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Dear American Home

CREATED BY THE "CLAN"

In your December '74 issue you encouraged us to share a tale with fellow readers. I'd like to tell you about my family and our pioneer lifestyle. The Stauffer "clan" consists of my husband Mack—we call him Mick—daughters Charlotte, 16; Cheryl, 14; Mary Evelyn, 13; Betsy, 11; Chandra, 7; Melinda, 5; and sons Larry, 15; Rodney, 12; Timothy, 10; and Buddy, 9.

With 12 in our clan—we have been together as a family for only three years—Mick must work two jobs. So we have created our dream place (below) on a modest budget and with do-it-yourself projects. The conversion of our half-old, half-modern Ohio farmhouse to an "early American" home has been an undertaking that all have shared.



The house had two different kinds of siding on the front, so the kids helped Mick and I remove it and then cut and nail on new split cedar shingles. With that finished, we tackled putting on a whole new roof. Mick got us started but had to go to work so we continued and finally, with everyone's help, were able to finish on the second evening by flashlight so we could surprise him. The house had unattractive storm doors, so with the help of a young friend, my sons presented me with really great doors made from old barn siding. Old shutters were then painted and hung by the children. Since there was no budget for windowpanes, we measured and taped each with waterproof plastic and now have our very own do-it-yourself panes.

A walk-in fireplace had been a dream of mine for many years. After much thought and research, Mick decided that with everyone's help he would tackle it. For days we hauled and cleaned old bricks. After several months Mick hung the huge crane he made so we could prepare soup over our very own walk-in fireplace.

We've all had fun finding and restoring antiques. Mick has reproduced a settle bench, hutch table, quilting frame, trestle table, candle holders, etc.

He has done the building and remodeling of the entire house with help from the clan. Everything from knocking out walls to building archways out of old beams has been on his list. The children have helped with the painting, papering, laying of floors and carpeting.

Electric ceiling fixtures in our home have been replaced by oil lamps. It took me a while to convince everyone of this idea. Slowly, however, they agreed it might really be "neat," as my teenagers say. Now with the exception of baths and of the reading light in the family room, our home is lit by oil and candles that Mick installed.

Our herb garden has led us to still another undertaking—doing crafts, making bouquets, etc., from herbs and dried materials. With the encouragement of friends, we decided to share some of our hobbies with others and have opened a small herb/craft shop.

Our latest find is an old log cabin. All 12 of us dismantled, labeled and loaded each log for its 60-mile trip home. We'll restore it and add it to our kitchen to be used as an eating room; the loft is to become our fifth bedroom.

I feel it has been very rewarding for us, and hopefully for the children, to share in the building of a home. I hope you can get some idea why I am so very proud of my family, all of whom pitched in and helped create a true "American home."

Mrs. Mack Stauffer
Ada, Ohio

SOUTHWEST DISCOVERY

I'd like to congratulate you on your excellent "Guide to Understanding & Restoring Vintage Houses" (February '75) and the idea of a Century Club for old-house owners. At a time when builders, if they are producing anything, are giving us repellent and high-priced condominiums, old houses are becoming more important than ever.

However, I'd like to point out your Eastern chauvinist bias in limiting Century Club membership to houses more than 75 years old. Here in southern California, houses that predate 1900 are very rare. How about doing something to include us?

D. Olson,
Pasadena, Calif.

You're on, California! If you have a house that was built before 1920, let us know. We'll make you a member of our "Old Houses of the Southwest Club." Just send a brief history and two clear black-and-white snapshots that you can spare (we can't return them). The most interesting will appear in our new "Century Club Discoveries" column.

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



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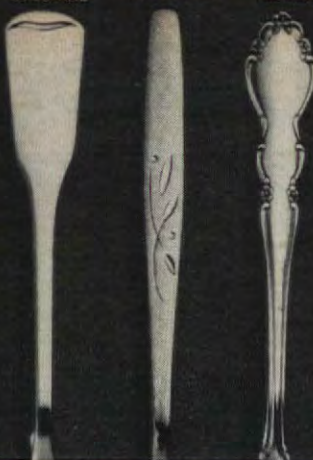
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July 1975, Vol. 78 No. 7

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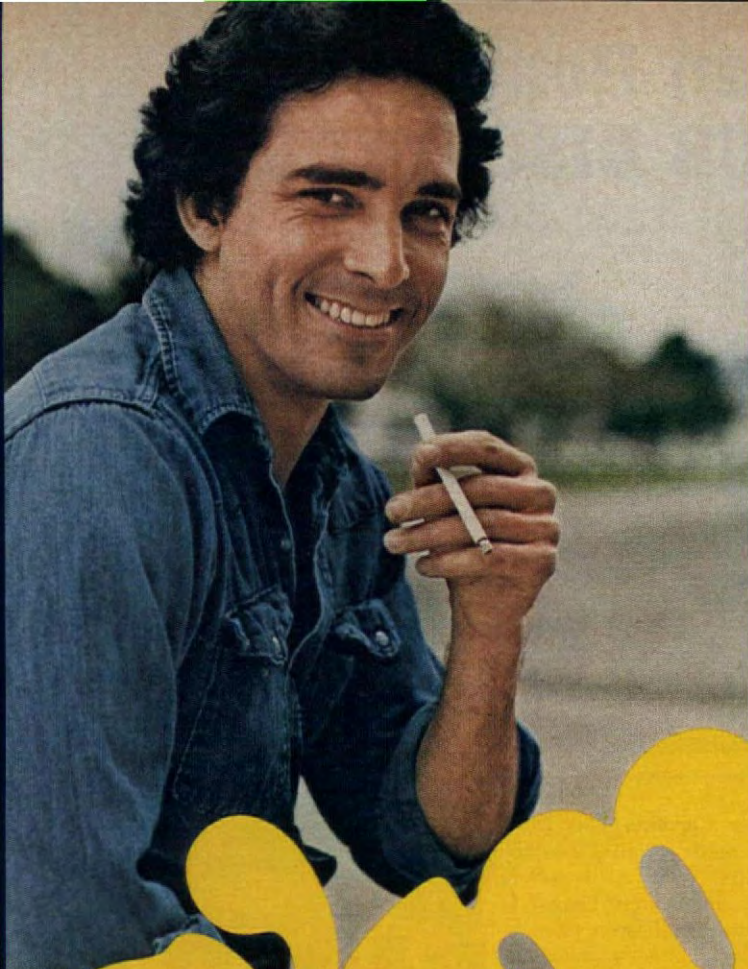
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American Home's CENTURY CLUB DISCOVERIES

