

American Home

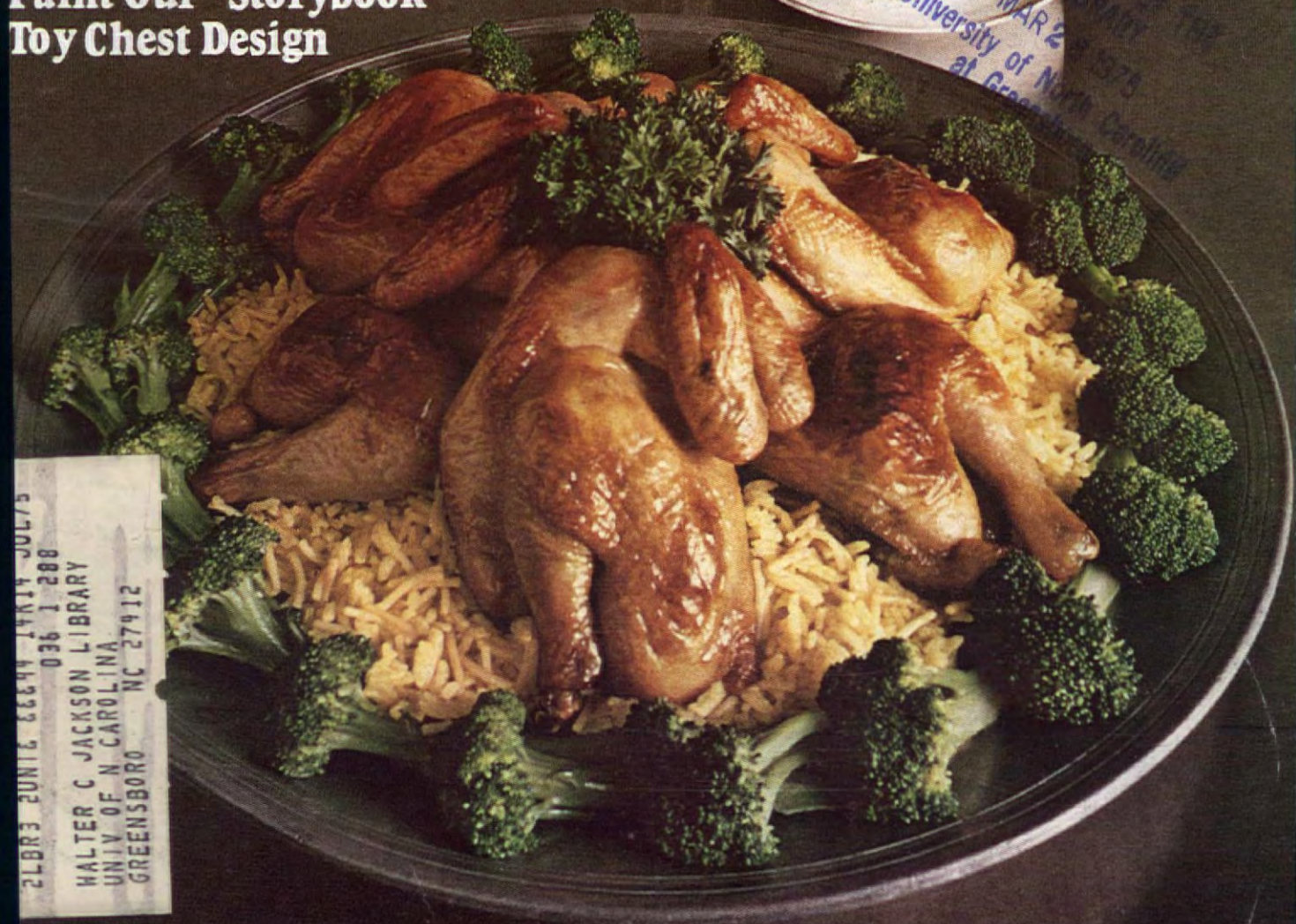
April 60¢

**How to Grow
10 Money-Saving
Vegetables...
Flowers All
Summer
for Under \$20**

**Decorating the
Beautiful Bath**

**Paint Our "Storybook"
Toy Chest Design**

**Charles Bronson
& Family
in Their 1791
New England
Home**



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plastic-lined bags.


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Home Appliances

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Oil of Olay has a special ability to work with nature to maintain the oil and moisture balance of your skin, necessary if you're to look your youngest. The liquid, compatible with the skin itself, helps retain your skin's own natu-

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On some harried days, it isn't enough merely to pamper your skin. You feel a need to pamper yourself. Even fifteen minutes of rest in a dim room, with your feet up, can let you relax enough to feel refreshed. If you've removed your makeup and soothed on Oil of Olay, that brief interlude of solitude can make you look as well as feel better.

* * *

A laugh line here, a trace of a frown there... these should be gentled with Oil of Olay® to become less noticeable as dryness is eased away.



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Quality. The endangered species.

This country may be in danger. We could be losing something we can't afford to lose.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride. He lived a simple idea: Do it right or don't do it at all. Nobody told him that. No government agency dictated it. And it built a standard of living for all the world to aim at.

Now that idea is threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away.

However, there are companies, actually many companies, that are working harder today than ever before to preserve quality in everything they make.

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That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

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Cover photograph by Rudy Muller

Special Cookout Offer.

Stainless steel knives by Oneida and carving sets by Imperial that complement your flatware.



Make your summer cookouts even more festive with these stainless flatware accessories. At special savings, we're offering a set of six steak knives, a carving set and a salad/serving set in patterns that will either match or complement your flatware.

Choose Early American Patrick Henry, the bold Spanish look of Isabella, timeless

My Rose, Scandinavian Vinland, Via Roma in Mediterranean style or your choice in traditional patterns — Chatelaine or our newest pattern, elegant Brahms.

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Betty Crocker

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Isabella My Rose Vinland Chatelaine Via Roma Brahms



Patrick Henry

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☐ My Rose ☐ Vinland ☐ Chatelaine ☐ Via Roma ☐ Brahms
☐ 2-pc. salad set(s), \$6.95 each ☐ P. Henry ☐ Isabella
☐ My Rose ☐ Vinland ☐ Chatelaine ☐ Via Roma ☐ Brahms

Name _____

Address _____

City _____ State _____ *Zip _____

*To assure delivery, give zip code. Offer good only within U.S.A. Offer expires

How to buy the second

With carpeting, as with anything else, you learn from experience. So when you're buying carpeting the second time around, it's a chance to correct the mistakes you made the first time around. You may not know exactly what you do want, but you do know what you don't want. So with your knowledge and our hints, this time around should be a lot happier than the last. (And in case you're buying for the first time, congratulations. You're about to avoid some mistakes.)

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

STYLE: This time, pick a style that'll stay in style. Just as there are classic furniture styles, there are classic carpet styles too. Styles that never go out. Like plushes and hi-low loop styles. They've been good for decades because they go with everything. And it's just these classic styles that Acrilan is so famous for. In fact, for 17 years, people have been buying thick, luxurious plushes and beautiful hi-low loops made from Acrilan® acrylic fiber.

VALUE: This time, be sure you get what you want for the money you spend. That's what value is all about. And when it comes to carpeting, what you want for your money is not just good looking carpeting at the start, but good-looking carpeting even after years of use. A lot of things determine how a carpet will look after years of use, but one of the most important is density. So use your hands when you're carpet shopping. Feel the carpet pile for thickness and density. Bend the carpet sample back. If it feels and looks thick and dense, good. Because the thicker and denser the pile is, the better the carpet will look after years of use. Carpets made of Acrilan are always thick and dense. Monsanto makes sure



carpeting time around

they are by closely regulating their construction. And because they're constructed in the proper density, they assure you of the value you want.

CARE: This time, be sure it's easy to clean. The carpet will last longer and so will you. Easy cleanability isn't only important to the carpet's appearance, but to the length of its life as well. Large dirt particles can wear out a carpet when they get into the pile and rub against the fibers. Smaller particles can adhere to the fibers and cause the carpet to look soiled. If the carpet cleans easily with regular vacuuming, these particles won't have a chance to do their dirty work. Acrilan® acrylic fiber features a high degree of cleanability. Its surface is relatively smooth and hard, so dirt doesn't cling as much. The fiber resists moisture absorption, so spills can be blotted up easily.

STATIC RESISTANCE: This time, be sure it doesn't build up static. Static electricity not only causes annoying shocks, but attracts air-borne dirt too. Nylon, wool and polyester fibers have a great tendency to build up static, especially in dry areas of the country and during the colder seasons. Acrilan has superior static resistance. You get fewer shocks and fewer extra dirt catchers.

ASSURANCE: This time around, don't just ask for carpet, ask for the carpet with the Acrilan fiber label. That's your assurance that the carpeting you buy has passed the rigid quality standards Monsanto has set. If you demand the Monsanto Acrilan fiber label this time around, it may be a long time before you have to consider a "third time around."

Acrilan®



Monsanto





For cat lovers: news and notes—and a heroine named Baby

We all hear stories about heroic dogs, but what about courageous cats? Baby (above), an American shorthair who lives in Manitoba, Canada, is the pet cat of the Aurel Beriaults. Late one night when the family was sleeping, Mr. Beriault suffered a severe heart attack. Only Baby noticed, and by repeatedly leaping on Mrs. Beriault, she managed to wake her. Alerted that something was very wrong, the woman checked her husband and was able to

rush him to the hospital, just in time.

For her role in saving her master's life, Baby has been inducted into Canada's Animal Hall of Fame. Of all the animal heroes and heroines recorded there, Baby is the only one who has never heard a single word of praise: She has been a deaf mute since birth.

Pet stores and cat fanciers continue to advertise Angora kittens for sale, and we all know people with fanciful stories to tell about their own Angoras.

But here's the *real* story: There are no Angoras anymore. A century ago, the beautiful white longhair, a native of Turkey, took America's cat lovers by storm. So great was the Angora's popularity that another longhair, the Persian, found his star ascending. By 1900, so much crossbreeding had occurred that the average cat lover didn't know whether he was looking at an Angora, a Persian or a mix. Only the experts could distinguish, and in a very few years they decided that the Angora was extinct: The Persian's characteristics had proven dominant. Of course, hardly anyone listened to the experts, and many people continue to use the term "Angora." Actually, the last pure Angora reported to be alive and well resided in Turkey, back in 1907. Differences between the two breeds are marked: A proper Persian has a big, round head with a broad snub nose, full cheeks, round eyes and neat, round-tipped ears. The Angora had a smaller, wedge-shaped head, a full muzzle, slanted eyes and big ears. The long-lost breed had a finer coat and a steadier temperament than the Persian.

Today, if a couple of kittens in a litter should turn up lacking the Persian characteristics, cat breeders often wonder—hopefully—if they've been blessed with Angoras. The thought is tantalizing, but these are just throwbacks. The real Angora is gone from the cat world forever.

There are over 35 million cats in our country today, almost half of them homeless. To help control this overpopulation problem, a short-term contraceptive food for female cats is in the works. It will be on supermarket shelves within four or five years. (A similar food for dogs should be available by 1976; see March *AH*.)

Two other contraceptive methods are about to be field-tested, after great success in the laboratory. One amounts to a synthetic estrogen that inhibits a female cat's fertility during her heat cycle; the other calls for a subcutaneous implant of a steroid that prevents the cat from entering her heat period. Both, when introduced, will require the services of a veterinarian.

For now, the best way to prevent unwanted kittens is to spay the female. If she gets enough exercise and is not overfed, she will never become fat and lazy. She'll enjoy her full quota of years and will lose most of her tendency to roam.

Many famous people have owned cats, but few have expressed their admiration as ably as Mark Twain, who always had several cats at his home in Hartford, Conn. Twain summed up his feelings in this tribute to his beloved pets: "A home without a cat—and a well-fed, well-petted, properly revered cat—may be a perfect home but how can it prove its title?"

—Kurt Unkelbach

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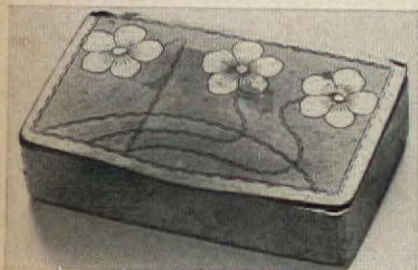
Best buys in antique boxes

Search the antiques shops and you'll find wonderful old boxes in all shapes and sizes. Used originally to hold snuff or sewing things, spices or tools, papers or food, their designs vary accordingly. Some (like the turn-of-the-century spice tin above, which sells for \$3) were made to appeal to customers from a store shelf. Others were meant to complement fine furniture, or simply to work well in a kitchen.

You'll see plain wooden boxes—good examples of primitive joinery—that were used for kitchen storage, and others ingeniously made of bentwood that served the same function. Also popular for the kitchen were all kinds of "tin" (really sheet-iron) boxes. Some were gaily painted or coated in real tin, and many of the later ones had colorful advertising designs.

Occasionally you'll find a good buy among the handsome inlaid or veneered wooden boxes. Meant for use in the parlor or dining room, these often reflected fashionable furniture styles such as Sheraton or Hepplewhite. It's harder to find a bargain in metal boxes, but if you search diligently, you may turn up something in brass, pewter or copper that is nicely detailed and appealing.

\$5 is the price of this turn-of-the-century snuffbox made of a tin alloy that is a refined version of pewter. Its age and original purpose are easy to determine: The graceful engraved floral pattern is in an early Art Nouveau style, and the interior still



smells strongly of snuff. You may come across similar boxes in silver with engraved or embossed ornament, but

these tend to be more expensive. Metal boxes are very often blackened with tarnish, making it difficult to determine exactly what they're made of. Occasionally, after cleaning off his purchase, a lucky buyer will discover it's made of real silver, but more often he'll find that it was plated and that the silver has worn off.

\$10 buys this "tin" lunch pail from the 1880s. The form is plain and almost barrel-like—a shape that was used for many years in the late



19th century. The simple row of rings is a restrained decorative element appropriate to the form. Stamped out in a factory, the pail is made of sheet metal covered with a protective tin coating. It is sturdy as well as waterproof, and could be used to hold liquids or lunches. You may find lunch pails of about the same vintage with added decorative features—a sunburst on the bottom, for example. You may also run across later examples decorated with appealing 1920s patterns; these are usually rectangular with domed cover, resembling pails still being sold—new—today.

\$25 is a reasonable price for this circular wooden box. Though its design appears to reflect Shaker tradition, it was not made by the Shakers. Both oval and circular boxes of bent-



wood were created at the various Shaker communities from the beginning of the 19th century to about 1900, but the Shakers met with competition. Boxes like this one were turned out by country craftsmen. They are not as carefully made as the Shaker boxes; otherwise it's hard to distinguish between them. All were fashioned of birch or maple bent around pine. Meant for use in the kitchen, they were generally varnished or polished inside. A few were painted on the outside, but most were simply given a plain coat of varnish.

\$100 is the price tag on this ivory veneer box, an example of fine craftsmanship from India. Made about 1790, the piece has sheets of ivory applied to a wooden core. It is decorated simply with bright floral borders applied right on the ivory. Later versions were made with more elaborate inlays in appealing patterns; some of the most elaborate date from the mid-19th century, when there was

a great demand for such decoration. Ivory was used in the West, too, so you



may come across ivory boxes from England or Germany that are equally attractive and similarly priced.

\$225 is a fair price for this fine English box, which was probably used as a tea caddy in a fashionable dining room or parlor. It is the work of an early 19th-century cabinet-maker who was highly skilled in applying veneer and inlays—the same techniques that went into the making of fine furniture. The box's rope border and shell are elements that indicate it was made when Sheraton and Hepplewhite styles were new.



Its design is a happy compromise between the simple and the elaborate; similar wooden boxes with more complex decorations go for much higher prices. But watch out for fussily decorated imitations made in the 1880s. The designs are usually slick—and often burned or painted on rather than inlaid, as this one is.

\$250 brings you this choice 18th-century Dutch tobacco box made of copper and brass in the oblong shape typical of the period. Most tobacco boxes then were thin rectangles; but occasionally you'll come across an example that has flat, rather than curved, ends. The decoration on this piece, embossed and a bit more elegant than the more common en-



graved designs, marks the end of the Seven Years' War. On the cover, the date of the Peace of Hubertusburg is commemorated with appropriate symbols; underneath, there is a similar design celebrating the victory at Freiberg. Most tobacco boxes of the period have patriotic or religious motifs. But occasional examples are engraved with racy poems, so be sure to get a proper translation before you buy. What's amusing to one *could* prove embarrassing to another.

—Marvin D. Schwartz

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

Kings & Longs, 17 mg. "tar," 1.3 mg. nicotine, av. per cigarette, FTC Report Oct. '74

Ideas you'll welcome for the beautiful bath

All beautiful rooms are the sum of their details, a precept I followed in designing my Room of the Month (pictured here and on pages 54-55). I began with the basics—walls, floor, fixtures, luxurious space—then filled my showcase room with radiant colors, contrasting textures, plenty of plants and the latest conveniences.—Carleton Varney



2

3

4

5


6

7



Here are some of the functional, decorative details in my dream bathroom: 1 easy-care surfaces, such as this sleek vanity with flush-fitting doors and drawers, and hardy Du Pont "Corian" top and backsplash; 2 Magnavox portable TV on an airy Plexiglas stand; 3 neat, sanitary Dixie cup dispenser instead of the usual unsanitary bathroom drinking glass; 4 Rohm and Haas soap and toothbrush holder in Plexiglas—novel, attractive and practical; 5 metal Detecto wastebasket and colorful stack-up of Fieldcrest towels in open storage; 6 inexpensive woven baskets used decoratively everywhere; 7 clutter-free Hall Mack scale in its own special niche—it folds down when you need it, vanishes into the wall, off the floor, when you don't.

Why expensive paint is less expensive than cheap paint.



You'll probably pay over \$10 a gallon for *Microflo*™ WALLHIDE® Latex Flat Wall Paint. And that may seem a little steep.

Before you use it, that is, and find out how it pays you back.

You see, unlike anybody else's latex flat wall paint, its hiding properties don't come from pigment alone. The patented *Microflo* process creates millions of microscopic voids after it's applied to a wall.

That makes it a whole lot more efficient at reflecting and diffracting light. Which, in turn, makes your walls come out looking superb. And incredibly even from end to end.

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A really creamy consistency that lets it go on easy and fast.

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WENT DOWN THE DRAIN.
SO DID \$550.**

Don't you wait for septic tank or cesspool trouble to start. Use Rid-X® now. 50¢ worth once a month can save you hundreds of dollars.

The Bodens are real people. Their cesspool really ne work. This picture was taken as it was being done job really cost \$550.

It could happen to you! For years the Bodens like most home owners. Their sewage system wa fine, so they ignored it. Meanwhile, trouble bu underneath their feet until one day, it surfaced. learned the hard way—when you see septic ta cesspool trouble, it may be too late.

That's why you should start using Rid-X now, b trouble starts. Today's modern detergents, ble and lyes can destroy the active bacteria your se system needs to work efficiently. Rid-X is a bene bacteria additive made to help reactivate that ess bacteria action; to help liquefy waste matter, oil fats. Rid-X works to keep septic tanks and cess trouble-free.

Don't confuse Rid-X with liquid and caustic pro made to simply unclog drains. Rid-X is specially to work inside septic tanks and cesspools. Jus worth, flushed down the toilet bowl once a mont save you hundreds of dollars! Buy Rid-X today, a hardware or food store.

SPECIAL COUPON OFFER.

Get a discount coupon worth 50¢ towards your purchase of Rid-X (it's like getting the first month's supply free)—plus a free 16-page booklet on septic tank-cesspool maintenance. Send name and address to Rid-X, P.O. Box 225, White Plains, N.Y. 10606.



American Home Travel Planner

If you are planning a vacation, we'd like to help. Listed below are some major vacation areas. Just check the free travel information you would like and circle the corresponding numbers listed above the space for your name and address.

To guide us in providing more useful travel information for you, please answer the questions on the return coupon.

1. **BUSCH GARDENS**, Williamsburg, Va. Enjoy the spirit and excitement of France, England and Germany at the new 300-acre Busch Gardens near Williamsburg. The featured theme of the park's rides, shows, music and attractions is "The Old Country."

2. **TRAVEL RHODE ISLAND**. This vacation kit has brochures detailing the boating, swimming, scuba diving, saltwater fishing, camping and golf facilities, music festivals and house tours—plus a tourist guide and map.

3. **KINGS DOMINION**, Va. It's the all-new home of Yogi Bear, the Eiffel Tower, the Rebel Yell Double Roller Coaster, rides, fun, magic and make-believe. It's Kings Dominion, the largest family entertainment center north of Florida.

4. **TRAVEL VIRGINIA**. Let a 36-page color guide introduce Virginia—spring in the Blue Ridge, Williamsburg, Yorktown, plantations, caverns and beaches.

