SEPTEMBER 50¢ Imerican Home

IE PICK THE AWARD-WINNING HOMES OF 1971

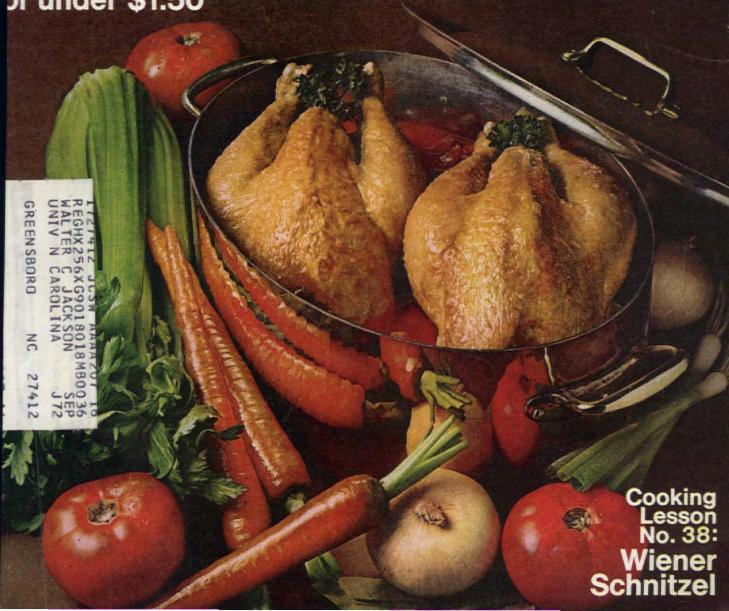
MERICAN TREASURY:

he Whitman Collection of Museum Samplers

ECORATING: Dollar-saving ideas for kids' rooms asy-do denim, young furniture, safe toys

ORTES—our richly frosted cakes

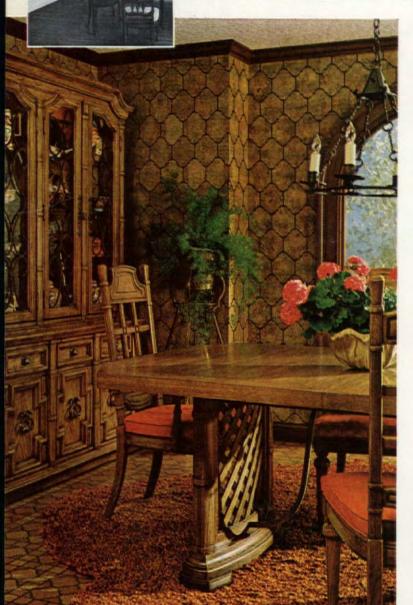
HICKEN-2 in a pot or under \$1.50





4 GREAT IDEA ROOMS AND HOW THEY GOT THAT WAY

How do you put new life in an old room? How do you find just the right mood, the perfect style to express your personality and the way you live? In these four pages, we'll show you how the Armstrong interior designers, starting with four typical problem rooms, created four great idea rooms, each with a distinctly different personality, and each capturing the essence of one of today's most popular decorating styles. They're filled with fresh ideas and exciting products from the Indoor World of Armstrong. Read on. You may find something just right for your Indoor World.



PUTTING THE DRAMA OF SPAIN IN A DINING ROOM

Our designers laid the groundwork for a bold Spanish dining room with a remarkable, new floor—Armstrong Solarian—in the Royal Villa pattern. (You'll find out just how remarkable Solarian is when you turn the page and read about our Modern kitchen.)

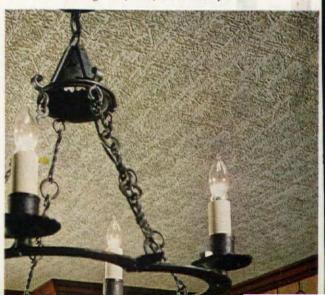
On top of the Solarian went a new Armstrong "Serene Shag[™]" carpet which our designers had specially cut to match the Spanish tile design of the floor.

The furniture is PatriarchTM, by Thomasville. (Thomasville, incidentally, is now part of Armstrong.) The classic elements of bold Spanish furniture are all here: the deeply sculptured mouldings, the authentic latticework, the pewter-finish hardware. But there's also a refinement, a grace that is uncommon in most Spanish furniture. Note for instance the sunny fruitwood finish.

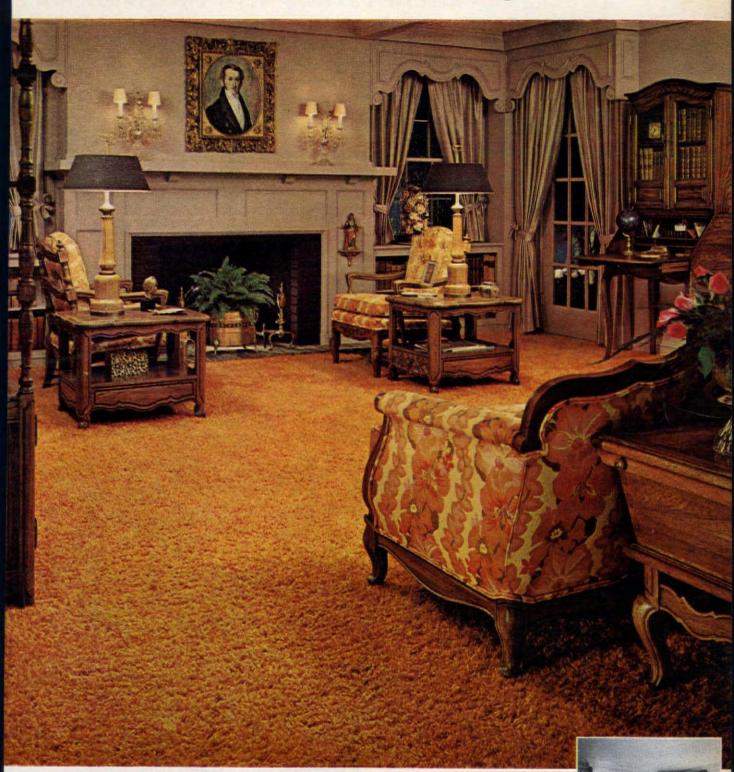
To heighten the elegance of this already elegant room, our designers chose an Armstrong Chandelier[™] Ceiling. It's one of our newest, designed just for elegant rooms like this with bolder, more interesting texture and without the old "v-groove" joints between the tiles. Seams are less noticeable, and the rich texture flows smoothly from wall to wall. The Barbary design, shown here, is also acoustical, so it soaks up noise.

The finishing touch to the new dining room was Armstrong's natural-cork wallcovering. It's handmade in Spain, using tissue-thin sheets of cork.

Chandelier Ceiling: rich, bold, textured surface



rpets, and Thomasville furniture...all from Armstrong



RE-CREATE FRANCE IN A LIVING ROOM

The foundation for our French salon is an unusual Armstrong shag carpet called "Sublime". It's unusually thick. It's unusually lush. It's unusually handsome. A truly beautiful base on which to build a superb French Provincial room.

The Thomasville furniture captures the casual charm of this romantic style. In the

occasional pieces from the Chateau Provence collection, the wood is delicately carved and shaped. And the mellow fruitwood finish has a soft, almost satin patina. The custom-tailored upholstered pieces make generous use of exposed wood, similarly carved and finished, to create a perfect blend. This is finely crafted furniture with "That Thomasville Look".





THE MODERN KITCHEN STARTS WITH THE THOROUGHLY MODERN FLOOR: SOLARIAN". IT SHINES WITHOUT WAXING





This is an Armstrong suspended

Our designers knew that a 1971 kitchen should begin with a 1971 floor-an Armstrong Solarian floor.

You've probably heard claims about vinyl floors that are supposed to keep their shine without waxing. Armstrong has never made such a claim. We knew from experience that any vinyl floor will begin to lose some gloss after a few months and require occasional waxing.

But we also know how much you hate to wax floors. So we set out to develop a totally new kind of floor that really would require no wax to keep shining and less work to keep clean.

The result is Solarian. And its secret is a major new development from Armstrong research called the Mirabond' wear surface. Because of this entirely new formulation, Solarian will maintain its gloss far longer than vinyl floors.

Armstrong has tested Solarian floors in busy kitchens of actual homes for two years. With just occasional sweeping, dampmopping-and no waxing-these floors are still bright and shining. Just as an egg won't stick to the new coated frypans, most waxes

won't stick to the Mirabond wear surfac More important, neither will most spills tracked-in dirt. Even black heel marks wit right off this unique, new surface. Aft several years of wear, there might be slight lowering of gloss in high-traffic area You probably won't find it objectionable But, if you should ever need it, your Arr strong retailer can supply a special Solaria Floor Finish which you can use in the areas to restore and maintain the shin

The "Palazzo" design shown here is shining example of Solarian's many desig and colors.

Our designer's bright idea for the Modern kitchen ceiling was an Armstro suspended ceiling. It's got a lot more going for it than just good looks. It's vinyl-coate so it's easy to keep clean and won't yello It's acoustical, so it soaks up noise. And the flick of a switch, it puts diffused lig right where you want it.

Add some very attractive, very with furniture from Founders (also part of Arr strong) with its clean lines and gleaming chrome, and there you have it-a brigh exciting, and very 1971 kitchen.





lanks create a rustic, colonial look



With Place 'n Press, you can do a 10' x 15' floor in about four hours







REVIVING EARLY AMERICA IN A FAMILY ROOM

The transformation from storage room/ basement to Early American family room was, to say the least, dramatic. First down went an Armstrong Place 'n Press® Excelon® floor. And it went down fast. There's no floor that's easier to install. The adhesive's already on the back of the tile, so all you do is peel off the paper, place, and press. It's that simple. For an averagesize room, say 10' x 15', the installation shouldn't take more than four hours.

An Armstrong Wood Grain plank ceiling was used for its rustic, colonial charm.

It captures remarkably the warmth and character of real wood.

For furniture, Thomasville's Brandywine tables and cabinets fill the bill perfectly. Made of wormy maple, with a burnished glowing patina, this furniture authentically reflects the warm spirit of Early America. And Thomasville's upholstered chair and ottoman

combine Colonial America's design with modern American comfort.

Now what about your Indoor World? Couldn't Armstrong give you a lot of help with remodelling and redecorating? For starters, we'll send you a full package of literature and pictures covering Armstrong floors, ceilings, carpets, wallcoverings, and Thomasville furniture. Just write to Armstrong, 7109 Pine



Watch for Debut '72, a special showing of today's most fashionable home furnishings at local stores.

Armstrong CREATORS OF

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COVER: A pair of chickens in a pot for under \$1.50 is a compelling reason why "Smart Cooks Choose Chicken." Delicately wine tarragon-flavored and braised, this is only one of many marvelous and low-cost chicken dishes you'll find featured this month, beginning on pages 98-99. Photographer: Irwin Horowitz

American Home

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Just because a mattress claims to be firm, that doesn't mean it supports your back like a Sealy Posturepedic.®

It can be too hard. It can get soft.

Or it can lose its support.

That's why Sealy Posturepedic doesn't make an ordinary firm mattress. We created something entirely new. The unique back support system.

Here's how we make it different. First we put in extra coils. And positioned them to give you more support. Then we firmed up the edges, where ordinary mattresses first start to sag.

And we replaced the old-fashioned box springs with a torsion bar foundation. To work together with the mattress.



For more give and take. For better all-around support.

But frankly, we didn't do all this by ourselves. Sealy Posturepedic is designed in cooperation with leading orthopedic surgeons for firm comfort.

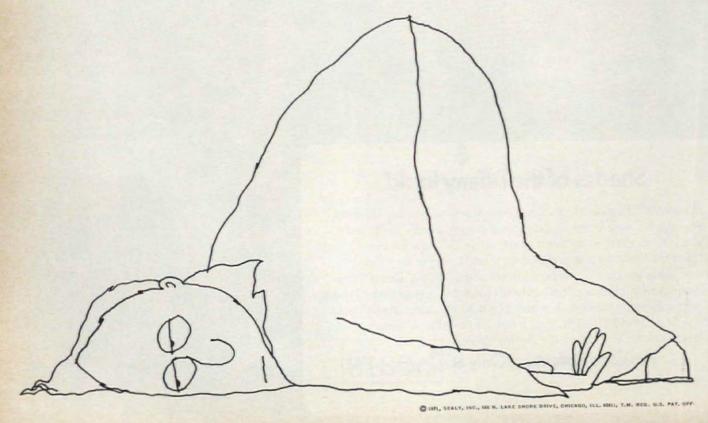
The result is a bed that comes with a promise of no morning backache from sleeping on a too-soft mattress. With features so unique we've had them patented.

You can get all this Posturepedic comfort and support in big modern sizes.

The beds that don't end before you do.

Sealy Posturepedic. The unique back support system.

You can buy an ordinary firm mattress instead of a Sealy Posturepedic. But your back may end up paying for it.













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The filter

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Fill in wood gouges, nicks and scratches like professional carpenters do with GENUINE PLASTIC WOOD Cellulose Fiber Filler. Handles like putty, hardens like wood. Plane it, sandpaper it, varnish it, paint it for true, profes-

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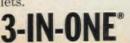
New Discovery Makes Stuck Drawer Slide at Fingertip Touch— Without Oil!

A new spray lubricant so clean it won't soil linen or clothes in drawer.

One Sw-o-o-sh! And tight stuck

One Sw-o-o-sh! And tight stuck drawers, windows and zippers slide easy when you spray new 3-IN-ONE

DRY-LUBE. Eliminates friction without oil. The secret is a new spray lubricant so clean it won't soil your best clothes. Get 3-IN-ONE DRY-LUBE at all hardware outlets.





American Home

We have one major goal in common, we the editors and you, the 10 million homemakers who read us. We're all Improvers. We know that you spend the greatest portion of your incomes and energies improving your homes, your lifestyles, the communities around you. You take extraordinary pride in where you live, the way you live. So every issue we show you what other Improvers like you are doing. Our first Improver this month is Mrs. Birch Bayh, who appears with her handsome family on page 10. Marvella Bayh is featured not only because she is married to the Senator from Indiana, but because she is an active proponent of child day-care centers. On page 12, you will meet Jim and Penny Hull, designers of good-looking low-cost furniture made of fiberboard, which in turn is made of recycled wastepaper.

Gay Rogers (page 14) is both a successful interior designer and this month's Good-Looking Homemaker. Gay likes the look of summer sun-streaked hair all year round. Through her example, we show you how to create this look at home.

For 16 years American Home has cosponsored with House & Home, a distinguished magazine for builders, and the American Institute of Architects the "Homes for Better Living" program, the largest and oldest residential design award competition in the country. Our program was designed to encourage greater collaboration between architects and builders and therefore to improve the quality of residential housing design in the United States. This month we feature two of this year's Honor Award winners selected by a jury of architects, builders and editors from 300 entries from all over America. The apartment complex in California, home to Debbie Farkas and 400 others (pages 81-85), and the island vacation house (pages 86-89), built and lived in by Sylvia and Christopher Owen in Rhode Island, insure privacy and well-designed amenities for today's lifestyles in a crowded community, on a remote landscape.

> Fur Longh Editor

Marvella Bayh, Penny Hull (with daughter Heather), Gay Rogers, Debbie Farkas and the Christopher Owens (top to bottom) are this month's Improvers.













If you don't slim down fast with Slender, you're cheating!

You, too, may lose 4 pounds the first week with Slender. Why not? Just don't backslide. Stick with 900 Slender calories a day and you'll get a thrill when you step on the scale.

Clinical study works for problem dieters

We put people, who were at least 20% overweight, on Slender for three weeks. That's four Slender meals a day, totaling 900 calories. At the end of the first week, dieters had lost an average of more than 4 pounds. During the next two weeks, losses averaged 3½ pounds a week. Many of the dieters on the program told us they were not unduly hungry and found Slender "surprisingly filling".

Low in calories, high in nutrition

Many 900 calorie diets are fad diets which emphasize one nutrient over others. But a Slender meal is nutritionally balanced. Whether it's instant Slender, mixed in milk, or Slender chilled from the can –every glass supplies ¼ of your daily recommended adult dietary allowance of protein. Plus the regular vita-

mins and minerals you need, including vitamins C and Bcomplex.

Slender counts calories for you

With Slender, you don't have to get involved with measuring out tiny portions of this and that. And you avoid costly calorie mistakes which may undo your diet. Slender counts the calories, so you always know where you stand in the calorie battle.

How to slim down sensibly with Slender

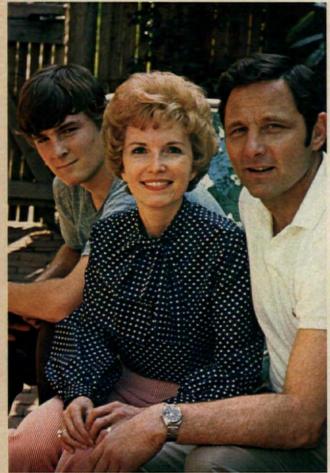
If you want fast results to get your incentive up, go strictly Slender for a week. Then go back to other foods in diet proportions, but have your Slender for at least one meal. Whether you go strictly Slender again for another week later on depends on how much you want to lose. But you should ask your doctor before starting any program aimed at weight loss.

One thing's certain, you'll find Slender wears well in your diet. It's so rich and satisfying, and that's without artificial sweeteners. Slender from Carnation. Dieting without possesses

out nonsense.

Lifestyle

Senator Birch Bayh and his wife, Marvella, team up in support of child day-care centers that will liberate more women in the '70's.



The Senator and son Evan (right) are avid sports fans; they cheer the Indiana Pacers in particular and basketball in general. When weather and time permit, father and son practice their shots on the patio hoop.

Senator Birch Bayh knows how to turn defeat into victory. Just out of college he represented Indiana at an American Farm Bureau speech contest in Chicago and was put to rout by the talents of a pretty Oklahoma strawberry blonde. But it was a defeat of the nicest kind, for he married the girl. Ever since, Birch and Marvella Bayh have been a team that's hard to beat.

After their marriage, they lived on the Bayh family farm, a 340-acre spread in Shirkeyville, Ind. At 25, Birch ran successfully for the Indiana State Legislature on a slim budget of \$900. With the help of Marvella, his most loyal campaign stumper even after their son Evan, now 16, was born, Birch spent eight hardworking years in the legislature. Meanwhile,

It's a rare family reunion for the Birch Bayhs (left). Evan, a junior at St. Albans High School in Washington, D.C., stays put while his parents alternately travel on fact-finding trips and fulfill demanding speaking engagements.



he labored on a law degree (to back up his B.S. in Agriculture), and Marvella packed back to school as well. Then, at 35, the young politician moved on to the U.S. Senate, where he has served for eight years.

During his rare moments of relaxation, the Senator naturally inclines to the sporting life. Many Saturday afternoons he and Evan shoot baskets on the patio of their Washington home. The house, built four years ago on the outskirts of town, backs up to the Swiss Embassy, so a bad toss could end up in a diplomatic pouch. Senator Bayh also plays tennis and has proven a winning asset to the Senate baseball team. He seems to be in as good a shape now as when, in his (continued on page 70)

edrick Smith



Using recycled discards, a Los Angeles couple designs furniture for here and now.





While Mom ties her laces, Heather lounges on another of her father's designs—a chair of tubular, varisized foam cushions that conform to the body.

This time it's Heather's turn in the playpen. On its side it becomes a cylindrical treadmill that rolls around the playroom.



Jim Hull (above) watches as son Kory tries out his cylindrical playpen made of recycled cardboard cartons and old newspapers.

LIFESTYLE continued

Jim and Penny Hull believe that trash has a beauty all its own. In 1968, fresh out of M.I.T. with an M.A. in urban design, Jim went in search of new and cheaper materials for the furniture he wanted to design. That's how he discovered fiberboard—a mash of recycled newspaper and cardboard cartons. The furniture Jim and Penny now design not only fits well within reach of the tightest purse (sofas start at \$50 and easy chairs at \$35), but also stands ecologically proud. "While even the best designs must be brought down in cost to meet the income level of the average city dweller," says Jim, "they must also meet the allowances of a healthy urban life. Furniture from fiberboard and other urban waste fits the bill because it relies on the reuse of human talent—the time and technical know-how that invented these strong and durable products people normally throw away."

H.U.D.D.L.E., a cozier name for the Hull Urban Design and Development Laboratory, Environment Division, is a Westwood Village storefront shop snatched from the iron ball of the Los Angeles condemnation code. Penny, Jim, Heather, 5, and Kory, 1, live upstairs; much of their furniture is H.U.D.D.L.E.-formed, but they also harbor other treasures—older examples of "recycling." In the bathroom, a former orange crate houses towels and a wall-mounted Coke case serves as medicine-cosmetics pigeonholes. Their roof garden has industrial spools for tables and an old bathtub flower bed. Penny and Jim take turns minding the kids or selling furniture downstairs. And, because the Hulls want everyone to share their fun, they'll also sell you component parts—foam cushions, fiberboard tubes and unpainted furniture—so that on your own you can turn urban discards into beauty.

The lady has taste

20 FILTER
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A garden of flavor just for you. That's Eve. Every cigarette is a special blend of fine tobaccos for a taste that's rich, yet gentle. Pretty pack, pretty filter, delicious taste. That's Eve.
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THE GOOD-LOOKING HOMEMAKER By Constance Bartel

Under the expert guidance of stylist Philip (of The Private World of Leslie Blanchard), who trimmed and tapered her shining mane, and makeup artist Stan Place, Gay Rogers learned how to turn a simple hairdo and a minimum of makeup into an impact look.

J. Frederick Smith

Gay Rogers (above) is a natural ash blonde who decided to give nature a helping lift. "I guess I'm conservative about my looks. I wear a little eye makeup, a blusher, lipstick and foundation, but my hair stays pretty much the same," says Gay almost apologetically. "Then, three years ago, I realized I liked the way the sun lightened my hair in spots, and I decided a little deliberate lightening wouldn't be too drastic a change."

So Gay took the plunge with the help of colorist Nydia at Genevieve East in New York. Since then, she has had her hair professionally streaked twice a year, and this has retained the natural look that suits her and the country life she loves. Home is an apartment in Bronxville, a half-hour's ride from Manhattan; but whenever interior designer Gay and her husband Richard, a stockbroker, can get away from their city jobs, they head for the Adirondacks.

If you've gone blonde over the summer with the help of the sun and want to perpetuate this sunny glow, as Gay did, or if you merely want a color boost, there are three methods you can try—streaking, frosting or tipping—depending on the length of your hair and the effect you want.

"Every hair stylist has his own idea of how the three differ, but basically they're all forms of playing light through the hair," says Leslie Blanchard, the hair stylist who makes an art of hair coloring in his New York salon. Streaking is usually done on long hair, lightening a few selected strands around the face to create the effect of sunbrightened accents. Frosting can be done on hair of any length by lightening selected strands over the entire head from the top layer of hair. Tipping works best on short hair and is achieved by lightening selected ends to create a petaled effect.

The ideal way to start is to have your hair professionally lightened the first time. However, if you are not near a salon that specializes in hair coloring, the procedure is simple enough to do at home.

Keep in mind that the flattery of partial blonding depends on subtlety. The idea is for your hair to look as though it had natural blonde highlights. Remember, too, that natural hair is never one flat solid color, (continued)



Moonwind...the fragrance inspired by a legend of love.



Long ago, there lived a goddess of the moon. Glorious she was; so beautiful and radiant no man could turn away. From her magic, Avon creates Moonwind—a fragrance of love. Moonwind—a heavenly, romantic fragrance now available on Earth, from your Avon Lady.

A young wife-career woman highlights her hair to sustain a sunny, endless summer look.

but is a play of various shades. If you look closely, you will see that the hair nearest your face is always lighter than the rest of your hair. What you have to do is give nature's highlighting an expert assist by increasing the number of light strands.

Leslie Blanchard recommends that you start by trying a shade darker than the blonde you think you want. And your final color should be no more than two or three shades lighter than your own color, for a more natural blending.

Consider coloring your hair only if it is in healthy condition. If too much sun, sea or pool has left your hair dry and split, nurse it back to health first with a conditioning program.

The best candidates for streaking, frosting or tipping are "dull" or "dirty" blondes, or those with "mousy" brown hair. Mr. Blanchard feels that too often light streaks in black or dark brown hair succeed only in making the hair look salt-and-pepper gray. If you have dark hair and still want to have it streaked or tipped, he recommends that you first have your hair lightened several shades and then have portions streaked. This requires expert care and should not be done at home.

To make things easier for do-it-your-

selfers, Clairol has put together a kit called Frost & Tip that includes the necessary paraphernalia and instructions for home frosting, tipping and streaking.

