo Street
Yorktown, N.Y. 10598

# COUNTRY CURTAINS
## Ball Fringe on Permanent Press

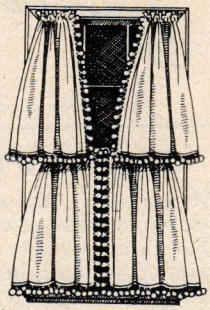


**TIERS**
20", 25" . . . . 6.50 pr.
30", 36", 40" 7.00 pr.

**TIEBACKS**
45", 54", 63" 9.00 pr.
72", 81", 90" 11.00 pr.

**VALANCE**
10" x 80" . . . 3.00 ea.

**SEND FOR FREE CATALOG**



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe is carefully stitched onto our 50% cotton/50% polyester blend . . . truly carefree . . . in natural or white. 90" wide per pair.
*Please specify natural or white. Send check, money order, or use Mastercharge or BankAmericard. Sorry no COD's. Postage and handling: orders under $10 add $1.10, $10 and over add $2.00. Mass. res. add 5% sales tax. Satisfaction guaranteed.*

COUNTRY CURTAINS
AT THE RED LION INN
Dept. 33, Stockbridge, Mass. 01262

# ROTO STRIPPER
## Powers Paint Off
*Faster, Cleaner, Easier than any other way!*

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A PURPLE MARTIN CAN EAT 2000 MOSQUITOS A DAY

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ALUMINUM MARTIN HOUSES
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*CATALOGUE 50¢*

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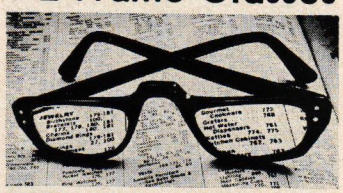

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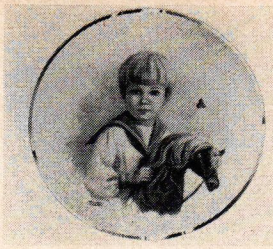
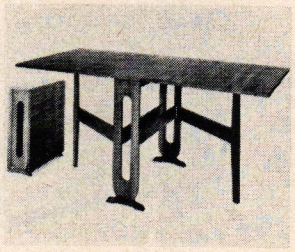


### FIRST EDITION
"Little Men" collector's plate in new series. "Ride a cock horse to Banbury Cross" interpreted by a noted artist on translucent china by Ridgewood. 24k gold rim. Dia. 8½". Limited to 9,500, serially numbered. $50 ppd. Viking Import House, HG3, 412 S. E. Sixth St., Fort Lauderdale, FL 33301.



### TO HAVE AND TO FOLD
Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $69.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG3, Box 204, Teaneck, NJ 07666.

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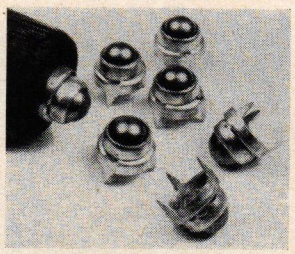
Ideal album for match cover collectors! Holds and displays 612 standard 1½", 2" and 3" sizes. 42 slotted 10" by 12" pages in handsome multiring leatherette binder. $7.25 plus $1 post.; two $14.50 ppd. Send your order to Whitewell Co., 868 Transit Bldg., Boston, MA 02115.



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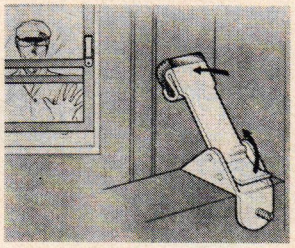
Pronged all-steel ball bearing casters make heavy pieces easy to move, and speed your house cleaning. Tap them into legs of beds, chairs, chests or tables. Won't mar floors or rugs. Four $2.98, eight $4.98 plus 50¢ post. Sloan-Peters Co., HG3, 160 Amherst St., East Orange, NJ 07019.



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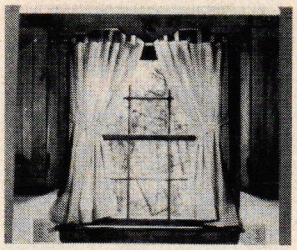
Safety lock works on closed or open windows to keep intruders out, and children safe while maintaining usual ventilation. Affords a feeling of security whenever you're away. $1.98 plus 20¢ post. Write to Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



### GINGHAM CHECK TABS
Cheery accent in tab curtains, ⅛" check. Yellow, green, red, brown, blue or pink. Approx. 80"w. per pr. 36", 40"l. $14; 45", 54"l. $15; 63", 72"l. $18. Add $2 post per order. Send for free catalogue. Sample swatches, $2. Constance Carol, HG3, Box 899, Plymouth, MA 02360.

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20" x 20'—$8.50
Add $1.50 for postage & insurance

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These beautiful, woven reproductions are available in sizes from 10 inches up to 21 feet, in either 100% cotton or wool. All sold with a "MONEY BACK GUARANTEE". Sizes & scenes to fit any decor.

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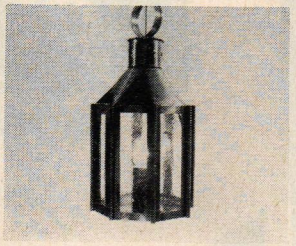

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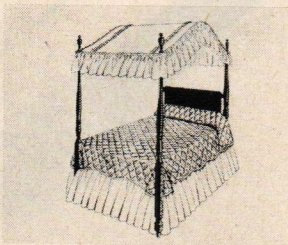
Natural or white 65% poly.,-35% cotton. Dust ruffle: 14". 18" or 22" drop; twin, double $16; queen $18; king $20. Canopy: twin, double $19; Coverlet: twin, double $32; queen or king $47. Post $2. Free color catalogue. Colonial Maid, HG3, Lawn Ter. Mamaroneck, NY 10543.



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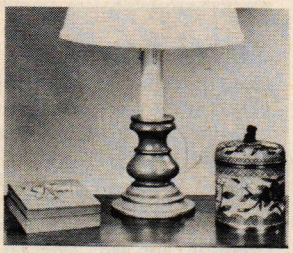

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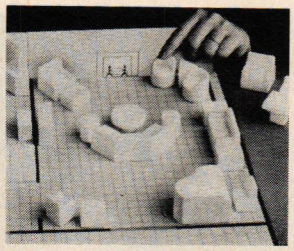
Miniature polystyrene pieces are ½" to 1' scale to help plan your room arrangements easily, comes in kit with graph board, walls, windows, doors, and instructions. Furniture includes variety plus fireplace, piano. $9.50 ppd. Write to Plan-it-Kit, HG3, Box 429, Westport, CT 06880.



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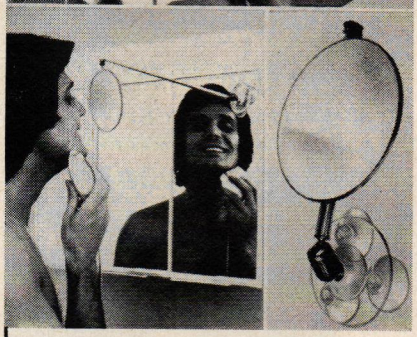

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Any way you look at it, this is the handiest mirror ever! Extends to 28½", clings securely with its triple suction cups! Great at home, a must for travel! Unbreakable 4¼" mirror flips from plain to magnifying, swivels to any angle for makeup or shaving—gives back view for styling hair with both hands free! Lightweight, precision-made in Switzerland, polished chrome-plated arm, plastic base.
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Even has a fantastic money changer. Designed for travel ease with compartments for baggage checks, landing card, tickets, passport, foreign currency and a slide-out travel check holder. Spacious miscellaneous pocket too. Beautiful in soft tan belting hide. $22.50 plus $1. postage.

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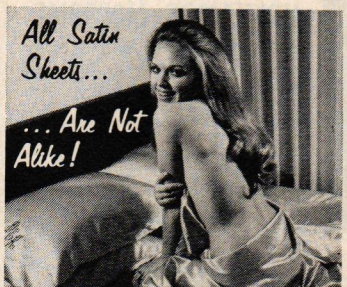


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(of *any* age)

will treasure his or her *personalized* birthday aphorism in colorful needlepoint – size 9" x 12" for pillow or framing. Kit includes #13 mono canvas, wool yarn, needle, detailed easy-to-follow instructions for enlarged graphic design and alphabet guide.

Appropriate colors, on off-white background – for girls: pink and green floral; for boys: blue and red jacketed guardsman with touch of red in border.

***Your choice (remember?) –***
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*Wednesday's child is free of woe;*
*Thursday's child has far to go;*
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*And a child that's born on the Sabbath Day*
*Is fair and wise and good and gay.*

When ordering, specify girl or boy and give day of week. If you don't know, send month, date and year, and we can supply day of week.

Kit - $13.95 plus 75c postage and handling. Conn. residents add 7% sales tax. Shop inq's.invited.

STITCH WITCH
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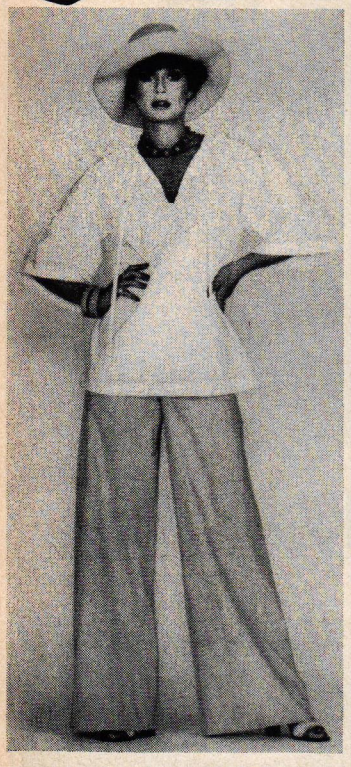
# ULLA



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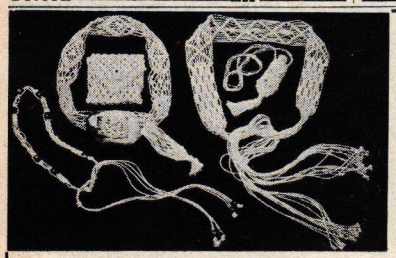

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## in style for spring

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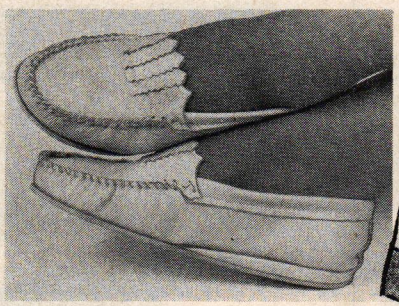
Light on your feet, a comfortable style in soft glove leather combined with a half-inch wedge, sturdy leather sole and heel lift. Very versatile in white, black or beige. Full and half sizes 5 to 10 in N, 4 to 10 in M. $12.90 plus $1.50 post. Vicki Wayne, H3W, 600 So. Country Club Rd., Tucson, AZ 85716.



### ZINGY STRIPES

The rugby dress in cool polyester and cotton, sporting Lacoste from David Crystal. Pert white collar, four-button placket and cord sash. Skipper blue/white, or grass green/white. Sizes 6 to 16. $36 plus $1.75 post. Free color catalogue. The Talbots, Dept. KP, Hingham, MA 02043.

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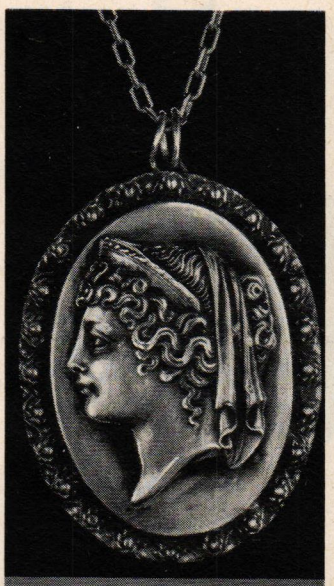

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A tote with French phrases. White canvas. Translations, pronunciation guide included, $13.50 plus $1.25 post. The San Francisco Co., HG3, 1242 Sacramento St., San Francisco, CA 94108.

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ARENA. . .fashion pump with 2¼" heel in red, navy, white, black, grey or brown leather. Also in black patent.
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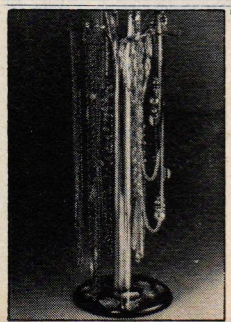

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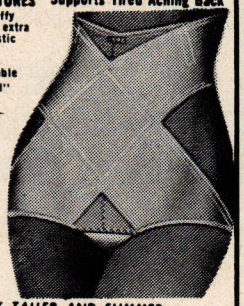

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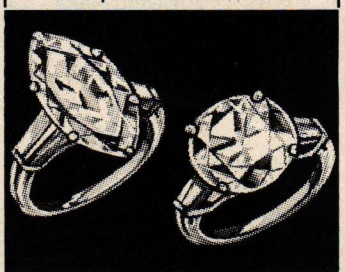

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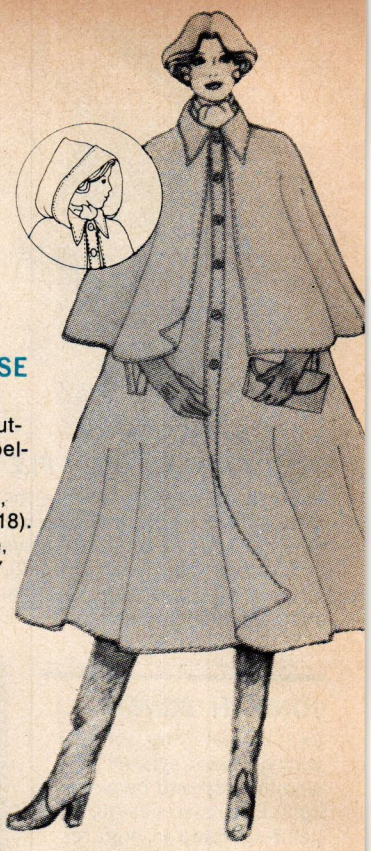
# Shopping around

## in style for spring



### WEATHER WISE

Spring chic in a classic "Sherlock Holmes" rain or shine cape with button-on detachable hood. Water repellent gabardine in midi length with tailored collar and plackets. Khaki, navy, black. S(5-9), M(10-13), L(14-18). $60, hood $6 plus $2 post. Postique, HG3, 216 W. 89th St., New York, NY 10024.

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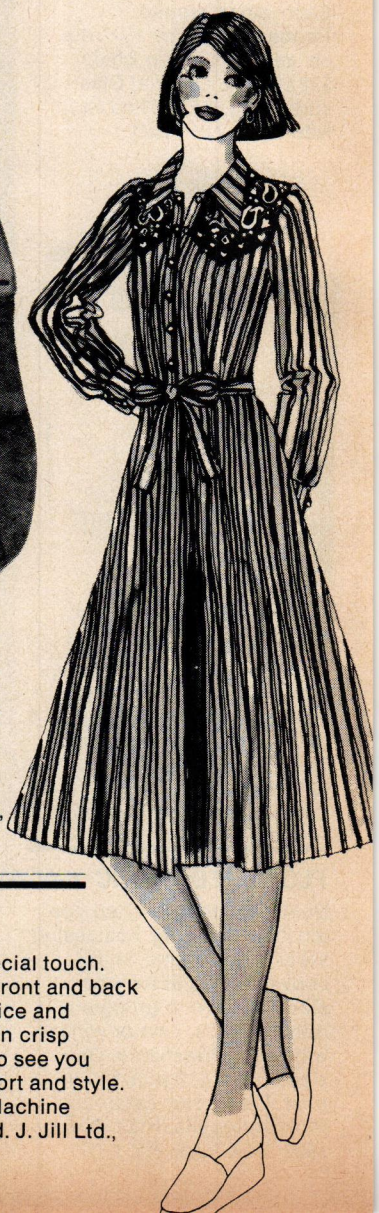

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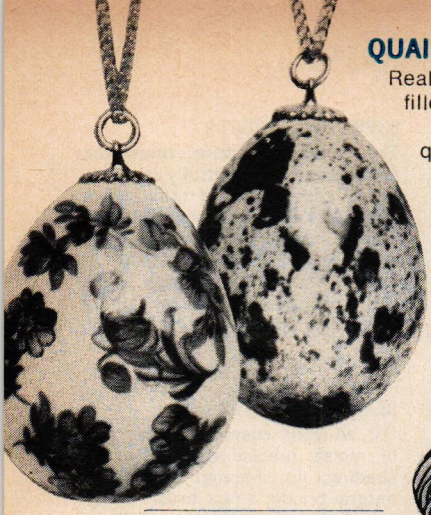

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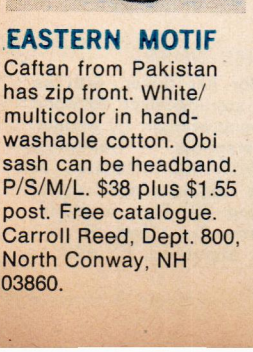
Back wrap with wide shoulder straps, button closing. In washable easy-care crinkled cotton. Khaki, cornflower blue or black. Sizes 6-14. $38 plus $2 post. Write for free catalogue, Ulla, Dept. HGE3, 886 Madison Ave., New York, NY 10021.



## EASTERN MOTIF

Caftan from Pakistan has zip front. White/multicolor in hand-washable cotton. Obi sash can be headband. P/S/M/L. $38 plus $1.55 post. Free catalogue. Carroll Reed, Dept. 800, North Conway, NH 03860.