5. **BICENTENNIAL PENNSYLVANIA, 1976**. Send for your "Calendar of Events" with Bicentennial preview and a color brochure, "Come to Pennsylvania and Get to Know America."

6. **VACATIONLANDS, NEW YORK STATE**. This 96-page color brochure contains a list of 400 resort communities and 500 tourist attractions in the Empire State.

7. **GREAT CANADIAN VACATIONS** from Air Canada. The beautiful tour booklet is designed to show that Canada is a little bit of Europe, a lot closer to home.

8. **MASSACHUSETTS**. This full-color vacation guide and poster is the perfect family vacation planner. And this year, the Bicentennial begins here. So now, more than ever, make it Massachusetts.

9. **VISIT KENTUCKY**. A 72-page color booklet lists Kentucky's state and national parks, shrines and monuments, with detailed information about each.

10. **SOUTH CAROLINA TRIP KIT**. This packet contains folders on campgrounds, state parks, beaches, mountains, golf courses, historic homes and gardens; a colorful brochure and highway map.

11. **AEROMEXICO** offers low-cost Quality Approved Tours to Mexico City, Acapulco, Guadalajara, Puerto Vallarta, Mazatlán, Cozumel, Mérida, Baja California.

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* Did you or any member of your family take domestic vacation trips in the past 12 months? Yes () No () How many? _____

* Did you or any member of your family take international vacation trips in the past 12 months? Yes () No () How many? _____

* What means of transportation did you use on your domestic vacation trips? _____

* What means of transportation did you use on your international vacation trips? _____

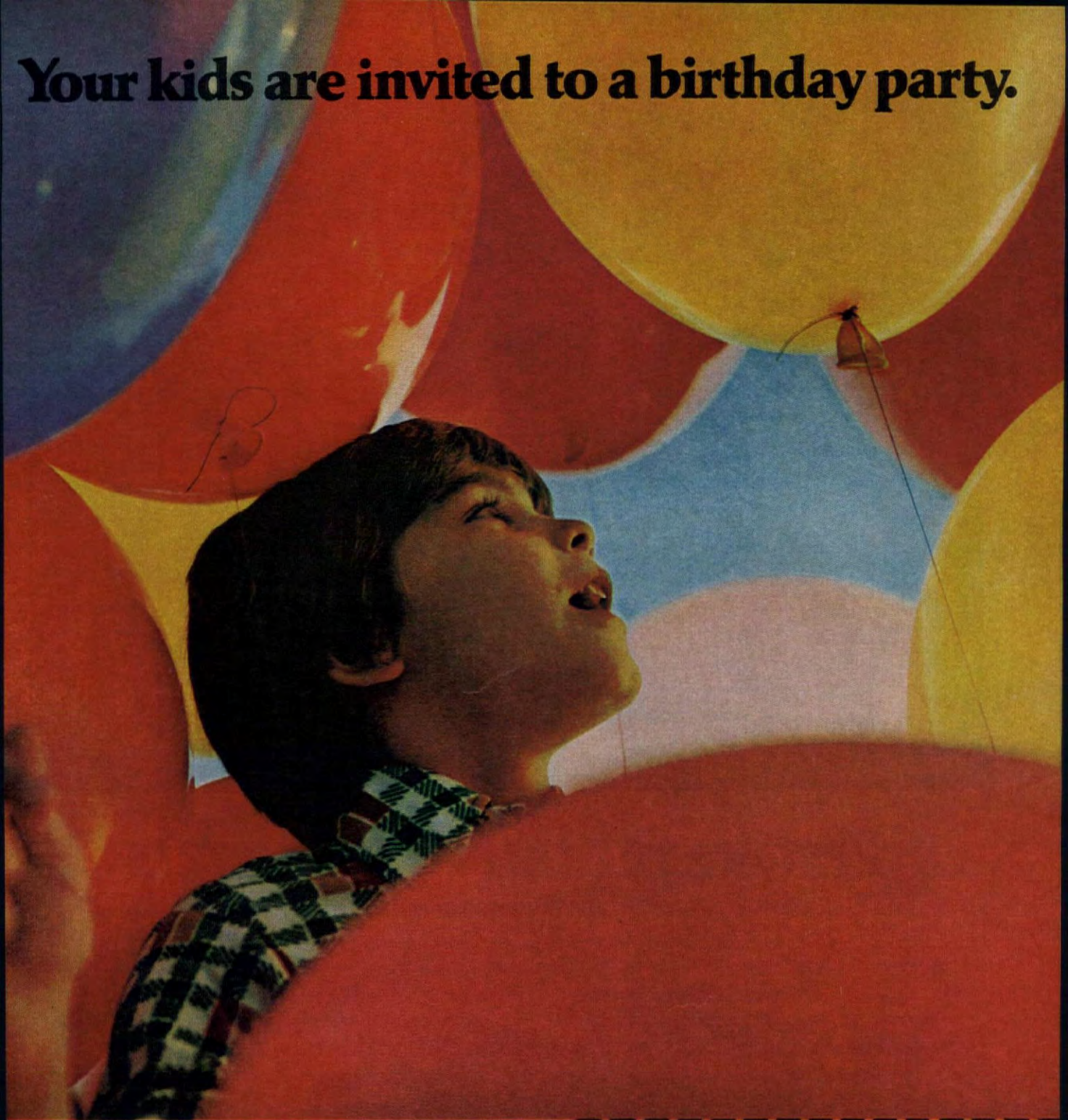
* What domestic accommodations did you use? Hotel _____ Motel _____ Other _____

* If you traveled internationally on a vacation trip in the past 12 months, what countries did you visit? _____

* Do you plan to take a domestic pleasure trip in the next six months? Yes () No () If so, where? _____

* Do you plan to take an international pleasure trip in the next six months? Yes () No () If so, where? _____

Your kids are invited to a birthday party.



In fact, your whole family is invited. To celebrate the 200th anniversary of America's birth, right here in Pennsylvania, where it all happened. With pageantry, parades, and history come alive.

It only happens once in your lifetime, or in your children's. And, because a Bicentennial visit can easily fit in the tightest family budget, there's no reason for your kids to miss this opportunity to really understand their country.

To find out about all the wonderful things Pennsylvania's planning for you in 1976, just use the coupon.

Plan ahead now. Don't miss the birthday party of a lifetime.

Travel Pennsylvania 1976
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South Office Building
Harrisburg, Pennsylvania 17120

My family wants to come to the birthday party. Send us our free "Bicentennial Package."

**Bicentennial
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So your children can tell
their children.

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Milton J. Shapp, Governor

6-inch embroidery hoop **FREE** with any order



By Ann B. Bradley

Festive folk-art place mats

Fun to make in easy cross-stitch kits

Meet our delightful peasant duo! You'll enjoy cross-stitching these jaunty boy and girl figures and flowered hearts on cheery place mats, capturing their much-in-vogue folk-art look quickly in red, green, black and yellow thread. Our kit contains four stamped place mats and four plain napkins—all in creamy no-iron cotton/polyester. Borders prestitched in red need no hemming. Embroidery thread and easy instructions are included.

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Check items desired:

#61925 Place mats/napkins (4 ea.) @ \$7.99 set
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FREE WITH EACH ORDER:

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Our cross-stitch companions in easy kits make charming gifts. Embroider an apron or two tea towels with folk-art motifs on the same no-iron fabric as place mats.

The Story of the Ugly Chair.

Contour®

THE CHAIR LOUNGE THAT HELPS PEOPLE FEEL BEAUTIFUL!

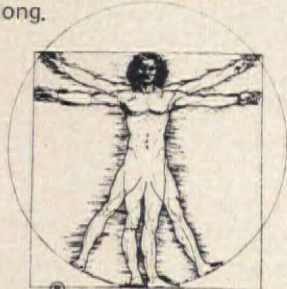
Not that everyone thinks the Contour Chair Lounge is ugly, mind you. Folks across the country have been buying them for, maybe, twenty-five years. And there must be a million families now who bought them because they liked their looks. . . and later discovered they had bought not just another pretty piece for the living room or den. . . but almost a new way of life.

How important can a mere chair be to your life style? For the answer to that, you'll have to look beyond the usual ideas of what a chair should look like. What you really must consider is what it was made to do for you.



Picture that conventional easy chair in your living room or den. Then try to figure out how you can rest your head. By slouching down so you're resting the bulk of your body weight on your spine? That's not going to be comfortable for very long.

What do you do with your legs? Cross them? Then recross them? Rest them on the cocktail table? On another chair? Or on an ottoman? All of these positions tend to restrict circulation or result in the concentration of an undue proportion of your weight on a single area of your body. None of them can have you comfortable for very long.



CONTOUR IS THE WORLD'S ONLY "YOU" SHAPED CHAIR.

Man has been making chairs of every description for thousands of years. But not until recent times has anyone thought of making a chair that

will conform to the contours of the human form. Not until Contour Chair designed its chair lounge with you in mind was there any form of seating that takes into account the way nature had fashioned your body.

Contour® provides full support to your head in any position.

Because the Contour Chair Lounge is available in a size that is compatible with your height, because it curves to provide gentle support for your head and neck, there is no longer the need for tensing your neck muscles while you're trying to relax. And this support is maintained in any chair position — upright, fully reclined . . . and in all positions in between.

Contour® provides gentle support for the small of your back.

In addition to relieving you of the usual body weight pressures on the lower back and thighs, the "kidney roll" design feature provides gentle support for the small of the back.



In Upright Position — only 31.4% of body weight supported by hip area.

In Semi-Upright Position — only 32.8% of body weight supported by hip area.

In Reclining Position — only 23.8% of body weight supported by hip area.

Contour® elevates your knees in a "floating" position, raises and supports your legs.

In a Contour Chair Lounge, the legs are always fully supported and comfortably raised. . . even above the body level. . . and for as long as you may desire.

Choice of single or two-seater Cuddler® models available with automatic push-button position changer, automatically changes your body position from "head high" to "feet-up" without effort.



Contour Chair Lounges come in your choice of a wide range of colors, fabrics and styles.



SPECIAL OFFER

If you purchase a Contour® Cuddler® or Contour® Power Slide® Push Button Positioner when installed on purchase of any new Contour chair, you will receive a \$50 U.S. SAVINGS BOND.

Offer void after June 15, 1975.

MAIL THIS COUPON TODAY!

Get a FREE illustrated booklet and full information, PLUS a \$50 U.S. SAVINGS BOND Application Certificate.

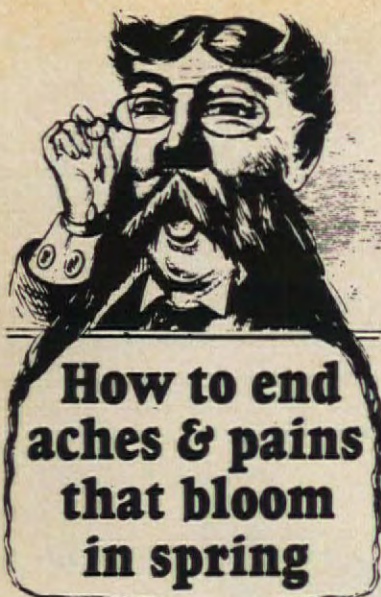
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- ☐ Send me your free booklet, "How to get the most out of sitting." No obligation, of course.
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By Karen Cure

It's not surprising that Monday mornings in spring bring a lovely crop of sore muscles and joints—after weekends spent raking, mowing, planting and window-washing. These activities would take their toll in any season, but our muscles complain all the harder for having to work after a long, lazy winter.

Sore muscles. If your Monday problem is mildly strained, fatigued, sore or stiff muscles, aspirin and a hot shower should take care of it. Massage any trouble spots, using liniments if you like. And as a precaution, take a hot-tub soak *right after* you've exerted yourself; it may reduce your pain and discomfort.

Immediate pain accompanied by swelling and hotness after a bad fall or a sudden extreme movement probably means that you've torn a few muscle fibers. Severe pain that sets in a few hours after exercising usually means the same thing. In either case, continuous cold applications for 24 hours will help slow down the intramuscular bleeding that results and will also help reduce the swelling. Later, to promote healing, use heat applications, gentle exercise and massage (with or without liniments). Aspirin is a help. Consult a doctor if pain and swelling do not subside—or if you suspect a fracture, which *can* feel the same. (Signs of a fracture are extreme limitation of motion, shortening or distortion of the limb or simply having felt the bone crack.)

Joint problems. Rheumatism has become a catchall word that refers to chronic swelling and aching of the tendons and joints. Causes of the aching include *bursitis*, *osteoarthritis* and *rheumatoid arthritis*.

Bursitis, which affects shoulder, knee, elbow and other bony joints, is an inflammation (continued on page 69)

*These fine stores
in your area feature the Elsa Williams
Needle Art Collection.*



The new Elsa Williams Needle Art catalog is a collection of the finest designs and best materials. In all, there are more than 300 crewel and canvas designs, featuring many exclusives by Elsa Williams and other recognized Needle Artists.

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OKLAHOMA

Tulsa/Handcraft Shop

PENNSYLVANIA

Altoona/School House Stitchery

Carlisle/The Needlecrafters

Doylestown/The Susan Louise Shop

New Castle/Lillian Geer's Stitchery Studio

Wilkes-Barre/The Needlewoman

TEXAS

Dallas/Needlework Patio

Hebronville/Hellen's Hobby Home

Houston/Virginia Maxwell Custome

Needlework Studio

San Antonio/Martha Rabinowitz Needlepoint

VERMONT

Barre/Yarn Cellar

Burlington/Yarn Cellar

Londonderry/The Kent Shop

St. Albans/Yarn Cellar

Shelburne/Yarn Cellar

WISCONSIN

Appleton/The Little Mermaid

"THERE IS CREATIVITY
IN ALL OF US.

MY PLEASURE IS IN HELPING
YOU EXPRESS IT."

-- Elsa S. Williams

Design shown: "Betchworth," by Elsa Williams, from the cover of the NeedleArt Catalog.



Elsa Williams has helped to bring about a needlework revolution in America.

No longer is needlework considered a quaint craft practiced by old-fashioned people in quiet sitting rooms.

Today, it is a vibrant art, full of personality and spirit.

The opportunities for self-expression are limitless.

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Now, many of her ideas and techniques are brought to you in an all-new catalog.

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Ask us about your antiques

Q This sugar bowl belonged to my mother's great-great-grandmother. We think it's a Wedgwood transfer-print. Can you confirm—and tell us more about it?

B. W.—Parkersburg, W. Va.

A Your sugar bowl was produced in the 1840s in the Staffordshire region of England. It is a type that was manufactured by many potteries operating in that region. Made of hard earthenware, the piece is decorated, as you say, with transfer-print illustrations. The romantic landscape with its picturesque sailboat and odd buildings is typical of the period. A piece like this would not be in as great demand today as English-made sugar bowls featuring views of American landmarks.



Q This little bottle is painted to look just like a cured country ham. The irregular shape is quite realistic. There is even a bulge to indicate a bone. Do you have some idea of its history?

L. W.—Wilmington, N.C.

A The ham shape is a figural bottle design that we are unable to identify. But it is probably of late 19th-century origin, since the greatest number of unusual bottle designs were patented at that time. Bottles for whiskey, drugs, spices, bitters and condiments were produced in a large assortment of shapes from the 1880s on. But your ham-shaped bottle seems unique. For more information on the bottle's design, we can only suggest that you consider a trip to Arlington, Va., to check at the U.S. Patent Office.

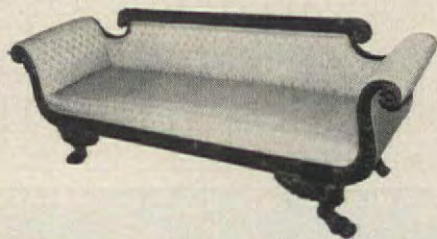


Q I've been told that our old sofa came from New England. Can you tell us anything at all about it?

F.H.—Fernandina Beach, Fla.

A Your sofa is an example of the American Empire style, which

flourished from about 1820 to 1850 and was revived at the turn of the century. It is difficult to determine from a photo whether the sofa is an early or revival example. Examine the carving: If it is deeply cut and complex in pattern, the piece is probably an early one.



Later carving done by machine was shallow and often tended to be quite repetitious.

Q This secretary has been in my mother's family for years. It is handmade of walnut, with burl-walnut drawer fronts and brass pulls in a dolphin design. It is marked "A.H. & Co." and also "A. Miller." Do you know how old it is?

J.D.—Exton, Pa.

A Your secretary features an unusual combination of early elements in an American design that must be from the 1880s. The combination of drawers below and glass doors enclosing a bookcase above is an unusual one

for the period. But the turned columns flanking the glass doors, the graining of the drawer fronts and the design of the pulls are details characteristic of furniture made after 1870. A. H. & Co. was probably the manufacturer; A. Miller must have been the cabinetmaker. Neither is well known.



Q I am told this family picture is over 100 years old. It is painted on the back of a piece of glass, with mother-of-pearl windows and moon. What kind of painting is it? Is it really old?

L. LaB.—Costa Mesa, Calif.

A You have a rare example of reverse painting on glass, which was a popular art form in the 19th century. It is the work of a fairly primitive artist, who showed ingenuity in using mother-of-pearl touches to add depth and vibrancy to a picture that would otherwise be very flat. To achieve the same results, 19th-century artists also

used crinkled silver paper in portions of their reverse paintings. These works,



called "tinsel" pictures, were usually still lifes, examples of popular art.

Q This hammered brass teapot seems old, but it's hard to be sure. The pot has four feet, a wooden handle and "J.C.B." on the bottom. Is it old? D.B.—Borger, Tex.

A Your teapot is probably not more than 80 years old. Feet and a globular shape were features encountered only after 1850. Later pieces were stamped or cast; the hammered effect you see is a texture applied to suggest the earlier hand technique. J.C.B. was an important manufacturer whose work is frequently encountered today.



Q I bought this pair of heavy, solid-brass candlesticks in England. What can you tell me about them? E.E.—Plymouth, Ind.

A The delicacy and intricacy of your pieces are typical of the turn of the century. The fantastic figures they represent were inspired by the ancient Roman designs then being revived. Earlier candlesticks were heavier.



To learn the real story behind a family treasure, send letters and **clear black-and-white** photos to: Ask Us About Your Antiques, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Include descriptions. We're unable to return photos or send personal replies. —Marvin D. Schwartz



FOR MORE OF A WOMAN

It's a fancy lunch or
a last-minute meeting or
a chat with the Chairman
of the Board. Whatever you do,
you'll do it with style. With your
DIANE VON FURSTENBERG
dress. And your
Salem Premium Lengths.

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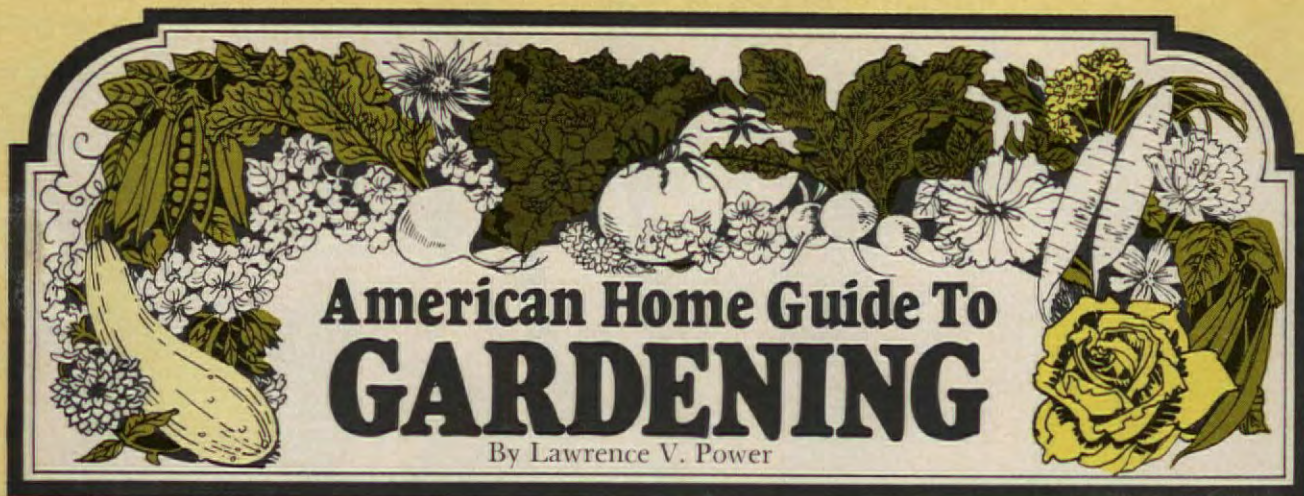


Extra Length



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

19 mg. "tar",
1.3 mg. nicotine av.
per cigarette,
FTC Report OCT. '74.



Money-saving vegetables

A garden no bigger than your living room will produce a bumper crop of fresh vegetables and salad makings from spring to fall if you plan. The secret to obtaining high yields from small vegetable gardens is in knowing individual planting and ripening times.