Be sure to read kit instructions carefully. Comb or brush your just-washed hair to remove knots or tangles and you're ready to make a color test. Tuck all your hair into the frosting cap. With the frosting needle, pull one strand of hair from behind your ear through a hole in the cap. Put on plastic gloves and prepare your test mixture of lightener. Saturate the strand of hair with the mixture and record the time. Cover your hair with the protective plastic cap. Check coloring of the hair every 5 or 10 minutes by wiping off mixture. Reapply if color is still too dark and replace cap. (Light brown hair takes anywhere from 20 to 40 minutes to lighten; blonde hair takes less.) When the test strand is the desired shade, note the time that has elapsed.

After you've chosen the general areas for frosting or tipping (directions for streaking are given below), decide how strong an effect you want. As a general rule, pulling strands through every fifth hole of the frosting cap will give you a gentle frosting and through every third hole, an almost blonde-all-over look. Never pull hair through every hole, or you'll be lightening almost the whole head and defeating your purpose; have at least one vacant hole between strands.

Now you are ready for the main event. Secure the frosting cap and with the frosting needle pull through the strands you want to lighten. Be sure the hair fills the hole completely, to prevent the lightening mixture from seeping onto your scalp. Combine the mixture according to instructions and apply to all pulled-through strands, working from back to front. Saturate well. Leave about one-quarter inch at your hairline untouched by the mixture to allow for a natural blending as your hair grows out. Note time of application. Pile hair on top of your head so that it is not packed tightly against the frosting cap. Put on the protective plastic cap. From time to time, take off the plastic cap and check random strands. (Hair on various parts of your head may lighten at different speeds—and the first strands you saturated may be ready before the last ones.) When all the hair is the shade you want, take off protective cap but leave on frosting cap. Rinse lightened hair. Then carefully remove frosting cap. Shampoo. (Clairol recommends their Blue Shampoo for lightened hair.)

Streaking is an even easier process. You can use the same kit, but wrap the saturated strands in aluminum foil instead of pulling them through the cap with the needle. Follow the testing procedure before you do the whole head.

Ideally, the treatment should highlight the lines of your hairdo and the shape of your face. Try to follow the principles a photographer uses when he lights a subject for a picture—he throws the most light on the best features and keeps the rest shaded.

Whether you tip, frost or streak, finish off with the Frost & Tip color rinse that is also included in the kit. It's a neutral blonde shade (Hush-a-byeblonde) used to soften frosted or streaked hair and make it blend still more naturally with the unlightened hair. It will not change your natural hair color. Don't rinse it out; just set your hair as you normally would and the job is done. Whether you've streaked your hair at home or had it done professionally, like Gay, you'll enjoy your natural sunstreaked look all year round.

(For more Beauty, see page 25)

An interior designer as well as an antiques buff, Gay relishes her frequent trips to shops like the one below, where she can search out rare finds for her clients.







f a look has a past it must have a ure. Revlon has not only revived its ssic red lipsticks-"Fire and Ice," ove that Red," "Certainly Red" and herries in the Snow" (\$1.50 each)t has also introduced the Red Hots '72: "Red Hot Red," "Blue Flame" d "Red Fireball Red" (\$1.50 each; .60 for the frosted; \$2 for the comct). Polly Bergen calls her rememance of things past the "Torch Face": ight spots of rouge on a much paler e blazed with cinema-queen lips. Her quid Perfection Face Makeup in "Alost White" is \$8.50 for a 1-ounce bot-The Moisture Blend Cream Rouge "Rich Red" is \$5; the Moisture Blend pstick in "Torch Red," \$3.50.

What's a girl to do with oily skin and ir? Try Toni's trio of Lemon Up skin d hair treats. Each product contains e juice of a whole lemon. Lemon Up icial Cleanser quells the oil, cleanses oroughly and leaves your skin tingly d fresh. Lemon Up Anti-Blemish Loon quiets skin prone to an occasional periodic outbreak. Both cleanser and tion come in 7½-ounce bottles at \$2 ch. Lemon Up Shampoo does a great an-and-shine job on oily hair; a 10nce bottle is \$1.50.

Pot Culture? No, pot beauty culture. ore and more cosmetics are finding eir way into tiny pots. Tussy's new p and Cheek Glosses in fruit shades nd scents come in irresistible little pots bbed like old-fashioned jelly glasses. ip your finger into "Apricot Jelly" and ck luscious color on your cheeks; try each, grape, strawberry or pineapple. am Pots for Lips are two for \$1; the -ounce Jelly Pots for Cheeks cost \$1. To protect your lips against the eleents, Coty Originals has come up with lk Sticks Lipsticks fortified with proin. They come in such romantic shades "Crimson Silk," "Cherry Silk," "Silk erry" and "Silk Primrose", \$1.75 each. Excessive perspiration is something ou don't think about unless you're tuck with it. But the Gillette people ave done a lot of research on the subct and have come up with X-Hydra. t comes in liquid or cream form, and is esigned to stop wetness and odor for he woman who needs special help. And has the "Certified Harmless to Fabics" seal of the American Institute of aundering-so don't worry about your lothes. X-Hydra is available in 1-ounce quid dab-on form or in 2-ounce cream orm, each \$3. END

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26 DOLLAR-SAVING IDEAS FOR CHILDREN'S ROOMS

By Carol L. Crane

Rooms tailored to the special needs of children bear little resemblance to those so often seen in advertising photos and furniture-store displays. Lively, active youngsters can't thrive in the polished perfection, the don't-touch sterility of these settings. Here are 26 low-cost ways to give them what they need, and should have, an environment conducive to healthy growth, one that stimulates rather than stifles.

- 1 Beginning with the floor and working upward, choose materials that can be kept reasonably clean with minimum effort. Spend the housekeeping time you save having fun with your youngster; you'll be able to enjoy one another more.
- 2 Don't select a floor treatment that requires more than one operation or appliance to maintain. Whether car-

peting or resilient floor covering, install it wall-to-wall, to be tidied with a onceover-lightly vacuuming, or a quick swish of a mop, but never both.

- 3 Avoid deep-pile loop or shag carpeting in a toddler's room, where the dust and fluff they trap can irritate a sensitive young respiratory system. The long fibers can also snare and conceal potentially hazardous items-diaper pins, tiny buttons and the like-hard to spot from an adult's eye level, but dangerously easy for a crawler to find. Baby won't be happy playing with pull-toys that just won't roll on a high-pile carpet; and mothers who've been through the ordeal know the equally frustrating experience of trying to remove playdough, clay or bubble gum from a deeppile carpet; nothing short of surgery will do the trick.
- 4 Consider, instead, the low-pile and felt-type indoor-outdoor and kitchen carpetings, available in a rainbow of colors, textures and patterns, as reasonable alternatives that provide the desirable warmth of a carpeted floor, without the deep-pile drawbacks. Accurately cut to room size, many of these may be used wall-to-wall without professional installation; since the fibers are nonabsorbent, the carpeting cleans more easily and stays clean longer.
- 5 If hard-surface floor covering has the look you like, don't give a second glance at styles requiring waxing and polishing. Take your pick from the many textured, no-wax surfaces that sponge mop clean in a moment. Then trade in your floor polisher for electric hair curlers, and spend the buffing time babying yourself, for a change.
- **6** Warm up and quiet down resilient flooring with area rugs, the "furry" kind that youngsters adore; machine washable, they need only an occasional shake-out between dunkings. Just make sure they have a nonskid backing for security underfoot.
- **7** Pastel paints and pretty wallpapers photograph well, but they aren't up to the wear and tear that active youngsters

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dish out. Scrubbable vinyl wall coverings, whether solids, textures or patterns, are just as decorative and far more durable.

8 Many of the vinyl wall-covering prints have companion fabrics; if you use these for bedspreads or curtains, buy twice the yardage you need, so you can replace the first ensemble when it becomes faded and washed out and ceases to match the longer-lived wall covering.

9 Put walls to work with generous expanses of working-wall materials—burlap or cork—to absorb overtones and display children's artwork; chalkboard for an ever-changing mural of draw-

ings, doodles, messages from Mama. Or avoid the potential danger in a bulletin wall requiring tacks by using perforated hardboard instead of cork or burlap, anchoring notes and pictures colorfully and safely with plastic golf tees pushed through the holes. They're great, too, for hanging ribbons and ponytail bands. 10 Many couples blinded by the glow of impending parenthood tend to overlook the impracticality of some items of juvenile furniture. Among these are chests built low to the floor, with drawers that are much too shallow for efficient use; even the youngest infant has bulky equipment that should be stored in deep drawers or on widely spaced shelves. 11 Since you'll be doing most of your child's putting-away—from cradle to college, at least—you're better off buying storage pieces scaled to adult height. As the youngster grows, let his territory ascend, drawer by drawer, shelf by shelf. In the interim, you'll be able to store selected articles out of his grasp in the uppermost reaches.

12 Be wary of furniture that harbors hidden hazards. Look for stops on drawers, to prevent inquisitive youngsters from pulling them out altogether. Check chests to make certain they have a low center of gravity; pull all drawers out to their limit, then exert downward pressure on the top drawer to see if the chest remains securely on its feet. This check takes just a moment, and it certainly beats facing furniture to the wall throughout Junior's holy-terror years.

13 Another way to avoid the same hazard: Pick storage pieces that have finger grooves instead of hardware pulls. By the time little hands are strong enough to open the drawers, the little mind should be sufficiently developed to be aware of the possible danger.

14 Practical, economical and attractive, too—a storage wall composed of unfinished cabinets, chests and shelves, painted to taste (be sure to use lead-free paint!). These come in a host of sizes, so they can fill a wall as well as costly, custom-built units. Set them on a continuous recessed base built with 1-by-4-inch lumber, and eliminate the need to clean underneath.

15 Don't blow your whole decorating budget on expensive furniture built to last a lifetime; it won't, and you wouldn't want it to if it could. By their early teens, youngsters are moved to refurbish their rooms to reflect their own taste, their newly acquired maturity, their interests. Don't discourage them by insisting that they retain trappings of early childhood too costly to abandon or replace.

16 Select well-designed pieces of ageless, adaptable furniture that lend themselves to many stages of growth. A low acrylic table, for example, takes well to a preschooler's finger-painting sessions, and will be equally attractive as a coffee table in a teen-ager's studio room; a sturdy wicker chest stores a toddler's toys now, a little-leaguer's sporting gear later.

17 Choose chairs with exposed frames and loose-cushion seats (continued)

26 DOLLAR-SAVING IDEAS continued

and backs, rather than upholstered ones. They'll look fresh longer and, when needed, replacement zip-off cushion covers will cost far less than a complete reupholstering job.

18 When baby outgrows the crib, bed him down on a box spring and mattress set on a metal frame. Any headboard you choose bolts on easily, removes just as easily to convert the bed into a teenager's divan. The frame rolls on casters to simplify floor-cleaning and bedmaking; casters lock in place when the housework is done. Be sure to pick the proper casters for your floor covering; there are special types for both carpeted and hard-surface floors.

19 Don't think in terms of permanence when you select fabrics; bedspreads and curtains in a child's room are subjected to punishing wear, and high-priced fabrics can look just as shabby just as fast as the less expensive ones. Take ad-

vantage of the department stores' January, May and August white sales for real decorating bargains. One king-size, no-iron sheet, keyed in color and pattern to your offspring's age and gender, provides enough yardage to drape a double window and dust-ruffle a twin bed (top the bed with a ready-made, machine-washable throw). Matching pillowcases can be converted into throw pillows and bolster covers. The result: instant coordination! And-a boon to do-it-yourself decorating-the extrawide fabric means fewer seams, and hems are built in! Leftover sheeting can cover a plywood valance, trim a window shade, sheathe a wastebasket; there's no end to the ideas these white-sale bargains will inspire, and, since the initial investment is so low, replacements may be made whenever a new look is desired. 20 Please keep in mind that young children are built close to the floor;

conventional lighting is not. Preserve precious eyesight by bringing lighting down to your youngster's level. If a central ceiling light provides general illumination, make it a drop fixture that adjusts in height to correspond with Junior's growth. Wall fixtures and wall-hung lamps should be installed to direct light where it's needed; shades should be light and translucent. Eschew tippy floor lamps in favor of table lamps with heavily weighted bases.

21 Take a tip from professional photographers, and tape lamp wires out of sight down the back of a table leg, or behind a bureau; the room will look less cluttered, and, more important, your tot won't be tempted to pull on the wire and upset the lamp.

22 Wherever possible, place wall and table lamps so that furniture conceals the cords en route to the outlets. Where this is impractical, use insulated staples and/or paper tape to fasten cords to wall; camouflage to match the wall.

23 Peace of mind may be purchased from your local hardware dealer for pennies, in the form of U-shaped metal brackets that screw into outlet plates, holding plugs in place and plastic caps that cover unused outlets.

24 For lighting bookcases, toy shelves and tabletop work areas, use slim fluorescent lamps customarily sold for under-cabinet, kitchen-counter lighting. Attached beneath shelves, they don't intrude upon storage or work space and have the added advantage of a built-in outlet; thus they may be linked, all the way across a wall of shelves, using only one wall receptacle.

25 Color is the most effective and least expensive decorating tool at your disposal. Children respond to color at a very early age, and keep responding to it all through life. Borrow from the palette youngsters choose instinctively for their paintings, their drawings and toys—not the washed-out pastels of the traditional nursery, but vivid, zinging splashes of clear, bright, fresh-from-the-paint-pot brilliance, with lots of white to set them off. Employ less intense hues in generous doses, more vibrant shades in concentrated accent areas.

26 Avoid saccharine juvenile patterns that cloy after brief exposure; pick fresh, sprightly prints more likely to wear well (stripes, polka dots, checks, plaids, paisleys and geometrics are perennial favorites—youthful yet sophisticated). If you're unsure of your own color sense, steal a scheme from a particularly eye-pleasing pattern, using the print to pull the room together. END

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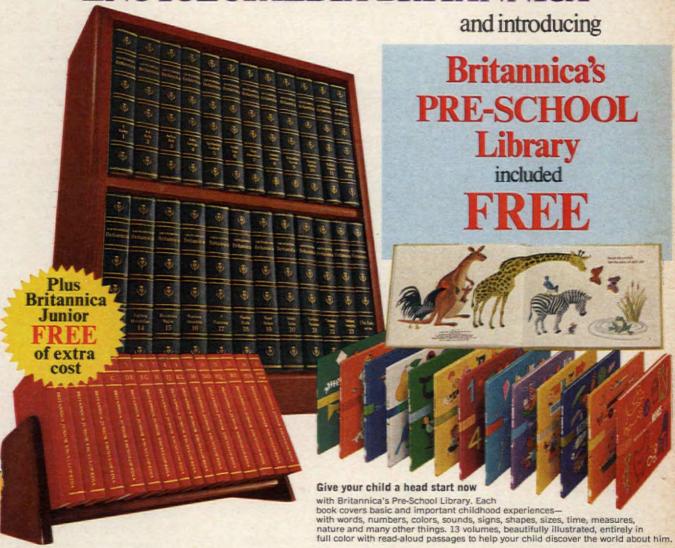
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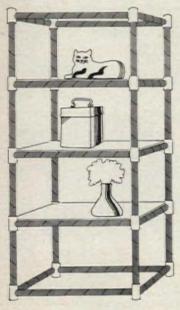
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CORATING NEWSLETTER Flexibility and utility

mark new furnishings and accessories, and nature themes dominate linen designs.

SET-UPS, ZONKERS AND CELTIC SWIRL

From Environmental Concepts, Inc., of Beverly Hills, Calif., comes "Set-Ups," an inexpensive modular system of paper tubes that can be assembled in minutes without hammer or nails-to make beds, tables, chairs, almost anything you'd want. Finished in leatherlike textures in either yellow, white, terra-cotta or chocolate brown, they have white plastic joints and shelf surfaces. The étagère pictured below measures 14 by 35 inches and is 831/2 inches high. It sells for \$34 (all prices here and following are approximate) and will hold up to 800 pounds.

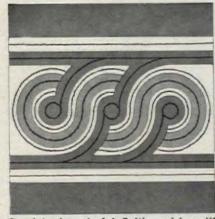




Étagère (top), detail of joint (bottom)

A good-looking new magnetic lighting system recently introduced by George Kovacs affords great flexibility in creating spotlights wherever needed. It's called "Zonking Place" because you "zonk" on a magnetized spotlight and plug it in anywhere you wish on a polished-chrome, 67-inch track (\$79) that has hidden wired outlets running its entire length. You attach the track to your ceiling or wall and put as many spotlights on it as you need-either

"Square Zonkers" or cylindrical "45° Zonkers," both finished in white, black, vellow or red (\$29.50 each). The track can also be placed in a white enamel weighted base to give you a freestanding light pole.



Couristan's colorful Celtic swirl motif

Couristan, Inc., long known for fine Oriental rugs, now offers a new collection of striking contemporary area rugs from Youghal Carpets in Ireland. The all-wool rug shown above in an arresting Celtic swirl design comes in combinations of blue/brown/white or gold/green/white and is available in four sizes, starting with a 41/2-by-61/2foot rug that sells for \$99.

THE WARM-UP

Take heart if you've been a holdout against all the steel and chrome that's flourished in home furnishings these past few years-on the ground that it's too cold or too modern. This year every-



Urn-shaped lamp by designer Jay Steffy

thing's warming up. Copper, brass and bronze can now be found in everything from ashtravs to coffee-table bases. Steel and chrome are by no means out, but now you'll have a choice.

Raymor has aptly named its wide collection of table and desk accessories, lamps and wall sculpture "The Bronze Age." Thomasville Industries has desks and a new line of coffee tables in burl wood with copper trim and bases. There will also be lots of new lighting in the warm metals. The urn-shaped base of the lamp sketched below left, which comes in either copper or brushed brass (and colors as well), is part of a collection designed by Jay Steffy for Chapman Manufacturing. It has a rheostat control and sells for \$89.50.

NATURE-CONSCIOUS LINENS

Bed and bath linens are looking "back to nature." An awareness and appreciation of things natural is the new design impetus for most soft-goods manufacturers, whose collections abound in themes relating to earth, sky, flora and fauna in the most imaginative color schemes we've seen in a long time.

Fieldcrest has two such collections, one for adults and one for children. The adult line of coordinated bed and bath linens-called "The World Around Us"-includes four individual patterns. Our favorite, "Nature's Walk," is a design of swirling ferns in a strikingly fresh new palette of spring green and pale turquoise on a white background. The pattern appears on sheets and towels and comes with coordinated shower curtain and bath mats in solid colors.

Fieldcrest's new juvenile bed and bath collection features Smokey Bear and a host of cartoon creatures in a delightful woodland setting. We were interested to learn that Fieldcrest pays a royalty to the U.S. Forest Service for Smokey's use-and that the proceeds are used to help maintain our national parks and forests.

From fashion designer Bill Blass come two versions of a Springmaid design called "Summer Sky," in which sheets, towels and luxurious quilted spreads have pastel-colored clouds lazing across backgrounds of either pale or deep blue-and called respectively-"Morning Sky" and "Evening Sky." You can decide before you buy if you're a day or night person. (continued)



I thought I was over-the-hill, until I lost 72 pounds.

By Dee McManus-as told to Ruth L. McCarthy



Look at that arm! Only good thing is the way it covers the other fat. And I hadn't even reached 214 pounds.

There's nothing quite like reaching 30 and weighing 214 pounds. When I got off the scale, I looked in the mirror and said to myself: "You're over the hill, kid." But deep inside me, I really didn't believe it. I knew that I had to try once more to look my age, by losing some weight.

I wasn't born fat. My mother says I was skinny until I was eight or nine. So she began forcing me to eat. And it took me half a lifetime to change the pattern. Unfortunately, it wasn't in time for the high school prom. After graduation, I went into training in Pittsburgh to become a Licensed Practical Nurse. But it didn't train me to eat less. I consumed pounds of spaghetti, noodles, potatoes, gravy, fried egg sandwiches and pizza pies. How I ever caught a husband, I don't know. Yet at 20 I married a man who was as thin as I was fat.

Having children didn't help either. After each child was born, instead of losing, I gained.

One day, however, I heard a friend say, "You don't want to look like Dee, do you?" I knew then I had to lose weight. For a long time I'd been reading about those vitamin and mineral reducing-plan candies called Ayds®, so I decided to give them a try. I knew I couldn't take reducing drugs, and

dueed we find

since Ayds contains none, I bought a box at the drugstore.

I took one or two Ayds, like the directions say, with a hot drink before each meal. Those little candies really helped curb my appetite. For breakfast, I was satisfied with grapefruit and cereal. I never was a big morning eater. At noon, I'd have my Ayds and coffee again and a sandwich, sometimes cottage cheese and citrus fruit. And for dinner, meat or fish, salad, and a vegetable.

I took Ayds, too, for snacks. Chocolate mint, though there are four Ayds flavors to choose from.

Well, I guess you can see from the pictures that the Ayds Plan really worked for me. That weight came off and off. 72 pounds! Maybe I ought to mention one other thing. When I used to read those stories about other people who had lost weight on the Ayds Plan, I'd wonder where all the extra flesh went. Well, my skin began to tighten up with exercise. No gymnas-

tics. I'd just wiggle or rock and roll to music with my children.

How's this for a change? I've decided at 142 pounds, I can smile at the world.

As for my husband's reaction to my weight loss, he was a little jeal-ous of all the compliments I was getting. There were many things that we didn't see eye to eye on, and since our marriage had been shaky long before I re-

duced, we finally agreed to get a divorce. It was a hard time for me, but now I feel there is a whole new life ahead of me. I've got a job and lots of invitations. The telephone just never stops ringing. My sons say I'm more like a sister to them now. And they love it. Why, I've even started dating.

Oh, yes. One last thing. Thanks to the Ayds Plan, I've now got a figure that is good enough for hot pants. And I'm going to wear them. Bet I'll be the first one in my hometown, which happens to be Butler, Pennsylvania.

BEFORE AND AFTER MEASUREMENTS

After
5'6"
s142 lbs.
36"
27"
37"
· Store Size 12

DECORATING NEWSLETTER continued

More earth, water and sky and the delights thereof are featured in standouts from Wamsutta. French designer Primrose Bordier, who has been creating beautiful designs for European manufacturers, brings her talent to this country. In a Wamsutta pattern called "Paysage," she paints a romantic landscape across sheets and pillowcases with stylized flowers and leaves that seem to float. The accompanying bath towels have clouds above and sea below -in blues, greens and golds.

CLEVER TO-DO'S WITH DENIM

This month we feature denim in a star-studded story beginning on page 90. It's a natural for every room in your house. But if you're stymied about where and how to use it, here are some suggestions to kindle your imagination.

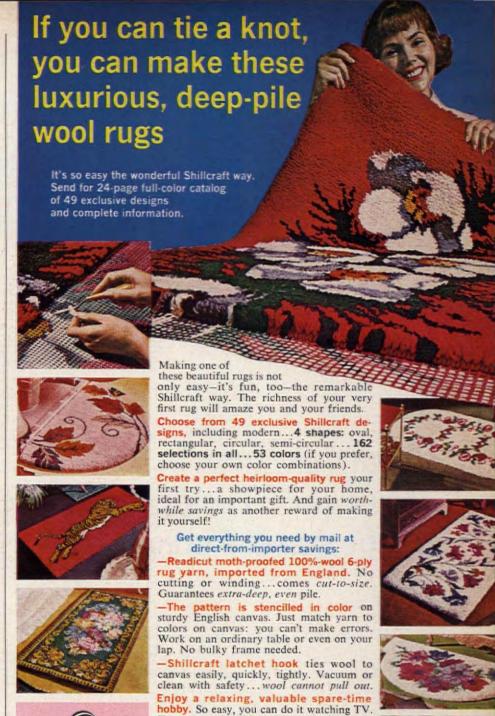
Cover dining-room walls with darkblue denim. (You can use a stapler or see April 1970 AH for other ways to apply fabric to walls.) Run a molding along the ceiling and enamel it shiny white. Window shutters, baseboards and doors all get shiny white enamel, too.

For a little girl's bedroom that's feminine without being fussy, combine deep plum and faded blue. Walls and Roman shades can be in plum denim trimmed in flat, pale-blue grosgrain ribbon. Cover a downy quilt in blue denim and tuft it in deep folds with tiny bows made of plum-colored ribbon.

If you've longed for a country kitchen, why not create one with denim? Make curtains, place mats and napkins of blue denim trimmed with blue and white gingham and tie-on cushions in -Helene Brown matching gingham.

NEXT MONTH IN American Home

- BIGGEST DECORATING ISSUE EVER
- A marvelous new house that your family could win
- American Treasury: Colonial Deerfield, Mass.
- Plus more delicious American Home recipes: beauty tips; things to make
- Look for the October American Home on your newsstand September 23







SHILLCRAFT Readicut products carry the Woolmark, your assurance of a quality-tested product made of Pure Virgin Wool. simple even young children can help. Convenient terms available on our easy Monthly Payment Plan. You can make a complete rug for as little as \$13.50.