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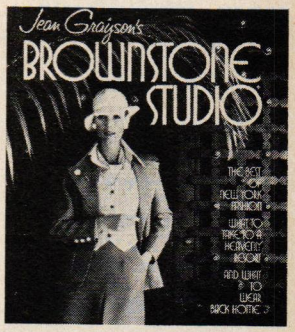


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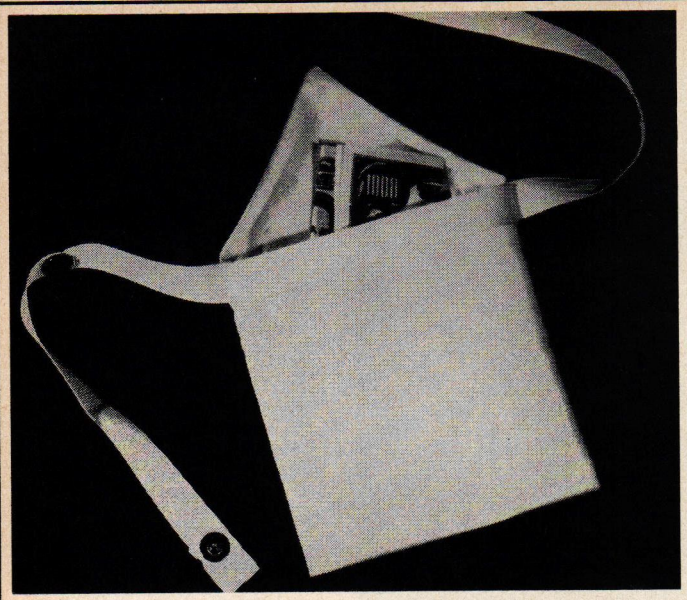

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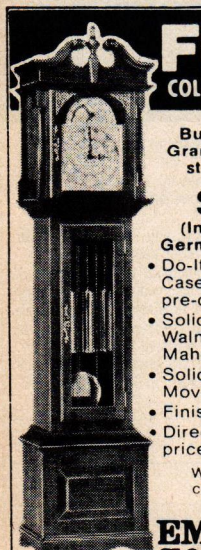

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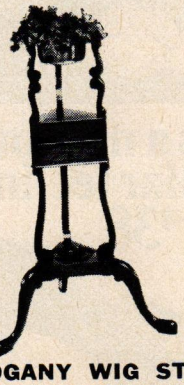

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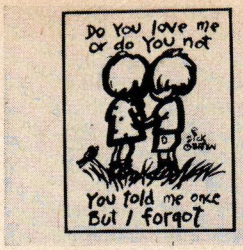


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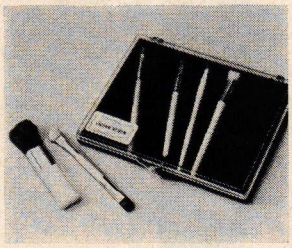
The words and picture express the sentiment so delightfully in decorative poster by the artist, Dick O'Brien. Lively red illustration on heavy, durable quality white poster. Big 22"x29" size. Sent in mailing tube. $1.98. ppd. Dick O'Brien Studio, HG3, East County Line Road, Barrington, IL 60010.



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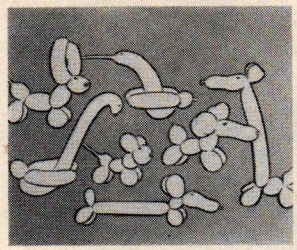

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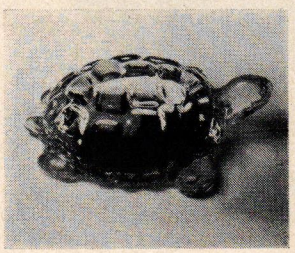

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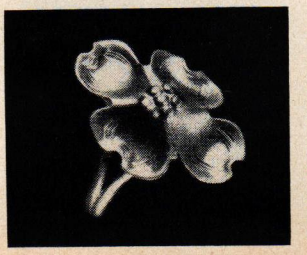

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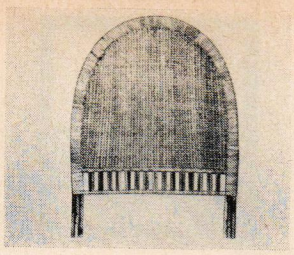

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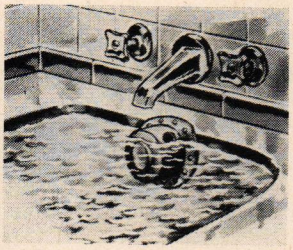

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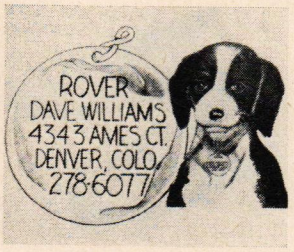


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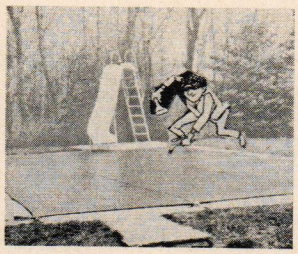

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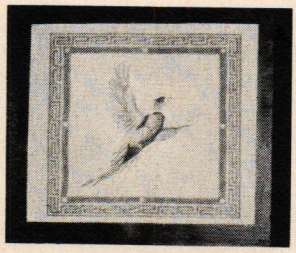

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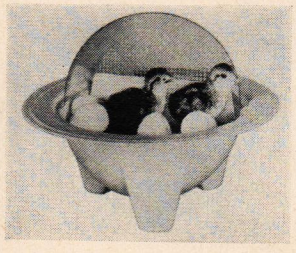

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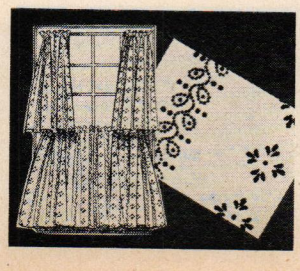


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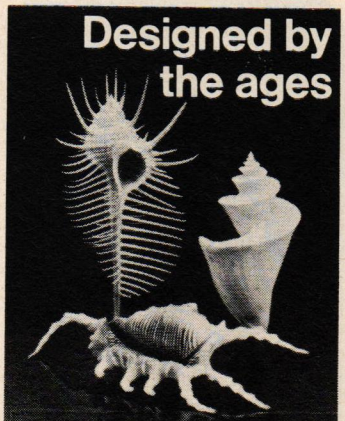

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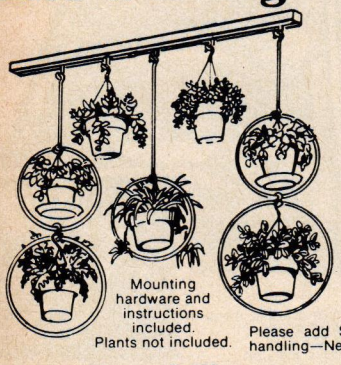

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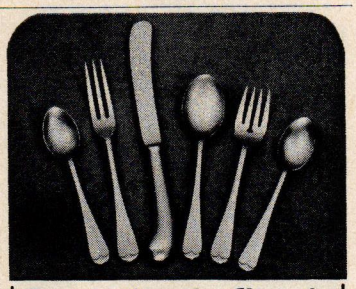

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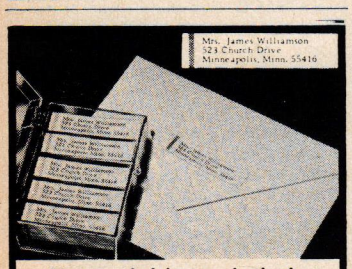


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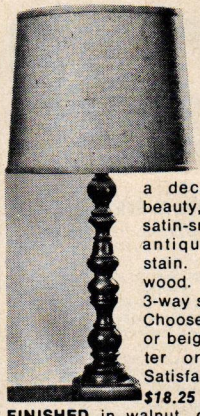

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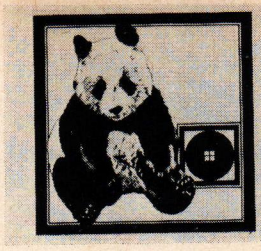
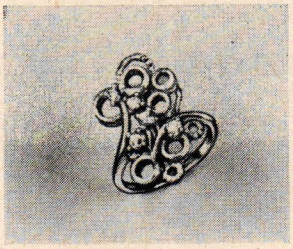


### WALL GRAPHICS

Versatile decorating suggestions for home or office. All printed on 100% cotton. Kit includes the graphic print, mounting frame and instructions. Finished size 44" by 44" Many designs available. Panda (shown) $35 ppd. Free Catalogue. Stazel Ltd., Dept. HG3, Box 9406, Providence, RI 02940.



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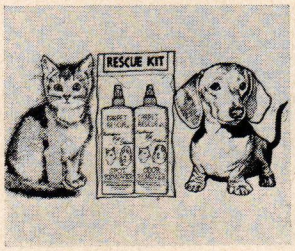


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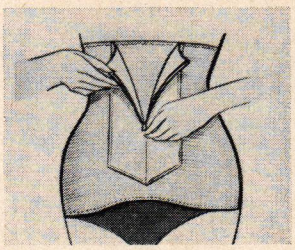
For the jigsaw puzzle fan! Any photo, color or black and white, can be made into an 8" by 10" die-cut jigsaw photopuzzle; your photo is returned unharmed. Black and white, $2.95; colored, $3.95; Ppd. Write to Cadlyn's, HG3, 10250 N. 19th Ave., Phoenix, AZ 85021.



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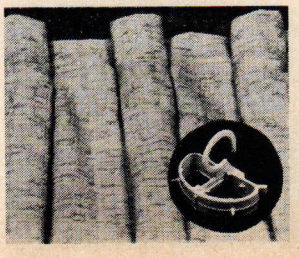
Slenderbelt takes inches off the midriff with its controlling Lycra and double layered front zipper panel that eliminates bulges and gives strong back support. Give waist size in inches. 24"-34", $5.95; 36"-44", $6.95 plus 60¢ post. Honor House, Dept. 173SB-61, Lynbrook, NY 11563.



### BOX PLEAT AID

Box pleats are easy when plastic clips are used to make them in draperies. Heading tape isn't needed; pleats are formed in the fabric itself. Clips may be left in during cleaning. Kit makes one pair of 48" draperies. $4.95 ppd. Molly Malone's, HG3, Box 251, Ridgewood, NJ 07451.

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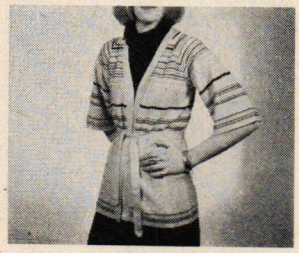

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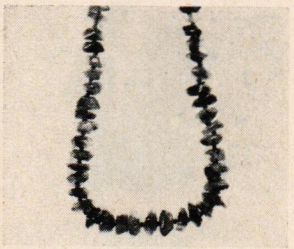

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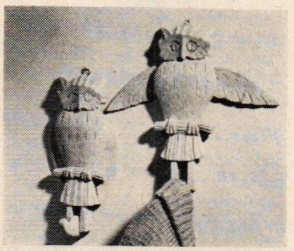

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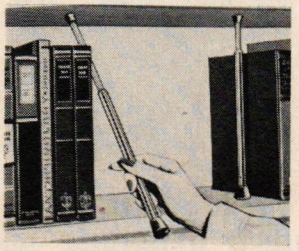

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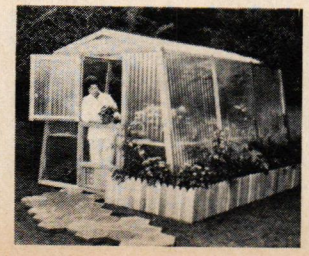


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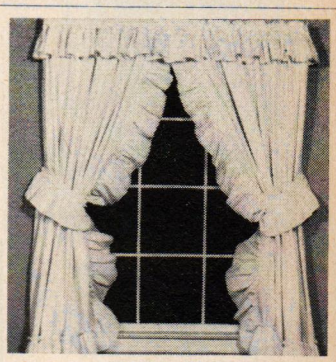

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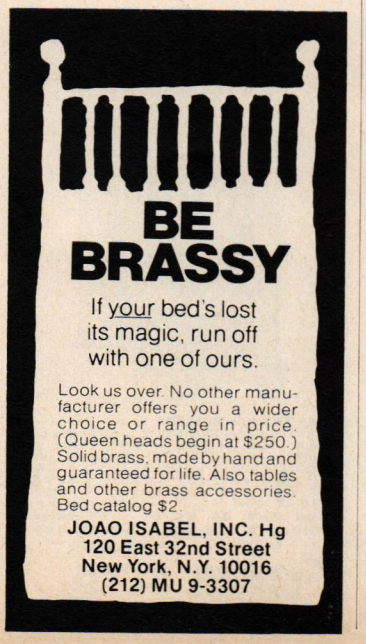

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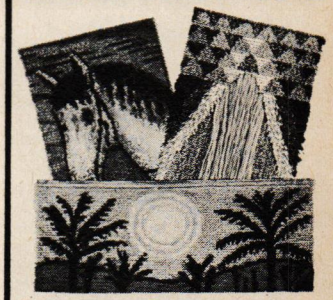

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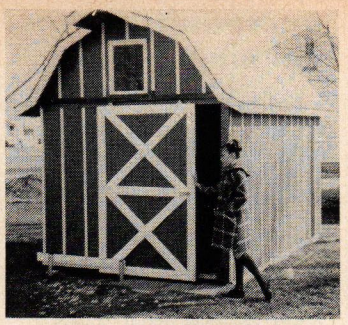

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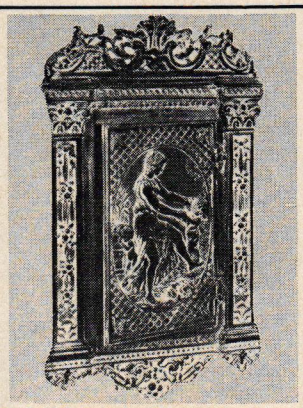

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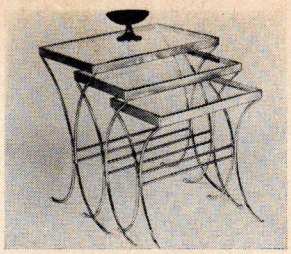

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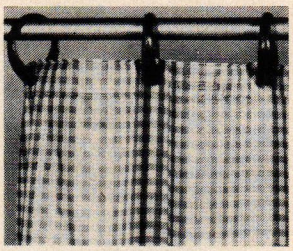

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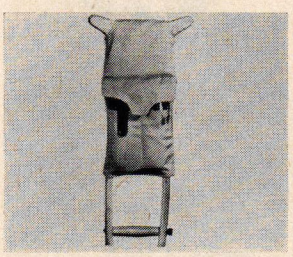

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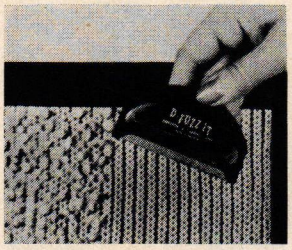

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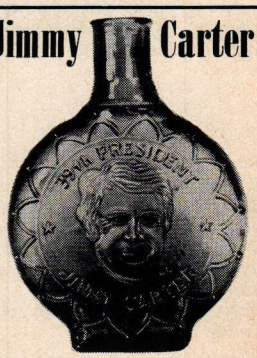
**P.O. Box 746, Dept. HG 2, Starkville, MS. 39759**

## Jimmy Carter




Handmade Presidential Commemorative honoring Jimmy Carter—the 39th President. Attractively gift boxed. Each bottle numbered, matching registration card and cork stopper included. Postpaid.

**Holly City Bottle**
Box 344 H Millville, N.J. 08332

Please send: ( ) Jimmy Carter Commemoratives .....$10.00 ea.

Name .....

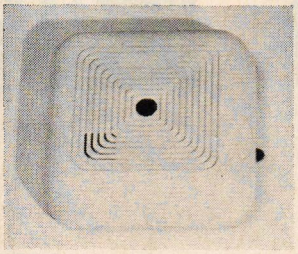
Address .....

City .....State .....Zip .....

### SPRING FORECAST

Good things ahead in a 584-page catalogue of new fashions, ideas for decorating, stereos, cameras, camping equipment, tires, jewelry and wide selection of other items. New customers get a $5 discount certificate good on first order of $20 or more. $1. Aldens, HG3, Box 6167, Chicago, IL 60680.

### ON THE ALERT



GE Home Sentry(™) smoke alarm sounds loud 85db alarm first sign of fire. Battery operated. Single battery with alarm; replace about once a year. White, 6¼" sq., mounts to ceiling. Solid state. Meets ICBO, state fire marshal standards. $44.99 ppd. G&H Distributors, 16 West 23rd St., New York, NY 10010.

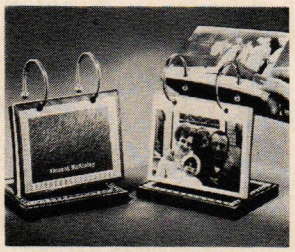
### SILVER PROTECTION

Tarnish-proof Pacific Cloth drawer pads made by Gorham. Prevent tarnish and scratching! 11¾" x 15" x 2½" holds 100 pieces, $8.95; 17½" x 13⅞" x 2½" holds 125 pieces, $9.95. Add $1.25 post. each. Barrington Specialties, HG3, Box 154-G, Barrington, RI 02806.

### SLEEP IN LUXURY

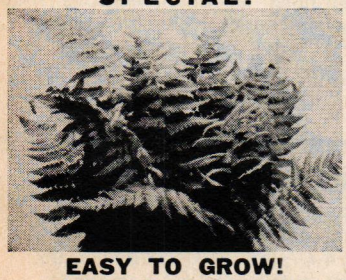
Sheets of acetate satin in white, blue, gold, bone, red, brown, mint green. Machine wash/dry. Set: two sheets two cases (flat or fitted bottom sheet). Twin $22.50; full $23.50; queen $27.50; king $32.50. Ppd. Sloan-Peters, HG3, 160 Amherst St., East Orange, NJ 07019.

### DISPLAY STAND



Show 100 photos easily; just slip them (to 3½ by 5) into 50 clear plastic windows hanging from a golden ring on sturdy base. Red leather-look cover, gold border, with your name in gold foil (up to 18 letters/spaces. $5.99 ppd. Walter Drake, HG99 Drake Bldg., Colorado Springs, CO 80940.

## HARDY FERN SPECIAL!



**EASY TO GROW!**

**Plant now for graceful foliage this spring — rich soil, shade.**

Maidenhair Fern . . . Wide Circles of shimmering fronds.....18 inches
Lady Fern . . . Delicate, beautiful foliage to.....2 ft.
Hayscented Fern . . . Constant new fronds all summer to.....2 ft.
Christmas Fern . . Rich evergreen foliage all year.....2 ft.
Sensitive Fern . . . Fast spreading . . .
Broad leaves.....2 ft.

**All Postpaid and Labeled**

**Mix or Match**

**10 ferns for .....$ 6.95**
**20 ferns for ..... 12.95**
**50 ferns for ..... 29.95**

Catalog of wildflowers and ferns 25¢

**MINCEMOYER NURSERY**
Dept. HG-4, County Line Rd., Jackson, N.J. 08527

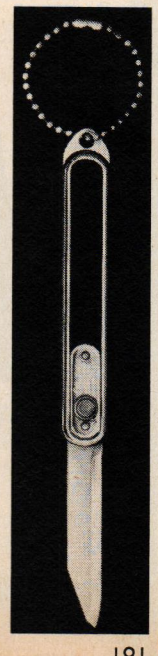
## World's finest knife?