\$10 worth of seed can give you \$290 worth of fresh vegetables.

Five of the vegetables listed in our planting and yield chart (below) are cold-weather plants—to be sown as soon as the ground has dried out in early spring. These plants mature and are ready for harvesting 3 to 10 weeks after planting. When harvesting ends, these same rows can be turned over and readied for new crops that will continue their yield through summer. Our chart shows how much produce you can expect from a 9½-by-25 foot garden (see plan, next page). Here's how to plant. **ROW 1:** In early spring plant half the row in radishes, one-third of a packet every 10 days—so the harvest will span 20 to 30 days and you'll avoid having masses of radishes all ready at about the same time. When radishes are through, plant summer squash, which will continue producing until the first big frost of autumn. (Where partial packets are called for, why not give the remainder to a gardening neighbor?)

Plant the second half of Row 1 with garden cress, a peppery salad green. Follow with a sowing of loose-head lettuce (Salad Bowl is a good variety). As the young lettuces grow, thin the rows and use thinnings for salads. Plant cos or romaine along the outer edge of this row. Slow-growing, these lettuces will mature after summer heat has discouraged further loose-head produce. **ROW 2:** In early spring plant bush peas of a variety like Blue Bantam, which

needs no staking. Follow with New Zealand spinach, and you'll have crops all summer. Regular spinach is harvested by cutting the top from the root; with the New Zealand type, you merely break off its 6-inch tips.

ROW 3: Beets go here as an early-spring crop. They can be harvested over a period of several weeks after maturity. As you clear the row of beets, plant bush-type snap green beans, such as Tenderpod, in the empty spaces—until the row is void of beets and filled with young bean plants. Pick beans when pencil-slim and 6 or 8 inches long. Keep young beans picked to encourage continued yield.

ROWS 4 & 5: Plant a row of carrots (Short 'n Sweet, for instance) and a second row of bush peas (sown 10 days after you've planted Row 2). When harvesting is done, replace carrots and peas with tomato plants and cucumber seedlings you've started indoors earlier (or bought from a nursery or garden-supply center). Low-growing cucumber vines do well at the feet of tall, staked tomatoes. Plant cucumber seeds near the growing seedlings, so that when the first vines have completed their yield, a second crop will be well under way. Keep young cucumbers and ripe tomatoes picked to encourage pro-

duction. Select small cherry tomatoes (such as Tiny Tim) as well as regular-size ones; the cherries ripen earliest.

SOIL PREPARATION: The soil must be well dug and well fed if your garden is to produce lavishly. In early spring strip your vegetable garden area of sod. Spread 1 or 2 bales of peat moss over the soil; use a spading fork to dig the peat into the soil, 20 to 24 inches deep. Break lumps and clods of soil as you work. The soil must be loose and crumbly before you can plant. If damp soil lumps into a hard ball when you squeeze it, the clay content is high—and sand should be added. Cover the garden surface with 1 or 2 inches of sharp builder's sand and dig it into the soil. The sand will make your soil porous enough to create good drainage.

Mark and measure off the garden rows. Fertilize according to package instructions, but only in those areas where seeds will be sown; there's no point making unplanted soil fertile for weeds. After seeds are sown, mulch between planted drills (where the seeds are) with hay, black plastic, peat moss, buckwheat hulls, seaweed or, in a pinch, grass clippings—to a depth of 3 or 4 inches. This will inhibit weed growth and make watering a once-a-week chore.

Vegetable planting and yield chart

Vegetable	Seeds or plants 25' row	Days to maturity (approx.)	Yield 25' row
*Radishes	1 pkt.	20–60 days	25 bunches
**Squash, summer	¼ pkt.	45–50 days	35 lbs.
*Lettuce	½ pkt.	20–70 days	25 lbs.
*Bush peas	4 oz.	60 days	½ bushel
**Spinach, New Zealand	¼ oz.	70 days	¼ bushel
*Beets	¼ oz.	45–60 days	½ bushel
**Snap beans	2 oz.	55–65 days	12 qts.
*Carrots	⅛ oz.	65–75 days	½ bushel
**Tomatoes	8 plants	70–80 days	35 lbs.
**Cucumbers	¼ pkt.	50 days	35 lbs.

*Plant in early spring

**Plant in late spring

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Width
of rows

VEGETABLE GARDEN PLAN

18"	Radishes; follow with summer squash	Cress and lettuce
30"	Bush peas; follow with New Zealand spinach	
24"	Beets; follow with snap beans	
18"	Carrots; follow with tomatoes and cucumbers	
24"	Bush peas; follow with tomatoes and cucumbers	

Here's how to lay out the money-saving vegetable garden described on the previous page. Our plan calls for a modest 9½ by 25 feet and is set up so your garden yields vegetables by the bushel (and 3 varieties of lettuce) from spring until autumn's first frost. You can grow America's 10 favorite vegetables in a space only 250 feet square.

10 all-summer blooms for less than \$20

Heaven is a flower border that blooms profusely for little cost and little effort. It'll be yours if you choose these sun lovers and grow them from seed.

Take a look at our garden plan for annuals (right). It contains 10 flowers in varying sizes and shapes that bloom from mid-spring to mid-autumn. All you need do to sustain the blooming is keep blossoms from going to seed on the plants. You can pinch blossoms off as they fade, or cut the flowers (on 6- to 8-inch stems) as their petals are opening to full blooming size, and use these prunings to make indoor bouquets.

Blossoming borders are most exciting when they include flowers in colors that mix and match, such as we have selected. To encourage the earliest possible blooms, start some—or all—of your seeds indoors. Seed packets tell how early to do this. Generally, you

Sow seeds indoors 4 to 8 weeks before it's warm enough for you to set them outside.

can set them outdoors in mid-spring, when there's no longer a chill in the air.

Fill flats or peat pots to within an inch of the rims; use a potting mixture made of half garden soil and half vermiculite (growing cubes have their own growing medium). Set containers in the sink, in a few inches of lukewarm

water, to moisten the soil; then set on a waterproof tray. Drop the seeds 1 or 2 inches apart on potting mixture. Sift

To prolong blooming life, pinch off blossoms as they fade.

an inch of vermiculite over seeds. Cover containers with plastic film to keep warmth and moisture in; set in a warm room (sunlight not needed) to germinate.

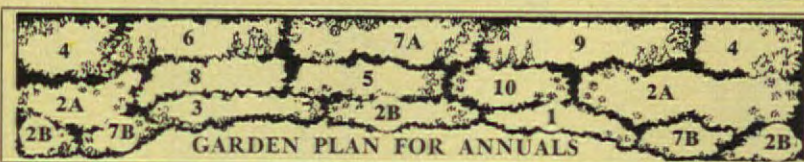
When seedlings appear, remove the plastic film and place flats in sunny windows. Turn your containers every few days so all the seedlings have equal amounts of sun. Keep soil damp, but not soaked. If the little plants should start to yellow, let the soil dry out, but not enough to wilt the plants; then water them lightly with a solution of ammonium nitrate (sold at garden centers) at half strength. As the plants grow, they will crowd their containers. Discard small or spindly specimens to leave room for others to develop. You can transplant thinnings to other containers, if you wish. One week before planting time, set seedlings outdoors to harden off. Select a sheltered, not too sunny, corner.

When planting weather arrives, mark

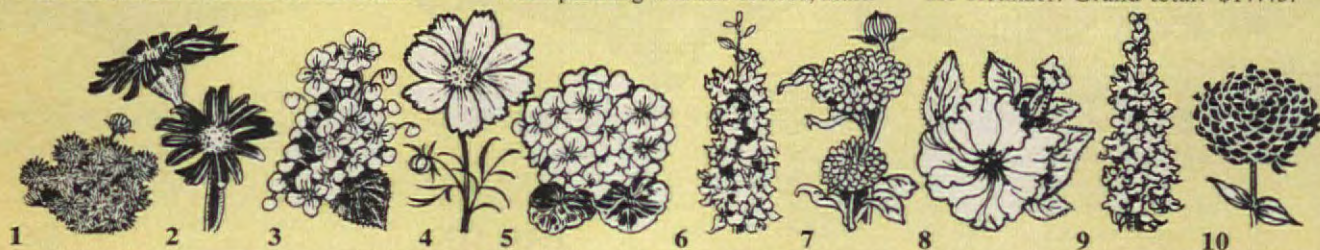
out a border measuring 5 by 25 feet in full sunlight. Remove the sod and turn the soil to a depth of 18 to 20 inches. Break caked lumps by knocking with a shovel. If the soil is claylike, add enough sand to insure good drainage. Dig in and mix well with a bale of peat moss and the amount of fertilizer recommended on a package. Rake border smooth. Following our plan, mark out with string, gravel or pebbles the areas in which each type of flower is to be set.

If seedlings are growing together in flats, cut roots apart with a sharp knife. Dip each seedling in starter solution before planting. Dig holes a half-inch deeper than the root ball, and fill with lukewarm starter solution. Allow liquid to drain; plant seedlings; water and let drain again, fill holes with soil. Make sure border is watered once a week. Grass clippings piled 3 to 4 inches deep between maturing plants act as no-cost mulch to keep weeds out, moisture in.

According to late-winter estimates, the cost of seed for this garden will be \$7.45. To that amount add \$4 for peat starter pots or flats (or growing cubes); 95 cents for vermiculite; \$1.95 for starter solution; \$2 for peat moss; \$1.10 for fertilizer. Grand total: \$17.45.



Plan for a 5-by-25-foot border of mixed annuals that bloom from spring to fall includes tall, medium and small flowers in varied shapes and colors that mix and match well. Numbers in plan are keyed to individual drawings, bottom.



This is the key to sun-loving annuals above and numbered in garden plan, center: 1. ageratum; 2. asters—tall (A), dwarf (B); 3. begonias, wax; 4. cosmos; 5. geraniums; 6. larkspur; 7. marigolds—tall (A), dwarf (B); 8. petunias; 9. snapdragons; 10. zinnias.



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Share a Growing Secret.



Plant a portable rose garden

Planting roses in containers is a novel idea that offers practical and aesthetic pluses to the adventuresome gardener.

Portable rose gardens brought to bloom in full sun can be used to spruce up a dull corner of your house or garden. Containerizing is also an ideal way to grow roses where wetness or lack of drainage makes in-ground planting difficult. For gardeners in the northern part of the country, containerizing solves the problem of how to grow roses in cold climates. In moderate climates,



Through proper pruning, you can increase the number of blooms your container-grown rose will produce. And by a little prudent clipping now and then, you can keep your portable garden shapely and attractive. If drainage is good, almost any type of container will suit your rose.

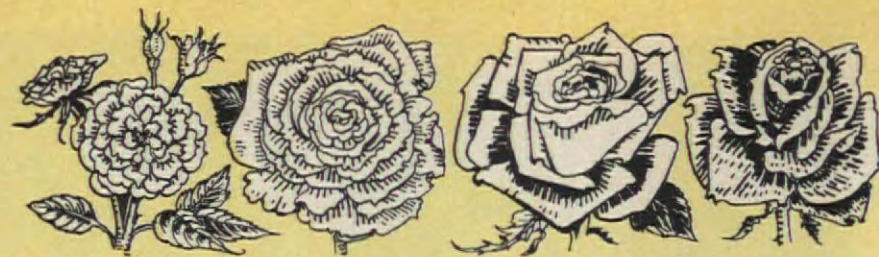
bringing roses into some sort of shelter or protection during the winter means no more concern about winter kill or ground heaving, no more need for mounding or covering plants in late fall and, best of all, no more worry each time the temperature makes a sudden change upward or downward.

Almost any rose—miniature, grandiflora, floribunda or tea—can be container-grown. The ideal container for a full-size specimen is 24 inches square and about 18 inches high. A container this size could also be used to grow 2 or 3 fairly small floribunda, so be sure to check the ultimate height, as well as the growing characteristics, of plants before you buy. Any material—concrete,

Using container roses, you can transform a deck or patio into a flowering delight.

wood, ceramic—will work as a container; you need not limit your choice to the oversized clay pots so prevalent in the past. Whatever you use must have good drainage, and even if your container has drain holes that seem adequate, you should still layer the bottom with pebbles or pieces of broken clay pots.

Miniature roses are particularly well suited to container growing. Their small size means they can be grown



Hybridization has produced rose variations; here are blooms reflecting the 4 types, left to right: double-flowered miniature and grandiflora; floribunda; hybrid tea.

singly or grouped in a wide variety of containers. They need little pruning and, of course, are easily transported. Lined up in a window box, for instance, they make a delightful display. A strawberry barrel can be a superb holder for miniature roses, since they can be planted in holes on the sides as well as at the top.

Roses are heavy feeders, so a super-rich potting soil is best to insure maximum bloom. Mix equal parts of good topsoil, medium vermiculite and either well-rotted manure or coarse peat moss. Add the equivalent of 1 pint of superphosphate and 1 pint of cottonseed meal to each bushel of potting mixture.

Plant roses in this mixture in early spring, just as you would in your garden. Once plants are settled in, begin feeding with liquid fertilizer every 2 weeks: 1 tablespoon diluted in 1 gallon of water. Continue feeding until fall weather begins; resume the following spring. Unless rainfall is plentiful, water regularly; soil dries out much faster in a container than it does in the ground. Throughout the summer, spray each week with an all-purpose aerosol formulated especially to control insects and diseases that attack roses.

Prune your roses to keep them blooming continuously. For a hybrid tea, which produces individual blos-

soms rather than clusters, here's what to do: Move your hand down a stem until you come to a leaf stem with 5 leaflets growing from it. This leaf stem is likely to contain a bud, or eye, that will develop and bear 1 or more flowers. Prune about a quarter-inch above this leaf stem to direct energy as well as sunlight into the bud and encourage it to bloom.

Grandifloras and floribundas, which flower in clusters, should be similarly

For good looks, choose a rose with compact, bushy shape.

pruned. As each bloom in a cluster fades, remove it. When the last blossom is gone, cut stem back to a point about 1 inch above the first 5-leaflet stem.

Hybrid plants frequently develop suckers—fast-growing shoots that emerge just below the bud joint where the cultivated upper plant was budded onto the rootstock. Allowed to grow, these suckers weaken and kill the hybrid top of the bush. At first signs of a sucker, cut it off flush with the rootstock.

Stop pruning your roses when the blooming season begins to wane. By leaving a few roses on your plant, you'll allow seed pods, or hips, to develop. This maturation signals the plant to settle into the gentle dormancy that allows it to survive winter, indoors or out.

CHOICE ROSES FOR CONTAINER GROWING

Type and name	Color	Fragrance	Height	Shape
HYBRID TEA				
Chrysler Imperial	Red	Medium	3'-4'	Upright, compact
Aztec	Red-orange	Medium	2'-3'	Spreading
Michèle Meilland	Shell pink	Light	2'-3½'	Upright, spreading
Frau Karl Druschki	Pure white	Slight	4'-5'	Upright, spreading
FLORIBUNDA				
Red Pinocchio	Dark red	Medium	1'-2'	Bushy
Fashion	Apricot	Medium	3'-4'	Bushy
Sunspot	Yellow	Slight	3'-4'	Broad, even
Gaytime	Red, yellow	Light	2'-2½'	Bushy
GRANDIFLORA				
Carrousel	Dark red	Medium	3'-4'	Upright, spreading
Queen Elizabeth	Light pink	Slight	5'-6'	Upright, broad
Golden Girl	Yellow	Slight	3'-4'	Spreading
Starburst	Red, yellow	Medium	3'-4'	Broad
MINIATURE				
Red Imp	Crimson	None	12"	Upright, broad
Scarlet Gem	Orange-red	Slight	12"	Bushy
Sweet Fairy	Shell pink	Heavy	10"	Bushy
Cinderella	White	None	10"	Broad

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The trouble stopper. Anchor fence.

As long as you have children, pets and property, trouble can pop up.

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Nothing stops all these troubles like an Anchor Fence. A lot of its features just aren't available in any other fence. Square posts at ends, corners and gates look neat. They get rid of those climbable wraparounds that give conventional round posts an unsightly ladder effect. Square frame gates have welded corners that won't loosen or sag.

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How to have the lawn you always wanted

Follow our year-round regimen and the grass on your side of the fence will be greener—a lawn you'll be proud of.

Good maintenance is your first line of defense against lawn pests, weeds and diseases.

One way to have a healthy lawn is to apply a complete fertilizer—one that contains nitrogen, phosphorous and potash—in early spring and again in the fall. Read the instructions carefully and apply evenly so you don't "burn" the lawn. Follow with an extra application of nitrogen in late spring for cool-season grasses. Warm-climate (southern) grasses will require repeated feedings of nitrogen every 4 to 6 weeks, through the summer. Most lawns, particularly those in homes east of the




Mechanical spreader is useful in applying fertilizer, lime and even seed to your lawn. A lever controls the flow through holes in bottom.

Mississippi, should receive treatments of lime every 2 or 3 years. When applying fertilizer or lime to your lawn, use a mechanical spreader (above) and follow a pattern that will insure even distribution.

Cut cool-climate (northern) grasses to a height of about 1½ inches each spring; this will thicken the turf so it can combat the spread of crabgrass more effectively. As warm weather sets in, raise the height-of-cut to a 2¼-inch maximum, and maintain it at this level for the rest of the growing season.

Cut warm-climate grasses normally to about 1 inch in spring, letting them grow taller during late July and August. Water *all* grasses regularly throughout the hot summer months. Water deeply to encourage deep rooting of the grass. Frequent shallow waterings draw roots to the surface, weakening the plants and encouraging weed growth.



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Then take a live-steam train into France. Here, you can watch resident artists at work. Linger over lunch in a sidewalk café. Drive a Le Mans-style race car. And zoom into a whirring sawmill on the thrilling log flume ride.

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Slurp

**Del Monte® Pineapple
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Sounds delicious.**



Unless it drains improperly, is weed-choked and dotted with bare spots, the lawn that makes you cringe can be saved.

Your ailing lawn is worth renovating if less than 50 percent of it is bare or host to weeds. Renovate southern grasses in spring, northern grasses in spring—never summer—or early fall. First, cut your lawn as short as you can; catch and remove the clippings, if possible. Proper cutting may require several mowings, spaced a few days apart, but do not remove more than a quarter of the leaf surface at any single time. Next, applying a bamboo or steel rake vigorously, remove the dead grass. If the soil is so compacted that air, water and fertilizer cannot

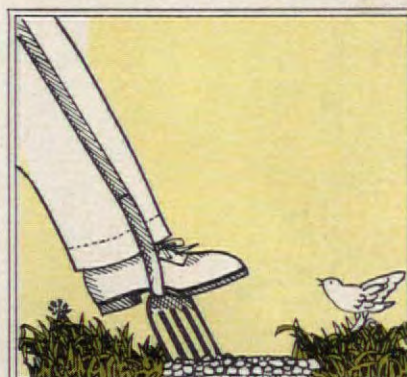


Plugging is one way to patch bare spots in your lawn. Use a plugging tool (shown) to dig out small holes at regularly spaced intervals; then set chunks of sod into the ground.

Know how to differentiate grass from weeds: which to treat kindly and which to kill.

penetrate, rent an aerator (from your local nursery) that lifts soil out, instead of just punching holes. The result will be a patchwork of weeds and sparse grass, but your lawn will be on its way to becoming beautiful.

To treat your lawn properly, you must be able to recognize the 2 basic types of weeds: *broad-leaf* (dandelions) and *grassy* (crabgrass and other weeds that closely resemble grass). Each type requires special treatment.



If you plan to reseed bare spots in your lawn, first dig up the ground to remove any underlying debris. Using a spading fork (shown), work in peat moss and fertilizer.

Chemical weed killers are the prime labor-savers of lawn care. They knock out weeds by speeding up the growth process, and leave no long-term residue. When treating a large area with chemicals, buy or rent a pressure sprayer with hose-end attachment. For small areas or spot use, an aerosol spray will work fine: Hold the nozzle close to the weeds and spray. Repeat 2 to 4 weeks later.

Among the grassy weeds, crabgrass is your lawn's worst enemy. It is best controlled in the spring with a preemergent compound containing DCPA that kills the weeds before they appear above ground. The so-called postemergent compounds (applied when crabgrass seedlings have 2 to 4 leaves) are very strong and should be handled carefully. Follow package directions to the letter. For early summer applications, use compounds containing amine methyl arsenate or calcium methyl arsenate.

There's something kind of nice about picking your own vegetables for dinner. Everything tastes better, and the savings don't hurt a bit (as lots of new backyard farmers are finding out).

You'll see the difference a good fertilizer can make.