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DECORATING Q'S & A'S

How do I use pattern, color and pillows to minimize a king-size bed in a small bedroom?

Pick a monochromatic color scheme whereby you bring into play various shades of one color and rely on many textures for interest. Or use one patterned fabric for wall covering, bedspread and curtains. Either scheme will minimize the bed. It also helps if you cut down on accessories, and select pil-

lows in subtle patterns that match your monochromatic scheme or repeat the patterned fabric in your room.

I'm planning to redecorate a guest room that is frequently used by my husband's out-of-town business associates. The only problem is that the adjoining bathroom has all-pink tile that extends halfway up the walls. How do I bring this color into the bedroom without creating a feminine room?

There is no need to repeat the exact pink of the bathroom in the bedroom. Simply decide on a compatible color scheme. We'd suggest deep camel for walls, carpeting and bedspread and window shutters stained dark walnut. Then look for a washable fabric in a smashing print or stripe that combines camel, navy blue, magenta and beige and use it for tieback draperies, pillows and to slipcover a chair. With the same fabric covering the upper bathroom walls and made into shower curtains, these rooms will take on new vitality.

The stairway in our front hall gets an unusual amount of wear with three youngsters and their friends constantly tearing up and down. The banister is chipped, the wallpaper soiled and the carpeting worn out. What can I do to make this area children-proof?

Let's start with the banister. More paint will continue to get nicked and chipped, so we recommend that you strip the finish down to bare wood and apply a penetrating oil stain. A coat of clear shellac will protect it. Do the same with the stairs and then buy a densely woven, multicolored nylon carpet in a loop construction to use as a stair runner. This fiber, construction and color will be the strongest combination you can use. For the side wall, use a vinyl wall covering in a medium to dark shade and of fairly smooth texture. This will be durable and easy to maintain.

We're remodeling the bathroom in our house and I would like to carry out the Colonial feeling that prevails in the other rooms. However, the tile is black and white. Must I replace it, or what colors will go well with it?

Although black and white are not Colonial colors, you can certainly take some license here and still achieve the feeling you want. Stay with the black and white by papering the walls in a tiny provincial print in this combination. Use a braided rug on the floor, select solid-color towels in red and gold and hang a pair of carriage lamps on the wall for lighting.

Direct your decorating questions to Decorating Q's & A's, American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters submitted will be selected for an answer on the basis of their general interest. Sorry, we are unable to send personal replies.

The Most Exciting Headache News In Years

Doctors' Tests In Treating Nervous Tension Headaches Now Made Public

Extra-Strength Tablet That Needs No Prescription Proves Just As Effective As The Expensive Leading Pain-Relief Prescription Of Doctors.

If you're one of the many who suffer sharp, throbbing pain of tension headaches, these latest reports from doctors should be of the greatest importance.

Physicians conducted tests on hundreds upon hundreds of patients who complained of tension headaches. These doctors compared the effectiveness of extra-strength Anacin* Tablets with that of the leading pain-relief prescription of doctors.

Results Of Tests

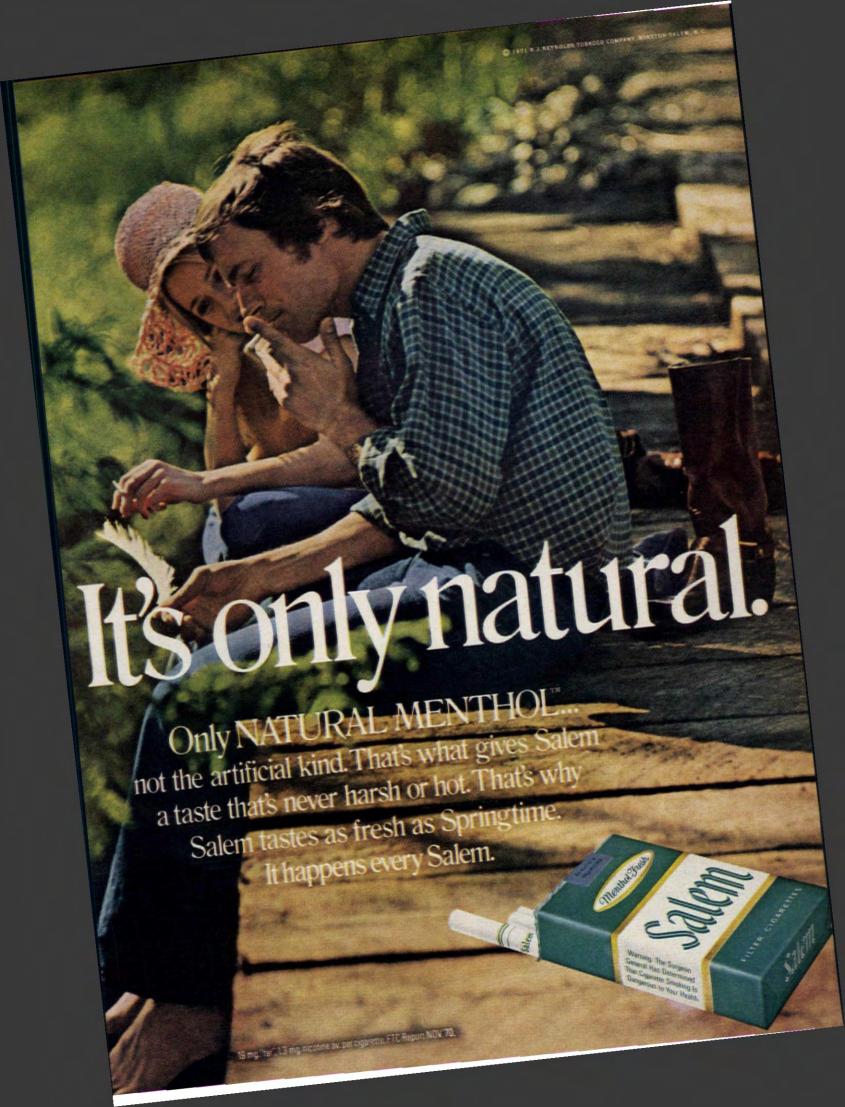
Results from these tests proved beyond a doubt, that Anacin gives the same complete relief from pain of tension headaches as the leading prescription of doctors. Yet Anacin needs no prescription and costs far less.

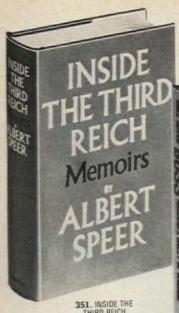
Here is further convincing evidence of the effectiveness of Anacin. In another survey, twice as many doctors, reporting, said they prefer Anacin's formula to relieve pain to that of the other extra-strength tablet. And twice as many people now take Anacin.

You can trust Anacin to relieve tension headache pain in minutes. So its nervous tension goes, too,—you can function better and do a better job.

Anacin is not habit forming and you can take it without stomach upset.

From the results of these doctors' tests, doesn't it make good sense to try extra-strength Anacin Tablets?

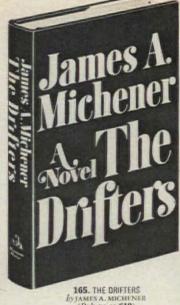




THIRD REICH Memoirs by Albert Speer. Photographs (Pub price \$12.50)

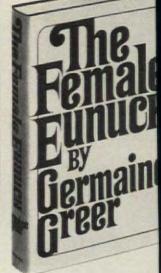
285. BOSS: Richard J. Daley of Chicago





by JAMES A. MICHENER (Pub price \$10)

115. THE FEMALE EUNUCH by GERMAINE GREER (Pub price \$6.95)



Which of these books hav and failed to throug



130 THE GRAHAM KERR COOKBOOK by THE GALLOPING



106. THE OTHER b) THOMAS TRYON. (Pub price \$6.95)



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TO THE WARM,
STANYAN STREET
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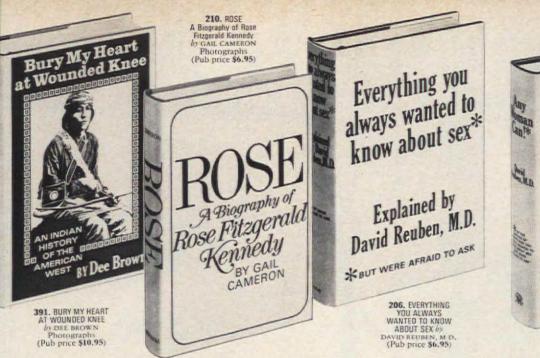
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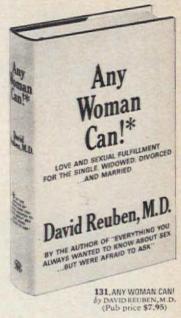
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140. THE COMPLETE MEDICAL GUIDE by BENJAMIN F. MILLER, M.D. 3rd rev. ed. Illus. (Pub price \$9.95)

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As long as you remain a member, you will receive the Book-of-the-Month Club News, a literary magazine which describes the coming Selection as well as scores of other important books, most of which are available at substantial discounts-up to 40% on more expensive volumes. All of these books are identical to the publishers' editions in format, size and quality. If you wish to purchase the Selection, do nothing and it will be shipped to you automatically. However, there is no obligation to purchase any particular volume. If you do not wish the Selection or any other book offered in the News-or if you want one of the Alternatessimply indicate your decision on the convenient form provided and mail it so that it is received by the date specified on the form.

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Check item(s) desired:

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By Dorothy Lambert Brightbill

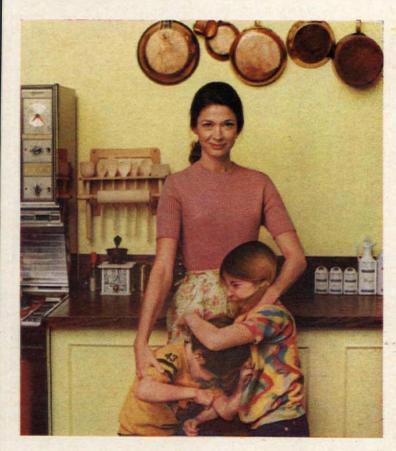
That talented actress Sylvia Sidney is equally gifted when it comes to needlepoint. Her designs are original, dramatic and amusing, as well as easy to do. For the design itself, Miss Sidney combines regulation needlepoint with unusual, but expert, backgrounds worked with combinations of filling stitches. These create a subtle pattern in themselves that is more imaginative and original than the usual half-cross or continental stitch. They also cover the area quicker and at the same time add a fillip to the entire composition that is most pleasing. The big daisy with its friendly butterfly is a large canvas (size will fit a 14-by-21-inch frame that is also available, as shown). The timid frog huddling beneath a protective mushroom is the best subject of this kind we have seen. The handsome silvered-wood frame also is available. Frames, shipped unassembled, have simple instructions.

Ben Swedowsky

zip code

city

What does a man know about wash and wear?



All he knows is that when he reaches for shirts or golf slacks, they're neat, clean and ready to go.

What he doesn't know is all the times you've wished for a wash and wear house.

You're the one who knows the problems that sticky fingers and dirty hands can cause on walls and woodwork. And that's your best reason to use LUCITE Interior Enamel.

It washes easily, wears beautifully and comes in an exciting range of colors that work beautifully in any room.

LUCITE goes on fast and dries even faster to a smooth, tough, easy-to-care-for finish. Soap and water cleanup, too.

It's the next best thing to putting walls and woodwork in the washing machine.

LUCITE from Du Pont. It looks as fantastic on the walls—and the woodwork—as it does in your mind.



Lucite Interior Enamel

Douching vs. Norforms

(Once you make the comparison, there's no comparison.)

9:04

You decide to douche to stop embarrassing feminine odor.

9:05

You collect all that douching equipment from its hiding place. (Remember, later you'll have to hide it all over again.)

9:06

You begin mixing and measuring. (Oops—you just spilled some.)

9:10

You begin douching.

9:15

You're still douching.

9:20

You're still douching.

9.25

You're still douching...

Stops odor in a way no douche can—easier, too! Norforms Antiseptic · Deodorant

For women only! Free new 12-page booklet, "Answers to Questions Women Ask Most Often." Send this coupon to: The Norwich Pharmacal Company, Dept. AH-09, Norwich, New York 13815.

Street	Name	10/10/10		
Street	Street	3		

City____

 9:04

You decide to use Norforms®, The Internal Deodorant.™

9:05

You insert one tiny Norforms. (Wasn't that much easier than douching?) And Norforms are the germicidal suppositories that stop odor in a way no douche can.

9:06

Doctor-tested Norforms kill germs, stop odor where it starts—internally. So safe to insert, you can use them as often as needed. And remember, with Norforms—no mess, no fuss, no equipment.

9:10

You know you'll feel clean, fresh, odor-free for hours with Norforms.

THE PLUMB LINE

News from an architecture and environment editor's desk

REFRESHING RECYCLING

Tracey Tooker doubles on the blowtorch and the glass cutter. The 23-year-old sculptress, a student at Brooklyn's Pratt Institute, welds pieces of metal into eye-catching "op sculpture" at school and earns a lively income at home turning old wine bottles into new glasses.



Tracey surveys rows of finished glasses (left) and shows how she saws off wine bottle necks (below).



"I'd seen wine-bottle glasses first in restaurants in Aspen, Colorado," she explains. Then, back home in Long Island, she began making some herself. "But no New York restaurant would buy them, because they were too nice and customers would carry them off." However, two Manhattan department stores—Bloomingdale's and Lord & Taylor—were interested in her brown and green glass converts, and are now selling them briskly.

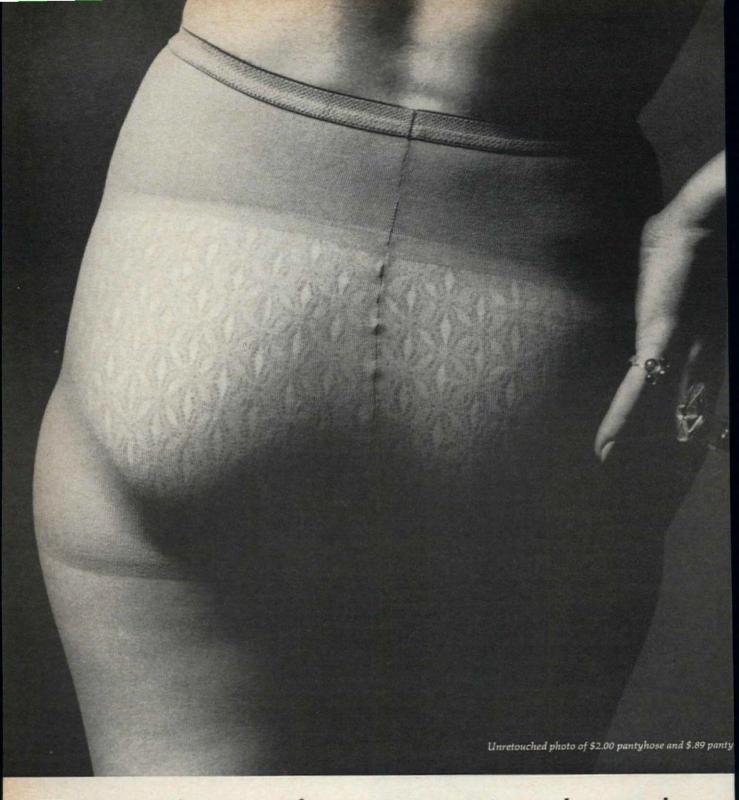
"I go to school Monday, Tuesday and Wednesday, and work two or three days a week when I'm making glasses," she says. She gets the empty bottles she works on from restaurants that previously simply ground them up. Then she loads them into her Volkswagen and hauls them home. There, in a courtyard that's become her workshop, she dons a plastic face-protector—and wields first a cutting machine, then a sanding machine. It takes her three minutes to clean a bottle, remove its label and cut and sand it into a drinking glass that will eventually sell for \$2.75—a profitable example of imaginative recycling similar to another one you'll find in the Lifestyle story on page 12.

A "NEW TOWN" IN DOWNTOWN PHILADELPHIA

"Historically, redevelopment has been anti-urban and anti-community," says architect Philip Johnson. "There have been few successful efforts to create a complete community, a 'new town' that can be lived in 24 hours a day."

Johnson, a renowned designer, hopes to alter this pattern with Franklin Town, a 50-acre development he's designed for the center of downtown Philadelphia. Five top corporations are pooling their (continued on page 52)





This is what happens when you put panties under pantyhose.



That's why we put panties in pantyhose.

Now you don't have to wear panties under your pantyhose. Because we've knit cotton into the panty part of our pantyhose.

The panty part of Stevens new Cottontops™ is a combination of 60% nylon, 30% cotton and 10% spandex. The sheer stocking is 100% nylon. The cotton makes our pantyhose cool, soft and com-

fortable, and you secure. The spandex and nylon keep you in shape.

If you want to look like a woman in your clothes, wear the first and only pantyhose with cotton built into the panty—Stevens Cottontops. The newest addition to our Finesse® Collection. Stevens Hosiery, a division of J. P. Stevens & Co., Inc.

Stevens new Cottontops Pantyhose.
They do great things for your bottom.

resources to buy the land, now occupied by parking lots and aging factories, but soon to feel the rumble of excavation.

Johnson's plan calls for housing, hotels, offices and shopping facilities—as well as a tree-lined boulevard "built primarily for people and secondarily for cars." This will link the commercial district with a two-acre Town Square in the heart of the residential section, making for "activity day and night, rather than a sterile, artificial neighborhood."

SHORTER STEPS TO TAKEOFF

Anyone who has ever hauled hand luggage on that seemingly endless trek from automobile to airplane in most airline terminals will surely envy the lucky citizens of Tampa, Fla., their new \$80 million international airport.

In what is hopefully a "new wave" in airport design, parking, baggage handling and ticketing facilities—plus all concessions—are organized into a large central "landside" building. Boarding gates are in four "airside" satellite structures where planes dock. A fully automatic electric shuttle system links these landside and airside buildings. The transit cars travel on adjoining elevated roadbeds, and each carries 100 standing passengers on the 40-second ride.

NONPOLLUTING POWER

Although electricity is relatively inexpensive for the homeowner, generating plants belch forth potentially harmful effluents from the coal and oil they burn. Is there a nonpolluting alternative to these elements? Yes, says the Pratt & Whitney Aircraft Company, which has developed a unit called Powercell II. When Powercell II is hooked up to a natural-gas pipeline, gas and air react with a catalyst to produce electricity. The only effluents pumped into the atmosphere are water vapor, carbon dioxide and a minimum amount of heat.

Will this device dangerously drain our natural-gas supply? No, say spokesmen for the gas utility. Their scientists are working to develop the "gasification" or "hydrofication" of coal, a process by which coal could be made to release a gas that acts very much like natural gas.

An aesthetic plus: No ugly power lines crisscrossing the landscape.

"Honey, when you've got a wife who's 5'2," she needs a powerhouse of a vacuum cleaner."



Powermate® vacuum has the most powerful motor you can buy for home use ... upright or canister.

Takes me a lot less time to vacuum than it used to.

With the revolving

Beater-Bar Brush, dirt practically leaps out of that shag.

Look at how it adjusts from this low pile rug to deep shag. I just touch the pedal with my toe. It adjusts to four different heights.

You really get the advantages of both an upright and a canister. 11 attachments, too. Wow. **

*Well, 'Shorty,' looks like we got a real buy. These Sears vacuums are built to last. Sears service too, if we ever need it."?

Sears
Kenmore
Powermate
Model No. 2197

At most Sears, Roebuck and Co. stores and in the catalog.

BOY SCOUTS TO THE RESCUE

Boy Scouts from Troop 101 of Waterville, Ohio, have been fishing—not for bass or trout but for plastic bottles. In six hours, throwing nets from rowboats, the boys collected 1,300 polyethylene bottles along the Maumee River.

Their scavenging had a dual purpose: to clean up the water and also help pay for needed camping supplies. Advanced Drainage of Ohio, Inc., agreed to buy as many of the old containers as the boys could collect—at 3¢ to 6¢ per pound. The company plans to recycle the plastic, often called an unrecyclable scourge, into drainage pipes.

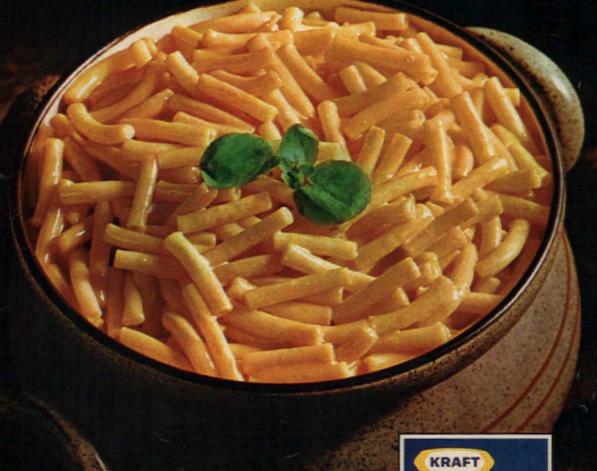
MODULAR HOUSING EN MASSE

Builders of tract homes have often been accused of too obviously reusing and overusing the same designs—or undisguised variations thereof—for homes in a single development. Now a builder has gone a step farther—with what, on paper, appears to be favorable results.

Elan at Raintree, a new suburban development outside Washington, D.C., at Lake Braddock, Va., will consist of 38 homes, priced \$45,000 to \$60,000, that are totally modular. Each house, whether split-level, two-story or rambler, is being built from five or six individually manufactured modules. Factory-finished, the modules are trucked to the site, hoisted on concrete foundations and interconnected—all within a few hours.

— Barbara Plumb

The best-tasting way we know to help you stretch your food dollar.



Kraft Dinners: great ideas for good cooks on a budget.





By Dorothy Lambert Brightbill

FALL HANDBAG KITS

These brand-new handbags will complement almost any fall and winter wardrobe, and also make very desirable Christmas gifts. All are done on a perforated, easy-to-handle base. The black tote bag, size 10½ by 13½ inches, is made of plastic hexagons worked individually with wool yarn and straw flowers, then whipped together. Double handles of black wood beads are included in kit. The needlepoint "bandbox," 6¼ by 9 inches and 3 inches wide, is made of plastic squares worked in regular yarn needlepoint. Kit includes gold metal closure and handle. The 6-by-10¼-inch envelope bag is deeper at the bottom than the top. It is worked on sheet plastic in a diagonal Bargello stitch. Kit includes closure and adjustable gold-metal link-and-bead "strap." Kits come with complete instructions for assembling.





Check item(s) desired: Kit 61375 Tote Bag @ \$11.98 ea. plus .35 postage Kit 61376 Needlepoint Bandbox @ \$8.98 ea. plus .35 postage Kit 61377 Envelope Bag @ \$8.98 ea. plus .35 postage 61014 Catalog of other kits @ .35 each Please send me the new Fall-Winter issue of Ladies' Home Journal Needle & Craft Magazine bursting with beautiful things to make, wear and give. Lenclose only \$1.25 each	Fill out coupon and enclose check or money order. We are unable to handle Canadian or foreign orders. American Home Dept. 5346 4500 N.W. 135th Street, Miami, Florida 33054
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l all postal charges. Use your charge card for any purchase over \$4.98 □ BankAmericard—Acct. No □ Master Charge—Acct. No	address
Interbank No. (Find above your name)	city state zip code

Mow! Chuck Wagon. Instantainer for dogs

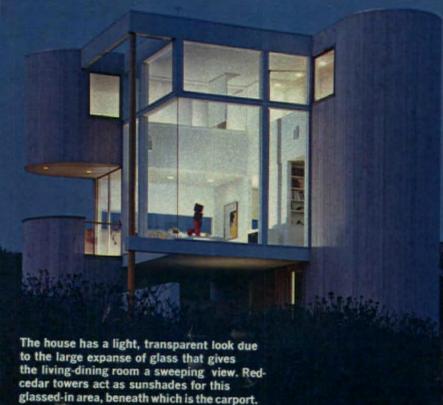


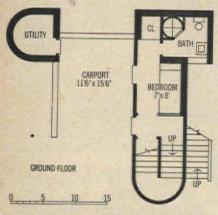
Makes tender, juicy chunks

golden nuggets, loaded with vitamins and minerals and rich meat broth. All you add is warm water for a completely nourishing dinner for dogs. Instantly. Chuck Wagon. Next to you, what he likes best and needs most.

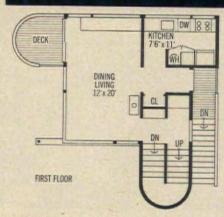
This exciting seaside house, pictured in detail on pages 86-89, commands a spectacular view of Block Island Sound off Block Island, R.I. But it would fit equally well into almost any landscape setting you could choose, because of its strongly asserted, simple forms. A 1971 "Homes for Better Living" Honor Award winner, the house was designed by Christopher Owen for himself and his wife. Although relatively small, it is made to seem extraordinarily spacious by its glassed-in two-story interior open space and by the close affinity of three major areas-living, dining and master bedroom-with the outdoors. Routine maintenance of the house is comparatively easy: Because the red cedar siding is left to weather naturally, the need for painting is eliminated. A house of ingeniously devised openness, plus privacy, the Block Island Sanctuary offers that rare combination-a stunning design and efficient, comfortable livability. To order complete plans, see the coupon below.