The Christy sliding-blade pocket knife may be the world's finest. The blade is quality Swedish steel — surgical sharp — so sharp it cuts the toughest paper without tearing. Slides open and closes easily with one hand. Locks to 3 convenient cutting lengths. 5¼" fully open. 3⅜" closed. So light you can't tell its in your pocket. Only $3.50 each. Deluxe Silver Plated knife only $6.00 each. Replacement blades (rarely needed) only $1.25 each.

Add 40¢ per knife for postage and handling. Ohio residents add 4% tax.

THE CHRISTY COMPANY
911 N. Dickinson St.
Fremont, Ohio 43420

Quality Products with an Edge Since 1891

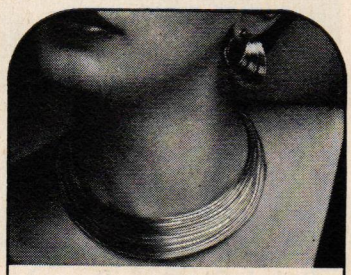


## THE DANCING DOLL

Soften every step in Tricot lined, glove-soft genuine kid-glove leather. Has elasticized throat, foam padding & an adjustable, gold buckle strap. With genuine leather sole & 1¼" composition heel for "no-slip" fit. **Yellow, Lt. Blue, Pink, White, Bone & Black.** Combination Sizes 6–10½ N, 5–10½ M.

**$15** plus $1.50 P&H Satisf. Guar.

**Vicki Wayne—H3S**
600 S. Country Club Rd., Tucson, AZ 85716



## *super-fine sparkle!*

A stunning look—neck ring of 50 incredibly fine gold-finish wires! Easy-on and comfy—no clasp or closing. It's permanently shaped, capped at back—just slip it on! Matching earrings have the same spring-cling to clip on gently.

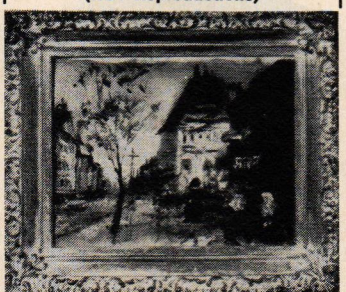
4781 **Neck Ring $4.98**
4782 **Earrings $3.98**
4783 **Both! 1 Set $7.98**

*Add 50¢ postage & handling*
*NY residents add taxes*

**LILLIAN VERNON**
Dept. G33 510 S. Fulton Ave.
Mt. Vernon, NY 10550

## AN ORIGINAL OIL PAINTING

**From France, Austria, Holland (NOT Reproductions)**



by budding artists in France, Austria or Holland. Not a reproduction, but an original full-color oil painting on heavy canvas, mounted and matted, 14" x 17" and signed by the artist. Choice of landscape, seascape, floral, fruit, windmill or Paris scene. $3.95 each; 2 for $7.50; 4 for $14.00. Add 10% post. each.

☐ Add $2 per painting and we frame in antique gold color gallery frame shown. (Overall contour size 16" x 20".) With this frame add $1.25 for post. & hdlg.

**WORLD ART GROUP**
Studio 3HG
606 Post Road, Westport, Conn. 06880

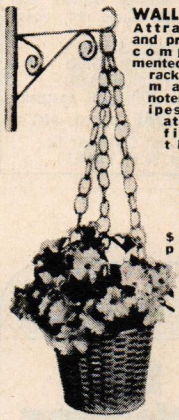
## WICKER WONDERLAND

America's largest Collection of Willow & Rattan Furniture directly Imported to Pass the Savings on to you.

**RATTAN SWING**

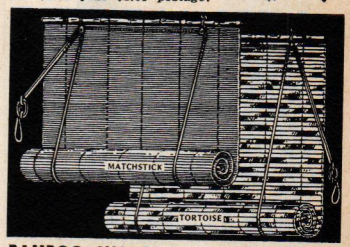
A perfect seat to cradle and float in relaxing comfort. Hangs anywhere... near patio, porch or from a tree, 41" high, 28" wide by 23" deep. $64.95 Exp. Chgs. Coll. Corduroy puff cushion in black, gold, avco. or tang., $7.95.

SEND 25¢ FOR NEW 64 PAGE CATALOG



**WALL ALL** Attractive and practical compartmented wall rack keeps mail, notes, recipes, etc. at your fingertips. Hand-woven of natural rattan, 7" x 18"; $6.95 plus $1.00 postage.

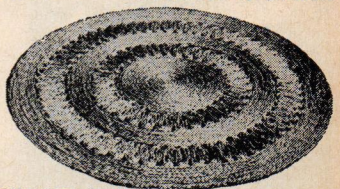
**HANGING BASKET** — To enhance a plant, closely woven rattan basket, 8½" dia. 7" deep, swings on 22" rattan chain, can support up to 7 lbs., with rattan bracket included, $4.95 each, two for $8.95 plus $1.00 postage.




**BAMBOO SHADES**

| Bamboo roll up shades in natural Matchstick or Tortoise shell (burned ½" wide bamboo slats). Perennially popular; handmade in Taiwan with heavy duty cord locking device. | Sizes | Match stick | Tortoise Shell |
|---|---|---|---|
| | 24"x72" | $ 4.50 | $ 7.50 |
| | 30"x72" | 5.50 | 8.50 |
| | 36"x72" | 6.50 | 10.50 |
| | 42"x72" | 8.50 | 11.50 |
| | 48"x72" | 9.50 | 13.50 |
| | 60"x72" | 11.50 | 16.50 |
| | 72"x72" | 13.50 | 19.50 |
| | 84"x72" | 16.50 | 26.50 |

add $1.00 postage per shade



**CIRCULAR STRAW RUG**—Finely woven rice straw from Mainland China is lightweight, resilient underfoot and durable, closely woven with openwork pattern.

3 ft. dia. $14.95 plus $1.75 postage
4 ft. dia. $17.95 plus $2.00 postage
5 ft. dia. $20.95 plus $2.25 postage
6 ft. dia. $23.95 plus $2.50 postage

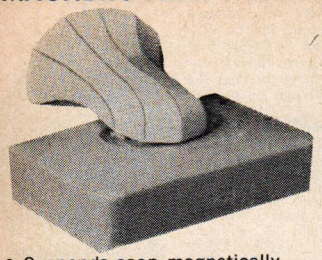
$13.95 plus $1.00 postage

Wicker Wall Lamp Handwoven of natural rattan. Completely wired with on/off switch. 11" dia. x 8" high. Suspended from a wall bracket with 9 ft. rattan chain. Painted in white, yellow, green, pink, blue, orange or black add $2.00

VISIT OUR WAREHOUSE SHOWROOM

**Fran's BASKET HOUSE**
Route 10, Dept. HG3, Succasunna, N.J. 07876

## MAGNETIC SOAP HOLDER



- Suspends soap magnetically
- Bar of soap dries fast —sanitary method
- No slipping out of holder
- Keeps soap super clean
- Used by many doctors
- Installs in minutes —instructions included

Simply glue holder to wall; press coin size striker into soap and presto—the soap floats! Also holds brushes, knives, etc. Colors: jewelled white, flame red, ebony (please specify)

Sample order: **$2.50**
Min. order of 3 @ **$5.50**
6 @ **$9.00**; 12 @ **$18.00**
2 Doz. or more less 10%. All postpaid.

**I & J GORDON,** Dept. HG37
Box 148, 555 East Chester St.,
Long Beach, N.Y. 11561

## Butcher Block

34" high work table
36" x 24", $132.00
48" x 24", $146.00
60" x 30", $184.00
or choose 30" dining height table at same prices.
Locking Shepherd Casters, $25 additional

Two-inch thick maple butcher block top, durable bench-construction frame. Sent express collect. In Illinois, add applicable taxes. Send check or money order, no C.O.D.'s please.

**For complete catalog of exciting butcher block furniture, send 50¢ to:**

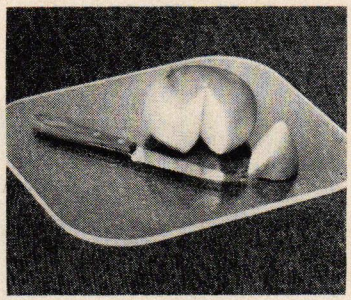
**butcher block & more**
**The Schoenheit Company**
**Dept. HG-37A, 1600 S. Clinton, Chicago 60616**

## SEE-THRU salt shaker pepper mill

**The Perfect Holiday Gift!** Clear acrylic combination salt shaker and pepper mill . . . a lovely way to spruce up your table as you spice up foods. Precision stainless steel grinding mechanism lets you choose fine, medium or coarse settings. (Salt and pepper not incl.) 7¾" H.

Only $7.98 plus 50¢ postage.
**Prompt Delivery. Money Back Guarantee. New! 112 Page gifts/Gourmet Catalog 25¢**

**COLONIAL GARDEN KITCHENS**
**Dept. HGC-2, 270 W. Merrick Rd.**
**Valley Stream, N.Y. 11582**



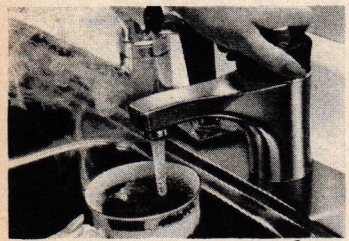
## Sale! Cutting Boards

Crystal clear, great for slicing, for protection under platters, for serving cheese or cake. BUT—our supplier forgot to round off those edges, so you get a bargain! Same tough odor-free acrylic, same fine quality, but corners are square.

**6706 Board,** 9x11", was $2.98 **$1.98**
**5121 Board,** 11x18", was $5.98 **$4.98**
**6712 Save! Have both 1 Set $5.98**

*Add 75¢ post. & hdlg., NY res. add taxes*

**The Country Gourmet**
**Dept. G35, 512 S. Fulton Ave.**
**Mt. Vernon, NY 10550**



## New $H_2O$ Tap. It makes fast foods really fast.

Like having a tea kettle on your sink. Provides 190° steaming $H_2O$T water at the twist of a tap. No waiting. Heats water for instant coffee, soup, or all the other fast foods you use everyday. Energy saving, too. Uses one-third less energy than range top heating. Only heats the water you actually use. Write for free $H_2O$ TAP brochure and "instant" recipe booklet today.

ISE IN-SINK-ERATOR

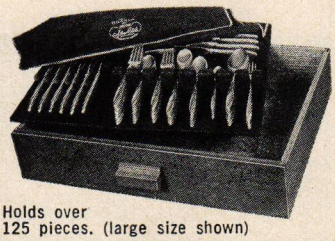
In-Sink-Erator Division
Emerson Electric Co., Dept. HG-3
4700—21st Street, Racine, Wisconsin 53406

Name_____
Address_____
City_____ State____ Zip____

**Protect your silver with genuine Tarnish-Proof Pacific Silvercloth Drawer Pads by GORHAM**

**IMMEDIATE DELIVERY**

**AMERICA'S LEADING SILVERSMITHS**



Holds over 125 pieces. (large size shown)

**Pad converts your drawer space into a silver chest. Prevents tarnish and scratching; silver is always ready to use.**

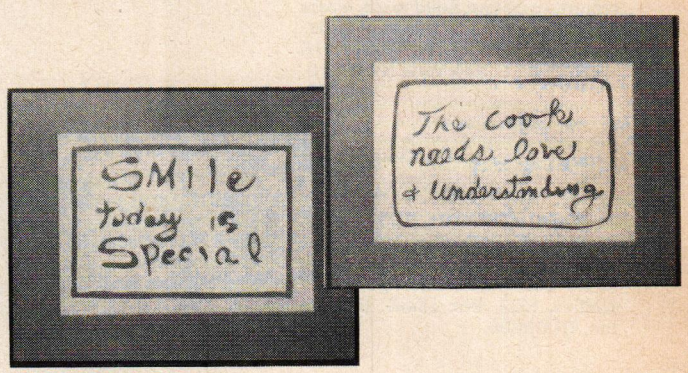
**SIZE: 11¾" wide x 15" deep x 2½" high. Holds over 100 pieces. $8.95**
**SIZE: 17½" wide x 13⅞" deep x 2½" high. Holds over 125 pieces. $9.95**

**ADD $1.25 FOR PACKING & POSTAGE FOR EACH UNIT ORDERED**

**BARRINGTON SPECIALTIES**
**P.O. Box 154-G, Barrington, R.I. 02806**

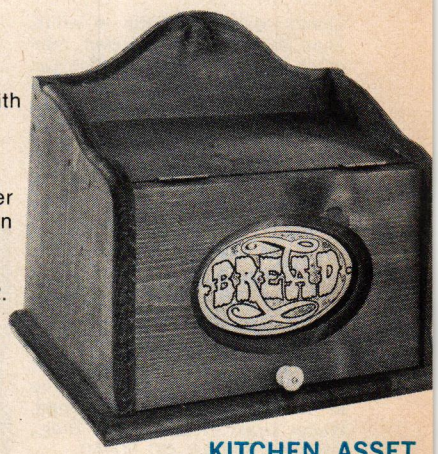
# Shopping around

## for the kitchen




### CHEERY DECOR

Serigraph mottos. The legends, soft brushed in goldenrod color are hand silk-screened, complete with complementary matting and 8" by 10" famous Dax frame. $9.95 ea. plus 75¢ post. State choice, or better yet, buy the pair to brighten your walls. Peyton Graphics, HG3, 34-47 80th St., Jackson Heights, NY 11372.

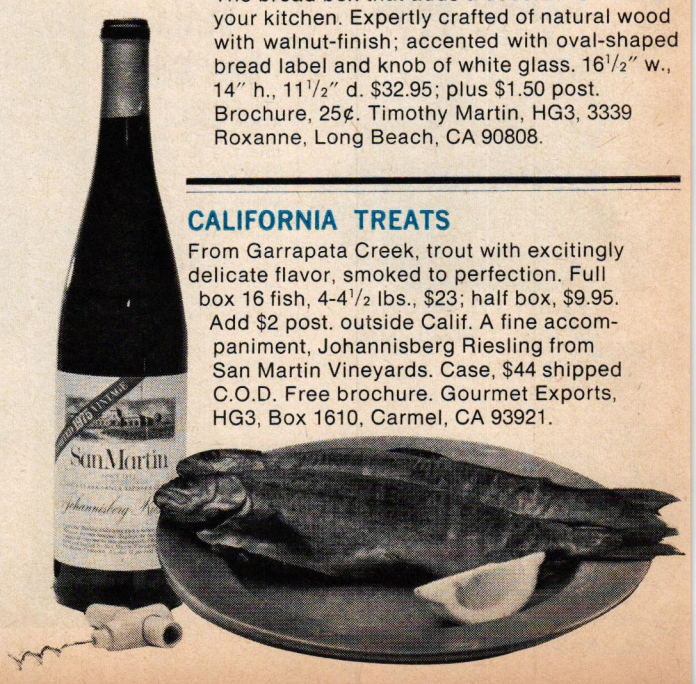


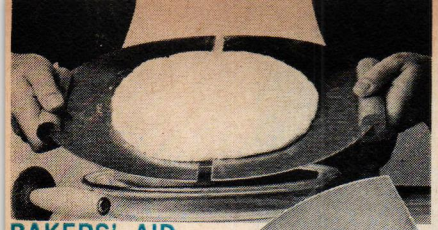

### KITCHEN ASSET

The bread box that adds a decorative note to your kitchen. Expertly crafted of natural wood with walnut-finish; accented with oval-shaped bread label and knob of white glass. 16½" w., 14" h., 11½" d. $32.95; plus $1.50 post. Brochure, 25¢. Timothy Martin, HG3, 3339 Roxanne, Long Beach, CA 90808.

### CALIFORNIA TREATS

From Garrapata Creek, trout with excitingly delicate flavor, smoked to perfection. Full box 16 fish, 4-4½ lbs., $23; half box, $9.95. Add $2 post. outside Calif. A fine accompaniment, Johannisberg Riesling from San Martin Vineyards. Case, $44 shipped C.O.D. Free brochure. Gourmet Exports, HG3, Box 1610, Carmel, CA 93921.





## BAKERS' AID

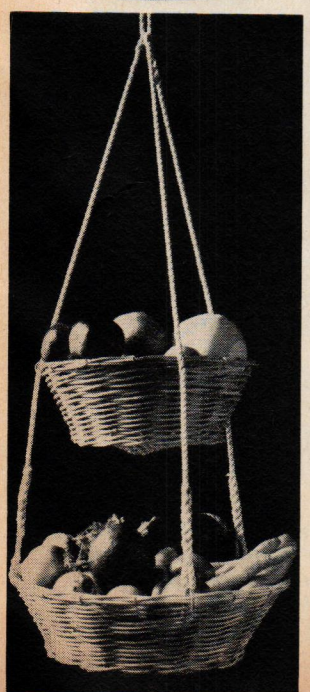
A great idea from that master, James Beard. Two-pc. aluminum dough-handler picks up delicate pastry crusts or cookie doughs that are crumbly, sticky or thin as paper. Full 13″ across. Makes pastry baking a snap! You'll wonder how you did without this handy helper. $10 plus $1.50 post. The Mousetrap, HG5, 25 Parkway, Katonah, NY 10536.

## ITALIAN PASTA-MAKER

Nothing more delicious than fresh home-made pasta, and here's a super machine from Italy to turn out four popular shapes of noodles in a quick and easy way. Sturdy plastic in sunny yellow. $14 ppd. Send $1 for catalogue including gifts and fashions. FBS Catalog, HG3, 659 Main St., New Rochelle, NY 10801.

## NEEDLEPOINT KIT

Amusing cheeseboard that shows off your stitchery. The 7″ x 14″ walnut-finish board has insert for needlework, fitted transparent top. Kit includes: 14-mesh canvas, wool yarn, backing, needle. $9.95; post. $1.60. Catalogue, 25¢. Creative Village, Dept. 88E, Box 100, Pinebrook, NJ 07058



## HANGING BASKETS

Decorative, practical, and handy. A two-tier space-saver with rattan baskets hanging from sturdy rope. Heavy fishnet bottoms permit air to freely circulate around the fruit and vegetables, helping to prolong their freshness. 15″ and 11″ handcrafted baskets can hold up to 25-lbs. of produce. $21.50 plus $1.50 post. Newport Wackery, HG3, 69 Mill Street, Newport, RI 02840.

## canisters or caches!

Lovely in any room with any decor—here in a shape and size for every need! Traditional Oriental motif in vibrant red-black-white-gold, English-made of sturdy lithographed metal with tight-fitting lids.