In our February '75 issue we invited you to join American Home's 18th or 19th Century Club—to share with us the story of your fine old house, its restoration and preservation. Since then, we have been happily deluged with letters telling us about the many joys and frustrations of being an old-house owner. Donald H. Kerchner of Pennsylvania, whose early 19th-century stone house is among our first Century Club Discoveries, sums up the feeling neatly: "Saving an old

house is a tremendous challenge. There is much hard work and the costs are sometimes staggering. But those who undertake this labor of love will find a quality of material, workmanship, grace and charm in an old house that is missing in most new houses today." As the nation reflects on the past, it is time to recognize an important part of our heritage—the ordinary old houses of America. Here are our first four Century Club Discoveries. —Siew-Thye Stinson

Flushing, Michigan Local lore tells Mrs. Warren Hackett that her brick house with full stone basement and arched windows (right) was built in 1890 as a residence for the local trainmaster. The unusual two-peaked roof with gingerbread accent stumped our expert—if any reader has information on this sort of



architecture, please write us! The house needed little immediate work aside from additional wiring, a new furnace and heater, and a repainting of the interior. Mrs. Hackett writes, "We've been here three years, but there are still many things to do . . . it's a process of making improvements as we can afford them."



Milwaukee Journal photo

Chester, South Carolina This 1855 wood frame house (right) has remained in Mrs. W.E. Armstrong's family for six generations. Originally a two-family dwelling, it has undergone several changes—including the relocation of two stairways. Many traces of old-time house construction are still evident: wide-board flooring, mortise-and-tenon joints and hand-forged hardware.



Fort Atkinson, Wisconsin When the Robert Engans bought their 106-year-old Victorian, it was falling apart. For nine years, they tell us, they "lived like gypsies," as they worked methodically on the house, room by room. They knocked down walls, changed doorways to improve traffic flow, enclosed a porch to make an informal dining area, enlarged narrow windows, extended the living room and added a garage wing. Research by the local historical society dates the building to 1869, and an 1880 photograph (top) shows the original owners in the backyard. An "after" photograph above shows front of house—old porch at far right in top picture is now a dressed-up main entrance.



Lenhartsville, Pennsylvania Donald H. Kerchner started the restoration and renovation of his fieldstone farmhouse (above) by replacing 22 window frames and sash. He then took seven weeks to repaint the stone walls. Interior work was equally intensive—replastering, replacing moldings, sanding and varnishing original floors. New additions included a modern kitchen, extra bathroom, bedroom closets, an enclosed rear entryway and upstairs louvers (downstairs shutters are the originals). From his research, Mr. Kerchner estimates his house was built between 1810 and 1820.

BE PART OF OUR CENTURY CLUB

Drop us a line

Many of you, we know, own 18th- or 19th-century homes that you have carefully restored. We would like to hear from you, and tell your story to readers across the country. Send us two or more **clear black-and-white photographs** along with a brief letter detailing the history of your home and the work you've done on it. In return, you'll receive a handsome certificate of membership in our Century Club. Best photos and letters will appear in one of our Century Club Discoveries features. Photographs cannot be returned; send those you can spare.

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■ Belva Lockwood, the first woman to ap-

pear on a presidential ballot, who called for "domestic insurrection" to win the vote for women.

■ Rough Rider Teddy Roosevelt, whose only fear while charging up San Juan Hill was that he might lose his glasses (so he carried 12 extra pairs).

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Rediscovering the self-reliant



spirit of '76

What was life really like for 14 people living on a Pennsylvania dairy farm in 1776? Raising their own food and working there today, scientists and their families are learning what can't be gained from history—valuable data on self-reliant living that can benefit homemakers of the present and in the future.

A unique experiment in “living history” is taking place in Ridley Creek State Park, a dozen miles from Philadelphia, as part of the Bicentennial observance in Pennsylvania. It's an authentic colonial plantation that functions on a daily basis just as it did more than 200 years ago. The land supports almost totally the “family” living there now, as it supported the colonial family that first received title to it from William Penn. Flax is grown from which threads are spun into handcrafted garments and bedclothes. Sheep are raised (see photo, above) to provide wool for similar needs. A root cellar is maintained to preserve vegetables against the rigors of winter. Cows provide the milk, butter and cheese that are cooled in a springhouse (next page, bottom).

The main house and its outbuildings have been restored with lumber from a makeshift sawmill near the springhouse. The mill was hand-rigged and is operated manually to shape timbers from the surrounding forest into flooring, doors, window frames and ceiling beams. Contemporary “craftsmen-colonists” whittle out table utensils or rough furnishings from the scraps.

In a common room within the main house, a spinning wheel is in daily use, and a hand loom stands ready to take on colorful yarns dyed on the premises

from onion skin, indigo, nutshells, roots, bark and flower petals. Hearth fires burn year-round, providing heat for rooms that average 40 degrees in the winter. They also provide cooking fires for foods prepared for daily meals and for preservation in the still room and on pantry shelves.

In truth, the Pennsylvania Plantation is more than a charming tableau being enacted for the Bicentennial. It is a research center and a perpetual “museum-in-the-making.” From its experiments will come results that may help present-day and future homemakers cope more naturally and more confidently with a world in which food and fuel will grow more and more scarce. Also, from these findings, the homemaking arts and crafts may again take on the essential, basic meanings of long ago.

The Colonial Plantation will offer Pennsylvania visitors—and others, for decades to come—a place where they can step back into the rustic days of early American family life. (The plantation, at present, is open Friday through Sunday, 10 a.m. to 5 p.m.; admission is \$1 for adults, 50 cents for children.)

But the plantation is also an ecology experimental station expertly staffed and managed, supported jointly by the

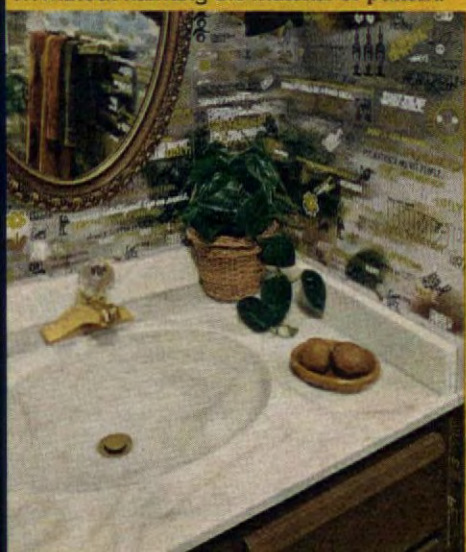
Bicentennial Commission of Pennsylvania and the Pennsylvania State Park system. Most of the “new colonials” who live and work here are dedicated scientists headed by director Jay Anderson, who holds a doctorate in folklore from the University of Pennsylvania and is an authority on food ways, the anthropological and ecological study of food. All are devoted to anthropological and archaeological studies concerning the history of American food, home building, animal husbandry and other utilitarian arts. For example, the fish they take from the stream at their doorstep is not only cooked and eaten, but its reproductive cycles are studied. The data may help you replenish your table in trying times.