BUILD YOUR OWN AWARD-WINNING SANCTUARY

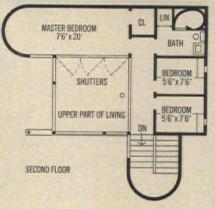




Ground floor has carport, one bedroom and a bath. Utility room is at base of one tower (top, left); the other tower contains stairwell (below, right).



First floor contains kitchen and livingdining area that's open to the sea. Tower space over the utility room is used as an open deck (top, left).



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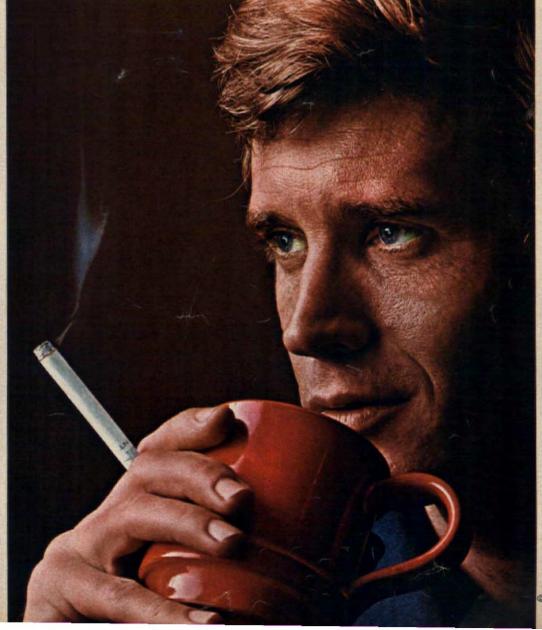
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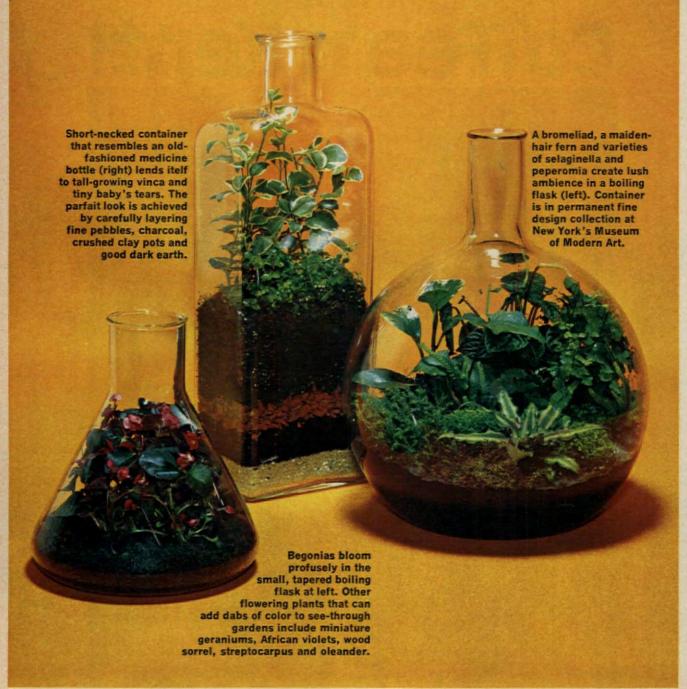
© Lorillard 1971

THE AVANT GARDENER By Lawrence V. Power

Terrariums have hit on hard times. Once the sole province of lovers of things that grow, they have fallen into the hands of the mass merchandisers. The elegance and finesse of growing things under glass have given way to clumps of the most ordinary plant materials shoved into oversized brandy snifters and undersized fishbowls. Assembly-line terrariums are everywhere, easily recognized by such "decorative" touches as plastic reindeer, elves, frogs, dogs, cats, birds and bridges.

'Twas not ever thus. Early in the reign of Victoria, the arranging and growing of plants under glass, particularly ferns, was so popular that English historians refer to it as a craze. All manner of ornate glass cases were designed to house plant materials. In fact, many of the bell jars (continued on page 72)

SEE-THROUGH GARDENS



The End of The Naked Bathroom.

It begins with Sears washable bath carpet.



If Sears has its way, no bathroom in America will ever go bare. Because a naked bathroom isn't very nice to step into. But Sears Cloud Supreme Carpeting is.

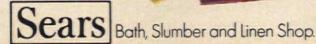
Soft, deep, fluffy as a cloud, it's made of long-wearing 100% DuPont nylon pile. So it's 100% machine washable and dryable. It's even backed with a thick foam cushion

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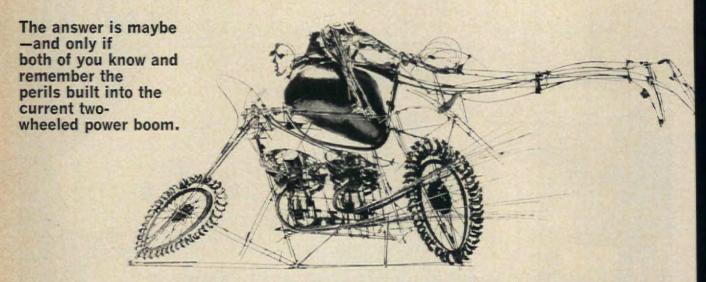
ordinary pair of scissors.

Choose from fourteen beautiful colors. At a beautiful price. Under \$30 does it for the average fivefoot by six-foot bathroom.

With a whole wardrobe of color coordinated accessories. Towels. Shower curtains. Bath rugs. Lid and tank covers. Available at most Sears, Roebuck and Co. stores and through the catalog.



SHOULD YOUR YOUNGSTER RIDE A MOTORCYCLE?



Baby buggy, tricycle, bicycle, car. Thus a child comes of vehicular age in America—at least in those families where economics permits. It's a generally accepted series. But in recent years a new step has been introduced which has become a source of intense controversy between parent and offspring—and it's not only a matter of "when," but "if." The new step in the process of wheeled maturation is the motorcycle.

Since the advent of the lightweight two-wheelers from Japan, the motor-cycle has become more socially acceptable as a recreational vehicle, with "hog"-mounted toughs no longer dominating the image. (Not that the menacing nature of the cycle-mounted gangs has changed any, nor has their number decreased; they have just become a smaller percentage of the burgeoning number of riders.)

The growth has been phenomenal: During the 60's the number of motor-cycle registrations increased 279 percent while motor-vehicle registrations went up only 40 percent. This tremendous explosion has lent some credence to the argument of the post-bicycle youngster yearning for some motorization: "But Mom, everybody else has one." However, that old refrain doesn't answer any other question better than it answers this one: Should your youngster have a motor-cycle?

The cost is not always a determining

factor when it comes to "have" or "have-not." A motivated youngster can himself earn the price of some of the less-expensive lightweights, although he may be brought up a little short when he discovers that in many states insurance rates almost equal the price of the bike. So if you mean no, don't hedge it with a money argument. You might be in for a fast rebuttal.

But is owning a motorcycle really the bone of contention? Isn't it the use of motorcycles you are trying to prevent when you keep insisting, waving the evening paper with headlines of a motorcycle fatality, "But they are dangerous!"

If motorcycles are dangerous it is not to owners alone. The National Safety Council's 1970 "Motorcycle Facts," compiled from a variety of state reports, underlines that. A survey in Washington state in 1965-66, for example, showed that 29 percent of the cyclists involved in fatal accidents did not own the machines they were riding. Similarly, in North Carolina during the 1968-69 period, 23 percent of the reported motorcycle accidents occurred on borrowed bikes. And a Minnesota hospital survey of 123 motorcycle accident victims revealed that 70 percent of them had been on either rented or borrowed machines.

Some additional facts gleaned from the report:

Motorcyclists are killed or injured more often than their numbers justify. A motorcyclist's chance of being killed, figured on a vehicle-mile basis, is almost 20 times that of someone in a car.

Motorcyclists are hurt worse when they have an accident than people injured in other motor vehicles. Several states, including New York, noted this increased severity of motorcycle accidents.

Motorcyclists involved in accidents tend to be younger than those involved in other accidents. A majority of motorcyclists are under 25, all states but New York found. Other studies indicated that 42 to 66 percent of all motorcyclists in accidents were teenagers.

Statistically it is clear that motorcycles have a poor safety record.

If you have told your kids that the bikes are dangerous, you have told them

However, should the existence of danger alone necessarily eliminate an activity that is otherwise useful and rewarding? Going down stairs is dangerous. Skiing is dangerous. Crossing the street is dangerous. Playing cards with strangers is dangerous. And if we accept the danger of motorcycles on statistics alone, consider the statistics that lying in bed is most dangerous since most people die there. (continued on page 64)

Sculpture by Peter Larkin



MOTORCYCLE continued from page 60

Whose side am I on, anyway? Let's say I'm on the side of life. Which means I'm all for enjoying those undefinable pleasures that are often involved in things called "dangerous." I've had two motorcycles myself and I can understand the grin-making fun of watching pavement, each grain of it sharply visible, slide by just under your feet; of banking a turn just right, juggling those vectored forces with a physicist's precision; of sensing the visceral thrum of the engine responding to the twist of your wrist as you literally step up and down through the gears. And the wind wraps you with

a particular sense of yourself. It's nice.

But being on the side of life also means I'm opposed to mangled kids—broken heads, skin grated to pulp on pavement, bodies wrapped like rag dolls around light poles. So let's sit down and consider this problem of the motorcycle. And this involves both boys and girls because girls are either as strongly "I want" as the boys, or they will be riding pillow on someone else's bike.

Let's all agree that motorcycles are dangerous—and also that trying to deal with danger by eradicating it completely from our lives is not possible or particularly desirable. From all the motorcycle statistics, one fact emerges clearly—that lack of skill and experience was most to blame for most of the accidents.

The great vulnerability of a motorcyclist stems from three causes:

- 1) Lack of protection. There are no surrounding energy absorbers such as fenders, padding, doors. The rider himself is the "vehicle" and his body takes the impact of the crash directly.
- Lack of dimension. The motorcyclist is on a two-wheel single-track machine in what is essentially a four-

wheel world of greater width and visibility. Both actually and psychologically he is difficult to see.

3) Limited adhesion. The contact patch, also called the "traction spot," where the rear tire transmits its messages about accelerating and braking and which holds against the sliding forces met in a turn, is small and alone, particularly vulnerable to changes in the road surface such as sand, oil, wet leaves, ice, holes.

These singular characteristics of the two-wheeler can be dealt with, but not merely by good intentions and "Mom, I'll be careful" promises. It so happens that more people run into motorcycles than vice versa. The University of North Carolina Safety Research Center reports that in car-motorcycle collisions the automobile driver is more frequently at fault.

"Mom, I won't ride too fast" is no talisman either. In reports to the National Safety Council, where the speed of the bike at the time of the accident was recorded, the range was only 20 to 30 m.p.h., although "speed too fast" was given as a contributing factor in most motorcycle fatalities. And authorities in California reported that 89 percent of their motorcycle accidents occurred at 40 m.p.h. or less. Even "Mom, I won't go too far from home" holds no promise of safety. Vermont's motorcycleaccident study showed that the rider was within 5 miles of home in 64 percent of the cases, 15 miles in 79 percent.

So where is the armor for the vulnerable motorcyclist? Where can he find protection from the dangers inherent in the nature of the beast? (continued)

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COOD THINGS THAT LAST.

MOTORCYCLE continued

A touch of paranoia, a helmet, and training may seem a somewhat flip way to sum up a serious matter. In more depth:

The paranoia. A motorcyclist must believe sincerely that cars are out to get him and that no one sees him. It is true often enough to keep him ahead of the game. (When I first rode my motorcycle in New York City traffic, I felt I had happened upon the secret that made Lamont Cranston The Shadow: I was suddenly invisible in the clouded minds of drivers. Looking directly at me, they pulled calmly across my path. People in parked cars were also prone to swing their doors open into the path of any motorcycle unlucky to be approaching.)

The motorcycle may be a skinny twowheeler, but it must act and be treated as a full-fledged motor vehicle. Included in a list of rules for safe motorcycling put out by the Metropolitan Life Insurance Company is the excellent suggestion that the motorcyclist act like a car—riding in the left side of a lane, for instance, rather than shrinking off to the right side and maybe allowing one of those unseeing motorists to crowd in on him and force his motorcycle off the road.

The helmet is essential. In fact, 42 states require it, but everywhere common sense dictates it. Statistics in the U.S. and abroad indicate that the use of a proper helmet greatly reduces the

severity of motorcycle injuries. (A brightly painted one might even help reduce the visibility problem.) But protective clothing should not stop with the head alone. A singularly painful injury can come from simply flying off your bike and having your hide sandpapered off by the pavement. And burns on the legs from exhaust pipes are the kind that fester easily and show scars long afterward.

The training is of paramount importance and, perversely, is most difficult to come by. A motorcycle is a deceptively easy thing to ride, but difficult to handle with complete sureness of control in all situations. Too many youngsters, eager to ride a motorcycle, get a squeeze-this-twist-that level of instructions and vroom—they're off in a cloud of dust, pebble and grit. And their first time at the controls is necessarily solo.

Mastering a motorcycle is really a complex matter full of many small subtleties of coordination. It is significant that one says "rides" instead of "drives" because the experience is more akin to being on a horse than being in a car. A motorcycle rider all but "posts" over rough terrain, for instance, and his weight distribution is what determines the direction the cycle takes. Indeed, the finer points of control might very well be likened to those finer points of equitation that are known as "dressage."

But where can these be learned? If you are lucky you might come across a truly expert trials rider—and have him teach your youngster how to ride a motorcycle, coordinating his hands and feet and weight. Such a person isn't easy to find; a local motorcycle shop might harbor him.

If you can be sure of expert instruction, and not just that of a fairly experienced friend, then perhaps you can make some sort of bargain with your motorcycle-mad youngster. Maybe you might say that if he wore a helmet and protective clothing at all times, if he learned from an expert and practiced to develop his skills on closed courses away from traffic, if he positively adhered to your stipulations, then he could have a motorcycle.

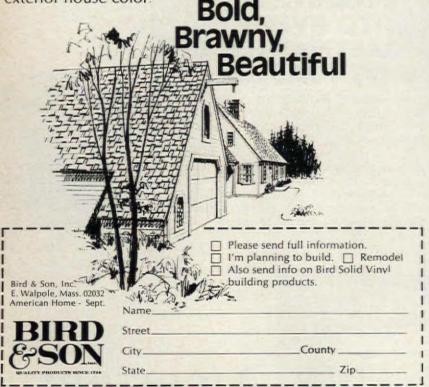
And your part of the agreement would be that you would know that in spite of all the precautions, nothing—nothing—guarantees his safety. But that's life—without guarantees. END

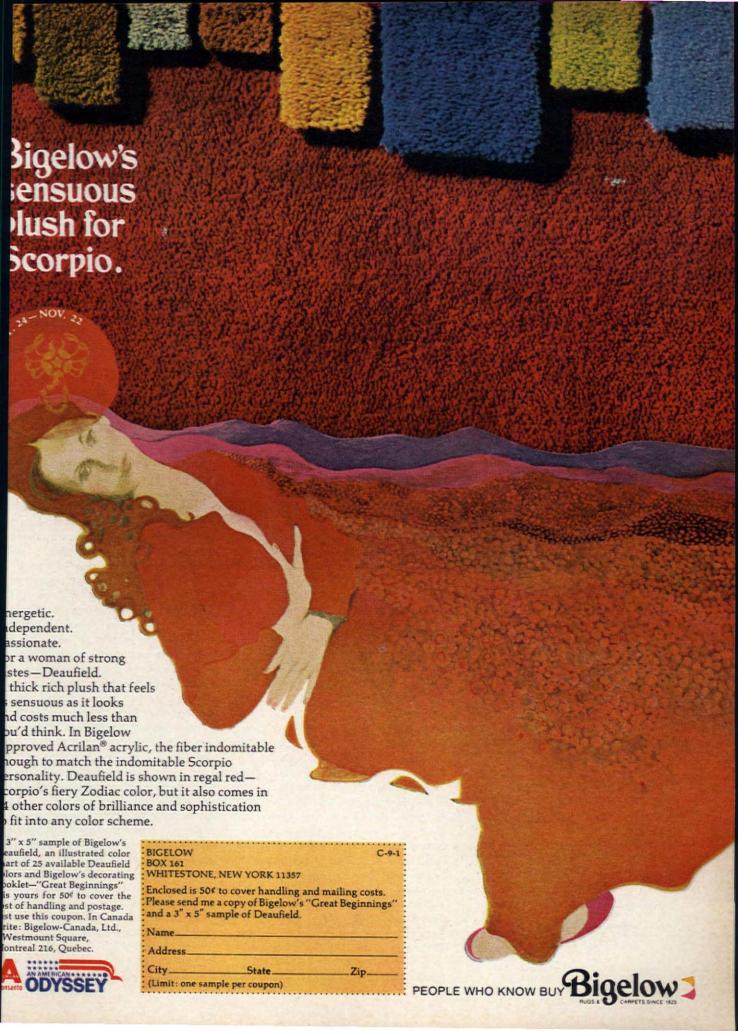
Bird Architect 70 roof shingles

An asphalt roof shingle can be beautiful.

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Because they make the wrong time of the month right,

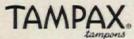
you should use Tampax tampons, right from the start. Why should you sit out a few days of every month, when Tampax tampons can help you enjoy them all.

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FROM HOME BASE

New vacuums and groomers make strides in shagcarpeting care.

How shaggy is shaggy? In carpeting it can be from 1½ to 6 inches long—which means that proper care and maintenance are important for both appearance and durability. And this, in turn, calls for a shag-oriented vacuum cleaner that will not only remove the visible litter but lift out the deep dirt, too. If not removed, this deeply embedded dirt can shorten the life of your carpet.

You may find that your shag carpet presents a problem for your current machine. One common complaint is that the cleaner is hard to push. Another is that the increased length of the carpet fiber makes it difficult to get really clean results. If such has been your experience, you will be happy to know that a number of improvements have been made in carpet-cleaning equipment.

Upright cleaners are generally recommended for all carpeting, and those from such companies as Hoover, General Electric, Sears, Eureka Williams and Sunbeam have shag adjustments. One adjustment raises the cleaner farther from the carpet and makes the cleaner easier to push. It also provides a safeguard for both carpet and machine: The long shag fibers are less apt to be strained, and there is less chance of the fibers becoming wrapped around the beater bar, possibly damaging the motor. The second adjustment is a suction regulator, which decreases the amount of suction and makes the cleaner easier to manipulate.

Lengthy shag fibers, which often tend to mat and tangle, need to be groomed like a luxuriant head of hair. There are a number of grooming attachments on the market, most of which resemble rakes:

- The Sears cleaner called the Kenmore Shagmate comes with two special attachments. One is a rake-type tool for getting out dirt while the other grooms and cleans the surface fibers. Price of cleaner with attachments is \$99 (All prices are approximate.)
- The Shag Groomer attachment (\$8) from Eureka Williams fits over the floorand rug-tool of any model of Eureka Williams' canister or stick-type cleaners.
 It grooms the carpet and lets you maneuver the machine easily at full suction.

- Regina's Vacuum Shag Rug Rake (\$13) is a three-row rake, the center row of tines each being a tiny vacuum. An advantage of this accessory is that it can be converted for use on any major brand of canister cleaner.
- A lightweight stick-type cleaner, the Shetland Shagamatic (\$25) comes with a shag grooming attachment.
- A nonelectric carpet-sweeper called "The Shagger" by Bissell (\$18.50) is designed to groom the carpet and pick up surface litter.

No matter what type of cleaner you use, here are a few tips:

- New carpeting may fluff or shed because of loose fibers left in during manufacture. This may continue for six months to a year—even throughout the life of the carpet. It is a natural process and in no way affects the carpet's quality or durability.
- After each vacuuming of new carpeting, check the cleaner hose, attachments and beater bar and remove accumulated fibers that can clog your cleaner.
- Shag carpeting, because of its long fibers, needs repetitive, overlapping or crisscross strokes with the vacuum cleaner. Remember, upright cleaners should be moved slowly over the carpet to get the best cleaning action.
- Check the cleaner bag frequently and replace disposable bags when needed. A decrease in suction, even if the bag is not full, usually means it's time for a change.
- Check the cleaner filter occasionally and remove any accumulated dirt and carpet fibers. A clean filter allows the motor to breathe—a clogged one suffocates it and can cause motor damage.
- To give the carpet a more uniform appearance, the final stroke with the vacuum cleaner should be with the lay of the pile. Then groom with a carpetrake available at most hardware or home-furnishings stores. Gently rake the carpet in the direction that gives the best appearance, taking care not to pull or tear the carpet fibers.

Whichever method you choose for vacuuming and grooming, the kind and amount of care will be reflected in the long life and glowing good looks of your shag carpet.

—Jeanne M. Bauer





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BIRCH BAYH continued from page 10

college days, he played semipro baseball and won his state's lightweight Golden Gloves. A few years back, it was this same staunch frame that pulled Ted Kennedy from a wrecked plane, perhaps saving the Senator's life.

Now Senator Bayh joins energies with his wife on work they can share. "Marvella has been a great help to me," says Senator Bayh, "in understanding what women want in the way of equality and what opportunities they need to develop talents on their own." One of those needs is answered in Senator Bayh's proposed bill to support day-care centers, a project the Bayhs pursue with dedication. "Birch's bill," Marvella says proudly, "would establish federally funded but locally controlled child-care and development centers for children up to the age of 14. Many mothers need to work, and others simply want to do something outside the home. Besides, most child-development experts say even a full-time mother should allow her child to spend some time with his peers. It's better for them both." The system the Bayhs envision would liberate woman power by accepting children, rich and poor alike, on a pay-as-you-can basis. It would go beyond mere watch-me care to include new learning concepts. "Educators tell us that children learn most readily before the age of 6," says Marvella. "We should not waste that time."

Although a charming and willing hostess (the Bayhs prefer small dinner parties at home), Marvella is really more at ease on the political front than with an omelet pan. She has been called "a natural-born political wife," and with good cause. Much of her spare time is spent delivering speeches, whether in support of day-care centers, her husband or other Democrats.

A glance at Senator Bayh's record in the Senate reveals his concern for real citizen participation within the system. He is leading a movement for an amendment that would constitutionally and unequivocably guarantee women's rights. Believing youth has rights as well, he was one of the prime movers for the 18-year-old vote.

At 43, Senator Bayh has been called "a Midwest John Kennedy with origins straight out of Horatio Alger and the mythology of the all-American boy."And he is being talked about as a Presidential candidate in '72. Come what may, there is no denying it has been a winning trip from Shirkeyville to Capitol Hill. END

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SEE-THROUGH GARDENS continued from page 58

you see in antiques shops were originally used not to display stuffed birds or rococo clocks but to hold fern gardens.

Arranging plant materials in jars or bottles was, and still is, a fine art—a pleasure to do and a delight to see. Terrariums also solve the problems of steam heat and lack of sun that plague today's houseplant aficionado. If you have a yen for greenery indoors and limited time for the care and feeding of regular houseplants, why not try a see-through garden?

Almost any plant can be grown successfully under glass. The secret is to choose varieties that have the same light and moisture requirements. Slow-

growing types need the least looking after. Plants like ferns, marantas and fittonias love humidity and will flourish in small-necked or covered-glass containers that have wide openings. Experiment with flowering plants for your bottle garden. Begonias, miniature geraniums or African violets—even orchids—add brilliance to a see-through garden. If you de-

sire the exotic, the carnivorous Venus'sflytrap will grow well when safely planted behind glass—provided, of course, you are

willing to feed it. (It will thrive on meat scraps, if your supply of live insects is low.)

Match the plants to the terrarium you use. There are great containers all around us-boiling jars, wine or cider jugs, discarded aquariums. Think of the terrarium as part of your decor; the size and shape of the container should relate to the area in which it is placed. Arrange the plants with a painter's eye for composition. Consider size, color and texture of the plants. Recreate a wood-

land scene in miniature. You can use ferns and moss straight from the forest. Most members of the moss family love life in a terrarium. Planted in its moist, protected atmosphere, moss will spread like a green carpet over the dark earth. A piece of bleached wood, a dwarf palm and some succulents bring a pristine desert right into your living room. If you live in the darkened recesses of a back apartment, plant varieties that need little light. Better still, swing a lamp with a special fluorescent "growing light" over your terrarium and you can even grow colorful blooms in a closet.