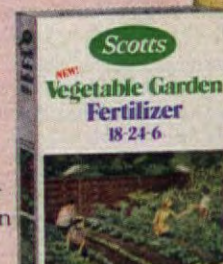


But if you want a better crop you have to fertilize. Scotts® new Vegetable Garden Fertilizer will give you more lettuce, tomatoes, sweet corn and beans. It has both fast-release nutrients to get your plants off to a strong start and slow-release nitrogen for a balanced, prolonged feeding.

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Our slow-release formula lasts longer than the water-soluble, quick-release brands. Some of these suggest 2 or 3 feedings per crop. With Scotts, once is usually enough. It can be used on all vegetables, and there's no risk of injury to your plants if you just do what it says on the package.

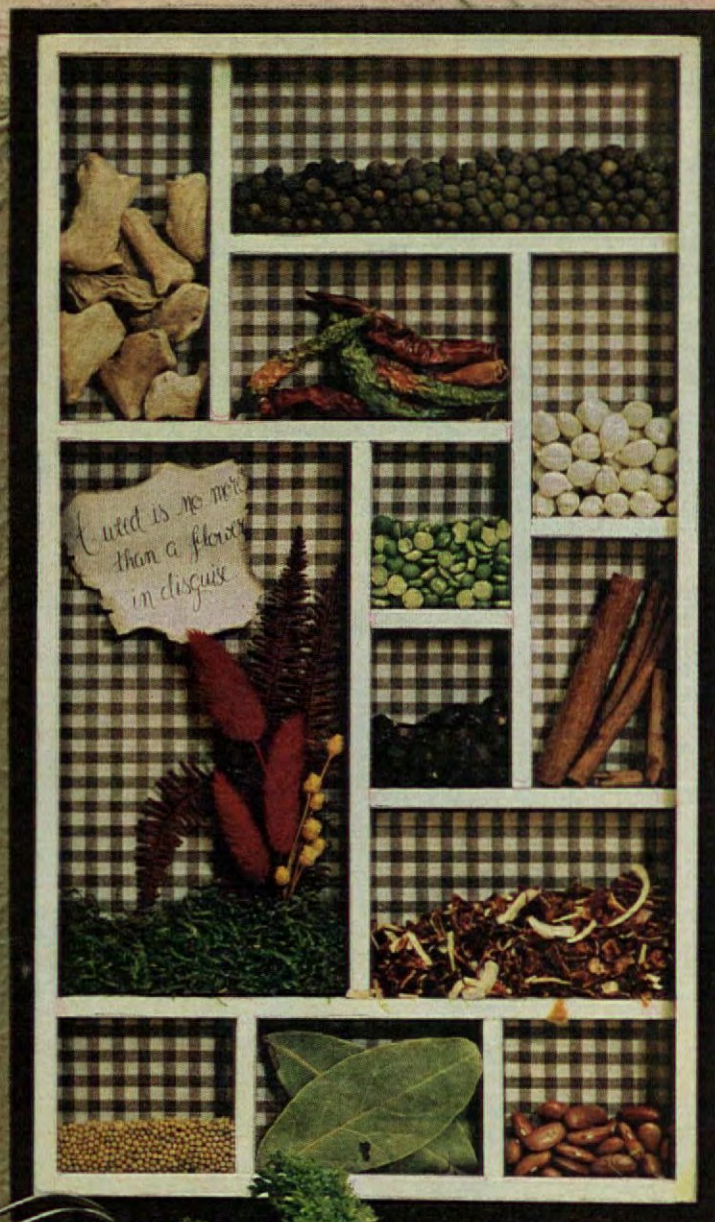
We've been in the business of growing things for one hundred years. You'll see the difference our new Vegetable Garden Fertilizer will make.



Spice cabinet kits

Perk up a corner of your kitchen with our intriguing spice cabinet. It's big enough to hold 12 jars of spices, but small enough (9 by 15 by 3 1/4 inches) to hang almost anywhere. You can make this attractive kitchen convenience from one of our two kits.

The Basic Cabinet kit gives you the unpainted cabinet already assembled, all hardware (including hinges, screws, fastener and catch), glass, glue, precut dividers painted white and ready for gluing, plus easy instructions. To finish the cabinet yourself, coordinating it with the decor of your kitchen, use remnants of your own wallpaper and/or a matching or complementary paint. If you'd like your spice cabinet to resemble those pictured, with gingham accents, order our *Basic-Plus-Accessory kit* (details below). Decorative spices, herbs, beans and jars are not part of either kit.



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Please make check or money order payable to A.H. Specialties—American Home Kits. Items shipped to Canada are subject to Canadian tariffs. Allow up to four weeks for delivery.

brown	
blue	
olive	
red	
yellow	

Basic-Plus-Accessory kit (right and above) has gingham-design paper in color of your choice, matching paint, brush, homespun adage plus dried flowers and moss to place in large section of spice cabinet door.





In 1914 after 6 years' psychotherapy with the famous Viennese analyst, Frederick Schlinger, Mrs. Ruth Thornburg felt free enough to smoke in his presence. Dr. Schlinger straightened her out.



You've come a long way, baby.

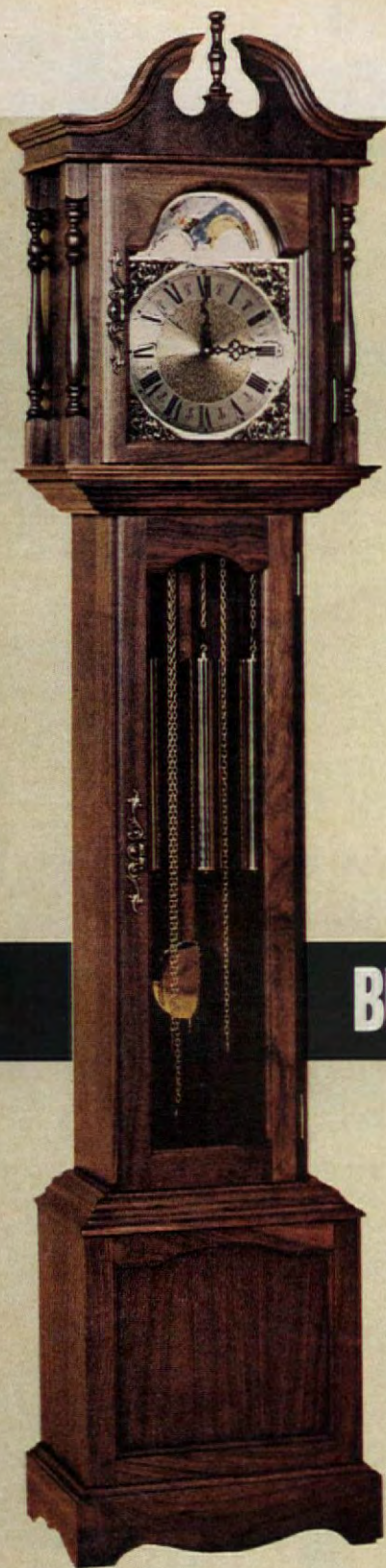
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Emperor is the world's largest manufacturer of grandfather clocks. This tremendous buying power enables Emperor to purchase large stocks of quality lumber for less. High volume sales, combined with efficient production methods, mean even more savings to you. However, this offer will completely exhaust our supply of Black Walnut bought before recent price increases. This is absolutely your last chance to buy Black Walnut at this amazingly low price!

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Our most popular Model 120 features four full turned hood columns, crowned by a breakfront swan neck with ornamental finial. Both the dial face door and full-length waist door are highlighted by curved arches. The decorator sculptured base has the practical convenience of built-in floor levelers. Black Walnut, the most highly prized native hardwood, is a perfect complement to the Model 120. The rich beauty of its grain and deep brown hue assures that your clock will become a cherished heirloom.

Features and Details of Model 120

- All pieces, including tenons and mortises, pre-sanded and pre-cut.
- Breakfront swan neck and finial, waist and dial doors, dial frame and sculptured basefront pre-assembled.
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	Model 100-M movement with Tempus Fugit Dial, Westminster Chimes for Model 120-K	33	\$114.50		
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American Home wine cellar

Taster's choice of the season's most exciting white wine variety

The California Johannisberg Riesling wines—generally light in body, with a genial trace of mellowness—are well suited to the joys of spring. They are elegant with shellfish, snapper and abalone—and would be superb with our Turban of Sole, pictured on pages 46-47. They also make a delightful complement to chicken or fish aspics and mousses, and are served frequently as aperitifs. We suggest chilling these wines about an hour before serving—to enhance their flavor.

The Johannisberg, or White Riesling, grape dates back to ancient Roman times. Today, it grows on a fairly large scale in California, where conditions are ideal. Some California Johannisberg Rieslings are dry while others are fruity. Still others have the desirable mellowness that many wine lovers appreciate.

Recent tastings reveal excellent buys among the White Rieslings. Within the nonvintage bottlings, Almadén Vineyards produce a charming wine, made with 100 percent Johannisberg Riesling grapes, that has a light green-gold color, flowery fragrance, delightful taste. It was \$2.89 when last priced on the West Coast. (All figures quoted are California fair-trade prices for a fifth.) Brookside Winery, with retail outlets in Alabama, Arizona, Illinois and Texas as well as California, makes a light, dry Johannisberg Riesling (\$2.90) with a pale, almost whitish color. Fino Eleven Cellars' wine (\$3) has a fair Riesling character, is light in color and nose. Geyser Peak Winery's Voltaire label (\$3.50) has a whitish color, thin nose; it's dry and tart—not unlike a Chablis

—and available in Delaware, Florida, Illinois, Michigan, Ohio, Vermont, Washington and northern California.

Paul Masson's Johannisberg Riesling is fairly priced (\$3) and a fine buy. Made from 100 percent Johannisberg Riesling grapes, it enjoys a rich gold color, delicate nose, gentle taste. Charles Krug's varietal is also made from 100 percent Johannisberg Riesling grapes—its color a shimmering gold with a glint of green. The fragrance is pleasant and charming, and the taste delightful—a nice sippable wine available in about 40 states. Christian Brothers' Johannisberg Riesling (\$3.50) is an outstanding buy, with its spring-moon coloring, pale nose, deliciously dry taste. This is the kind of wine we recommend purchasing in quantity, to keep on hand.

Among the 1972 vintages, Beaulieu Vineyard's Beaulieu Johannisberg Riesling (\$4.50) has a clean green-gold color, beckoning bouquet, soft taste. It's superb—and available in major metropolitan areas coast to coast. Louis M. Martini's Johannisberg Riesling 1972 (\$3.50) comes in a brown hock bottle. A fine wine, with light gold color and a bouquet reminiscent of a flower-fragrant night, it offers a pleasurable mellow taste. Mirassou's Johannisberg Riesling 1972 (\$4.50) has a lovely gold color (with a hint of green), perfume-y nose and almondlike taste that make it a winner.

There are numerous 1973 bottlings; some, outstanding. Beringer Vineyards produce a Johannisberg Riesling with light color, flowery nose, pleasant taste—a good buy at \$3.25, available in California and in some metropolitan areas nationally. Chateau Montelena's Auslese Johannisberg Riesling 1973 (\$5.50) is light yellow, soft in body, with depth of flavor and sweetish aftertaste. Concannon Vineyard's 1973 Johannisberg Riesling (\$5) is an exceptional wine, with a gloriously golden color, rich aroma, medium body. From Inglenook, the wine (\$4.50) is pale gold, with fruity nose, light body and flavor. Kenwood Vineyards' current varietal (\$4.50) has a charming, flowery nose and tartness—a wine that goes well with dishes spiced with herbs. A honey-wildflower bouquet describes Robert Mondavi Winery's 1973 Johannisberg Riesling (\$4.50), which is soft to taste, but with a complex edge and mellow aftertaste. Simi Winery's White Riesling 1973 (\$4) from the Alexander Valley has a spring-meadow nose and delightful taste. Sonoma Vineyards' Johannisberg Riesling 1973 Spatlese (\$5) enjoys a magnificent amber color, fascinating grassy bouquet—and is soft, mellow, intense. It would go well with fruit after dinner. Impressive, it's a wine we would enjoy sipping leisurely on a spring afternoon.

—George Christy

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The 14 top games people are playing

Americans are playing more games today than ever before. For whatever reason—because we have plenty of leisure time or because inflation is depriving us of more expensive pleasures—stores everywhere report an unprecedented demand for adult board games. Besides being a cheap form of relaxation, games offer challenge, excitement, competition, escape—sometimes even the opportunity to learn. Perhaps more important, they offer us the chance to have fun with family and friends in a way that the other major form of at-home entertainment—TV—does not. Games bring folks together.

What kind of games are popular? In record numbers, people are playing the Big Four that continue as "steady sellers" year after year. First, of course, is Monopoly, that grand old game of buying and selling real estate and railroads, and trying to bankrupt the other guy. As one realist observes, "Monopoly relies on fundamental human emotions of greed and love of competition—it can't lose." The game was first popular in the Depression, and in our current state of economic malaise, what could be more natural than wanting to take our dreams out on it once again?

Another steady seller is Scrabble, everybody's favorite word game and the nemesis of non-crossword puzzlers. Finally available with a turntable board (remember trying to read "queue" upside-down?), Scrabble is still what parents buy to build up their kids' vocabularies—only to find themselves losing to some wisenheimer in the seventh grade.

And then there's backgammon—the roll-the-dice game that rose from obscurity on the back of the checkerboard just a few years ago. It's still high in popularity, with a staggering number of different models offered. One key to backgammon's success: It's a fast game that is easy to learn but hard to master. It also offers a gambling element, which many players get a kick out of. But most important, it depends just enough on luck so that a player can blame the Lady, and not his intelligence, if he loses.

That's not so with chess, the thinking-person's game that never dims in popularity. It only involves skill, which is why it will always attract those who deplore the tumble of the dice and relish an intellectual challenge. One of the game's more subtle attractions is the beauty of the pieces and the board: No

retail game department would be complete without an impressive display of wooden, leather, ivory and Lucite chess sets—classy accessories for any room.

Tops among the current crop of other games is the wildly popular Anti-Monopoly, which pits the players as trust-busting attorneys against plug-ugly, monopolistic companies. Iconoclastic and fun, the game counters everything its rival stands for. It offers the unbeatable combination of competitiveness and idealism—and right now it's winning across the board.

But the Monopoly urge is still there—in the form of games like Weekend in Las Vegas (you play the odds and speculate in real estate) or Masterpiece (you acquire a fortune in art). People are playing politics with Diplomacy (you're a top-level negotiator) and Lie, Cheat and Steal (you're running for office). And they're also playing brain-teasing games like Tripples, which involves "feed-back strategy," and Syn-tactics, a sentence-building word game.

Fairly new on the scene are the intricate strategy games that simulate real-life events—usually war. Not for the casual player, fascinating and complex "simulation games," such as World War II and War in the East and 1776, are selling like hotcakes.

No one can predict how long any game will catch the public's fancy, but the betting right now is on Anti-Monopoly. If it can become a steady seller like the game it's pitted against, then maybe we have come a long way since the Depression.—**Eileen Denver**

Composting helps—and saves

Composting grass clippings, leaves and light prunings provides a good source of organic matter for your garden care and home landscaping. It can also make a real contribution to ecology by reducing the volume of organic trash handled by garbage pickup. Before starting a compost pile in your yard, however, make sure there are no prohibitive local ordinances, and keep these points in mind when maintaining it:

- Aerate compost pile or bin regularly.
- Maintain suitable moisture levels during periods when rainfall is low.
- Introduce a good source of decomposing bacteria (available at large nurseries and garden centers), which can be added while moistening, followed by a light compacting.
- Use compost as soon as it has decomposed to the texture you desire.

Dug into your soil with a spading fork or cultivator, compost will keep it properly tillable. Sprinkled just on the surface of your soil, it will aid weed control and water conservation.

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By Philip L. White

nutrition is...

"... the best possible food our money can buy to nourish our families in the best possible manner.

It need not be complicated once reduced to practical terms." So states nutrition authority

Philip L. White, Sc.D., Secretary of the Council on Foods and Nutrition and Director of the Department of Foods and Nutrition for the American Medical Association.

In difficult times, families gather their forces around them as though fortifying against their enemies. Today, these enemies are not only inflation, unemployment and energy shortages but also a serious food crisis.

Because of this crisis, a lot of people are becoming interested in nutrition for the first time, determined to get the most for the food dollars they spend. Unfortunately, many have become confused by the diversity of information they are exposed to. In truth, nutrition need not be complicated once it is reduced to practical terms.

Good nutrition provides the spark of vitality that enables you to be alert and energetic. It means your body has the nutrients needed to perform all of its functions and help protect you from infection and illness. Good nutrition also means appropriate caloric intake. Eating too much in relation to energy needs creates unwanted weight gain and is not good nutrition. It is *malnutrition*. Learn to judge the amounts of food that will maintain weight or permit slow weight loss.

The best way to obtain the nutrients you need is to select from a wide variety of food sources. Meats of all kinds are a valuable supply of protein, B vitamins and iron. Vegetables and fruits form an important supply of vitamins A and C. Sugar and cereals provide carbohydrates for energy, and cereals (particularly whole-grain or enriched) are also a supplemental source of protein, B vitamins and iron. Dairy foods contribute protein (milk, eggs and cheese) and fat (butter and margarine).

Learn the words. Proteins, carbohydrates, fats, vitamins and the minerals iron and calcium appear on many food labels [and also in the nutritional analysis of *AH* recipes] and are a guide to good nutrition. As you plan nutrition- and budget-wise purchases, note that meats are probably the most expensive item. You can save, however, without sacrificing good nutrition. While the American diet features an abundance of meat, six ounces (about the amount of meat in two hamburgers) or its daily equivalent is ample, from a nutritional point of view. Other foods, such as cereal products, dried

beans, cheese and eggs, will add enough protein to make up daily needs. Cheaper cuts of meat provide the same nutritional values as more expensive lean meat: Longer chewing does not mean less nutrition.

We often overlook the great variety of fruits and vegetables available to us. We think that if we eat potatoes, we have paid sufficient homage to the vegetable kingdom; or we restrict ourselves to lettuce and citrus juices. Government dietary studies consistently find that the nutrients most often lacking in diets are those contained in fruits and vegetables. We don't eat enough of them. Eat more and not only will your family's health benefit, the rest of the world will too, because fruits and vegetables (and cereals) represent the most efficient use of land resources.

The best investment of your food dollar may require a little more time to prepare for shopping, but that time will be well spent. Make a careful list of the items you need and then stick to it. Review your food budget, particularly for nonessential items masquerading as food. Search the market advertisements for specials and coupon items. Proper use of coupons can mean a real saving to the conscientious shopper. Look for in-store sales; ask the store manager for ideas about saving money. He should be able to help you; it's his business.

Learn to read labels and understand unit pricing to get the most for your money. The price you pay for super-convenience is only justified if it fits your lifestyle and budget. Think twice about buying the huge economy package of perishable items. You lose money if you don't eat it all and it spoils because of improper storage. Buy in quantity because the price per pound is less, but don't lose your investment through spoilage.

The greatest drain on our food dollar is food waste due to careless food preparation and careless food storage. Preparing more food than is needed and then permitting it to spoil squanders nutritional resources and threatens our health. In this day of world food hunger, such squandering is really a crime.



For a main dish as wholesome as it is flavor-rich, try wine-laced Cornish hens on rice-vermicelli and a ring of broccoli.

Nutrition is...

Count on this beautifully meringued strawberry confection to add a lot to a meal—except empty calories.

Rudy Muller



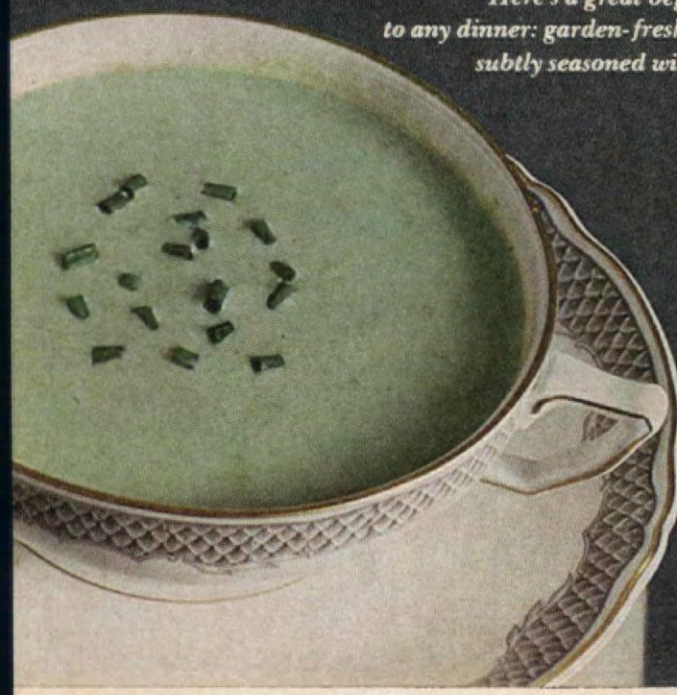
Menu planning for a balanced diet

Dinner, the big meal of any day, should supply your biggest nutritional boost.

