

for active ● young homemakers

SEPTEMBER 50¢

American Home

STORAGE

Build it, buy it,
find it where you
least expect it

A house with a
place for
everything

Embroider a
state-flower map

Personal records—
what to keep
and why

Olla Podrida—
Spanish meal
in a pot



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American Home

FOR ACTIVE • YOUNG HOMEMAKERS

SEPTEMBER, 1963 VOL. LXXI. NO. 7

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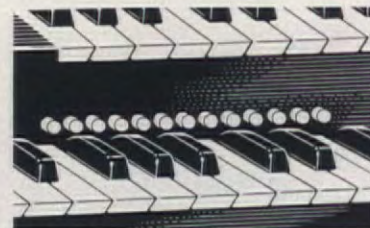
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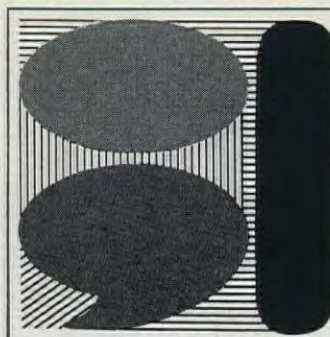
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DEAR READER

I think that I am on the brink of solving my personal storage problem. My wife Betsy is seriously considering opening an antiques shop and if she does, I stand ready to help her build up a rather unique stock. The items I have in mind to give her, of course, are not antiques in the true sense of the word but they are either older or look older than I am. Therefore, as far as I am concerned, they are "antiques."

As a start she can have 82½ cedar, louvered window shutters, circa 1880. These are in fair condition, many of the louvers operate, more or less, and they only require a little more sanding and painting. I would guess that anyone who is used to doing this sort of work can put one of these shutters in tip-top condition in a little less than eight hours.

I would also be willing to part with various items picked up during the past few years as potential light fixtures. There is a Connecticut River barge lantern, very rare, that has all sorts of uses once you figure out how to wire it; an old gaslight wall bracket that is wired and only needs some sort of mounting bracket; a lovely brass headlight from a 1912 Packard; and the starboard light from a yacht that went down in the hurricane that hit the East Coast in 1938. Also available is a milk can, the old heavy zinc-lined type, that offers many possibilities as a floor lamp, coffee table, or planter.

Then there is the schoolmaster's desk, oak and chestnut, that only requires a little more work and a set of legs; a large piece of solid pine, 2½" x 23" x 47", most suitable for a coffee table after you have taken out the slight warp and done some sanding; three large weather-beaten oak davits off a three-story boat that for reasons too complicated to discuss at this time rested in the backyard of a house we once owned; a pair of very old and very rusted fireplace tongs; a pair of equally rusted but not so old ice tongs; and a large meat hook. These last items would make interesting wall decorations once the loose rust has been removed.

I will also give her an interesting assortment of very old and wormy beams, each one probably at least one hundred years old, that are suitable for almost anything that comes into mind. And we don't want to forget three dozen assorted doorknobs, some porcelain and some glass, very old or so they look to me. Along with these are twelve old interior paneled doors, circa 1850. They need a little work but it is possible to get all twelve coats of paint off them because I have done six. It just takes time and a lot of paint remover.

As you can see, these are not the kinds of things a man would give or sell to just anyone, but Betsy is my wife. My collection has been around for a long time and it does take up an inordinate amount of space. Frankly, I just don't feel like refinishing 82½ cedar, louvered window shutters, circa 1880. Once you've done one shutter you've had it. And I guess I'm equally bored with the other items. So she is welcome to the whole lot and while it will be sad to see them go, it will give me some space to store some really worthwhile items I have in mind—some three-foot-long cast-iron factory bench brackets, circa 1890, for instance. With a little work, they could be made into interesting outdoor light fixtures.

HUBBARD COBB
EDITOR



Magee Ends An Early American Cliché

You see it in almost every Early American room: the rag rug. Or Williamsburg blue carpet. They're correct. But routine.

Be adventurous. You wouldn't have Early American furniture if you were humdrum. Pick a color as fresh as pumpkin. The pioneers used it.

Magee does, too. In The Flair of 1776 Group. Nubby tweeds and shaggy shags that almost look homespun. Colors that cast a rich glow. Yet so strong and rugged they'll stand up to anything. Thanks to Acrilan® acrylic fiber. Acrilan® is perfect for Early American rooms that are lived in—not just looked at. So be original. Add "Flair" to your home. They're made with the care Magee is known for.



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“How Whirlpool’s new automatics reduced my ironing time, thereby cutting my labor costs and increasing my profits.”

Back in the old days, when I started taking in laundry, everything was done by hand. And believe me, life wasn't easy then. Of course, when automatics were invented my business changed completely. I was able to turn out much more wash with much less effort. And since I was earning more, I was able to hire someone to do the ironing for me. But the addition to my payroll, while making my life easier, cut into my profits.

Then permanent press clothes came along. They should have been quite a boon to me, but my automatics weren't set up to handle them. As a result, the clothes still came out with wrinkles and had to be ironed. So my business went along at the same even level, at a time when the general economy was rising. Now Whirlpool has stepped in and made me a true American success story. They've developed a washer and dryer with



special cool-down cycles that, for the first time, treat permanent press clothing the way it should be treated. So it comes out with creases and pleats as sharp as new. And fabric surfaces smooth.

Not only that, the dryer has an exclusive feature called Finish-Guard* that keeps the wrinkles out after the cycle is completed.

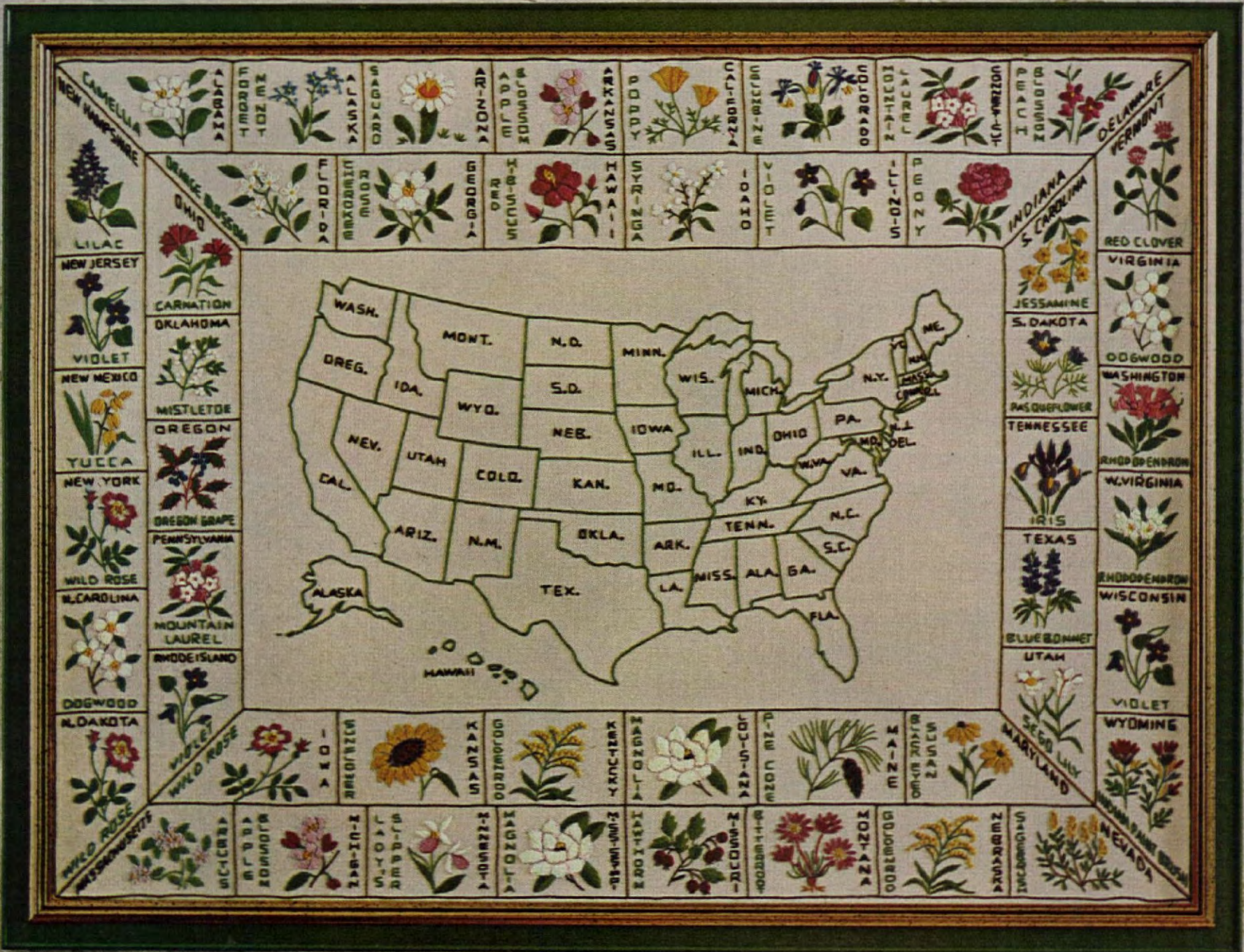
As a result of these developments, I was able to cut

 **Whirlpool**
CORPORATION

my staff to the bone. Just me and my Whirlpools. And now the clothes are coming in and going out like an assembly line. And I'm building up a nice little bundle for my old age.

If you're tired of ironing, you ought to get a set of these Whirlpool automatics yourself. Although maybe I shouldn't say that. Because if enough people buy them, it would put me right out of business.

*TM



By Dorothy Lambert Brightbill

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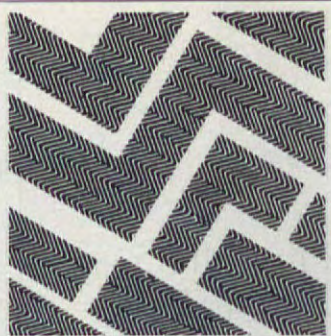
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THE MOST FROM YOUR AUTOMOBILE

By WILLIAM J. TOTH

SAFE DRIVING BEGINS AT HOME

Little do we realize how much we are imitated as adults by the younger generation—especially our children. Unfortunately, many parents think that learning takes place only when specifically planned in a formal way. Actually a great amount of learning takes place in the home and its environment during situations never planned as learning experiences.

Educators have long known that the learning process starts long before the child reaches school age. From the many things a child hears and sees at home, in a car, on television, he begins storing knowledge and building attitudes.

HOME INFLUENCE

As we know now, three factors make up a driver—skill, knowledge, and attitude. Each of these is developed to a degree in our children before he or she reaches the legal driving age of the state. Following are typical examples of how parents may unwittingly set a bad example for their children.

Many parents will permit a child to sit on their laps and steer the car. They are developing the child's skill to a degree but overall they are showing a disrespect for the law.

When questioned by a son on the knowledge of the law, many parents will answer with an opinion rather than fact. Surveys show that the average driver does not know the motor vehicle code completely.

When questioned about a proper attitude, parents realizing its importance will usually express complete support of good attitudes but their many actions fail to affirm this belief.

With these three factors well on their way to being established in children by parental

influence, teachers of driver education in our schools find points of conflict with their students.

Of the three, attitude seems to be the biggest problem. Attitudes are "caught rather than taught" and everything a parent does sets up a pattern for his children. From birth, parents immediately influence the attitudes of their children.

Following are a number of situations from which young people form opinions, develop attitudes, gain knowledge, and generally adopt guidelines for future living. How many have you been involved in, and how did you react?

SPEAKING OF SPEED

You are in a hurry to get to the store before it closes and as you drive, your son points out that the speed limit is 35 and your speedometer shows 45. You say it is all right to drive a little over the posted limit if traffic is light—or if no police are in sight.

Is this the same excuse you will accept years later when your son gets picked up on a speeding charge? What will your answer be then?

ONE MORE WON'T HURT

You have guests over and just before they depart you offer them a nightcap "for the road." They decline but you insist, claiming that one more won't hurt. They accept.

Years later your son drives home from a party and when he comes in you detect alcohol on his breath. How do you convince him of the dangers of drinking and driving?

RESPECT FOR THE POLICE

You have been pulled over to the curb by a local police officer for a moving violation that just minutes before your son had warned you about. You suddenly realize you are about to get your first ticket. Do you argue with the police officer or hint that you know the mayor? Do you show any discourtesy to him while he writes the ticket?

Some time later you hear your son remarking about how "cops pick on teenagers," and how they can be "bought off." How do you answer him if your conversation with the police officer set a bad example?

CIVIC RESPONSIBILITY

You have just received a ticket and you know you are guilty. Your clean driving record is at stake. Do you call influential friends to get the ticket fixed? Or do you take this occasion (continued on page 72)

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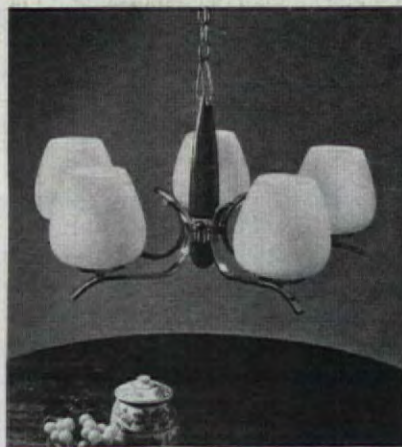
Take a good look at some of those old fixtures that came with your home or apartment. Isn't it time for a change?

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TOTAL UPHOLSTERY? We've seen upholstered tables and upholstered chair and sofa legs but never until now, an upholstered ceiling. According to the Conwed Corporation's Ceiling Design Center, it's easy to have one if you have a suspended grid ceiling because you can cover one or more of the removable panels with fabric. To upholster, cut fabric about three inches larger than panel all around, put panel face down on the fabric, and staple in place. We'd like to see a checkerboard design of plain white and lemon yellow panels, or a ceiling upholstered to match a drapery print.

MINI PAINTINGS? As everyone knows by now, fashion is notoriously fickle. Whether it's skirt lengths or wall decorations, the pendulum swings regularly from long to short, from maxi to mini. Maxi or king-size paintings succeeded the so called "gallery" wall (an assemblage of paintings, prints, and what-have-you's) until paintings were so large they turned into wall coverings that reached practically wall-to-wall and ceiling-to-floor. The reaction to these super paintings is a shift to minis or miniatures. The proof? At New York's Grace Borgenicht Gallery artist Bolotowsky now sells the mini studies he makes for his paintings. They're tiny squares and circles of brilliant color and Mondrian-like designs. And Lancaster, Pennsylvania, artist Margaret Lestz recently sold 51 four-by-four-inch minis in one day. From the Arabesque Original Oil Painting Collection, signed one-of-a-kind canvases are priced from \$14.95 to \$39.95. Minis look best on tabletop easels rather than grouped on a wall.

"WHAT'S IN A NAME?" we asked Robert I. Lauter, Senior Vice President of Macy's, New York. We were referring, of course, to Macy's policy of promoting home furnishings name designers. Our definition of a name designer is one who's sufficiently well-known to make his name droppable—like Pucci. Up to now there haven't been too many in the home furnishings field. "Names are important," said Bob Lauter. "People today are more interested in personality than in product. Traditionally, the home goods industry has hidden its designers under a bushel—preventing them from developing a name. I think this was a serious mistake, because it's the designer's name, his signature, that tells our customer the product she's buying is right; his name is our customer's assurance of good taste, exactly like a brand name is her assurance of good quality in merchandise. By forcing its designers to work incognito, the home furnishings industry has lost some badly needed talent. We hope to reverse this trend with our name designer program. Right now we're involved with a group of young European and American designers (among them Terence Conran, Robert Carrier, and Robert Sonneman)." See *American Home* next month for an apartment designed by Conran.

Look for merchandise by name designers the next time you're shopping for home furnishings if you want the same assurance you get from a scarf signed Gernreich, Givenchy, or Saint Laurent, a perfume labeled Chanel or Dior.

MALI or MALIMO. Watch for it in the drapery or linen departments of your local store. This fabric is not a weave or a knit; it is really made by a sewing process, hundreds of tiny sewing needles threaded with a fine yet strong thread. Yarns, synthetic or natural, are laid out side by side on large trays and the needles sew through them all, locking them into one large sheet. The Malimo machine can produce patterns that the conventional looms cannot. For instance, a case-ment drapery can have horizontal stripes that seem to float on air; another can appear very loosely woven, yet won't stretch or sag. Almost all Malimo fabrics can be machine washed and dried. Tablecloths in Malimo offer practicality with unusual looks.

Vera D. Hahn

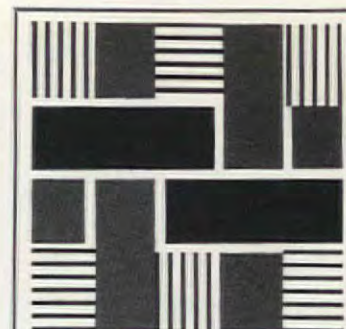
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By VIRGINIA T. HABEEB

BUYER'S GUIDE TO VACUUM CLEANERS

Some families prefer one vacuum cleaner that does everything; others, a sturdy, basic cleaner with one, two, or even three supplemental helpers located at strategic points throughout the house. It's all a matter of what works best in your house . . . with your furnishings . . . the way you like to clean. Plan the equipment that's best for you from our guide below:

ALL-PURPOSE VACUUM CLEANERS

Start with one of these two types as your basic cleaner.

Upright Vacuum Cleaner

Use it for: Rug and carpet care. The upright vacuum cleaner combines suction with a brushing and/or beating action to clean both surface and deep-down dirt from your carpet.

Buying points to look for:

Easy maneuverability.

A dirt bag designed so that the incoming air doesn't enter directly into the bottom (where previous dirt has collected). In most cases, it is directed into the top of the bag, falling to the bottom.

Air brought into the cleaner with dust and dirt needs filtering before it is returned to the room. In all uprights, the dirt bag acts as one filter, many cleaners have additional filtering action built in.

A low silhouette so that the head of the cleaner can get under furniture.

Headlight bumper guard and adjustable handle.

Special upright features include:

An adjustment for the nap or pile of the carpet—so that both deep-pile and regular-pile carpets will be well cleaned.

Adjustable cleaning brush that can be lowered as it begins to wear, giving longer cleaning life to the brush.

Two fans in the motor to create even distribution of suction along cleaning nozzle.

A signal that tells you when the dirt bag is full (vacuum cleaners lose efficiency with a full dirt bag).

Automatic cord rewind.

Cleaner can be used as blower.

Tools for above-floor-cleaning. Most upright cleaners can be converted to use with cleaning tools for above-the-floor cleaning. These attachments are usually not as efficient as those of the canister-type cleaner because the motor that creates the cleaning suction is designed also to operate the carpet-cleaning brushes and beaters.

However, some uprights have special-design features to make their tools work more efficiently. One cleaner has two separate motors—one for the brush and beaters and one to create cleaning suction, giving full canister-type suction for your cleaning tools.

Other cleaners have a two-speed motor, or separate suction controls to vary suction force. These features also improve tool efficiency.

Canister Vacuum Cleaner

Use it for: Versatile, all-around household cleaning. It is a compact box, tank, or round unit used with hose and tools to clean rugs and carpets, bare floors, tables, walls, blinds, etc.

Buying points to look for:

A good selection of cleaning tools. These should include—a dusting brush, an upholstery and fabric nozzle, a crevice tool, a floor and wall brush, and a rug-cleaning tool (often the two latter are combined in one dual-purpose tool—both should swivel for top cleaning efficiency). In addition, you want a good, strong flexible hose (6 to 8 feet long) and an adjustable wand. Other tools you may or may not find include sprayers and de-mothers (to use with blower outlet), rug shampooer, etc.

Special carpet-cleaning tools have been designed in an effort to give the canister upright efficiency: A separate electric motor-driven brush in the carpet cleaning tool or air-driven vibrators that beat the rug.

Good mobility. Large, easy-rolling wheels or casters (or even a canister that floats on air!), a bumper guard all around the unit, easily maneuvered hose connection (some canisters have swivel tops for hoses).

Adequate-size dirt bag; easy to put in and take out. Good filtering. (continued on page 76)

PUT IT ON YOUR HOUSE AND FORGET IT!

Vinylized SIDING

by Mastic Corporation

It's the finish that counts and VINYL IS FINAL! The superiority of Vinylized Siding is due entirely to the quality of the finish. Weatherometer tests indicate the thick, tough, durable VINYL finish, fused to strong metal panels, will last more than 50 years with no appreciable signs of wear (more than twice as long as ordinary factory-applied finishes). Vinylized Siding stays beautiful, frees you of periodic repainting and costly maintenance for years to come!

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Doctors Find Way To Shrink Hemorrhoids

And Promptly Stop Itching, Relieve Pain In Most Cases.

Science has found a medication with the ability, in most cases—to stop burning itch, relieve pain and actually shrink hemorrhoids.

In case after case doctors proved, while gently relieving pain and itching, actual reduction (shrinkage) took place.

The answer is *Preparation H*®—there is no other formula like it for hemorrhoids. Preparation H also soothes inflamed, irritated tissues and helps prevent further infection. In ointment or suppository form.

BATHROOM DRAINAGE PROBLEMS?

CALL YOUR LOCAL

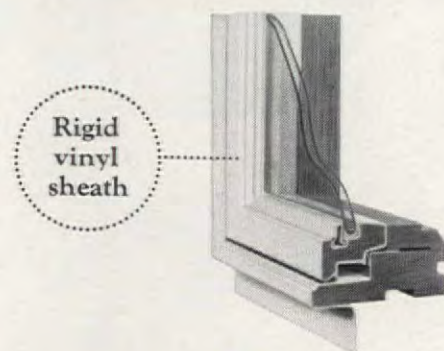
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FOR ANY DRAINAGE FAILURE

New windows that don't need paint!

Nor putty, nor storm windows . . . that won't warp, rust, dent, corrode nor need scraping, or repairing.



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New Andersen Perma-Shield Windows

Developed by Andersen for the low-upkeep home



as Alice observed
to the White Rabbit:

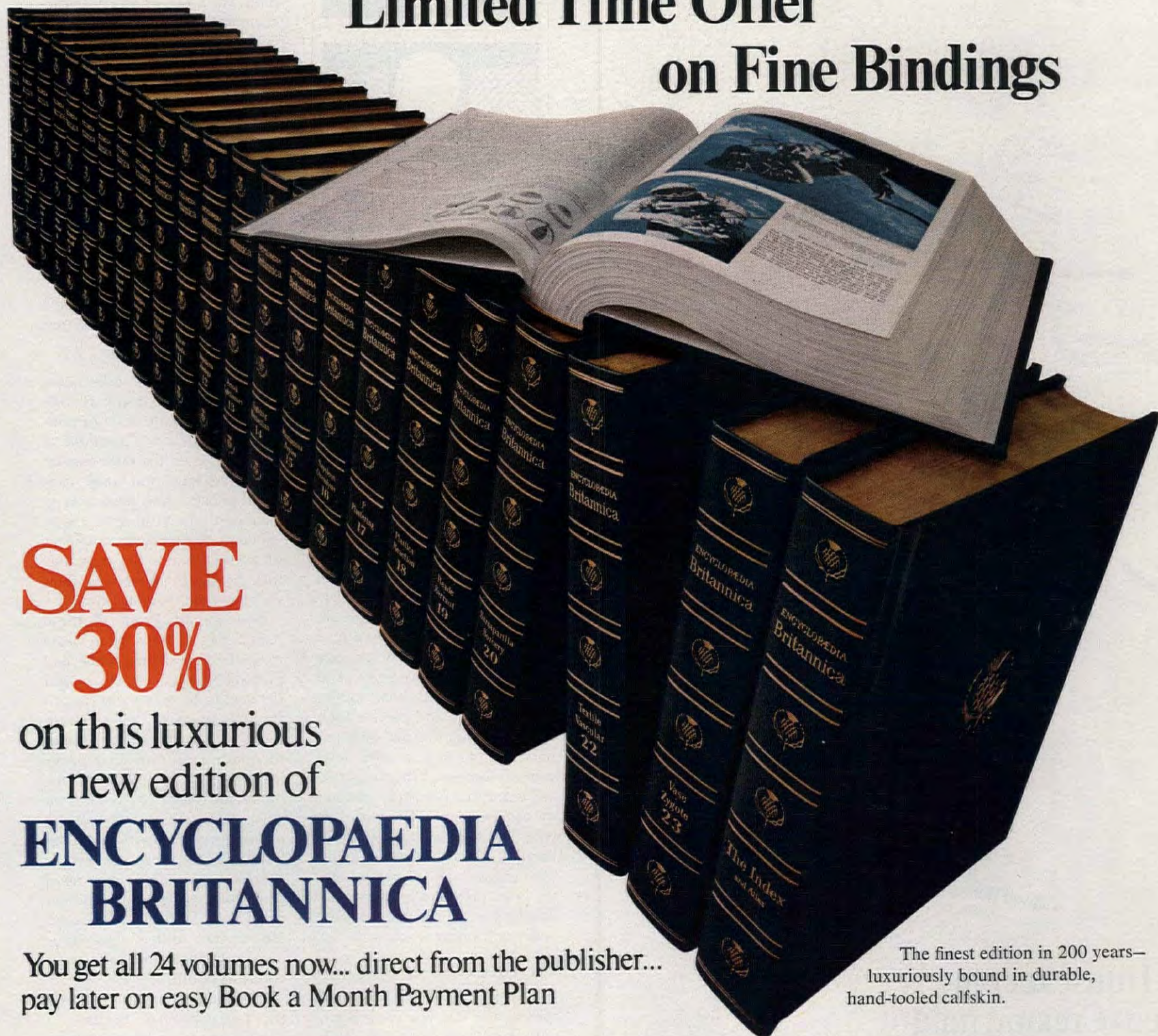
as Alice observed
to the White Rabbit:

Truly,
a PPG looking-glass
marvellously transforms
an entrance hall



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SAVE 30%

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Yes, in honor of our 200th Anniversary Celebration, Britannica is now offering generous discounts on its fine, richly gilded leather bindings—for example, you can save 30% on this luxurious edition of Encyclopaedia Britannica, bound in durable, hand-tooled calfskin. This latest edition of Britannica—the greatest treasury of knowledge ever published—is being offered on a remarkable direct-from-the-publisher plan.

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on convenient budget terms. It's as easy as buying a book a month.

Thousands of Subjects and Illustrations For Homework and Household Help

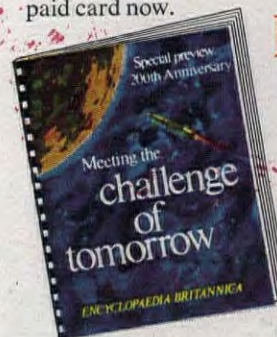
In the new edition of Britannica, you will find thousands of subjects that you and your family will refer to in the course of your normal day-to-day affairs. For example, you'll find special articles on household budgets, interior decorating, medicine and health, home remodeling, and child care.

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Also, may we send you our special new 200th Anniversary Preview Booklet which pictures and describes the latest edition? For your free copy and complete information about this dramatic discount offer on our fine bindings—**available only during this year**—simply mail the attached postage-paid card now.



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Ivory Liquid goes further... that's why it's cheaper to use!

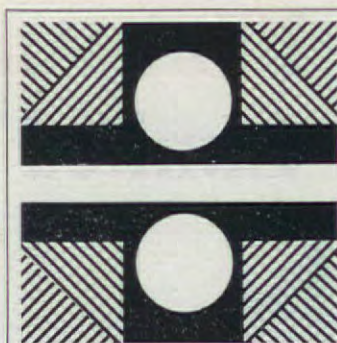


★
Good Housekeeping
GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER

Good Housekeeping is satisfied: Creamy, mild Ivory Liquid washes more dishes per penny than so-called "bargain" brands!

The average "bargain" brand looks like more for the money — but dishwashing tests show it doesn't last as long. No more suds. No more dishwashing. But richer Ivory Liquid keeps on going strong long after "bargain" brands are through. That's why Ivory Liquid is actually cheaper to use! The bigger your family the more you save!

You don't have to give up mildness to save money!



MONEY MANAGEMENT
By MARY FEELEY

WHAT RECORDS TO KEEP AND WHY

We live in a world of paper. Millions of pieces of paper a day are written on, filed, mailed, duplicated, printed, saved, or thrown away. Even in our own homes we are confronted with more pieces of paper than we care to think about. As a result, we are faced with the almost daily decision of what to save and what to throw away. And there's no one rule that applies to all the bits and pieces. Each of us must shuffle our own papers and make our own decisions. However, there is one key word that may help you out of the dilemma. The word is *why*. Ask yourself why you are keeping a voucher or a receipt. The answer determines where, for how long, and perhaps how you keep it. Know your reasons and you'll know what to do.

THE FOREVER FILE

This is a personal file that started, the day you were born, with your birth certificate. With that should be your marriage certificate, if any (and divorce papers, if any), and your Social Security card. If you carry your card with you, be sure the number is listed here. Insurance policies belong in this file along with any claims you might have made, your Armed Forces Service records, and your passport. You should also keep a record of family "inoculations" along with the dates. If you have made a will keep a copy of it in this permanent file.

There are other papers you should keep in this file depending on individual circumstances.

INCOME-TAX DATA

The reason you keep a year's worth of vouchers, receipts, bank statements, medical bills,

and so forth is, of course, for your income-tax report. These are all your documents of proof — so necessary whether you prepare your tax or have an accountant do it for you. The IRS is demanding more and more *proof* paper every year. The blanket rule is to keep everything pertaining to income and a record of every kind of expense that might be deductible.