Planting a terrarium is easy. However, small-necked containers require a little more patience than an open aquarium. If you want to plant in a bottle or jug that has a small opening, you'll need a pair of long tweezers, a bent coat hanger or a gadget called a pickup tool (available at hardware stores) to place the plant in the soil.

The soil for a terrarium can become part of the overall design if you vary its layers with different textures and colors. Crushed pottery, pebbles, earth and charcoal can be used to create a parfait look for a tall container (as pictured on page 58). The actual planting should be done in porous, flaky soil. Some packaged potting soils that are on the market have been sterilized to deter soil pests, bacteria

and weeds. By using pebbles or porous stone and some charcoal as a base for the soil, you can keep it sweet and help water drain properly around plant roots. Aluminum foil or newspaper can be used as a funnel for pouring soil into containers. Level the soil by shaking the bottle slightly. For an interesting effect in a large container, create a slope so

that plants in the rear are slightly higher than those in front.

Place plants about half an inch into the soil. Make sure that all the plant roots are covered and that the soil is firmly tamped down around them. No matter how you try, some dirt will end up on the walls of the container. Attach a piece of cotton to your planting tool and run it along the inside of the glass. Use a small brush to remove dirt from plant leaves.

Once the plants are in the container, very little care is needed. Put the bottle in a place where it will receive the correct amount of light or sun for the plants you've chosen.

No feeding is necessary, and infrequent pruning

will keep your terrarium looking attractive. Plants that grow too tall or have yellowed leaves can be snipped off with a long scissors. Soil should be moist but never soggy. If you've sealed the top, you've created a microenvironment that almost never needs help from the outside. If the soil ever appears dry and plants droop, add some water. Should the glass become misty, you've been overzealous in watering. To reduce moisture, remove the cover of a sealed container or turn a fan on an open terrarium.

But that's it. You have a low-upkeep miniature greenhouse that is as appropriate for a high-rise apartment as it is for a New England farmhouse. Beauty without the beast of work—a lovely see-through garden. END

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BEST HOMES OF '71: "THE CALIFORNIAN"

Pages 84-85: All interior furniture, Frank Brothers, Long Beach, Calif. All patio furniture, Tropi-Cal. Living room: Sofa, Thayer-Coggin. Wall units and desk, Vertex Industries, Los Angeles. Coffee table, Knoll "Barcelona." Woven wall hanging, "Interlude," ERA Industries, Los Angeles. Bedroom: Chair, Thayer-Coggin. Painting by Corinne Schimke, Santa Ana, Calif, Spread, Kneedler-Fauchere. Pillows, Kneedler-Fauchere and Bob Mitchell. Dining area/kitchen: Table settings, Dansk "Rondo"; wine glasses, Dansk "Karin"; and pepper mills-all from Frank Brothers, Long Beach, Calif. Dining patio: Carved wood panels, Evelyn Ackerman for ERA Industries, Los Angeles.

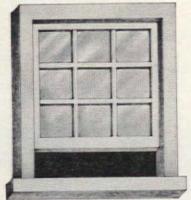
YOUNG FURNITURE PLAYS IT

Pages 92-93: Bunk beds, trundle and armchair, Simmons Ltd. of Canada, available (through decorators) at Moreddi, N.Y.C. Mattresses. Simmons. Bench with storage bins, Aalto table and chair, swivel chair, three-piece desk unit, crib and mattress, The Children's Workbench, N.Y.C. Pair of chests and writing table top, Ben's For Kids, N.Y.C. Stacking cubes, Furniturein-the-raw, N.Y.C. Hobbyhorse, lion pillow, all wooden toys, Dollsandreams, N.Y.C. All handmade stuffed toys, The Lighthouse Craft Shop, N.Y.C.

GRAND, GLORIOUS TORTES

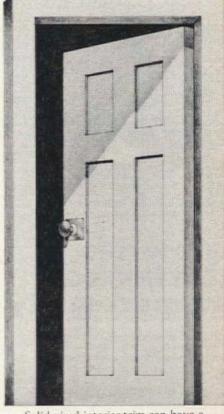
Pages 102-103: Cake stand and server, S. Wyler, N.Y.C. Plates, Lenox "Weatherly" with silver border.

And you thought vinyl was only used for baby pants.

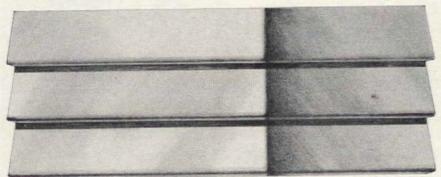


Vinyl clad windows are warm. Need no painting.

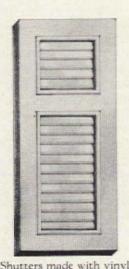
Vinyl is everywhere in today's houses. Hot and cold water pipes. Drain pipes. Soffit panels. It's today's longlasting, low maintenance building material. After all, if it works on a wet baby, it ought to work anywhere. Ask your builder or write us. The people who started it all in vinyl. B.F.Goodrich Chemical Co., Dept. AH-8, 3135 Euclid Avenue, Cleveland, Ohio 44115.



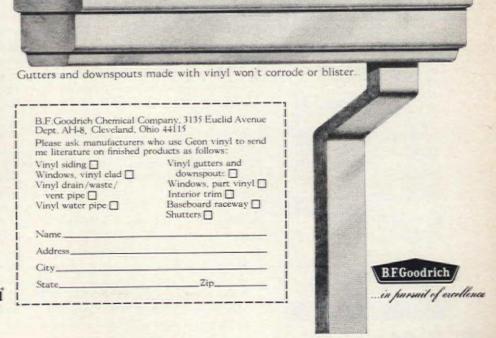
Solid vinyl interior trim can have a handsome woodgrain appearance.



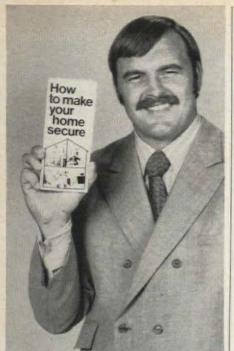
Vinyl siding resists denting, looks warmer than other materials.



Shutters made with vinyl don't rot or peel.







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GRACES comments and cues from the food editor

HOT CONSERVATION

Louisiana's Avery Island, home of Tabasco sauce, was selected by the Postmaster General for mailing the first-day cover for the Wildlife Conservation commemorative stamp issue pictured below. The Avery-McIlhenny family, whose forebears settled the island more than 150 years ago, was honored for its long-time conservation activities. The

frequently was almost twice that of those who went to church weekly or more often. The doctor believes "going to church is a very favorable input."

OUR COOKS SUGGEST

Bread crumbs in a recipe can become a disaster if you use the wrong kind. Bread crumbs used in cooking are called either soft or dry. The former are



family has helped set up wildlife sanctuaries and has led local industries in maintaining the coastal island's natural ecological balance. Says company president Walter S. McIlhenny, "We like to think that Avery Island serves as one example of man's thoughtful use of his natural resources without destruction of the environment in which both man and animals must live."

OF POULTRY AND PIETY

"What happens to the feet of all those footless chickens in the supermarket?" asked one of our editors as we discussed the chicken recipes beginning on page 98. Since we didn't know, we went to the source. The National Broiler Council told us the feet are sent to Hong Kong, where they enjoy a brisk sale-perhaps to be turned into superb chicken broth.

The pious man may live longer. So says Dr. George W. Comstock, of the Johns Hopkins School of Hygiene and Public Health. In a study he undertook to determine the relationship between drinking water and arteriosclerotic and degenerative heart disease in men, personal questions turned up one surprising conclusion. The risk of fatal heart disease for men who attended church in-

made from fresh or day-old sliced bread. Tear the bread into small pieces or, for fine crumbs, whirl in a blender. One regular slice of bread will make about 1 cup.

Dry bread crumbs can be found packaged in the supermarket-plain, toasted or seasoned. Or you can make them from bread that is dry enough to crush-dry it in a slow oven, if necessary. Whirl pieces of bread in a blender, a small amount at a time, on low speed until crumbs are as fine as you want them. Or put the bread into a plastic bag, twist-tie it closed and crush the bread with a rolling pin. A slice of bread will make about 1/4 cup of fine, dry crumbs.

Cooking bacon for a crowd is easy if you bake it. Arrange the bacon slices on a wire rack in a shallow pan and bake at 400° for 10 to 15 minutes. There's no turning or draining to do.

A perfectly poached egg that breaks as you take it from the water is no way to start a day. The best utensil we've found for the job is a skimmer (sometimes called a cook spoon). Flat, oval and perforated, it slides under the egg easily and has no sharp edges to pierce the yolk. Most housewares departments carry the item, which is well worth the \$1 investment. - Frances M. Crawford



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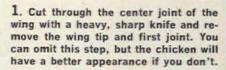
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Be sure to include your Zip Code—it means faster delivery of your pattern.

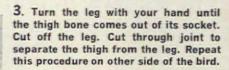
Our chef shows you

HOW TO CUT UP CHICKEN

Learn these five simple steps — and then use them when making the great chicken dishes you will find starting on page 98.



2. Grasp leg firmly and cut through the skin between leg and body of chicken.



4. Hold the wing and insert the knife between rib cage and shoulder bone until knife reaches the joint. Cut through.

5. Hold body of chicken down with the flat of the knife and pull on the wing until breast meat is separated completely from the rib cage. If meat doesn't come clean, use knife blade to separate it, letting knife just follow the bones. Do the same on other side of chicken. The carcass, together with the back—on which there is little meat—and the wing pieces from step 1, can be used for stock.











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You can be sure your body gets protein, vitamins, minerals and food energy at breakfast time with Carnation instant breakfast.

If there's one thing a body needs at breakfast time, it's real nourishment. And when you're too rushed for your regular breakfast, Carnation instant

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> a poached egg on toast, two strips of bacon and a glass of orange juice.

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Carnation instant breakfast mixed with milk has as much protein, vitamins, minerals and food energy as a poached egg on toast, two strips of bacon and a glass of orange juice.





AMERICAN HOME September, 1971

Southern California sets the pace for comfortable apartment living with this superbly designed, award-winning complex—a showpiece of casual living that combines the many joys of clustered conviviality with precious provisions for privacy.

BEST HOMES OF '71

By Nancy Gray

The trio of pictures on this page previews one of the freshest and most livable adventures in apartment design in America today. It's "The Californian," designed by San Francisco architects—Backen, Arrigoni and Ross—and built in the Southern California city of Tustin by Leadership Apartments.

This complex is so impressive in its direction and design that it has been singled out for an Honor Award by this year's "Homes for Better Living" jury, sponsored by the American Institute of Architects, American Home and House & Home.

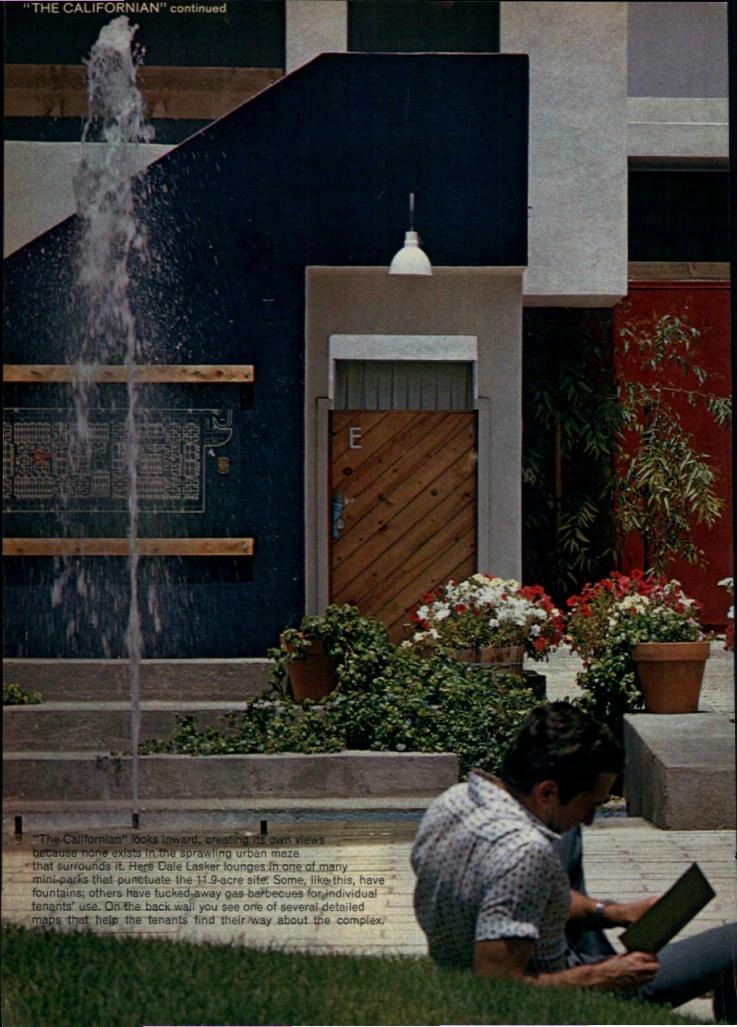
Here within crisply defined walls you can sample

the spirit of a new and emerging American home—the community home—designed not for a single family like our other award winner, "Block Island Sanctuary," beginning on page 87, but to serve a large, diverse group with a unique style of living.

The top picture here is of the TV lounge in the compact and lively clubhouse; below, the large central pool area, where tenants gather to swim, sun and barbecue; at bottom, one of many intimate courtyards. You may happen on them, say the architects, the way you might discover a European city's charming hidden squares. (continued)









"THE CALIFORNIAN" continued



Gabe and Debbie Farkas entertain often. Here (left, top), Terry and Melenie Bixler (on sofa) and Jackie Scheinberg (seated on floor) sip cooling sangría with Gabe in the living room of "The Californian's" uniquely planned two-bedroom/two-bath/four-patio apartment.



Debbie (left center) gives last licks to her table setting. Traffic flows uninterrupted from the front door to the small, walled bedroom patio in the rear of apartment. Midway location of dining area and kitchen makes for easy entertaining.

Debbie's deft flower arrangements add even more color to this sunny "Californian" apartment (left, bottom). In addition to the spacious garden room it shares with the living room, the master bedroom has its own dressing area, bath and protected, sky-view patio.



Debbie (opposite) stretches out for a relaxed private sun-bake in the generous-size patio between kitchen and back bedroom. This open space is also pleasant for year-round outdoor dining and handy for a kitchen herb garden. Each of the three available apartment plans has cozy get-away areas like this one.

"We wanted to give everybody a piece of the sky," explains architect Bruce Ross, and the unique floor plans of "The Californian" have done just that. Each apartment contains refreshing indoor patios, where tenants can soak in the sun, picnic and party or tend their plants without back-fence gossip or interloping eyes. Interior open space provides the welcome retreat that makes the close quarters of apartment living tenable and takes an apartment community out of the category of a super-motel. (continued on page 122)





BLOCK ISLAND SANCTUARY



By Barbara Plumb

This year's "Homes for Better Living" Honor Award winner in the vacation-house category erupts like a piece of romantic sculpture from the gentle moors of Block Island, a tiny pindot 12 miles off the southernmost tip of Rhode Island. Largely desolate and raked by sea winds, Block Island is a storied haven for birds during their spring and fall migration flights. Christopher Owen, a young New York architect who designed the house for himself and his wife, bought what must be considered an ideal site: three and a half acres of grass, bayberry and blackberry edged with stone walls and overlooking both Block Island Sound and the bird sanctuary. In dramatic contrast to the apartment complex pictured on the preceding pages (whose architects had to compensate for a lack of exterior views), the Block Island house was created to take advantage of spectacular vistas. To provide shade where nature offers none, Christopher protected the glassedin combination living-dining room from the sun with two towers wrapped in red cedar. One contains the stairwell that connects all three levels of the house. The other is open to provide a tiny sun deck on the first floor; below is a utility room and above a sitting area adjoining the master bedroom. (continued)

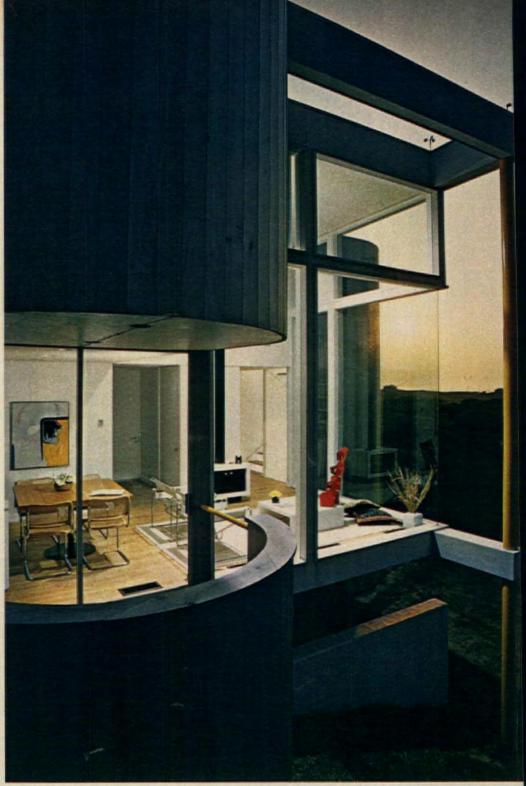




BLOCK ISLAND SANCTUARY continued

Small, functional bedrooms and large living areas make this an ideal holiday house.

Living and dining areas, which flow into each other (right), take mutual advantage of scenic views by day and a fire in the fireplace by night. The furnishings have been kept appropriately understated: Breuer chairs covered in white canvas edge a white wool rug in the living room; cane chairs by Breuer surround a butcher-block dining table.



You approach the house across fields of tall grass and wild flowers and park your car at the foot of a long, low hill shielded by thick clumps of bayberry. Once inside, you'll find it difficult to believe that the house is so small. What looks massive and bold against the island's untamed landscape contains no more than 1,500 square feet. Visual access to the sea and the bird sanctuary is everywhere, even in the master bedroom, where shutterlike doors overlook the living area and the landscape beyond it through the glass. "If we're in the house alone," says Christopher, "we often have the doors open at night so we can see the stars while lying in bed." Three other bedrooms, one on the ground floor and two on the top, are small and super-efficient. The architect's wife, Sylvia, is responsible for the crisp interiors. Contractor Al Sweeten built the house in six months with his sons' help.



The 12-by-20-foot living-dining room (left) is made to seem larger because of the living area's two-story height, overhanging bedroom balcony and expanse of glass.

Kitchen (center, below) is a continuation of the dining area. Its compact working arrangement features butcher-block counters and overhead cabinets. Floor is covered with low-maintenance rubber matting.

The house has three bunk rooms like the one at bottom—small but compact. Hanging space behind the door and drawers under the beds are for storage. A skylight and porthole provide light and ventilation.





Master bedroom (right)
has a tiny sitting area
at its far end. Folding
shutter-doors are left
open as much as
possible to bring the
view into the room and
prevent the tight
space from becoming
oppressive. Bright
yellow bedspreads and
Indian pillows contrast
with white walls.

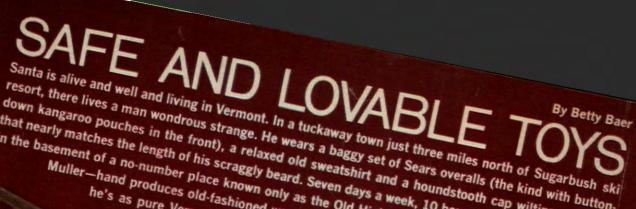












Santa is alive and well and living in vermont. In a tuckaway town just three miles north of Sugarbush skill dawn kangason pouchas in the front), a relayed old sweatshirt and a boundstooth cap wilting over hair down kangaroo pouches in the front), a relaxed old sweatshirt and a houndstooth cap wilting over hair that nearly matches the length of his scraggly beard. Seven days a week, 10 hours a day, he can be found in the basement of a no-number place known only as the Old High School Building. Here this man—Bill Muller band produces old fashioned wooden toys. Anyhody who's avar met Bill Muller brown Muller—hand produces old-fashioned wooden toys. Anybody who's ever met Bill Muller knows have as pure Mermont as manle sugar. But actually he comes from Raltimore and is he's as pure Vermont as maple sugar. But actually he comes from Baltimore and is more familiar with the scent of diesel oil than that of mountain pine. For most of his years, Bill trucked pianos (continued on page 127)

> Geb Souhan, a sturdy 4½, holds the Mack open truck that started the Vermont Wooden Tox Company and still costs only \$9. This Geb Sounan, a sturdy 4-½, holds the Mack open truck that started the Vermont Wooden Toy Company and still costs only \$9. This decal decorating its hood, but has never been broken. Toyman particular toy has been beaten and battered and had a flag decal decorating its hood, but has never been broken. Toyman Bill Mullar (standing) admits to having a house fascination of Bill Muller (standing) admits to having a boyish fascination for the field hebind the Old Mich School Bill Muller (standing) admits to having a poyish fascination anything on wheels. In the field behind the Old High School behind the Old High School Building that is his workshop, he would like someday to build a circus and display real antique care planes trains and tracks circus and display real antique cars, planes, trains and trucks. 94

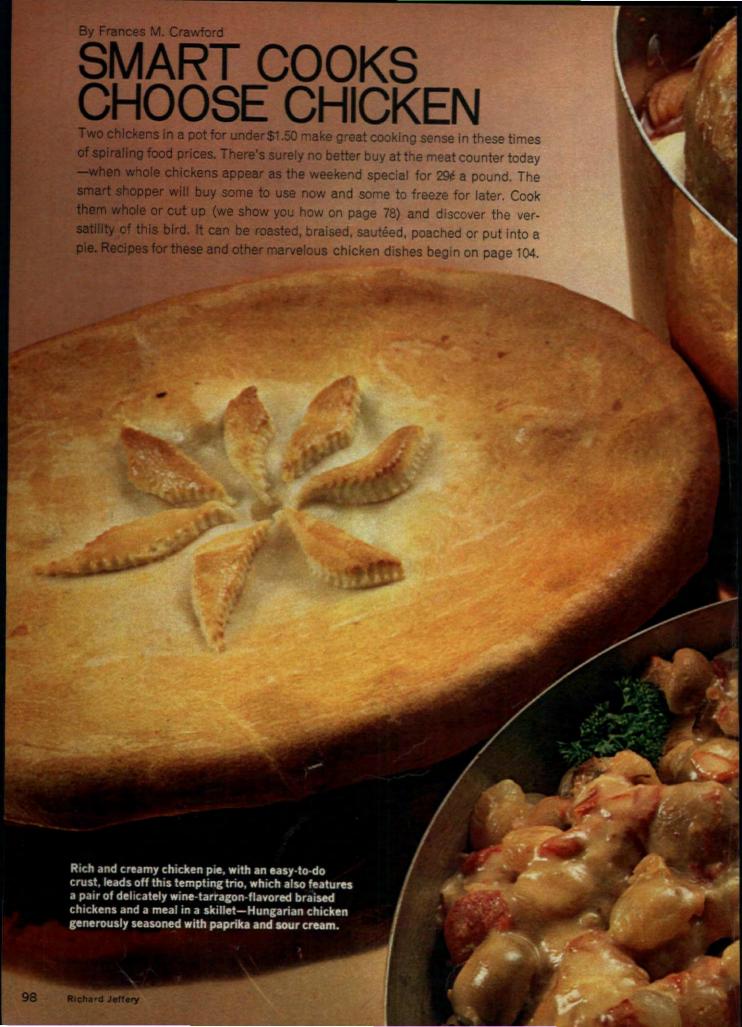
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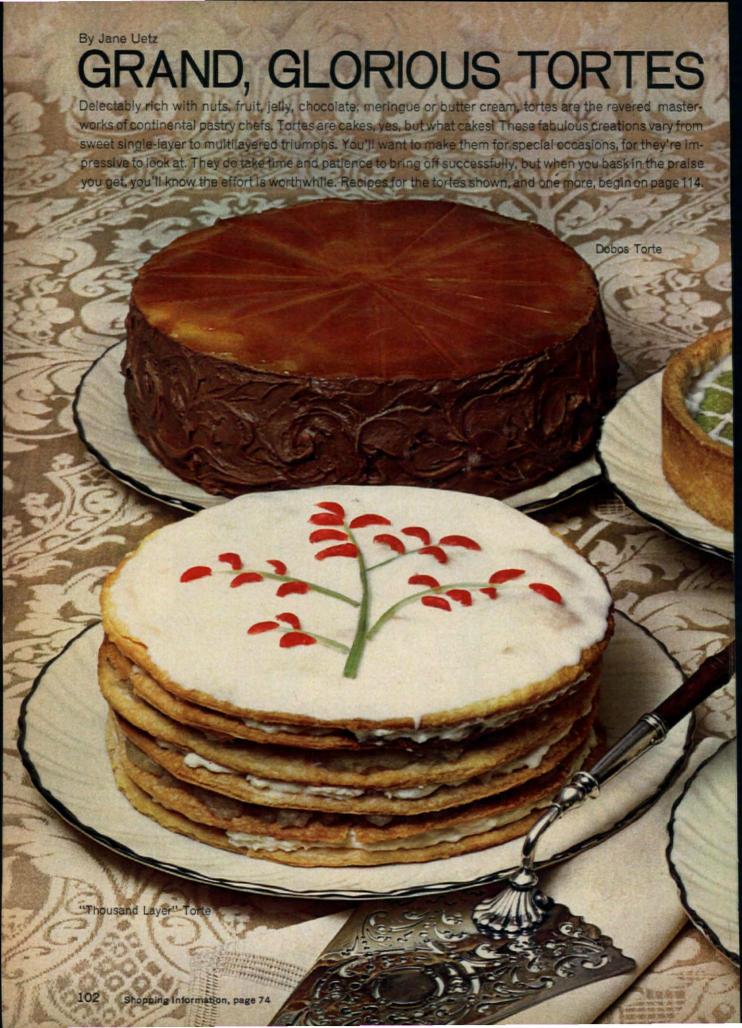