This month, we feature a week of well-balanced dinner menus and tell how to make important dishes in each, beginning on page 62.

Good nutrition means eating a balanced diet, your daily investment in optimum health. You achieve this balance through smart meal and menu planning to include the essential nutrients: proteins, carbohydrates, fats, vitamins and minerals. All foods contain calories, but calories are not nutrients—only a measure of the energy obtained from food. Avoid foods that provide energy but no nutrition.

Each day's dinner should contain half your family's daily nutritional needs. Pictured are three dishes from the first of seven menus you will find in our recipe section. We have planned each dish with servings for an average woman on a daily diet of 2,000 calories. Men will consume more; children, less. Special diet problems—solved through polyunsaturated products and low-cholesterol and saltfree foods—need special counseling.



*Here's a great beginning
to any dinner: garden-fresh asparagus soup
subtly seasoned with chives.*

Food Department

Margaret E. Happel

Lucy Wing

Colleen E. Wallsh

Donna Johnson

Turban of Sole

Turban of Sole

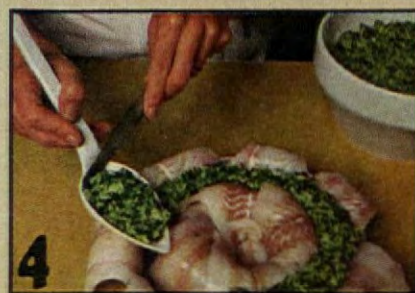
2½ pounds filet of sole
 ½ cup chicken or clam broth
 ½ cup raw long-grain rice
 1 cup finely chopped parsley
 1 teaspoon salt
 1 teaspoon grated lemon peel
 ¼ teaspoon mace or nutmeg
 ¼ teaspoon pepper
 ¼ cup butter or margarine
 2 tablespoons lemon juice
 1½ pounds asparagus
 1½ pounds baby carrots

1 In lightly greased skillet, place ½ pound filet of sole (1 large filet). Add chicken or clam broth. Cover skillet; simmer over low heat 6 to 8 minutes or until fish is fork-tender. Drain well. (Reserve broth for a sauce or fish chowder.) Cool and flake fish medium-fine to measure 1 cup. Set aside; prepare rest of filling.

2 In large pan, cook rice according to package directions. Keeping cooked rice in same pan, stir in cooked flaked fish, parsley, salt, lemon peel, mace or nutmeg and pepper. Toss gently with 2 tablespoons butter or margarine and lemon juice. Re-warm filling; stir gently with rubber spatula to prevent sticking.



3 Grease a 4½- to 5-cup ring mold well. Line with remaining fish filets. Place whitest sides of filets against mold. Tail ends of filets should be toward center, widest parts at outer edge (pictured, left). Overlap each filet slightly. If filets are thick, press with broad-blade knife to flatten.



**American
 Home
 Cooking
 Lesson**

Too often, that culinary triumph you've prepared so lovingly is also a dietary disaster: too many calories, too much cholesterol. Neutralize this double negative; make our positively classic, yet nutrition-wise fish entrée the star of your next special occasion. Simple seasonal vegetables are a luxurious, vitamin-sensible garnish.



4 Gently press in warm filling to fill mold completely (pictured left). To seal filling, first cover with tail of filet from center of mold; then cover with widest part of filet from outer edge. Use a small spatula to tuck filet into inner side of mold (right). Finished raw dish will mound slightly above rim of mold.



7 Remove mold from water bath. Remove foil and paper. Drain off liquid from surface. Invert serving platter to cover mold (pictured, below). Holding platter and mold together, turn right side up. Gently remove mold from fish. Surround turban of sole and fill center with cooked vegetables. Makes 6 to 8 servings.



6 Meanwhile, prepare vegetable garnish. Wash, trim and cut asparagus Chinese-style. Pare and rinse baby carrots. Cook separately in boiling salted water until tender. Asparagus will take 5 minutes; baby carrots, 10. Drain, toss vegetables together with remaining butter or margarine. Keep warm while unmolding fish.



5 Top one 12-inch square of foil with same size wax paper. Grease wax paper well. Holding squares together, place wax paper greased-side down on mold (pictured, above). Twist to seal or tie with string. Heat oven to 400°. Set mold in 3-inch-deep pan; place in oven. Add 1-inch hot water. Bake 20 minutes.

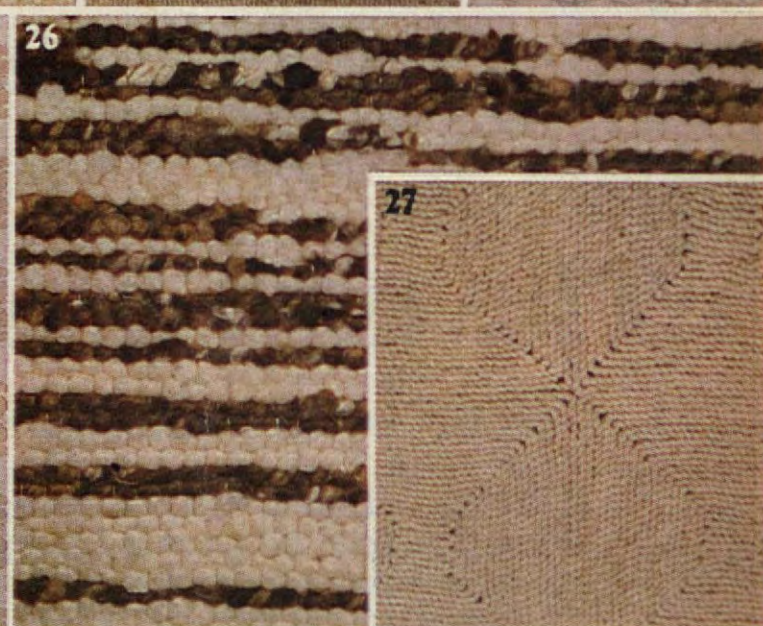
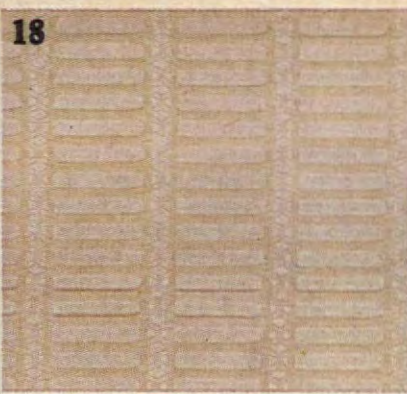
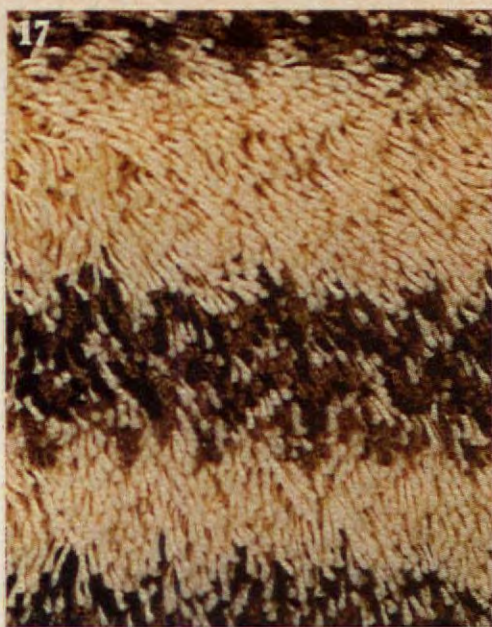
Texture makes decorating news, giving the impact of color to a new wave of naturals

Natural materials, blends and synthetics in neutral colors—all new but with an old-fashioned look—are today's widely available standouts. Here

are our top choices: **1** acetate-blend drapery fabric; **2** rush-seated oak chair; **3** patchwork quilt; **4** wool rug; **5** acrylic carpeting; **6** wool/mohair carpeting; **7** sisal rug;



8 acrylic carpeting; **9** wool carpeting; **10** Dacron upholstery fabric; **11** cotton upholstery fabric; **12** cotton/rayon/polyester fabric; **13 & 14** wool/cotton upholstery fabrics; **15** rayon/Verel casement fabric; **16** rayon/cotton casement fabric;



17 nylon rug; **18** polyester drapery fabric; **19 & 20** wool carpeting; **21** Kodel polyester carpeting; **22** Dacron upholstery fabric; **23** acrylic drapery fabric; **24** rush rug; **25** cotton drapery fabric; **26** wool rug; **27** maize rug.

To see how a neutral color scheme works decorating magic, turn the page.



Camel walls accented with white strike a crisp contrast in living room (above). Furnishings are a comfortable, provocative mix of styles, the touches of green adding a bright note to dark wood tones.

The new-look neutrals

By Helene Brown

Consider the fresh, inviting appeal of a monochromatic neutral color scheme for your next decorating venture.

In the hands of an expert like California designer Ron Collier, whose home is pictured, these serene colors gain excitement when used in different ways, with differing emphasis, in each room. Throughout, Ron creates interest by mixing textures and adding an occasional spark of sharp, contrasting color.



Chocolate brown and white flowered chintz dominates seating area (above). Part of a larger bed/sitting room (bedroom section is at left), this area had its ceiling handsomely raised, paneled and beamed. Decor is rich in pattern and texture, with cocoa carpeting a base for highly personal collection of furnishings and antiques.



Pristine white keynotes the bedroom area with its luxurious canopied brass bed (left). Practical white sheets trimmed with brown and beige grosgrain ribbon make the bed coverings and the hangings, which are prettily shirred at top. White walls, pale cocoa carpeting and bleached pine shutters create continuity between bedroom section and seating area (top).

"Storybook" patterns to paint

The Pennsylvania Dutch lived "plain," but graced their barns and belongings with painted "fancies." Here, in their spirited folk-art tradition, are winsome characters and motifs reminiscent of a child's storybook—yours to paint on any wood surface, using American Home patterns. We brought these stencil-look designs to life on an unpainted toy-chest bench. See coupon on page 68 to order patterns and instructions.







Carleton Varney's Room of the Month

Everyone dreams of having a beautiful bathroom, and I am no exception. So for April I've planned a luxury bath—one my wife and I would enjoy—yet filled with adaptable ideas and conveniences you can apply to your own decorating or remodeling. My dream bath is alive with color—I chose a springtime-green washable wall covering printed with Chinese calligraphy and lotus blossoms. Kohler fixtures are all warm toned; towels provide colorful accents. I wanted a sunken tub and a separate molded shower compartment with Teledyne's invigorating massage unit. And there are His and Hers sinks—his in rich chocolate brown, hers in beige, both with chunky bronze knobs. For details and closeups of this showcase room, see page 16.

Relaxation area inspired by the tropics (below) is another luxury plus of my dream bathroom. Natural wicker furnishings, zebra-look rug, a variety of humidity-loving plants and huge, white louvered shutter-doors contribute to the languid mood. The setting is great for reading while your hair dries, soaking up the morning sun, watching a bit of late-evening TV—or just lounging after a refreshing shower or bath.



Privacy is a must in my His and Hers bathroom (above). I achieved it by setting tub, toilet and sinks in separate areas. And by placing the tub/shower area on a raised platform, thickly carpeted, I've set it apart from the rest of the white-tiled room.

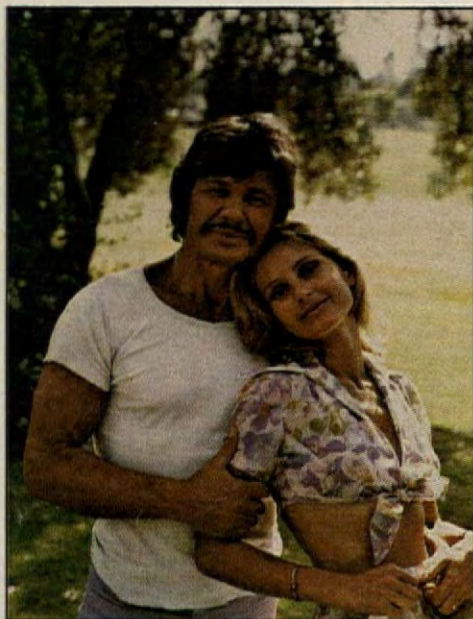
Rich beige sunken tub (right) seems to be set in a tropical rain forest. The illusion comes from the leafy wall covering, earthy brown shag carpeting and live green plants arranged on the platform.



By Muriel Davidson

Charles Bronson

He has many houses and lives wherever film-making takes him, but this superstar is most "at home" in his Vermont farmhouse. "Off-screen, Charlie is a gentle family man," says actress-wife Jill Ireland. (continued on page 71)



Above, left: "Charlie and I enjoy being here alone," says Jill. "We rarely bring guests, just the children."

Above: Bronson delights in searching out antiques, such as this carousel horse he bought for his daughter.

Left: Jill and Zuleika, age 3, have lunch in the family's favorite spot, the dining room. Bronson insists on a round table, saying "In this family no one sits at the head of the table."

Opposite, top: U.S., Vermont and British flags fly when the Bronsons, shown with Zuleika, visit their New England retreat. The two-story house has six bedrooms, guest wing and, according to Jill, "rooms I haven't even counted."

Opposite: The Bronsons' yellow clapboard farmhouse, set on 260 acres, is tucked behind white birches in the Green Mountains. It was built in 1791 by an English Tory who remained in Vermont after the Revolutionary War.

John Bryson



Starting out with a collection of old wicker furniture and a longing for a lush indoor garden, the L. N. Baers added the sunny Victorian garden room shown here and in two stages below. The Ohio couple's 1880s home is nar-

row and their backyard add-on is only 12 by 22 feet. But it was planned and furnished with such finesse that the vintage



mood is delightfully preserved. The addition comprises masonry foundation, insulated asphalt-shingle roof and walls of insulating sliding glass doors. Five sets of doors, with screens, create a room that can be

opened to the breezes or closed for greenhouse warmth. Electric baseboard heat is separate from house heating system.

A garden-room addition

By Jane Randolph Cary



The Baers love this old Gothic window (right), one of many 19th-century pieces they've collected. So their contractor built the roof pitch to accommodate it. An ingenious touch, the window gives the garden room a nice Victorian flavor, outside and in.



White gazebo fretwork accents Gothic window (above) and makes a plant stand (opposite). Both were found objects.



Airy wicker sets garden mood (above). Pieces belonged to Mr. Baer's family. Most went out for repairs and painting, but the couple painted the floor lamp themselves. Her next project: to make a traditional silk lining for lampshade. She created the pillows, some woven from ribbons.

Natural slate makes handsome floor (left). It is laid over particleboard supported by subflooring over joists. Adding to room's freshness, barn-siding wall panels were stained soft blue-green, and ceiling boards were given wash of thinned white paint. Old-time ceiling fan stirs air.

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They provide carbohydrates for energy—plus vitamins, minerals and proteins for a balanced diet. Presweetened cereals, though costlier to buy, save money in the long run because you conserve precious granulated sugar. Serve cereals with milk, or use them as we have to make a surprising variety of dishes. Learn how in our recipe section, beginning on page 62.



*Layers of cocoa rice
cereal in three luscious
lemon-lime parfaits*

*Crisp wheat flakes sprinkled
around tuna-vegetable casserole*



*Bran flakes with
raisins blended
into loaf studded
with walnuts,
dried figs*



*Cornflakes baked onto
classic Reuben sandwiches*



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Winston 100's and Winston Menthol 100's
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& Hedges Menthol 100's and Salem 100's
 19 mg. "tar", 1.3 mg. nicotine

and Pall Mall 100's and Pall Mall Menthol
 19 mg. "tar", 1.4 mg. nicotine 17 mg. "tar", 1.3 mg. nicotine

100's and Kool 100's and Marlboro 100's
 17 mg. "tar", 1.3 mg. nicotine

and Tareyton 100's and Virginia Slims 100's
 19 mg. "tar", 1.4 mg. nicotine 17 mg. "tar", 1.1 mg. nicotine

and Virginia Slims and
 15 mg. "tar", 1.0 mg. nicotine

Viceroy 100's and
 17 mg. "tar", 1.1 mg. nicotine

and Silva Thins
 16 mg. "tar", 1.2 mg. nicotine

and L&M 100's and
 20 mg. "tar", 1.4 mg. nicotine

Eve 100's and Eve
 18 mg. "tar", 1.3 mg. nicotine 17 mg. "tar", 1.2 mg. nicotine

Parliament 100's and
 17 mg. "tar", 1.1 mg. nicotine

Twist 100's and Lar
 17 mg. "tar", 1.3 mg. nicotine 19 mg. "tar", 1.3 mg. nicotine



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*SOURCE: FTC Report October '74.

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Try these nutrition-wise recipes

Key to nutrition ratings

To assist you in meal planning, each of our recipes lists not only the number of servings, but also the calorie (cal.), protein (P.), fat (F.) and carbohydrate (C.) content one serving provides. A recipe will also be designated a vitamin source if a serving supplies 20 percent or more of the recommended daily allowance.

Starred dishes in Suggested Menus indicate recipes given.

Nutritionally Balanced Menus

continued from page 45

American Home's Suggested Menu #1 (pictured on pages 44-45)

Spring Asparagus Soup*
Glazed Cornish Hens*

Chicken Flavored Rice with Vermicelli
Broccoli Spears • Mixed Green Salad
Strawberry Fluff Dessert*

Spring Asparagus Soup

Makes 6 servings. Each serving: 116 cal.; 6.7 gms. P.; 7.6 gms. F.; 8 gms. C. Source of vitamin C.

- 1½ pounds fresh asparagus
- 2 tablespoons butter or margarine
- 3 tablespoons chopped chives
- 1 can (10¾ ounces) condensed chicken broth
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon pepper

1. To prepare asparagus, break off end of each stalk as far down as it snaps easily. Discard ends. Wash tips; cut into 1-inch pieces.
2. In medium saucepan, melt butter or margarine over medium heat. Add asparagus and chives. Sauté 3 minutes, stirring frequently. Add undiluted broth. Bring to boiling. Cover. Cook over low heat until asparagus is tender.
3. Remove pan from heat. Add milk. Pour mixture into blender container; cover. Blend until mixture is smooth. Return to pan. Add salt and pepper. Heat over low heat until hot; do not boil. Ladle into bowls. Garnish with additional chives, if desired.

Glazed Cornish Hens

Makes 6 servings. Each serving: 376 cal.; 24.5 gms. P.; 21 gms. F.; 21.3 gms. C. Source of niacin.

- 3 frozen Rock Cornish hens, about 1½ pounds each, thawed
- ½ cup dry white wine
- ½ cup dark corn syrup
- 2 tablespoons lemon juice
- 1 tablespoon grated lemon peel
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons liquid margarine, or melted butter or margarine

1. Wash hens; pat dry with paper towels. Split into halves. In large bowl, combine wine, syrup, lemon juice and peel, salt and pepper. Add liquid mar-

garine, or melted butter or margarine. Add hens; toss to coat on all sides. Cover. Chill at least 1 hour.

2. Heat oven to 350°. Drain hens; reserve wine marinade. Place hens, skin side down, in large roasting pan. Bake 30 minutes. Turn; brush with reserved marinade. Bake 30 minutes more or until hens are tender and glazed, brushing occasionally with marinade.

3. If desired, arrange hens over prepared packaged chicken-flavored rice with vermicelli. Garnish with broccoli spears and parsley. Heat any leftover marinade with pan drippings; skim off fat; serve with hens.

Strawberry Fluff Dessert

Makes 6 servings. Each serving: 144 cal.; 6 gms. P.; 1.2 gms. F.; 30 gms. C. Source of vitamin C.

- 2 pints fresh strawberries
- 2 envelopes unflavored gelatin
- ½ cup water
- 1 cup orange juice
- ½ cup sugar
- ¼ cup milk
- 4 large egg whites
- Dash of salt

1. Put berries in colander or large sieve. Run cold water over them; drain well. Set aside 10 whole berries for garnish. Remove stems of remainder. Place hulled berries in large bowl; crush well.

2. Sprinkle gelatin over water in small saucepan. Heat over low heat until gelatin dissolves. Add to crushed berries. Stir in orange juice, ¼ cup sugar and milk. Chill mixture until slightly thickened.

3. Beat egg whites and salt until foamy in large bowl of mixer set at high speed. Beat in remaining ¼ cup sugar, 1 tablespoon at a time. Continue to beat until whites are stiff. Fold in chilled berry mixture. Turn into serving dish. Chill until firm.

4. Remove stems of 9 reserved whole berries. Cut hulled berries into halves. If desired, spoon stiffly beaten, sweetened egg whites (2) in center of strawberry fluff; surround with berry halves; top with whole berry.

American Home's Suggested Menu #2 Deviled Beef Brisket*

Frozen French Fried Onion Rings
Green and Gold Bean Salad
Sliced Enriched Bread
Fruit Ambrosia

Deviled Beef Brisket

Makes 12 servings. Each serving: 218 cal.; 25 gms. P.; 6.75 gms. F.; 13 gms. C. Source of niacin.