Charitable donations are scrutinized by the IRS so it's smart to pay them by check. And don't be afraid to write the details on the check. It's a good habit to acquire, especially if you're too busy to fill in the stub. You may write anything on a check, as long as the pertinent information is in its proper place.

Sales taxes may also be questioned if they look out of balance. If you made an enormous purchase, such as a roomful of furniture, keep the sales checks, the price tags, and your canceled checks. And always keep all records pertaining to medical costs. Just a few more pieces of paper for the file, but they may be worth more than their weight in money at tax time.

You should keep all these papers for at least three years from the April filing date and preferably longer. Before you do decide to toss them out go through them carefully in case there is something that applies to another area of your paper life—such as a paid bill for home repairs or old records of stock transactions that may be of long-term importance. The last thing to throw away is a canceled check. You may need proof of payment of a bill or debt long after you consider the matter settled. Use your own judgment, and hang on if you're in doubt.

Keeping records for income-tax purposes has become a habit with most people. Even teenagers and college students with summer jobs learn at an early age to keep records of their earnings and expenses. Most of them pay no tax but many must file tax reports.

WHY KEEP INVESTMENT RECORDS

For income-tax purposes, for one thing. And here is where the files begin to cross over and some papers that seem to be of ephemeral value really are not. They should be transferred to a more permanent file after they have served their initial purpose. Investment records are such papers. A listing of all stocks and bonds and all real estate property, with all pertinent details, is necessary for the evaluation of your (continued)

THE KID-CUSHIONED FLOOR^{T.M.}

Introducing: The Kid-Cushioned Floors.TM

What do we mean by Kid-Cushioned?
Beauty that's more-than-skin-deep.
Kid-Cushioned Floors
aren't just plain, ordinary vinyl.
Not just cushioned vinyl.
But *improved*
Congoleum-Nairn cushioned vinyl.
With extra vinyl to cushion its beauty
against the beating floors take from kids
... *better than other floors.*

They have the-cushion-in-the-middle.
So when your children jump-up-and-down,
slam, bang,
and rough-house,
the cushion "gives".
Then bounces back to
its original beauty.

Scuffs? Scratches? Marks?

Forget 'em!
Our vinyl is tougher & thicker.



Spills? Dirt? Accidents?

Forget about *them*, too.
Kid-Cushioned Floors
come clean fast!
Household spills
can't be absorbed
on our textured surface.
Accidents wipe up quickly & easily.
(No special cleaning techniques
are needed!)

"My, what a warm, quiet room..."

It's true. Kid-Cushioned Floors insulate.
Help make rooms warmer and quieter.
Yet Kid-Cushioned Floors never cost more and
usually much less than their imitators.

How's 130 for choice?

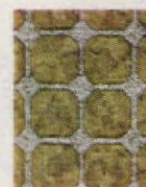
Kid-Cushioned Floors come in
130 color-pattern combinations that
can take a beating... *without showing it.*
130 fashionable floors for families.
Far more than any other brand.



MOTHERS BEWARE:

There's only one KID-CUSHIONED FLOOR.
It was invented & perfected by us:
Congoleum-Nairn.
Only one man can show it to you.
Your Congoleum-Nairn Dealer.
(He's in the Yellow Pages.)

Free: "50 Kid-Cushioned Decorating Ideas!"
A 16-page color booklet to help make your home
a beauty... that can take a beating. Write
Congoleum-Nairn, Box 363, Kearny, N.J. 07032



Casa Grande®



Georgian MarbleTM



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Congoleum-Nairn

Village SquareTM, Comfortflor® Cushioned Vinyl: Copper



(continued) estate. Also, any IOU notes you may have that are collectable or payable. At your death, new values may be set on investments and properties but the listings are most important. They should be reviewed and brought up to date at least once a year. Interest slips on savings accounts sent to you from your bank should be transferred here after tax time. Dividends from stocks and bonds

should be listed separately and kept here also.

HOW ABOUT GOVERNMENT BONDS?

They should be in your investment file too. But if they are in a safe deposit box, keep a complete listing of them in your possession—the issue date, the complete serial number, the denomination of each bond, and the

name of the co-owner. (The co-owner may be unaware of his co-ownership.) You'll need this data for three reasons: For your income-tax report (another crossover); for a gift tax report if you give them to various relatives and their value exceeds your exemption; and lastly, if they are destroyed or lost they can be replaced quickly when you have the necessary information—other-

wise it could take six months or more.

THE GIFT HORSE

When stocks and bonds are given outright as gifts, all the information is necessary to the person receiving them. If you are the happy recipient of a gift of this nature you must know the original purchase price and the date of the purchase even if it may be embarrassing at the time.

If you sell your stocks you must pay a tax on any amount realized over the original purchase price. This holds true of any gift of property or real estate. Therefore these papers are most important. If you are the donor of such gifts you may have to pay a tax on a gift of over \$3000 given to one person. You also have a lifetime exemption of \$30,000, but it's smart to keep all records anyway.

If you give valuable property to charity or a museum (such as antique furniture), have it appraised before you give it away. And keep the appraisal. These become deductible items when you give them away as contributions or donations. They may also apply to your gift tax report.

IT TAKES A HEAP OF FILING

There is another whole set of records that is vital—those papers concerning you as a home owner. The deed of property, title policy, insurance policies, the mortgage, even the legal fees attendant upon the purchase of the house, are necessary documents for income tax and estate tax purposes. If you make any improvements or repairs, the costs and details of these transactions should be carefully kept. These costs may become part of the cost when you compute capital gains and losses. Record the day, month, and year you acquire or sell property, the gross sales price, depreciation, cost or basis of improvements, and the expense of the sale. Each of these items requires explanatory papers that must be kept in case they are needed as proof.

If you are self-employed, or use part of your home as an office, you will need to refer to your home file in order to take the proper deductions for space and services used. This is another instance where one file leans on another.

ORDER OUT OF CHAOS

A man is truly a mass of documentary evidence from the day he is born. Our complex society demands it. With all our technological skill, we have devised nothing better for proof in vital matters and matters of financial import than pieces of paper.

Someday we may have instant microfilming and all your information will fit into the palm of your hand. But in the meantime, create order out of chaos—and file those papers!

Mary Feeley has her own Family Financial Planning Service in New York City and is author of Associated Press's syndicated column, "Live Within Your Income."

Smirnoff



Rudi Gernreich fashions the breathless scene. And women start turning up in colors beautiful enough to drink. Bloody Mary Red. Blizzard Lime. Screwdriver Orange. Mule Copper. And Martini Silver. Pick your favorite Smirnoff drink. Then pick a woman to match.



Smirnoff Vodka leaves you breathless.

The Summer-Winter Window

IT'S A CLEAR CASE OF MAN'S ULTIMATE VICTORY OVER STORM WINDOWS.

After generations of attacking all the other evils that beset mankind, science has finally done something about storm windows.

The year 'round Summer-Winter Window is the result.

In its own way, the Summer-Winter Window is a major technological breakthrough.

It means you'll finally have space in the garage for something besides storm windows. It means you won't have to risk your neck climbing around on ladders.

It means you'll be able to enjoy autumn and spring.

HOW IT WORKS

Like many important discoveries, it's simple in principle. The Summer-Winter Window has a wood sash with two panes of glass separated by an air space.

Because the sash is made of wood, there isn't any of the sloppy condensation that comes with metal.

Metal, you see, quickly transmits changes in temperature. That means when it's cold outside, metal windows get cold inside—and moisture condenses all over the place. You end up with water running down your walls.

Wood, on the other hand, is a terrible conductor of heat and cold. So it stays dry.

That air space between the panes in the Summer-Winter Window acts as insulation. So you don't need storm windows anymore. In winter, the air space keeps cold out. In summer, it keeps heat out.



WASHDAY MIRACLE

If you're a woman your real problem with windows, storm or otherwise, is washing them.

That's especially true if you like the kind of windows with lots of little panes. There really isn't any good way to clean in all the corners.

Now the people who make wood windows have eliminated the corners. All but four of them.

Instead of a bunch of little panes, many wood windows are now a single large one. That's a lot easier to wash.

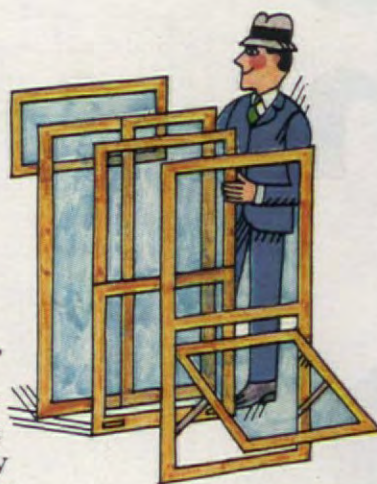


You can still get the *effect* of segmented windows, however. Grilles, strips of wood that divide up the glass, snap out in one piece for easy window washing. After you're finished, the grilles snap back in.

There are even ways to wash the outside of your windows from the inside. Some have the window on a pivot. Others let you take the whole window, sash and all, out of its frame, wash it, and put it back when you're through.

A WINDOW IS FOREVER

Once you settle on your style of wood window, you'd better like it because it's going to last for a long time.



The same geniuses who invented the Summer-Winter Window have also figured out all kinds of ways to make it last. They've worked out

construction techniques and chemical treatments that make wood windows as solid as a tree.

WINDOW SHOPPING

Ask your architect, builder, or lumber dealer about the Summer-Winter Window. Tell him you don't want to change storm windows anymore. Tell him you want a window that's convenient, that looks attractive, that's well insulated, and that lasts.

Tell him you want wood.



You'll find the better homes in your neighborhood have wood windows. Pull back the drapes in some model homes and apartments to check.

And give three cheers

for the miracles of modern science. Ponderosa Pine Woodwork, 39 South LaSalle Street, Chicago, Illinois 60603. A member of Forest Products Promotion Council.



Ponderosa Pine Woodwork

stop
the
itch!



From the inside out. The summer sun and wind can dry out a dog's coat and skin. Just a squirt of Pet'm Coat & Skin on his food every day gives him polyunsaturated fatty acids and vitamins to build a softer shinier coat and guard against dry itchy skin. It supplies vital nutrients many dog foods lack.



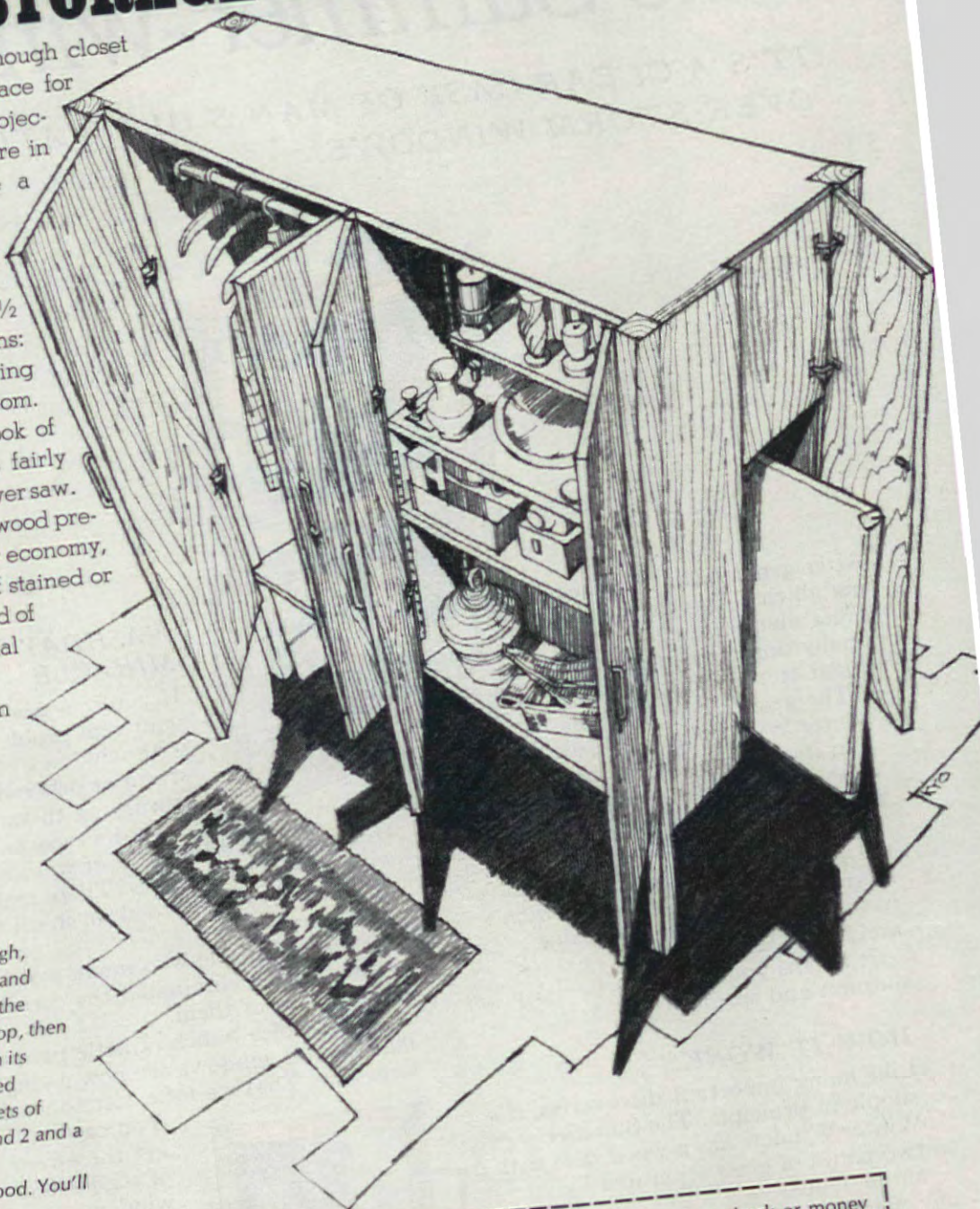
From the outside in. Let Pet'm Shampoo (in an unbreakable plastic bottle) wash those itches away. And give your dog a fresh clean smell again. Head off itches between baths with Pet'm Flea & Tick Spray.

Now at drugstores and pet counters.

Pet'm

BUILD THIS HANDSOME DIVIDER-STORAGE UNIT

Most houses have barely enough closet space. Once you find a place for the card table, the movie projector, and guests' coats, you're in trouble—unless you have a handsome, roomy storage divider like this one for overflow. Shelves are adjustable; closet space, 2½ feet wide. Possible locations: between living and dining rooms or in the family room. Don't let the furniture look of this unit scare you. It's fairly simple to build with a power saw. Or, you could have the wood pre-cut at a lumberyard. For economy, the unit can be made of stained or painted plywood instead of the veneered material shown in the photograph. Use the coupon below to order plans.



Unit is 6 feet 8 inches high, 5 feet 9¾ inches wide, and 2 feet deep. Plan to do the cutting in your workshop, then assemble the divider in its final location. Illustrated version requires 4 sheets of veneered plywood, and 2 and a fraction sheets of regular ¾-inch plywood. You'll have some scraps left over for other projects.



Fill out coupon and enclose check or money order. New York State residents please add sales tax. Allow 3 to 4 weeks for handling and mailing. (Sorry, we are unable to handle Canadian, foreign, or C.O.D. orders.) To avoid delays, please indicate your zip code.

American Home Magazine, Dept. FRD
P. O. Box 8, North Station
Yonkers, N.Y. 10703

I enclose \$1 for construction pattern FRD 101

print name

address

city

state

zip code

Designer: William L. Coppock, A.I.A. Photographer: Guy Burgess Information: Lorraine Burgess

AMERICAN HOME, SEPTEMBER, 1968



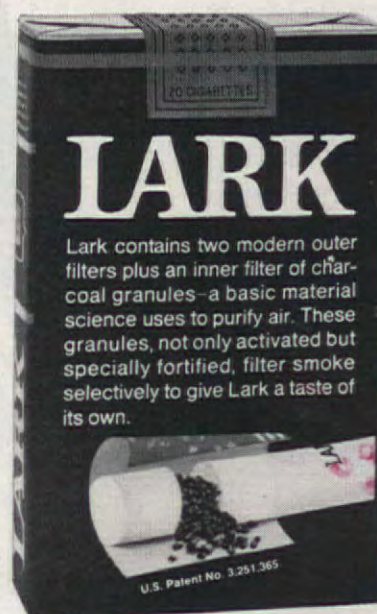
**A lady from Detroit
said she thinks
Larks taste funny.
We say that's good!**

When you've got a filter that cuts down on different things in cigarette smoke, you're bound to have something different in flavor. And Lark does have a filter that's something different. Make no mistake about that!

Our 3-piece filter (U.S. Patent No. 3,251,365) uses activated, fortified charcoal granules. They give one Lark more surface-filtering area than a whole pack of anyone else's conventional filter cigarettes. So, without cutting down on richness, they reduce certain harsh-tasting things in the smoke stream. Things ordinary filters simply cannot reduce.

We're glad the lady from Detroit noticed the difference. It's what Lark's all about.

See if you don't enjoy the "funny" taste of Lark.



**You ought to
turn to charcoal.
You ought to
turn to Lark.**

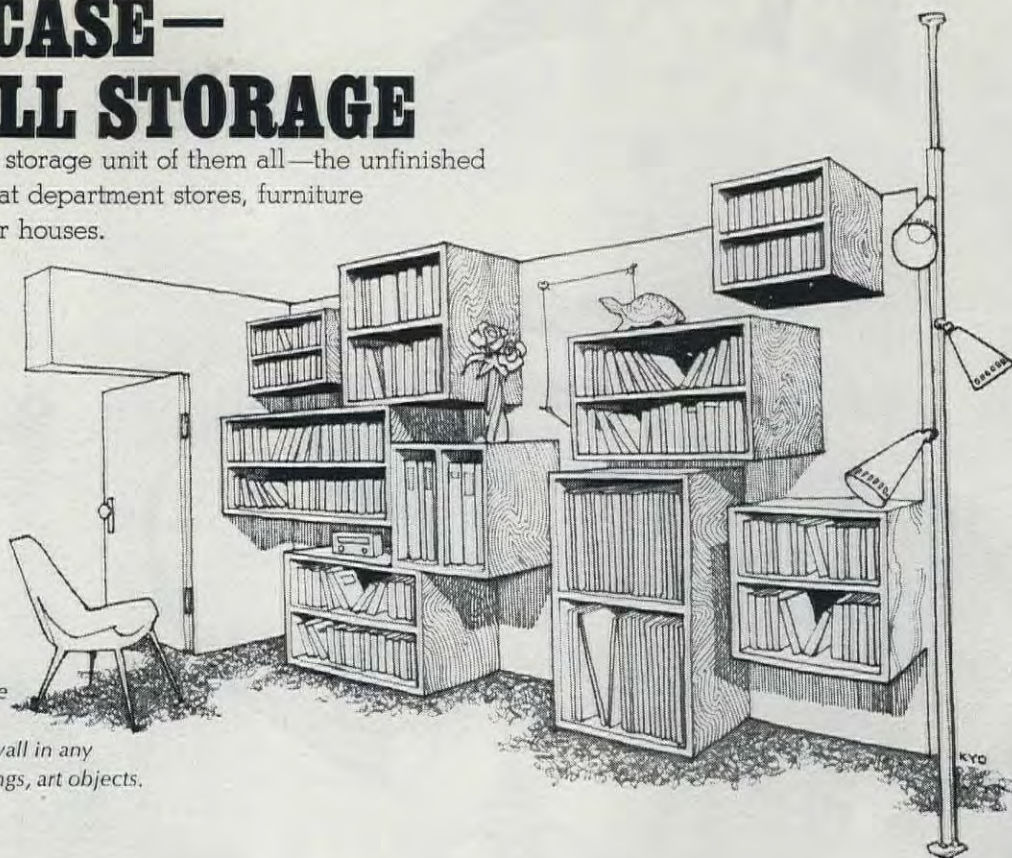
You're
looking
at
13
appliances.

THE BOOKCASE— JACK OF ALL STORAGE

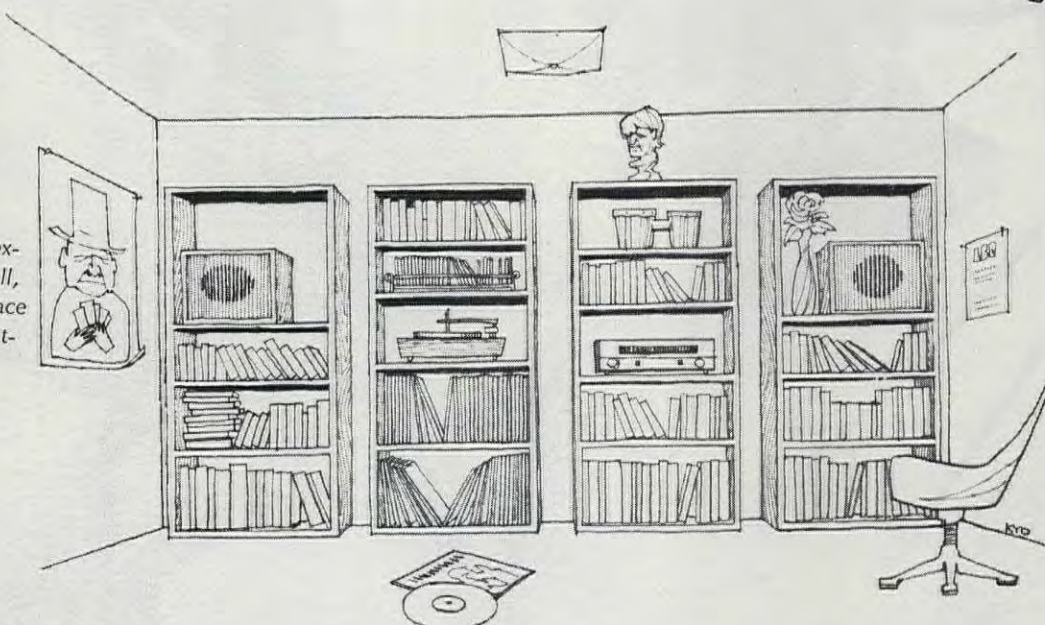
Introducing the most versatile storage unit of them all—the unfinished wood bookcase. It's available at department stores, furniture stores, lumberyards, mail-order houses.

Small units you can carry home under your arm. Three or four will fit in a car or station wagon. And largest is transportable by car top. Once home, the bookcase can go on a wall or a door, become part of an end table, and so on. It even looks good filled with books. See page 73 for tips on fastening.

Build a storage wall without expensive custom built-ins or modular units. Arrange different-sized units on the wall in any attractive pattern. Accent with paintings, art objects.



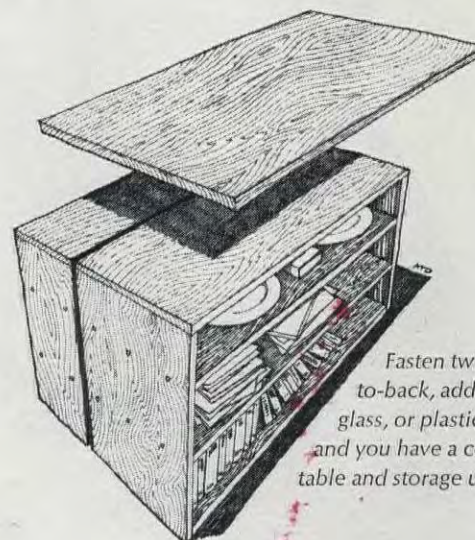
Another approach to an inexpensive storage wall. Buy tall, backless bookcases, and space them evenly along a contrasting, bright-colored wall.



In old-fashioned, deep closet a bookcase on the door holds bottles, toys, books. Tack wood or metal retainer strips across shelves.



Fasten two bookcases back-to-back, add a top of wood, glass, or plastic laminate, and you have a combination end table and storage unit.



Artist: Kyo Takahashi



This is the KitchenAid Food Preparer Model K45. It's a rugged appliance with a powerful motor (the only mixer with enough power to knead yeast dough) and specially designed optional attachments. The dough hook is included.

The optional attachments aren't gimmicks. They do the job they're supposed to do. And do it well. So instead of just a mixer, you can have a meat grinder, a vegetable slicer, a knife sharpener, an egg beater, a sausage stuffer, a potato masher, an apple strainer, an icing whipper, an ice crusher, an orange juicer, a silver polisher and a can opener. Send the coupon for more details. Unless you would rather buy 13 different appliances. And find counter space for them.

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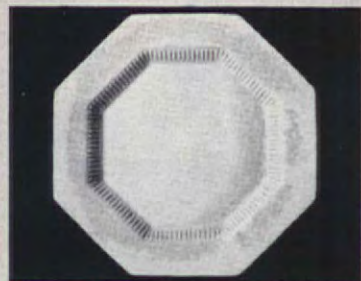
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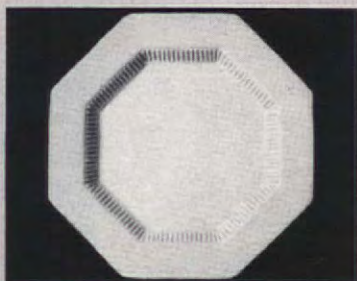


The first dishwasher detergent for dry-hards.

Dry-Hards are tough-to-clean foods—like fruit pie, oatmeal, meat fats, eggs, sauces—that dry and cake and stick. And stick. And stick. To plates. On forks. Filming glasses. Electrasol, fortified with 20% more active cleaning ingredients than other leading dishwasher detergents, really removes Dry-Hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.



You would never perform a test like this, but it proves fortified Electrasol's superiority against Dry-Hards. Plate with Dry-Hard paste of blueberry pie, oatmeal and egg baked on for ten minutes at 330°F came out like this when washed in another leading brand. Any dishwasher detergent can remove soft food soils. The ultimate test for effectiveness is on a Dry Hard.



Same Dry-Hard plate—but cleaned in Electrasol, fortified with 20% more active cleaning ingredients than other leading brands. Electrasol removes tough Dry-Hard soils like blueberry pie, oatmeal and egg—prevents them from drying into spots on dishes, glasses and silverware. Try Electrasol. It's especially designed to give you cleaner, spot-free dishes.



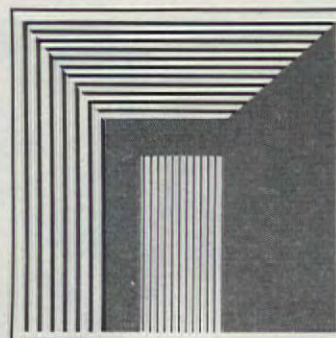
ECONOMICS LABORATORY, INC., St. Paul, Minnesota



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**ADD STORAGE
THE EASY WAY**

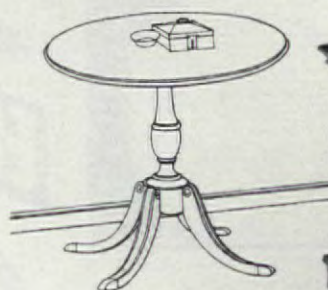
If your storage problems are minimal and not drastic, look no farther than your nearest furniture store or the furniture department of your favorite department store for help. By replacing single-function pieces, such as tables or nightstands, with dual-purpose furniture that takes up just about the same amount of floor space, you can add storage units all over the house without having to remodel or redecorate. Shown here are some typical dual-purpose pieces. We call them "instead ofs." Instead of end tables use a pair of bookcases. Instead of a console table try an armoire. Even a sofa can be used for more than just sitting.



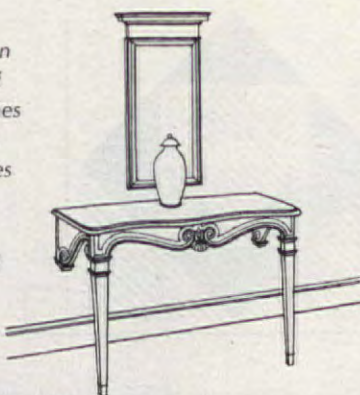
Instead of end tables, stack up bookcases, chests, drawer units on both sides of a sofa. This particular set of storage étagères by Founders has polished aluminum standards, can also be fitted with caned-door units and a drop-front desk or bar. Arrangement as shown costs \$320.



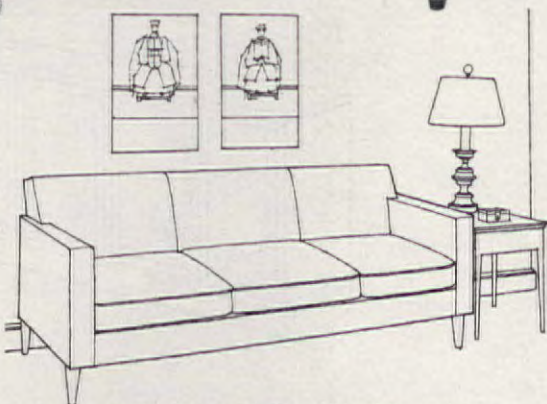
Replace that rickety pedestal table between two or next to one chair with a capacious chest that can hold many books on the open shelf in the back and store records behind the paneled doors. Casters make it mobile. Solid rock maple chest in tones of cinnamon and ginger by Heywood-Wakefield costs \$150.



Armoire takes up no more floor space than the console table in your entry. A piece of furniture this size (40 inches wide, 19 inches deep, 78 inches high) gives lots of storage space. It comes well equipped with shelves and trays, perhaps a good place to house flatware, hollow ware, table linens, and accessories if not too far from your dining room. By Henredon, it's available in burnished cherry (\$590) or a vellum and olive painted finish (\$640).