The Colonial Pennsylvania Plantation is destined to become a picturesque way-stop for travelers to Pennsylvania for many years. Its dimension as a potential research center for the science of homemaking and home maintenance is, however, even more exciting in the eyes of *American Home* editors. It's a promising source of important new service information for years to come.

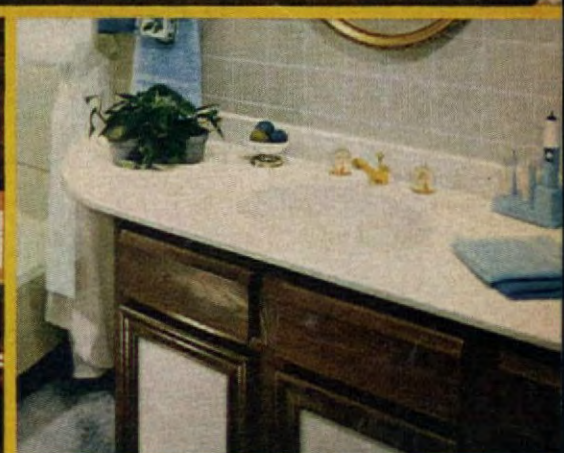
The following excerpts from a brochure published by the Bicentennial Commission of Pennsylvania illustrate the flavor of life on the plantation and the character of the people (continued)

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In the Living Room, "Corian" provides practical elegance with this custom-made buffet top. Its classic look is compatible with any period of furniture. And its marble-like lustre stays beautiful without special care.



The Main Bath is made truly luxurious with a "Corian" vanity top and bowl. And note "Corian" used as accents in cabinet doors.

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Pennsylvania plantation revives the flavor of farm life in the 1770s.

who lived there long ago and who live there now. The brochure itself (which includes a highway map) and information about the project's experiments, is available from: Travel Pennsylvania 1976, Dept. AHE, South Office Bldg., Harrisburg, Pa. 17120.

The kitchen was the lifeblood of the plantation. It was in use about 15 hours a day for preparing, preserving and cooking foods. The fireplace in this



Dr. Jay Anderson, project director, checks stores in the root cellar.

kitchen is exceptionally large; its top beam is 19½ feet long. All the meals for the people living here are prepared in this room, using homegrown vegetables, meat and dairy products. The massive door to the outside was designed to withstand the shocks of battering rams and bullets, and reflects the pioneer age of this farm. A day here started with a drink of rum or cider, and then about three hours' work. A large breakfast (meat, eggs, cheese, vegetables, bread, pie, fruit) was followed by more work. At about 2 p.m. another large meal was eaten, and then finally a very light meal, probably leftovers, just before bedtime. The meals changed, however, depending on the time of year and the amount of food on hand. During the fall, meals were large since food was plentiful, but in the spring a meal might be just bread and "frumity," a bland, boiled grain dish. As with all areas here, this kitchen is now a laboratory, in a sense, where



Kitchen garden provides fresh vegetables for the latter-day colonists.

ideas are tested. "We make bread because we need to eat it, not only because we want to show how it was made," say the "colonials" living here.

The root cellar was the 18th-century's refrigerator, and was essential to survival. Beer, wine and cider were stored here, along with onions, carrots, potatoes and turnips. Some vegetables were placed in a pit and covered in sandy soil to keep. Like modern basements, this colonial cellar was used as a catchall, too. Tools, barrels, hardware and just plain junk were stuffed into all the corners. On inventory some 56 gallons of whiskey were stored here.

The still room is what the name implies, a quiet spot where food and drink could be left undisturbed for later use. Butter was stored here; so were spices, pickled meats, herbs, pickles, brandy and rum. There is a small passageway between this room and the kitchen, with a "set kettle" servicing both. A large beehive structure is the back of the kitchen bake oven. This was built by forming a dome of sand and laying stones on top of it. When the stones had set, the dirt was shoveled out of the oven mouth, and it was ready for use.

The workshop, a separate building, served a number of functions, lending itself to blacksmithing, carpentry, tool repair, storage and heavy leather work. With its freestanding stone walls and



Farm chores are done in the same primitive way of two centuries ago.

open ends, this building is unique in this area. There is evidence of three 18th-century wooden winch systems inside, probably used to lift wagons for repair. The smithy's shop produced all the ironwork needed on the farm—nails, harness rings, hinges and irons, chains, latches, horseshoes, bolts and nuts and kitchen forks and spoons. Soft coal or charcoal, fanned by the bellows, brings the fire temperature over 2600°. Iron and repair work were winter jobs, and an attempt would be made to stock up on all metal work so the summers could be devoted to animals and agriculture. Nails were especially valuable; often a family—leaving their farm to move west, say—would burn their house and sift the ashes for the nails. Nail stock—iron rods of ½ inch by ½ inch by 10 feet—would be cut, heated and hammered to make the nails. A good smithy could produce about 2,000 nails a day. Copper and tinwork would probably be done by a traveling "tinker," but it was not unusual for a farmer and one helper to produce the rest of the metal work for the farm.

Current plans call for completion of a new barn, built in the 18th-century tradition, before year's end. The current structure is actually the remains of three different barns built at various



Plantation residents use copies of the 18th-century's eating utensils.

times during the past 200 years. Two hundred years ago, the existence of a barn indicated that a farmer was "progressive." It was customary to leave both animals and fodder in the field, even in winter, though livestock was sometimes sheltered in open-air sheds.

The history of Colonial Pennsylvania Plantation dates back to 1686 when, under William Penn's direction, a parcel of land in Edgemont Township, Pa., was granted to Thomas Duckett. The 300-acre tract passed through five more owners before it was bought in 1720 by Joseph Pratt I, of nearby Middletown Township. Four generations of Pratts held the land for exactly 100 years, and it is the life of this dairy-farming family during the late 1700s that is being recreated here now. There were about 14 people living on the farm in 1776: 2 parents, 2 grandparents, 3 daughters, 4 sons, 2 slaves and 1 indentured servant. "We have not duplicated this situation exactly," Dr. Anderson explains, "as it is not our intention to make this museum a static replica, but a place that reflects colonial life—changing and developing as our needs grow."



Scientists who live and work here are conducting modern research as well.