- 6 cups water
- 3 pounds fresh boneless beef brisket
- 1 large onion, cut up
- 1 clove of garlic, crushed
- 1 bay leaf
- ½ cup dark corn syrup
- ⅓ cup bottled steak sauce
- 1 tablespoon cornstarch
- 2 tablespoons prepared mustard
- 2 teaspoons salt

1. Place water, brisket, onion, garlic and bay leaf in large kettle or Dutch oven. Bring to boiling. Cover. Cook over low heat until brisket is fork-tender, about 2½ hours.

2. Heat oven to 350°. Lift brisket from cooking liquid; place in baking pan. In small bowl, combine corn syrup, steak sauce, cornstarch, mustard and salt. Stir in 2 cups brisket cooking liquid. Pour mixture over brisket in baking pan. Bake 30 minutes or until lightly glazed, basting occasionally with sauce. Slice and serve with sauce from pan.

American Home's Suggested Menu #3

Onion Soup

Ham and Cheese Cucumber Boats*

Carrot Curls

Hot Refrigerated Buttermilk Biscuits

Banana Jelly-Roll Cake*

Ham and Cheese Cucumber Boats

Makes 6 servings. Each serving: 422 cal.; 20 gms. P.; 35.6 gms. F.; 5.8 gms. C. Source of thiamine, riboflavin, vitamins A and C.

- ½ pound cooked ham, ground or minced
- ½ pound Cheddar cheese, finely shredded
- 1 package (8 ounces) cream cheese
- ¼ cup chopped parsley
- ¼ cup milk
- 1 tablespoon prepared mustard
- ½ teaspoon salt
- 3 cucumbers (each about 7 inches long)

Romaine leaves

1. In large bowl, combine ham, Cheddar cheese, cream cheese, parsley, milk, mustard and salt until creamy.

2. Pare cucumbers, if desired. Cut cucumbers lengthwise into halves. Scoon out seeds; discard. Cut thin slice off rounded bottom of each half so it stands upright. Pat cucumber boats dry with paper towels.

3. Divide cheese mixture among cucumber boats. Spread evenly to cover cut surface, mounding slightly in center. Lightly score top of cheese mixture in a diamond design, if desired.

4. Line serving platter with romaine leaves. Arrange cucumber boats over leaves. Garnish platter with carrot curls, if desired.

Banana Jelly-Roll Cake

Makes 10 servings. Each serving: 168 cal.; 2.7 gms. P.; 1.9 gms. F.; 36 gms. C.

- 1 cup sifted cake flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 3 large eggs, at room temperature
- ½ cup sugar
- ¾ cup mashed ripe banana (2 medium)
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- Confectioners' sugar
- ⅔ cup red currant jelly

1. Heat oven to 375°. Grease 15½ x 10½ x 1-inch jelly-roll pan. Line bottom (continued on page 66)

How to eat well in spite of it all,

Tonight's dinner doesn't have to look like today's economy.
Not with Kraft Dinners and a few touches of your own.
Like adding some snipped parsley to Kraft Macaroni and Cheese
Dinner and serving it with sausage and tomato wedges.



cont'd...



Kraft Tangy Italian Style Spaghetti Dinner is the start of a thrifty Italian dinner. Add meatballs and sliced mushrooms. Green onions and black olives are colorful on the side.

For pennies, you can garnish Kraft Noodle with Chicken Dinner with hard boiled eggs. Then round out the meal with cranberry sauce and carrot sticks.





Make Kraft Deluxe Macaroni and Cheese Dinner a hearty and economical casserole with some frankfurter slices and sautéed breadcrumbs. Pickles add the final touch.



Put mozzarella cheese strips over Kraft Spaghetti with Meat Sauce Dinner. Spice up each plate with a sweet cherry pepper and eat well in spite of it all.

Kraft Dinners make ends meet.



[continued from page 62]
with wax paper. Grease paper. Sift flour, baking powder and salt together.
2. Beat eggs until foamy in large bowl of mixer set at high speed. Beat in sugar, 1 tablespoon at a time. Continue to beat until thick and pale yellow. Reduce speed. Gradually beat in flour mixture, mashed banana, lemon juice and peel. Spread batter evenly in prepared pan. Bake 12 to 15 minutes or until top springs back when center is touched lightly.
3. Sprinkle clean kitchen towel with confectioners' sugar. Remove cake from oven. Loosen edges; invert onto prepared towel. Remove paper. Roll up cake and towel, starting from short end. Cool cake on wire rack. Unroll; spread with jelly. Reroll cake without towel. Place cake on serving plate. Dust with confectioners' sugar, if desired.

American Home's Suggested Menu #4
Fresh Whole Artichoke Vinaigrette
Manhattan Fish Chowder*
Saltine Crackers
Lemon Chiffon Cake • Ice Cream

Manhattan Fish Chowder

Makes 8 servings. Each serving: 145 cal.; 13.6 gms. P.; 3.9 gms. F.; 14.6 gms. C. Source of vitamin C.
2 tablespoons pure vegetable oil
2 cups sliced celery
1 cup fresh or frozen chopped onion
1 cup chopped green pepper
2 cups water
2½ cups clam juice
1 can (14½ to 16 ounces) peeled, whole tomatoes
1 pound potatoes, pared and diced (about 2½ cups)
1 pound frozen haddock or cod filets, thawed and cut into 2-inch pieces
2 teaspoons salt
½ teaspoon dried thyme leaves, crumbled
¼ teaspoon pepper
1. In large kettle or Dutch oven, heat oil over medium heat. Add celery, onion and green pepper. Sauté 5 minutes. Add water, clam juice, tomatoes with their liquid and potatoes. Cover.

Cook until potatoes are tender.
2. Add fish and seasonings. Continue to cook only until fish flakes easily. Ladle into soup bowls. Sprinkle with chopped parsley, if desired. Serve immediately.

American Home's Suggested Menu #5
Herbed Crown of Lamb Ribs*
Chicken Flavor Stuffing Mix
Green Beans • Sliced Radish-Chicory Salad
Pineapple Frappé

Herbed Crown of Lamb Ribs

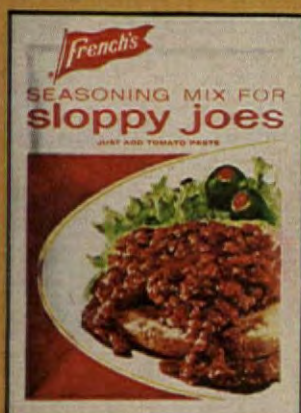
Makes 6 servings. Each serving: 526 cal.; 22.9 gms. P.; 45.9 gms. F.; 3.3 gms. C. Source of thiamine and niacin.
2 teaspoons salt
2 cloves of garlic, minced
1 teaspoon dried thyme leaves, crumbled
1 teaspoon dried basil, crumbled
¼ teaspoon pepper
2 strips of lamb ribs, about 7 rib bones (1¼ pounds) in each
1½ cups water
1 tablespoon cornstarch
3 tablespoons catsup
1. In small bowl, combine salt, garlic, thyme, basil and pepper. Rub seasonings on all sides of ribs. Make small cuts or slashes along backbone edge (meatier or thicker end) between each rib. Bend each strip into a half-circle. Stand strips upright with slashed edge down.
2. Heat oven to 325°. Bring ends of each strip together and overlap slightly to form a circle. Skewer and lace ends together to keep its shape. Place circle, or crown of ribs, in shallow baking pan. Bake 1 hour or until ribs are fork-tender.
3. Remove ribs to serving platter. Keep warm. Remove all fat from pan drippings. Blend water and cornstarch; stir into pan. Stir to loosen cooked particles. Add catsup. Place pan over medium heat. Cook until gravy is thickened, stirring constantly. Pour into gravy boat.
4. Remove skewers and string from ribs. Fill center opening of crown with prepared packaged chicken-flavor stuffing mix, if desired.

American Home's Suggested Menu #6
Creole Ham Soufflé
Warm Crusty French Bread
Coleslaw Gelatin Gem*
Sherbet Parfaits • Sugar Cookies

Coleslaw Gelatin Gem

Makes 8 servings. Each serving: 57 cal.; 2.6 gms. P.; 2.1 gms. F.; 12.9 gms. C. Source of vitamin C.
1 package (3 ounces) lemon flavor gelatin
1 envelope unflavored gelatin
1½ cups boiling water
1½ cups ice cold water
2 tablespoons cider vinegar
2 cups finely shredded red cabbage
2 cups finely shredded green cabbage
½ cup diced green pepper
1 teaspoon salt
1. In large bowl, combine lemon and unflavored gelatins. Stir in boiling water until gelatin is dissolved. Add ice

Put on the dog. With French's Sloppy Joe Mix.



Whoever said you couldn't turn a frank into a feast? French's knows how. Try this tasty new way to cut down food costs while adding more pizzazz to just an ordinary frankfurter.

Frank Kabobs

1 envelope French's Seasoning Mix for Sloppy Joes
¼ cup catsup
¼ cup vinegar
2 tablespoons honey or light corn syrup
8-10 frankfurters, cut in thirds • Pickle slices
Cherry tomatoes or tomato wedges
8-10 bacon slices • 8-10 frankfurter rolls

Combine contents of seasoning mix envelope, catsup, vinegar and honey in a small mixing bowl. Alternate frankfurter, pickle and tomatoes on 8 to 10 skewers, weaving bacon around them. Brush with seasoning mixture. Grill over coals or broil for 8 to 10 minutes, turning once and brushing with remaining seasoning mixture. Serve on frankfurter rolls.
8 to 10 servings.

Another tasty idea from the R. T. French Recipe Series.



French's

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water and vinegar. Chill mixture until slightly thickened.

2. Lightly oil a 4- or 6-cup mold. Add red and green cabbages, green pepper and salt to chilled gelatin. Spoon into prepared mold. Cover with plastic wrap. Refrigerate until set.

3. Loosen gelatin from sides of mold. Place inverted plate over mold. Bring plate upright. Lift off mold. Serve with mayonnaise or salad dressing, if desired.

American Home's Suggested Menu #7

Instant Green Pea Soup
Baked Cheese-and-Bread Strata
Carrot-Parsnip Salad on Romaine
Biscuit Tortoni*

Biscuit Tortoni

Makes 8 servings. Each serving: 195 cal.; 4.4 gms. P.; 3 gms. F.; 34.6 gms. C.

- 1 cup instant nonfat dry milk
- 1 cup ice cold water
- 2 tablespoons lemon juice
- 1 cup light corn syrup
- 4 large egg yolks
- ¼ cup sweet sherry
- ½ teaspoon almond extract
- 2 tablespoons ground toasted almonds

1. In small bowl, combine dry milk and water. Beat with mixer set on high speed until thickened. Add lemon juice. Continue to beat until mixture doubles in volume and attains consistency of whipped cream. Refrigerate 10 minutes while preparing next step.

2. In small saucepan, bring corn syrup just to boiling over medium heat. In another small bowl, beat yolks with mixer until foamy. Add hot syrup to yolks in a fine, thin stream while beating constantly. Continue to beat until yolks are thick and pale yellow.

3. Fold sherry and almond extract into beaten yolks. Fold in whipped milk mixture. Spoon into eight 6-ounce custard cups. Cover with aluminum foil. Freeze until firm. Sprinkle with almonds just before serving.

Turban of Sole

continued from page 47

Budget and nutrition tips:

1. *Fish:* Sole is the traditional (premium-priced) fish for this dish. You may substitute less costly filet of flounder, or use 2½ pounds frozen fish filets.

2. *Frozen or canned vegetables* may be substituted for fresh. Allow 2 packages (10 ounces each) frozen asparagus spears and 1 bag (16 ounces) frozen baby carrots, or 1 can (15 ounces) asparagus tips and 1 can (16 ounces) baby carrots.

3. *Nutrition:* Turban of Sole, with accompanying vegetables, is an ideal nutritionally balanced entrée. The fish is pure protein with associated B vitamins. It is low in cholesterol, since there is no saturated fat, and little, if any, need be added to the recipe. The lemon juice and peel add a trace

of vitamin C. Rice contributes the necessary carbohydrate element.

Cereals

continued from page 60

The Smart Shopper Says:

• When buying packaged cereals, read labels thoroughly. "Vitamin fortified" means the product provides 20 percent or more of the Recommended Daily Allowance (RDA) for thiamine, riboflavin, niacin, vitamins B₆ and B₁₂—and frequently vitamins A, C and D. "Multivitamin and iron supplement" means the product contains 50 to 150 percent of the RDA for the vitamins and minerals you'll find listed.

• Use presweetened, enriched cereals, as we did in our recipes, to add nutrition and reduce the amount of granulated sugar.

• Open cereal packages carefully; re-

seal after use and store in a clean, cool, dry place to maintain freshness.

Tuna Vegetable Casserole

(pictured on page 60)

Makes 8 servings. Each serving: 404 cal.; 29.7 gms. P.; 19.9 gms. F.; 25.5 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 3½ cups diagonally sliced celery, ⅛ inch thick
- 3 cups diagonally sliced carrots, ⅛ inch thick
- 4 cans (6 to 7½ ounces each) tuna, drained and flaked
- 2 cans (10¾ ounces each) condensed cream of mushroom soup
- ½ cup dry sherry
- 1 teaspoon grated lemon peel
- 2¼ cups whole wheat flake cereal, crumbled (1½ cups crumbs)
- ¼ cup butter or margarine, melted

continued

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Tuna Helper: Economy dishes are no longer a bore.



(continued)

1. Parboil celery and carrot slices in salted water for 5 minutes. Drain.
2. Heat oven to 350°. Lightly toss tuna in large bowl with celery and carrots. Combine undiluted soup, sherry and lemon peel. Pour over tuna-vegetable mixture; mix gently. Spoon into 2-quart casserole dish.
3. Toss wheat flake crumbs with melted butter or margarine; sprinkle evenly around edge of tuna mixture. Bake 45 minutes. Serve immediately.
4. To make 4 servings: Cut recipe ingredients in half; use 1-quart casserole dish and bake 30 minutes.
5. *American Home's Suggested Menu:*
Tomato Juice
Tuna Vegetable Casserole*
Hot Rolls • Wedge of Lettuce Salad
Fresh Fruit with Camembert Cheese

Crunchy Reuben Sandwiches

(pictured on page 60)

- Makes 4 servings. Each serving: 481 cal.; 33.8 gms. P.; 20.3 gms. F.; 40.8 gms. C. Source of thiamine, riboflavin and niacin.**
- 4 teaspoons mild prepared mustard
 - 8 slices rye bread
 - 4 slices natural Swiss cheese
 - 1/2 pound sliced cooked corned beef
 - 1 can (8 ounces) sauerkraut, well drained
 - 3 eggs, slightly beaten
 - 1/4 cup milk
 - 3 cups cornflakes, crumbled (1 1/2 cups crumbs)
1. Heat oven to 450°. Spread 1 teaspoon mustard on each of 4 slices of bread. Top each with 1 slice Swiss cheese, 1/4 of corned beef, about 1/4 cup drained sauerkraut and 1 slice of rye bread. Cut each sandwich in half crosswise.
 2. In a shallow pan, combine eggs and milk thoroughly. Dip sandwiches in egg mixture, turning once and allowing time for both sides to absorb liquid. Coat evenly with cornflake crumbs.
 3. Transfer to wire rack placed on cookie sheet. Bake 10 minutes. Serve immediately.
 4. Wrap any leftover sandwiches in aluminum foil and store in refrigerator. To reheat, remove foil and bake in preheated 450° oven as in step #3.
 5. *American Home's Suggested Menu:*
Cream of Celery Soup
Crunchy Reuben Sandwiches*
Dill Pickles • Carrot Sticks • Olives
Apple Pie

Fig-Raisin Nut Bread

(pictured on page 60)

- Makes 10 slices. Each slice: 375 cal.; 7 gms. P.; 9 gms. F.; 61.4 gms. C.**
- 2 eggs
 - 1/2 cup honey
 - 1/4 cup light brown sugar, firmly packed
 - 3 tablespoons butter or margarine, melted
 - 1 cup bran flakes with raisins
 - 2 1/2 cups all-purpose flour
 - 2 teaspoons baking powder
 - 1 teaspoon salt
 - 1/2 teaspoon baking soda
 - 3/4 cup orange juice
 - 3/4 cup milk
 - 1 cup cut dried figs
 - 1/2 cup coarsely chopped walnuts
1. Heat oven to 350°. Grease and flour 9x5x3-inch loaf pan. In large mixing bowl, beat together eggs, honey, brown sugar and melted butter or margarine. Stir in bran flakes.
 2. Sift together flour, baking powder, salt and baking soda. Add flour mixture to egg mixture alternately with orange juice and milk; beat well after each addition.
 3. Fold in figs and walnuts. Pour into loaf pan and bake 1 hour 20 minutes or until done.
 4. Remove bread from pan; cool on wire rack. Wrap in aluminum foil or store in covered container at least 12 hours before serving.
 5. *American Home's Suggested Menu:*
Braised Pork Chops
Peas • Glazed Baby Carrots
Tossed Salad with Italian Dressing
Fig-Raisin Nut Bread*

Lemon-Lime Cocoa Parfait

(pictured on page 60)

- Makes 6 servings. Each serving: 402 cal.; 11.5 gms. P.; 11.2 gms. F.; 67 gms. C. Source of thiamine, riboflavin, vitamins A and C.**
- 1 can (14 ounces) sweetened condensed milk
 - 1 tablespoon grated lemon peel
 - 1 1/2 teaspoons grated lime peel
 - 4 eggs, separated
 - 1/4 cup lime juice
 - 2 tablespoons lemon juice
 - 4 drops green food color
 - 1/2 teaspoon cream of tartar
 - 1/4 teaspoon salt
 - 3 cups cocoa flavored oven toasted rice cereal
 - 1/4 cup light corn syrup

1. In small saucepan, combine condensed milk, lemon and lime peel and egg yolks. In deep bowl, reserve whites at room temperature. Cook milk mixture over medium heat, stirring quickly with wire whisk until very thick. Remove from heat; gradually beat in lime and lemon juice and food color. Pour into bowl; refrigerate until cold (about 2 hours).
2. Beat egg whites until foamy. Continue beating while gradually adding cream of tartar and salt. Beat until stiff.
3. Fold lemon-lime mixture into beaten egg whites. Set aside.
4. Combine cereal and corn syrup. Fill each of 6 large parfait glasses with 1/2 cup cereal mixture and 1/2 cup lemon-lime mixture in alternating layers. Garnish each with mint, if desired.
5. *American Home's Suggested Menu:*
Herbed Meat Loaf
Home Fried Potatoes • Corn Escarole-Mushroom Salad
Lemon-Lime Cocoa Parfait*

Whole Wheat Muffins

- Makes 8 muffins. Each muffin: 127 cal.; 2.4 gms. P.; 3.3 gms. F.; 21.3 gms. C.**
- 1 1/2 cups buttermilk baking mix
 - 1 cup bite-size toasted wheat, crushed (1/2 cup crumbs)
 - 1/2 cup water
1. Heat oven to 425°. Grease eight 2 1/2-inch muffin-pan cups. Combine baking mix and toasted wheat crumbs in medium-size bowl. Add water all at once; mix with fork until all ingredients are moistened.
 2. Fill muffin-pan cups about two-thirds full. Bake 12 to 15 minutes or until golden brown. Loosen with spatula; remove from pan. Cool 5 minutes on wire rack before serving.
 3. *American Home's Suggested Menu for Breakfast:*
Chilled Orange Juice
Scrambled Eggs
Smoked Sausage Links
Whole Wheat Muffins*

Roast Chicken with Giblet Stuffing

- Makes 6 servings. Each serving: 375 cal.; 41.7 gms. P.; 17.8 gms. F.; 15.8 gms. C. Source of vitamin A, thiamine, riboflavin and niacin.**
- 1 whole broiler-fryer chicken, about 4 pounds
- Salt**
Pepper
- 1 1/2 cups oat flakes
 - 2 cups cubed day-old bread
 - Chopped cooked giblets
 - 2 tablespoons chopped parsley
 - 1 teaspoon poultry seasoning
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 tablespoons butter or margarine
 - 1/2 cup chopped celery
 - 1/4 cup fresh or frozen chopped onion
 - 1 tablespoon pure vegetable oil
1. Rinse chicken under cold water. Drain; pat dry. Sprinkle chicken with salt and pepper.
 2. In large bowl, combine oat flakes, bread cubes, giblets, parsley, poultry seasoning, 1/2 teaspoon each salt and pepper. Melt butter or margarine in

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zip code

skillet. Sauté celery and onion in skillet over medium heat until tender. Add to oat flake mixture. Toss lightly.