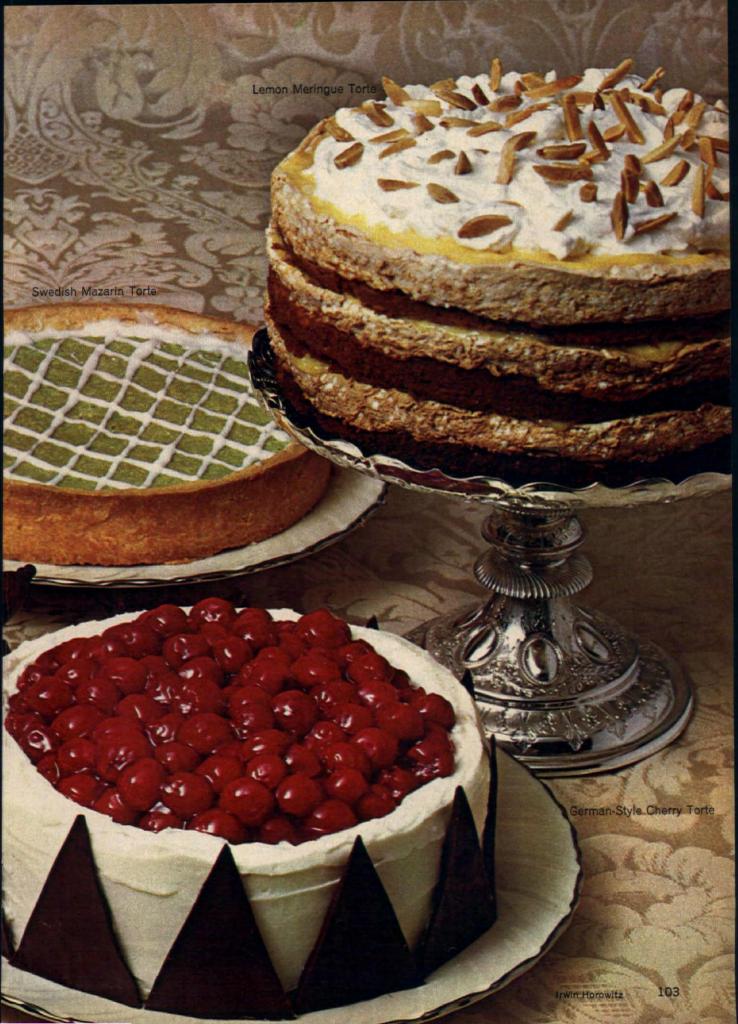




Vienna, home of strudel and Strauss, is also famous for schnitzel in many versions. None is more popular worldwide than Wiener Schnitzel—tender veal in a crisp, golden coating. It cooks in minutes but must be served at once to be at its succulent best. Potatoes and salad are traditional accompaniments. Dessert? Why not try one of the tortes shown on the following pages?







BRAISED CHICKEN TARRAGON

(pictured on page 99 and on cover)
2 whole broiler-fryers (2½ pounds each)
Salt

Pepper

1 tablespoon dried tarragon leaves, crumbled

2 tablespoons butter or margarine
2 tablespoons pure vegetable oil
1 cup diced onions (1 large)
½ cup minced green onions
2 carrots, pared and diced

1 cup diced celery ½ cup dry white wine

4 ripe tomatoes, peeled and diced or 1 can (1 pound, 12 ounces) tomatoes, diced

4 sprigs of parsley 1 bay leaf

Season chickens inside and out with salt and pepper. Place 1 teaspoon tarragon in cavity of each chicken. Truss as for roasting. Heat butter or margarine and oil in heavy saucepan or Dutch oven over medium heat. Brown chickens on all sides. Remove. Add onions, green onions, carrots and celery to fat left in pan. Cook 2 to 3 minutes, stirring frequently. Add wine, tomatoes, parsley and bay leaf. Bring to boiling. Return chickens to pan. Cover. Simmer on surface heat or bake at 350° for 30 to 40 minutes or until chickens are tender. Transfer chickens to serving platter. Untruss. Keep warm. Discard as much fat as possible from surface of sauce. Add remaining tarragon to sauce. Bring to boiling. Reduce heat. Simmer 5 minutes. Discard bay leaf and parsley. Serve sauce separately. Makes 6 servings.

HUNGARIAN CHICKEN (pictured) 2 broiler-fryers (2½ pounds each),

Salt Pepper 1/4 cup but

1/4 cup butter or margarine

2 cups small frozen onions, unthawed 1 clove of garlic, minced

1 tablespoon paprika

2 cans (4 ounces each) button mushrooms

1 can (1 pound) tomatoes, chopped 1/2 cup dairy sour cream

Season chicken pieces with salt and pepper. Melt butter or margarine in large skillet over medium heat. Brown chicken on all sides. Remove. Reserve. Add onions to fat left in skillet. Cook 2 minutes, stirring frequently. Stir in garlic and paprika. Cook 1 minute. Add mushrooms and liquid and tomatoes. Add chicken pieces to pan. Cover. Bring to boiling. Reduce heat. Simmer 15 to 20 minutes or until chicken is tender. Put chicken on platter. Keep warm. Skim fat from sauce. Add sour cream. Just heat through, stirring constantly. Pour over chicken. Makes 6 servings.

CHICKEN PIE

(pictured)

3-pound broiler-fryer, cut up 2 medium-size carrots, pared and sliced

1 cup sliced onion (1 large)

1 bay leaf

1 can (13¾ ounces) chicken broth Water

1 tablespoon flour

1 tablespoon melted butter or margarine

1/2 cup heavy cream

1/4 teaspoon ground nutmeg Salt

Pepper

1 package refrigerated crescent rolls

Place chicken pieces, carrots, onion and bay leaf in skillet or saucepan. Add chicken broth and enough water to cover chicken. Cover pan partly. Bring to boiling. Simmer 15 minutes. Remove chicken and vegetables with slotted spoon. Discard bay leaf. Remove all meat from bones as soon as cool enough to handle. Cut meat in bite-size pieces. Arrange meat and vegetables in shallow baking dish. Combine flour and butter or margarine. Stir mixture into boiling broth and cook until sauce has thickened. Stir in cream and nutmeg. Correct seasoning to taste with salt and pepper. Pour sauce over meat and vegetables.

Heat oven to 375°. Unroll crescent-roll dough, leaving the 4 triangles in each piece joined. Stack the 2 pieces together. Roll out on floured board to shape and size that will fit over top of baking dish and about an inch down the sides. Moisten edge of baking dish with water. Place dough over dish; press to seal. Trim off excess dough. Cut hole in center to allow steam to escape during baking. Cut leaves from dough scraps; place around hole. Bake 15 to 20 minutes or until golden. Makes 4 servings.

LEMON CHICKEN

3-pound broiler-fryer, cut up Salt Pepper 2 tablespoons butter or margarine ½ cup minced onion (1 large)

2 tablespoons minced shallots or green onions

1/3 cup lemon juice 2 tablespoons chopped parsley

Sprinkle chicken pieces with salt and pepper. Melt butter or margarine in large skillet over medium heat. Add chicken pieces; brown on all sides. Remove chicken. Reserve. Add onion and shallots or green onions to fat left in pan. Cook 1 minute, stirring constantly. Return chicken to skillet. Add lemon juice. Cover. Simmer 15 minutes or until chicken is tender. Remove chicken to platter. Correct seasoning of sauce. Pour over chicken. Sprinkle with parsley. Makes 4 servings.

MEXICAN CHICKEN

3-pound broiler-fryer, cut up Salt

Pepper

2 tablespoons pure vegetable oil 1 cup minced onion (1 large)

2 green peppers, seeded and diced

1 clove of garlic, minced

1 cup raw rice

2 medium-size firm, ripe tomatoes, diced

1 can (133/4 ounces) chicken broth

Sprinkle chicken pieces with salt and pepper. Heat oil in heavy saucepan or skillet over medium heat. Sauté chicken pieces until brown on all sides. Remove chicken. Reserve. Add onion and green peppers to oil left in pan. Cook 4 to 5 minutes, stirring frequently. Add garlic. Cook 1 minute. Add rice. Stir until well mixed with vegetables and oil. Add tomatoes; return chicken pieces to pan. Add chicken broth. Cover. Simmer 18 to 20 minutes or until rice is tender. Turn into serving dish. Makes 4 servings.

POACHED CHICKEN SUPREME

2 whole broiler-fryers (21/2 pounds each)

2 large onions, diced

2 celery stalks, diced

2 medium-size carrots, pared and diced

2 sprigs of parsley

1 bay leaf

6 peppercorns

2 cans (13¾ ounces each) chicken

1 tablespoon salt

Water

2 cans (4 ounces each) button mushrooms

2 tablespoons butter or margarine

3 tablespoons flour

1/2 cup heavy cream

Dash of ground nutmeg

Place chickens, onions, celery, carrots, parsley, bay leaf and peppercorns in saucepan just large enough to hold chickens and vegetables. Add chicken broth, salt and enough water to just cover chickens. Bring to boiling. Cover partly. Reduce heat. Simmer 20 minutes or until chickens are tender. Remove chickens from broth. Let cool until easy to handle. Cut off legs and breasts. Remove skin. Place chicken pieces and a few tablespoons of broth in bowl. Cover. Keep warm. Return carcass and skin to pan. Add liquid from mushrooms; reserve mushrooms. Boil until broth is reduced to 3 cups. Strain. Reserve.

Melt butter or margarine in saucepan over medium heat. Stir in flour. Cook 1 minute without allowing flour to brown. Add chicken broth. Stir until sauce thickens. Stir in cream and nutmeg. Add mushrooms. Simmer 5 minutes. Correct seasoning. Arrange chicken pieces in serving dish. Pour sauce over chicken. Makes 6 servings.



The difference between a cold sandwich and a hot lunch is about 5 minutes.

Five minutes to lunchtime is time enough to open and heat a can of Campbell's Tomato Soup. While you're making the sandwich and setting out the milk and fruit, your soup is heating on the stove. In minutes you're ready to savor the sunny taste of fresh tomatoes with a touch of real butter. Set a mug of Campbell's Tomato Soup next to a sandwich and taste the difference. Campbell's Soup gets a cold sandwich off to a good hot start.

M'm! M'm! Good!

The child's play of another day, finely crafted needlework masterpieces— often called "the original American primitives"—conformed to a variety of traditional themes and patterns.

become a pastime for children—usually little girls from 6 to 11. They learned from their mothers or from teachers at school. By working a sampler, a child showed that she could "sew a fine seam." Because of the dearth of books on sewing and embroidery, samplers served as pattern books of mending, darning, buttonholing, cross-stitching and hemming. Also, the carefully worked alphabets that were made to dance evenly across the tops of most samplers helped prepare the child later to mark her sheets and table linen.

Working a sampler was not like spending a happy afternoon with crayons. It was an art that took time to learn and even more time to do. The stitches were traditional; sometimes a child copied them from actual pattern books, other times from her mother's favorite motifs. Thread used in the earliest examples was home-dyed from native herbs. No wonder the finest of these samplers have been called "the original American primitives."

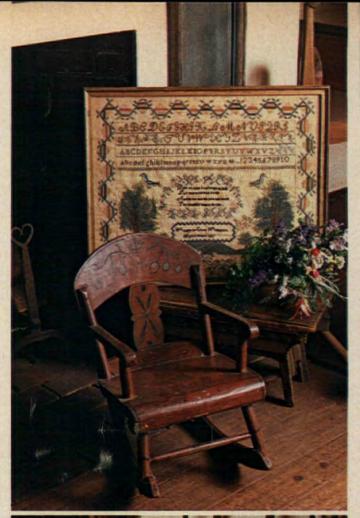
Signed and usually framed and hung, they were intended to last, as so many have, through and beyond the life-span of their creators. They were a child's investment in forever. But most important, they helped the child learn that she had something to give—that what she herself created mattered to others.

Not everything about a child's sampler reflected her vision, although it did reflect her world. Through motifs and verses, it is possible to identify certain samplers as having come from specific places. For example, children in Salem, Mass., frequently used silk thread with a particular kink in it. Weeping willow trees seem to have been preferred by the Pennsylvania Germans (often misnamed Pennsylvania Dutch).

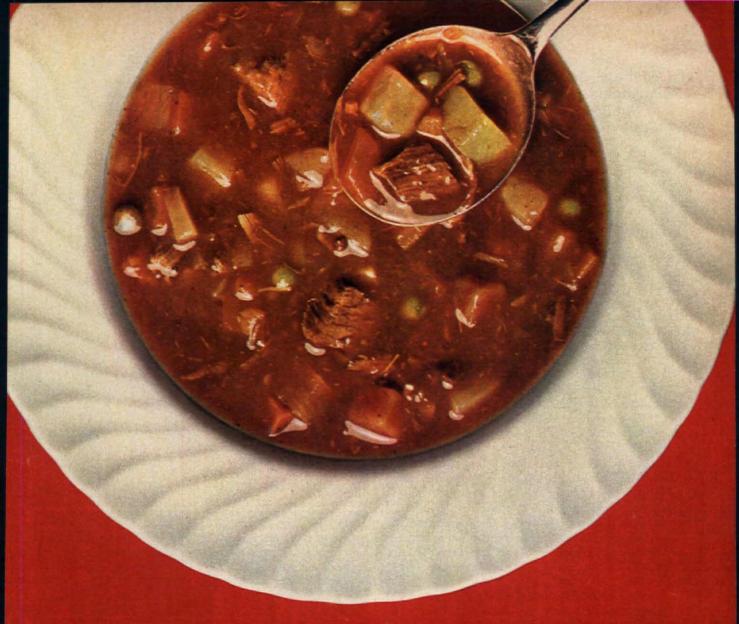
The least personal aspect of samplers, apart from the embroidered alphabets, was usually the verse. Copied from the psalters of the period or from the works of such poets as Alexander Pope, the verses were selected for the child by someone older and thus, to our eyes, may seem uncharacteristically doleful, as, for example: (continued)

Eleven-year-old Eliza Wellington embroidered this delightful sampler (top) in 1817. For all her youth, she was highly adept with her needle. Note particularly the scale of the trees and bluebirds, an amusing child-like interpretation. The child's roll-seat rocker is rough-carved, well worn and typically Pennsylvania German.

The sampler made by Fanny Nissley in 1839 (right)
has strong Pennsylvania earmarks: cream linen
background, red and blue cross-stitch, a gathered ribbon
border and ribbon rosettes in each corner. The tiny
sampler created by Margaret Corlies in 1797 has
delicate charm. Its linen background is as fine
as gauze and still in almost perfect condition. The
unusual seat is a child's high-backed potty chair.







Chunky Beef Soup. Any chunkier, and we wouldn't call it soup.

Just look at those chunks of beef, chunks of potatoes, chunks of carrots. Next time you're stuck for a main dish, try Chunky Beef Soup. Add a salad, milk, some rolls and butter, and you've got yourself a meal.

So chunky you'll be tempted to eat it with a fork.

(But use a spoon. You'll want to get every drop.)



The Whitman Sampler Collection, at the Philadelphia Museum of Art, preserves the lovely stitches, copied verses and unique visions of little girls long ago.

"My thoughts on awful subjects ran/Damnation and the dead/What horrors seize the guilty soul/Upon a dying bed."

As the verses and the sentiments were rarely original, it was in the pictures that the child's own vision was preserved. Children liked to embroider images of their homes—sometimes with a tea table set up on the lawn, or with a proud papa and mama beaming out of open windows at their daughter posed sidesaddle. Some youngsters worked their family genealogies, even weaving in human hair as a distinctive personal touch.

Until recently, one of the largest and finest collections of samplers from all over the world was owned by the makers of Whitman's Chocolate. The collection, begun in 1912 when the first "sampler" box of candy was sold, contains examples from as long ago as 1662. Early this year, 578 of these embroidered masterpieces were given to the Philadelphia Museum of Art, which has placed them in its permanent collection.

Mrs. Evelyn Eckert, now retired from Whitman's, recalls how the samplers were acquired: "We bought them from antiques shops and individuals all over the country. We paid anywhere from \$50 to \$250 for them, but their price had little to do with their value. Many were given to us. About 20 years ago, several mothers begged us to take lovely heirlooms made by their ancestors because their children didn't want them. I'll bet the children are sorry now."

In sampler land, everything is as the child willed it. Tree branches are so perfectly symmetrical that not even the most delicate pruning could improve the balance... A shepherd and his antlered dogs guard sheep, while horses munch on giant strawberries. . . . Beneath a crenellated castle, a gentleman with a parrot on his shoulder offers a rose to a lady standing near a huge tree of tulips.

Not all children liked to do samplers, of course, but few were as outspoken as the girl who embroidered on the bottom of hers: "Patty Polk did this and she hated every stitch she did in it. She loves to read much more." Yet how nice for us that not all little girls agreed with her. END

Sarah Tate was only 12 when she embroidered this floral sampler in 1809 (top). Her fine silk needlework is more sophisticated than the usual cross-stitch, and her dark-green background—characteristic of Philadelphia samplers—suggests that young Sarah must have lived there. The sampler is set against a rare, old cupboard that houses a valuable collection of plaster animals.

Against a painted chest and comb-back Windsor chair (right) is an oblong sampler made by Sally Cratis in 1808, when she was 10. The tavern sign indicates that the big building was not the usual schoolhouse! The larger sampler, made in 1805 by Catherine Ann Speel, was a pattern favored in Pennsylvania girls' schools where needlework was a required subject. To make an adaptation of this and one other sampler, see the sampler kiton page 111.









"Heat and serve" isn't the best part (eating is) At Banquet we have a philosophy.

We think good food is more important than quick food. Or easy food. And we think you think so too.

The first time you bought a Banquet dinner you were looking for something quick and easy. Right?

Then you discovered (surprise!) that it was good too.

But now you know our philosophy. Convenience and goodness make a great combination. But remember, it's goodness that we really have our heart in.

Banquet, salisbury ste

Thank goodness for Banquet



By Dorothy Lambert Brightbill

The original of our Museum Sampler (above), from the Whitman Sampler collection at the Philadelphia Museum of Art, was a favorite of little girls back in the 1800's. We have retained the general feeling of the unusually colored original, with some minor simplification. The grassy foreground, for example, is appliqued rather than stitched. Today, not only little girls, but their mothers too, will enjoy embroidering this sampler. Most of the work is cross-stitch, with some straight and outline stitches. The easily assembled frame, 16% by 21% inches, is also available.

Fill out coupon and enclose check or money order. Sorry, we are unable to handle Canadian or foreign orders. American Home Dept. 5514 4500 N.W. 135th Street, Miami, Florida 33054 Kit 61088 Alphabet Sampler @ \$4.98 plus .35 postage Kit 61089 Frame for above @ \$7.98 plus .50 postage. Kit 61429 Pennsylvania "Dutch" Sampler @ \$4.98 plus .35 postage Kit 61430 Frame for above @ \$5.98 plus .50 postage 61014 Catalog of other kits @ 35 each

Please send me the new Fall-Winter issue of Ladies' Home
Journal Needle & Craft Magazine @ \$1.25 each

Sales tax, if applicable... Total enclosed ☐ Send C.O.D. I enclose \$2 goodwill deposit and will pay postman balance plus all postal charges.
Use your Charge Card for any purchase over \$4.98.

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Interbank No. (Find above your name) Good Thru print name address city state zip code

Our Pennsylvania
"Dutch" Sampler,
Kit No. 61429, has
traditional tulips,
birds, trees and
charming Dutch
house. Measuring
17 by 23 inches, it
is almost all crossstitch. The frame is
also available.



CHICKEN continued from page 104

BRAISED CHICKEN DECATUR

2 whole broiler-fryers (2½ pounds each) Salt

Pepper

2 tablespoons butter or margarine

2 tablespoons pure vegetable oil

1/2 cup minced green onions

1 pound mushrooms, quartered

1/2 cup heavy cream

Season chickens inside and out with salt and pepper. Truss as for roasting. Heat butter or margarine and oil in heavy saucepan or Dutch oven over medium heat. Brown chickens on all sides. Remove. Add green onions and mushrooms to fat left in pan. Cook 2 to 3

minutes, stirring frequently. Return chickens to pan. Cover. Simmer on surface heat or bake at 350° for 30 to 40 minutes or until chickens are tender. Transfer chickens to serving platter. Untruss. Keep warm. Discard as much fat as possible from surface of sauce. Add cream. Bring to boiling. Correct seasoning to taste. Pour sauce around chickens. Makes 6 servings.

CHICKEN MOLE

- 2 broiler-fryers (2½ pounds each), cut up
- 2 cans (133/4 ounces each) chicken broth

Water

- 2 tablespoons pure vegetable or olive
- 1 cup diced white bread
- 4 dry chili peppers
- 1 tablespoon sesame seeds
- 1/2 teaspoon anise seeds
- 1/4 cup blanched almonds
- 1/4 cup salted peanuts
- 1/4 teaspoon ground cinnamon
- 1 clove of garlic
- 1 can (1 pound) tomatoes, drained
- 1 ounce unsweetened chocolate, grated
- 1/4 cup pure vegetable oil

Place chicken pieces in saucepan. Add chicken broth and just enough water to

> cover. Cover. Bring to boiling. Simmer 15 minutes. Remove from heat. Set aside.

Heat 2 tablespoons oil in skillet; add bread; fry until golden. Put bread, chili peppers, sesame seeds, anise seeds, almonds, peanuts, cinnamon, garlic, tomatoes and chocolate through blender or grinder and reduce to a coarse puree. Heat ½ cup oil in saucepan. Add chocolate mixture. Cook over low heat 5 minutes, stirring constantly.

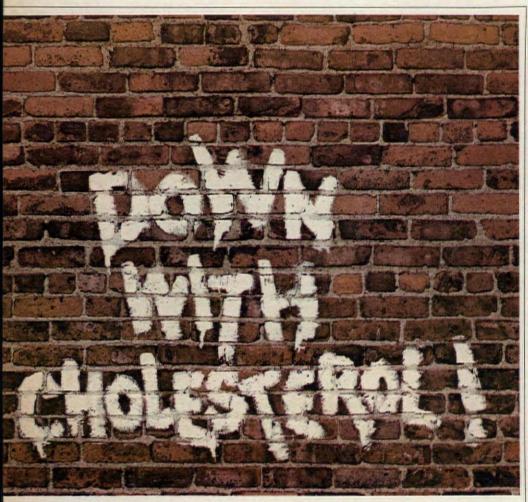
Remove chicken pieces from stock. Add enough stock to sauce to make it the consistency of heavy cream. Add salt to taste. Add chicken pieces. Simmer 5 minutes. Makes 4 to 6 servings.

LAHORE CHICKEN CURRY

3-pound broiler-fryer, cut up Salt

- 3 tablespoons butter or margarine
- 1 cup minced onion (1 large) 1 clove of garlic, minced
- 1 tablespoon curry powder
- 1 can (133/4 ounces) chicken broth
- 1 ripe banana, peeled and sliced
- 1 tablespoon lemon juice
- 1/2 cup heavy cream

Season chicken pieces with salt. Melt butter or margarine in large skillet over medium heat. Sauté chicken until light brown on all sides. Remove from skillet. Add onion to fat left in skillet. Cook 2 minutes. Add garlic and curry powder. Cook 1 minute, stirring constantly. Return chicken pieces to skillet. Add chicken broth, banana and lemon juice. Cover. Simmer 15 to 20 minutes or until chicken is tender. Remove chicken to serving platter. Keep warm. Add cream to sauce in skillet. Bring to boiling. Correct seasoning to taste. Press sauce through sieve; pour over chicken. Makes 4 servings.



Joursell manus

Mangartine

Cholesterol can build up from childhood on. Up and up until it may become a real health risk.

More and more people are getting concerned about it. But that's not enough. You've got to take action.