This sofa by Globe is made like a ship's bunk. Drawers hold bedding. Brass campaign-chest hardware trims the corners of the arms and acts as pulls for the drawers. The wood is finished in a mahogany brown; antiqued woven cane panels distinguish the sides of the sofa. It retails for \$655 in velvet.



All prices are approximate

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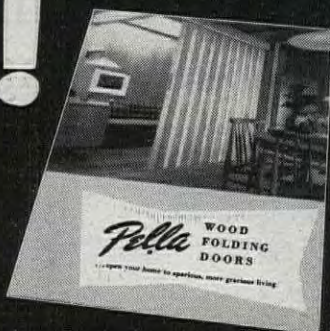


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A BOOKCASE FROM BOXES

When is a stack of boxes and shelves not a stack of boxes and shelves? When it's a bookcase, like this one.

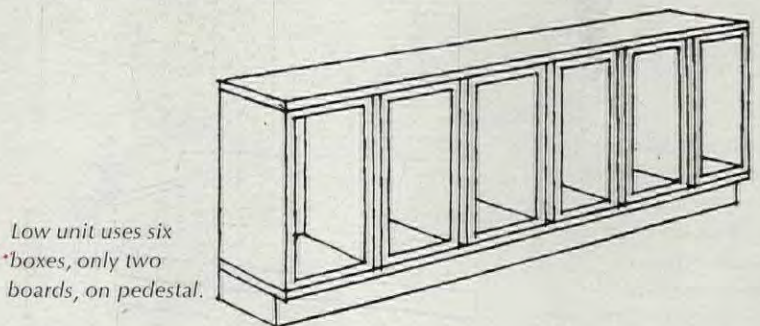
There are several advantages to such a unit. For one thing, the bookcase can grow as needed, with the addition of more boxes and shelves. For another, come moving time, you disassemble the case into easily transported pieces, using the boxes for shipment of books and bric-a-brac.

The four sides of each box are of 3/4-inch pine boards. Backs are 1/4-inch plywood, although hardwood would serve just as well. The boxes are held together with nails and glue. Shelves are 3/4-inch clear pine, which is less likely to warp or twist than lesser grades of wood. The pedestal is a simple frame of 2x4s.

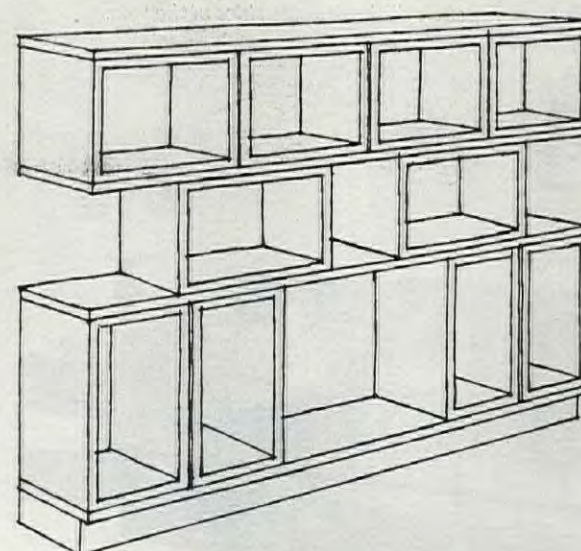
If you build our stackable bookcase, we strongly suggest painting it to emphasize the parts, instead of staining. We enameled

half the boxes light purple outside, and the other half a vivid orange. Insides of all boxes are deep, flat purple. Shelves are white for contrast.

In the photo at left, bookcase is arranged in a straight-forward manner. Two of limitless other possibilities appear below. (For tips on finishing and fastening, see page 73.)



Low unit uses six boxes, only two boards, on pedestal.



Use boxes turned on sides for free-form arrangement.

Shopping Information, page 79 Photographer: Karl Schumacher

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\$\$\$	\$500.00 IN CASH to spend as you wish for bills, medical expenses or just for fun!	♥♥♥	SUPERB COLLECTOR'S EDITION RECORD ALBUMS — 10 glorious selections "IN A SENTIMENTAL MOOD"... (Thousands waiting to be claimed by Lucky Winners!)

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you are not delighted. Or decide to own it to enjoy for decades to come, and send just \$5 a month until the low, low price of only \$9.98 is paid (plus modest postage-handling cost). STEREO VALUE: just 30¢ a record more for the Stereo edition! Worth up to \$19.00 in fine stores—you save up to 50%! LIMITED EDITION — please act at once!

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Artist Courtesy of



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What Kind Of Fool Am I
As Long As He Needs Me
Beer Barrel Polka
It Was A Very Good Year
Canadian Sunset
Malaguena
Three O'Clock In The Morning
I Don't Care
La Paloma

Strangers In The Night
A Man And A Woman
Boogie Woogie
Mame
The Blue Danube
Minute Waltz
Come Back To Sorrento
Happy Barefoot Boy
Romance
After The Ball

Estrellita
Moonlight Sonata
O Sole Mio
Sunrise, Sunset
Londonderry Air
Minuet In G
Two For The Road
The Rosary
Hello Dolly
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02

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HOW the "Give-A-Way" Sweepstakes Works: The symbol on your official Claim Certificate bound in this magazine tells you what you have won. To claim your gift, simply return the certificate. Your prize will be sent along with the "Candlelight Melodies" Treasury for you to play again and again for 10 days FREE. There is no obligation to buy for you may return the Treasury and owe nothing, but still keep your prize. Employees

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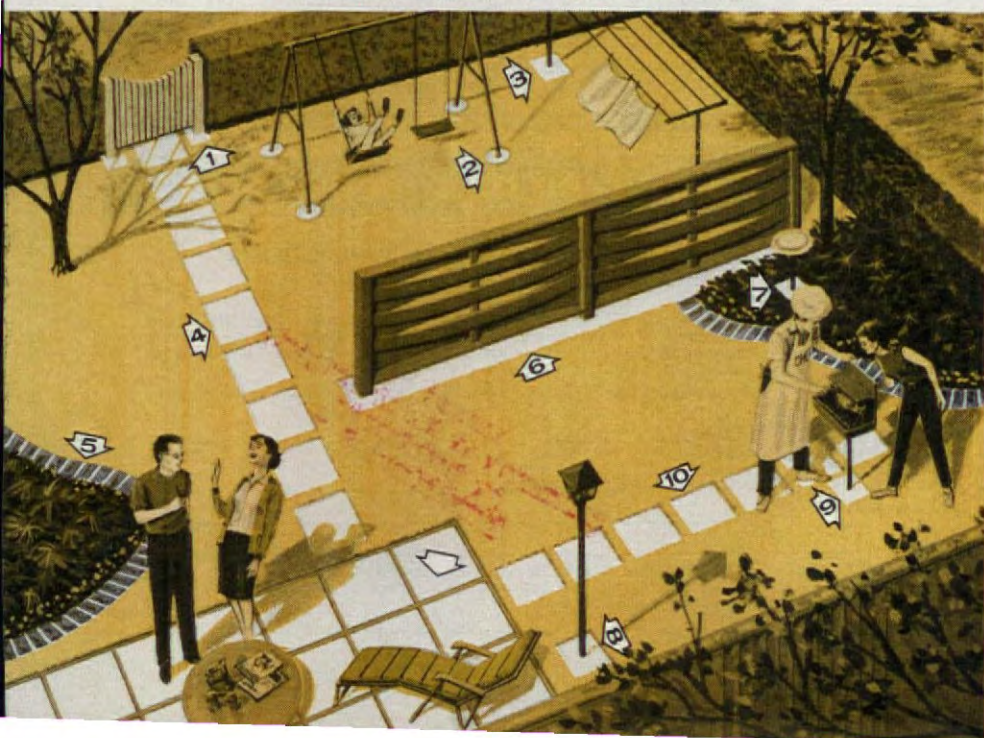


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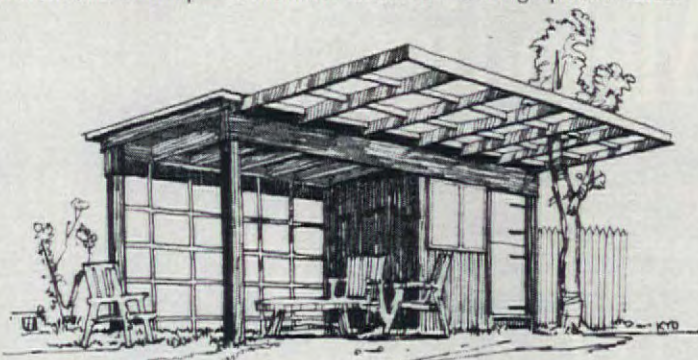
concrete and mortar mixes

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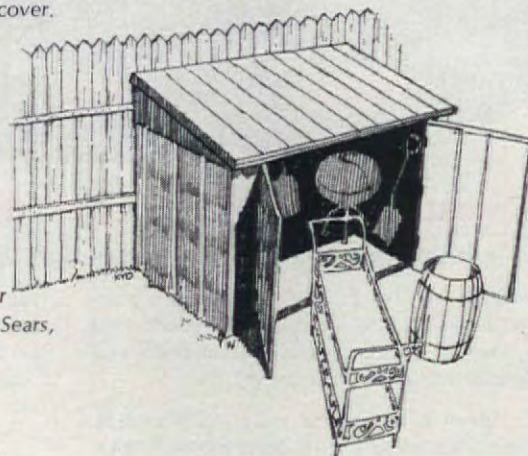


Want a quick way to ease your backyard chores? Buy a prefabricated storage shed. They come in wood, steel, and aluminum in a wide variety of shapes, sizes, and roof lines, with or without floors. Whatever the shape or material, the few hours you spend assembling a shed will save many more hours in lugging toys, bikes, tools, lawn mowers out of the garage or basement.

Prices? They vary, of course, with size, material, and quality. Wooden sheds start at around \$150. Metal units are available for about \$70 and up—sometimes even less during special sales.

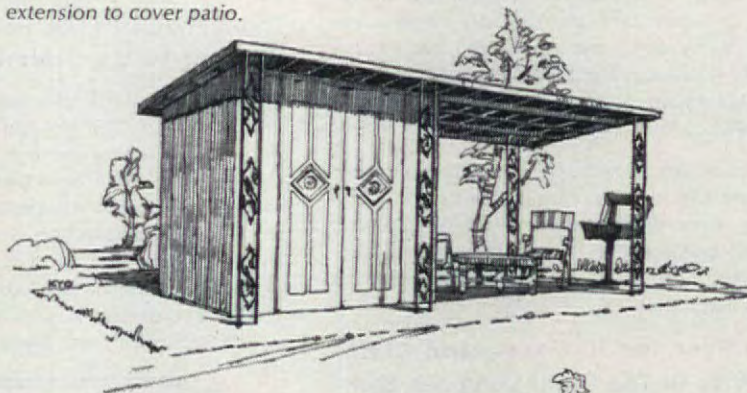


Rustic wood structure from Walpole Woodworkers, Walpole, Mass., combines storage shed with patio cover.



Small metal unit goes against fence, garage, or house. Available from Sears, Roebuck and Co.

Steel unit, also from Sears, has optional roof extension to cover patio.



Redwood gabled structure is economical, neatly designed. By Redi-Wood Products, Westbury, New York.



Artist: Kyo Takahashi



The owner of this air-conditioned home is putting 6" of Owens-Corning Fiberglas Insulation in the ceilings and 3" in the walls. And it can save him a bundle.

He'll probably be able to install smaller, less expensive air-conditioning equipment — saving as much as the cost of insulation. You can do the same thing, whether you're building a new home or improving the one you now live in. And, the extra insulation can reduce your heating and

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We tested homes all over the country to prove that 6" and 3" insulation works. It simply keeps comfort in, drafts out, savings up. The result? A more comfortable home.

See your builder and say "6&3 Owens-Corning Fiberglas Insulation." He'll know. Or go to your building material dealer tomorrow. He'll estimate how much 6&3 can trim your air conditioning and heating costs.

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Take your pick from six.



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NEW PRODUCTS
By ARTHUR J. MAHER

MAINLY FOR MEN

For the home craftsman, one of the nicest things about autumn is the fact that new tools begin to appear in the hardware stores. This year's crop is not so big as some we've seen. However, there are a number of goodies.

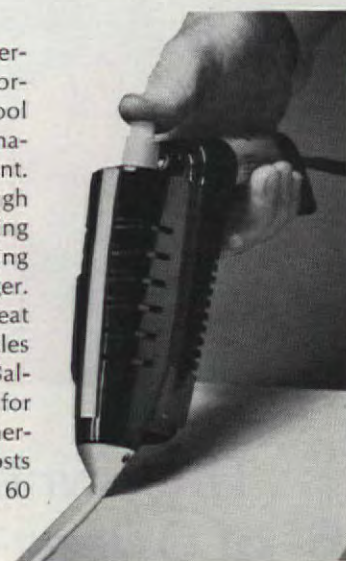
For example, Rockwell Manufacturing Corporation is marketing variable speed $\frac{1}{4}$ - and $\frac{3}{8}$ -inch electric drills that can run forward or backward at the turn of a switch. This reversible feature is particularly useful in such operations as tapping threads in metal and, with accessories, removing nuts and screws.

The variable speed is highly desirable because it increases your control when starting a hole, and lets you suit the speed—by varying the pressure on the trigger—to a wide variety of materials.

The easy-handling new drills are in the manufacturer's shockproof plastic Green Line series, and have been nicely slimmed down from the previous models. The $\frac{1}{4}$ -inch sells for about \$30, the $\frac{3}{8}$ -inch for about \$35.

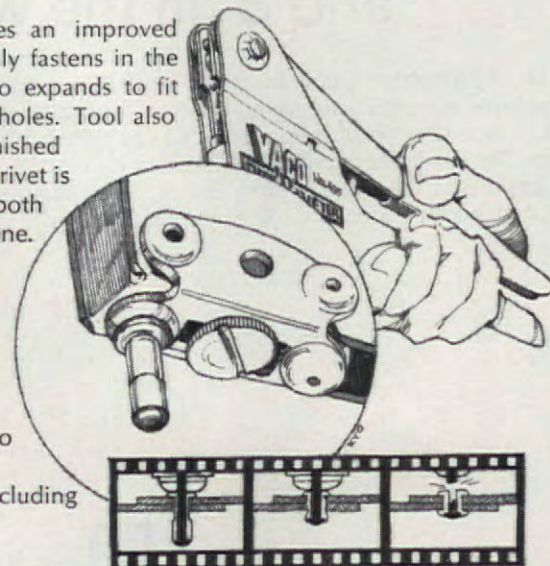


Then, there's a much-improved version of United Shoe Machinery Corporation's electric glue gun. This tool gives instant bonding of almost any material. It contains a heating element. You press sticks of adhesive through the back of the tool, while controlling the amount of melted adhesive coming out of the nozzle by means of a trigger. A thermostat gives three different heat settings, and interchangeable nozzles let you vary size of the glue bead. Balance and feel of the gun make for excellent control of the work. Thermogrip Professional glue gun costs about \$23 with one nozzle and 60 sticks of glue.



This riveting gun uses an improved blind rivet that not only fastens in the usual manner, but also expands to fit tightly into oversized holes. Tool also gives the job a more finished appearance. Emplaced rivet is smoothly rounded on both sides, instead of only one. Each size rivet fits a wider range of thicknesses than previous types, reducing the number of rivets you must keep on hand. Pow'Riveter, from Vaco Products Company, sells for about \$5, including a supply of rivets.

(continued)



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Finish is the only automatic dishwasher detergent with special formulas for extra-hard water, hard water, medium-hard water, soft water. That's why Finish gets your glasses spotlessly clean. No matter where you live.

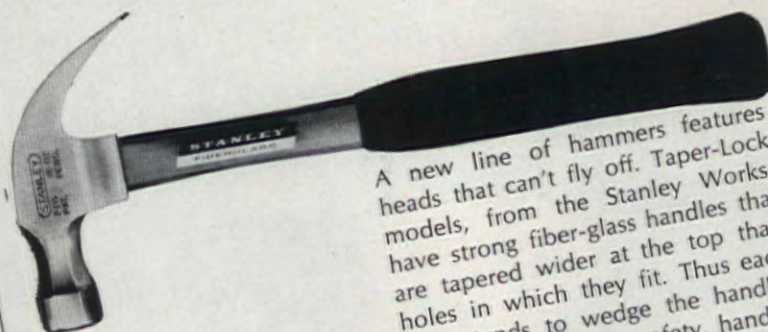
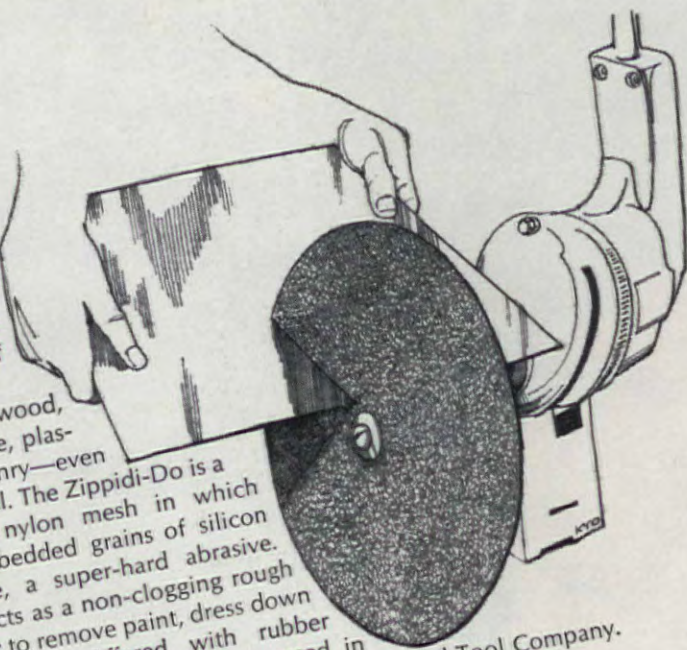
Your water affects the results you get from your dishwasher. It can leave spots, streaks, dulling film. Finish is the only dishwasher detergent that has different formulas for water problems in different areas. Only Finish matches its formula to your water. Nobody else bothers. Why do we bother? Try Finish and see how spotlessly clean your glasses, dishes and silver can be. Your grocer has the right Finish formula for your area.



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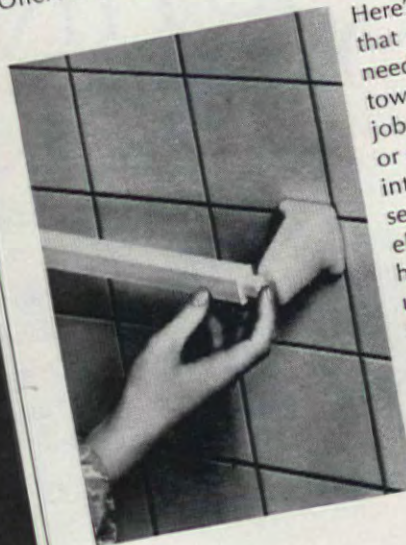
MAINLY FOR MEN (continued)

Here is a useful accessory that lets your electric drill cut a wide variety of materials, such as wood, metal, tile, plastic, masonry—even tool steel. The Zippidi-Do is a disc of nylon mesh in which are embedded grains of silicon carbide, a super-hard abrasive. Also acts as a non-clogging rough sander to remove paint, dress down wood, etc. Offered with rubber backer for \$4. The backer is used in sanding operations. From Coastal Abrasive and Tool Company.



A new line of hammers features heads that can't fly off. Taper-Lock models, from the Stanley Works, have strong fiber-glass handles that are tapered wider at the top than holes in which they fit. Thus each blow tends to wedge the handles on tighter. For extra safety, handles are also secured with a powerful adhesive. Hammer weights are 13, 16, and 20 ounces, with curved or rip claws. Prices run about \$6.40 to \$6.80.

Are your hi-fi or stereo components connected by spaghetti-like tangles of lamp cord or wire? You'll be glad to know there's a replacement that is hardly visible, and stays put—the Scotchflex Flat Cable. It contains 25 feet of thin, adhesive-backed wire that you can run along a baseboard, around a doorway, etc. No staples or nails. Included are a junction box and two terminal boxes that are also adhesive backed. They snap on the wiring without your having to strip the leads. Color of the wire and boxes is grayish white. However, they can be painted to match your walls or woodwork. The kit will also work nicely with doorbells and home intercom systems. Offered by 3M for \$6.26. Extra cable available if needed.



Here's a seemingly innocuous item that can be a real boon when you need it. It's a white plastic, square towel bar that greatly simplifies the job of replacing one that's broken or worn. Just cut to length and push into place. Spring-actuated plunger secures the bar in place. Since it eliminates the need to demount the holders, Replace-a-Bar is especially useful in older bathrooms in which towel bars are set in ceramic holders. Offered by Lenape Products, Inc., for about \$2.

All prices approximate.

AMERICAN HOME, SEPTEMBER, 1968



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BEAUTY AT HOME

MOISTURIZERS— TODAY'S FOUNTAIN OF YOUTH

By Constance Bartel

If someone who cared a great deal about you and your looks—a fairy godmother, for example—were to whisper one single beauty tip in your ear, that tip would be moisturize! All the time, night and day, head to foot! Because the one thing that does awful things to your skin is loss of natural moisture—the same thing that happens to a plum when it becomes a prune.

If you have nice, fresh skin now, it is hard to worry about dryness. As for wrinkles and lines, they're for other people. But as time goes on (and mind you, it doesn't have to be *much* time—you could be a mere 25) your skin gradually begins to lose its natural moisture and natural oils—and thus its bloom. On top of that, a lot of things speed up moisture loss—dry indoor heat, sun, wind, raw, damp weather. Every time you take a bath or shower, every time you wash your hands, you remove natural oils and decrease moisture.

If this sounds scary, it needn't. Today we know what our mothers didn't—the time to fight dryness and lines and wrinkles is long before they happen. And that the way to do it is with an intelligent choice of the vast number of moisturizers and moisturizing cosmetics available.

YOUR MOISTURIZING PROGRAM

It's simple. What you need is a daytime moisturizer to wear under makeup, a night moisturizer while you sleep, a body moisturizer for after bath, and moisturizing hand protection. That makes four. Sometimes, depending on your individual needs, one moisturizer will do for both day and night, and occasionally a facial moisturizer can be used on your body. Hand creams and lotions are more specialized but there is hardly a modern one that does not contain a moisturizer. There are so many kinds to choose from, you could easily be confused as to which moisturizer does what. To clarify a bit, some are simply moisturizers, period, and are so labeled. Some penetrate below the skin's surface, some leave a protective film on the surface. Then there are many moisturizing products that have more than one function and contain other do-good benefits: lubricants, emollients, special ingredients. Some contain humectants to draw moisture from the atmosphere. Others contain special ingredients. Some of the new ones are based on plants that flourish in the desert, the idea being that a flower that blooms in dry air must have some special moisture-retaining property. There are moisturizers designated "nighttime," others labeled "under-makeup," and still others called "all-purpose." And some are aimed at the especially vulnerable areas of the eyes and throat. On top of all that, a

moisturizer can be a light lotion, a rich creamy lotion, a light fluffy cream, a heavier, richer cream, or a thick, dense gel.

HOW TO CHOOSE YOUR MOISTURIZERS

Your good sense, the feel of your skin, and a little thoughtful experimenting will tell you which products are best suited to your needs. If your skin seems normal to you, and has no special problems, you can use almost any moisturizer labeled "for normal skin" that appeals to you.

Revlon's Moon Drops Under-Makeup Moisture film, for example. If your skin has a tendency to dryness, but not a severe one, choose accordingly—perhaps Max Factor's Geminess Light Night Cream coupled with Geminess Under-Makeup Moisturizer.

But if your skin is very fair and delicate and obviously tends to dryness, if it quickly feels taut and drawn after washing or after you've been exposed to either hot sun or damp weather, then you need something on the rich side.

Polly Bergen's Oil of the Turtle Night Concentrate and Foam Moisturizer are both especially for problem dry skin.

So is Harriet Hubbard Ayer's new Oasis Moisture Creme.

If your skin is oily, you'll have a hard time believing that you could possibly need a moisturizer. But realize that even oily skins gradually lose their oiliness and that the first areas to dry are usually the throat and eyes. So an ounce of prevention like Helena Rubinstein's Skin Dew Eye Cream, Estée Lauder's All-Day Eye Creme, or Dorothy Gray's Secret of the Sea Moisturizing Throat Cream is a good idea.

The part of your save-the-skin program that is the most fun is the body moisturizer you smooth on after your bath—the delicious lotions that come in your favorite fragrance (there's hardly a celebrated perfume you can name that doesn't come in after-bath form). One of the most recent is Lanvin's new Veil of Arpège Fluff that feels and smells as pampering as it sounds. Besides scenting you from head to foot, the after-bath moisturizers make you smooth and velvety and instantly begin to replace the natural oils and moisture you have just washed off.

And although you might be talked into saving your face, worrying about protecting your elbows, knees, and ankles may strike you as a bit far out. But these, too, eventually dry and wrinkle. You never miss your smooth knees and silky legs until you lose them! Which is a very good reason for the after-bath lotion and special attention to these spots.

What it all amounts to is to anoint for beauty with today's fountain of youth. And stay as dewy as you are.





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HEALTH IN THE HOME
By ANNETTE FRANCIS BENJAMIN

HICCUPS

Hiccups have been a common complaint of man since prehistoric days. They can occur in an unborn child and in people of all ages. Through the centuries thousands of remedies have been devised for hiccups. The Greek philosopher Plato advocated a surprise whack on the back; the 16th-century cure was breathing inside a tightly closed bag.

The majority of hiccups attacks are of minor significance but because they can be so annoying it is helpful to know simple measures for relief. Only rarely do hiccups become serious in themselves, and it is important to know when medical assistance is necessary.

WHAT CAUSES HICCUPS?

Hiccups are completely involuntary periodic spasms, or contractions, of the diaphragm—the body's primary breathing muscle that divides the abdomen from the chest. Hiccups are set off when there is irritation of either of the two long phrenic nerves. These tiny bundles of nerve fibers originate from the cervical spinal cord and pass down through the neck and chest to trigger the action of diaphragmatic muscle fibers for normal breathing. However, normal respiration can be disturbed by irritants that affect 1) the brain's respiratory center; 2) the phrenic nerves anywhere along their course; and 3) the diaphragmatic muscle sheet. Such an irritant causes the diaphragm to contract spasmodically and the airway to be temporarily shut off, thereby producing the "hic" sound.

Hiccups are most commonly due to eating or drinking too much or too fast. They can also

be caused by disease—for example, influenza, bronchitis, uremia, and some central nervous system disorders such as encephalitis. Hiccups frequently follow operations, especially abdominal operations. Some physicians have even attributed hiccups to emotional stress and nervous tension.

HOW TO STOP HICCUPS

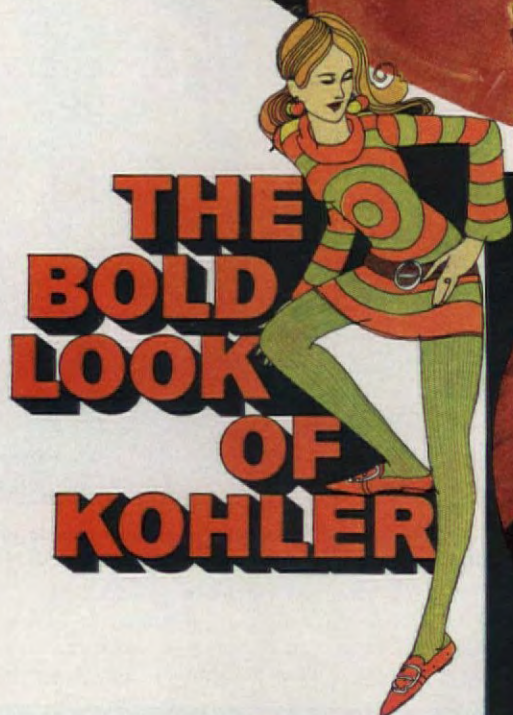
The nature and location of the irritant determine what happens after hiccups start. If the attack was caused by pressure on the diaphragm by a ballooning up of the stomach or intestines with gas, it is usually of minor consequence and can often be relieved by simple measures. Among these are: holding the breath as long as possible; breathing very hard, deep, and fast between periods of breath-holding; swallowing a glass of cold (preferably iced) water while holding the breath; covering the mouth and nose with a small paper bag and breathing in and out for no less than two minutes and no more than three minutes; pulling the tongue way forward; inducing gagging or retching; tickling the nose or smelling pepper to induce sneezing; suddenly surprising the hiccupper with a loud noise. Any of these maneuvers may be repeated several times. For a baby, a few light pats on the back will usually stop the hiccups.

WHEN TO CALL THE DOCTOR

If you have tried these home remedies and have been unsuccessful in stopping your hiccups after half an hour, call your doctor. Don't wait hours until you are exhausted and on the verge of panic. The doctor may be able to prescribe over the telephone or he may want to give you an intramuscular injection. If the hiccups are persistent or recurrent over days or weeks, he may advise an injection in the neck to block the offending phrenic nerve.

Prolonged hiccupping may indicate the presence of disease, but even when it does not, it may by itself constitute a threat to health because of interference with sleeping, eating, and drinking. In severe cases, the physician has recourse to a more permanent interruption of the phrenic nerve by a relatively simple operation called a phrenicectomy, in which one of the phrenic nerves is cut. Relief is usually immediate and long-lasting.