3. Heat oven to 350°. Stuff body cavities lightly with stuffing. (Leftover stuffing may be baked in a covered casserole during the last hour the chicken roasts.) Truss chicken. Place on rack, breast side up, in shallow roasting pan. Brush chicken with oil. Roast 2 hours or until done, basting frequently with pan drippings. Remove chicken to warm platter. Make gravy with pan drippings, if desired.

4. *American Home's Suggested Menu:*
Roast Chicken with Giblet Stuffing*

Mashed Potatoes

Buttered Brussels Sprouts

Cucumber-Tomato Vinaigrette

Hot Fudge Sundae

Buckwheat Pancakes

Makes 4 servings. Each serving: 420 cal.; 11.6 gms. P.; 13.6 gms. F.; 61 gms. C. Source of thiamine, riboflavin, niacin, vitamin A.

2 cups buttermilk baking mix

2 cups maple-flavored wheat and buckwheat flake cereal, crushed (¾ cup crumbs)

1 egg, slightly beaten

1½ cups milk

1. Heat griddle; grease lightly. Combine baking mix and crushed cereal in mixing bowl. Combine egg and milk; add all at once to dry ingredients. Beat with rotary beater until smooth.

2. Pour about ¼ cup batter for each pancake onto hot griddle. Cook pancakes until puffed and full of unbroken bubbles; turn to brown other side. Keep hot in warm oven. Serve with butter or margarine and warm syrup.

3. *American Home's Suggested Menu for Breakfast:*

Fresh Grapefruit Half

Buckwheat Pancakes*

Warm Maple-Blended Syrup

Broiled Ham Slices

Peachy Peanut Nuggets

Makes 2 dozen. Each nugget: 87 cal.; 9.5 gms. P.; 3.8 gms. F.; 36.4 gms. C. Source of niacin.

½ cups crunchy, sweet, vitamin fortified cereal

1 cup chopped cooked dried peaches

½ cup chopped salt-free dry roasted peanuts

½ cup light corn syrup

1. Coarsely chop cereal to measure 2 cups. Combine with peaches and peanuts in a large bowl. Set aside.

2. In small saucepan, heat corn syrup to soft-ball stage (234° to 238°), or until a few threads dropped in cold water, form a mass you can pick up into a soft ball. Pour over cereal mixture and mix lightly until well coated.

3. Drop by teaspoonfuls onto wax paper. Cover with more wax paper; leave 12 hours at room temperature.

4. To serve, remove each nugget from wax paper and shape into ball.

5. *American Home's Suggested Menu:*
Bacon Lettuce Tomato Sandwich

French Fried Potatoes

Vegetable Salad Mold

Peachy Peanut Nuggets*

[continued from page 22]

of the fluid-filled sacs that surround them. Attack may follow a movement—reaching out for something—that may not feel so extreme at the moment you make it. "Tennis elbow" is a type of bursitis whose pain affects the entire forearm. Despite its name, it is only rarely the result of playing tennis and can be caused by any twisting movement of the forearm combined with a firm grip—such as opening a stubborn jar lid or using a screwdriver. Once bursitis attacks, see if you remember the movement that caused it and try to avoid that type of motion in the future.

Most important in treatment of a bursitis attack is complete rest of the affected joint until the pain goes away; this will promote healing and stave off future attacks. Meanwhile, apply heat and take aspirin to ease tenderness and swelling; massage helps—with or without liniment, as you choose. See a doctor if you are acutely uncomfortable.

Osteoarthritis, a far more common problem, is simply the result of wear and tear on the joints. Patients who have it often feel worse when the weather changes. And in the spring, it's likely that additional pains may result from spurts of activity. To ease pain temporarily, use hot tub soaks, hot wet packs and massage (with liniments, if desired) and an analgesic. However, self-treatment over a long period of time is not good; check with a doctor. Different from osteoarthritis and less common is *rheumatoid arthritis*, a far more crippling disease that affects the whole body. The first attack sometimes follows a bout of overwork or emotional upset, but more often occurs without apparent cause. It may not be recognized for what it is—the beginning of a chronic ailment—because the symptoms are so vague: fever, loss of appetite, fatigue, aches and pains, morning stiffness. The syndrome characterizing the initial attack may come and go over a period of weeks or longer, and then disappear entirely, only to pop up again later in more severe forms. Early treatment of the first attack lessens later pain and distress. Call a doctor at once if you suspect that you might have the disease. Do the same if a child in your family should complain of soreness in the joints. It may be a sign of rheumatic fever or juvenile rheumatoid arthritis.

Stiff neck. This may be caused by something as seemingly insignificant as sitting in a draft; it may be the result of osteoarthritis. Heat applications and an analgesic are soothing. See a doctor if the pain persists, suggesting a serious disorder.

Back pain. *Lumbago*, the term that covers all sorts of back problems, is often associated with drafts or becoming chilled, or with exercise where you've put particular strain on the

muscles of the lower back. Lumbago responds well to heat applications, massage (with liniment, if you like) and gentle exercise. In serious cases, sleeping on a hard, flat mattress over a large piece of plywood will help.

Sciatica is a back or leg pain resulting from some problem with the sciatic nerve—the motor and sensory nerve for the leg. A slipped disk can be a cause. What happens is that one of the disks that keeps your vertebrae from grinding together develops a flaw: The soft, cartilaginous material inside the disk pushes through a worn spot on the hard outer covering. When this bulge puts pressure on the sciatic nerve in the spinal cord, pain occurs in the back and leg. See a doctor. As a matter of fact, see a doctor if *any* pain—in muscles, joints, neck or back—is exceptionally severe or persists for a long time.

4 best remedies for sore muscles

1. **Heat applications.** For those all-over aches, wet heat—in the form of a hot soak—is the best bet. Have the water as hot as you can stand it, but don't stay in the tub longer than 20 minutes. Hot, wet towels are useful for localized aches, as are hot-water bottles, although these cool quickly.

Dry heat can be administered with an electric heater or a heat lamp placed 18 inches from the body. Electric heating pads should be used at low heat; never go to sleep with one on; there is danger of fire or burns.

2. **Analgesics.** Any analgesic—acetaminophen, salicylamide or ACT compound (aspirin/phenacetin/caffeine preparations)—is suitable for osteoarthritis. But for a soreness involving inflammation, you need real aspirin or salicylamide; both are anti-inflammatory as well as analgesic. Timed-release aspirin don't provide the initial clout of regular tablets even though their effect may last longer. Buffered aspirin reduce stomach irritation. (Dosage: 10 grains of most analgesics three or four times daily or as doctor recommends.)

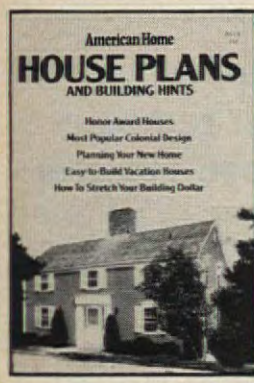
3. **Cold applications.** Use a regular ice bag, or simply wrap ice in a plastic bag. Cold applications for such problems as severe muscle strain should be used for only 24 hours; then switch to heat applications.

4. **Balms, ointments, liniments.** These preparations dilate the small blood vessels in the outer layer of the skin and produce a feeling of comforting warmth, especially when accompanied by massage. Oil of wintergreen is the most common ingredient, because of its analgesic properties.

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Shopping Information

Merchandise listed here is available in leading department and specialty stores. Items not listed may be privately owned or custom made.

TEXTURE MAKES NEWS

Pages 48-49. All sources N.Y.C. unless otherwise noted: 1. Fabric, Crossill Curtains, Inc.; 2. chair, LCS, Inc.; 3. log-cabin pattern quilt, The Gazebo, Inc.; 4. "Home-spun" area rug, Saxony Carpet Co., Inc.; 5. "Hollyridge" carpeting, Gulistan Carpet Div., J.P. Stevens & Co., Inc.; 6. "Eurotex" carpeting, Tredford Carpet System, Philadelphia, Pa.; 7. sisal squares, Import Specialists, Inc.; 8. "Berebereau" carpeting, Karastan Rug Mills; 9. "Hobnail" carpeting, Saxony Carpet Co., Inc.; 10. "Bhurba" fabric, Guilford North, Guilford, Me.; 11. "Bocca" fabric, American Textiles, Robert Allen Fabrics, Newton, Mass.; 12. "Devon" fabric, F. Schumacher & Co.; 13. and 14. "Chickery" and "Parallel" fabrics, Isabel Scott Fabrics, Inc.; 15. "Vir-meer" fabric, and 16. "Peekaboo" fabric—both, Bloomcraft Decorative Fabrics, Inc.; 17. "Erica II" area rug, Burlington House Area Rug; 18. "Margate" fabric, F. Schumacher & Co.; 19. "Double Diamond" carpeting, Saxony Carpet Co., Inc.; 20. "Shepherd-Weave" carpeting, Trans-Ocean Carpet Co.; 21. "Customaire" carpeting, Monticello Carpet Mills, Inc.; 22. "Bhurba" fabric, Guilford North, Guilford, Me.; 23. "Viking" fabric, Cohama Decorative Fabrics, Inc.; 24. rush carpet squares, Import Specialists, Inc.; 25. "Nottingham" fabric, Stroheim & Romann, Inc.; 26. "Mosel" area rug, Concepts International; 27. maize carpet squares, Import Specialists, Inc.

THE NEW-LOOK NEUTRALS

All sources Los Angeles, Calif. Page 50: Fabric on sofa and chair, Kent-Bragaline, Inc. Page 51: Brown/white chintz on chair and sofa, Fortuny, Inc.; bed fabric (sheeting with cotton ribbon), Shaxted.

"STORYBOOK" PATTERNS

Pages 52-53: Toys, F.A.O. Schwarz.

ROOM OF THE MONTH

Pages 54-55 and page 16: "Corian" vanity, E.I. du Pont de Nemours & Co., Wilmington, Del.; "Tuscany Cloud" ceramic floor tile, American Olean Tile Co., Lansdale, Pa.; fixtures, Kohler Co., Kohler, Wis.; "Amarillo Chandelier" ceiling tile, Armstrong Cork Co., Lancaster, Pa.; medicine cabinet, concealed scale, Hall Mack, Harrodsburg, Ky.; Dixie cup dispenser, American Can Co., Greenwich, Conn.; shower massage by Water Pik, Teledyne Aqua Tec, Fort Collins, Colo.; plants, George Noer, Floral Exhibits, Chicago, Ill.; white paint, PPG Industries, Pittsburgh, Pa.; wicker furniture, Tropical, Los Angeles, Calif.; Plexiglas sheet mirror, Rohm and Haas Co., Elmwood Park, N.J. All sources N.Y.C.: Towels, Fieldcrest Mills, Inc.; "Tau Yuan" fabric, wall covering, Carleton V Ltd.; "Profiles" wastebasket, Detecto Scales, Inc.; Rohm and Haas toothbrush/soap holder available at Reflections, Inc.; TV, The Magnavox Co.; toiletries, Estee Lauder, Inc. Paper products, Scott Paper Co., Philadelphia, Pa.

A GARDEN-ROOM ADDITION

Pages 58-59: Roofing, Seal-O-Matic asphalt shingles, Johns-Manville Corp., Denver, Colo.; barn siding panels, Weyerhaeuser Co., Tacoma, Wash.; aluminum patio doors, screens, Louisiana Pacific Co., Weatherseal Div., Barberton, Ohio; natural slate flooring, Sheldon Slate Products Co., Middle Granville, N.Y.

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are pale blue, avocado and cream. Handloomed rugs reflecting this color scheme define the setting in almost every room. The breakfast room has an antique braided rug in brilliant primary colors, pointing up an oval-shaped colonial table, eight ladder-back chairs and a magnificent early American desk. And as in every other major room, there is a brick fireplace.

"There's even a fireplace upstairs in our bathroom," says Jill—sounding incredulous, and she has a right to be. For the master bath is one of the wonders of this classic house. Definitely unclassic, it is so huge that in addition to what you would expect to find in a bathroom, there are two antique armchairs, a couch and a row of plants in front of what may be the largest fireplace in the house. "It's not what you would call 'intimate,' but it's really the best place

should have a canopy, but Jill maintains that "the hand-turned posts are so beautiful, I don't want to cover any part of them with a canopy."

Most of the Bronsons' Vermont lifestyle is outdoor-oriented, no matter when they visit the house. There is a stable for six horses that Jill and the younger children ride along the country lanes crisscrossing their property. Bronson and the older children use these same lanes at different times—for trail-bike riding on motorcycles they keep in the garage. Zuleika, perennial "baby" of the family, divides her time riding her own white Welsh pony and playing in a miniature house built to the same scale as the big house.

At night, whatever Bronsons are in residence gather at the round dining table for simple family dinners. Afterward, they are likely to watch TV in the sitting room or retire upstairs to the library to read. There, Jill enjoys stretching out on a rare Queen Anne chair that opens like a chaise longue. Zuleika has a diminutive version of the same chair in her own little house.

Reflecting their feelings about life in this Vermont hideaway is the favorite among the Bronsons' collection of antiques. Hanging upstairs, near the Chippendale desk where Jill does her correspondence, is a handworked sampler, dated 1838, that reads: "It ought always to be steadily inculcated that virtue is the highest proof of understanding, and the only solid basis of greatness. And that vice is the natural consequence of narrow thoughts; that it begins in mistake and ends in ignominy. It is harder to avoid censure than to gain applause. A man must pass his whole life without saying or doing one foolish thing. Support the dignity of your nature." Pondering it, Jill says, "In this house, and especially when we read this sampler, we try. We really try."

[continued from page 56]

For Charles Bronson and his family, "home" is an 18th-century farmhouse in Vermont.

Why Vermont? I wondered. Perhaps the serenity of the Green Mountains was the fulfillment of a dream. Bronson was raised in other mountains, equally beautiful but harsh in the context of his lifestyle. The Alleghenies of Pennsylvania rose menacingly around his family's ramshackle dwelling in coal-mine country. He was the 11th of 15 children in a household so poor that when he was 10, his mother "sold" him to a farmer to buy food.

The fierceness he projects in films serves him well in such hits as the recently acclaimed *Death Wish* and the soon-to-be released *Breakout*. Yet Bronson is sweet-natured and humorous, a dedicated family man. Especially when he is home in Vermont, the "fierce" Bronson loves scouring antiques shops, picking up finds.

At times, there are six youngsters in the Bronson household, all but Zuleika from previous marriages. The clan gathers in Vermont whenever Bronson is working within easy airplane commuting distance of the farm. The place is so beautiful that the family is always reluctant to leave when film-world pressures compel them to move on.

The Bronsons had nothing to do with restoring their 184-year-old farmhouse—or with choosing its bright yellow-painted exterior. But the decorating is theirs—and very much in keeping with the house's own tradition. Dominant colors

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in the world to take a bath," Jill insists.

Downstairs, the living room features handmade crewel curtains and two rather bizarre antiques of Bronson's own choosing: a 250-year-old wooden grain shovel that stands in a corner as a kind of primitive sculpture; and an old butcher table with handsome inserts of handworked leather used by some long-forgotten hog farmer. Its legs sawed down, this six-foot table stands low in front of natural leather couches. The Bronsons delight in describing its gory origins, which no one could easily guess today, with its polished surface.

The house has other dramatic and unexpected touches. For example, downstairs in the sitting room, three ladders serve as end tables. They are the type once used by early Americans to climb up into canopied four-poster beds. The four-poster in Zuleika's room

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Lynn Headley—Editor



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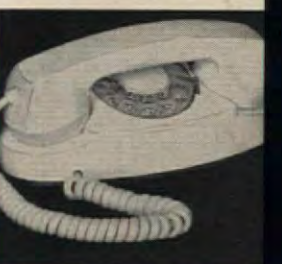
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Send \$1 check or money order today for illustrated booklet with simple plans of the Tomato Ring plus interesting tomato facts and unusual tomato recipes.

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TOMATOES! TOMATOES!
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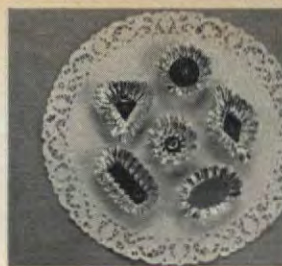
BASEMENT TOILET

Flushes up to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, den, apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog. DOSS, Dept. J-27, Box 10947, Houston, Tex. 77018



Tartlet tins

Treat guests to delicious tarts and hors d'oeuvres you make in these distinctive tartlet tins from Sweden. Set includes 6 different designs—6 of each design. Attractive tins are aluminum. Delightful gifts, too! 2" to 3½" across. 36 tins per set. \$3.98 per set. Catalog with order; or, 25¢. Judy's of California, Dept. 345E, Box 728, Lompoc, CA 93436.



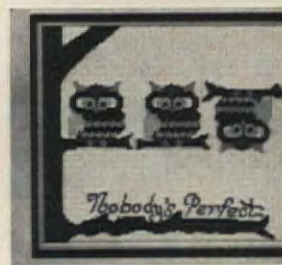
Elephant planter

"Go exotic" with an elegant planter of handwoven natural rattan to show off your prettiest house plants! Great for patio, den or pool. 15" long x 7" high x 5" deep with metal liner. \$11.95 plus \$1.50 hdlg. Painted white, yellow, green, pink, orange, blue, or black, add \$2. Catalog, 25¢. Fran's Basket House, AH4, Rt. 10, Succasunna, NJ 07876.



Well, owl be!

"Nobody's Perfect" makes its wise, whimsical point (needlepoint, that is) via this charming, easy-to-do needlepoint picture. Kit includes design hand-painted on 13"x15" white interlock canvas with 12 mesh per inch. Persian yarns, needle and directions. 10"x12", finished size. \$17.95 plus \$1.25 hdlg. The Stitchery, Dept. AH-4, Wellesley Hills, MA 02181.



The "scarlet maple"

This magnificent red-leaved shade tree has been hailed by experts as the "2-in-1" tree because of its great beauty and speed of growth. Its leaves are a brilliant red in the autumn and it grows up to 30' over a 5-year period. 2 trees, \$7.98; 4 for \$12.98; 8 for \$22.98. From the Nursery Barn, P.O. Box 712BA, McMinnville, TN 37110.



A credit to behold

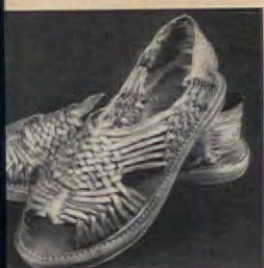
Personalized credit card holder is "just right" to keep all your cards together and easily accessible. Case is in lovely brass with three initials in beautiful script. 3½" x 2¼" x ½". A useful and thoughtful gift, too. Why not order several! Be sure to print 3 initials desired for each case. \$4.50 each. Bruce Bolind, Dept. AH4, Boulder, CO 80302.



Bedtime story

And so the king said, "Turn your twin beds into king-size quick as a wink." Span-A-Bed is an "instant" King Bed Converter that fits snugly between your twin-size beds. Made of comfortable polyurethane, it requires no special bedding. 6' long; 14" wide. \$6.98 plus 75¢ hdlg. From Holiday Gifts, Dept. 604-E, Wheatridge, CO 80033.





Handmade Huaraches

Genuine Mexican Huaraches (pronounced Hwar-a-chez) are superbly comfortable as well as stunning on your foot. Handwoven of supple genuine steerhide leather with genuine leather sturdy, long-wearing sole and heel. In natural. Sizes 5-10. \$8.90 plus 90¢ hdlg. Old Pueblo Traders, A4H-600 So. Country Club Rd., Tucson, AZ 85716.



Meaningful plea

"God Made Us a Family" bordered with a beautifully colored Italian scroll design is laminated for permanence on a lovely 8"x6" wood plaque. "We need one another, We love one another," etc., concludes with a prayerful plea, "Help Us To Attain Them O God." \$1.98 plus 35¢ hdlg. Cadlyn's, AH4, 2077 New York Ave., Huntington Station, NY 11746.



Hair Catch-It tray

Cutting down expenses by cutting hair at home? Add convenience with a catch-all hair tray that prevents hair clippings from falling on back and also saves floor clean up. Great for home permanents, too! Soft plastic shoulder tray wipes clean easily. Snaps on. \$1.69 plus 35¢ hdlg. Holiday Gifts, Dept. 604-G, Wheatridge, CO 80033.



Magnifying glasses

Attractive half-frame magnifying glasses are ideal for folks over 40 who have no astigmatism or eye disease. See fine print sharply and clearly, such as numbers, ads, tags, etc. Precision ground and polished impact-resistant lenses. Black with "look over" crystal clear top. State age, sex. \$6.97 plus 55¢ hdlg. Precision Optical, Dept. 56-H, Rochelle, IL 61068.



Dry up!

Absorbent Dry Band keeps your hair dry while bathing or swimming. A positive seal against moisture, band keeps hair-do safe and dry. Simply wrap poly-foam band around your head to cover hairline. Wear under shower or bathing caps. Adjustable. \$2.98 plus 20¢ hdlg. Anthony Enterprises, Dept. AH35, 585 Market St., San Francisco, CA 94105.