**8324 Hinged-Lid Canisters** (at left). Set of 3 — ½, 1, 3 lbs., 3¾-8½″ high. **1 Set $6.98**

**4635 Octagon Box** (at right). Screw-on lid. 6″ high. **$2.50**

**4634 Low Box** (right foreground). 8½x6x2¾″ high, lift-off lid. **$2.98**

**4636 All five—save! 1 Set $10.98**

*Add 75¢ postage & handling. NY residents add taxes*

**LILLIAN VERNON** Dept. G34 510 S. Fulton Ave. Mt. Vernon, NY 10550

**WENDY DALE**
**COBBLER APRON**
**2 for $7.00**
Easy to wear crisp polyester cotton fabrics. Gripper front. Delightful ASSORTED PRINTS AND COLORS. S-M-L

two for $7.00. Sizes 42-44-46 two for $7.50, plus $1.00 postage. Free apron brochure with order or send self-addressed stamped envelope. Other items to size 54.

**WENDY DALE**
P.O. BOX 91-HG3
NEWTON CENTRE, MASS. 02159

## DOUBLE-HANDLE SPOON HOLDER

Our elegant spoon holder, in pressed glass, is an exact copy of those produced over 100 years ago, with the same exquisite panel thistle design. In the old days it held spoons, today it acts as an uncommonly handsome celery holder or unusual flower vase. Certainly, it's a prized collector's find and an antique lover's delight! 5½″ tall.

SEND FOR FREE GIFT CATALOG

**$9.95**
**Plus $1.35 postage**

**Artisan Galleries**
2100 B-3 No. Haskell • Dallas, Texas 75204

## COUNTRY CHARM *Appliances*

THE ELEGANCE AND MOOD OF EARLY AMERICAN . . . THE MODERN CONVENIENCE OF TODAY

**AUTOMATIC ELECTRIC RANGE . .**

. . . authentic **CAST IRON** reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Coffee mill uniquely houses clock, oven timer and minute minder. Fits modern range space. Prices start at **$595.00,** plus freight charges.

**CAST IRON WALL OVEN . . .**

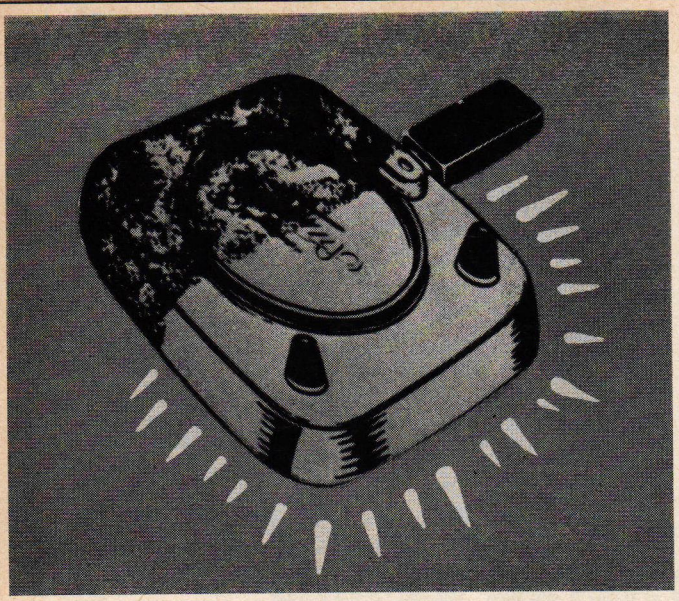
. . . Front is **CAST IRON** with handsome scroll design. The 18" oven is fully insulated and porcelain lined. Hearth door conceals all controls, clock and timer. Available in right or left hand door models. Price **$345.00,** plus freight charges.

**Quality Backed by 35 Years of Skilled Craftsmanship**

Made and Sold Only by
**THE HOUSE OF WEBSTER**
"Old Fashioned Gifts"
BOX HG37 ROGERS, ARK. 72756

**Send 25¢ for your "COUNTRY CHARM" Appliance Folder and Gift Catalog.**

PLEASE TURN PAGE FOR MORE SHOPPING AROUND FOR THE KITCHEN



# WIPE AWAY BURNT-ON GREASE

New miracle cleaner for aluminum, chrome, stainless steel, cast iron, porcelain enamel, solid copper and brass. Removes carbonized grease and encrusted build-up fast from frypans, waffle irons, skillets, burner wells and rings, barbecue grills, etc. Will not darken or pit utensils. 7 oz. can.

**CARBON CLEANER** ..... **$3.98 + 75¢ Mailing Each**

*No COD's or Billing* *Add 6% Sales Tax in California*

**Satisfaction Guaranteed or Your Money Back**

*Anthony Enterprises* Dept. HG-37 556 Mission, San Francisco, Calif. 94105

## TWO TIER FRUIT & VEGETABLE BASKETS

Save valuable counter space. Sturdy rattan, heavy fishnet & quarter inch rope. Fruits & vegetables breathe as fishnet bottom allows aeration of up to 25 lbs. of produce, prolonging freshness. Double baskets (15" & 11") are suspended from 3' rope to complement kitchen decor.

**$21.50 plus $1.50 post.**

Handcrafted in New England at . . .

**Newport Wackery**

69 Mill St.
Newport, Rhode Island 02840

## ELECTRIC PEPPER MILL

Newest addition to culinary art—Gourmet's battery powered pepper mill with thumb operated dome switch allows convenient one hand operation to pepper and toss salads simultaneously. Adjusts coarse to fine. A must for every chef amateur or professional. Super for cookouts; beautifully finished natural wood 11" high; fully guaranteed $14.95 ppd. Add $5.00 for matching salter. Only at:

**GOURMET MILLS**
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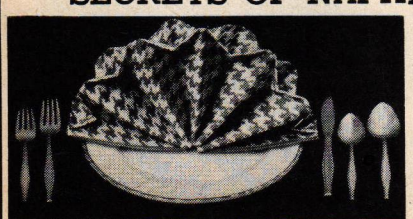
Toledo, Ohio 43606

## "SECRETS OF NAPKIN FOLDING"



Now, in just minutes, you will be able to fold napkins for almost any dining occasion. Fold your napkins into elegant conversation pieces, certain to add that special flare to your dining settings. Fully illustrated booklet, just **$2.95** + 35¢ postage. Save! Two or more $2.75 each postpaid. Mass. residents add sales tax.

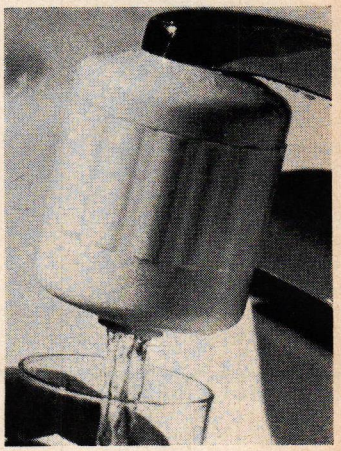
**PROGRESSIVE SALES** DEPT. HG-11, 390 Old Wyman Street, Waltham, Mass. 02154

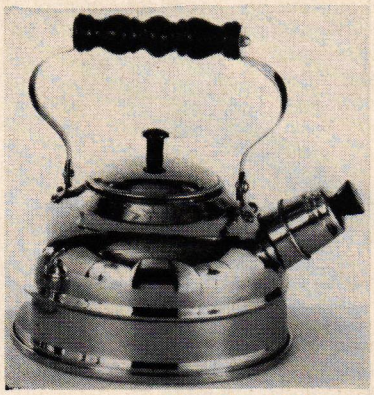
# Shopping around

## for the kitchen

### FOR PURE WATER

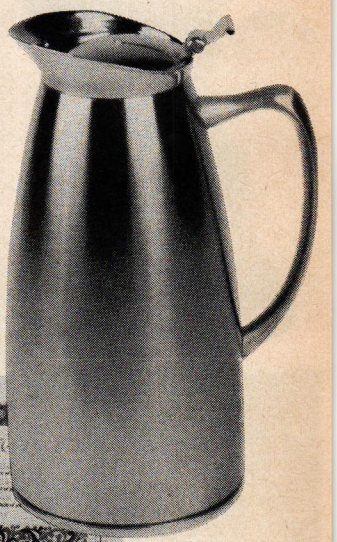
Put mountain freshness and good taste into your drinking water. The "original" uni-filter by Almatex is the fast, easy way to purify water, removing impurities, grit, odors and other undesirables. Improves the quality of tea, coffee, soup, ice cubes. Fits any faucet with a threaded tip. $5.99 ea., two for $11.50. Almatex International Co., Mail Order Div., 3569 Bristol Pike, Cornwells Heights, PA 19020.





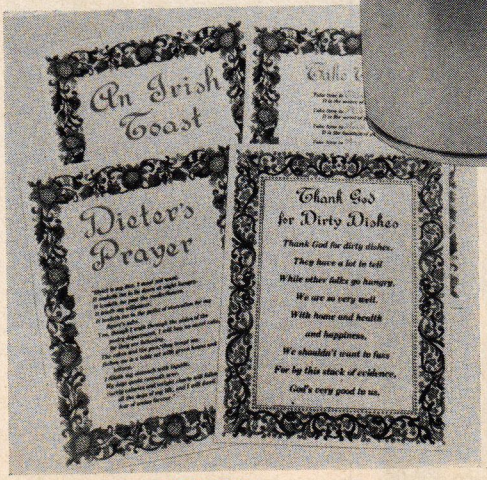
### COPPER KETTLE

A tea kettle that whistles while it works. Heat-proof bakelite handle, durable nickel lining. 2-qt. cap. $19.95 plus 50¢ post. Colonial Garden Kitchens, HGCE-1, 270 W. Merrick Rd., Valley Stream, NY 11582.



### HOT OR COLD

Handsome beverage container in brushed chrome with vacuum liner. The lid opens automatically when serving, closes when upright. 10 oz. size, $28; 20 oz., $33, 32 oz., $38 plus $2 post. Jean Miller, HG3, 3108 Fillmore St., San Francisco, CA 94123.

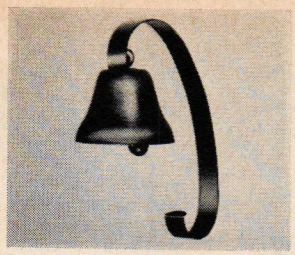



### WORDS OF WISDOM

Four attractive prints with thoughtful verses. Consist of "Thank God for Dirty Dishes", "Dieter's Prayer", "An Irish Toast" and "Take Time". On fine art stock with scroll borders. Mount, decoupage or frame. 9" by 11". Set of four, $1.50 plus 50¢ post. Cadlyn's Inc., HG3, 10250 No. 19th Ave., Phoenix, AZ 85021.

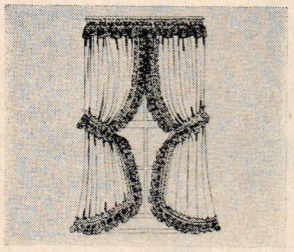
### OLD TIME SHOPPE BELL

Charming and decorative but practical! Simply hang inside of door or garden gate, sturdy black spring-action bell tells when someone enters. Easy to hang, screws incl. $2.49 plus 50¢ post. Colonial Garden Kitchens, HGCE-2, 270 W. Merrick Rd., Valley Stream, NY 11582.



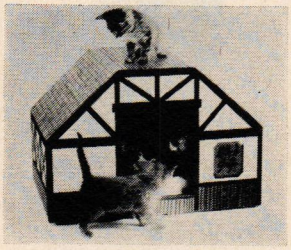
### CALICO RUFFLE

Tiny orange, yellow, green floral, on 3" ruffle. No-iron natural color, polyester/cotton, 80" w. pr. Machine wash/dry. With tiebacks. 24", 30", 36" l. $9; 45", 54", 63", 72" $12.50. Add $2 post. Free color catalogue. Colonial Maid Curtains, HG3, Lawn Terrace, Mamaroneck Village, NY 10543.



### PRIVACY FOR KITTY

Little cardboard barn in multicolor offers cats privacy over their litter tray and it is absolutely sanitary, too. 22" by 17" by 14½" and water-repellent. The "barn" fits over litter pan. $5.98 plus $1.39 post. Gift catalogue, $1. House of Minnel, Dept. 537E, 530 Lark St., Geneva, IL 60134.

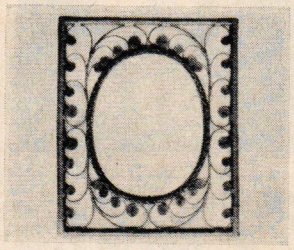


### HIGHWAY HELP

Emergency leather-like case, 10" by 8", holds instant flat-tire inflater and sealer, 12 oz. fire extinguisher, a safety nest for visibility; flood light, jumper cables, siphon hose, 64-page first aid book. $12.95 plus 90¢ post. Morgan's Cove, HG3, 28 W. Prospect St., East Brunswick, NJ 08816.

### LARGE RATTAN FRAME

A nostalgic Victorian-influence shows in the scrollwork design of a decorative rattan frame that highlights mirror or picture in a charming way. 24" w., 29" h. In natural color. $19.95, post. $2. Painted white, add $4. Catalogue, 25¢. Fran's Basket House, HG3, Route 10, Succasunna, NJ 07876.

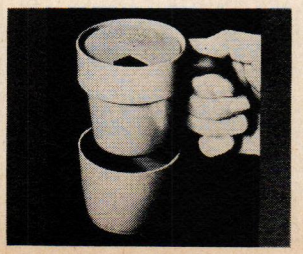


### HEATING GUIDE

Want to know how to determine the heating cost of a greenhouse? Invaluable, scientific formula is set forth in heating guide with information on a unique solar-panel, double-wall greenhouse. 50¢. From Vegetable Factory, Inc. HGE3, Box 2235, Grand Central Station, NY 10017.

### COMMUTER'S BREW

Take that second cup of coffee in the car in perfect safety. Velcro plastic fastener anchors cup holder to any metal, plastic or carpet surface. Drink-through lid prevents spillage. $3.55 each; two, $6.35 Ppd. Sleepy Hollow Gifts, HG3, 6651 Arlington Blvd., Falls Church, VA 22042.



Perma Tweez is a simple electrolysis instrument that 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. **An exclusive U.S. patented safety feature allows you to do this without puncturing the skin.**

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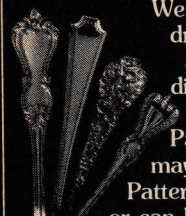

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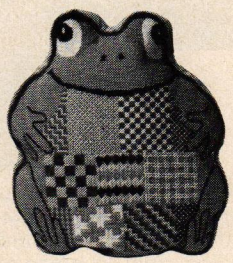

Have fun with Magic Needle's stitch whiz frog. Kit comes complete with paternayan persian yarn and complete detailed instructions for different stitches. **$52.50**
**P.P.D.** catalog + brochures **$2.50.**

**MAGIC NEEDLE**
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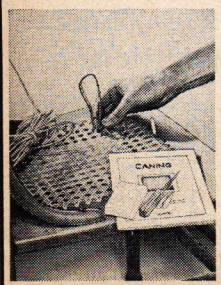


Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit; tools, natural cane, and easy-to-follow instructions, all postpaid for only $4.00; extra cane $2.00 per chairlot. (Illinois residents add 5% sales tax)

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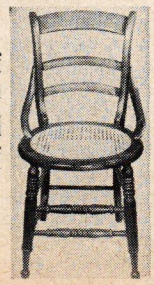
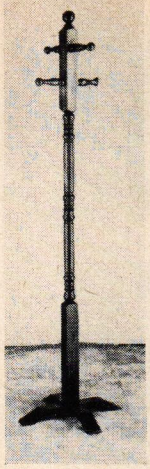


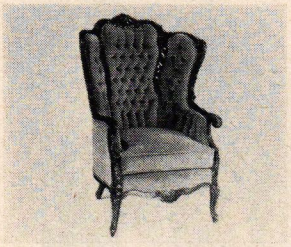



SPLENDID HANG-UP

Solid natural hardwood clothes tree comes ready to finish, and is a snap to assemble. Size 66" h., by 18" w., by 18" d. $24.98 plus $2.79 post. Illustrated catalogue, 25¢. Write to Pridecraft, Drawer A, Dept. BZ-1, 8 Greenview St., Framingham, MA 01701.

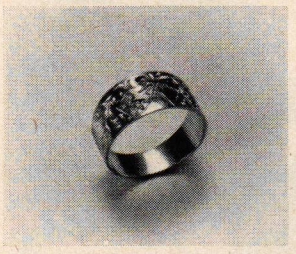
DOUBLE DUTY

Tall fern stand holds a plant or candle, as in Colonial days. Fine Queen Anne base, a pie-plate top. Column fluted between designs of turning. Brown or red/brown cherry finish, cherry wood. 16"w. by 16"d. by 40"h. $107 exp. coll. Catalogue $1. Ephraim Marsh, Dept. 501, Box 266, Concord, NC 28025.



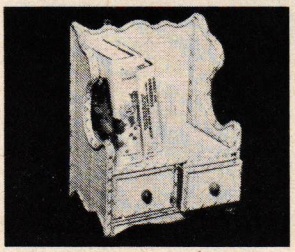
THRONE CHAIR

Elaborately carved wood in style of John Henry Belter surrounds entire frame. Carvings are "pierced through" to add depth. Reversible cushion. 37"w. by 31"d. by 47"h. Custom tailored in fabric choice. $399.95 exp. coll. Catalogue and swatches $1. Magnolia Hall, HG3, 726 Andover, Atlanta, GA 30327.



ETERNAL LINK

Bride and groom's coat of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14K gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Write for free color catalogue. Heraldica Imports, HG3, 21 W. 46th St., New York, NY 10036.



CHEF'S DELIGHT

Rattan shelf plus drawers puts cookbooks and odd recipes at the ready. Shelf holds several big cookbooks. The drawers are ideal for recipes on file cards. 13" by 9" by 17". $29.95. Add $2 post. Catalogue, 25c. Fran's Basket House, HG3, Rte. 10, Succasunna, NJ 07876.