Mrs. Benjamin is co-author with her husband, Bry Benjamin, M.D., of *In Case of Emergency* (Double-day; paperback, Pyramid).

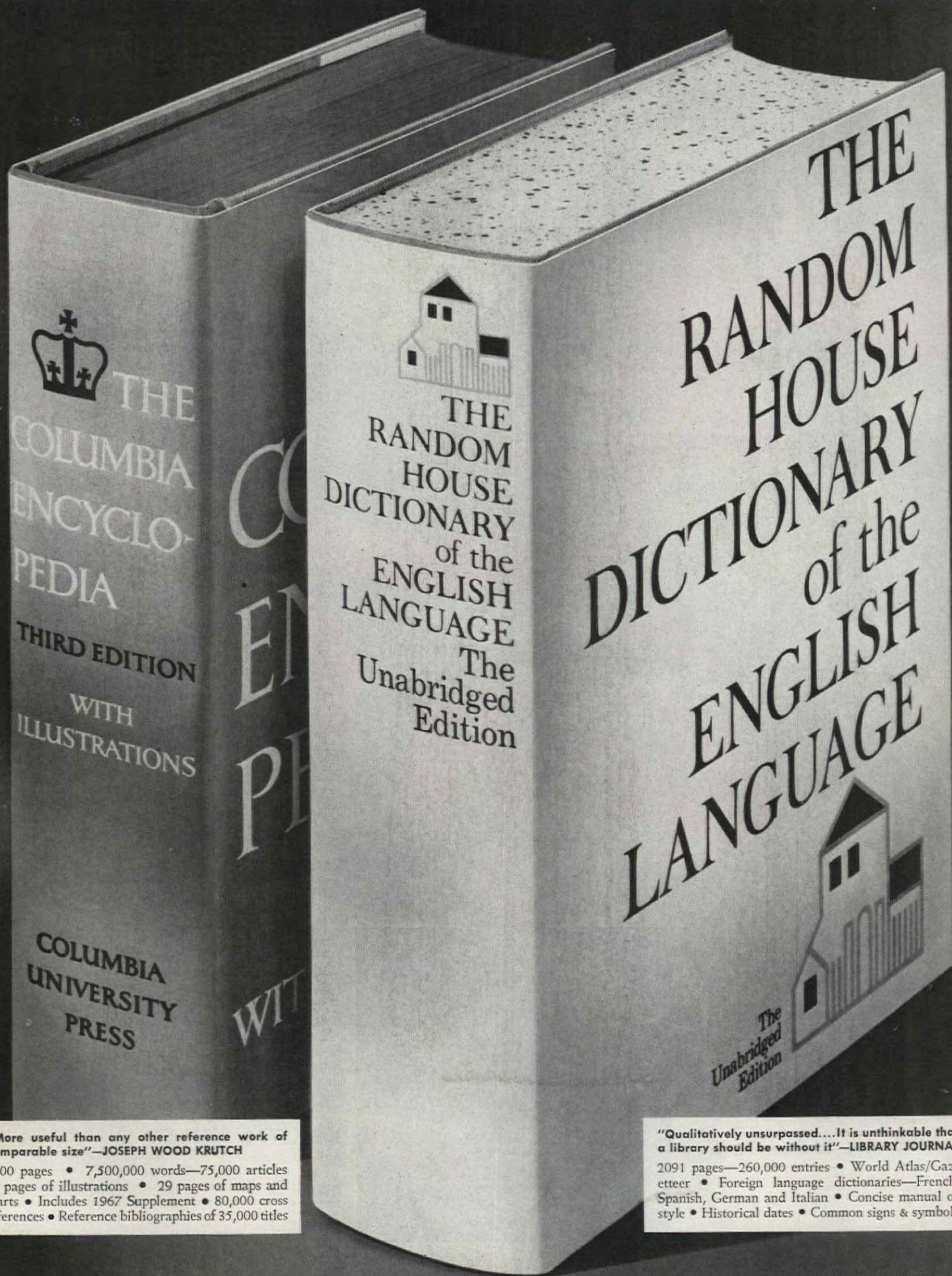


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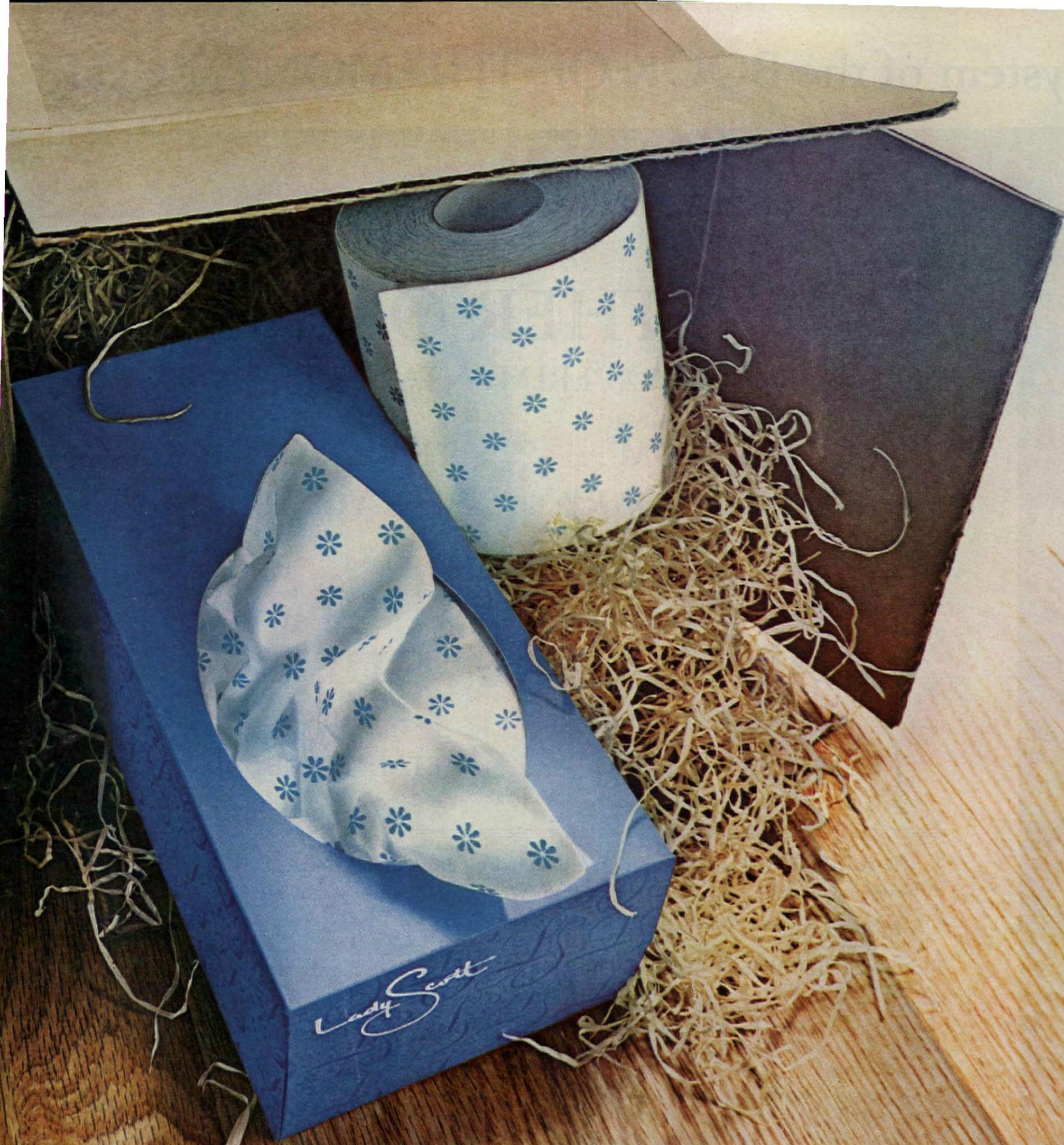
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People aren't rolling stones that gather no moss or mementos or belongings. We're more like rolling balls of taffy. Things keep getting stuck to us—books and baby pictures, tools and tennis rackets, flower vases and vacuum cleaners, electric blankets and Easter baskets. And isn't it wonderful? Where would we be without our tender trappings, our blessed work-savers, our completely personal treasuries of beloved junk? We need "our own things." They're part of us and we're part of them. They make us feel happy, warm, and special. Except, alas, when they make us feel cranky, unkempt, and claustrophobic. The problem, of course, is that Old Devil Storage. Everybody has a storage problem. Whether we're "squirrels" who haven't thrown anything out in 20 years or "heavers" who threw the morning paper out this morning, the problem is the same (it's just that the squirrel's problem is bigger). "Where will we put it all?" we wail. Sometimes it seems that our house is just one big closet—if we opened the front door, we'd be buried alive under an avalanche of canned peas, ski boots, and the kids' records. Sometimes we think that a good, strong, ill wind wouldn't be all bad. Well, luckily, while home owners have been tearing their hair, the experts—architects, builders, furniture designers, appliance makers, decorators—have been wiggling their brains. There is storage you can buy, storage you can build, storage in places you never dreamed of. Here's the point—everybody has a storage problem, but everybody's problem is different. Storage problems are as different as people, and the homes they live in, and the things they live with. What's more, everybody's definition of storage is different. To one, storage means a place for everything and everything in its place. To another, storage means an attic or a basement. Some like everything tucked neatly away out of sight. Others belong to the exposed storage or "heart on your sleeve" school. Storage is a personal thing. But it needn't be a personal hang-up. Storage can be beautiful—and you *can* live with all the things you can't live without.



1



2

1 Former carriage house is on small, hilly site. To provide car storage, bulk of area is covered with gravel, concrete is kept at a minimum. Tree slabs serve as a path to grassy slope beyond parking area.

2 Large carriage door was retained. Like most doors in the house, this one pivots on pins instead of conventional hinges.

3 Entry hall introduces you to the strong architectural feeling throughout the house. Brick paving continues to the parking area outside. Small window was in horse stall.

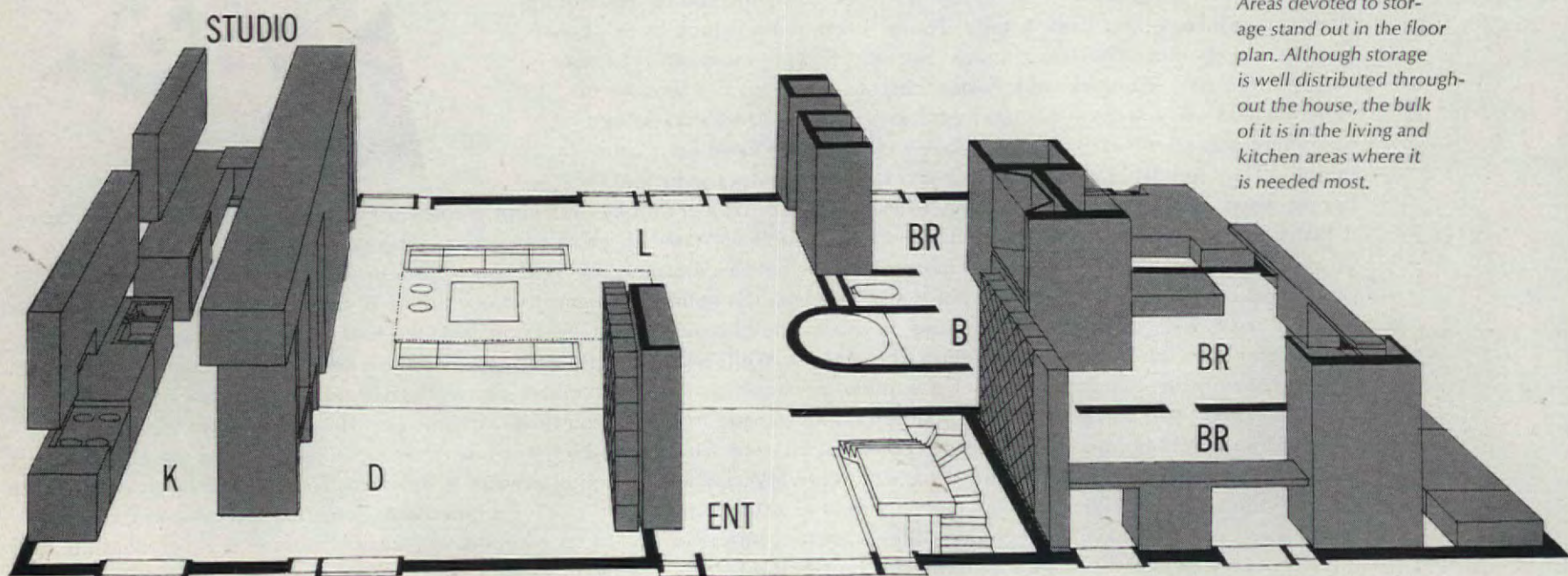
By Vera D. Hahn and Alan C. Borg

STORAGE BY DESIGN

Here is a perfect example of a house that has been planned for storage—storage that is complete, fully integrated, and consistent. And it is storage that makes no sacrifice to good design along the way. It is the home of designer Karlis Grinbergs, his wife Astra, and their two small children, Inga (six) and Gint (five). Located in the Boston area, it is ideally suited for a family who likes everything in its proper place, neat and tidy, picked up and put away. To achieve maximum storage, Mr. Grinbergs chose not to scatter storage but to concentrate it (see plan below). Three entire walls of storage—two in the kitchen, one in the living room, plus capacious storage drawers under or beside every bed—are part of the technique for housing the family's belongings.

But now look at the design elements. The entry hall sets the pace for the entire house. The massive entry door that pivots, the strong architectural shape of the stairway, the white walls and wood paneling, the push-pull bars, are design motifs that recur and give the house its unity and style.

The house is actually a remodeling—a former carriage house in which the family lived on the top floor while the remodeling went on underneath. Although Karlis Grinbergs is an accomplished designer, he is not a cabinetmaker. That is why he designed the storage units with pivoted doors (continued)



Areas devoted to storage stand out in the floor plan. Although storage is well distributed throughout the house, the bulk of it is in the living and kitchen areas where it is needed most.

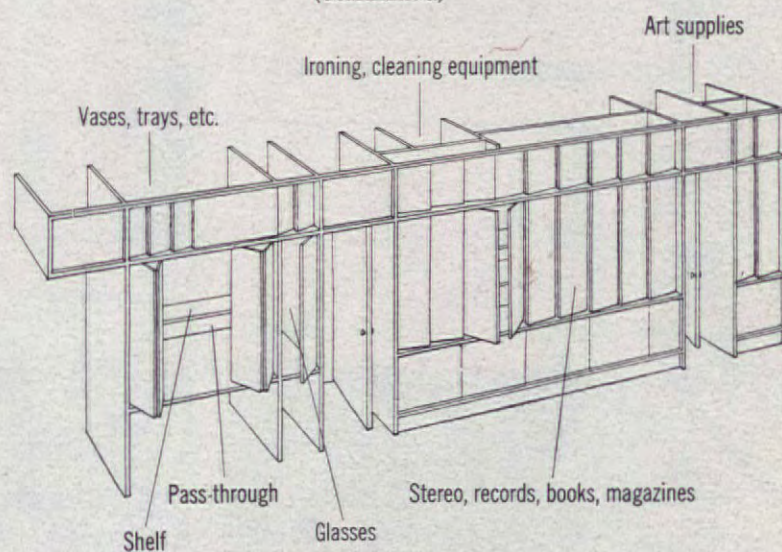






so that he could do the work himself as well as provide an interesting interplay of light and shadow. Each of these storage areas is fully engineered to take care of everything from stereo to kitchen equipment. The house is beautifully disciplined without any of the clutter that makes so many homes with young children look permanently disorganized. Although rooms are so simply furnished as to be almost Spartan, they are neither cold nor empty looking. Graphic use of color, sometimes bright, sometimes honeyed neutrals of wood against white; the textures of brick, wood paneling, plaster, plastic; and the boldness of shapes, all furnish the rooms amply. But it is the massiveness of the storage walls that gives this home its character as well as fulfilling the basic needs of storage. The result is a satisfying feeling of permanence and shelter frequently found in older houses.

(continued)



4

5



4 Excellent design of storage wall turns it into an important decorative element. Books, stereo, records, decorative accessories are kept behind pivoting doors of stained oak. Three openings to kitchen can be closed with louvered doors. Heavy cardboard tubes covered with white vinyl are found throughout the house, serve as planters, stools, tables. Recessed lighting juts out from truss and is covered with original paneling.

5 Shown here is a close-up of one of the pivoting cabinet doors. They can be made easily and installed by an amateur craftsman.



STORAGE BY DESIGN (continued)

6



- 6 View of kitchen through dining area pass-through shows depth of storage wall (about 37 inches). Some areas are accessible from both sides, others not. Note interesting design of cabinets and drawers. Cabinets under work counters have both deep and shallow drawers.
- 7 Kitchen runs width of house, is divided into cooking, utility, and studio areas. Cabinets are painted white to match laminated plastic counter tops. Light fixture is made of old siding.
- 8 Cookware nestles in fascinating, profiled drawers. Oak strip above counter is one of three in the kitchen. This one flips down, recess behind holds cooking utensils.
- 9 Even cabinet doors are designed for storage and are lined with a yellow floral vinyl. Drain-board flips up, is lined with stainless steel. Next to it, a spice shelf behind another oak strip.



7



8



9

(continued)

10





11



Photographer: Harry Hartman

12



10 The wall-to-wall upholstered headboard and storage bed are a Grinbergs trademark. Wrapped around one end of the narrow master bedroom, this one hides four roomy drawers. Two are under the seats at left and right (they also serve as night stands). The others are at the foot of the bed. Note stretched canvas painting projecting from left wall.

11 At the storage end of the master bedroom closets make a characteristic deep recess for the living room door. Touch of color behind simple shelves in Mrs. Grinbergs's closet repeats red and purple of bed upholstery.

13



12 Clothes pole and storage shelf in Inga Grinbergs's own closet move up as she grows taller. Her bed has a two-drawer base that holds her foldable clothing.

13 Storage wall unit (see cover) is an original design by Karlis Grinbergs. Old hay chute was turned into recessed lighting over desk.



2



3



4



CREATIVE CLUTTER

One way to conquer storage is to make no attempt at camouflage. Here in the apartment of Mr. and Mrs. Lou Lionni of New York City, everything is out in the open. Things are stashed, pigeonholed, displayed, hung, shelved, and composed into still lifes. Their apartment, the top floor of an old house, is stuffed to the bursting point with the possessions the Lionnis need for their various creative endeavors—things that amuse them, that they collect, like, find interesting to have around, can't do without, use every day or hope to use some day. This is exactly what every other family accumulates. But there are other items unexpected in a city apartment: tools and lumber (not shown) for the family's many projects, bicycles hanging from the ceiling.

To house this huge assortment plus themselves in six smallish rooms took ingenuity, something the Lionnis have plenty of. All rooms, with the exception of the living room, are lined with a jigsaw puzzle of carefully fitted cabinets, open closets, shelves, niches, boxes, and drawers. The Lionnis are also past masters of tuck-away storage. Not an inch of space is wasted. Their own bed is solidly supported on storage bins and shelves. The children's beds are wall-hung bunks with space below for storage. Even the ceilings are turned into storage lofts!

1 One small closet wasn't enough storage for two people in master bedroom. The Lionnis removed door and converted it with wood shirt bins from a haberdasher. Hanging space was created by extending wall into small entry. Narrow shelves were added. Bulletin board holds composition of jewelry.

2 Dining room contains a collection of reference and art books. Lowered ceiling of plywood is hinged to provide a badly needed storage "attic."

3 Bench in kitchen eating area is really a storage box. Wall-hung cabinets were made by Mrs. Lionni. Cookbooks are kept in cabinet at right.

4 Charm of this kitchen is due to ceiling-high display of useful and decorative objects. Cheerful tomato-red cabinets came from a grocery store.

5 Bedroom of daughter Ann, 11 years old, had no closet. To gain space for one, bed was suspended above door, is reached via ladder. It has own little storage niche. Wall-hung cabinets hold toys, memorabilia, school supplies.

6 Even the tiniest bathroom needs a medicine cabinet and towel storage. These were homemade and installed over the mirror above eye level.

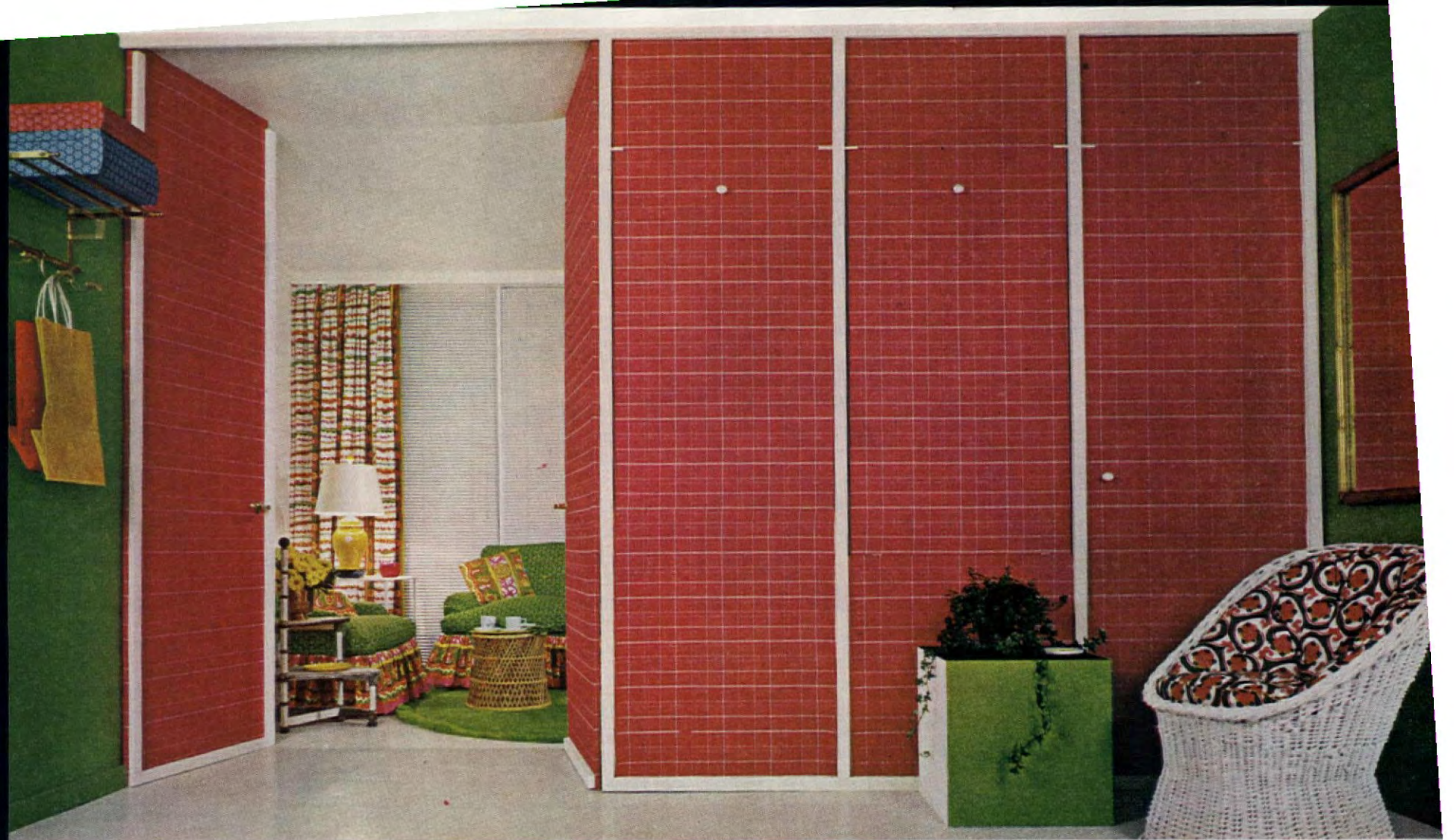
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6



Photographer: John Law



STORAGE IN UNEXPECTED PLACES

It's usually the most unaverage house that comes with adequate storage. And at first glance, few houses and even fewer apartments appear spacious enough to allow for additional shelves, closets, or cabinets. If this rings a bell with you, we suggest you take a lesson from the superbly engineered storage you find on ships and boats. Take a tour of your home with yardstick in hand and you'll be surprised at how many places you'll suddenly see for improving your storage situation. Among the neglected areas are the corners of rooms, the space around windows, stairways, and oddly enough, the empty centers of rooms. Here and on the pages that follow are a dozen examples of what we mean. Study them with care. You may be able to transform your home into one that is satisfyingly orderly and easy to keep.

Please turn the page

1 Sewing room consists of a series of closetlike room dividers. Work can be left out or be tucked away behind the fabric-covered drop-front doors that turn into worktables. Designed by Paul Krauss, A.I.D. for American Viscose.

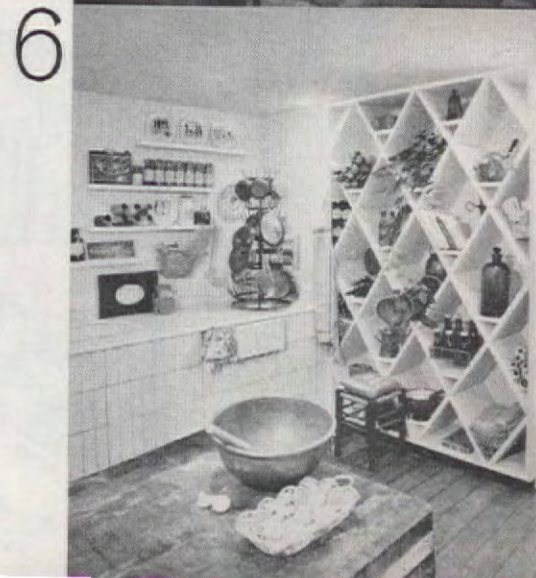
2 If there are too many doors in a room or you want to change the traffic pattern, close up one door and make it a storage wall by adding shelves.

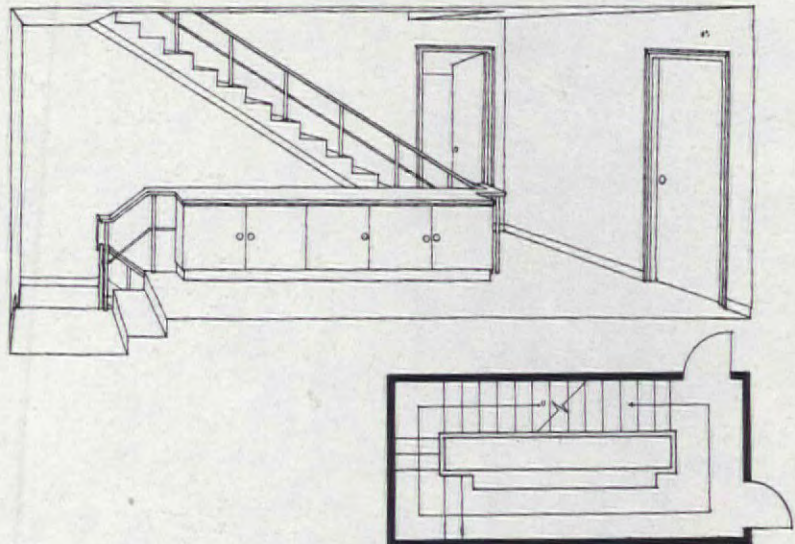
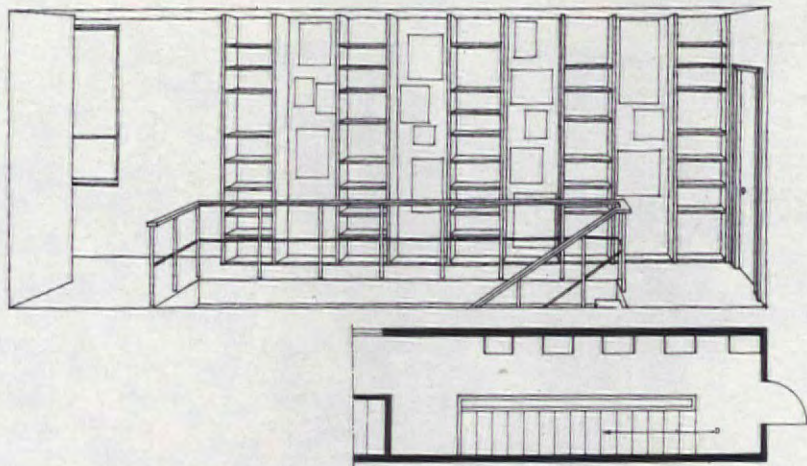
3 This headboard storage unit separates bed area from dressing area, holds books, bedding, clothes.

4 Space between the studs in a wall can be utilized for shallow storage.

5 Ingenious system of standards, racks, and vertical dividers provides open display and closed storage. Designed by Ethel Samuels, N.S.I.D.

6 Small slip-in shelves turn diamond-shaped cubbyholes into practical storage receptacles. Designed by Countryaire.





11

12





By Evanthia Kondonellis

GARDENS IN MINIATURE

Suddenly, everyone's discovering the fun of little gardens! They're a joy to live with because they depend on clever organization, rather than hard work, for lasting beauty. A miniature garden can sizzle with color, be a cool, cozy retreat for two or just you, or a chic setting for your outdoor parties. Whatever your own special requirements and taste might demand, you'll need some basic underpinnings: a hard-surface area for garden furniture, a plant screen or fence for privacy, and a self-contained area for plants. This can be a tightly controlled flower bed, a planter, or a collection of scene-changing pots. Unless you're a gardener with an itchy thumb, don't plant more than you can comfortably handle. The planting above, although lush, is largely composed of ever-green shrubs and trees that, once established, take care of themselves. Mulch like mad! A thick, crunchy layer of gravel, wood chips or bark over the ground will keep the weeds down, the water in, and the crimps and creaks out of your back!