"The plantation has a dual purpose: It is a living history museum and a museum in the making. By living as colonials we strive to answer questions about colonial American folklife. The things you see here are really experiments. And as these experiments yield results, life on the farm will develop into something neither books nor archaeology alone can tell us." □



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The silhouette of these spoons can be traced back to Colonial times, and the butler finish approximates the look of early American coin silver.

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Best buys in antiques with patriotic motifs

By Marvin D. Schwartz

Patriotic images can be found on antiques as small as pincushions and as large as full-size cupboards; some date from as early as the 1780s; others are just old enough to *look* antique. Formal parlor pieces or mass-produced gadgets are also very likely to be found decorated with images that celebrate the glory of the United States.

The American eagle is a symbol that can be found on a broad variety of objects. In colonial times it appeared on handsome furniture, porcelain, silver and glass. All through the 19th century it was a popular motif on a huge number of cast-iron items including trivets, irons, door stops and letter holders. Folk sculptors decorated houses, shops and storefronts with carvings of the eagle, and fabrics and wallpapers were themed around it. Frequently, the form depicted was the easily recognizable bald eagle. An alternate was the eagle with an American shield across its breast, olive branches in its right talon and 13 arrows in its left, representing the Seal of the United States.

Liberty and Columbia are such frequently used symbols, both personifying regal females, that it can be hard to differentiate between them. Prior to the 1880s when the famous Statue of Liberty was erected in New York Harbor, Liberty held or wore a Phrygian cap and Columbia wore a tiara. But that "rule" does not always apply. After the Philadelphia Centennial of 1876, representations of the cracked Liberty Bell also became very popular.

Uncle Sam is a character that evolved after the War of 1812, but did not become really popular until fairly late in the 19th century. Uncle Sam banks and bottles are among the sought-after objects of the 1870s and later.

The American Flag, which was always in demand, was frequently used in pairs as a motif to top a picture. It is

also found in the form of a shield. Care was usually taken to represent the correct number of stars in the flag for the particular time, so that it is generally safe to date an object by the number of stars it has. Well-preserved old flags turn up because they were retired prematurely when a new state was added to the Union. An example is the flag of 1907 to 1912, shown left, which you can buy for \$35. It has 46 stars. Introduced when Oklahoma joined the Union, it was in circulation until two more states were added a mere five years later. Flags are likely to turn up at any time, but the very early 13-star version should be viewed with suspicion, as originals are exceedingly rare and the flag itself has been reproduced often.

Objects with patriotic motifs as their central decoration are highly desirable; thus prices can be high. A fine early chest of drawers will cost in the thousands. The selection of possibilities shown here has all come from one New York State dealer, Ann Phillips of Hopewell Junction.

\$20 is the price of this late 19th-century pressed milk-glass egg cup with eagle base. As is often the case with milk glass, the representation is curious—upon close inspection the eagle appears part chicken. This type of piece was made by a large number of American as



well as English manufacturers, and the same strange bird often appears on covers of bowls.

\$25 will buy a fascinating mold with the eagle of the Seal of the United States rendered in realistic detail. Made of white metal, it was very likely a chocolate mold dating from the Civil War era of the 1860s. Wooden molds for butter often bear



much more abstract patriotic motifs.

\$45 is reasonable for a painted iron frame decorated with flags, an eagle and military symbols. The flatness of the design suggests that it dates from the 1860s or '70s. Earlier, more expensive iron frames are ornamented in



higher relief. Pieces like this one are rarely marked; the only way to date them is by comparison with other objects. One group of high-relief frames used on mirrors bears an inscription on the back: "Patented in 1862." Another very rare example includes a portrait of General Grant. Iron of this kind was made in the United States.

\$55 represents the premium price that is paid for 19th-century earthenware plates when the decoration is special. This plate was made at a 100-year-old French pottery, Sarreque-mines. The subject, Thomas Jefferson surrounded by a frame of American symbols, suggests that the French



company exported their output to the United States. Much more expensive Chinese and English plates are available in patriotic designs that were popular

at the beginning of the 19th century. This plate has a rim with holes, indicating that it was to be hung.

\$65 is the cost of an iron letter holder first used on the desk of a businessman of the 1860s or 1870s.



Not easy to date, it is one of a variety of gadgets that came into fashion after 1850. Here, the eagle is the American symbol, and the fact that the function is explained in French

is very likely an affectation rather than proof the letter holder's first owner spoke fluent French. Cast iron was a popular medium for an impressive variety of small objects made in the 1860s. Iron and brass boxes of the same period and with similar decoration can be purchased today if searched for wisely.

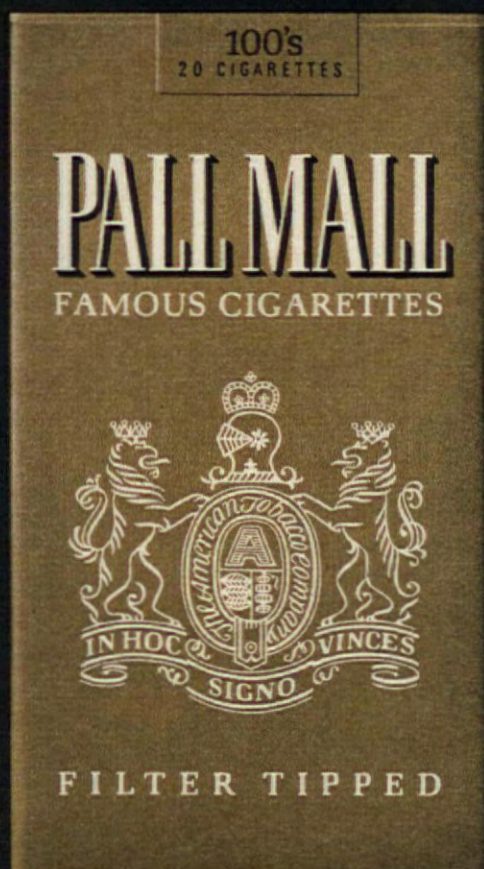
\$110 is a price that can be explained by this item's uniqueness of design. A product of the



Iroquois of New York State, it's a pincushion of Indian beadwork made in the late 19th century. The flags are a refreshingly colorful motif that reflected the Iroquois' desire to make objects of appeal to tourists. This is a fairly rare form; the Indians generally preferred repeating motifs that were native to their culture.

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American Home Guide to the Bicentennial in the 13 "Colonies"

By Diana Walton

Our Founding Fathers were justly proud of their bold yet reasoned announcement to the British that all men were endowed by their creator with certain unalienable rights and that, by George, they were not receiving them. In 1776, John Adams wrote joyously of this day that Independence was declared: "I am apt to believe that it will be celebrated by succeeding generations as the Great Anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illumination from one end of this continent to the other, from this day forward, forevermore."