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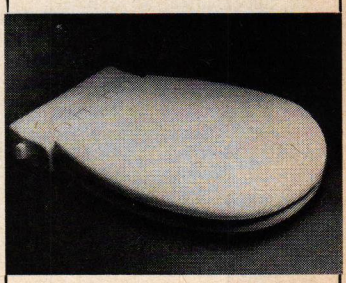
*Congers Color Labs*
Dept. HG-37, Congers, N.Y. 10920



## The "Polite Seat."



**Not unsightly when closed politely.**

The self-closing "Polite Seat" closes quietly and gently after the toilet is flushed. Molded of high-impact polystyrene with a low profile. Fits virtually all regular and elongated tank-type toilets and installation is as simple as conventional seats. Operates without electrical or water main connections. Color: White only. Price: $250. *(NY residents add sales tax.)*

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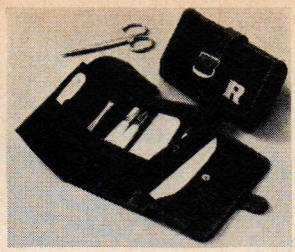
12 Wilmont Ave., White Plains, N.Y. 10605

GROOMING SET

English-made leather case fitted with Sheffield steel scissors and tweezers, manicure implements, comb, mirror in snap-flap pocket. Russet brown. Goldtone metal and initial, plastic handles. 4½x3x1" buckled. $7.98 plus 75¢ post. Lillian Vernon, G3E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

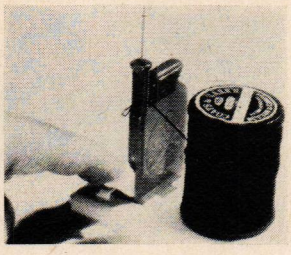


SASH AND TAB

Sash curtain to mix, match or go solo. In polyester/cotton, six colors. Teamed here in beige with tab curtain in tangerine *Stevens Plains* print by Waverly. 54", $44; 63", $50; 72", $52; 84", $60 plus $2 post. Free catalogue. Constance Carol, HG3, Box 899, Plymouth, MA 02360.

EYESIGHT SAVER

Do you find the eyes of needles growing smaller? Needle threader consists of a plastic funnel into which the needle is dropped, spindle to transfer thread to needle, blade to cut thread. $1.98 plus 30¢ post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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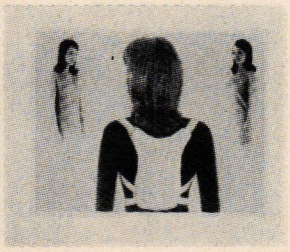
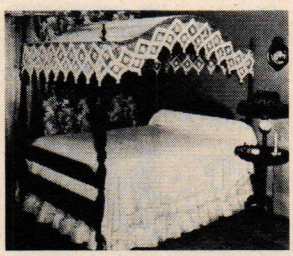
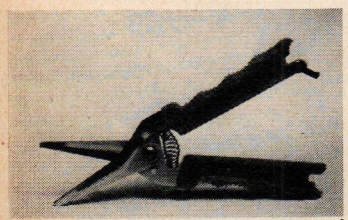
PiPeer shoulder brace; lightweight, puts posture on the straight and narrow. Three-ply ventilated material; padded invisible arm bands. Men measure around chest; women below bust. $6.95 plus 75c post. Piper Brace, Dept. HG-27SH, 811 Wyandotte, Kansas City, MO 64105.



CUSTOM CANOPY

Hand-tied fishnet canopy. Double thread, preshrunk, white or cream, four traditional patterns. Standard 87½" by 56½" tester $125; give exact size for queen $150 or king $190. Fringed cream spread, 94" or 82" w. $90. Ppd. Brochure 25¢. Virginia Goodwin, HG3, Dilworth Sta., Charlotte, NC 28203.





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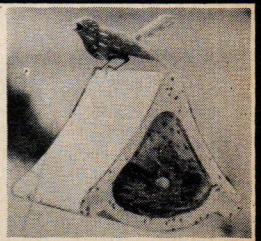

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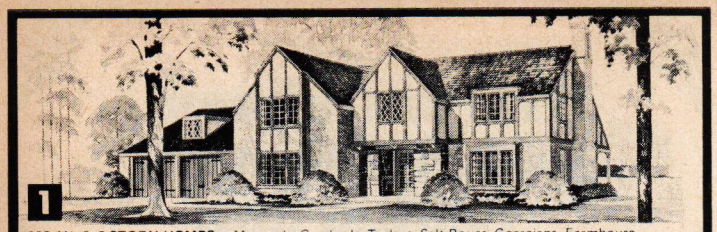

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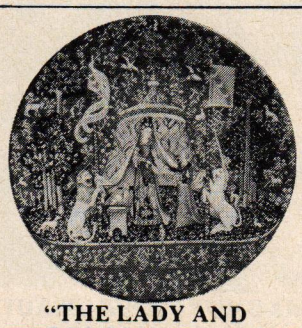

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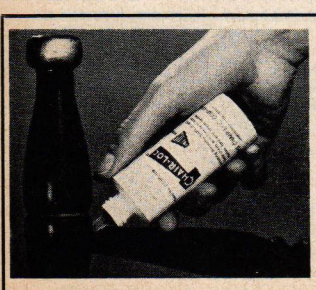

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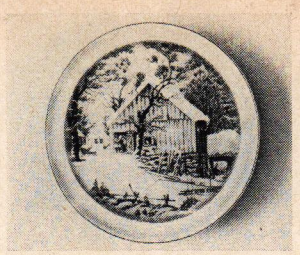
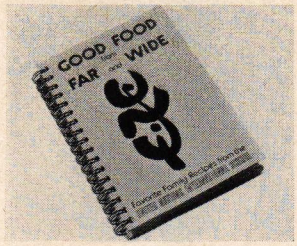


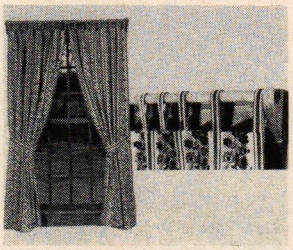
### CURRIER & IVES PLATES

Lithographs on porcelain in Copenhagen blue. Hanging loop. (Shown) Homestead in Winter; also Farmer's House, Old Homestead, Home in Wilderness. 8⅛". $3 plus 50¢ post.; set of four $9.98 plus $1 post. American Consumer, UH-135, Caroline Rd., Philadelphia, PA 19176.




### WORLD RECIPES

United Nations International School's "Good Food from Far and Wide" contains over 300 easy recipes from homes in 80 countries. Spiral bound to rest on counter. Proceeds go to the school. $5.50 ppd. UNISCookbook, UNIS, 24-50 East River Dr. New York, NY 10010.



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Today, as in colonial times, tab curtains add charm and grace. Waverly Meissen stripe, red, blue, green or gold. 80" w. per pr. 45" l. $27; 54" l. $29; 63" l. $34; 72" l. $36; 84", $43. Add $2 post. per order. Catalogue free. Swatches, $2. Constance Carol, HG3, Box 899, Plymouth, MA 02360.

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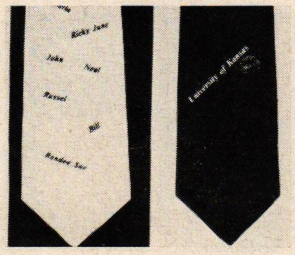
Crystal chandeliers, sconces and candelabra come bright and clear after a spray shower of silicone mist from an easy-to-handle 7 oz. can. No need to wipe; just let dry naturally. $3.98 plus 75¢ post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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For grandfather (or father), the children's names (up to 10) are silk-screened in black or white (depending on tie color). For university, send name and copy of seal. Polyester. Dry clean. Navy, black, brown, green, royal, $12.95 ppd. Bruce Bolind, HG3, Boulder, CO 80302.

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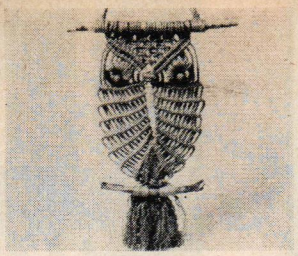

### QUILT SHOW-OFF

Spread your quilt, afghan or comforter neatly for display yet out of the way on Martha Ann's quilt rack, copy of an 1850 piece 30"h. by 23½"w. by 15½"d. Pine and hardwood with antique satin finish $29.95, unfinished $19.95 plus $2.50 post. Yield House, G73T, North Conway, NH 03860.

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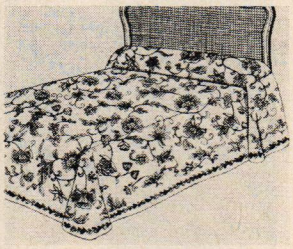

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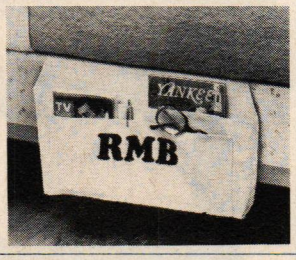



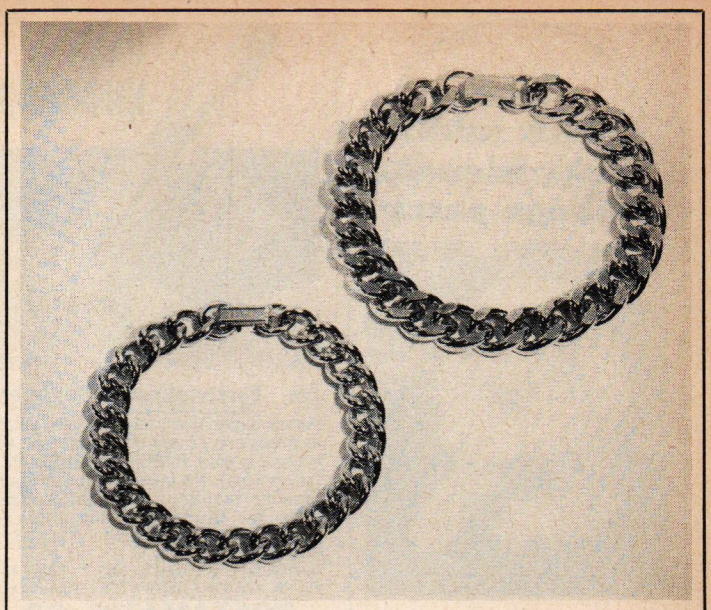

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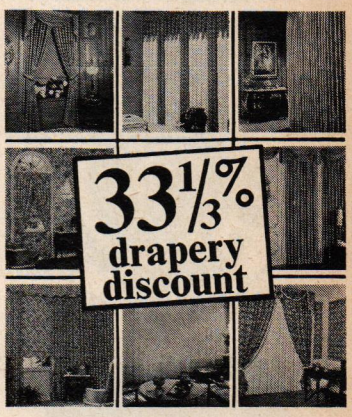


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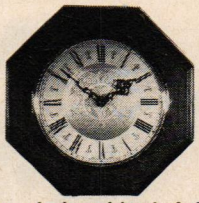

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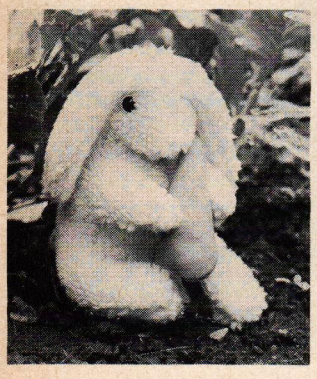

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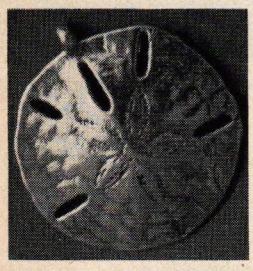

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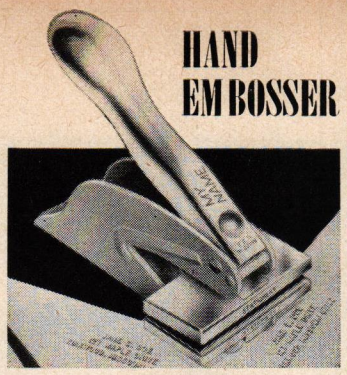

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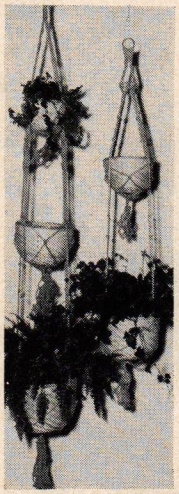

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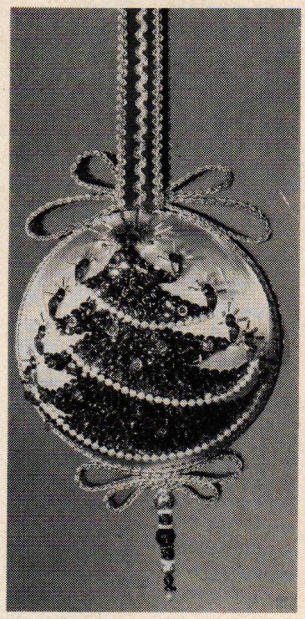

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Start now to make Christmas ornaments. "Tannenbaum" features an emerald green tree on each side of a white satin ball, complete with red candles, red and gold trim, white garland. Kits: 3" size $4.95; 6" size $12.98. Ppd. Original kits in 40-page award-winning catalogue $1.95. The Cracker Box, HGR, Pt. Pleasant, PA 18950.

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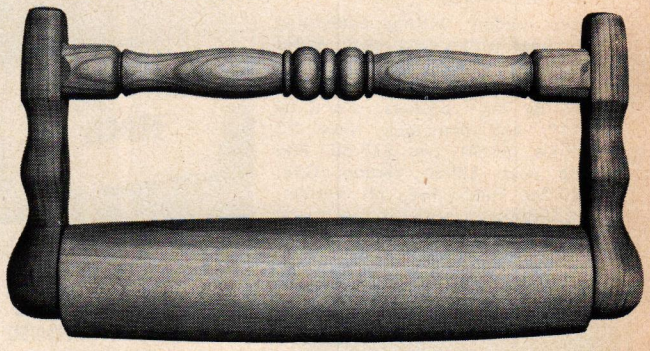

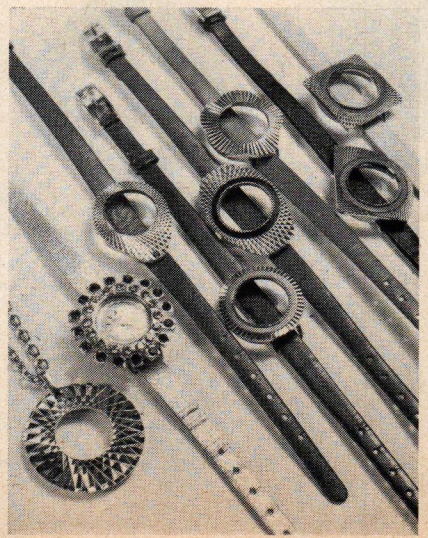

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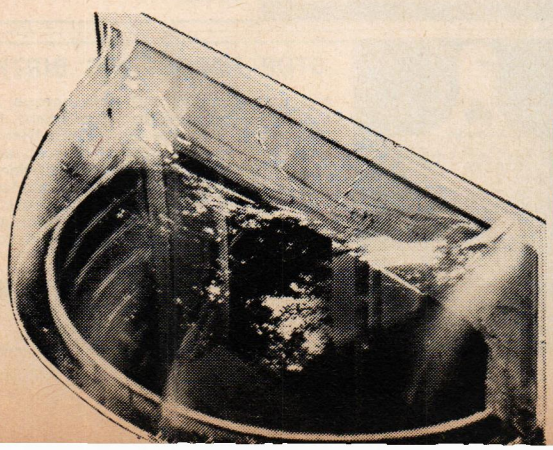

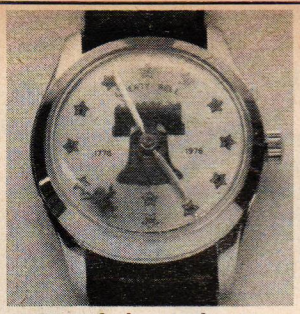

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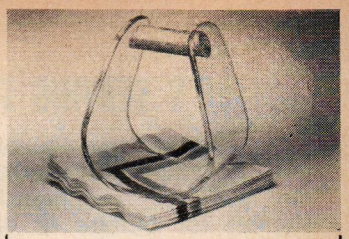

## Acrylic Stirrup Napkin Holder

Handcrafted of solid cast acrylic. New Stirrup design measures ¼″ around, bar (solid acrylic) 3″ x 1″. Hand polished for smooth finish and easy to clean. A beautiful decorating item for any table, buffet or counter. $14.98 plus $1.50 postage and handling. Pennsylvania residents add 6% sales tax.

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## Ride up and down stairs.

### Install an *Inclinette*

Inclinette is the safe and easy way for the handicapped or elderly to ride up and down stairs with just a push of the button. And . . . it's tax deductible when recommended by a doctor.

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Describes and illustrates Inclinette. Also, StairLIFT, the economy model, and "Elevette", the modern home elevator.

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*In business for over 50 years*

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Makes every light switch EASY TO REACH. Easy to install, fits any wall switch. Many uses such as Day Care Centers, bed patients, etc. String Length 18½″. DECORATIVE COLORS Available in Ivory, Pink, Blue, Yellow, Green or Orange. **$2.99 plus .70 postage & handling** (Pa. res. add 6% sales tax) SATISFACTION GUARANTEED ORDER NOW

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## DUTCH BABY TILE

An Authentic Olde World Tradition!
Commemorate the Birth of your Child with this exquisite, 6″ square, ceramic tile; personalized by hand and "fired" for a perfect, everlasting memento. Specify child's name, place of birth, date, time, and weight.

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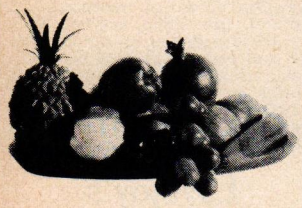
Handsome serving tray of genuine British Honduras mahogany with hand rubbed finish. Perfect for buffets or on the patio. 36" high. Tray 18" x 32". Collapsible. **$28.95** + $5.00 handling and shipping.



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Lovely wooden fruits, hand carved and polished from tropical woods of Guatemala. An assortment of 12 fruits plus wooden tray at **$24** + $3 handling and shipping.

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*Hand-Carved Solid Mahogany Mini-Sofa*

**$69.95**
*Folding Victorian rocker*

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New way to save on authentic copies of "yesteryear" furniture. Shipped direct from factory to you, at cut prices. Vast choice of sofas, chairs, tables, clocks, dining & bedroom accessories. Also huge Eastlake OAK collection. Write for our 80-page catalog, which is TWICE the size of any other published. Use your bank card. Send $1.00 for CATALOG G-37 and free fabrics. We will refund with $2 off on your first purchase.

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Attachable 12" pole for male. . . . . add 1.00
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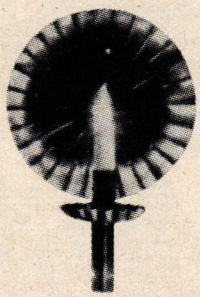

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A fine selection of over 50 classic designs for indoor and outdoor lighting that will lend warmth and charm to both the contemporary and traditional decorating scenes. Every light is of the highest quality, individually cut, assembled and fitted in brass, copper or pewter. Your selection will be owned with pride by future generations. Send $1.00 for 48 page catalog.