Many doctors advise everyone in your family to start eating foods that help lower cholesterol levels.

Like Fleischmann's® Margarine. Made from 100% corn oil, and it's low in saturated fats.

> In fact, there's no better oil to help lower cholesterol levels.

And there's no better tasting margarine than Fleischmann's.

Fleischmann's.

the corn oil margarine doctors name most and people like best.

This is a new invention. We call it a stove.

The Corning range is more than a stove. It's the first total-cooking concept ever developed. You cook with precisely controlled heat, on a beautifully smooth glass-ceramic surface, in specially designed cookware. This perfectly matched system helps take the guesswork out of cooking and can even make you a better cook.

Precise, uniform heat. Both the Counterange™ electric range and Corning's built-in electric cooktop, The Counter That Cooks™ (below left), have a completely new kind of heating element, designed to deliver heat evenly and predictably across each cooking area. There are no hot spots. All four cooking areas

are thermostatically controlled, just like your oven, which means you can set the dial and know that you'll never go above the desired heat setting.

What's so special about the self-cleaning oven? We didn't invent the self-cleaning oven, but we think ours is particularly good. We moved the locking lever off the front of the range out of reach of children. To clean you simply turn two knobs. It's completely safe, too, because the oven door double-locks automatically. Even if you wanted to, you couldn't open the door once the temperature goes over 550°F. And it's extra roomy— you can actually put three 8" cake pans on one shelf. Best of all, cleaning only costs about 12¢.



It looks clean because it is clean.

The ugly part of cooking is cleaning up.
But when our cooking surface gets dirty you can see it . . . and
estore it to its original beauty every time. With a damp
paper towel, our special silicone Cleaner-Conditioner and
a little rubbing, you can remove even stubborn cooked-on spots.
assically, it's like cleaning your countertop.

If you have any questions about Counterspace Cooking, stop in to see your local Corning appliance dealer. He's listed in the Yellow Pages under "Ranges." Or, write for complete brochure.

What about pots and pans? Whatever you use, it has to be flat-bottomed. That's why we designed a special kind of cookware for Counterspace Cooking which we call Cookmates. They're the ultimate answer to that complete and precise control over your cooking we were talking about earlier. A starter set comes with your new unit. As far as your other pots and pans are concerned, the best way to tell if they'll work is to try them. In any case, we think you'll like our cookware so well you'll eventually want to get the complete set of fifteen.

CORNING

CHICKEN continued

CHICKEN STUFFED WITH GRAPES

3- to 4-pound whole broiler-fryer Salt

Pepper

2 tablespoons butter or margarine 1/2 cup minced onion (1 medium) 11/2 cups diced white bread

1 teaspoon dried sage leaves, crumbled

Dash of ground cloves 1/4 teaspoon salt

Dash of pepper

1 egg, beaten

can (81/2 ounces) grapes, drained

2 tablespoons melted butter or margarine

1 cup diced onion (1 large)

2 cups diced celery

1 cup water or chicken broth

Heat oven to 450°. Rinse chicken under cold water. Pat dry inside and out with paper towels. Sprinkle with salt and pepper. Melt 2 tablespoons butter or margarine in skillet. Add minced onion; cook 2 minutes, stirring occasionally. Combine onion, bread, sage, cloves, salt, pepper and egg. Stir in grapes gently. Spoon stuffing loosely into cavity. Close with skewers and string and tie legs together. Brush chicken with melted butter or margarine. Place on its side in shallow roasting pan. Bake 15 minutes. Turn on other side and bake 15 minutes. Add onion and celery to pan. Turn bird breast side up. Baste with drippings. Bake 30 minutes. Chicken is done if juices run clear when bird is lifted with two-tine fork. Untruss chicken. Spoon out stuffing and arrange in center of serving dish. Cut chicken in serving pieces and place over stuffing. Keep warm. Discard fat left in pan. Place pan over heat. Add 1 cup water or chicken broth. Cook 2 minutes. Correct seasoning to taste with salt and pepper. Strain the sauce into a sauceboat. Serve sauce separately. Makes 4 servings.

ALL RECIPES TASTE-TESTED IN AMERICAN HOME KITCHENS

TORTES continued from page 102

SACHERTORTE

1 package (6 ounces) semi-sweet chocolate pieces

1/4 cup brewed coffee or water

6 eggs

2/3 cup sugar

2/3 cup sifted all-purpose flour 11/2 cups apricot preserves

1 package (6 ounces) semi-sweet chocolate pieces

3 tablespoons light corn syrup

2 teaspoons brewed coffee Combine 1 package chocolate pieces and 1/4 cup coffee or water in top of double boiler; place over hot, not boiling, water. Stir until chocolate is melted and mixture is blended; cool. Heat oven to 350°. Grease 8-inch springform pan; line bottom with wax paper; grease paper. Beat eggs and sugar together in large bowl of electric mixer at high speed about 10 minutes or until soft peaks form. Fold cooled chocolate mixture carefully into beaten egg mixture. Sift flour, one tablespoon at a time, over batter; fold in each addition carefully. Pour into prepared pan. Bake 55 to 60 minutes. Cool on wire rack 10 minutes; loosen and remove sides of pan; cool cake completely. Loosen and remove bottom of pan; turn cake upside down; peel off wax paper. With sharp knife, split cake horizontally in half. Spread bottom half with 34 cup preserves; replace top. Spread, remaining preserves smoothly top of cake; chill. Melt 1 pa chocolate pieces with corn and 2 teaspoons coffee in double boiler over hot water well until smooth and glossy. Pour over cake while hot; spread with spatula to cover top and sides with thin glaze. Chill well before



but your group can make a lot of money selling it!

Premium quality makes Benson's Sliced Old Home Fruit Cake the fund-raising best seller. Last year, more than 9,000 groups like yours raised from \$60 to \$5,000 through Benson's plan, which includes delicious free sample slices that do the selling for you. On each 3-pound cake, your group makes \$1.20 clear profit! Bonus program increases profits even more. See and taste for yourself. Return coupon today for brochure and a generous sample fruit cake-free!

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Organization	

(We can honor only U.S. inquiries that list organization names, since we sell only through civic, church, community and school groups.)

serving. Makes 10 to 12 servings. continued 114

The Come As You Are Party Ty



Get your friends off the ski slope, out of the barber chair, out of the deep blue sea, and over to your place for a last minute crazy fun party.

To go with the dazzling array of outfits, a dazzling array of Party Tyme Cocktails.

Banana Daiguiris, rich with a sweet tropical banana flavor. Fruity Mai Tais, Whiskey Sours, Margaritas. 13 different Party Tyme Cocktail

And they're all so easy to fix, they practically come as they are.



Cocktail Mixes

Anytime is Party Tyme.

TORTES continued DOBOS TORTE

(pictured)

6 egg whites

1/2 cup granulated sugar

6 egg yolks

1/3 cup sugar

1 cup sifted cake flour

4 squares unsweetened chocolate

1/4 cup butter or margarine

1 tablespoon instant coffee or 1 teaspoon freeze-dried coffee

2 tablespoons hot water

1 cup softened butter or margarine

2 egg yolks

1/2 cup light cream or milk

2 packages (1 pound each) confectioners' sugar

1/2 cup granulated sugar

Heat oven to 350°. Trace seven 8-inch circles on large pieces of heavy-duty aluminum foil; grease and flour area within circles. Do not cut circles out. Beat egg whites until foamy; beat in 1/2 cup sugar gradually; continue beating until meringue forms stiff, glossy peaks. Beat 6 egg yolks and 1/3 cup sugar until thick and lemon colored; fold in meringue mixture. Fold in flour. Spread batter as thinly as possible in circles on prepared foil. Bake 12 to 15 minutes or until layers are golden. Remove from foil with spatula; cool on wire racks.

Melt chocolate and 1/4 cup butter or margarine together; cool. Dissolve coffee in hot water; cool. Beat softened butter or margarine and 2 egg yolks in large bowl at low speed on mixer, or by hand, just until blended. Combine cooled coffee and cream or milk; add alternately with confectioners' sugar to egg yolk mixture; beat until well blended and smooth. Add cooled chocolate slowly; beat just until blended.

Melt 1/2 cup sugar in large, heavy skillet, stirring constantly, until syrup turns golden. Pour immediately onto one layer, spreading evenly to edge with spatula. Mark at once with buttered knife into 16 radiating lines for serving portions. Spread six layers with chocolate-frosting mixture; stack; place glazed layer on top; frost sides of cake. Make swirls in frosting with spatula. Makes 16 servings.

Stouffer's could make Spinach Soufflé with powdered milk instead of fresh.

Or save a few cents buying chopped spinach instead of whole leaf.

Or leave out the egg yolks. Stouffer's doesn't do any of that. Because then it wouldn't be Stouffer's Frozen Spinach Souffle

For the people you love, Stouffer's plays it straight.

SWEDISH MAZARIN TORTE

(pictured)

Pastry:

1/2 cup butter or margarine

1/4 cup sugar

1 egg yolk

11/4 cups sifted all-purpose flour

1 cup sifted confectioners' sugar 3/4 cup (41/2-ounce can) whole blanched almonds, finely

ground 1/4 teaspoon almond extract

2 eggs

2 drops green food coloring

1/2 cup sifted confectioners' sugar 2 teaspoons milk

1/4 teaspoon vanilla

Heat oven to 325°.

Prepare pastry: Cream butter or margarine and sugar in medium-size bowl until well blended. Add egg volk and flour; blend thoroughly. Beat until mixture forms a smooth dough. Press dough gently onto bottom and sides of 8-inch springform pan, working the dough 11/2 inches up the sides of the pan. Set aside.

Prepare filling: Combine confectioners' sugar, ground almonds, almond extract, eggs and food coloring in medium-size bowl. Beat until mixture is smooth. Pour into prepared pan. Bake 45 minutes or until filling is set and pastry is lightly browned. Set pan on wire rack to cool. Remove sides of pan

Prepare icing: Combine conf tioners' sugar, milk and van small bowl. Blend until mix smooth. Drizzle icing over the cake from the tip of a spoo a lattice design. Cake is best in served the same day it is made. Makes 8 servings.

continued





TORTES continued

GERMAN-STYLE CHERRY TORTE

(pictured)

1 cup sifted cake flour

1 teaspoon baking powder

3 eggs

1 cup sugar

1 teaspoon lemon juice

1/3 cup hot milk

1/2 cup butter or margarine

1 teaspoon vanilla

1 package (1 pound) confectioners' sugar, sifted

1 egg yolk

2 tablespoons milk or cream

1 can (1 pound, 6 ounces) cherry-pie filling

Chocolate Triangles

Heat oven to 350°. Grease and flour two 8x11/2-inch layer-cake pans. Sift flour and baking powder together. Beat eggs in large bowl at high speed on electric mixer 5 to 8 minutes or until thick and light colored. Add sugar gradually, beating well after each addition. Continue beating until mixture is very thick. Stir in lemon juice and hot milk. Fold in flour mixture. Turn into prepared pans. Bake 25 minutes or until cake springs back when lightly pressed with fingertip. Cool in pans 10 minutes. Remove from pans. Cool completely on wire racks.

Combine butter or margarine, vanilla and half the confectioners' sugar. Blend until smooth; beat in remaining sugar. Add egg volk and milk or cream. Beat until mixture is light and fluffy.

Place one cake layer on plate. Spread a small amount of frosting over top of layer. Using two spoons, make a border of frosting around the top edge of layer. Spoon half the cherry-pie filling over layer inside frosting border. Place second cake layer over cherries; press down lightly to secure the two layers. Frost top and sides of cake, making a border of frosting around edge. Spoon remaining cherries over cake. Decorate sides with Chocolate Triangles.

Chocolate Triangles: Melt 1/2 cup semi-sweet chocolate pieces and 2 teaspoons shortening in top of double boiler over hot, not boiling, water. Spread in a thin layer over a wax-paper-lined cookie sheet. Chill in refrigerator or freezer until firm. Cut 12 triangles measuring 21/4 inches long and 23/4 inches high. Remove triangles with a spatula and press gently onto side of cake. If chocolate becomes soft, return it to the refrigerator to firm up.

LEMON MERINGUE TORTE

(pictured)

Cake:

3/4 cup shortening

3/4 cup sugar

6 egg yolks

1 teaspoon vanilla

11/2 cups sifted cake flour

11/2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup milk

6 egg whites 1 cup sugar

Filling:

1 tablespoon cornstarch

1/2 cup sugar

1/2 cup water

1 tablespoon grated lemon peel

1/3 cup lemon juice

4 egg yolks, beaten

Frosting:

1/2 cup heavy cream

1 tablespoon sugar

1/2 teaspoon vanilla

1/4 cup toasted slivered almonds

Prepare cake: Heat oven to 350°. Grease and flour three 9x11/2-inch layercake pans. Combine shortening, 34 cup sugar, egg yolks and vanilla in smallsize mixing bowl. Beat at high speed on electric mixer until light and fluffy. Sift flour, baking powder and salt together; add alternately with milk to egg mixture. Spread batter evenly in prepared pans.

Beat egg whites until foamy; add 1 cup sugar, 1 tablespoon at a time, beating until meringue forms stiff, glossy peaks. Spread meringue over batter in pans. Bake 30 to 35 minutes or until meringue is delicately browned. Remove from oven; cool in pans on wire racks 10 minutes. Loosen side of cakes with small spatula or knife. Remove cakes from pans by turning them out onto your hand. Place layers on wire racks, meringue side up; cool thoroughly.

Prepare filling: Combine cornstarch and sugar in top of double boiler. Stir in water. Add lemon peel and juice. Blend in beaten egg yolks. Cook over simmering water, stirring constantly, about 5 minutes or until mixture thickens. Beat with wire whisk until cool.

About an hour before serving, place one cake layer on serving plate, meringue side up. Cover with 1/3 of lemon filling. Repeat with remaining two layers and

Prepare frosting: Combine heavy cream, sugar and vanilla in small bowl. Beat until stiff. Spread over filling on top of cake. Sprinkle with nuts. Refrigerate until serving time. Makes 8 to 10 servings.



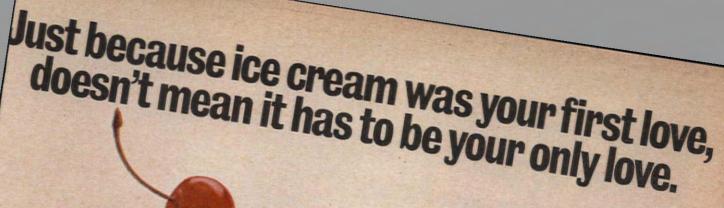
wings to stop the winds

The "wings" of the wing chair were designed to keep out drafts, hold in the warmth of a blazing fireplace! We kept every charming true-to-tradition detail ... a sweep of Queen Anne curves from its high arched back to its solid cherry stretcher base! Pennsylvania House, Dept. AH971, Lewisburg, Pa.

DIBUI'72

Pennsylvania House (9)







Remember how you and Johnny or was it Joey?) used to go gaga ver Pop's homemade ice cream down t the candy store?

Remember the time you both ate alf the cherry?

It was only yesterday. Not too many hocolate dreams ago.

Now, you can introduce your tongue a new love. A mature love. A richness nd smoothness of pudding, a coldness and eaminess of ice cream.

Cool'n Creamy pudding. From Birds Eye. Cool'n Creamy vanilla. Dark chocolate. Light chocolate.

Chocolate café. Butterscotch. Lemon crème.

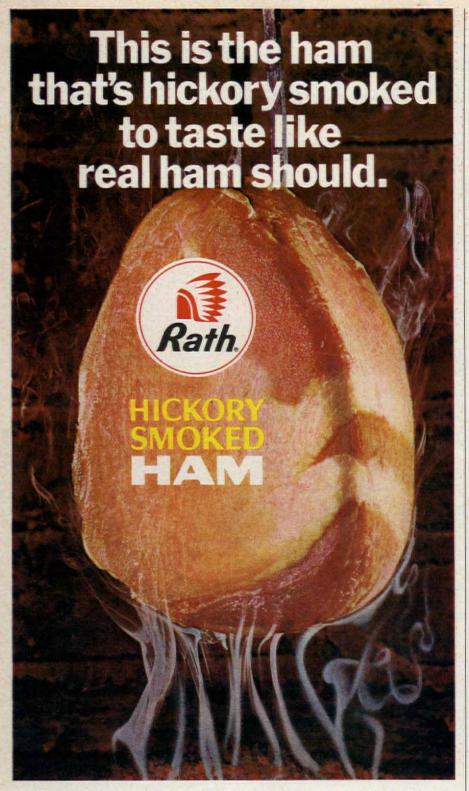
All ready to come out of the frozen food section of your friendly neighborhood supermarket and into your

refrigerator. Ready to stand proud and tall, side-by-side with the milk.

Unfrozen. Waiting.

Ready to satisfy the sweet tooth of those you love.

Cool'n Creamy. The best thing since ice cream.



Ordinarily canned hams aren't smoked. But Rath Hams arewith genuine, hardwood hickory, no less.

Rath believes that ham you buy in a can should be more than just a boneless, skinless, easy-to-carve convenience. It

> should be smoked with hickory, fragrant with hickory right down to its lean, pink center.

> That's why we still slow smoke over lazy hickory fires the old-fashioned smokehouse way. It costs us a little more, but we think you'll agree , the flavor difference is well worth it.

From Rath-the first family of hams. The Rath Packing Company . Waterloo, Iowa

TORTES continued

"THOUSAND LAYER" TORTE (pictured)

21/2 cups sifted all-purpose flour 1 cup cold butter or margarine

5 to 6 tablespoons ice water

1 jar (15 ounces) applesauce

11/2 teaspoons unflavored gelatin

2 tablespoons cold water

2 tablespoons sugar

2 teaspoons cornstarch

3 cup milk 2 egg yolks

2 teaspoons vanilla

½ cup heavy cream, whipped

1 cup sifted confectioners' sugar

1 tablespoon milk

1/2 teaspoon lemon juice

Prepare pastry: Sift flour into large bowl. Cut in butter or margarine with two knives or pastry blender until pieces are the size of peas. Add ice water gradually, stirring with a fork. Gather dough into a ball; press together. Wrap in wax paper; chill at least 2 hours.

Heat oven to 425°. Divide dough into six equal portions. Work with one portion at a time, keeping remaining dough refrigerated. Roll each portion between two pieces of floured wax paper to form an 8-inch circle. Trim edge. Remove top sheet of paper. Place dough with wax paper underneath on cookie sheet. Prick dough well with a fork. Bake 10 to 12 minutes or until layers are golden. Transfer layer and wax paper to wire rack with large spatula. Cool completely. Remove wax paper. If you have only one cookie sheet, be sure to cool it before baking a second batch.

Prepare custard filling: Pour applesauce into fine strainer; allow to drain thoroughly. Drained applesauce should measure 1 cup and will be quite thick. Soften gelatin in water. Combine sugar and cornstarch in top of double boiler. Stir in milk; blend in egg yolks. Cook over simmering water, stirring constantly, 10 to 12 minutes or until mixture thickens. Mixture should be like pudding. Remove from heat. Stir in softened gelatin and vanilla. Cool mixture thoroughly, stirring occasionally. Fold in whipped cream.

Set aside one pastry layer for top of cake. Place one layer on serving plate. Spread with custard mixture. Top with second layer; spread with half the applesauce. Repeat, alternating layers of custard and applesauce.

Prepare glaze: Combine confectioners' sugar, milk and lemon juice. Spread over top layer. Garnish with angelica and candied cherries, if desired. Place on cake. Chill 1 hour, then serve immediately. Makes 8 servings.



nybody else's. That's because it's an

We call it Toast-R-Oven*. It bakes otatoes, makes a mini-meat loaf.

biscuits, croissants, muffins.

Even if it only toasted bread, this Toast-R-Oven still would be great. It takes on almost any shape or size

From General Electric, where else. *TM General Electric Company

GENERAL & ELECTRIC

Spotting "The Californian" is like finding a camellia in a dandelion patch.











You have to be alert as you round the Newport Freeway driving north into flat, monochromatic Tustin, Calif. If you're not, you'll miss "The Californian." If you are, you'll catch the briefest hint of a sharp-edged, white silhouette that asserts itself among the acres of predictable apartment complexes that bloom there on the ranchlands. Spotting it is something like finding a camellia in a dandelion patch—a great surprise. This is the exterior. It communicates. But what is this place like on a closer look? And what is it like to live there? Follow the signs and you'll find out.

Arrows lead into a parking lot. Indefatigable supergraphics take over and lead you figuratively by the hand past recessed patios and upstairs balconies that speak a little of Greece's Mykonos, a little of Montreal's Habitat, through an iron-grille gate into a football-fieldsized commons area with swimming pool, whirling, whirring Jacuzzi, a trio of gas barbecues and what is referred to as the "clubhouse." An occasional sundrenched body lopes by and slopes down into one of the chaises that line the pool. "Oh-oh." you think, "another one of those swinging-singles places." Immediately your guard comes up.

It retreats, though, soon after you walk into the rental office and are met, not by a sport-shirted super-smiling salesman, but by a pretty, friendly young woman in a mini-skirt or pantsuit who may be named Sandy or Jan or Danni or Kathy—one of what the developer calls "The California girls." (continued)

- 1 Roof lines playing against each other create distinctive patterns, which the architects have pointed up with color.
- 2 Unseen from the outside is a whole inner world of surprise views, juxtaposed angles and unexpected open spaces.
- 3 A giant charcoal-burning cooker and three gas barbecues (not shown) furnish poolside suppers for tenants and friends.
- 4 A system of partly open walkways links clusters of apartments within what the architects call "the village."
- 5 Water trickling in an unusually designed courtyard fountain makes for an illusion of coolness in the California sun.

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"THE CALIFORNIAN" continued

A California Girl takes over. She greets you in that kind of disarming open way Westerners have and Easterners find suspect, until they learn it's quite for real. And then you tour three models done in what an inveterate model-visitor finds radical understatement-tasteful. Each has its private retreat-a largewalled patio/garden in the one-bedroom/ one-bath unit; a long protected strip in the two-bedroom/one-bath unit; and four thoroughly secluded inner patios in the ingenious room-wide two-bedroom/two-bath plan.

You talk. On the rounds you learn that there are only a few of the 296 apartments left to choose from, and that you can rent yours furnished if you wish, with one of the two styles shown in the models (contemporary or Spanish-the former being most popular hands-down). Furniture adds a modest \$35 to \$45 to rents which run from \$134 to \$214 a month and from floor spaces that range from a tidy 720 square feet to a capacious 1,040.

"So who lives here?" you ask. And the statistics come: Average age is 271/2; single tenants outnumber married couples, but not so you'd notice; 10 or 11 of the latter are grandparents. Renters slice through society, the majority white and white-collar, but with a good seasoning of black and Oriental white-collar workers, too.

There are servicemen (El Toro Marine Base is a stone's throw away), computer

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specialists, insurance salesmen, craftsmen, architects and even a modest share of students. More men than women-a fact bemoaned by the male population but without doubt cherished by the females. No children, though they are welcome to visit at any time and, on the first weekend of the month, can use all the recreational facilities.

Your California Girl returns you to the open, airy rental office by way of a flag-waving red, white and blue laundry room with its adjacent panty-hose machine. The trail leads through the clubhouse, small by most development standards and straightforward, but complete with a supergraphic billiard room, living-room area, card/kitchen area and penlike open space (strewn with giant beanbag chairs) for TV-watching, dancing and fireside conversation. Conspicuously absent: the sauna rooms, gyms and lecture hall trumpeted as essentials by the big, now-generation enclaves. And, come to think of it, there are no tennis courts or pitch-and-putt golf courses either. But there's no dearth of these amenities close by. And anyway, for those whose muscles need some flexing, there is what appears to be a nonstop volleyball game on a small sand court behind the club.

"But what about the program?" you inquire. "What's scheduled for tonight?" Program? There isn't any program. You're thinking, of course, of the apartments where weekly bulletins are issued with a full listing of eventsbridge lessons, movies, coffee hours, happy hours, golf tournaments, "Thank-God-It's-Friday" get-togethers, ad infinitum. But it's clear that here you're on your own.

And so, when you sit down in a group that gathers after work around the pool to relish the last warm rays of the sun, you ask discreetly, "What do you do here? Is it easy to meet people? Do you have any privacy?" There's no doubt that the answer to the first is, "It's up to уоц."

As one lounger put it, "My husband and I barbecue our dinners sometimes, but generally on the single grills back in one of the courtyards. And weekends, we sit around the pool or play volleyball. But mainly we spend time on our own patio." Response to the second and third questions is, "Yes."

Everyone agrees that meeting people is no strain and natural. Deeply bronzed young Jackie Scheinberg adds that she and her husband Frank lived in a 12story apartment building in Chicago and never met a living soul except for the residents of one apartment who picked the same times to nab the elevator. "It's different here," she says.