Information: Helen Heitkamp
Photographer: Ernest Braun

1 Mr. and Mrs. Jose Fidanque of Sausalito, California, had a problem lot. Steep, rocky, it seemed to offer few possibilities for a garden. The problem was solved, by landscape architect Kimio Kimura, by developing a small area 28 feet long by 20 feet at its widest point. Paving is set so its point carries the eye back to the redwood rounds. The stepping of colors—red photinia and pink azaleas in the foreground, white in the rear—and the alternating scale of the plants reinforce the illusion of depth and space.

2 A garden grows in Washington, D.C., in a tiny, flooded city courtyard. The unusual design is by landscape architect Thurman Donovan for Leonard A. Haft. A 14-foot-diameter concrete pad appears to float over a pool painted black. The pool contrasts with the light color of the concrete. There are small planter islands for pleached holly trees, bordered with ivy. Maintenance is practically nil, except for occasional trimming. A high brick wall gives privacy from the street.

3 A small corner lot at the junction of two busy streets is a most unlikely place for a garden. Since privacy was a must, Mr. and Mrs. Richard Jessor of Boulder, Colorado, asked architect Tician Papa-christou to design a fence that would blend with the garden. The result is a series of graceful arcs, one of which shelters a tiny sitting area in its curve. Except for the lawn, the planting consists of natives that require little maintenance. The sitting bay has a built-in bench shaded by a 'Sunburst' locust. Geraniums add a touch of scarlet. Russian olive, pyracantha, woodbine, ponderosa pine, and red maple grow here too.



Information: Kit Tyson Photographer: William Maris

2



3

Information: Lorraine Burgess Photographer: Guy Burgess



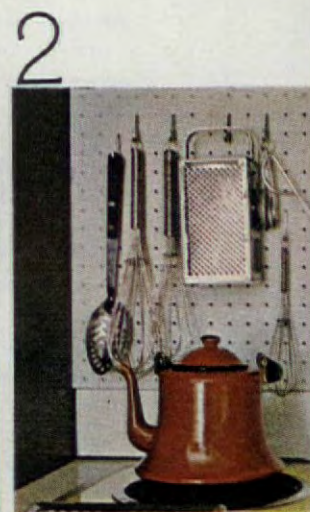
ELEVEN STEPS TO GOOD STORAGE

By Virginia T. Habeeb

If you look at our "before" photograph (No. 1) you will see that this is a typical, good kitchen with adequate space and modern equipment. It is similar to many you find in development or tract houses from coast to coast. If you live in such a house you're probably aware of the usual number of storage problems. First, the high, deep wall cabinets like the one over the oven. To be flush with the oven, the cabinet has to be 24 inches deep, so you need a step stool to get at higher reaches. Next, the deep bottom cabinets call for a hands-and-knees approach plus the necessity of removing several items up front to get to those in back.

If you find the space for a work center, you probably end up with no place to store the utensils and foods you need to work with.

We tackled this kitchen in Sherwood Forest Estates, New Jersey, with the idea of finding solutions to these common storage problems. We first inspected the kitchen itself. Was there any wall space we could put to work with open shelves, perforated hardboard, hooks? Where could we set up work centers, and what were the storage problems that might develop? Then we scoured the market for all the kitchen storage aids we could use to make everything we stored conveniently accessible. We gathered together all the storables that belong in a family kitchen, then made our typical kitchen really a functional one.



3



- 1 Here is the kitchen as we found it. The challenge—how best to put it to work.
- 2 Perforated hardboard is an on-the-spot answer to where to store small gadgets and utensils necessary to cooking center.
- 3 Mix center needs utensils, foods, space. Multi-size plastic-fronted canister bins create compact extra storage. Turntables organize spices, utilize wasted air space, leave corners for measuring and mixing musts.
- 4 Pantry closet was a good storage plus. We aimed to make it better.
- 5 We turned one corner into a cleaning closet (with perforated hardboard lining the walls), equipped the remaining shelves with food and dish-stacking units and turntables so we could double the food storage. A pot rack (made from a four by four) went up alongside the pantry.
- 6 King-size under-sink turntable leaves side room for extras. Pullout drawer holds wastebasket.
- 7 Lazy Susan corner cabinet was another storage plus we liked. We found it handy to store small appliances.
- 8 Though fewer pots and pans may fit into pullout drawers, the convenience of reaching them all is worth it. Keep paper towels handy for cooking needs.
- 9 Pullout lid rack helps organize baking pans and lids, too, in cabinet area under built-in oven.
- 10 Pullout drawers help solve the problem of high, inaccessible areas. Large, seldom-used items should be stored high if they are not too heavy.
- 11 Shelf standards and brackets, and three-quarter-inch plywood for back reinforcement, turn side wall of built-in oven into a very functional open shelf storage area. It's perfect for everyday dishes and table accessories to serve nearby eating area.

Photographer: John Lawlor Shopping Information, page 79

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USE STOCK UNITS

WITH FLAIR

Household storage units need not be expensive. And inexpensive storage need not be dull or ugly. Take the unpainted wooden units shown (below) as delivered.

There's more potential here than deciding whether to paint or to stain them. Why not use them like a child's building blocks, stacking them up, turning units on end, and in general, cutting loose from the usual furniture "rules"? The possibilities are limited only by your imagination and the law of gravity. With the dozens of stock sizes and shapes available, a wild variety of combinations is possible. Even more flexibility is possible by introducing custom-built items such as beds or wardrobe units. Take a look at what you intend to store and find elements to fit around it (note the ski rack in photo 6 at right). Or work with a finished design in mind and let it be the shaping influence (see the stand-up phone unit in photo 7). Just remember that units are not limited to storing the items they were sold for. For information on assembling and finishing, see page 73.





1 All-in-one study has writing desk sandwiched between storage unit and shelves on top.

2 Whatnot and wardrobe hold-all makes use of shallow, upended pedestal bases to form an open display niche. Or maybe it's really a child's play desk.

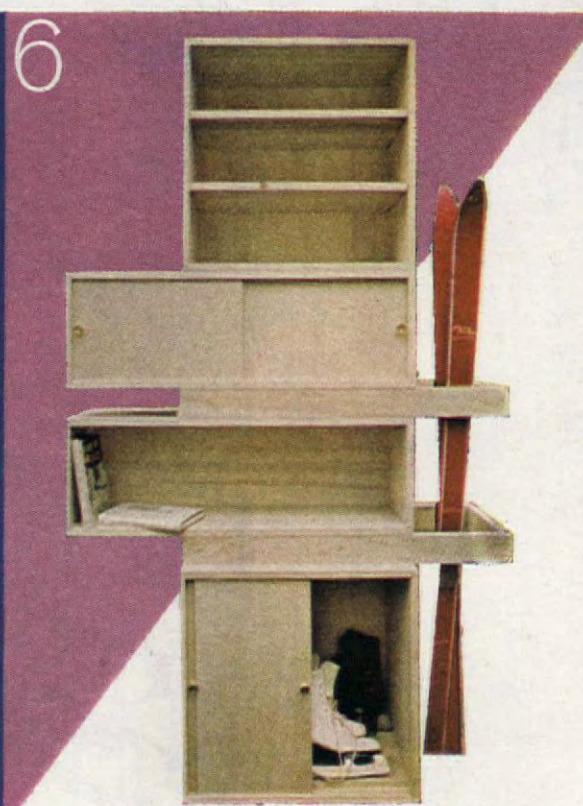
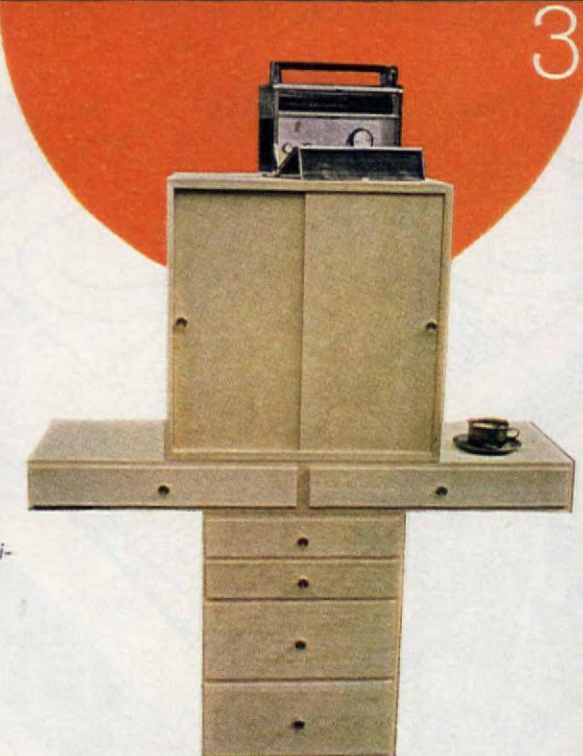
3 For the dining room, perhaps, or the kitchen, a linen and dish storage tower with cantilevered serving counters at the sides. Add more units, if desired.

4 Baby-care center could take up one corner of parents' bedroom or form nucleus of nursery furnishings.

5 Put mirrors in the frames made of upended base units and you have a dressing table for mi-lady. Keep valuables out of reach overhead.

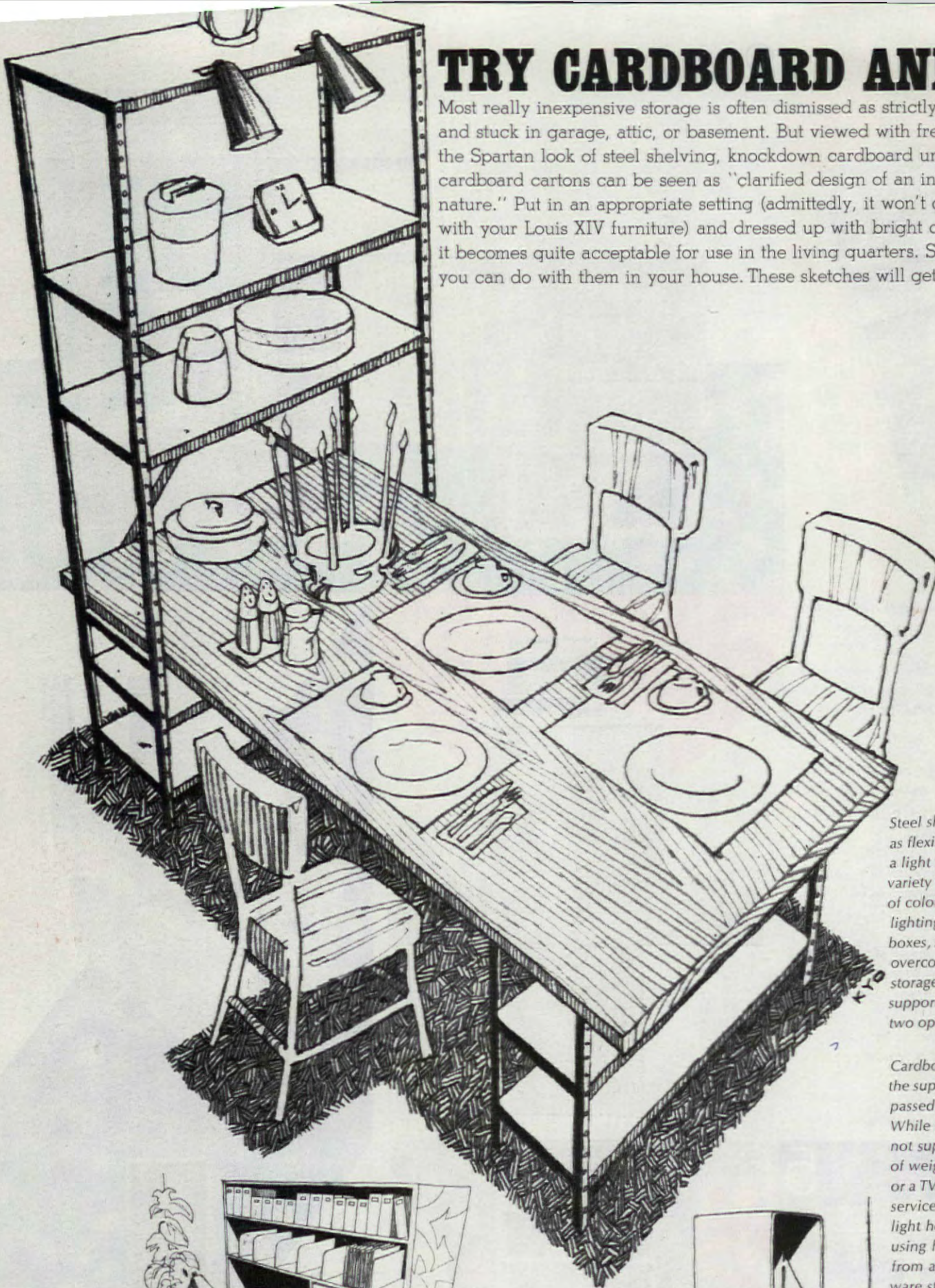
6 Here's a home for odd-shaped bulky stuff. Put it in a hallway or the playroom.

7 Communication center has space for messages, phone books, note pads. And leaning.



TRY CARDBOARD AND STEEL

Most really inexpensive storage is often dismissed as strictly utilitarian and stuck in garage, attic, or basement. But viewed with fresh eyes, the Spartan look of steel shelving, knockdown cardboard units, and cardboard cartons can be seen as "clarified design of an informal nature." Put in an appropriate setting (admittedly, it won't go very well with your Louis XIV furniture) and dressed up with bright colors, it becomes quite acceptable for use in the living quarters. See what you can do with them in your house. These sketches will get you started.

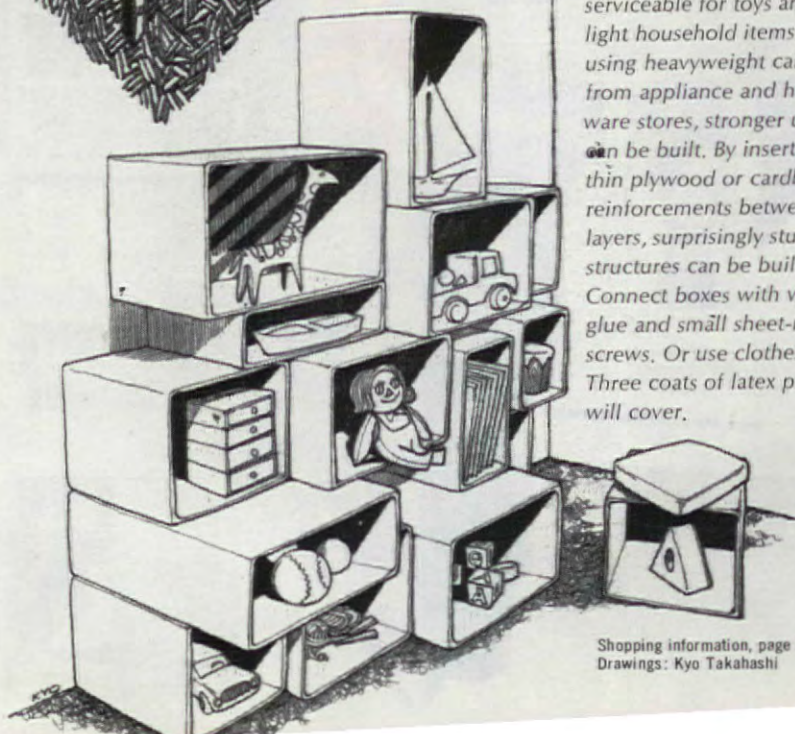


Steel shelving, while not as flexible as wood, offers a light framework for a variety of uses. By addition of colorful backing, clip-on lighting, and bright storage boxes, stark look can be overcome. Here a dining-storage unit is made by supporting a flush door on two open shelf units.

Cardboard cartons from the supermarket are unsurpassed in lack of cost. While most cartons will not support a great deal of weight (such as books or a TV unit), they are very serviceable for toys and light household items. By using heavyweight cartons from appliance and hardware stores, stronger units can be built. By inserting thin plywood or cardboard reinforcements between layers, surprisingly sturdy structures can be built. Connect boxes with white glue and small sheet-metal screws. Or use clothespins. Three coats of latex paint will cover.



Knockdown cardboard units, toward the bottom of the price scale, offer many possibilities. Not as durable as other units, they work well for items used occasionally. Here they're used with plywood frame and desk top.



Shopping information, page 79
Drawings: Kyo Takahashi

Swedish Meat Loaf

- | | |
|--|--|
| 1-7. 1 can Campbell's Cream of Mushroom Soup | 10. ½ cup finely crushed herb-seasoned stuffing* |
| 8. 1½ pounds ground beef | 11. ¼ teaspoon ground nutmeg |
| 9. 1 egg, slightly beaten | 12. ½ cup sour cream |

Mix thoroughly beef, egg, stuffing, nutmeg, and ½ cup soup. Shape firmly into loaf; place in shallow baking pan. Bake at 350°F. for 1 hour. Blend remaining soup and sour cream. Heat; stir now and then. Serve over loaf; sprinkle with additional nutmeg; garnish with cucumber slices. 4 to 6 servings. *Or substitute ½ cup fine dry bread crumbs and ½ teaspoon salt for herb-seasoned stuffing.

Serve with buttered rice, green beans, and cranberry sauce. Set out pound cake à la mode for dessert.



Country-Fried Chicken

- | | |
|--|----------------------------------|
| 1-7. 1 can Campbell's Cream of Mushroom Soup | 10. ¼ teaspoon poultry seasoning |
| 8. 2 pounds chicken parts | 11. 1 cup sliced carrots |
| 9. 2 tablespoons shortening | 12. Chopped parsley |

In skillet, brown chicken in shortening; pour off fat. Stir in soup, seasoning, and carrots. Cover; cook over low heat 45 minutes or until tender. Garnish with parsley. 4 servings.

Get hundreds of exciting menu ideas and recipes in these 2 cookbooks! Campbell's "Cooking With Soup" and "Easy Ways to Delicious Meals." For each book send 60¢ with your name and address to: two cookbooks, Box 575, Maple Plain, Minn. 55359. (Indicate cookbook desired.) Offer may be withdrawn at any time. Void if prohibited or restricted by law.



**To make either of these recipes,
you need 12 ingredients.**

**7 of them
are in here.**



**M'm!
M'm!
Good!**

Safe Driving

(continued from page 11)

to face up to your responsibilities, plead guilty of the charges against you, and accept the penalty as a good citizen should?

Your reactions under the circumstances will indicate to those around you how sincere and mature you really are.

BELT DISCIPLINE

A recent research study showed that only 31 percent of male drivers and only 18 percent of female drivers buckled their seat belts. You know that belts should be worn at all times, even on short trips close to home, but frequently fail to do so. When reminded by your children you give a quick excuse to justify not wearing it.

Years later when your youngster is involved in an accident in which a belt could have reduced his injury, do you really have to ask why his belt was unbuckled?

TEACHING OTHERS A LESSON

Another driver cuts you off and you become emotionally upset. Deciding to take matters into your own hands, you pass the other driver and

cut him off. He momentarily loses control and ends up on the shoulder of the road while you go merrily on your way. Your parting remark is, "That will teach him a lesson."

Some years later your son is involved in a head-on collision. You learn that the oncoming car didn't dim his lights so your son retaliated by throwing his high beams into his eyes. How can you justify your actions against his?

THE DASHING PEDESTRIAN

The light is red but you are in a hurry. You grab your son's hand and tug at it. He says he learned at school that you shouldn't cross on a red light. You insist and run him across the street explaining that it's all right if no cars are coming.

How do you explain to him that it was wrong for his friend to cross against the light after his friend was hit by a car?

JUST A FEW MORE MILES

You were just noting the other day that you had gotten over 30 thousand miles on your present set of tires. Your son pointed out to you that they were smooth and you needed new ones. You answer that you will replace them when you have time.

Years later your son has a blowout because of poor tires and narrowly averts an accident. How do you impress upon him that good tires are important when you practice just the opposite?

DOUBLE PARKER

"I'll only be a minute." How many times have you said that when you double parked outside a store and ran in to get something? You explain to your daughter that double parking is all right if it is only for a few minutes. Of course you don't explain why you inconvenienced other cars that had to maneuver around yours.

What do you say when your daughter shows inconsideration of others as she drives years later? How do you suppose she developed the trait?

ROLLING STOP

The stop sign is quite clear. It says "stop" in large white letters on a red background. But when questioned as to why you rolled through slowly you answer that it's a poorly placed sign and it's all right to go through it if the traffic is light.

Are you trying to explain to your children that stop has two meanings?

DO AS I SAY, NOT AS I DO

Your children imitate your actions as well as listen to your words. They pattern their lives after people they love and admire. They watch you and listen to you constantly, even when you think they are not. They are learning all the time. What are you teaching?

Mr. Toth is a professor at the Center for Safety Education, New York University.



All fabrics designed and woven in the U.S.A. by Dan River Mills, Incorporated, 111 West 40th Street, N. Y., N. Y.

"But Grandma, what pretty sheets you have." "Of course," said the Wolf, "they're Roman Stripe by Dan River. Come a bit closer so you can see them better."

"Notice the pretty stripe border," said Grandma. "See the way the stripes coordinate with the lilac sheets and pillowcases? Roman Stripe pattern comes in pink, green or yellow, too. Each with different colors in the border stripes. And they're 100% combed cotton percale," Grandma went on. "You're not my Grandma," said Red. "She always makes hospital corners."

WORKING WITH UNFINISHED FURNITURE

Storage units assembled from unfinished furniture all have one thing in common: They're easy to make. Since the factory has done the hard work all you have to do is apply elbow grease plus finish and fasteners.

Start by experimenting with many different arrangements and when you decide on one, note which surfaces of the furniture won't show—and thus won't need finishing. Then decide what type of finish you want to apply.

PAINT FOR DRAMATIC EFFECT

You should use top-quality paints because they're easier to work with, give a rich coat, and offer unlimited choice of colors. Choose your colors with an eye for drama and excitement. Use a mixture of vivid tones and dark shades, make them contrast, make them blend. Add stripes of colored tape. Give full range to your imagination and color sense.

Before painting, fill nicks or dents with plastic wood, water putty, or other hard material (spackling compound and patching plaster are too soft). Next, apply a coat of primer. This should not be a latex paint that raises the wood grain, but a flat white alkyd. If your finish coats are to be enamel, some professionals recommend enamel undercoater for a smoother, more dense surface than a regular primer provides.

Figure on two finish coats. If you've primed first, the finish coats can be latex. Apply with a fairly large brush using long, smooth, parallel strokes. After each brushful, cross-stroke lightly, then go over the cross strokes with long, smooth strokes in the original direction. With each new brushful, work from the dry area into the previously painted area to minimize overlaps. If the paint sags or runs it's going on too thickly. Correct this by brushing out thinner, and/or using less paint on the brush.

Another excellent way to treat unfinished pieces is to cover them with wallpaper or fabric. For both these materials, you can use the same white glue ordinarily used for woodworking. Sometimes wallpaper comes with its own adhesive. For fabrics, brass upholstery tacks do a neat, simple job and facilitate removal.

STAIN IS MORE TRADITIONAL

For traditional decor, you have three options—antiquing kits (that come with instructions), paint in soft colors, or stain. If you decide on stain, get a good one. We'd suggest a penetrating type that is easy to work with.

There are several ways to apply stain. The simplest is to merely wipe it on, then follow with paste wax or an oil-finish compound made for this purpose. However, this method often produces uneven results.

There are two easy ways to minimize uneven staining. One is to sand thoroughly beforehand. The other is to wipe the stain on in very light coats, building up gradually to the desired shade. After the stain is thoroughly dry, apply paste wax, a prepared oil finish, shellac, or varnish.

If your taste runs to varnished furniture, you can approximate this finish by following the stain with several coatings of shellac that's been thinned with wood alcohol—one part shellac to five parts of alcohol. Shellac looks similar to varnish and is easier to work with. Allow each coat to dry at least overnight, then rub with very fine steel wool between coats. Incidentally, never use shellac on a very damp or rainy day.

FASTENING OR HANGING

Now it's time to stack your finished pieces into the arrangement you decided upon before. In some cases, you can depend on the unit's weight for stability. It's safer, however, to fasten the units together, particularly if there are small children around.

A method that permits easy disassembly is to drill quarter-inch holes through the units to accept bolts and washers. Or, for permanence, apply glue liberally, then fasten with short wood screws driven through the tops and sides of adjacent pieces.

In many situations, you'll want to hang a bookcase or cabinet on a wall. If the piece has a back of quarter-inch plywood, drive wood screws or hollow-wall fasteners through the back of the piece into the wall. Screws should be two and a quarter inches long and must go into the wall studs. Hollow-wall fasteners expand when tightened, clamping the piece to the plaster or gypsum board—thus eliminating the need to locate the studs. Before trying either method, be sure the plywood is securely fastened to the piece of furniture.

Suppose the piece has no back or is backed with a thin, flimsy material? Shelf brackets are the answer. Put two under the piece for support and two, inverted, on the top for stability. Or fasten a strip of 1x2 lumber to the wall, glue the piece to the top edge of this strip, and brace with two inverted shelf brackets on the top shelf, as described above.

When the last screw is driven, sit back and evaluate your work. You like it? Great. You don't like it? Throw the pieces into a random pile, spray with black paint, and call it a modern sculpture.

COMING IN OCTOBER

Next month—three wonderful apartments to prove you can enjoy good taste, good design, good living without spending a fortune. In the suburbs, a builder house with design elements you'd expect in a custom house.

PLUS wonderful foods—Duckling à l'Orange prepared by our master chef Jacques Jaffry (complete with cooking lesson) . . . Chocolate Mint Cake (too delicious to talk about) . . . Fettuccini alla Papalina (you'd have to go to Rome to taste a more splendid pasta dish!). More, more, more coming up in our big October issue.

How to buy a bath... and make it beautiful



Planning to remodel your bathroom?

Here are two brochures that can

make the job easier, the results more exciting.

American Olean's full-color How

to Buy a Bath brochure

takes you step-by-step through a bathroom remodeling job, and shows you how to get the most for your remodeling dollar.

The 16-page Decorating Guide is packed with bright new design ideas. It shows how colorful, durable ceramic tile by American Olean brings a fresh, new quality look to bathrooms, kitchens, rooms throughout the house.

Send for both brochures today. Just fill in the coupon.

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Please send me my copy of *How to Buy a Bath* plus the 16-page *Decorating Guide*. I enclose 10¢ to cover handling.

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City _____ State _____ Zip _____

DECORATING CLINIC

Question: Switch plates now come in so many colors and designs I don't know which to choose for my new home

Answer: Even though there is a great array of decorated switch plates available don't make this an important part of your decorating. We are all for the simplest plate, painted or papered to match the walls. Plain metal plates are also acceptable.

Question: We've spent our decorating budget on furniture and now have lots of bare walls and no money. Help please!

Answer: Look for interesting wrapping papers, kitchen towels, scarves, place mats extra-large handkerchiefs. Shiny wrapping papers in powerful geometrics make smashing wall decorations when mounted on cardboard. A handsome collection of kitchen towels and scarves by the famous designer Vera can be framed and hung like a picture. Or hem one at the top and bottom, insert dowels, and hang. The price, tiny but the effect is spectacular!

Question: I have a great many throw pillows on my sofa, all 14 inches square. Now a friend tells me small pillows are old hat.

Answer: We're afraid so. The clutter of lots of little pillows does look dated. Fewer but larger, plusher pillows (up to 20 inches square) are newer. Tiny throw pillows were never really comfortable; the big ones are.

Question: We've just moved into an apartment that's lovely except there isn't enough closet space in the master bedroom. We can't afford expensive built-ins.

Answer: We suggest two armoires fitted inside for hanging clothes (or with drawers). Join them with low chests or a hanging vanity with lift-up mirror. This will add a solid architectural look to the room.

Question: I am bored with my all-

white living room draperies. They're pinch pleated, hung on traverse rods, and in perfect condition. I wouldn't like to discard them.

Answer: Add color and pattern to your draperies by sewing borders down the middle and across the bottom. Bloomcraft has made this a cinch with the introduction of their Borderblooms. These are fabric borders,

some one that looks like brass and would match any style of furniture. If you prefer an upholstered headboard, Nettle Creek offers a variety of styles along with coordinated or matching bedspreads, draperies, floor screens, and Roman shades. Any of these is guaranteed to work wonders.

Question: Must I have white ceilings throughout my house?

Answer: Fuzzing and shedding is common in all new carpets. When the carpet is made there are tufts of yarn that are not locked into the backing. As you walk on the carpet these tufts work their way to the surface. Frequent vacuuming during the first year helps, and the more use the carpet gets the faster these tufts will free themselves and can be swept away.

Question: We recently extended our living room to provide a study. I had planned to carpet the area to match the living room but now find the carpet has been discontinued. I would like these two areas to appear as unified and as spacious as possible.

Answer: Tile is better than a not-quite-perfect match in carpet. To make your rooms look larger use tile the same shade as the existing carpet.

Question: A portion of our kitchen counter top needs repairing. What would you suggest until we can replace all the counter tops?