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## SHOPPING AROUND

### YORKIE STITCHERY

Needlepoint for pillow or picture. Design handscreened on #14 canvas, Paternayan Persian yarns in eight lifelike colors plus background (specify) royal, navy, green, white, red, gold or enclose color swatch. Fin. size 14" sq. Other breeds available. $22.95 plus $1 post. Pet Projects, 35 Golf Lane, HGE37, Ridgefield, CT 06877.

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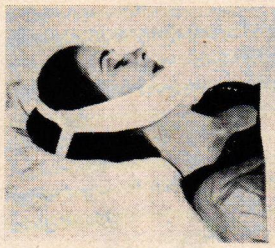
First printings of new $2 bill with Gilbert Stuart's portrait of Thomas Jefferson, issued in April 1976. Bill is embedded in sparkling Lucite. Paperweight 7" l. by 3¾" h. by 1" d. $17.95; desk set with two pens $19.95. Add $1.35 post. Wat-Fiv Co., HG3, Box 51, Malverne, NY 11565.



### STILL OF THE NIGHT

Blissful quiet maintains when the anti-snore mask goes on. The mask with adjustable plastic bands breaks the snoring habit. It re-educates jaw muscles. Washable nylon. $4.98 plus 50¢ post. Write to Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

### RUST EATER

Brush on miracle stuff that actually "eats" rotting rust changing it to a solid new coating. One-step application. Brush included. For cars, patio furniture, boats, fences. 8 oz. bottle for 30 sq. ft. $3.98 ppd. Write to World Garden Products, Ltd., HG3, East Norwalk, CT 06855.

### STAIR-GLIDE

Perfect solution for all who can't or shouldn't climb stairs. It is easily installed without marring walls and special wiring is not required. Special rental-purchase program available. Write for information to American Stair-Glide, Dept. 37, 4001 E. 138 St., Grandview, MO 64030.

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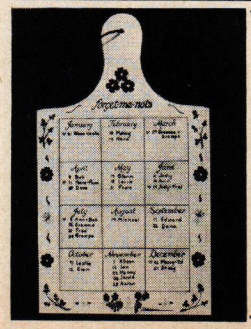
Identify possessions, correspondence too. Black ink on white, blue, pink, yellow, silver or gold labels. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450 (alike) for $5; 1,000 (alike) for $10 ppd. Please specify color. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 23-P Bolind Bldg., Boulder, CO 80302.



### STOP FORGETTING BIRTHDAYS

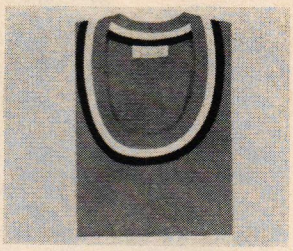
and anniversaries with this unique, personalized ©"Forget-me-nots" date board. Now, at a glance, you can see family and friends' birthdays and anniversaries on this attractive wall hanging. Colorful hand-screened floral design on white hardwood board. Includes simple materials for personalizing and easy to follow instructions. 8" x 14". The perfect gift for all occasions. Satisfaction guaranteed. Send $9.95 plus $1.00 shipping.

**GLAD ENTERPRISES, INC.**
**P.O. Box 384, Dept. HG-3**
**Natick, MA 01760**

### HEAVENLY COMFORT

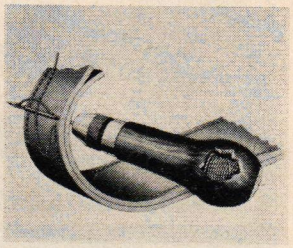
Pillow-back loveseat in premium top-grain leather, choice of over thirty colors. Solid brass nailhead trim. 34"h. by 61"w. by 39"d. Matching chair, ottoman, sofa available (details in brochure). $714.50 exp. coll. Brochure 50¢. Carolina Leather House, HG-13, Box 5023, Hickory, NC 28601.

### NEW-LOOK T



Snazzy stripes go circling round the deep U neck and the cuffs of a cool cap-sleeved cotton skivvy from Tapemeasure. It's available in red, green and navy. In small, medium, large, extra-large sizes. $13 plus $1.75 post. Catalogue in color is free. The Talbots, Dept. KR, Hingham, MA 02043.

### SEWS LOCK STITCH



Tool does great things: sews leather and canvas. Do your own repairs on shoes, handbags, awnings, seats, upholstery. Pack includes bobbin of wax thread, two needles. $4.98 plus 50¢ post. Write to Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.

### CROSS-STITCH CHARMER

Oyster linen pillow cover comes in a kit ready to stitch. Included are stamped embroidery threads in earthtones and gold, needle and instructions for making 14" knife edge cover. $6.95 plus 60c post. The World of Stitch 'n Knit, Dept. 85-29, Box 709, Framingham, MA 01701.

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Original ring design is finely crafted in 14k white or yellow gold with nine small Strongite stones. They're man-made gems with the cut and brilliance of diamonds. $58 plus $1 post. Free catalogue of men's and women's jewelry. The Strongite Co., HG3, 2 W. 47th St., New York, NY 10036.

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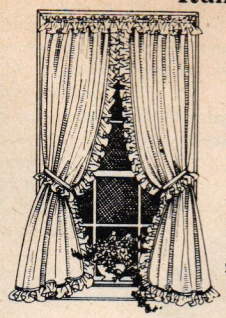

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25", 30", 36", 40" 7.00 pr.

**TIEBACKS**
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72", 81", 90" 12.50 pr.

**VALANCE**
10" x 70".....3.50 ea.

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*Please specify eggshell or white. Send check, money order, or use Mastercharge or BankAmericard. Sorry no COD's. Postage and handling: orders under $10 add $1.10, $10 and over add $2.00. Mass. res. add 5% sales tax. Satisfaction guaranteed.*

COUNTRY CURTAINS
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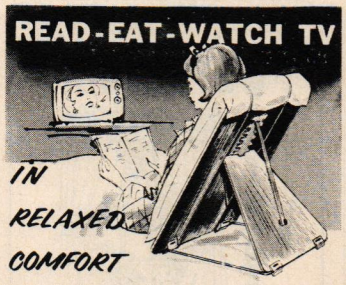
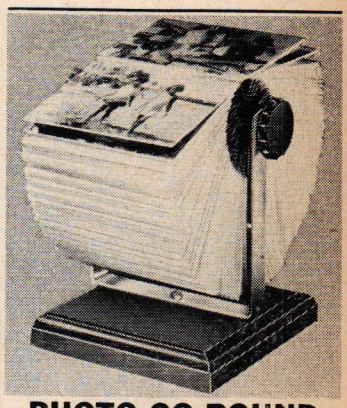
## READ-EAT-WATCH TV IN RELAXED COMFORT



A joy for bed readers, a must for convalescents and a welcome gift for all. This elegantly grained mahogany plywood Folding Back Rest is super size 16" by 24" high. A full 4" to 6" higher than other back rests, it gives full pillow support to head and back for firm sitting-up comfort. 5-adjustable positions for your maximum comfort. Vertical elastic cords hold your own pillow securely in place, just where you want it. Anchored by non-skid base. Conveniently light, it folds wafer-thin—no storage problem. $12.98. We pay postage, ship gifts direct and mail in 6 hours. NJ residents add 5% tax. Send your check or money order to:

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



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**L. 60"**

**FAT CAT NEEDLEPOINT**

He gets attention wherever he is! Black cat on white or your choice of background color. 13" square handpainted on #12 mono. Paterna yarn and needle included, $35.

The Persian Cat inc.

**Brochure 50¢**

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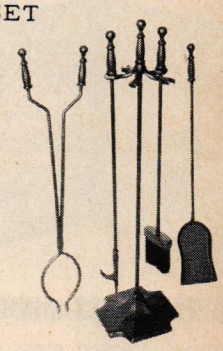
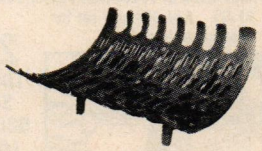
A traditional set you will be proud to own - Heavy weight hand crafted cast iron base and handles - Includes poker shovel, brush, and tongs -
Height 31", Weight 22 lbs.
$ 47.00 Prepaid via U.P.S.





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Heat resistent cast iron - Self feeding cradle design - Front fingers prevent log roll-out - Weight 19 lbs.
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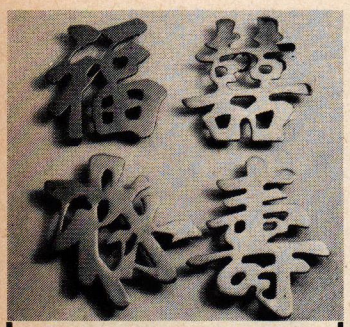

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**CURTAIN CORNER • Paradise Green**
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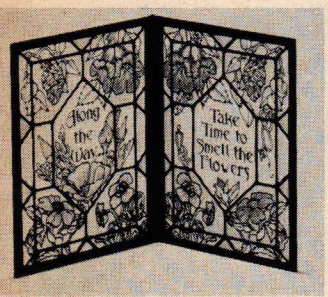


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1000 gummed economy labels printed in black with any name, address and zip code up to 4 lines. **Order S717 Economy Labels, box of 1000, $1.00. Add 20¢ per set for postage & handling.**

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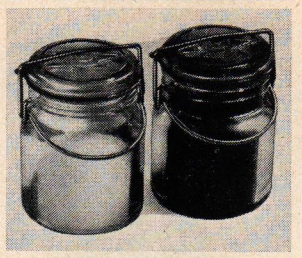

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Salt and pepper shakers are reproduction Mason jars with wire bails securing lids and rings to lock in freshness. 3¾" high. $1.98 a set, two sets, $3.49 plus 25¢ post a set. American Consumer, Dept. MJ31, Caroline and Charter Rds., Philadelphia, PA 19176.

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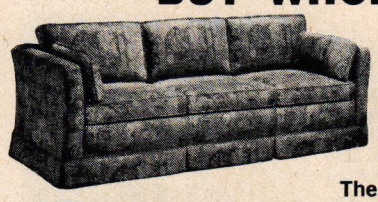
# BUY WHOLESALE



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**INSIDE: L64" D21" H16"**
**Arm Height: 26"**
**(Loveseat available)**

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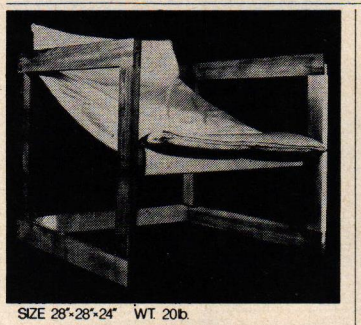

SIZE 28"-28"-24" WT. 20lb.

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- SOLID HARDWOOD FRAME
- 100% NATURAL CANVAS SEAT WITH 1" THICK FOAM INLAY
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- EASY TO DISASSEMBLE

**$38** plus $2.50 shipping

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SEND $1 FOR COMPLETE BROCHURE PAT. PEND.

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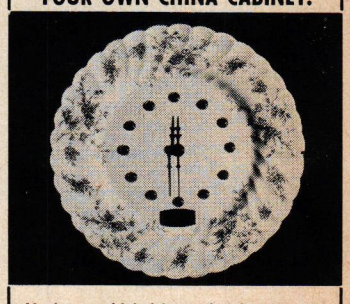

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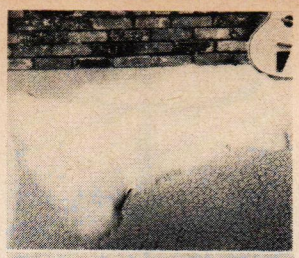
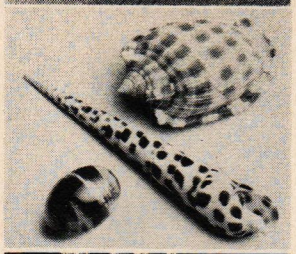
Cozy rug in front of fireplace or on floor by your bed, approx 2′ by 4′. In natural white or assorted colors. $39.95, plus $1.50 post. Send $2.50 for swatch card of decorator's colors. (Refundable with purchase) Golden State Sheep Tanning Co., HG3, 360 Furman St., Brooklyn, NY 11201.



MARINE FANTASY

Tigereye 1" egg $12. Subulate auger $1.90. Decussate bonnet 90¢. Add 75¢ post. each. Color portfolio with an illustrated catalogue of shells, minerals, fossils, display stands, books is now available for $1. Dover Scientific, HG3, Box 6011T, Long Island City, NY 11106.

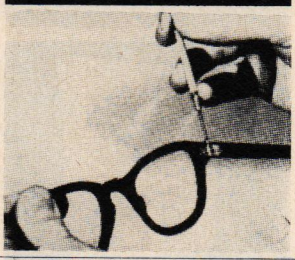


INSPIRING ART

An original design in sterling silver that seems to express a feeling of love and caring. It is hand-sculptured, comes with 18" heavy sterling chain, two sizes. 2¼" Long $35; 1¾" $26. Add $1 post. Catalogue free. Alpha Omega Originals, Ltd., H-1, Box 327 Bay Station, Brooklyn, NY 11235.

FIX-IT KIT

Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $2.29 plus 30¢ post. Anthony Enterprises, HG3, 556 Mission St., San Francisco, CA 94105.



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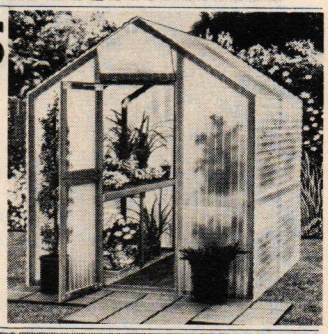

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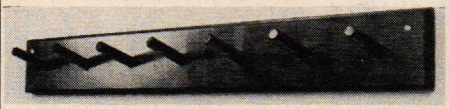

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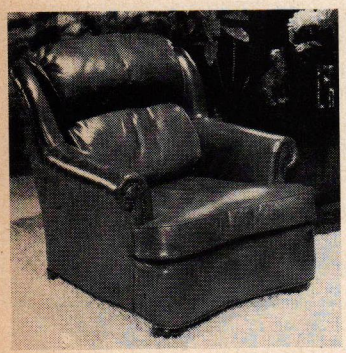

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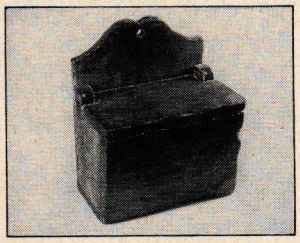

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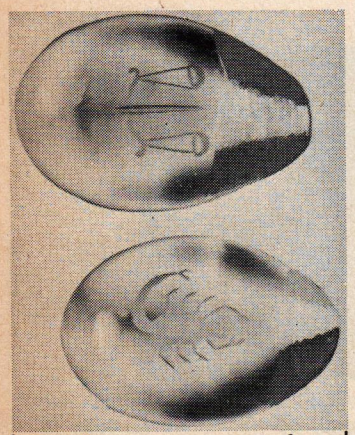

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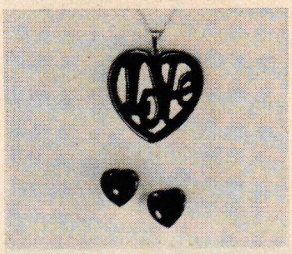

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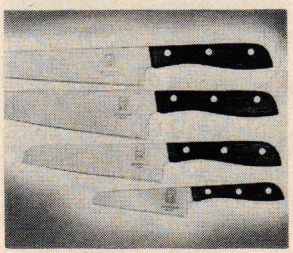

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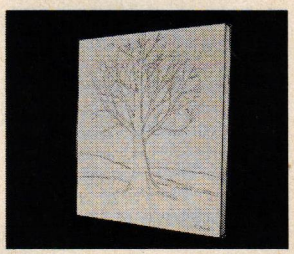

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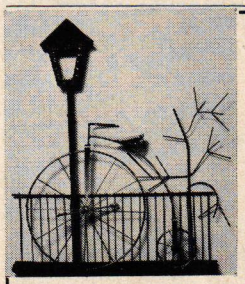
Send your love message in style. Elegant pen-and-ink lithograph of oak-shaped tree integrates "love" in the design. Framed in a clear 14" by 17" by 1" plexiglas art box for any decor. $20 plus $2 post. Matching 10 notes/envelopes $3. Eve Originals, Inc., HG3, Box 203, Cold Spring Harbor, NY 11724.



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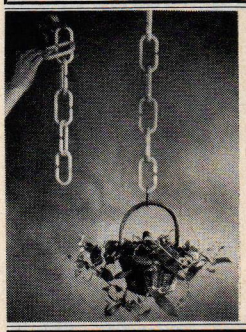

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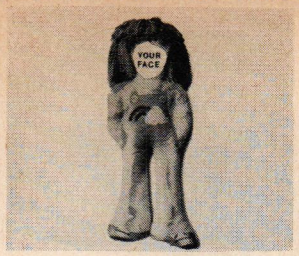
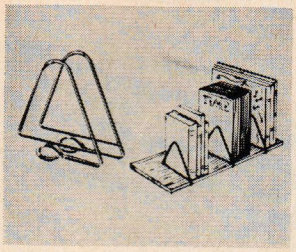



Have picture of you or someone special heat transferred to face of funny, colorful 21" rag doll with rainbow yarn hair. Send front face photo (face should be at least size of half dollar). Print name, address on back. $15.98 plus $1.50 pot. Be A Doll, Inc. HG3, 99 Prince St., New York, NY 10012.

### NEAT ORGANIZERS



Tidi-Braces slip instantly onto standard wood shelf. Keep books, magazines, albums upright, avoid warped records. 7½" by 7". Solid steel in chrome plate, brass or walnut enamel. Six $11.90; 12 $19.90; 24 $34.90. Ppd. Frank Eastern Co., Dept. X27, 625 Broadway, New York, NY 10012.