The Bicentennial is the 200th Anniversary of the Declaration of Independence, its 200th birthday party, so to speak. The celebration has already begun with the reenactment of

Paul Revere's ride and the battles of Concord and Lexington. It was a gala, historic beginning to some 20 months of fun, festivals and folderol that will end December 31, 1976. Such a jam-packed program of pleasure and heritage has been organized, it would seem, to prove that the pursuit of happiness is our most inalienable right of all. Every state in the Union is celebrating, all stops out, but the states that were the 13 original colonies may be celebrating just a little bit harder. Which is one of the reasons we are Bicentennial-izing where our early history happened; where there are monuments and battle sites, and museums, and undeniably the greatest number of early American homes. In this Bicentennial observance, Americans will join to help one another reaffirm the ideals and principles set forth in 1776.

★★★ CONNECTICUT Provisioner of the Revolution

Connecticut, birthplace of such Revolutionary heroes as Nathan Hale and Ethan Allen, supplied a great many of the hardy soldiers who fought and died in the battles of Bunker Hill, Saratoga, Long Island and Yorktown. The state acted as quartermaster for the entire Continental Army for the greater part of the war. Moreover, it was distinguished for having the only Royal Governor to go against the Crown and support the patriots.

Connecticut is uncommonly rich in restored 18th-century houses. Small towns such as Wethersfield, settled in 1634, have more than 100 such buildings. Houses in Old Saybrook, Cromwell and Salisbury have been recently restored for the Bicentennial. Two important battle sites/Bicentennial parks are Ft. Griswold in Groton and Putnam Park in Redding.

Canterbury: The Independence Day celebrations begin with a parade, and after a day-long series of events end with an old-time family picnic.

Essex: A parade and race of schoon-

ers and traditional vessels will be held September 5 and 6.

Naugatuck: Reenactment of drills will take place along with tactical battlefield demonstrations and exhibitions of skills and crafts of the 18th-century soldier.

Mystic: Mystic Seaport, an outdoor maritime museum plus refurbished village with cobblestone streets, presents a living recollection of the tall sailing ships, artifacts and craftsmanship of maritime early America.

Riverton: The John Tarrant Kenney Museum houses antique furniture, particularly Hitchcock chairs, and the Hitchcock factory nearby has been restored.

New Haven: The Yale University Art Gallery has planned historically important shows for the Bicentennial. During 1975, it is featuring important



American paintings of the 18th century, and in 1976 it will exhibit Ameri-

can arts from 1750 to 1880, a selection of 200 paintings plus examples of furniture, pewter, ceramics and textiles



that were produced during that period. Eventually, this exhibit will also be seen in London.

★★★ DELAWARE The First State

Regiments from Delaware were called The Blue Hen's Chickens because they always carried gamecocks bred by a famous hen of Kent: a name that stuck because of the soldiers' feisty gamecock fighting qualities. But more important, Delaware cast the deciding vote for Independence in 1776 and was the first state to ratify the new constitution in 1787.

Delaware's Bicentennial events are particularly planned for active partici-

continued

You can embroider Favorite museum samplers from easy-to-follow kits

In an earlier America, the sampler a young girl made was displayed with pride; eventually, it became a family heirloom. Now you can stitch your own heirloom from a treasured design, faithfully reproduced from a museum sampler.

The original of "The Chase" (right), in the Colonial Williamsburg Foundation collection, was worked in 1760 by an 11-year-old Massachusetts girl. With its soft colors and lovely detail, the 16 $\frac{3}{4}$ -by-24 $\frac{1}{4}$ -inch sampler is exceptionally beautiful. The beguiling "Alphabet" sampler (below) was inspired by one dated 1805 in the Whitman collection at the Philadelphia Museum of Art. The 21-by-16-inch reproduction retains the detailing of the original, even to the use of appliqué for the grassy foreground.

Both designs are stamped on 100-percent Belgian linen; each kit includes floss, needle and easy instructions. Wood frames are available and easily assembled.

—Ann B. Bradley



Wise words and charming motifs are combined in this museum-inspired "Give to the World" sampler (right). Size is 11 by 14 inches; design is stamped on Belgian linen. Kit includes floss, needle and easy instructions. Wood frame is also available.



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pation by residents rather than as purely spectator events. There is a visitors' information center in Wilmington and Bicentennial and community centers throughout the state.

Gala opening of Delaware Bicentennial is scheduled for September 3. Supporting events relating to monthly themes take place until July, 1976. A Washington's Birthday Ball will be held in each county.

Harrington: An old-time country state fair with special Bicentennial entertainment is set for July 18 to 26.

Milford: Colonial house tours and homecoming festivities begin September 21, with parade, picnicking, fireworks, square dancing, hayrides.

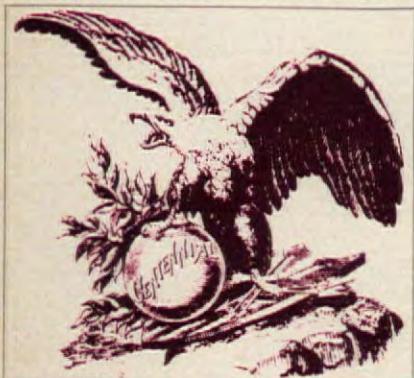
New Castle: Annual Antiques Show boasts dealers from Maine to Virginia, October 9, 10, 11. Visitors can tour historic buildings.

Wilmington: Operation Firecracker, claimed to be the Nation's largest Independence Day celebration includes an air show and parachute jumps: July 3 and 4.

★★★ GEORGIA

The Peach State

Georgia was the only colony not represented at the first Continental Congress.



It was the last colony established by the British, and when the Revolution began, its settlers still retained strong ties to the mother country. No serious fighting took place in Georgia until 1778 when the British took Savannah, and in June 1779 Georgia came under British control. It was the first southern state to ratify the constitution.

Columbus, Dawson and Ft. Gaines: Independence Day will be celebrated in this area with the Ft. Benning Fair, a parade, barbecue, a Firecracker Festival.

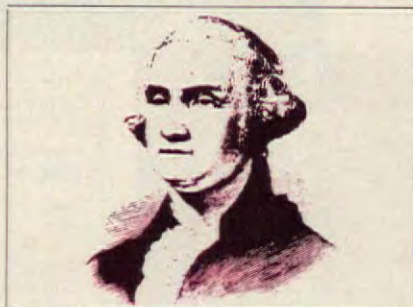
Atlanta: Lenox Square Bicentennial Exposition sponsored by the Georgia

★★★ MARYLAND Bayonets of the Revolution

Maryland won its nickname because of the steadfast courage of its patriots. After the British took Philadelphia in 1776, Congress moved to Baltimore to continue the business of government and the running of the war. Maryland was reluctant to have its statesmen sign the Articles of Confederation and the Declaration of Independence. When the Declaration was signed and independence finally won, Maryland, along with Virginia, contributed land and money for the establishment of a new capital that would be called the District of Columbia.