Answer: Butcher block is an ideal solution. Have a piece cut to fit the damaged area and use it as a cutting and chopping block and work counter.

Question: I was so tired of white walls in our living room that I painted them a medium shade of blue. Now I can't find a rug in the same color or even one to blend with it.

Answer: Choose an area rug rather than wall-to-wall carpet. For a contemporary room you might use a multicolor rug in an abstract, floral, or paisley design. A subtle effect, such as a creamy beige rug with a fretwork border in deep blue or brown, would be a good choice for a traditional room.

Question: Our house has banks of small windows high up on the walls. What should we do to make them attractive?

Answer: Treat them simply so they become an integral part of the room. Use either louvered shutters, wooden frames with curtains shirred behind, or crisply tailored Roman shades to match the color of the wall.

Letters submitted to Decorating Clinic will be selected for an answer on the basis of their general interest. We are sorry that we are unable to give personal replies.



**4 minutes from now
her best friend will dump
fruit salad on Pamela's
best dress.
And she won't bat an
eyelash.**

She sprayed her best dress with Scotchgard® Fabric Protector. Any messy spills, even fruit salad, just bead up and blot right off. No stain. No embarrassment.

Pamela uses Scotchgard Fabric Protector on other things besides her good clothes. The children's best suits and dresses, her husband's suits, felt hats and raincoat. And on her sofa, living room chairs and kitchen curtains.

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Guard your good things with Scotchgard Fabric Protector, and stay friendly with all your friends... no matter what they spill on you.

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floral and geometric patterns, printed in lovely colors from 1 3/4 to 8 inches wide—at \$1.50 a yard. They're washable, preshrunk, and treated with Scotchgard to resist stains.

Question: My bedroom looks terrible. Everything matches and is just plain dull. I'm not planning to start from scratch but could make a few changes where they would count.

Answer: A new headboard would probably give the room a lift. Drexel recently introduced a really hand-

Answer: Not everyone does, but if your rooms are fairly low—with ceilings no higher than eight feet, six inches—white is best. Colored ceilings are possible in an old house with high rooms, or a new one with cathedral ceilings or a two-story living room. Try sky blue with white walls. If you have a room that's too high for its size, then lower the ceiling with a dark color.

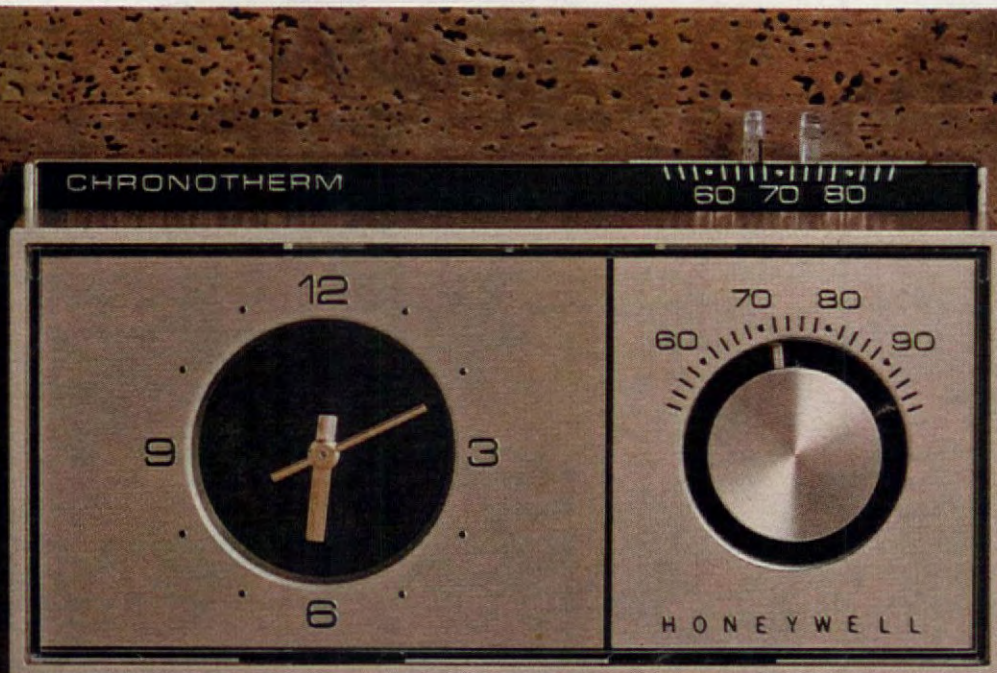
Question: Our living room carpet has been down for six months but it continues to shed. Is this normal?

New from Honeywell... the Thermostats for all seasons.

Total comfort begins in your home with a Honeywell thermostat. It's the symbol of finest quality. The new clock thermostat and the new Honeywell Round thermostat control heating in the winter, cooling in the summer... automatically. And they're

backed by over 80 years of Honeywell experience. So when you buy, build, or remodel your home, go first class... and feel comfortable about it.

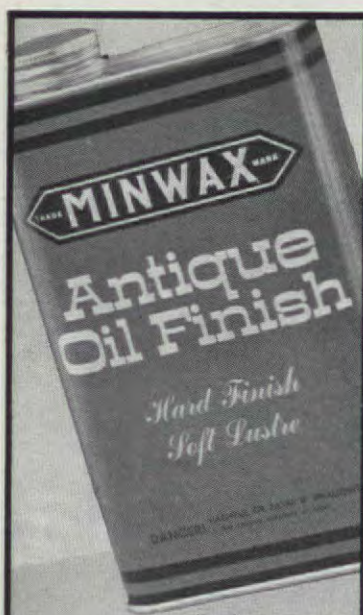
Honeywell
AUTOMATION



The Honeywell clock thermostat automatically turns temperature down at night, up in the morning... you sleep cool, wake up warm.



Only Honeywell could improve on the world's most popular thermostat. The Round has taken on a newer, more handsome look—and it's more accurate than ever before.



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against
heat and
liquids**

**Use
Antique
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for a hard finish
with a soft lustre
on tables,
cabinets, bar tops,
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Address.....
City.....
State..... Zip.....

Vacuum Cleaners

(continued from page 16)

Special canister features include:

Power/suction controls. Two or three selections (usually via dial) are available to choose the exact suction power you want. These are often combined with two-speed motors. A less sophisticated version of suction control is the wand slide-type valve.

Dual exhaust to speed air movement through cleaning tools.

Automatic cord rewind.

Cleaner signals to let you know when dirt bag is full (efficiency is lost when cleaner is operated with a full dirt bag).

Special storage helps for tools. Some have caddies that attach to the cleaner, others store tools inside, or attach to the side of the canister. Another has a covered compartment at the end of the canister; others have portable carrying caddies that hang on a hook in the closet, carry along with you.

Blower outlet reverses suction and expels air in gusts—good to blow dirt from hard-to-reach places.

SUPPLEMENTAL CLEANERS

These are the extra cleaners that could help you do your housekeeping better or more conveniently.

Lightweight Upright Cleaner

Use it for: Quick surface cleanup for floors and carpets. Usually cylindrical in shape (though one resembles a carpet sweeper), these are particularly convenient in family room, kitchen, laundry, etc.; great for vacation homes, mobile homes.

Features and buying points:

A design that is truly lightweight and easy to maneuver and carry wherever you want it.

A throw-away dirt bag or easy-empty dirt collector.

A cleaning nozzle that swivels. If you plan to use it for carpeted areas, look for models with rug-cleaning features such as power-driven or revolving brushes, nap adjustments, bare floor-carpet flexibility.

Some are available with cleaning tool attachments, some can be converted to a portable cleaner for above-the-floor cleaning.

Should be very easy to store—even hang on back of closet or in corner of utility cabinet.

All parts should be durable and attractively designed.

Portable Hand Vacuum Cleaner

Use it for: Around the house, above-the-floor cleaning. This lightweight cleaner moves easily with you—hand held or shoulder hung. Could make a good companion to an upright vacuum cleaner. Good for boats, trailers, cars (some operate from a cigarette lighter).

Features and buying points:

A dirt bag or dirt collector sizable enough to do a whole cleaning job without needing emptying.

Try it first—be sure it's really

A beach is for fun



Run along the water's edge,
picnic, build castles, fly kites...
that's what a beach is for.

Don't let "the difficult days"
stand in your way. Tampax
tampons were developed to
give you the total freedom you
need to enjoy a sandy shore.

There are no belts, no pins,
no pads to annoy you. Never
any odor; never any chafing.
Nothing can show. No one
can know, and there's no
discomfort of any kind.

In fact, once they're properly
in place, you can't feel you're
wearing Tampax tampons.
They're the modern sanitary
protection worn internally
by millions of women in
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hamper your fun.



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powerful enough to really do the
job. Lightweight, well balanced, and
comfortable to carry and use.

You may desire a selection of
cleaning tools in addition to the
basic utility nozzle. Standard cleaning
tools are usually available; some
even have a floor cleaning tool to
convert the cleaner to a lightweight
upright type; or a shoulder strap so
it can hang from your shoulder as you
clean.

Heavy-Duty Cleaner

Use it for: Heavy-duty cleaning in the
garage, basement, workshop, on the
patio, or to clean your fireplace.
These large tank shapes are great for
picking up pebbles, wood shavings,
nails, ashes, grass, etc.

Features and buying points:

For normal heavy-duty household
use, a five- to ten-gallon capacity
will be adequate. Larger capacities are
available at higher prices.

It is the hose and nozzle size that
makes this a rugged cleaner. The hose
has a 2½-inch diameter so nothing
gets caught; many can be converted
with a hose reducer to use with your
regular cleaning tools; some come
with their own cleaning tools.

Cover should be easy to release to
empty the dirt receptacle.

For movability—snap on casters,
attached casters, or a caster dolly.

BEFORE YOU BUY ANY VACUUM CLEANER

See a demonstration. Be sure it
does the job you want it to. Try it out
yourself to be sure it is comfortable
for you to use and work with. Does
the grip feel right? Are the controls
easy to reach, turn on, off, or switch
from one power to another?

Read the warranty and understand
the terms. Find out how to use the
cleaner and its attachments before
you buy.

Find out where and how the
cleaner can be serviced. Your cleaner
needs periodic servicing.

PRICES

For the all-purpose upright and can-
ister vacuum cleaners, prices vary a
great deal—from around \$30 to as
high as around \$120. In the top price
range, you'll find the nearest to true
canister-upright flexibility—a point to
look for if you're a one-cleaner-only
household. However, you can also
find many good features for conve-
nience and flexibility in the medium
price ranges, and with careful selec-
tion, you can find a competent cleaner
in the lower price range. Supple-
mental cleaner prices vary according
to the type: Lightweight upright—just
under \$20 to around \$30. Portable
hand vacuum cleaner—under \$10 to
around \$30; heavy-duty cleaner—
around \$25 to over \$50 (typical home
capacities remain in the \$25-\$40
range). As prices increase, so
does convenience and flexibility.

These manufacturers have sent us information about their
cleaners: Air-Way Sanitizer, Bissell, Electrolux, Eureka,
Frantz, General Electric, Hoover, Invento, McGraw
Edison, Montgomery Ward, Osrow, Penneys, Regina,
Sears, Singer, Shetland, Shop-Vac, Sunbeam, Toast-
master, Troy, Westinghouse, Whirlpool.

Inside I was crying, until I lost 105 pounds.

By Alice Banoczky—as told to Ruth L. McCarthy

Everybody in Budapest knew me—the cutest fatty on the stage. How I hated the role! But without me, the “Guruló Eggyüttes”, or Rolling Trio, would have been a skinny nothing.

I sang. I made big jokes. But inside I was crying. Because I knew when the spotlight went off, they called me “dagadt”, which in Hungarian means swollen, like a big balloon.

Always I was overweight. Even from three years old. Our kitchen, you see, was very rich. Lots of soup, pork, potatoes and fözelék (a side dish). And I loved turós rétes (strudel with cheese) as well as sweets.

By the time I was 16, I was already 200 pounds. My mother took me to doctors where I had shots and pills and low-calorie diets, even artificial orange drinks. But always, the pounds came back.

Once, when I was walking on the street, a man said to another: “If our government had as solid a foundation as that, we’d all be in better shape.” Some shape!

I was miserable. I had no fun, no activities, no boy friends. I had only my singing voice. But how could I show it off, with such fatness? The only way, I decided, was radio, where I could hide myself. Later on, I grew bolder and went on the stage with my comic trio. Everybody laughed, but me.

Then came the Hungarian Revolution of 1956 and I escaped to the U.S.A. Almost immediately, I realized that because of my weight, I had even less chance to make a success here in show business. For practically everywhere, I saw the most slim and trim girls.

Discouraged, I gave up my music and took a job behind the scenes in a factory. And I again tried to reduce. Sometimes I was even starving myself. But I’d get hungry and soon I would be eating—lots of sweetness in desserts and TV snacks and before going to bed.

Finally, I met a man who preferred a good cook to a slim figure. We married, moved to Walnut Creek, California, and a son was born to us. Oh boy, some fat mama he had! And each year that my son grew older, I grew bigger. Last summer, 230 pounds!

Being a woman, however, I still dreamed of being thin. But how was I to stop the desserts and sweets and nighttime snacks? That was the problem always, until I made the discovery of the reducing-plan candy, called Ayds. I was in a drugstore when I first saw the chocolate fudge type. (There is also a vanilla caramel Ayds and a fudgy chocolate mint.) Ah, I thought, a low-calorie snack for my sweet tooth! I was wrong.

When I got home, I read the directions

and found I should take one or two Ayds before meals with a hot drink. Then eat. Pretty soon, I didn’t feel so hungry for a big meal.

In a few days, I lost two pounds. Was I excited! I grabbed my golden opportunity right then. For this was the help I needed



Look at me, acting comical. But even without the watermelon, I could make people laugh. After all, I was 230 pounds.

to have more willpower. And to have a smaller appetite without harmful drugs.

For breakfast, I would take my Ayds as directed. Then I’d have grapefruit, scrambled eggs, toast, and coffee. A lot of people think to skip breakfast is to lose faster. But this is a bad idea. It is important that one should eat in the morning. At noon, I had, maybe, a sandwich. And in the evening, after Ayds again, I ate a regular dinner. But I ate less than always before because I didn’t want so much. Oh, yes. And at night, if I was hungry, I ate another Ayds. It was sweet and the answer to my craving.

When I’d lost 25 pounds, I decided it was

time I was completely newborn. So I dyed my hair blonde.

On the Ayds plan, more weight came off. And soon, even my wedding ring fell off. I was never so happy to spend five dollars as for making it smaller. After I lost 50 pounds, people passed me on the street



I wish all Hungary could see me now with my new figure. Do you blame me for lightening my hair, too?

without knowing me. But it was me, all right—on my way down to 125 pounds.

At last, thanks be to the Ayds plan, I have a good figure. Now, I have only one more dream. To sing again—for an American audience.

Before and After Measurements

	Before	After
Height	5'2 $\frac{3}{4}$ "	5'2 $\frac{3}{4}$ "
Weight	230 lbs.	125 lbs.
Bust	41 $\frac{1}{2}$ "	36"
Waist	36"	25"
Hips	51 $\frac{1}{2}$ "	36"
Dress Size	24 $\frac{1}{2}$	8

ALL ABOUT AEROSOLS

Just press a button . . . to rustproof the engine of your car . . . polish a ta-

ble . . . make instant hors d'oeuvres . . . paint your porch furniture. The amazing aerosols have brought about a quiet revolution in housekeeping. A revolution that's now just beginning! It runs the gamut from household repairs to beauty to food to health. In case you aren't aware of all the aerosol products available, we did some research on the subject, and here's what we found:

FOR FASTER HOUSEKEEPING

Cleaners for tub, sink, walls, fixtures, even floors are one of the best things that have happened to bathrooms in a long time! Some even disinfect as they clean.

Popular household-ammonia cleaners in aerosol form can be used for everything from removing fingerprints on walls to cleaning wastebaskets and luggage, lamp bases and phones.

Furniture polishes that spray on and wipe off to a shine are both cleaners and dusters.

Foamy floor polishes are another aerosol product that cleans and polishes at the same time.

Other spray aerosols to add to your household-cleaning inventory: oven cleaners, tarnish preventive for silver, glass and mirror cleaner, starch, shoe polish and shoe dye, upholstery shampoo, spot remover, room deodorizer, and yes, there's even an aerosol for garbage cans.

EASY DO-IT-YOURSELF

Spray-paint products—pigmented, metallic, clear—have made experts out of the most amateur of painters. There are even spray paints for antiquing!

Fabric finishes such as water-repellent, soil-resistant, and wrinkle-resistant finishes are other aerosols that are available—as well as a spray wrinkle remover (handy for travel emergencies). Also—a fur cleaner and lusterizer, a suede cleaner and restorer.

For the home seamstress, a spray pattern holder eliminates the tedious job of pinning patterns to your fabric.

Spray adhesives and lubricants are finding their way to the home workshop, as is the spray charcoal lighter to the outside barbecue.

Skin divers take note—there's an aerosol shark repellent.

PRESSURIZED BEAUTY, HEALTH

It was in the field of beauty that aerosols made their first big hit—the ever popular hair spray, of course. Now the long list of beauty sprays includes antiperspirants, bath oil, bath powder, breath fresheners, cologne, shampoo, hand lotion, and toothpaste.

Health products have also benefited. There are spray antiseptics, pain killers, poison-ivy lotions, foot powders, allergy-relief products, and antibiotics available.

FOOD PRODUCTS

Foods from an aerosol can? They've just begun. For a starter, there are barbecue sauces, cheese spreads, chocolate syrups, garlic sprays, whipped cream, salad dressings, and cooking oils. And we're promised many more foods with pressurized convenience in the future.

USING AEROSOLS

An aerosol product may be one of the easiest and most convenient of things to use. But there are a few tips you may want to keep in mind for safety and satisfaction.

Read the label before you use it. All of it! Aerosols are designed to be used in a specific way. Each product is individual even though packages are similar.

If you're using a strong cleaning aerosol product, be sure to keep the room well ventilated.

Aerosol products make fascinating but often dangerous toys for children. Be sure to store them well out of reach of curious, tiny hands.

Hold the aerosol correctly. Some

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General Electric Company, Housewares Division, Bridgeport, Conn. 06602

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GENERAL ELECTRIC

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Name _____ (Please print clearly)

Address _____

City _____ State _____ Zip _____

Note: Offer expires October 31, 1968

Limit: one bank to family

products—spray perfumes and insecticides should be held in an upright position when using. Others, like shaving cream, may be held in different positions (varies with brands). Some aerosols require shaking before pressing the valve, others do not. If you read the label you will know how to hold the aerosol for best results.

Store all aerosols away from direct heat—never over 120° F.

All aerosol containers should be disposed of with nonburnable trash. You should never throw an aerosol into an open fire, incinerator, or furnace. The best method of disposing of aerosols is to depress the valve until no more product or propellant is emitted before tossing it out.

SHOPPING INFORMATION

Merchandise listed here is available in leading department and specialty stores. If you cannot find it, write to American Home Reader Service, 641 Lexington Ave., New York, N.Y. 10022, for additional information. Retail stores are listed with their cities. Items not listed may be privately owned or custom made.

BOOKCASE FROM BOXES

Page 30: Rado-T.V. combination, Panasonic.

11 STEPS TO GOOD STORAGE

Pages 66, 67: Toaster, Westinghouse. Electric skillet, Presto. Lightweight upright, Bissell. Polisher scrubber, Hoover. Blender and all major appliances, General Electric. Storage turntables, pull-out shelves, dish storage units, Rubbermaid. Paper-bag holder, wrap stacker, Grayline. Aprons, china hooks, teakettle, Azuma. Counter-top canister storage unit, Modern Pantry, Norsk, N.Y.C. Melamine dinnerware on shelves, Gallery, Allied Chemical. Mixing bowls, and Corningware dishes, Corning.

USE STOCK UNITS WITH FLAIR

Pages 68, 69: Unpainted furniture, Country Workshop, 95 Rome Street, Newark, N.J. 07105. Winterhouse, Rushland, Bucks County, Pa. 18956.

TRY CARDBOARD AND STEEL

Page 70: Cardboard units, Jessie Jones Box Corp., Philadelphia, Pa. 19141. Safco Products Co., 7425 Laurel Ave. South, Minneapolis, Minn. 55426. Fidelity File Box, Inc., 705 Pennsylvania Ave. South, Minneapolis, Minn. 55426. Steel rack from: Sears Roebuck.

OLLA PODRIDA

Page 80: Platter, plates, bowls, flatware, Bonniers, N.Y.C. Linen napkins, Fallani and Cohn. Tablecloth, Bates. Chairs, Chair Store, N.Y.C.

TRY LAMB PILAF

Page 84: Casserole, Copco.

DESSERTS AT YOUR FINGERTIPS

Page 86: cake stand, rectangular tray, Ginori, N.Y.C.

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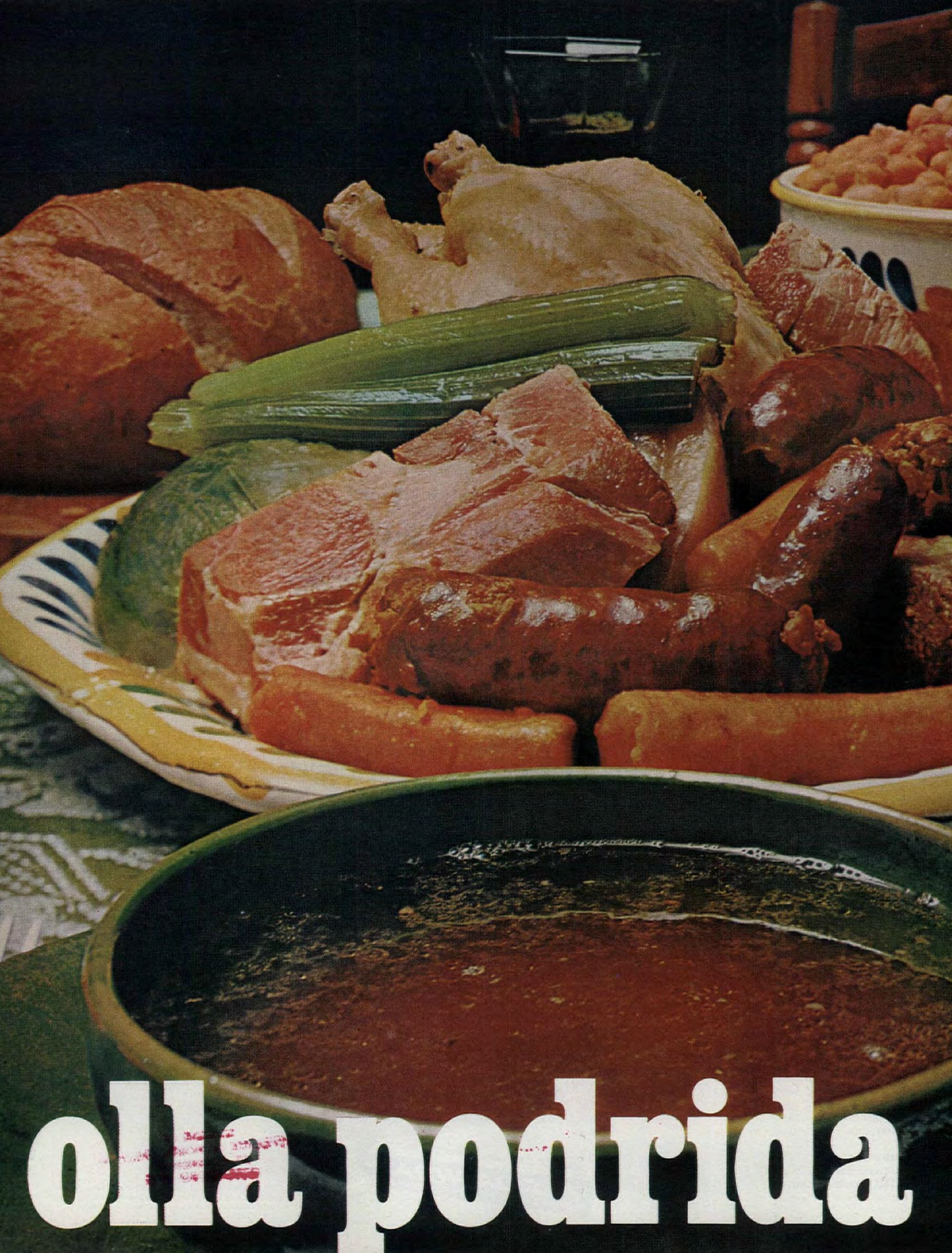


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olla podrida

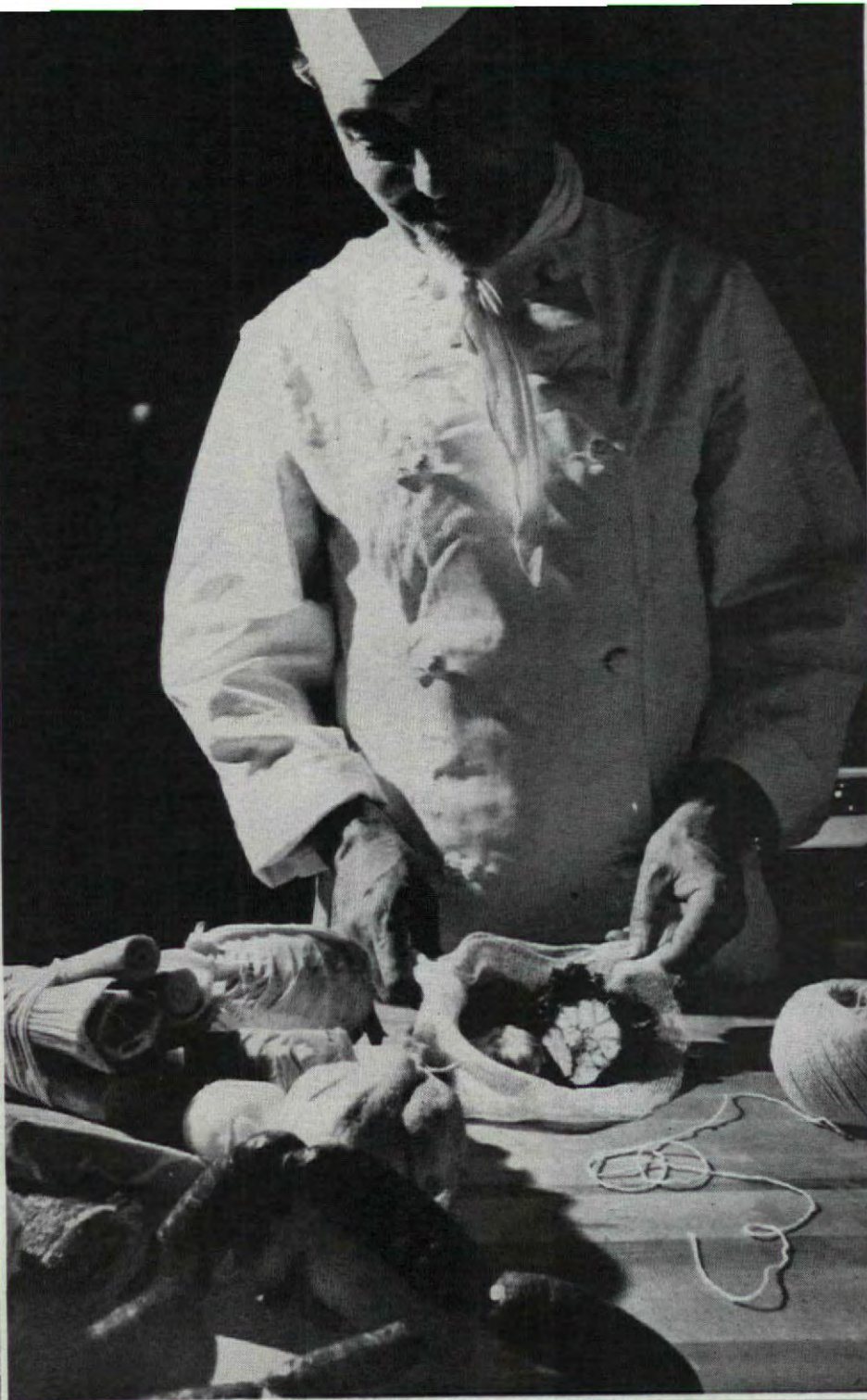


COOKING LESSON NO. 11
SPANISH BOILED DINNER
By Virginia T. Habeeb

Olla Podrida! Not a greeting. Not the matador's challenge to the bull. But Chef Jacques Jaffry's presentation of the Spanish version of the most delectable boiled dinner you've ever tasted. Many countries have one or more of these meat-and-vegetable dinners, the ingredients simmered for several hours, then served either as a one-dish meal or with the broth first, followed by the meat and vegetables. Most of these recipes originated centuries ago when meals were prepared in large kettles over open hearths. The original recipe for *Olla Podrida* begins with a formidable list of 20 ingredients. We simplified it but kept the flavor and heartiness of this classic dish. The ingredient list is still impressive: chicken, brisket of beef, ham, salt pork, sausage, celery, cabbage, carrots, onions and chick peas, plus spices and herbs.

Each country's own specialty has its own nuances of flavor depending upon the seasonings and ingredients. *Olla Podrida* boasts a bouquet garni (top) of cloves, parsley, peppercorns, thyme, bay leaf, and a garlic cut in half. Below this photograph are the two ingredients that make *Olla Podrida* truly Spanish—the chorizos (Spanish sausage) and the garbanzos (chick peas). We tried many versions of these toss-it-in-the-pot dinners. *Olla Podrida* is still our top favorite. Try it, as we did—with the strained broth first, then the heaping platter of meat and vegetables. On the next page, Chef Jaffry brings you the recipe and how-tos.