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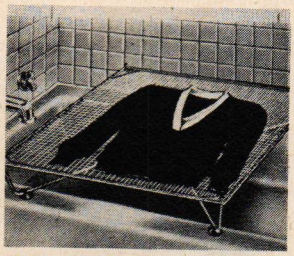

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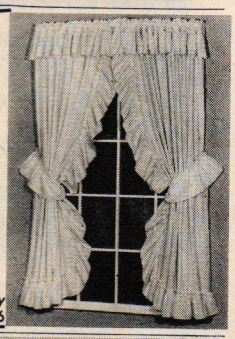

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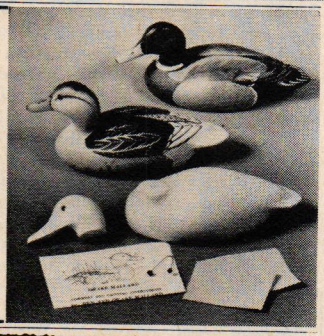

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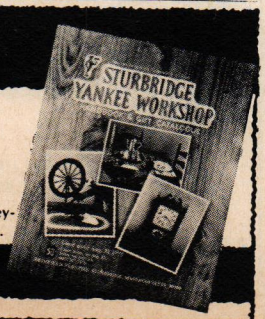

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*the Nation's Center for Early American*
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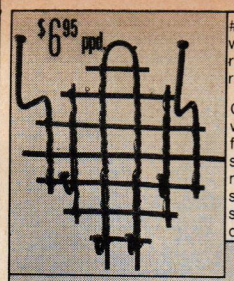


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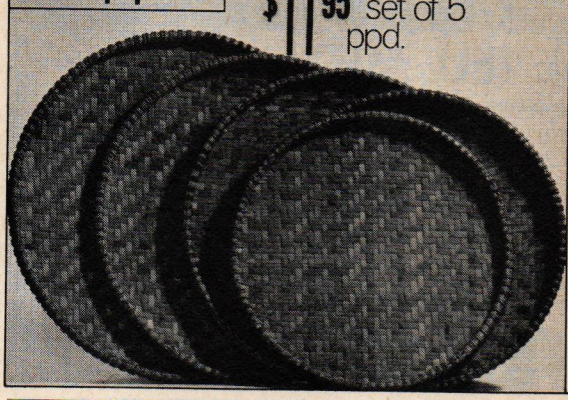

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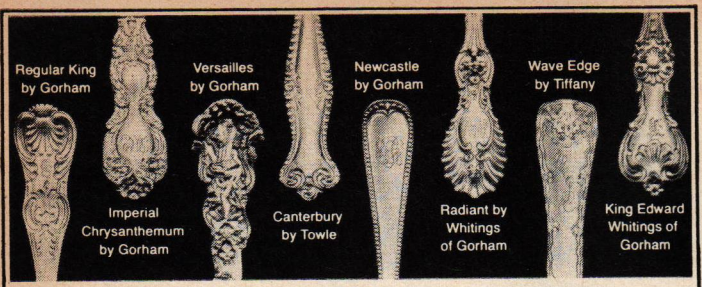


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*N.J. residents add 5% sales tax*

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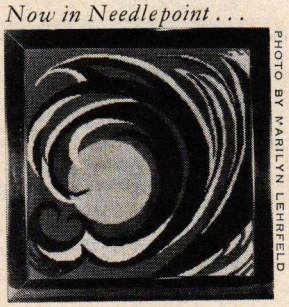

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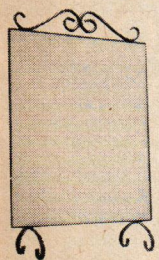

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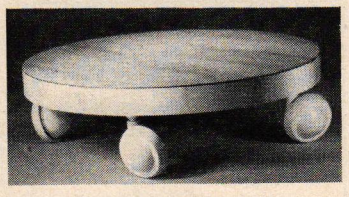

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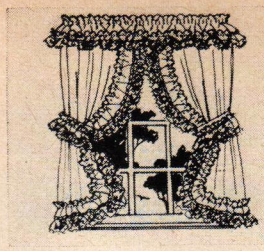
## SHOPPING AROUND



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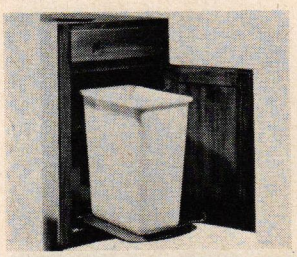

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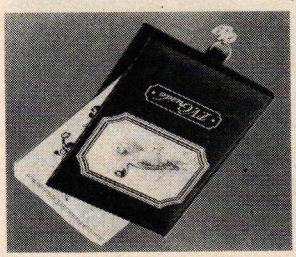

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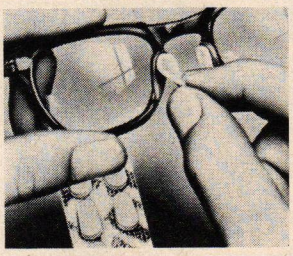

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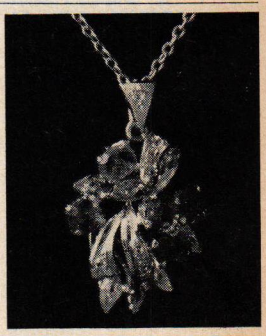

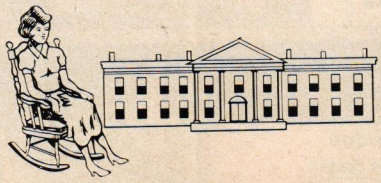

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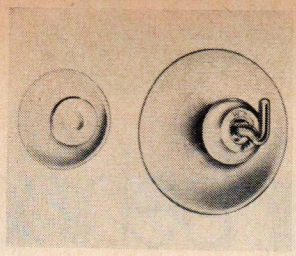

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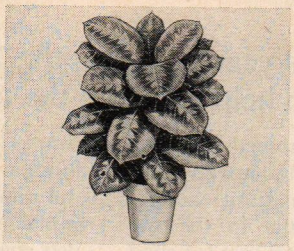

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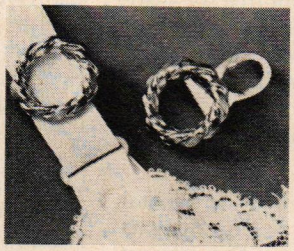

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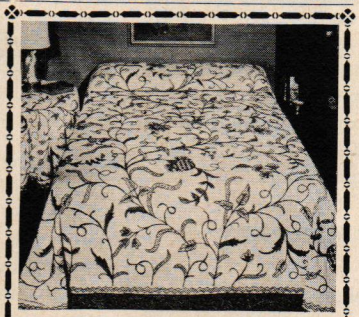

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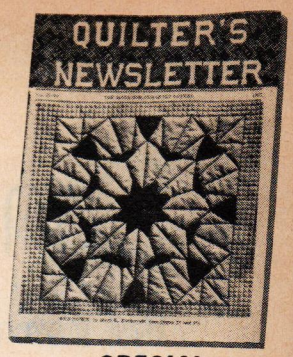
**in every issue of Quilters Newsletter**




If you like quilts, this monthly magazine will delight you. Devoted entirely to quiltmaking and pattern collecting. Profusely illustrated. Covers modern techniques such as machine quilting and quilt-as-you-go as well as handquilting. Interesting helpful features for both beginners and experienced quilters. You'll also receive catalog showing hundreds of patterns, plastic quilting stencils, pre-cut pattern templates, quilt-as-you-go patterns, quilt kits.

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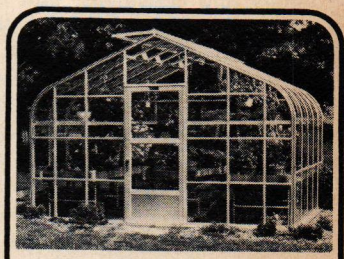

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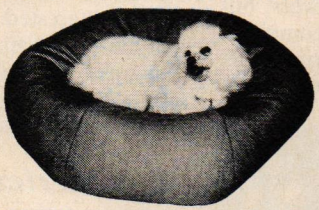

**PET NESTS** are a fabulous new idea. The natural way for your pet to sleep. Made of 100% Polyester, a material pets do NOT like to chew. Filled with styrene pellets, circular design enables your pet to curl, burrow or nestle into a draft-free hollow. Edge of nest forms a natural pillow. Entire nest washes easily. **Ideal for travel.**

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**PET NESTS, Suite D-1**
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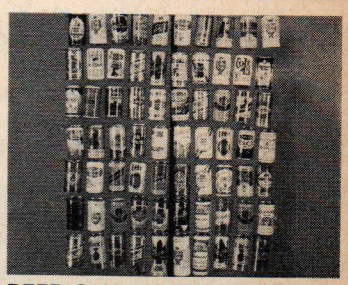

## BEER CAN "SHOW OFF" RACK

A perfect showcase for the Beer Can Collector's treasure-trove! 7'9" floor-to-ceiling extension pole comes with 3 removable racks . . . each rack holds 10 cans. Pole will accommodate up to 13 racks to display 130 cans, making the collection a colorful room recoration. Cans slip out easily for close-up inspection. No tools needed for assembling. A GREAT GIFT IDEA.

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**HOUSE OF MINNEL**
**530 Lark St., Dept. 537, Geneva, IL 60134**

By James Fanning

# Can spring be far behind?

Best flowers and vegetables to plan for this year's garden, the 1977 All-America award winners, and a book to help you pass the time

## Let your plants sleep late

With sap moving in the trees and sunshine getting warmer every day, it's only natural to want to be out there gardening. Take it easy, though—winter still has a few nasty blows ready for the unwary. If your garden is in a climate that demands winter covering for spring bulbs and perennials, wait until sprouts begin to poke up under the covering material before removing it. If your broad-leaved evergreens have been covered for the winter, remember that it is the parching wind and bright sunshine of March that damage still-dormant twigs and leaves. The covering should stay in place until the ground has completely thawed and plants can absorb moisture from the soil to make up for what they lose to the air and sunshine.

## With a fringe on top

Aptly named, the fringe tree, *Chionanthus virginicus*, is profusely decked in late spring with clusters of narrow-petaled creamy-white flowers. A native of the southeastern United States, it is considered by some European horticulturists to be one of the finest of all American flowering trees. It may be either a spready shrub or a tree 25 to 30 feet high, hardy as far north as Boston. Female trees produce dark blue, olive-shaped fruits in late summer. Male trees are said to have more flowers, but I've noticed that both sexes are completely covered with bloom at flowering time. The fringe tree likes a deep, rich, not-too-wet soil, and is subject to attack by the same scales that damage lilacs, but otherwise has few natural enemies. Since it drops very little in the way of litter, it is an ideal small tree for shading a garden bench or sitting area. Most nurseries grow fringe trees or can get them from wholesale growers if asked.

**Fringe tree is mass of bloom late spring. Narrow-petaled flowers give tree its name.**

## Help for city gardeners

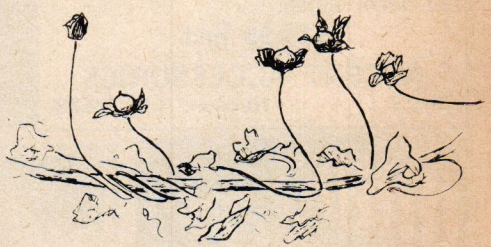
Best 1977 news so far is that the Federal government is preparing to help city gardeners. The United States Department of Agriculture is expanding its nutritional education program to include the growing of food crops on city lots. Six cities will be setting up pilot programs this year: Chicago, Detroit, Houston, Los Angeles, New York, and Philadelphia. In each, technical details will be handled by the Extension Service of the state university or agricultural college. If you live in one of these cities and want to know more about the program, call the local horticultural society, extension service office, or City Hall. Also, plans are afoot to succor the much-abused trees in our cities. The Urban Trees Act of 1976 (H.R. 15838 or H.R. 15660—but it will get a new bill number in the 95th Congress), will be voted upon sometime this spring. The act, if it becomes law, will provide funds for the maintenance of street and park trees in our cities. Trees, of course, are the first victims of straitened city budgets, so everyone interested in the urban landscape will be supporting passage of the bill. Congressmen really do pay attention to letters from constituents, so don't hesitate to write favoring passage.

## All-American winners

When you choose plants for next summer's garden, it's wise to make use of the experience of others whenever possible. All-American Selections has been at the business of distilling garden experience since 1932, and has a long list of successful plants to its credit. For 1977, the nation-wide panel of experts has selected 4 new vegetables and 4 new flowering plants to bear the A.A.S. shield. Leading the list is the cabbage *Savoy Ace*. Awarded one of the judges' rare gold medals, this is a cabbage of the dimple-leaved savoy type, maturing about a week earlier than other kinds and producing heads of 4 to 4½ pounds. Spinach *Melody* and pumpkin *Spirit* are also given high marks, while the hybrid squash *Scallopini* combines characteristics of the patty pan type with zucchini's colors. In marigolds, the large-flowered *Primrose Lady* and compact *Yellow Galore* have both been awarded bronze medals. The double-flowered, salmon-pink petunia *Blushing Maid* and compact rose-pink geranium *Show Girl* are also bronze medal winners. Winners can be recognized by the red, white, and blue All-American Award shield on seed packets and seedling flats. Look early, though—stocks are limited and are bound to be snapped up in a hurry.

## Winter reading

Crunching through snow, whether in high boots or on skis or snowshoes, can be a liberal education in botany. Those blackened stalks poking up out of the white drifts are all that remain of what were once lush green plants. If you look closely, and without preconceived notions of what bright colored flowers they may once have been, these dry stalks, strung with seed pods and the remnants of leaves, are truly beautiful. And, in their own way, they're even more interesting than when they were green and full of summer juices. One person who enjoys the beauty of plants in winter and delights in identifying them is Lauren Brown, whose enthusiasm has overflowed into a book. *Weeds in Winter* (Norton, $8.95), illustrated with line drawings by the author, includes 135 plants commonly found in the northeastern states, with a botanical key for the identification of each. The author's keen eye, deft pen, and lively way with words make *Weeds in Winter* a book to enjoy as well as to consult.



From "Weeds in Winter" (W.W. Norton)

## Infant care

*continued from page 68*

fants after birth. Lack of stroking and touching, she believes, may be one of the causes of colic, hyperactivity, infant allergies, and sleep and feeding problems.

An advocate of "family-centered childbirth," Dr. Rice would like to see hospital procedures changed to allow touching and stroking of all babies to begin immediately after birth with fathers participating as well as mothers. As she counsels, "A baby is not just a passive, unfeeling piece of humanity, it is learning and responding intensely right away . . . we have a great deal of influence over that response and we have to use it wisely."

Dr. Rice has put together a pamphlet and a tape with the stroking and rocking techniques for parents. The reverse side of the cassette has a recording of maternal heartbeat sounds. Dr. Rice believes infants are comforted by sounds reminiscent of the intrauterine environment; she has played such heartbeat tapes in hospital nurseries with 50 crying babies, and within 90 seconds, she reports, they all fall asleep. Unfortunately, this delightful response lasts only a few weeks! The pamphlet and tape are $12.95. Write to R.I.S.S., Inc., 6455 Meadow Road, Dallas, Tex. 75230. ELIN MCCOY

## Geraniums

*continued from page 76*

to turn yellow and fall off. Usually this is due either to overwatering or lack of air circulation in a high-humidity home. Pinch back and let the plant send out new shoots from below.

Yellow leaves sometimes also come from lack of fertilizer. When they are growing, strong geraniums need to be fertilized lightly every week or two. You can use any of the many available plant foods, but select one low in nitrogen, or you will end up with a lush green plant and few flowers.

*Miniatures:*

you can still find room for a bright geranium. The miniature varieties of *P. x hortorum* first bred in the late 1800s are still around, and as diminutive as ever. There's 'Black Vesuvius,' for instance, with single, bright orange-scarlet flowers. 'Pigmy' is another delightful dwarf; so are 'Fairyland,' 'Imp,' and 'Perky.' Pot them in 3-inch pots, and make sure their niche is sunny and cool. If there's no space left on the windowsill for even one 3-inch pot, these miniatures all do splendidly under fluorescent lights.

## Shopping information

*continued from page 173*

yd. From the "Small Talk" collection by Bob Van Allen for Riverdale. At Bloomingdale's; Rich's, Atlanta, Ga.; Strawbridge & Clothier, Philadelphia, Pa.

**"Arbor" glazed cotton chintz:** 54" wide, 27" repeat. With Scotchgard finish. About $7 a yd. By Jay Yang for P. Kaufman Fabrics. At Lord & Taylor; Woodward & Lothrop, Washington, D.C.

**"Snowflake" cotton sailcloth:** 54" wide, 6¼" repeat. With Zepel finish. About $7 a yd. By Bloomcraft. At Caldwell Alexander, Southampton, N.Y.; Home Silk Shop, Los Angeles, Cal.; Luxury Fabrics Co., Gastonia, N.C.

**"Malacca" cotton sailcloth:** 48" wide, 23" repeat. With Scotchgard finish. About $7.25 a yd. By Waverly Fabrics.

**"Silhouette" cotton and polyester fabric:** 54" wide, 25" repeat. About $11 a yd. Designed by Vera for Schumacher.*

**Chair and ottoman with Parsons legs:** Chair, 26½" x 31" x 34½" high, with loose seat and back cushions, about $255 as shown in corduroy. Ottoman, 23" x 22" x 14" high, about $139 as shown. By Shuford Furniture division of Century. At Belk, Charlotte, N.C.; Black's Casual Home Furnishings, Des Moines, Iowa; Living-Room Concepts, Framingham, Mass.

**Preston-style armchair:** 16" x 21" x 33" high. With Pineapple finish. About $129. By Hitchcock Chair. At Carafiols, St. Louis, Mo.; Marshall Field & Company, Chicago, Ill.; Stewart's, Louisville, Ky.

**"Bali" rattan loveseat:** 61½" x 33" x 29½" high. With canvas-covered cushions. About $359. By Burris. At Gimbels.

**X-based upholstered bench:** 22½" x 19½" x 19½" high. About $159.50 COM. By Kay-Lyn. Available through Decorator Showroom*, Seattle, Wash.; The George J. Kempler Co.*, New York, N.Y.; Vanleigh Furniture Showrooms*, Miami & Palm Beach, Fla., and Washington, D.C.

**"Host" highbacked oak dining chair:** 23½" x 21" x 39½" high. About $219. By Pennsylvania House. For store nearest you write Pennsylvania House, Lewisburg, Pa. 17837.

**Pages 140-141:**

**Plastic watering can:** In yellow (shown), green or white. $5. At Design Research.

**"Sav-A-Plant" soil moisture tester:** 5" high meter with 11" probe attached to 27" cord. Helps eliminate over- and under-watering. Place probe in soil for a reading of the moisture content—booklet tells you the water needs of hundreds of different plants. No batteries needed—runs on galvanic principle. $15. By AMI Medical Electronics. At Bailey/Huebner at Henri Bendel.

**Garden tools:** Pruning shears, 8" long, with yellow vinyl grip, about $6.25. "Wiss/Wizz" grass shears with floating blade action, about $7.75. By J. Wiss & Sons. At selected hardware and garden supply stores.

**Glazed ceramic wall or floor tiles:** 4" sq. x ⅜" high. From France. About $20 a sq. ft. At Country Floors.

**Metal table lamp:** With 45" arm reach, inner reflector, porcelain socket for cool performance. In 9 colors, $57; chrome, $115. By Luxo Lamp. At Charrette.