Part of the famous George Washington Country Heritage Trail curves through the north of the state.

Most of the Independence Day celebrations throughout Maryland include



jousting (the official state sport), with many tournaments during the summer, horse wagon riding, square dancing and, yes, fireworks.

The Division of Tourist Development in Maryland is enormously helpful and will send you calendars of events, historical site information and interesting happenings.

Annapolis: Colonial homes surround the Maryland State House, oldest in America, and abound in the state.

Commission for the Bicentennial Celebration will take place August 4 to 9.

Augusta: Regional Park Development of eight-mile canal has been turned into a recreational and historical area. Camping, boating, children's demonstration farm can be enjoyed just two miles from downtown.

Ft. Gaines: Arts & Crafts Show is set for December 6.

Rochelle: Wilcox County Farmer's Appreciation Weekend (flea market, sidewalk crafts, arts, handiwork, bands, parade) begins October 25.

Through the rest of 1975, the U.S. Naval Academy will have an exhibit on American colonial wars at sea.

Baltimore: Week-long Independence Day celebration will take place at Ft. McHenry, with festivities in the Me-



morial Stadium—fireworks and entertainment.

The Freedom Train stops here August 15 to 26.

The Sixteenth Annual Famous Tobacco Barn and Antiques Show will be held September 5 to 7.

If you love parades, the nation's largest patriotic parade, the "I Am An American" Day Parade, occurs September 14.

Cumberland: Arts and Crafts Show features historical homes and buildings tour July 14 and 15.

Frederick: Ft. Frederick Park, now undergoing a million-dollar reconstruction, presents 18th-century programs the last weekends in June, July, August and September, plus guided tours.

Hagerstown: Fredericks Fair Grounds hosts Frederick Craft Fair with displays of handmade jewelry and the work of 500 professional craftsmen—June 6, 7 and 8.

Centreville: Week-long Christmas festival concludes Maryland Bicentennial during 1975. On December 18, a fife and drum corps parade, and tree lighting ceremony starts things off; then there is a tour of historic buildings, a walking tour marked by lighted cauldrons and a Colonial Ball.

Statewide: Heritage Special is a traveling rail exhibit of colonial life in Georgia. Folk art and crafts of the period will be demonstrated from January 1976 to the following June.



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*Based on actual manufacturers' suggested retail prices

★★★ MASSACHUSETTS Cradle of the Revolution

Massachusetts played a major role in shaping the events of 1776. Riots began in Boston before 1770, increasing in their intensity until the Tea Party of 1773, followed by the arming of local militiamen and the secret accumulation of ammunition. Mounting tension in the colonies exploded when British General Thomas Gage sought to enforce the Intolerable Acts (1774) against the rebels. Warned by Paul Revere, the Minutemen readied themselves. And thus with the battles of Lexington and Concord, the American Revolution began. British troops never returned to the state after they were

forced to evacuate Boston in the spring of 1776, but Massachusetts soldiers were busy fighting elsewhere for the independence the colonists proclaimed on July 4, 1776.

Boston: Now that it is Bicentennial-conscious, Boston has even more historical markers and scheduled walking tours. Famous landmarks have been spruced up, including the *USS Constitution* ("Old Ironsides"), a replica of the Boston Tea Party ship docked at



the Congress Street Bridge and historic Quincy Market with exhibits of life-

styles of the 18th-century Bostonians.

Two Hundred Years of Yankee Ingenuity is a collection of Northeastern technical contributions (compiled with an assist from M.I.T.) that has affected the quality of all our lives, shown at the Museum of Science.

Cambridge: *Memories of 18th-Century Harvard* focuses on Benjamin Franklin until late September, then on Lafayette. Another exhibit, *Harvard Divided* running May 12 to September 10, 1976, will point up the division of sentiments in 1776 Cambridge between graduate patriots and loyalists.

Concord: The city where the "shot heard round the world" was fired will have programs of colonial military music, musket firing and 18th-century sermons at the Minuteman Historical Park. Town meetings and historic talks will be held during the summer.

Independence Day festivities include free fireworks, parades, concerts.

★★★ NEW HAMPSHIRE Live Free or Die

New Hampshire's first state seal, used in 1776, bears the motto "Strength United Is Stronger," and it certainly was an apt description of the state's behavior during the Revolution. Its troops participated in every major campaign except those in South Carolina and Georgia. John Paul Jones readied the American Navy for sea in Portsmouth, N. H., and it is claimed that the New Hampshire Sons of Liberty erected the first liberty pole in all the colonies. Early in



1775 the patriots attacked Fort Constitution in Newcastle and sent the captured ammunition by oxcart to Cambridge.

The New Hampshire State Legislature still meets in its original chambers. There, in 1788, legislators debated at length and in earnest before they finally ratified the proposed federal constitution. New Hampshire was the ninth—and last—necessary state to do so.

Charlestown: All through the year and into 1976, there will be ongoing programs devoted to colonial heritage



and the American Revolution. Houses that once belonged to Revolutionary War generals, signers of the Declaration of Independence and civilian war leaders still belong to and are lived in by private New Hampshireers. But much of the vast wealth of 18th-century housing that remains alive and well in New Hampshire is privately owned and not open to the public.

Newbury: The Annual Craftsmen's Fair at Mt. Sunapee State Park will be held August 5 to 10.

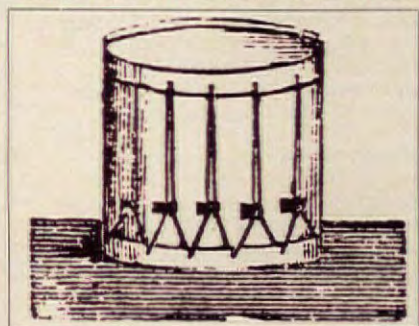
Concord: The New Hampshire Historical Society has four rooms filled with rare and beautiful antiques.

Keene: Colony House Museum displays include Revolutionary War documents plus rare silver and toys, through October 15.

Manchester: From now through 1976 there will be a continuing International Festival featuring dances, parades, arts and crafts displays.

★★★ NEW JERSEY For Three Centuries ... People ... Purpose ... Progress ...