Magic-slate memos

Jot down lists, messages, etc., on the film "slate" with "writer-marker" that fits in loop on "frame." To "erase," simply pull tab out at notched top. Plastic in assorted colors. Mini magic-slate for pocket or purse, 3 1/4"x4 1/2", \$1.49. Maxi magic-slate, 10"x7", \$2.98. Both, \$3.98. Add 40¢ hdlg. Vernon, Dept. A4E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

Lady Plugs In Zoysia Grass Saves Time Work & Money

SPECIAL INTRODUCTORY OFFER! ORDER NOW AND GET UP TO 200 PLUGS FREE!



By Mike Senkiw
Agronomist

Every year I watch people pour time and money into lawns that fail them just when they want their lawns the most.

I see them reseed, feed, water, weed and mow, mow, mow! When it turns to hay in mid-summer, I feel like calling out, "For Heaven's sake, when are you going to stop throwing money away and switch to Zoysia Grass."

In comparison, I'm always happy to get letters from people who have plugged in my Zoysia Grass, because they write to tell me how beautiful their lawns are even in mid-summer heat and drought.

IT'S AS HARDY AS BEAUTIFUL!

A typical Zoysia owner, Mrs. Harry Winslowe in the heart of wintry New England tells how she got rid of weeds with Zoysia: "We had a lawn that was a disgrace. My husband used weed killer for every known weed—but next season new weeds sprang up. We dug the lawn up twice and re-seeded before we learned about Zoysia. It does everything you say... how pleased we are with our Zoysia lawn."

And from Iowa came word that the State's largest Men's Garden Club picked a Zoysia lawn as the "top lawn—nearly perfect" in the area. Yet this lawn had been watered only once all summer up to August.

Cuts Your Work, Saves You Money

Your deep-rooted, established Amazony lawn saves you time and money in many ways. It never needs replacement... ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by 2/3.

CHOKES OUT CRABGRASS

Thick rich, luxurious Amazony grows into a carpet of grass that chokes out crabgrass and weeds all summer long. It will NOT winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

For Slopes, Play Areas, Bare Spots

If slopes are a problem, just plug in Amazony. When established, it will end erosion—also plug it into hard-to-cover spots, play-worn areas, etc.

YOUR OWN SUPPLY OF PLUG TRANSPLANTS

Your established turf provides you with Zoysia plugs for other areas as you may desire.

WEAR RESISTANT

Your Amazony lawn takes such wear as cook-outs, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it—or themselves.

NO SEED, NO SOD!

Do not mistake Amazony pre-cut plugs for sod or seed of any type of grass. There's no seed that produces winter-hardy Meyer Zoysia. Sod of ordinary grass carries with it the same problems as seed—such as weed, diseases, frequent mowing, burning out, etc.

Order now for Bonus Plugs and earliest delivery at planting time in your area. Orders are shipped the same day taken from soil, shipping charge collect via most economical means.

Meyer Z-52 Zoysia Grass was perfected by U.S. Government; released in co-operation with U.S. Golf Assoc. as a superior grass.

PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checker board style. Every plug 3 sq. inches.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

No Need To Rip Out Present Grass

Plug my Zoysia into an entire lawn or limited "problem areas." With the same leaf color and appearance as blue grass, it will blend perfectly. Plug it into poor soil, "builder's soil," clay or sandy soils — even salty, beach areas, pool areas and I guarantee it to grow!

Every Plug **Guaranteed to Grow** In your Soil In your Area

- **WON'T WINTER KILL**—has survived temperatures 30° below zero!
- **WON'T HEAT KILL**—When other grasses burn out, Amazoy stays green and lovely!

Every plug must grow within 45 days or we replace it free. Since we are hardly in business for the fun of it, you know we have to be sure of our product.

FREE patented step-on plugger, get it free with larger orders of 600 plugs or more.

A growth-producing 2-way plugger that saves bending, time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Rugged yet so light a woman can use it.

FREE UP TO 200 PLUGS

Check the Bonus Plugs offered in this Introductory Special Offer and see how you save. Millions of our Zoysia grass plugs are sold every year at nationally advertised prices, so Bonus Plugs represent clear savings. This offer restricted to quantities of Zoysia available, so be sure. Be an Early Bird—order now.

Dept. 453, ZOYSIA FARMS

General Offices and Store
6414 Reisterstown Rd., Baltimore, Md. 21215

Dear Mr. Senkiw: Please send me quantity of guaranteed Amazoy plugs checked below.

<input type="checkbox"/> FULL SIZE PLUGGER	<input type="checkbox"/> 200 PLUGS & PLUGGER Plus Bonus of 25 FREE
\$4.95	TOTAL 225 PLUGS \$13.75
<input type="checkbox"/> 100 PLUGS Plus Bonus of 10 FREE	<input type="checkbox"/> 300 PLUGS & PLUGGER 50 FREE
TOTAL 110 PLUGS \$6.95	TOTAL 350 PLUGS \$17.75
<input type="checkbox"/> 100 PLUGS & PLUGGER Plus Bonus of 20 FREE	<input type="checkbox"/> 600 PLUGS & PLUGGER Plus Bonus of 100 FREE
TOTAL 120 PLUGS \$9.95	TOTAL 700 PLUGS \$27.95
<input type="checkbox"/> 200 PLUGS Plus Bonus of 20 FREE	<input type="checkbox"/> 1100 PLUGS & PLUGGER; Plus Bonus of 200 FREE
TOTAL 220 PLUGS \$11.20	TOTAL 1300 PLUGS \$39.95

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**Birthday? Anniversary?**

Then, why not celebrate it by getting or giving a "back then" dated front page copy of the *New York Herald Tribune*? You pick the date — any day from January 1, 1900 through December 31, 1964. It's great fun to recall or find out the other big news of that special day. Marvelous Gifts, \$2.25 each. Holiday Gifts, Dept. 604-F, Wheatridge, CO 80033.

**It's copper!**

Yes, this pretty, lacy bracelet is scrumptiously crafted in solid copper. Delightfully delicate, feminine and flexible to circle any pretty wrist. 3/4" wide! Magic curing powers? Who knows, but it surely is what the fashion doctor ordered! Great for gifting. \$1.98; 2 for \$3.50. Add 45¢ hdlg. Ferry House, Dept. AH4, Briarcliff Manor, NY 10510.

**The cushioned clog**

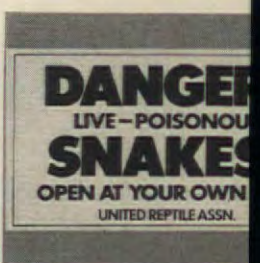
This delightfully lightweight clog is made of genuine perforated leather. Masterfully created, it has a no-nail construction. Cork wedge is laminated to a bouncy rubber-like sole. In camel, red or white. Sizes 6 1/2-10 N, 5-10 M, 5 1/2-9 W. \$12 plus 90¢ hdlg. Old Pueblo Traders, A4C-So, Country Club Rd., Tucson, AZ 85716.

**Victorian clothes rack**

Stunning cast-iron rack sparks a friendly touch in hallway, bathroom, kitchen, or bedroom. Reproduced from the colorful Victorian era, it has 5 large swing-away arms with 3 hooks on each for hats, coats, towels, etc. Extends 7 1/2" from wall, 14" wide. \$3.98 plus 75¢ hdlg. From Holiday Gifts, 604-H, Wheatridge, CO 80033.

**Burglar beware!**

Unique "snake alert" warning sticker discourages thieves. The warning words tend to make any unwanted "visitor" turn about and depart like the wind! Put self-adhering sticker on windshield, doors, windows, luggage, etc. Clever and could save you plenty! 5 stickers, \$1. Milton Ideas, Dept. AH, P.O. Box 382, Lynbrook, NY 11563.

**DELIGHTFUL STITCHERY**

Two irresistible samplers. Each comes in kit form complete with oyster Belgian linen stamped for cross-stitch, floss in bright colors, 8 1/2" x 16" wood frame in maple or mahogany finish, and easy instructions. Also available, "Grandchildren Are God's Reward For Growing Old."

Grandmother Sampler Kit (shown)\$3.95

Grandfather Sampler Kit (shown)\$3.95

Grandchildren Sampler Kit\$3.95

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Plant Now... Step Back... and Watch Out!

Amazing Super-Growing Species Soars Into A Magnificent Tree IN JUST ONE YEAR!

And if you think that's startling — just wait 'til you see the spectacular show when it starts to flower — Actually smothers itself in such lavish masses of bouquets, its branches appear to bend from the sheer mass and weight of the magnificent blooms.

That's the kind of wondrous results reported by the U.S. Gov't. Plant Research Stations... Botanical Gardens... and University Plant Scientists on what is undoubtedly the most fantastic flowering shade tree ever introduced in America — the incredibly beautiful Paulownia... the only flowering shade tree in all of nature that can do all of this and more:

READ WHAT THE EXPERTS SAY ABOUT THE INCREDIBLE PAULOWNIA... THE FASTEST GROWING FLOWERING SHADE TREE EVER DISCOVERED!

HEIGHT: Gov't. Plant Scientists and Botanical Experts report 18 to 22 feet of growth the very first year on specimen trees.

That's more growth IN JUST ONE SINGLE SEASON than even a fully matured 15-year-old flowering dogwood, or prize star magnolia.

SPREAD: University Researchers report beautiful ornamental spread of nearly 40 feet at maturity... packed with thousands of magnificent flowers. Think of it. It not only surges skyward in the most spectacular burst of beauty you've ever seen... but, also arches over in a magazine-cover display of color-drenched branches.

EASE: Leading editors report: ... grows in almost any soil... and below-zero root-hardy, too. Yes, because nature has endowed this landscape-artist's "dream-tree" with super-growing strength... because it is virtually resistant to most every common disease... requires practically no care at all. You simply plant it and forget it... it's as simple as that.

A TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!

Yes, who says you have to spend a small fortune for a flowering shade tree? — and then spend half a lifetime waiting for it to grow? It used to be that way — BUT NOT ANY LONGER. Not since we have finally



How's this for a natural archway in front of your driveway — twin towers of flowering beauty in less time than you ever dreamed possible.

VITAL STATISTICS FROM LEADING EXPERTS

MATURE GROWTH SIZE — 45 to 60 feet
MATURE GROWTH SPREAD — 35 to 50 feet
ZONE OF HARDINESS — completely root-hardy from deepest south to as far north as Montreal, Canada. Flowers beautifully even after 10 below zero winter freeze.

ONE YEAR GROWTH RATE — Experts report growth range of up to 22 feet the first year after planting specimen trees under optimum conditions, up to 15 to 18 feet under poorer conditions when pruned for foliage growth only.

FLOWERS — When tree is at blooming size, in just a few short years, you'll enjoy thick panicles of fragrant lavender blooms. Highly recommended by landscape artists as specimen planting for front lawn.

SOIL REQUIREMENTS — Natural strength and vigor allow it to soar full forth in even poor soil. You can plant it anywhere.

CARE — No special care whatsoever. No spraying. No dusting. No special feeding. Naturally resistant to most every disease, pest or insect.

TAKES BUT 10 MINUTES TO PLANT — REWARDS YOU WITH A LIFETIME OF BEAUTY STARTING THIS VERY YEAR!

tracked down the one single tree in all of nature that hoists itself high, so fast you can literally measure the difference in both height and spread from week to week... or take a yardstick and measure the incredible difference in feet from month to month!

GROWS IN ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering... the only thing you do when you plant Paulownia is water it and enjoy it. That's why leading botanical gardens... landscape artists... garden editors... recommend it again and again for home-owners who want a stunning display of both beauty and shade... and with practically no more work than a couple of sprinkles a season.



Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter.

**ONLY A LIMITED SUPPLY YET AVAILABLE
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Now, the price of this super-growing shade tree is not \$20 or \$30 but a mere \$3.95... yes, only \$3.95 for this magnificent shade tree that rewards you with such a glorious display of growth IN JUST ONE SINGLE YEAR! However, supply is limited... we cannot offer these trees again this year. And since now is the time to plant, you must act now!



Here's a luxury sight you don't have to wait half a lifetime growing — a matched pair of flowering showpieces, so strong and sturdy you can actually sling a hammock between them.



Grows More In One Month Than Most Other Shade Trees Grow In An Entire Year... More In One Season Than Ordinary Shade Trees Grow In 2 Years, 3 Years Or Even 5 Years!

Photo depicts magnificent size, spread and beauty of mature Royal Paulownia (Paulownia tomentosa).

Never Has There Been A Faster Growing, Flowering Shade Tree Introduced To America — Royal Paulownia

Yes, plant now — see it soar forth in a tower of beauty in just one year! It's the most spectacular splurge of both growth and beauty of any shade tree ever brought to this country. And it's so easy to grow even a child can do it.

And Remember: Satisfaction is guaranteed. You must be thrilled in every way with this wondrous flowering shade tree or RETURN AT ANY TIME within 90 days for a full refund of your purchase price. Use the No-Risk Coupon below.

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Plus .95¢ Postage Each

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Esthetic of London have introduced a revolutionary cosmetic, **Hairstop**, that gradually cuts back unwanted facial hair growth, gently but effectively. Used like a moisturizer, it weakens the roots of superfluous hair to cut back regrowth. From Esthetic Ltd., 111, Fulham Road, London S.W.3. England, it costs \$7.95 + \$1 hdlg.

Send for free Leaflet.

Sultry smoketone ring

Gorgeous simulated oval topaz is faceted exquisitely to catch every light in a romantic blaze. Setting is 18K heavy gold electroplated with four graceful loops swirled elegantly around the 3/4" oval clasped with four double prongs. Sizes 5,6,7,8. \$5.98 plus 35¢ hdlg. Lillian Vernon, Dept. A4E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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Over what to give? It's great to have a favorite photo blown up into a huge photo jigsaw puzzle! Easy-to-assemble pieces. Send photo. If negative or slide, add \$1. Original returned. In full color, 8x10", \$6.99; 11x14", \$7.99; 12x18", \$8.99. Same sizes in black & white, \$3.99; \$4.99; \$5.99. Photo Poster, X737, 210 E. 23rd St., New York, NY 10010.



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Strap on a pair of spiked sandals and you have an instant Foot Lawn Aerator! Step lively to loosen turf and soil, let air and water reach and revive roots. Each non-skid sole has 13 replaceable steel spikes. Non-slip buckles on heavy duty straps. Pair, \$10.98 plus 75¢ hdlg. Holiday Gifts, Dept. 604-B, Wheatridge, CO 80033.



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Kenmore, Milford LS-831, N. Hamp. 03055



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Limited Edition—so order now!

This is one of the most outstanding art print values we've ever been privileged to offer, and we expect our supply to go fast, so regrettably we must limit orders to 2 sets per customer. To avoid disappointment, mail coupon now.

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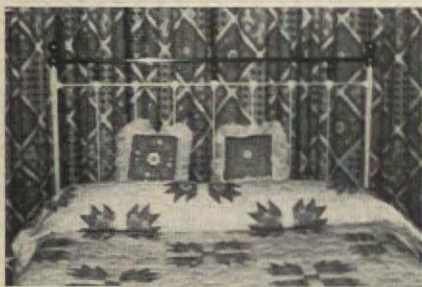
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Dear American Home



SHEET SPECTACULAR

Here is a photograph showing what I have done with sheets.

My bedroom is my pride! For draperies, pillows and spread I used eight blue sheets, five white and one yellow. The total cost for materials and labor (I stitched the quilt, but had the quilting done professionally) was \$153!

Viola Sylvestersen
Hayward, Calif.

HOLIDAY DELIGHTS

I have been an "egger" for about three years and I really enjoyed your article on decorative eggs in the December issue.

Helen Reichart
New Castle, Ind.

Your article showing a gingham Christmas was a joy! I also admired Dorothy Brightbill's unique touches.

Lee Callivan
Bolton, Mass.

MONTHLY MIRACLE

Thank you for producing a monthly miracle. Years ago as a little girl, I started reading my aunt's copies of AH. The habit continues with my own long-time subscription. Every issue has, for me, a recipe, craft idea, house plan, etc., that is incorporated in my scrapbook or put to immediate use. I'm looking forward to spending many more years with you.

Patricia A. Dooley
Orient Point, N.Y.

I have been an interested and happy subscriber to AH for about two years. I'm a new housewife with a seven-room house to redecorate. I find your magazine a godsend of helpful facts and ideas.

Keep your standards as fine as I've known them to be. The practicality with which ideas are presented is head and shoulders above all the other magazines in the decorating field, and I certainly appreciate it.

Kathleen A. Daniels
Southgate, Ky.

You may be interested to know that I have clipped items from AH for years. When my husband and I built our home in the '50s, most of the ideas were used in our plans. Thank you!

Mrs. Lester H. Wand
Austin, Texas

I love your magazine—especially the crafts. I also enjoy the decorating ideas and antiques.

Mrs. Morton Weiss
Minnetonka, Minn.

I feel I can call you "friends" because your magazine is such a help and delight—almost as a friend can be. Many hours are happily spent reading the features presented each month.

Mrs. John G. Mussa
East Earl, Pa.

I love your column "Ask Us About Your Antiques" and anxiously await each issue. I also thoroughly enjoy the magazine—it's so good in all ways.

Mrs. James W. Bonds
Las Vegas, Nev.

I enjoy your antiques column, as I have enjoyed your magazine for years.

Mrs. Joe Bonuccelli
Stockton, Calif.

SPACE SAVERS

We have finally succeeded in having our old wardrobes converted into practical clothing closets and are most grateful to AH and Stanley Schuler's article "Increase Storage," May '74.

I had hunted through many stores in the East for closet carriers to no avail. When I read Mr. Schuler's article I wrote to you asking for information. Your reply arrived complete with telephone number of the supplier. I phoned the company that week and then sent a check for six carriers and measurements for same. They are wonderful. Our converted wardrobes are now useful clothes closets with no damage to their image.

Mrs. T. Benchoff
Chambersburg, Pa.

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

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For ad rates—Classified, 100 E. Ohio, Chicago 60611

HOME AND GARDEN

★ **NEW! SAVE! GROW** your own vegetables. Current A to Z instructions. APW Reports, Box 418, Wilmette, Illinois 60091. \$4.95.

★ **INFLATION-FIGHTING GREENHOUSES** from \$89.95! Free details. Environmental Dynamics, Box 996XDC, Sunnymead, Ca. 92388.

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★ **\$300.00 WEEKLY POSSIBLE**—stuffing envelopes. Start immediately! Details \$1 refundable. Royal-H2, Box 30643, Los Angeles 90036.

★ **FREE CATALOG, BONUS.** Leon Gifts, AP175 Old Connecticut, Wayland, Mass. 01778.

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★ **HOW TO MAKE MONEY ADDRESSING.** Mailing Envelopes. Offer Details 10c. Lindbloom Agency, 3636 Peterson, Chicago 60650.

★ **STUFF ENVELOPES.** \$25.00 hundred. Immediate earnings. Send stamped envelope. Knights, Box 17035B, Los Angeles, Ca. 90057.

★ **MAKE EXTRA MONEY.** New Booklet shows you how. Send \$2.00. Regal Gifts, 101 Blacksmith Road, Levittown, New York 11756.

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Remember your doll house? It was a dream world where everything was possible. And it wasn't important that the draperies didn't match the rugs. Or that the tiny rocking chair didn't go with the miniature dressing table.

But today your doll house is gone. Your childhood dreams have become realities. And making a decorating mistake could be very expensive.

Still, a little girl's dream never dies. And at your Ethan Allen Gallery we respect the little girl that lives on in every woman. That's why we make decorating a home as uncomplicated as possible.

Which is why you'll find that we have no salesmen. Only expert Home Planners who are trained to help you avoid making costly decorating mistakes. And all of the furniture that you see is expertly arranged in beautifully decorated rooms. So our Home Planners can give you a better idea of how the sofa or desk or lamp

you fall in love with in the Gallery will work with the furniture you have at home.

And our Home Planners can help you choose from the wide selection of draperies, carpets, upholstery and wallpaper found in the Home Fashion Center. And it's quite a convenience—like having many different stores under one roof.

And finally, when you visit our Gallery, we will give you the new Ethan Allen Treasury of American Traditional Interiors. Its 408 pages show the vast Ethan Allen collection and hundreds of full color decorating ideas. You can get it free (no purchase required) at our Gallery or by sending \$7.50 to Box 1066, Danbury, Connecticut 06810.

So visit our Ethan Allen Gallery. And with the help of our trained Home Planners you'll be able to make a little girl's dream come true.



Ethan Allen Galleries
We can help you have the home you want.

*See the Yellow Pages for
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Of all filter kings tested:

Carlton is lowest.

Look at the latest U.S. Government figures for
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**Carlton
Filter
4 mg.**



**Carlton
Menthol
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