Attractive New Jersey transplant Carol Foster concurs. "We lived in our apartment back there for two years and only knew the people who lived directly below." But each one gueried hastened to add that a good deal of time is spent behind one's own apartment walls-entertaining friends, simply being home, or in the case of medical student Gabe Farkas, "booking." He and Debbie, both students at the nearby Irvine Campus of the University of California, moved over from "a hot and noisy box in Santa Ana. This was a little like stepping into Heaven," says Gabe.

"It really is our home," Melenie Bixler explains. She and Terry, a computer systems analyst, admit to being very private people who put in a lot of time on their patio. "We have our own barbecue there and use it. I sunbathe (it's a real sun trap) and work on my plants. The architecture is a good foil for greens and flowers." Melenie has built a small structure to throw shadows over her more tender shade-loving plants. And actually the permissive landlords make it clear that tenants can do their own thing to patios-whatever and whenever. They can be creative as all get-out just as long as it doesn't tip off the world at large and they promise to restore the walls to pristine white.

It's Melenie, too, who offers what perhaps best sums up the lifestyle in this new apartment community. "People can choose the way they want to live here." And it's quite evident they do.

As a dividend, if you should happen to wander by-whether you succumb or not, be prepared for a follow-up that is unique (no, downright engaging) in the world of razzle-dazzle real estate. First, you'll carry off a "cube"-a shiny black-and-white box imprinted with all the information and floor plans to jog your memory. Inside is a champagne cork with a note explaining that a chilled bottle will follow on moving day. (It will.) A handwritten thank-you follows. And when moving day materializes, you'll already have been furnished with special stickers for your cartons, change-of-address cards for the post office boys, a map of the surrounding area and the amenities it offers, along with extra help from "The Californian" staff.

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A renter accustomed to the oddities of Southern California life won't be baffled one bit to learn that, according to Ma Bell, the Tustin apartment he has taken is not in Tustin at all, but in Santa Ana. Telephone numbers, it seems, are thoughtfully divided between the two communities. Fortunately, the post office bows to only one.

If all this seems strange, worry not. The world will find you. In Orange County, Calif., you need say only that you're in "that new white stucco place." There are no others like it; lamentably, such places can exist only in communities whose city fathers are adventurous enough to break with the old pattern. Architect Howard Backen sighs wistfully: "Cities allowing things that are out of the ordinary to happen today are rare." Hopefully, what is now the exception will someday be the rule. END

American Home

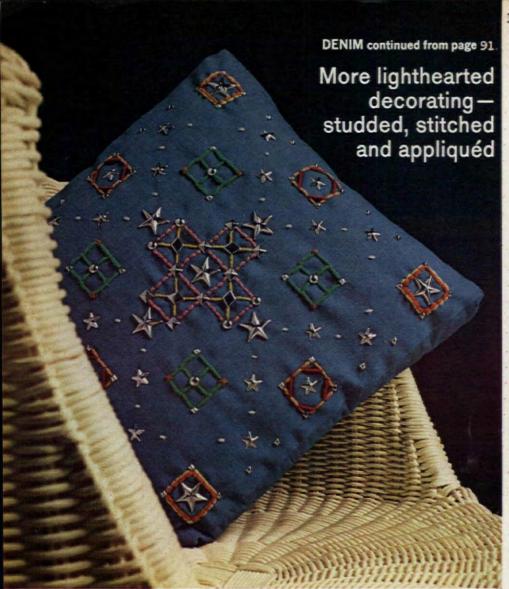
Robust fall food for hearty appetites

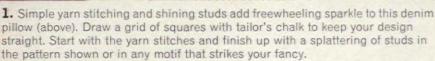
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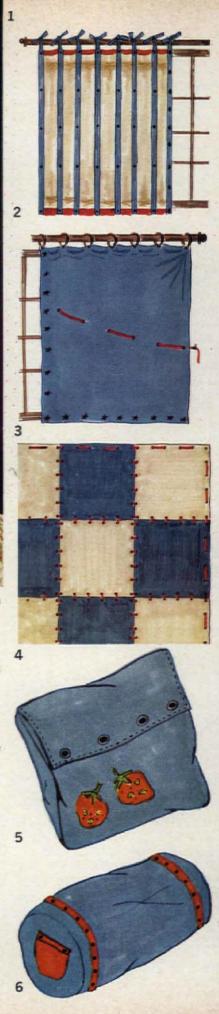
Look for the October American Home on your newsstand September 23





- 2. Sketched here is a curtain of white cotton with blue denim stripes overlapping red denim borders. The stripes are separate bands of fabric that top off in bows tied around the pole. Studs dot the stripes and appear to anchor them.
- **3.** Loops of sturdy yarn threaded first through grommets, then over curtain pole form the heading for this curtain. A drawstring of yarn enables you to gather the curtain to one side. Large star-shaped studs run down the side and across the hem. Blue denim, red yarn and a red pole would make a crisp combination.
- **4.** This checkerboard design for a patchwork-denim spread is held together with cotton cord pulled through grommet holes. A simple machine from any notions department makes the job of putting in the holes fairly speedy.
- **5.** The classic denim work-shirt pocket inspired this pillow. Four large snap fasteners hold the innards in and two pat-on strawberry appliques add a saucy touch. An outline of big stitches in red thread finishes it off.
- **6.** Denim goes to the dogs. This sausage-shaped bolster has red leather dog collars glued at each end. The real patch pocket is for keeping things handy.

Shopping Information: Studs and appliqués can be found at notions and trimming counters in department stores, sewing centers and five-and-dime stores throughout the country. In the New York vicinity, do-it-yourself studs are available at Tega, 215 Pacific St., Brooklyn, N.Y. 11201 and the embroidered appliqués at Tepee Town, 9 West 42nd St., N.Y., N.Y. 10036.





Avid do-it-yourselfers will welcome this contemporary art form, designed by the well-known sculptor William Friedle. These three-dimensional wall sculptures give an impression of depth and weight, yet they are so light they can be secured to the wall with a special transparent adhesive tape. The units are created of heavy-gauge aluminum foil. The precut parts are simply pressed out and bent along scored lines, and all parts are joined together with the tape. No tools are necessary; all materials are furnished in the kit. Easy-to-follow instructions are included, allowing you to duplicate the sculptures pictured or fashion your own works of art. The colors on the foil simulate the soft, luxurious tinting of acid staining and oxidized metals. Two or more sculptures may be arranged to complement one another, or you can create one very large composition, as the modular frame bars slide together. These beautifully proportioned sculptures will provide a rich accent and contemporary flair in most room settings. "Garden Life" and "Sea Life" (top) each measure 16 by 23 inches, "Square Planes" (bottom) is available in two sizes: 32 by 23 inches and 21 by 15 inches.

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GRANDMA JOSIE— A CULINARY MEMOIR

By Donald K. Epstein

"Just like Grandma used to make!"

What heavenly gastronomic memories those six words convey unless you had a grandmother like mine. Grandma Josie was an atrocious cook!

Even as a youngster I knew how much I was missing, because all of Grandma Josie's sisters and sisters-in-law were typical Czechoslovakian cooks—and that means splendid.

Her oldest sister, Red Minnie (there were four Minnies in the family, differentiated by the color of their hair), made a specialty of Kysela vejce (pronounced kiss-ala vayt-sa), which means "sour eggs" but is actually a sublime dish of eggs poached in a white cream sauce that has been flavored with vinegar and fresh dill. Another sister, Gert, had only one arm, but she made her own rye bread daily, kneading the dough with her five fingers faster than anyone else could do with ten.

But Grandma Josie would rather play cards than eat, and her family would have fared better if she had stuck to shuffling and dealing and left the preparation of meals to someone else.

Breakfast gave Grandma Josie the most trouble, one reason being that though she was forever holding a spatula, she really didn't know how to use it. She never was able to turn pancakes, habitually letting them "cook through" on one side, while remaining wet and runny on top. And whether you liked your eggs sunny side up or over easy, you got them petrified in whatever position they first hit the pan.

Every nationality has its own unique elly or conserve, and the Czechs are no exception. They call it povidla, a weet and crunchy combination of ground prunes and nuts. Even in preplender days it was not difficult to concoct—for anyone, of course, but



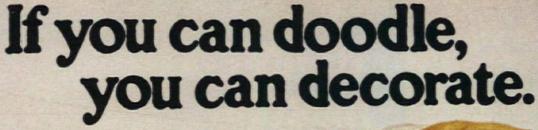
Grandma Josie. Usually it was the color she didn't like, so she would chop a colorful fruit or vegetable into it. If an orange or an apple was handy, the povidla turned out to be tasty, if not absolutely authentic. But there were times when adding a green pepper or a red onion was more convenient, and the relish took on a jarring taste.

My favorite story about Grandma Josie's mealtime adventures is one involving calves' liver. She served it often, but she always remarked that Red Minnie's calves' liver was far better than her own. One day she telephoned Red Minnie and asked for her secret. "It's really simple," Red Minnie told her. "Soak the liver for at least an

hour. The milk makes it very tender."

That evening Grandma Josie's brood sat down to a platterful of liver—carefully soaked in milk and as raw as when it was in the butcher's case. Grandpa Edward picked up the platter and headed for the kitchen, saying, "Josie, dear, the liver isn't quite done." When he returned, it was cooked—and delicious.

Later that evening, Grandma Josie called Red Minnie. "Soaking the liver in milk did the trick," she said to her sister. "It was just as tender as yours always is." She confessed, however, that something was still puzzling her. "Now that the liver's gone," she asked, "what do I do with the milk?"





Cake-a-doodle with Cake Mate.

The House of Flavor

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TOYS continued from page 94

and other delicate items from one place in Baltimore to the next. "We were always the busiest at Christmastime," says Bill. "I liked that best because I had the great feeling I was helping Santa Claus."

Then one day in '68, Bill got an order to deliver 55 pianos to Lyndonville, Vt., for the Peabody Music School Summer Session. "I fell in love with Vermont, and so, at the end of the summer when I went back to pick up the pianos, my wife Ann, \$50,000 worth of pianos and I spent two weeks just driving all over the state in my moving van. I promised myself to come back some day."

That day came sooner than Bill and Ann Muller expected. The next year, Bill's trucking business was almost completely destroyed by fire. Because the damage was a direct result of the Baltimore riots, his insurance didn't pay. Left jobless and absolutely broke, Ann and Bill packed off to Vermont where they rented a falling-down house with only a kerosene heater to warm them in the winter. Bill took to whittling wood and peddling his few wares—mostly bird feeders and other souvenirs.

By chance, one of his replicas of a Vermont lumber truck found its way under the Christmas tree of George Souhan, a successful Vermont mill owner and wool merchant. Souhan, who owns the Old High School Building and rents it out for boutique space, spent \$5,000 on saws and sanding machines and set Muller up in his cur-

rent basement shop. Souhan and Muller have been partners for more than a year, and Bill Muller has found not only a new and better-looking house but a new career as well.

At first Ann, who is strong-willed and super-practical, was outspoken about the folly of a grown man making toys, but as the toys began to sell, she softened to their charm and eventually became the bookkeeper and office manager for the growing company. Ann helps explain the Muller toy philosophy: "People—adults, that is—have gotten carried away with the idea that toys should teach and encourage a child's competitive drive. What they have built are no longer real toys.

"Bill's playthings don't insist that a child put this peg in that hole. They are truly creative in their simplicity, for a youngster must use his imagination in order to enjoy them. It is the adults who want the paint. They believe highly colored things stimulate a child. We find that children like unpainted wood. They can color with crayons or just paint with their minds. Children are also given too many toys. Objects should interelate so

that they provide maximum play value for the child."

At the Vermont Wooden Toy Company, all the toys are crafted from soft woods like pine—because, says Bill, "it is warm and tender, like a mother's touch. And, it tastes good, too. One lady came through here and said my toys were sexy. I think that's about exactly right."

The toys are superbly, though simple decired. But the toys are superbly, though simple decired.

The toys are superbly, though simply, designed. Furthermore, it is almost impossible for any of them to hurt or be hurt themselves. They wear no paint because,

according to Bill, "Paint is often toxic and just about every child I know likes to eat his toys." All fastening is done with tiny wooden pegs and occasional spots of glue. There is no metal or plastic and no such thing as a pointed edge. Without hesitation, Bill guarantees his toys for life. He will repair or replace anything broken in the normal course of play.

Each toy is designed by Bill who handcrafts the first edition. Once it has been perfected, subsequent models are cut, sanded and assembled by young em-

> ployees-all long-haired, organic-food buffs who live in a nearby commune. Whenever possible, he tries to farm out the making of partslike car wheels-to various Vermont woodworkers, but the final product is assembled under Muller's watchful twinkle-blue eyes. His workshop, which turns out an average of 200 toys a day, also accommodates a sawdusty

mongrel named Squeaker and just about every Cub Scout who troops through Vermont.

"I let them each draw something on a piece of wood, we cut it out for them and they take it home," says Bill. The room is crammed with lumber, band saws and a barrelshaped sander that tumbles smooth the bigger wooden pieces. All about, there is enough sawdust to sprinkle lightly the surrounding Green Mountains. The only Muller toys that are packaged

are those earmarked for export or for shipment out of state. "This may present a problem for the local stores," says Bill. "Most of them like to keep things protected. But here, we encourage children to touch."

Muller's toys can be ordered from the Vermont Wooden Toy Company catalog (free from the Old High School Building, Waitsfield, Vt. 05673), but they're being stocked in more and more toy stores. Ann and Bill are excited yet apprehensive about expansion, though Bill insists he will continue hand-making his toys. He won't change out of his overalls and he won't trim off his salt-and-ginger beard. Which proves, yet again, there is a Santa Claus. END



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DEAR AMERICAN HOME

MONTICELLO-THOMAS JEFFERSON TREASURY

Your featured article on Thomas Jefferson in the July edition of AH was delightful. Mary Evans made her research into a labor of love. It is easy to visualize Jefferson from her article.

> Kandy Norton Henely Orland Park, III.

Thank you for the July issue on Monticello. I fell in love with Jefferson during an American history class; have made pilgrimages to Williamsburg and Monticello; written to a President wife's suggesting that Mr. Jefferson be honored on his birthday; and now my children are being introduced through a simplified biography to this greatest of all Americans. "... and the elements so mix'd in him that Nature might stand up and say to all the world, This was a man!"

(Mrs.) Carolyn C. Ivey Columbia, S.C.

Your comprehensive feature on Monticello made me very happy. I fell in love with the place nine years ago on my first visit and it has remained my favorite house ever since. I do wish you had mentioned the pronunciation that Jefferson evidently preferred: Mon' tə- chello.

Mrs. Harold Collier Tipton, Mo.

WE LOVE LUCY

How do I get into the fun of helping to keep dear old Lucy "alive"? She's been our favorite elephant for years and I am delighted that the Carpenters and the Margate Civic Association have rescued her.

(Mrs.) Elizabeth Court Grosse Pointe Park, Mich.

Help is still needed. Send donations to "Elephant," P.O. Box 3082, Margate, N.J. 08402.

SUMMER HOSTESSING

With a great deal of excitement and anticipation, I bought the June issue of AH with "The Summer Hostess Cookbook" in it. Carrying the groceries from the car to the house. I could restrain myself no longer and sat me down to investigate further. On the editor's page you told me that I will be able to make my "summer entertaining as carefree and as down to earth as summer should be." By now I am on the edge of my folding aluminum patio chair. Sirs, you must be kidding. If this is "barefoot" in the kitchen, I guess what I am looking for is "nude" in the kitchen. (Mrs.) Charlotte Christersson Sepulveda, Calif.

DECORATING FOR TEENS

I must voice a protest. You do not "tell it like it is." The rooms you show for teen-age boys look so nice, they are obviously unoccupied. I would like to find a neat way to get all the prize possessions of my teen-age sons arranged so they can be used and enjoyed, and not have the room look like a disaster area.

Mrs. Clayton Zeek Salem, Ore.

The article on page 26, "26 Dollar-Saving Ideas for Children's Rooms," tells how to create a stimulating environment.

Address letters to the editors to Dear American Home, 641 Lexington Ave., N. Y., N. Y. 10022.

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Ming, bell and tower

Are the 3 traditional and classic designs in these beautiful pressed glass vases expertly crafted in Austria. Sets of 3 include 1 of each shape. Set of 3½-in. vases, \$1.98. Set of 5-in. vases, \$2.98. Add 35¢ for postage. Send order to Lillian Vernon, Dept. AS1, 560 So. 3rd Ave., Mt. Vernon, N.Y. 10550.

LYNN HEADLEY-Editor

AMERICAN HOME MARKET PLACE



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Giant paper clip not only holds mail and memos to keep a tidy desk, but it doubles as a super paper-weight! Gold metal clip is an exact replica of "the son." 8 in. tall and 2 in. wide. A grand gift for home or office. \$1.98 plus 40¢ postage. The Ferry House, Dept. AH-9, Briarcliff Manor, N.Y. 10510.



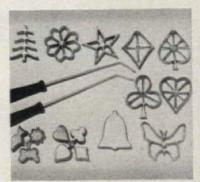
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Pet Perch provides safety, comfort and viewing for your dog or cat. Adjusts to proper height and slant of seat and weight of pet. Perch is of strong metal with a thick coating of neutral beige vinyl plus a pad of carpeting. 14x18 in. \$13.98 plus 90¢ postage. Garrett's, Dept. AH-9, Box 8415, Dallas, Tex. 75205.



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Crispy delicacies

Festive rosettes are fun to make. Fit handles to patterned irons and dip from batter to fryer. Crispy good, sprinkle with powdered sugar. With recipes, instructions. Cookie Mold Set, \$6.49. 72-page gift catalog, 25¢. Suburbia Mail Shopping Service, Dept. 102, 366 Wacouta, St. Paul, Minn. 55101.



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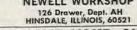
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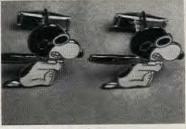
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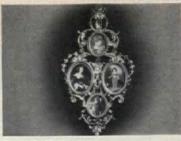


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How to Lose up to 10 Pounds in only 10 days with Newest Grapefruit "Super-C" Diet

Delicious Vitamin Rich Diet flushes excess fat out of body...without drugs, pills, hateful exercises or nasty hunger pangs.

By Elizabeth Louise

FORT LAUDERDALE, FLORIDA (Special Report) — From this fabulous Gold Coast City comes word of the latest, high-speed grapefruit reducing discovery. The "SUPER-C" Plan is new and different from other grapefruit diets. No long waiting. This one is so fast that it actually begins to work within 24 hours—even while you sleep! That's why you can reduce up to 10 pounds in only 10 days!

NO DRUGS ... NO PILLS

No nauseating medicines. Not even vitamin capsules are required. You aren't forced to do tedious exercises that wear you out. Best of all, you'll never suffer from cruel starvation jitters. You can enjoy hundreds of delicious satisfying foods - rich in natural vitamins, body building proteins, farm fresh dairy products and grains. Plus choice tidbits delicious, scrumptious snacks that really satisfy . . . eat all you want, day or night . . . with meals or after meals. Yet lose weight faster than you ever dreamed possible! Up to 10 full pounds (or more) in just 10 days! All this thanks to the new fast-acting "SU-PER-C" Grapefruit Diet and Regimen. Supercharged with NATURAL VITA-MIN "C" - the health ingredient acclaimed by doctors, dieticians and famous scientists all over the world. Yes! This grapefruit diet uses the right combination of foods to burn up accumulated body fat!

RESHAPES YOUR BODY

This sensational method really transforms your figure, day after day. And then, one morning, you wake up to find that your body is lean, lithe and limber again, as in years gone by. Yes! A slender more vigorous body - aglow with youthful sex appeal. This new strange regimen has worked wonders for thousands of men and women coast-to-coast. It can work wonders for you too, but there is a catch! You must like grapefruit (fresh or canned). You must follow the Special Private Instructions for 10 days. That's all! It's much easier than you think to get wonderful results! And, as it flushes fat out of your body, this great diet also helps you overcome that tired, sluggish 'old age' feeling due to overweight.

WHY STARVATION DIETS FAIL

Many faddish diets almost starve you to death. Such silly diets are against nature itself. That's why your body fights back. Pretty soon the unsightly fat returns—pound after pound. SUPER-C Grapefruit Diet is different. You're never starved. You don't skip a single meal. In fact, you get hearty breakfasts, lunches, dinners. You enjoy a rich variety of good eating—foods you've always craved for. Just imagine... now you can partake of spareribs, thick, juicy steaks, fried chicken, pork, bacon and eggs, and scores of other "prohibited" dishes. You actually fill up on lots of delicious foods. Yet, by using the right combination of foods you burn up accumulated fat fast! Right up to 10 pounds or more in only 10 days!

HOW DOES IT WORK?

Your body burns up fat much as a car motor burns fuel. But after years of faulty dieting, fats become hardened and lazy — locked up in body tissues. They may clog up arteries, placing life itself in jeopardy. The excess fat becomes stored in arms, thighs, buttocks, midriff, etc. You look older. You feel older. You act older.

ERASE OLD AGE LOOKS!

Genuine Super-C Diet/Regimen has been proven in thousands of cases. It unlocks those deep-stored fats. Like the spark plugs in your car, it ignites them, then METABOLIZES them right out of your body. And soon enough, the unsightly bulges and awkward pot belly vanish away. It's incredibly fast! No matter how overweight you are, you can actually lose up to 10 pounds or MORE, in 10 short days. Yes! Even if ordinary grapefruit diets failed before. Besides, this natural plan is 100% safe. It's fun. It's easy and economical to follow. No costly food fads. Everything you need is available in your own food market. No boring, muscle-twitching exercises. And no pills. No starvation diets ever. You eat your fill. Yet, strange, but true, vou lose pound after pound-even though you gorge yourself on scrumptious foods! This new Super-C Diet/ Regimen helps you feel younger . . . act younger ... and regain that sparkling, youthful look of long ago.

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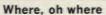
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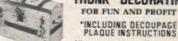
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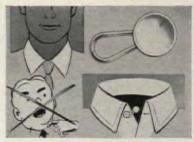
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Navajo Blanket: Primitive hand looms and homemade vegetable dyes were the tools of the Southwest Indian craftsman. With them, he copied sacred Navajo sandpaintings and turned out boldy patterned textiles.

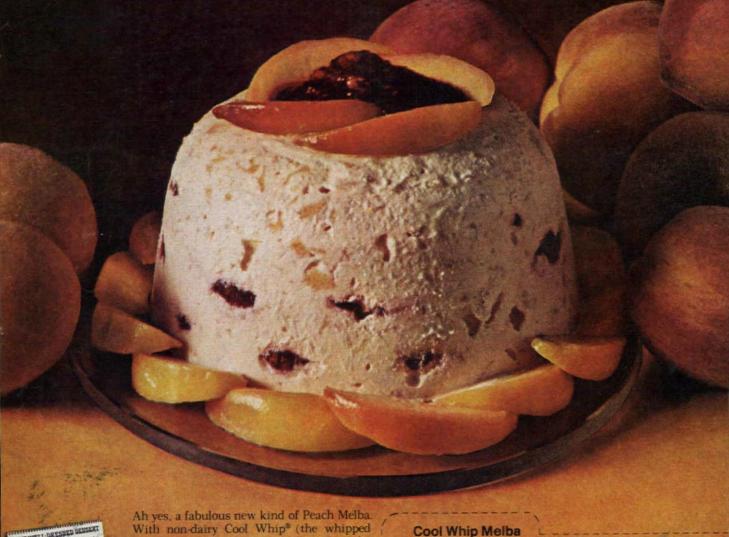
Carved Eagle: If Benjamin Franklin had had his way in 1782, the turkey gobbler would've been on the Great Seal of the United States. Instead, the bald eagle was voted the official emblem. It became the most popular subject of American folk art—and still is today.

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2½ cups thawed Birds Eye[®] Cool Whip[®]Non-Dairy Whipped Topping Yellow and red food coloring (optional)

1½ cups finely chopped fresh peaches (about 5 medium)*

1/2 cup sugar

- 3 tbsp. raspberry jam 1 empty 9-oz. Cool Whip container
- *Or use 1 can (29-oz.) sliced peaches, drained and finely chopped.

Tint Cool Whip to desired peach shade with food coloring (approximately 3 dro red: 7 drops yellow). Thoroughly drain peaches, saving 3 tablespoons juice. Combine peaches, juice, and sugar: stir into Cool Whip until well blended.

Spoon ¼ of the peach mixture into buttered Cool Whip container; drop 1 tablespoon jam, by half teaspoonfuls, over mixture. Repeat twice. Top with remaining peach mixture.

Freeze until firm — at least 8 hours or overnight. Unmold. Garnish with peach slices and additional raspberry jam. if desired. Makes I quart or 6 to 8 servings

Cool Whip: You can taste the difference.