It was in New Jersey that the Revolution experienced many of its darkest hours, and some of the most important military maneuvering. New Jersey was strategically significant, with major battles held at Trenton, Princeton and



Monmouth. At the Federal Constitutional Convention in 1787, delegates from New Jersey sponsored the cause of the smaller states and carried the plan for equal representation in the Senate. New Jersey Bicentennial festivities include 19 pageants and reenactments of historic happenings,

et off just as the bubble old the bag."



Maryland Historical Society

—THOMAS JEFFERSON,
in a letter to James Madison,
on George Washington's retirement.
(From THOMAS JEFFERSON:
A Biography in His Own Words)

Most of us know at least three things about Thomas Jefferson. That he was our third President. Wrote the Declaration of Independence. And bought the Louisiana Territory.

But probably few of us know the dramatic true story of one of the most gifted, controversial, and engaging men who ever lived!

Now, THOMAS JEFFERSON: *A Biography in His Own Words* offers you a provocative and absorbing view of the man and the new nation he fought to create and govern. His unique eyewitness report comes from Jefferson's own confidential notes and memoranda. Secret journals. And private letters to his most intimate friends and confidants.

Every page brings you fresh revelations about the public Jefferson—and the private one. His complex relationships with Washington, Adams, Franklin, Hamilton, Madison. The bonds of respect and admiration that held them together. The deep mistrust and political rivalry that tore them apart.

Jefferson's ringing sentences have become part of our history, our tradition, our language. But he couldn't find words to propose to the girl he loved! (Turn to page 7 for his poignant letter about the "strange confusion" that overwhelmed him.)

In Paris, a recent widower, he had an illicit affair with the beautiful young wife of an English painter. (On page 172, you'll find the touching love letter he wrote her when they parted.)

Jefferson's enemies called him a coward for refusing to fight a second war with England. But he unhesitatingly ordered the U.S. Navy to blockade the Barbary coast rather than pay a penny of tribute to pirates. (His letter to James Monroe, on page 55, reveals his plan for taming the North African pirate kings.)

A college dropout at 19, he founded the University of Virginia in his later years. Working almost single-handedly, he raised money, hired professors, even designed buildings. (You'll be struck by the brilliance of his architectural ideas.)

In spite of his own intellectual achievements, he figured the odds were 14 to 1 that his daughter would marry a blockhead! He forced her to study hard—because she might have to educate her whole family. On page 142, you'll find the rigorous study program he laid out for her. It covers every hour of the day from 8 a.m. to bedtime!

• The author of the Declaration of Independence also wrote an advertisement—offering a reward for a runaway slave! (You can see the ad on page 79.)

• A near-genius, his mind ranged from subtle affairs of state to ingenious gadgetry. Among his inventions: a swivel chair, dumbwaiter, adjustable desk, portable copying machine, central-heating system, and a new kind of plow. (Many of his original designs are reproduced in these books.)

• With a stroke of his pen, he doubled the territory of the United States for less than 3¢ an acre—the most spectacular real estate deal in American history! Yet, he managed his own affairs so poorly he died virtually bankrupt. (His moving letter expresses his concern for the future of his family.)

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7½" x 10". A spectacular library for America's Bicentennial—a rich possession for years after! Yet, each volume costs only \$7.95 plus postage and handling.

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Doubloon 1787



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Halfpenny
'Janus' 1776



Continental Dollar 1776



Pillar Dollar
Four Reales 1760

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plus parades with fife and drum corps.

Atlantic City: Take a boardwalk stroll to the Convention Center on Park Place. Here, on the last weekend of every summer month, there is a big free antiques show, in addition to regular band concerts and fireworks.

Batsto Historic Village: An early bog-iron furnace and colonial crafts exhibitions can be seen in this restored village founded in 1776 to furnish mu-

nitions for the Revolutionary War.

Cape May: Arts and Crafts Festival will be held July 26 and 27.

Trenton: New Jersey State Fair occurs here September 5 through 14.

Washington Crossing State Park is eight miles north of the city. It commemorates General Washington's Christmas Night crossing of the Delaware in 1776. The area's oldest house, Sommers Mansion (1720), is elegantly

furnished in appropriate period style and is open to the public.

The Trenton Battle Monument, with observation platform 125 feet above street level, at the intersection of North Broad St. and Pennington Ave., was built in 1893 to commemorate the battle fought on December 26, 1776. There, in a surprise attack, George Washington recaptured the city.

★★★ NEW YORK

New Empire State

The war came early to New York State. Echoes of "the shot heard round the world" fired in April 1775 had scarcely died away before colonists realized they needed weapons. They remembered those at Ft. Ticonderoga, a British fort dominating the waterways that were the only means of transportation from Montreal (often called the 14th colony) to New York. Ethan Allen and his Green Mountain boys stormed Ticonderoga's gates in one of the war's earliest battles. George Washington was unable to hold lower New York against the British who occupied it from 1776 until the war's end. For the most part, patriots were in control of the rest of the state. From then until the last British troops sailed for Canada in November 1783, New York played a major role in the American Revolution.

In addition to the expected fireworks, picnics and political speeches on Independence Day, **Amsterdam, N.Y.**, will hold a costume pageant; **Homer**, a Craft Fair; **Newburgh**, a great ball; **Berne**, an ice cream social; and **New York City** will celebrate an old-time July 4th in Lower Manhattan and in other boroughs with street theater, historical reenactments—the works.

Chatham and Austerlitz: Colonial homes will open for touring July 12.



Montauk: A craft fair will be held July 19 to August 16.

New York City: Among the hundreds of projects planned, don't forget old standbys filled with Bicentennial lore: The Bronx Botanical Garden is staging an exhibit, *In Search of Green Treasure: Plant Exploration in the Western Hemisphere*, now through April 1976.

Celebrate America exhibits and demonstrations of wood and marine folk art can be seen at the Museum of American Folk Art through July.

Morris-Jumel Mansion, Washing-



ton's headquarters during the Battle of Harlem Heights, will have ongoing cultural programs this year and next.

South Street Seaport: This is a living waterfront museum with 18th- and 19th-century buildings and ships.

Historic homes throughout the city will be opened to the public for extended hours during the summer.

Syracuse: The New York State Fair runs from August 26 to September 1.

Ticonderoga: Restored colonial fort has daily military drills and parades,



cannon and mortar firings and military museum exhibits, through October 22.

★★★ NORTH CAROLINA

Land of Beginnings

Hard on the news that shots had been exchanged at Lexington and Concord, the Mecklenburg Resolutions were passed in Charlotte, declaring that royal officials no longer had any authority in North Carolina. In 1779, the British returned in force and the fighting began in earnest.