1



6

7

8

OLLA PODRIDA

1 pound dried chick peas
6 medium-size carrots, pared
6 stalks of celery
1 small head of cabbage
2 whole cloves
6 sprigs parsley
1 teaspoon peppercorns
½ teaspoon leaf thyme, crumbled

2 bay leaves
1 small, whole garlic, cut crosswise
2 pounds brisket of beef
1 pound chorizos
(Spanish sausages)
1 pound salt pork
1 broiler-fryer (about 2 pounds)
1 pound boiled ham (in one piece)
Cold water
3 medium-size onions, peeled

COOKING LESSON NO. 11 OLLA PODRIDA (continued)

1. First I get all the ingredients ready. The chick peas have been soaking overnight in water to cover. I have tied the carrots and celery together with clean white cord. This helps to keep them in shape for serving and also makes it easier to remove them at the end. The cabbage is cut in half and a wedge of core removed from each half. Now I make my bouquet garni. The cloves, parsley, peppercorns, thyme, bay leaves, and the two halves of the garlic are put into a small piece of double-thick cheesecloth and tied securely with clean white cord.

2. I drain the chick peas and put them in a large kettle. There are many large ingredients and you will need a kettle with at least a 12-quart capacity. Add the beef, chorizos, salt pork, chicken, and ham. Pour in enough water to cover the meats—you may need as much as 5 quarts.

3. Place the kettle on the heat and bring to boiling. Lower heat. Skim the foam from the surface. Simmer 30 minutes, skimming often. Much of the foam is from the meats, particularly the chorizos.

4. Remove the chorizos and ham from the kettle and put them in a pan or bowl. Spoon a few spoonfuls of broth over them. Add the carrot-and-celery bundle, onions, and the bouquet garni to the kettle. Bring to boiling. Skim the surface. Set the cover partially on the kettle, that is, leave a little space at one side to let the steam escape. Simmer 15 to 30 minutes or until the chicken is tender, skimming several times as it cooks.

5. Remove the chicken from the kettle and put it with the chorizos and ham. Continue cooking the ingredients that are left in the kettle for 1¼ hours.

6. While the Olla Podrida cooks, I blanch the cabbage. Put the cabbage in a saucepan and cover it with cold water. Invert a plate—select one that will fit the pot—over the cabbage. This helps to keep it submerged. Bring to boiling. Reduce the heat and simmer 10 minutes. Drain.

7. Put the cabbage into the kettle and cook 10 to 20 minutes or until it is done as you like it and the beef and salt pork are tender. Some people like cabbage tender crisp, others want it more done.

8. Return chorizos, ham, and chicken to kettle. Cover and simmer 5 minutes or until heated through. Remove meats and arrange on the platter. Untie the carrots and celery and arrange them on the platter. You may leave them whole or cut them in pieces as you wish. Strain the broth. Discard the onion and the bouquet and put the chick peas in a serving dish. Taste the broth and correct the seasoning. Spoon some broth over the peas and meat. Serve the broth with 1 or 2 tablespoons chick peas in each bowl. Slice the meats and serve some of each with some carrots, celery, and cabbage. Makes 8 servings.



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Looking for something unusual to impress your family and guests? Serve exotic Lamb Pilaf, reminiscent of Middle East cuisine. It's one of our favorites—and we've taste-tested countless others. Like all casseroles it is easy to fix ahead and pop in the oven at the last minute. Serve with a crisp green salad with herb dressing and you've a glorious meal. You don't even need bread!

TRY LAMB PILAF

4 tablespoons butter or margarine
3 pounds boned lamb, cut in 1-inch cubes
1 large onion, thinly sliced and separated into rings
½ teaspoon ground cinnamon
½ teaspoon ground black pepper
2 cups raw rice
1 cup white raisins
2 teaspoons salt
1 can (10½ ounces) consommé
2 cups water
¼ cup lemon juice
1 cup toasted, sliced almonds (3-ounce package)
3 tablespoons chopped parsley

Melt 2 tablespoons of butter or margarine in large skillet. Sauté half the lamb over very high heat just until browned. Remove lamb to large bowl lined with paper towel. Drain excess fat from pan. Repeat with remaining 2 tablespoons butter or margarine and remaining lamb. Lower heat to medium. Sauté onion, cinnamon, and pepper in same skillet about 3 to 5 minutes or until onion is tender.

Butter 2½-quart casserole lightly. Sprinkle about ½ cup rice over bottom of casserole. Layer rice, raisins, meat and onions in casserole. Repeat layers. Sprinkle top with salt. Combine consommé and water. Pour over mixture in casserole. Cover. Bake at 400° F. for 50 minutes. Remove cover. Sprinkle with lemon juice and almonds. Bake 10 minutes longer. Sprinkle with parsley before serving. Makes 6 to 8 servings.

Sauté lamb cubes, half at a time, over very high heat. If you cook too much meat at a time it will lower the temperature of the pan and the lamb will not brown fast enough and may become tough.



Put a layer of raw rice in the bottom of the casserole. Sprinkle on some raisins and add a layer of the sautéed lamb cubes.

Top lamb with a layer of the sautéed cinnamon-flavored onions. Repeat layers with the rest of the ingredients.



Pour the combined consommé and water slowly into the casserole.



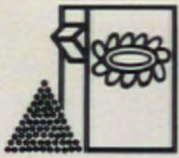
After the casserole has baked 50 minutes, sprinkle it with lemon juice and top with the sliced almonds. Bake an additional 10 minutes.



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FROM
THE
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STOCKED
PANTRY



Napoleon—
flaky puff-type
pastry and
creamy filling.

Mocha Icebox Cake—
pretty, festive, and easy.

Chocolate
Torte—every
chocolate
lovers' delight.

DESSERTS AT YOUR FINGERTIPS

How often have you eyed those puffy, dreamy-looking pastries on the pastry cart and wished you had the time and talent to make them yourself? With the help of the packages and cans on your pantry shelf you can! Here we've eliminated many of the complicated and time-consuming steps and the long lists of ingredients. Our elegant Napoleon (left) calls for a new, easy type of puff pastry (made with dairy sour cream) and a creamy vanilla pudding and pie filling. Our Mocha Icebox Cake (top) was fashioned from packaged ladyfingers and whipped topping mix. Our Chocolate Torte came from a package of whipped topping mix, pie-crust mix, and a can of chocolate syrup. Recipes for these and more begin on page 88.



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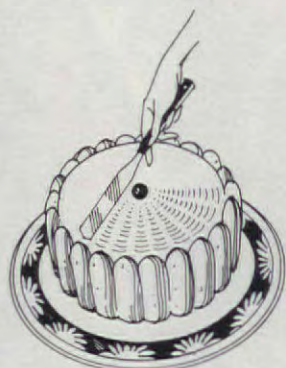
Desserts

(continued from page 86)

MOCHA ICEBOX CAKE

- 3 dozen ladyfingers (3 packages)
- 3 packages (2½ ounces each) dessert topping mix
- 3 teaspoons instant coffee
- 3 tablespoons cocoa
- 1½ cups cold milk

Split ladyfingers; line a 9-inch spring-form pan across bottom and around sides. Combine topping mix, instant coffee, and cocoa in deep, 2-quart mixing bowl. Blend in milk gradually; follow package directions for whipping. Spread a third of mixture over layer of ladyfingers in pan; top with layer of ladyfingers. Add second third of mocha mixture, a layer of ladyfingers, and remaining mocha mixture. Cover loosely; refrigerate overnight. To achieve



design on top, make radiating lines from center with spatula. Place candied cherry in center of cake, if desired. Makes 10 to 12 servings.

CHOCOLATE TORTE

- 1 package (9 or 10 ounces) pie-crust mix
- ⅓ cup canned chocolate syrup
- ¾ cup cold milk
- 1 teaspoon vanilla
- ½ cup canned chocolate syrup
- 1 package (4¼ ounces) or 2 packages (2½ ounces each) dessert topping mix

Heat oven to 425° F. Combine pie-crust mix and ⅓ cup chocolate syrup in medium-size bowl. Mix with back of wooden spoon until stiff dough forms. Divide dough into six equal portions. Spread each



portion of dough over the bottom of an inverted 8-inch layer-cake pan with fingers or small spatula to within ¼ inch of edge. Bake 5 minutes. (Bake layers in relays according to number of pans you have.)

Remove from oven. Cool thoroughly; run tip of thin-bladed knife or spatula under layers to loosen. Transfer carefully to wire racks. Repeat with remaining layers.

Combine cold milk, vanilla, and ½ cup chocolate syrup in deep mixing bowl. Add packaged dessert topping mix; prepare according to package directions. Assemble cake by spreading chocolate filling between layers and over top. Drizzle chocolate syrup over the top, if desired. Chill 4 to 5 hours to allow pastry to soften and become more cakelike. Makes 8 servings.

PLUMS IN A TART

- 1 can (1 pound 14 ounces) whole purple plums
- ½ package pie-crust mix
- Milk
- ¼ teaspoon ground cinnamon
- 1 teaspoon cornstarch
- 2 teaspoons lemon juice
- Few drops red food coloring

Drain plums; reserve ½ cup of the syrup. Split each plum; remove pit. Place each half on paper towel, cut side down. Allow to stand 30 minutes.

Heat oven to 400° F. Prepare pie-crust mix according to package directions. Roll out pastry on a lightly floured board to a 10-inch circle. Cut a 9-inch circle, using an inverted 9-inch pie plate as a guide. Place on ungreased cookie sheet.



Cut small designs from remaining dough with hors d'oeuvre cutter; overlap around edge of circle. Arrange plums on pastry. Brush pastry edge lightly with milk. Bake 30 minutes or until pastry is lightly browned. Remove from oven. Combine reserved ½ cup plum syrup, cinnamon, cornstarch, lemon juice, and food coloring in small saucepan. Bring to boiling over medium heat, stirring constantly

until sauce is thickened and transparent. Brush lightly over plums. Top with whipped cream or whipped topping mix, if desired. Makes 4 to 6 servings.

NAPOLEON

- 1 cup butter
- 1½ cups sifted all-purpose flour
- ½ cup dairy sour cream
- 1¼ cups milk
- 1 package (3¼ ounces) vanilla pudding and pie-filling mix
- ½ teaspoon vanilla
- ¼ cup semi-sweet chocolate pieces
- 1 teaspoon shortening
- 1 cup sifted confectioners' sugar
- 1 tablespoon light corn syrup
- 1 tablespoon water
- ½ teaspoon vanilla

Cut butter into flour with pastry blender in medium-size bowl until completely mixed. Stir in sour cream with fork until thoroughly blended. Divide dough into four equal portions; wrap each; refrigerate 8 hours or overnight.

Heat oven to 350° F. Roll out one portion of dough on well-floured board into a 12x6-inch rectangle. Place on ungreased cookie sheet. Repeat with other 3 portions of dough. Bake 15 to 20 minutes or until pastry is puffed and golden brown. Transfer carefully to wire racks. Cool completely. Trim sides carefully with sharp knife so all layers are the same size. Place 1 layer, puffed side up, on separate wire rack set on piece of wax paper to be decorated for the top of Napoleon.

Combine milk, pudding and pie-filling mix, and ½ teaspoon vanilla in medium-size saucepan. Cook over medium heat, stirring constantly, until mixture comes to boiling. Cool. Chill thoroughly.

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Combine chocolate pieces and shortening. Place over hot water until chocolate melts. Stir to blend. Combine confectioners' sugar, corn syrup, water and 1/2 teaspoon vanilla in saucepan. Cook over low heat just until frosting is smooth and shiny and coats a wooden spoon. Do not overcook, or frosting will become too hard. Remove from heat. Pour frosting over top pastry layer immediately; spread evenly. Pour chocolate mixture into pastry bag or tube with small writing tip. Pipe lengthwise strips 1 inch apart over frost-



ing. With a wooden pick make chevron markings 1 inch apart: pull pick left to right, then right to left. Set top aside. To assemble Napoleon: Place an undecorated pastry layer, puffy side up, on serving platter. Spread with one third of the chilled vanilla filling. Repeat with two remaining layers and remaining filling. Top with frosted pastry layer. Chill at least 1 hour before serving. Makes 6 servings.

FILLED SUGAR COOKIES

- 1 package (18 ounces) refrigerated sugar cookie dough
- 1 jar (8 ounces) raspberry preserves

Remove sugar cookie dough from wrapper. Allow dough to stand at room

temperature 30 minutes to soften. Heat oven to 375° F. Divide dough in half. Roll out half the dough at a time on well-floured board to 1/4-inch thickness. Cut into rounds with 2 1/2-inch cookie cutter. Cut center out of half the cookies with 1/2-inch round cookie cutter. Place 1 inch apart on ungreased cookie sheets. Bake 8 to 10 minutes or until lightly browned. Cool thoroughly. Remove from cookie sheet to wire racks. Spread solid rounds with 1 teaspoon preserves; top with cut-out rounds. Makes about 30 filled cookies.

LEMON CREME TARTS

- 1 package (9 or 10 ounces) pie-crust mix
- 1 package (4 ounces) lemon-flavor pie-filling mix
- 1/2 cup dairy sour cream
- 1 pint fresh strawberries, washed, hulled, and thinly sliced

Heat oven to 450° F. Prepare pie-crust mix according to package directions. Divide dough into 16 equal portions. Press each portion into a 2-inch fluted tart shell. Place a small circle of aluminum foil or wax paper in the bottom of each shell; fill with dried rice or beans to keep pastry from bubbling. Place tart pans on rack in oven (do not place on cookie sheet, or pastry will not brown evenly). Bake 8 to 10 minutes or until golden brown. Remove from oven; remove paper or foil and rice or beans. Cool on wire racks. To remove pastries from pans, invert and tap gently.

Prepare pie filling according to package directions. Cool slightly; fold in sour cream. Pour into pastry shells. Overlap strawberry slices on each tart. Chill 1 hour before serving. Makes 16 tarts.

CHICKEN IN THE SKILLET

Every busy homemaker occasionally faces the challenge of having to prepare a quick, easy meal that's delicious as well as within her budget. Here are two great solutions. Each takes only about half an hour to cook and requires only one pan—the skillet. Chicken wings with carrots in a delicately flavored broth, and chicken parts fried in a tantalizing combination of spices. Try them and see if they don't become fast family favorites.



CHICKEN WINGS WITH CARROTS

- | | |
|-----------------------------------|---|
| 2 to 2 1/2 pounds chicken wings | 8 to 10 medium-size carrots, pared and sliced |
| Salt | 2 cans (13 1/4 ounces each) chicken broth |
| Pepper | 1 small bay leaf |
| 4 tablespoons butter or margarine | 1 clove of garlic, crushed |
| 2 cups sliced onions (2 large) | 2 tablespoons chopped parsley |
| 1 tablespoon butter or margarine | |

Sprinkle chicken wings with salt and pepper. Brown wings in large skillet in two batches, using 2 tablespoons butter or margarine for each batch. Remove from skillet when brown; reserve. Discard any butter or margarine remaining in skillet. Sauté onions in 1 tablespoon butter or margarine 1 minute. Return wings to skillet. Add carrots, chicken broth, bay leaf, and garlic. Bring to boiling. Boil, uncovered, 20 minutes or until carrots are tender. Taste and correct seasoning. Turn into serving dish. Sprinkle with parsley. Makes 4 servings.

SPICED FRIED CHICKEN

- | | |
|-----------------------------|-----------------------------------|
| 1/4 cup all-purpose flour | 2 pounds chicken parts |
| 2 teaspoons ground cinnamon | 2 tablespoons lemon juice |
| 1 teaspoon garlic salt | 2 tablespoons butter or margarine |
| 1/2 teaspoon curry powder | |

Combine flour, cinnamon, garlic salt, and curry powder. Brush chicken parts with lemon juice; roll in flour mixture to coat. Melt butter or margarine in large skillet. Brown chicken slowly on both sides. Cook over low heat 30 to 40 minutes or until chicken is tender. Makes 4 servings.



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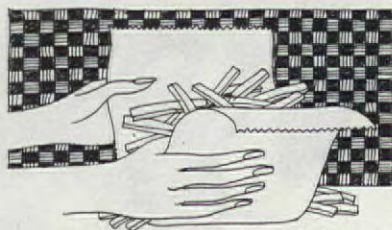
LEARNING TO COOK



Say "French fries" and you immediately think of delicate morsels of potato that are crisp and brown on the outside and tender and soft on the inside.

But so often what is served is a great disappointment, for the potatoes are limp and soggy and therefore tasteless. The secret of perfect French fries? It is simply paying attention to all the steps in the preparation. Learn exactly what to do and you'll find the making of the famous *pommes frites* of France an easy thing to do.

- Use mature baking potatoes. Potatoes that are firm and dry will fry tender and mealy on the inside and be brown and crisp on the outside in the short time they need to cook.
- The potatoes should be thoroughly dry before being put into the hot fat.



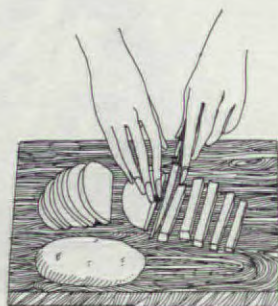
Pat them dry with a towel. If they are not well dried, they will take longer to cook and can absorb too much fat.

- Have the fat at the temperature specified. The best way to tell the temperature is with a deep-fat frying thermometer.
- If you use the deep-frying method, use a sturdy, flat-bottomed kettle or an automatic electric deep fryer. The pan should be large enough to allow the food to float in the fat and not let the fat come as far as the top of the pan to bubble over.
- For deep frying it is helpful to use a frying basket to lower the potatoes into the fat and to remove them.
- Don't deep fry too many potatoes at once. Do about a cup at a time. Too many cold potatoes will lower the temperature of the fat too quickly and cause them to absorb the fat.
- After frying, always drain the potatoes well on paper towels.
- Never cover the fried potatoes or they will lose their crispness and become limp.

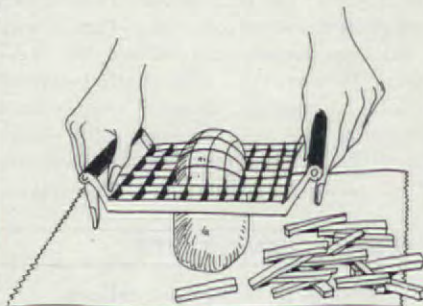
FRENCH FRIED POTATOES

6 medium-size baking potatoes
Fat or oil for frying
Salt

1. Wash and pare potatoes.



2. Cut potatoes into 1/2-inch-thick slices. Then cut slices into 1/2-inch-wide strips. When cut into uniform pieces, they will cook and brown more evenly. Or you can cut them



with a special cutter you'll find in houseware departments in stores.

3. Soak potatoes in cold, salted water for 30 minutes. Drain. Dry thoroughly in towel or with paper towels.
4. Fry by one of the following methods.

SHALLOW FRYING

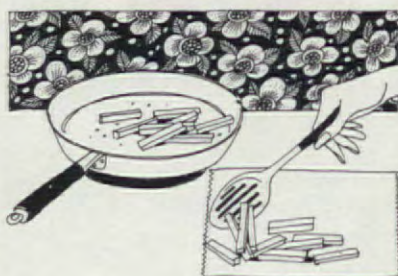
Shallow frying is cooking in a skillet in fat or oil about 1 to 1 1/2 inches deep. It uses less fat or oil than deep frying and thus is more economical.

ONE-STEP METHOD

1. Put enough fat or oil into skillet to make 1 to 1 1/2 inches deep when it is heated.
2. Heat to 390° F. on deep-fat frying thermometer.



3. Add about 1 cup potato strips. Fry 8 to 9 minutes or until browned.



4. Remove from fat with slotted spoon. Place on paper towels to drain.
5. Repeat with remaining potatoes, remembering to check the temperature of the fat or oil before adding the potatoes.
6. Sprinkle potatoes with salt. Serve at once. They should always be eaten while hot.

TWO-STEP METHOD

This method is preferred by many because the first cooking can be done several hours in advance. The potatoes are crisper too.

1. Put fat or oil into skillet as above.
2. Heat to 370° F. Fry potatoes 2 to 3 minutes. They will be cooked tender but will not be brown.
3. Remove potatoes with slotted spoon. Drain on paper towels.

4. Just before serving, heat fat or oil to 390° F. Fry potatoes 2 to 3 minutes or until brown.

6. Remove from fat. Drain on paper towels. Sprinkle with salt. Serve hot.

DEEP FRYING

Deep frying, also called French frying, is done in a quantity of fat or oil. There must be enough to allow the food to float without crowding.

ONE-STEP METHOD

1. Put enough fat or oil into a deep kettle so kettle is no more than 1/3 full when heated. This allows sufficient



space between the top of the fat and the top of the pan when the potatoes are added. There should be at least 3 inches of space so there is no danger of fat bubbling over during frying.

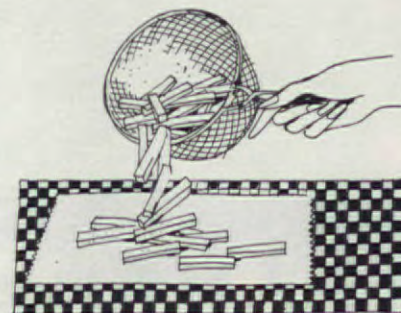
2. Heat fat or oil to 390° F. on deep-fat frying thermometer.



3. Put a single layer of potatoes into frying basket. Lower into fat.
4. Cook 8 to 9 minutes or until browned.
5. Lift out basket. Turn potatoes onto paper towels to drain.
6. Repeat with remaining potatoes. Sprinkle with salt. Serve hot.

TWO-STEP METHOD

1. Put fat or oil into kettle as above.
2. Heat to 370° F. Fry potatoes 2 to 3 minutes. Drain on paper towels.
3. Just before serving, heat oil to 390° F. Fry potatoes 2 to 3 minutes or until brown. Drain on paper towels. Sprinkle with salt. Serve hot.



The oil can be reused. After the frying is completed, let the oil cool. Line a sieve or a funnel with a double thickness of cheesecloth or paper towels and set it into a clean, dry, widemouthed jar. Pour the oil slowly into the jar. Cover the oil and store it in the refrigerator. Each time you use it for frying, add some fresh oil to it.



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COMPANY'S COMING TO A LATE SUMMER LUNCHEON

A late summer luncheon can be easy and fun, and as formal or casual as you wish. This luncheon menu has many do-a-heads, and can be served buffet or sit-down style, whichever is easier. Prepare the chicken mousse the day before. Wrap tightly with aluminum foil or plastic wrap and refrigerate until just before serving time. Early the next day, prepare the fruit compote and stuffed tomatoes. Both should be covered and kept in the refrigerator. Just before serving time, heat the stuffed tomatoes, turn out the mousse and garnish the plate attractively. This menu will be extra low in calories if nonfat dry milk substitutions are made in the mousse. Each serving of low-calorie mousse contains 210 calories; stuffed tomatoes, 60; and fruit compote, 88.

Chicken Mousse*
Baked Vegetable-Stuffed Tomatoes*
Bread Sticks Butter
Fresh Fruit Compote*
Lemon Wafers
Iced Coffee Iced Tea

CHICKEN MOUSSE

- 1 broiler-fryer (2½ pounds), quartered
- 2 teaspoons salt
- 5 peppercorns
- 1 small onion, sliced
- 3 sprigs celery leaves
- 2 envelopes unflavored gelatin
- ½ cup milk*
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 tablespoon Worcestershire sauce
- 1½ tablespoons grated onion
- 1½ cups milk*
- ½ cup mayonnaise or salad dressing
- 1 teaspoon salt
- 1 cup chopped celery
- 1 cup heavy cream, whipped*

Place chicken, 2 teaspoons salt, peppercorns, sliced onion, and celery leaves in large kettle. Add water to cover. Simmer about 20 minutes or until tender. Remove cooked chicken from bones and put through meat grinder or chop very finely. Soften gelatin in ½ cup milk. Melt butter or margarine in a medium-size saucepan. Stir in flour; cook 1 minute. Remove from heat; stir in Worcestershire and onion. Stir in milk gradually. Return to medium heat; cook, stirring constantly, until mixture boils and thickens. Add softened gelatin; cook, stirring until gelatin dissolves. Stir in mayonnaise or salad dressing and salt. Fold in chicken and celery. Cool mixture thoroughly. Fold in cream gently. Rinse a 6-cup mold with cold water. Pour mousse into wet mold. Cover. Chill about 4 hours or until firm. To serve, loosen mold with thin-bladed knife. Turn onto serving platter. Garnish with chicory, ripe olives, and carrot curls, if desired. Makes 8 servings.

*For a dish lower in calories, substitute skim milk for homogenized milk in recipe and make this substitution for heavy cream: Place ⅓ cup cold water in deep

mixing bowl. Add ⅓ cup instant nonfat dry milk and 1 teaspoon lemon juice. Beat at high speed on electric mixer about 5 minutes or until mixture is very stiff and light. Fold into mousse in place of whipped cream.

BAKED VEGETABLE-STUFFED TOMATOES

- 1 package (10 ounces) frozen, mixed vegetables
- 4 large ripe tomatoes
- Salt
- 1 tablespoon butter or margarine, melted
- ¼ cup packaged bread crumbs

Heat oven to 350° F. Cook frozen vegetables as package directs; drain well. Slice each tomato in half crosswise. Remove pulp and seeds from inside with a spoon. Salt inside of tomato lightly. Spoon mixed vegetables into tomato halves. Place in lightly greased, shallow baking pan. Combine butter or margarine and bread crumbs; sprinkle over vegetables. Bake, uncovered, 20 minutes or until crumbs are lightly browned and vegetables are thoroughly heated. Makes 8 servings.

FRESH FRUIT COMPOTE

- ½ cup sugar
- ¾ cup water
- ½ teaspoon salt
- 2 teaspoons lemon juice
- 4 large ripe peaches, peeled and halved
- 1 cup green grapes
- 1 cup blueberries or raspberries

Combine sugar, water, and salt in small saucepan; bring to boiling. Stir in lemon juice. Chill mixture. Place fruit in serving dish. Pour syrup over fruit. Chill thoroughly. Garnish with fresh mint leaves, if desired. Makes 8 servings.



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NICE N’ EASY BEEF KABOBS (Makes 4 servings)

- ⅔ cup (6-ounce can) CONTADINA® Tomato Paste
- ⅔ cup Italian salad dressing
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- 1½ pounds (1¼-inch cubes) sirloin tip steak
- 8-12 par-boiled pearl onions
- 2-inch pieces green pepper
- 8-12 cherry tomatoes
- Oil

Blend tomato paste, salad dressing, water and Worcestershire. Toss with steak cubes to coat. Cover and marinate few hours or overnight in refrigerator. Alternate steak, onion, green pepper and tomatoes on four 15-inch skewers. Place on broiler pan. Brush meat with marinade and vegetables with oil. Broil 4-5 inches from heat 15-20 minutes. Turn and baste often.

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TIPS FROM OUR KITCHENS

That box of salt that stands on your kitchen shelf is one of your handiest and most reliable staples. It does more than season your food.

- Use salt to sweeten thermos bottles, decanters, and other types of closed containers.
- Remove onion odor or fruit and vegetable stains from your hands by rubbing them with salt.
- For food or grease flare ups on the range or in the oven, have salt handy to pour it over and smother the flame.

BOOKS AND BOOKLETS

In this issue of *American Home* we discuss storage in detail—a topic of particular interest in our office because of the number of books we receive every month. Despite the fact that our shelves sometimes groan a little, we make a point of finding room for additions we feel are particularly worthwhile. The following books are an example and we think you, too, may want to find room for them.

BOOKS

The Gardens of Winterthur. Winterthur, now a museum of Early American decorative arts in Delaware, was once the home of Henry Francis duPont. And it was Mr. duPont who supervised the designing and planting of Winterthur's 60 acres of gardens described in this book. The gardens, as visitors to the museum would confirm, are an incomparable display of beauty in every season—with more than a thousand species of flowers, trees, and shrubs. These are beautifully depicted by photographer Gottlieb Hampfler and described from a practical standpoint by author Harold Bruce. For example, accompanying several photographs of daffodils, is a description of how to lay out new daffodil beds . . . with information on planting. This balance between photograph and text is maintained throughout the book and is what prevents it from being a coffee table display piece. We feel that anyone planning and planting his own property—however humble—will enjoy this book \$12.95, Viking Press.

The Cook's Companion. How do you peel a tomato, open an oyster, keep a cake from having a hump in the middle? To find the answers to these and other culinary questions we recommend this book by Frieda Arkin. It is a dictionary of culinary terms and tips that offers not only definitions, but an opportunity to acquire real kitchen "know how" in a very short time. The first section is a collection of culinary tips, rules of thumb, cooking hints, recipe substitutes, tricks of

the trade. The second section is a dictionary of cooking processes and terms (including many foreign language definitions). All in all, it is a book even the practiced cook will welcome. \$4.50, Doubleday.