*Continued on page 214*


**TREES & SHRUBS**

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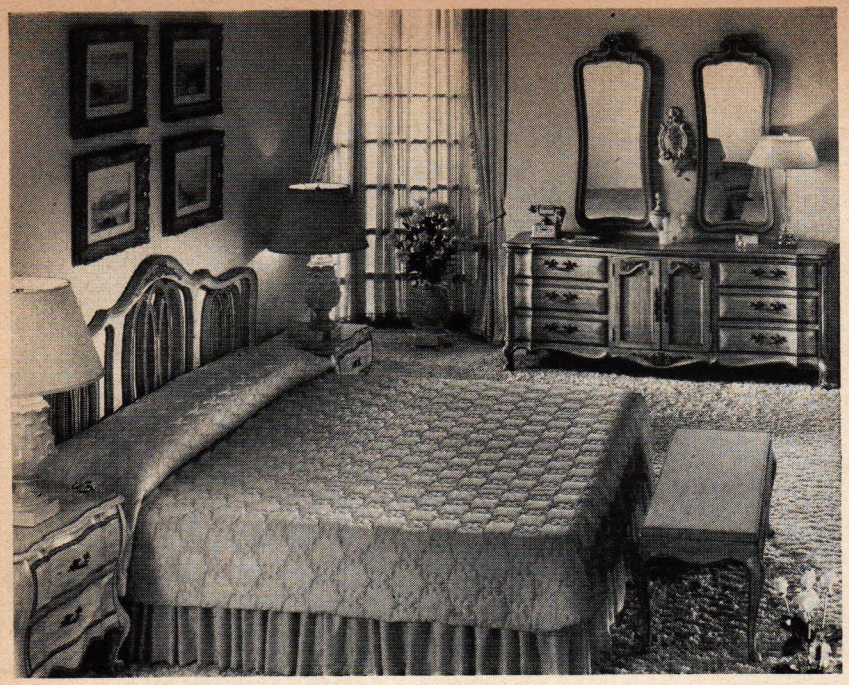

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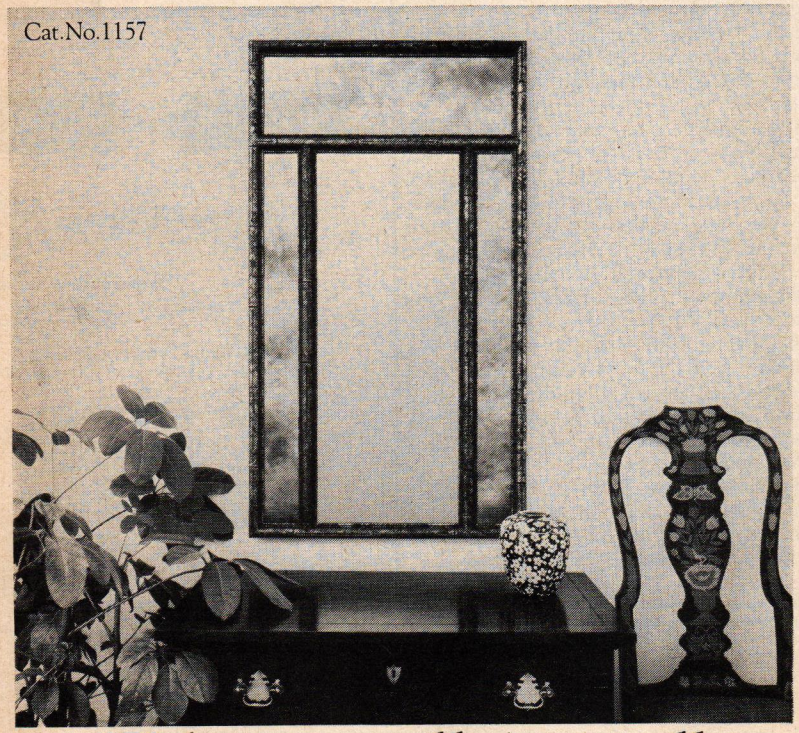


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**6. WROUGHT-IRON FURNITURE.** "The Worth of Woodard Begins With a Blacksmith" illustrates through color photographs wrought-iron furniture as a beautiful, versatile, durable, comfortable solution to both indoor and outdoor needs. Individual pieces catalogued on back pages. Lee L. Woodard & Sons. $3

**7. CREWEL FROM KASHMIR**—Traditional floral designs hand-embroidered in wool on handloomed natural cotton. Color catalogue shows pictures of designs and colors available in 50-inch-wide fabric for draperies, upholstery, etc. Also shown are readymade bedspreads, pillow covers, totes, chair seats. Gurian's. 50¢

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**9. "ALL CRYSTAL IS GLASS, BUT . . ."** there is glass and there is glass. Booklet gives an abbreviated wrap-up of the highlights of the types of finer crystal and glassware available today in the U.S. and Europe. Plus 5 hints to help you care for it. Fostoria Glass Company.

**10. FESTIVAL HOLLOWARE.** A whole new line of table beauty by WMF-Fraser's, makers of Festival flatware. It took carefree cromargan stainless steel and crafted it into a series of striking new designs shown in this brochure. Platters, servers, gravy boats, cruet sets, many with acrylic covers.

**11. ENTICING DISHES, DRINKS, PARTY TEMPTATIONS** inspired by Mandarine Napoleon, the spectacular tangerine liqueur, are part of this exciting booklet "Fire & Ice and Other Spectaculars!" Mandarine Flamed Spareribs, Chicken Breast Napoleon, crêpes, omelettes, and other such fancies are among the tasty recipes. Somerset Importers Ltd.

**12. BE A GOURMET AND STILL STAY SLIM.** These delightful booklets from the American Lamb Council help you do it. "Slim Down With Lamb" is a brief guide to good eating including suggested low-calorie recipes, and "Party of Two" gives quick and easy lamb recipes when "two's company and three's a crowd."

**13. "WHISTLE STOP RECIPES."** A collection of time-saving recipes for use with an instant hot-water dispenser is now being offered by In-Sink-Erator, manufacturer of hot-water dispensers. The recipe booklet features 20 new dishes.

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**15. "FOLIAGE PLANTS FOR MODERN LIVING"** contains over 125 full-color illustrations of useful and popular foliage house plants, accompanied by care instructions and suggestions as to their decorative uses. There is an index of common names, as well as a full section on the general care of indoor plants. Merchants Publishing Co. $2.95

## Potpourri

**16. SPRING FASHIONS,** exciting decorating ideas, name-brand appliances, and more, in Alden's 1977 Spring and Summer Catalogue. One of America's leading catalogue companies invites you to see its wide selection and low prices. $1

**17. "25 ENERGY-SAVING TIPS FOR:** Automatic Washers, Dryers, and Dishwashers." Saving energy means using appliances wisely! Although home appliances utilize less than 5 percent of all energy used in America today, it is important to use them wisely and efficiently for energy conservation. Maytag Company.

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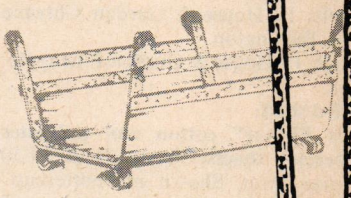

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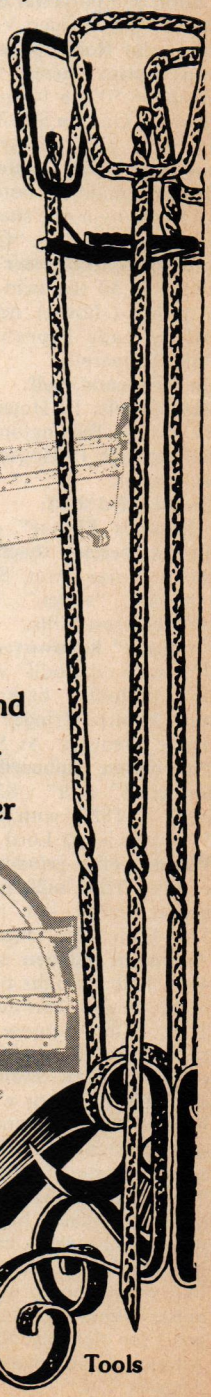

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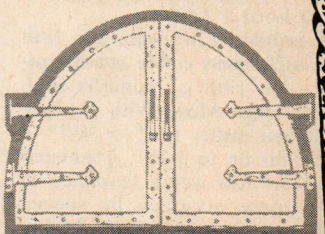

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**Tools**

Shopping information
*continued from page 211*

**Desk file:** At Design Research.
**Plastic desk accessories with rounded corners:** Letter tray, $17. Desk calendar, $11. Pencil cup, $7. Also available: Ashtray, $7. Memo holder, $7. Wastebasket, $32. All available in 7 colors. At Fuller Office Furniture.
**12"-diagonal black and white TV:** 16" x 12" x 11½" high, in high-impact plastic case. Solid-state chassis, VHF and UHF tuners, and 3-stage video IF. With regulated power supply. About $110. By Quasar.
**Tilted plastic wastebasket:** In yellow (shown), green, white, or black. $7. By Heller. At Design Research.
**Pinewood country writing desk:** 38" x 21" x 42" high. From England, c. 1890. About $595 as is. At Lord & Taylor.
**On the top shelf, from left:**
**Cotton and polyester no-iron sheets:** Shown in House & Garden Vanilla. By Wamsutta.
**"Innocent Rose" polyester and cotton no-iron muslin sheets:** (middle, top). From about $6.50 the twin-size sheet. Shown in House & Garden Sun Yellow, also available in blue, pink, neutral. **"Essex" Dacron polyester and cotton no-iron percale sheets:** (middle, bottom). "From about $7.50 the twin-size sheet. In yellow (shown), blue, pink, neutral. **"Galleria Stripe" cotton and Dacron polyester percale sheets:** From about $7.50 the twin-size sheet. Available in yellow (shown), neutral, "peach," green. All by Lady Pepperell division of West-Point Pepperell.
**On the second shelf:**
**Bath towels:** In House & Garden Chrome Yellow. By Burlington.
**Bath towels:** In House & Garden Pineapple. By Martex.
**On the third shelf:**
**"Halston's Flower" cotton and polyester no-iron percale sheets:** From about $9.50 the twin-size sheet. Shown in "buttercup" (shown), "violet," "clover," "tea rose." By Fieldcrest Mills.
**"Autumn" handwoven wool throw:** 54" x 72", with "daffodil" windowpane overplaid on "daffodil" basketweave background, hand-knotted fringe. About $45. By The Three Weavers. At Saks Fifth Avenue.
**Pine corner cupboard with blue-washed interior:** 48" x 29" x 83½" high. From England, c. 1820, with new hardware. About $1,950 as is. At Lord & Taylor.
**Walnut coffee-grinder:** European, late 19th c. $49. **White milk glass coffee crock canister:** Dutch, late 19th c., hand-lettered. $19. Both from Once More With Feeling.
**Automatic kitchen scale:** 6½" x 4¼" x 4½" high. Weighs up to 5 lbs., graduated in ½ ounces, can also weigh ½-ounce to 1 lb. with ½-ounce accuracy by special calibration. Reversible top—one side flat, other side deep. Shown in "buttercup," also available in red or white. Made in France. Part of The Museum of Modern Art's design collection. $17. By Terraillon. At Sujo's, Seattle, Wash.
**"Peanut Butter Machine":** 4" x 4¾" x 9¾" high. ABS plastic housing. Put roasted peanuts (or pistachios, cashews, or Brazil nuts) into hopper, set dial for the consistency you like, from smooth to chunky, and pure nut butter comes out of sprout. Grinder comes apart for cleaning. $19.95. By Salton. At B. Altman & Company; The Broadway, Los Angeles, Cal.
**"Geranium" vitro-porcelain dinnerware:** About $39 the 5-piece placesetting. By Villeroy & Boch, imported by Ceramar. At Rich's, Atlanta, Ga.; Sanger-Harris, Dallas, Tex.
**"Grip 'n Mix Bowl":** Of molded plastic, graduated inside to measure up to 3 qts. and up to 12 cups. Non-skid rubber base. In Pineapple (shown) or chocolate brown. $2.98. By Rubbermaid.
**"Købenstyle" enamel-on-steel covered stockpot:** 9 qt., $47.95. Many companion pieces. Also in red or brown. By Dansk International Designs. At B. Altman & Company.
**Molded plastic colander:** 11½" diam. In Pineapple (shown), burnt orange, or white. $1.49. By Rubbermaid.
**Measuring "Scoops/Spoons" set:** Of dishwasher-safe molded styrene. $1.49. By Ekco Housewares.
**"Marseilles" faïence dinnerware:** About $27.50 the 5-piece placesetting. By Longchamp, imported by Jacques Jugeat. At Foster's, Los Angeles, Cal.; Hoagland's at Mary Barlint, Greenwich, Conn.
**"Old Williamsburg" crystal goblets:** 6½" tall. $6.95 each. By Imperial. **"Lord Nelson" nickel and bronze alloy flatware:** With rosewood handles. $25 the 5-piece placesetting. By Fürst, imported by Ceramar. Both at Mayhew.
**Napkins:** from Henri Bendel.
**The stack of wallcoverings:**
**"Colgate" vinyl wallcovering:** 27" wide, 25¼" repeat. Correlated fabric available. About $21 a roll. By W.H.S. Lloyd.
**"Richard's Radish" and "Richard's Radish Patch"** vinyl wallcoverings. Both 27" wide, 30" repeat. By Instock Papers.*
**"Fret" vinyl wallcovering:** 27" wide, 7" repeat. About $12.50 a roll. By Richard E. Thibaut, at its retail department.
**"Belgravian Fret" vinyl wallcovering:** 27" width, 36" repeat. About $21.50 a roll. By Albert Van Luit & Co.*
**"Jill" vinyl wallcovering:** 27" wide, 27" repeat. About $33 a roll, 3 roll minimum. By First Editions Wallcoverings and Fabrics.*
**"Street Smarts" vinyl wallcovering:** 27" wide, 7" repeat. Can be printed in any colors on any ground. About $31 a roll on vinyl, as shown. By Designfriends.*
**KITCHEN SPEED-UPS**
**Pages 156-157:**
**Yogurt maker:** 9½" x 6" x 4¾" high. White and blue ABS plastic base, with 6 white-lidded glass jars. By Terraillon. Catalogue #3106B, $28 plus $3.20 shipping from The Horchow Collection, Dept. 04602, P.O. Box 34257, Dallas, Tex. 75234.
**"Culinaire" electric home food dehydrator:** 18" x 12" x 8" high. Oyster and lemon yellow cabinet, decorated glass door. About $80. By Grandinetti. Bloomingdale's.
**Nonstick cast-aluminum cookware:** Interiors have pewter-look SilverStone premium nonstick surface by DuPont that is smoother, thicker than other nonstick surfaces for easier care, better, more durable performance. Stain-resistant porcelain-clad exterior, flat porcelain-clad bottoms for use on glass-topped as well as other ranges. In beige with brown banding. 7-piece set—1-, 2-, and 3-qt. covered saucepans, 8¾" omelet pan, 9" and 11" open frying pans, 5½-qt. Dutch oven—$59.95. By Regal.
**"Bigtimer" multipurpose timer:** 6" diam. Can be set to ring at any interval from 1-60 min. In white or gold. For wall or countertop. By American Family Scale. $11.45 ppd. from House of Blanche, Dept. G, Box 463, Encino, Cal. 91316.
**"Chef" mixer:** 15" x 10½" x 21½" measured with bowl, blender. With 5-qt. stainless steel contoured bowl, 2 beaters, dough hook, about $225. 13 optional attachments. Made in England by Kenwood. Distributed by Aikenwood. At Bloomingdale's; Liberty House, San Francisco, Cal.
**"Convectionaire" gas range:** 38" x 25" x 46⅝" high. Forced-air recirculation is said to cut most oven cooking times about 33%, often lower cooking temperatures over those in conventional gas oven. Broiler always cooks at lower temperature, holds more food, is said to leave it juicier, more evenly cooked than in conventional broiler. Pyrolytic self-cleaning oven with window. With backguard, Lift 'N Lock top, removable spillover bowls for top burners, lift-off oven door. In coppertone, white, avocado, or gold. About $649. By Tappan.
**Frostless refrigerator with bottom-mounted freezer:** 32¾" x 27⅜" x 65⅞" high. With 19.0 cu. ft. capacity, including 5.9 cu. ft. freezer. With Power Miser switch. Said to be 15% more efficient in saving energy than similar bottom-mounted refrigerators whether all have power-saving switches in use or all do not. Select-o-Cube ice-maker that lets you select size of the crescent-shaped ice cubes. Adjustable shelves with Dyna-White coating that resists abrasion, corrosion. Porcelain-on-steel interior, acrylic-enameled exterior in white, gold, avocado, or coppertone. About $600. Available April at all Sears stores.
**Coffee grinder:** 6" x 6" x 8" high. With 12 coarse to fine Dial-a-Grind settings that can be preset. Coffee ground in only 15-20 sec. with hardened steel grinding wheels. Guide measures whole coffee beans in terms of tablespoons of ground coffee. Removable storage hopper holds up to ¼ lb. coffee beans, has airtight plug. In white, with 2 amber-colored storage hoppers. About $25. By Waring. At Bloomingdale's.
**Bakery-weight bakery tins:** Tin biscuit or muffin plaque, 12" x 17", makes up to 24 biscuits or muffins at once, $15. Tin mini-loaf plaque, 10" x 19½", makes up to 12 small loaves. $22. Hoan Products. Macy's.
**Aluminum dough and pastry handlers:** 13"-long blade, wooden handles. By Hoan Products. $11 ppd. from The Mousetrap, HG5, 25 Parkway, Katonah, N.Y. 10536.
**"Crock-Plate" high-temperature stoneware cooker:** 15" x 14" x 9" high. Two heat settings. Stoneware plate resists sticking, scratching, staining, and thermal-shock breaking. In "harvest," avocado, or "flame." By Rival. About $62.95.
**"3-Weigh" kitchen scale:** 10" x 3¾" x 8½" high. Of high-impact plastic. All washable parts dishwasher-safe. With precalculated calorie counter cards, 10 precalculated recipes. Made in Republic of Ireland. In white or "marigold." About $29.95. By Krups. At Bloomingdale's.
**"Chilling Well" chiller:** 26" x 15" x 16" high. "Ivory" and black ABS thermoplastic housing. No water connection needed—you fill unit with tap water, plug it into household outlet. Timer initiates filling, circulation of 34°-35°F water in chilling tank, stops chilling automatically. Bottled, canned, or plastic-bagged food or beverages or saucepans smaller than 8½" in outside diam. may be placed directly in chilling tank. Saucepans or gelatin molds up to 9½" may be placed on top of tank. By Thermetrics. $595 plus motor freight collect from Hammacher Schlemmer. ■

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