The Pennypincher's Book Of Fine Food. If your desire to serve gourmet food is in competition with the limits of time and budget, you'll find

with knitting needles and yarn in hand. Which is exactly what we did with this guide by Mary Walker Phillips . . . and to our delight we found the directions couldn't be easier. Miss Phillips begins by showing right- and left-handed learners how to cast on, increase, decrease, and bind off stitches; how to knit, purl, and crochet. She tells you what to do about dropped stitches and how to join

BOOKLETS

Window Decorating Guide thoroughly explains and illustrates innumerable ideas for each room in your home. One chapter is a primer of basic window treatments that includes a glossary of window fixtures and terms; another explores ideas for turning the problem window into a point of pride. There are detailed home sewing instructions for swags, valances, draperies, curtains, as well as how-to-do-it information for room dividers, headboards, awnings, and original decorative schemes. Here is a wealth of specific, practical information. Send \$1 to Graber Drapery Fixtures, Dept. AH, Middleton, Wisc. 53562.

Your Clothing Dollar comes under close scrutiny in this new money-management booklet. Today it is easier than ever for every member of your family to be dressed well—if you plan your wardrobe, know how to shop effectively, follow buying guides, and give clothing proper care. Detailed shopping advice for every item of men's and women's apparel. Send 25c to Money Management Institute of HFC, Dept. AH, Prudential Plaza, Chicago, Ill. 60601.

What to Do in Case of an Automobile Accident is a simple folder to remind you of the steps you should take immediately at the scene of an accident. It lists the information you should record if your car is involved, and provides space to describe and diagram the accident. Keep it in your glove compartment. Free from Travelers Insurance Co., Women's Information Bureau, Dept. AH, 1 Tower Square, Hartford, Conn. 06115.

Parties in Motion—lakeside or seaside, barn dance or backyard barbecue—this booklet features entertaining with beer cookery. Beer is more than a popular beverage. It's also a delicately flavored seasoning that can be used for simmering meats, as a marinade, basting sauce, baking liquid, or to spark mayonnaise in a hearty salad. Includes recipes for appetizers, breads, dressings, vegetables and main dishes—with complete menus and tips for imaginative parties from table tennis tournaments to after-concert suppers. Free from U.S. Brewers Assoc. Inc., Dept. AH, 535 Fifth Ave., New York, N.Y. 10017.

Elastic hosiery or support stockings...which?

It's hard to believe, but that's elastic hosiery. Bauer & Black's new *Ultra Sheer*. So sheer and lovely that no one would guess it provides full therapeutic compression. Certainly there's no reason now for any woman with leg problems to be tempted, for appearance's sake, to make the mistake of buying support stockings.

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Ultra Sheer, with its see-through sheerness, is the newest in the complete Bauer & Black line of elastic hosiery. Also available: *Cosmetic Sheer*, for more cover-up, and *Super Wear* for extra durability. Sizes, lengths and styles for every individual need.

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MADE BY
KENDALL

this collection of recipes helpful. Author Caroline Hightower offers you elegant bargain meals, as undetectable as they are delectable. Not one tuna noodle casserole will you find! In its place are recipes for such dishes as Beef in Swedish Mustard Sauce and English Pudding. Most of the recipes are extremely easy to fix too. \$2.95, Simon and Schuster.

Step-By-Step Knitting. There's really only one way to discover whether a knitting book is worth a stitch . . . and that's to try to follow its directions

yarn. And unlike many books on the subject, this one takes knitting beyond the socks-and-sweater realm, with projects for making scarves, stoles, pillows, blankets, rugs, place mats, tote bags, etc. The directions for these are complete and the accompanying photographs are perfectly clear. We must brag, a little, and say the afghan we're working on is going to be beautiful . . . thanks to this book. \$1.95, Golden Press.

These books may be ordered through your local bookstore.

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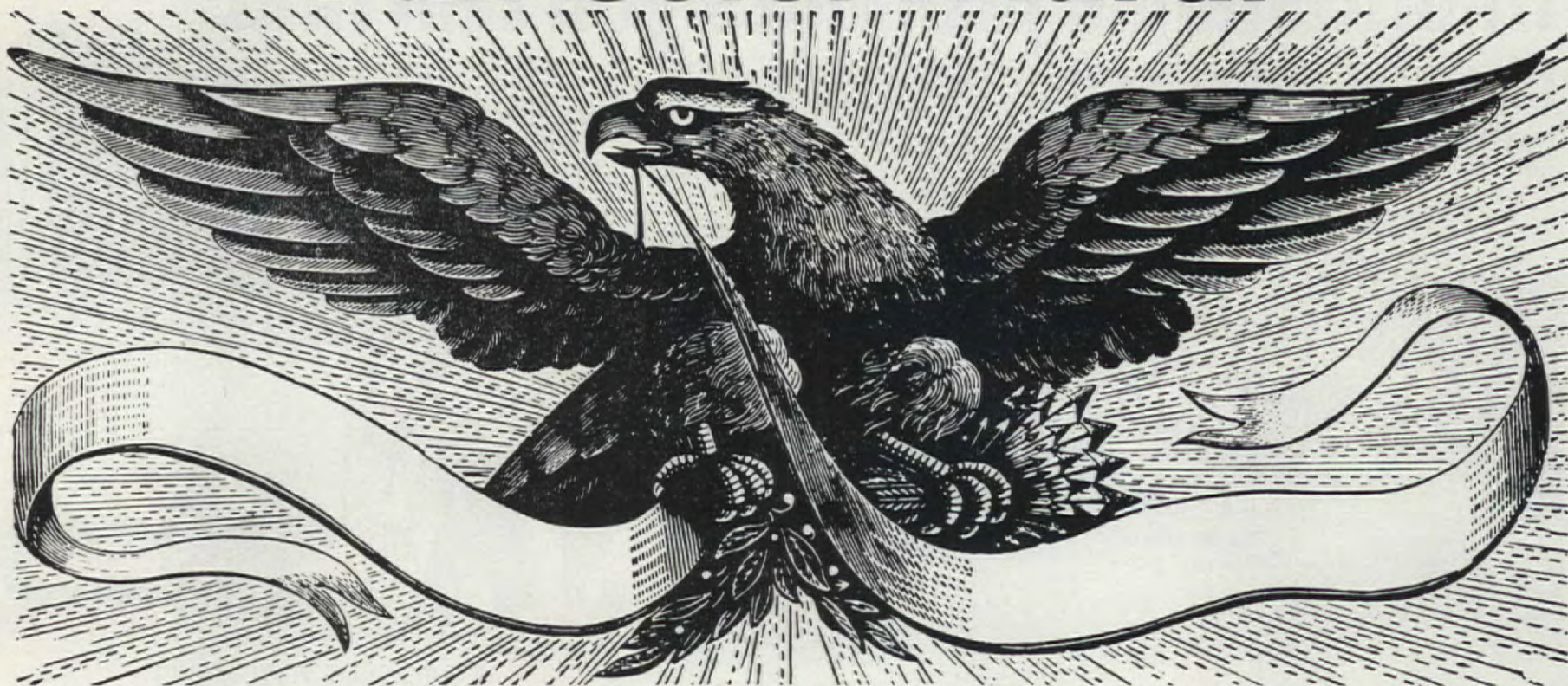
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The small illustrations shown here cannot convey the beauty and excitement of these exclusive works of art. Only when you receive your full color American Eagle Mural and your 4 American Soldiers will you appreciate how they will add new beauty to your home.

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THE FAMILY PET

By PATRICIA O'KEEFE

GOOD-NEIGHBOR POLICY FOR PET OWNERS

The old saying, "Love me, love my dog," is credited to a medieval monk named, appropriately, St. Bernard. I suspect the good monk didn't have neighbors. And undoubtedly, his dog never buried a bone in a petunia bed presided over by the president of the garden club.

The dog you love can make himself—and you—mighty unpopular. The pleasure you get from owning a dog goes hand in hand with your responsibility to give him good care and train him to be law-abiding.

National Dog Week, which is being observed September 22nd to 28th, has a better motto—*Deserve to be your dog's best friend*. Objectives of National Dog Week seek to remind dog owners to obey dog-control laws and be considerate of the people in their neighborhoods.

Nearly every community has laws that set forth your legal responsibilities as a dog owner. You may be required to have your pet licensed, to have him inoculated for rabies, to keep him leashed when he's not on your property and to prevent him from relieving himself on public or private property. Most of these laws protect your dog as well as public health and safety. A license tag, for example, helps the authorities locate the owner of a lost dog. Keeping a pet in his own yard or on a leash protects him from traffic accidents.

Learning the laws and observing them are good ways to give children a firsthand lesson in good citizenship.

Another reason for training your dog to be well-mannered is purely selfish: You'll enjoy him more if he doesn't annoy your friends and neighbors. Moreover, he'll be happier knowing what is expected of him. A fenced yard or an enclosed dog run is an ideal place for your pet to exercise. The idea that a dog needs to run free is nonsense. A wild dog roams from his own territory only to find food. A domesticated dog strays from home to find excitement and companionship because he doesn't get enough attention at home.

TEACHING HIM TO STAY AT HOME

If your yard is not fenced you can teach your pet to stay at home. This lesson is more easily taught a young dog who has never been allowed to run where he pleases. Take your pup into the yard with a long training leash or rope attached to his collar. Keep the leash loose and allow him to trot around freely. When he starts to step over the boundary, jerk the

own yard, but often he dislikes being restrained this way. He gets lonesome and barks or howls. He tries to escape by lunging against the rope. Frustrated, he barks louder or begins to snap and growl from fear. There is also the danger that a tied dog will be teased by people passing by. This kind of cruel treatment will ruin a dog's disposition. Some dogs take their watchman duties too seriously

hose is an unpleasant surprise. He'll stop barking long enough for you to command quiet. Empty tin cans tied together and tossed near him will also startle him into being quiet. When he remains quiet, tell him he's a good dog. Remember that training takes practice and repetition. Mete out punishment and praise consistently so your dog will always know what is expected of him.

WHEN HE'S ALONE

Your dog should be taught not to howl or bark when he is left alone indoors. Assuming that he knows he can't bark when you're there, the trick is to convince him you are never far away. Leave the house, shut the door. Walk out of sight but stay within earshot. When the lonesome serenade begins, dash back into the house and scold him. You may have to go through this charade often at first, but eventually he'll get the idea that noise brings punishment. Sometimes, he will be content if you leave a radio or television set playing.

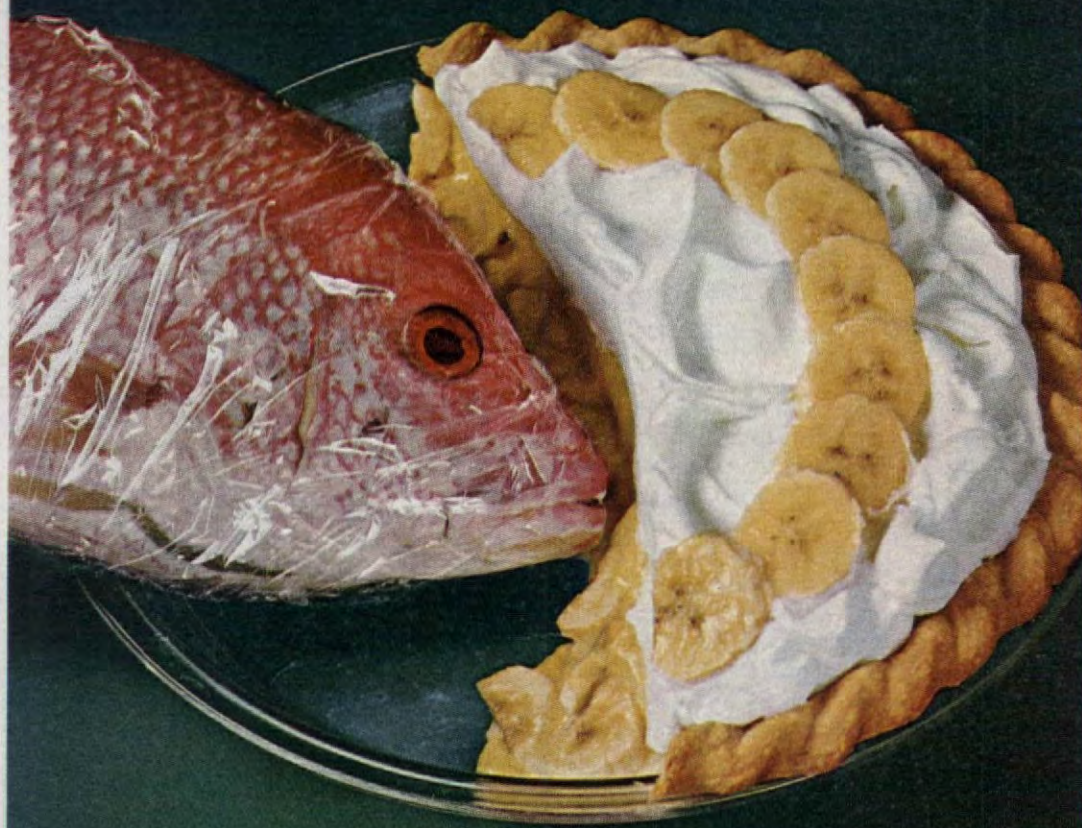
OTHER COMMON PROBLEMS

Even a well-behaved female dog can create havoc in the neighborhood when, twice a year, she's in season or heat. She secretes a fluid which can be detected by the sensitive noses of male dogs for blocks around. The eager suitors will congregate around your place, barking, howling, and fighting with each other, all trying to impress the lady. She can be a nuisance, too, using all her wiles to sneak out and join her would-be mates. The solution to this problem depends on whether or not you want her to have puppies. If not, take her to a veterinarian to be spayed. This is a surgical operation in which the reproductive organs are removed and she no longer has heat periods. Spaying normally does not affect her health or disposition.

Your other choice is to take her to a good boarding kennel for the three-week period or keeping close watch over her at home. You can never allow her out of doors alone. And when you walk a female dog in heat, it's a good idea to carry a strong stick or a cane, just in case you meet up with very determined suitors.

As the slogan for National Dog Week suggests, the best friends of man's best friend are good neighbors. Teach your dog to be one too.

Only Saran Wrap keeps them miles apart.



It protects so well, no odor gets through.
Beats all other wraps at sealing in a smell.



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TRADEMARK

leash hard enough to keep him from going farther. Very likely he'll give you a quizzical look and try again. Repeat the hard pull, overturning him this time, and say "No!" The lesson will have to be repeated often—until he learns not to leave the yard alone. When he obeys your command to stay where he belongs, give him plenty of praise.

WHAT TO DO ABOUT UNNECESSARY BARKING

Sometimes tying him to a pulley line or a stake line keeps a dog in his

and bark at everyone who comes to the door. Others are suspicious of anyone who wears a uniform. Unnecessary, unrestrained barking shouldn't be allowed. Let your dog sound a warning bark or two, then shut off the noise with a stern "No" or "Quiet!" If a spoken command isn't enough, clamp the dog's jaws together with your hand. When he's quiet, praise him.

If your dog barks at passers-by or at automobiles, several methods can be used to break the habit. A stiff spray in the face with the garden

Now, the first wood floor wax with the fresh smell of lemon!



It's new One-Step Wood Floor Care! Armstrong has given it the fresh, clean smell of lemon. New One-Step Wood Floor Care is as easy to use as a self-polishing kitchen floor wax, but it's made especially for wood floors. Not a drop of water-drying water in it.

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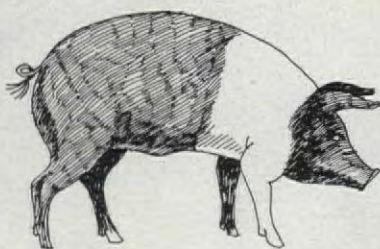
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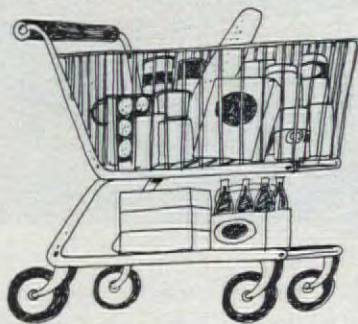


Have you ever heard of a three-ham hog? Robert W. Nelson has. He's Secretary of the Pork Industry Committee of the National Live Stock and Meat Board in Chicago, so he should know. He explains, "Because of tremendous strides in feeding and genetics, the average hog today yields 14½ pounds more lean meat—or about the weight of an extra ham—than did the average hog 12 years ago."



Before you jump to the conclusion that today's hog is that much heavier than yesterday's hog, he says, "The total weight difference is actually less than two pounds more. A 10 percent increase in the amount of lean has been accompanied by a 26 percent decrease in the amount of fat and lard." More lean and less fat, more protein and fewer calories . . . just what the doctor ordered—and what the modern weight-conscious consumer is demanding. "Pork today has 36 percent fewer calories, 57 percent less fat than food composition tables once indicated."

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employables, according to an announcement by William G. Hildebrand, Executive Director of the New York State Food Merchants Association. Answering the call of government and civic leaders, food chains are set to hire and train disadvantaged persons for full-time, gainful employment. Congratulations to doers in all fields.

The taste-test luncheon at the Frozen Foods Show held at New

York City's Waldorf Astoria and given by the Eastern Frosted Foods Association revealed several innovations in frozen foods: Carnation Seafoods has a new freezing method to freeze oyster cocktails packed in poly bags. Green Giant introduced two-servings-to-the-package food including corn niblets, sweet peas, and kitchen-sliced green beans.

Stouffer Foods presented pouch packs for their new heat-and-serve foods—creamed potatoes, creamed peas, and beef stew in 10-ounce sizes, creamed chipped beef in 11-ounce size. During the recent Supermarket Institute meeting in Cleveland, where Stouffer is home-based, I had the privilege of visiting their new plant where they were packaging Frozen Macaroni and Cheese and Potatoes au Gratin that day. These are two of their wide variety of frozen meals. It is amazing what machines can now do to create home-style dishes.

Swanson, a division of Campbell Soup, served their new line of In the Mood food . . . single-portion frozen meal components of special-recipe meat or vegetable dishes—packed in pouches of sauce-based foods and foil trays for those requiring oven browning and rising. Now in New England and Middle Atlantic states, they'll soon be national. Assistant Food Editor, Jane Uetz, recently visited the Swanson Frozen Food plant in Fayetteville, Arkansas, where they package chicken dinners. She taste-tested their new In the Mood food and reports a wide variety. Beef Stroganoff, Beef Ragout, Corn Soufflé, and Scalloped Potatoes are just a few.

We've been experimenting with the new Royal Hawaiian Liquors by Victor Fischel, a division of Seagram. The three new flavors are pleasantly unique and exciting: Lichee, Passion Fruit, and Kava (a coffee flavor). Served over fruit, ice cream, or sherbet—they're great.



Sipping them is not dull, either!

New foods to note: Two new cookies from Pepperidge Farm—Lemon and Chocolate Laced Pirouettes. We love their unusual shape—they are twirled while still warm into a hollow roll-like cookie. They're yummy when filled with whipped cream.

A cross between two favorite foods—clams and tomatoes—is Clamato . . . a drink with a zip. From Duffy-Mott, it comes in 16- and 46-ounce cans. A good idea for a new hot soup: Mix together 1 can (46 ounces) Clamato, 2 cans (4 ounces each) minced clams (with broth) in saucepan. Bring to just boiling over moderate heat and remove. Top each serving with a pat of butter or mound of whipped cream. 8 servings.

Chinese Hot Mustard is news from La Choy by Beatrice Foods. A 4-ounce jar is 39c. Along with their Soy Sauce and Sweet and Sour Sauce this should round out your next Chinese feast!

Equipment news to note: Wear-Ever has a striking new line of cookware called Cerama. It's their



first entry into the field of color with lids colored bitter lemon or bitter orange topping soft beige pans. . . . The Maytag Company, long known for their clothes washers, now also manufactures a portable dishwasher. Sunbeam has a new coffee maker with an eleven-hour timer—you can set your coffee maker the night before to have freshly perked coffee waiting for you the next morning. . . . General Electric has added color to their electric skillets—flame, harvest, and avocado.

The U-Line Corp. has a self-contained ice-cube maker. It needs no plumbing connections, just a standard 110/115 volt outlet. Its own five-gallon water tank supplies the water for the ice cubes—a good idea for family room or den.

Virginia P. Habel

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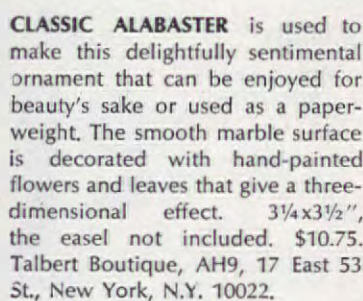
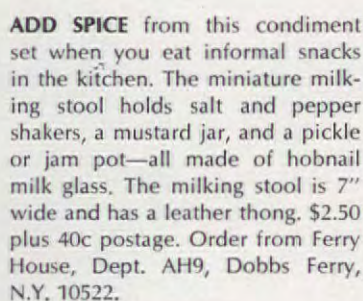
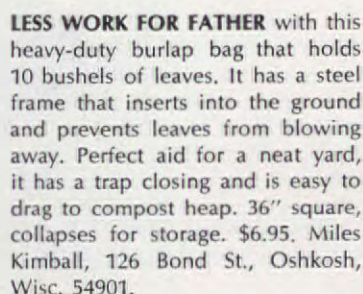
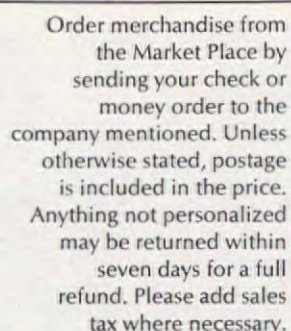


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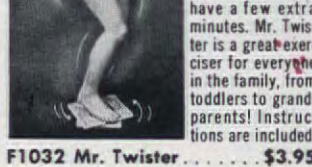
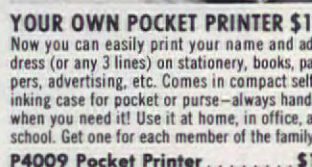
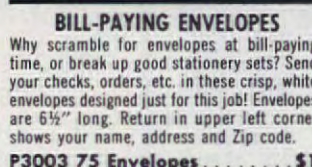
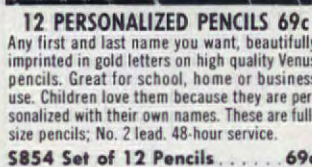
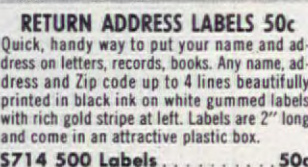
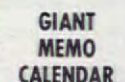


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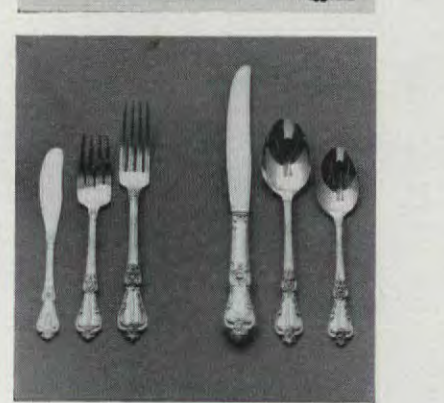
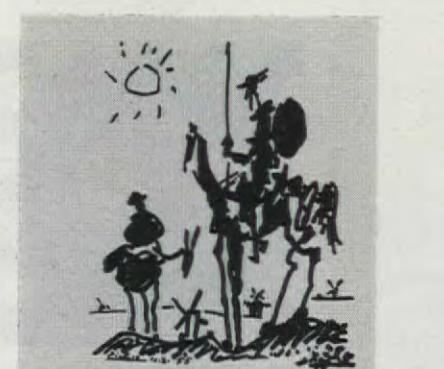
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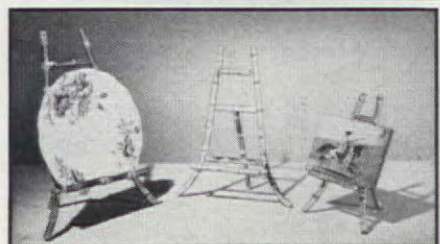
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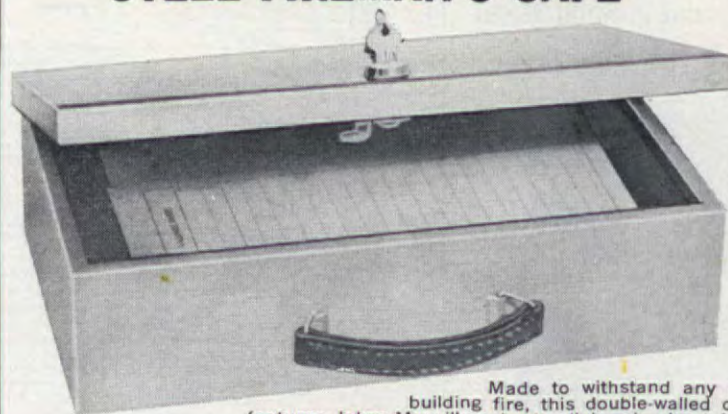
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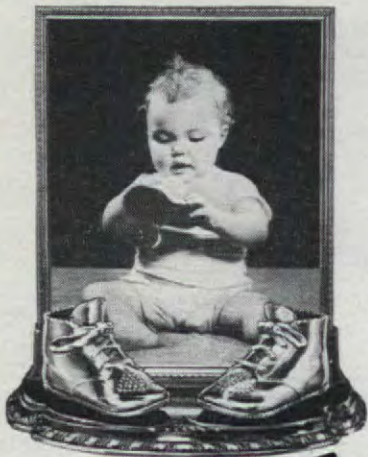
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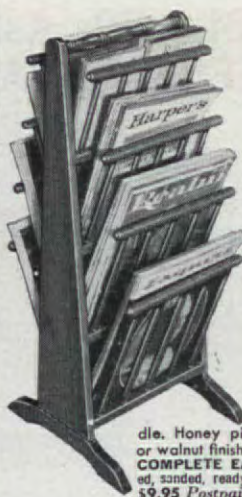


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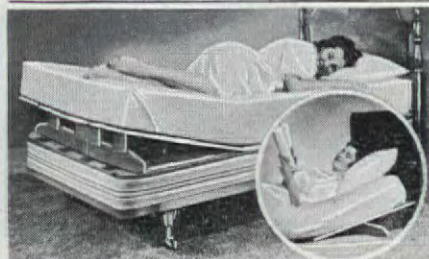
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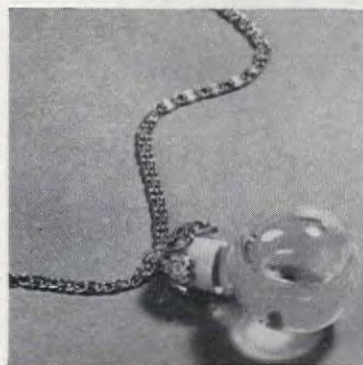
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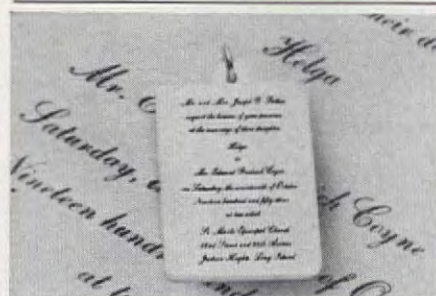
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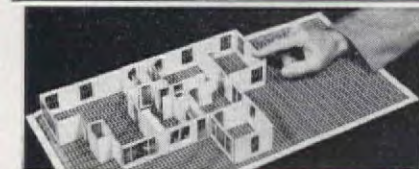


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THE AMERICAN HOME MAGAZINE GARDEN CENTER

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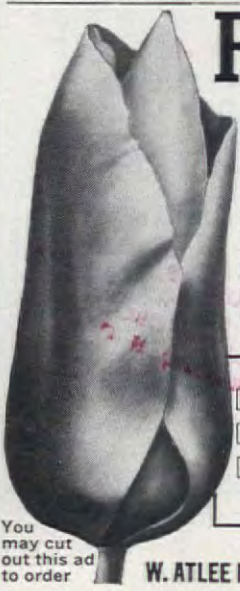
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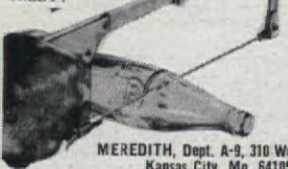
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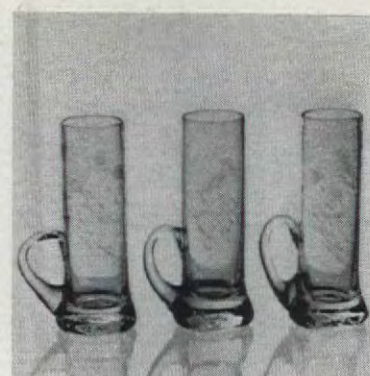
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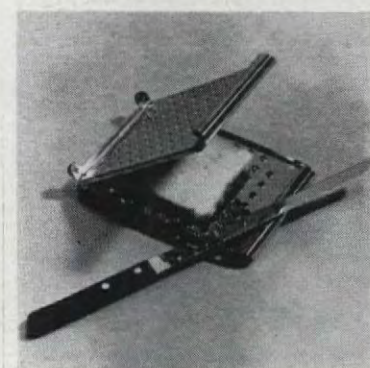
AH, THOSE GERMAN COOKS. If you like deliciously cooked food by all means buy this German Home Cooking. Proportions are translated from grams to pounds and from pints to cups. Try a new recipe once or twice a week to bring interest to the family dinner. Illustrated in black and white and color. \$2.99. Here's How, AH9, Hicksville, N.Y. 11801.



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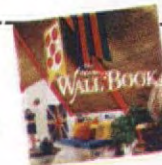
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