The designation "tar heels" for North Carolinians was originally attributed to Cornwallis's soldiers as they retreated in 1781—it is said they forded a stream in which tar had been poured and emerged with it sticking to their heels.

The Bicentennial events scheduled here are much more at a grass-roots level. However, there are festive events taking place at some of the state's Revo-



lutionary War battlefields and at such other historical sites as restored Ft. Raleigh, Roanoke Island, birthplace of Virginia Dare, the first child of English parents born in the New World and granddaughter of the founder of the colony.

New Bern: In the Tryon Palace complex, you will find the reconstructed colonial capitol and governor's residence of 1770-94. It is palatially furnished with antiques.

Winston-Salem: Old Salem includes buildings erected by the Moravians beginning in 1776. The area is restored and maintained as a showplace.



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★★★ PENNSYLVANIA Cradle of Liberty

At the time of the Revolution, Pennsylvania had a population of about 250,000. Philadelphia was the country's largest city, with a population of about 34,000, and at that time was the second largest city in the British Empire. (London was the largest.) In this city the Declaration of Independence was drawn up, ratified and made known to the world. Betsy Ross's home still stands in Philadelphia, as do many other 18th-century houses. Philadelphia was the scene of such other historic events in our country as the first and second Continental Congress, the signing of the Declaration of Independence and the framing of the Federal Constitution. The city was also the new nation's capital until 1800.

Philadelphia: For the Centennial in 1876, Philadelphia's festivities were the only authorized ones in the nation. This summer, the city is still behaving as if it were celebrating for the whole country. Daily fife and drum parades, bands of strolling players and town criers create a constant holiday spirit. On a series of Sundays, anyone can speak at famed Speaker's Corner and, if wearing a colonial costume, can go into some historic sites free of charge.

Freedom Week, June 27 to July 4, is crowded with special events. *The Liberty Bell* has been relocated so everyone can see it and touch it. The exterior of Ben Franklin's home has been restored as well as the *Morris House*,



Washington's summer residence, and *Graff House*, where Jefferson drafted the Declaration. *Independence Hall* will have sound and light programs on week-nights until Labor Day.

Valley Forge: Christmas, 1975, will see a vivid reenactment of Wash-

ington crossing the Delaware River.

Edgemont: Colonial Pennsylvania Plantation is a re-creation of a working 18th-century farm. For details, see page 10.



During the summer months, Pennsylvania features a wealth of antique sales, flea markets and craft shows. Among the several scheduled are:

Kutztown: The Folk Festival here, which occurs June 28 to July 5, is internationally known for Pennsylvania Dutch arts, crafts and folkways.

York: Flea Market with more than 100 dealers, is set for June 28.

Mill Run: Pioneer Crafts Festival is held July 7 to 11. The festival features demonstrations and sale of Pennsylvania crafts and an exhibition of antique crafts. Many artisans participate, showing off the diversity of their skills.

Gettysburg: The Pennsylvania Guild of Craftsmen Annual Exhibit, Hauser Fieldhouse, Gettysburg College, takes place July 25 to 27. This statewide craft

fair and annual juried show brings together more than 200 guild craftsmen from all parts of Pennsylvania, offering an unusual mixture of traditional as well as contemporary crafts.

Schaefferstown: Folk Festival features craft and gardening exhibits, flea market—all on July 26 and 27.

Shartlesville: August 1 to 3 are Badolia Days, featuring Pennsylvania Dutch foods, music and crafts. Periodic inspection of arms and drills by the 5th Battalion of Shartlesville Militia will also be featured.



Somerset: Antique Flea Market will be held on August 9.

Middleburg: Flea Market will be the highlight, September 6.

★★★ RHODE ISLAND "Hope" is the State Motto

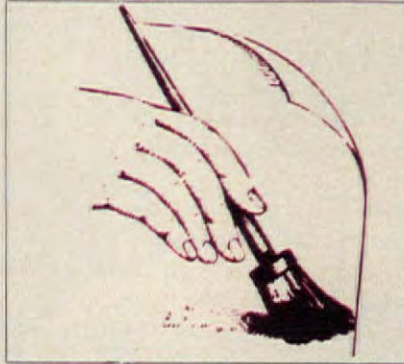
A surprisingly liberal charter guaranteeing religious freedom brought many colonists to settle in Rhode Island. It was one of the few colonies that *bought* its land from the Indians. The collection of islands, harbors, rivers and coves centered around Narragansett Bay was refused admittance to the New England Confederation early in the 18th century because it allowed religious freedom within its boundaries. Militiamen under Nathanael Greene joined the Continental Army in 1775 at Boston. After long harassment by the French fleet, the British withdrew from Rhode Island in 1779, but the state did not ratify the Constitution until 1790.

South Kingstown: Colonial Week, June 28 through July 4, features canoe racing, Indian powwows, moonlight sails and the South County Festival.

Bristol: The 4th of July party begins here on June 22. There are dances, athletic meets, band concerts, visits to ships at State Street Dock, an Orange Crate Derby and a Block Dance—all ending with a parade and fireworks.

Smithfield is having an Independence Day pig roast, and **Providence** is celebrating with a concert and fireworks display at Roger Williams Park.

Little Compton: A Tri-Centennial



Celebration will be held here, starting July 26 with a colonial arts and crafts show and ending with an anniversary parade on August 10.

Narragansett: Indian Fall Festival will be held October 5.

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fight any bug problem. Not only are our sprays effective, they have the added protection of the d-CON CHILD-GUARDIAN CAP.

So get a little American history free from d-CON, the people who are helping to free America from bugs.



★★★ SOUTH CAROLINA 300 Years of History

There are probably more Revolutionary battle sites in South Carolina than in any other state. Since the last three years of the war were waged in the Carolinas and Virginia, the British and colonial armies were fighting all over the state, and South Carolinians seem



to have kept track of the firing of every Revolutionary gun. Soldiers from all the colonies fought more than half the recorded American Revolutionary engagements in South Carolina.

Cities changed drastically in the 19th century, but in Charleston it is literally possible to walk in the footsteps of the patriots of 1776, amid colonial scenes.

Most Bicentennial events in the state are scheduled to take place in Charleston at Charles Towne Landing, at Patriot's Point or at Ft. Moultrie. South Carolinians celebrate Independence

Day on July 2, because that was the date the Continental Congress voted approval of the Declaration of Independence. Festivities include the same fireworks and pageantry to be seen on the 4th. There are many authentic period houses throughout the state as well as in Charleston. Well furnished and beautifully maintained, they are open to the public. Many of the city's private homes are also open during the year.

Founders Festival is an ongoing Bicentennial series of ethnic and international programs running continuously in Charleston until next spring. The seaport, which was the largest city south of Philadelphia at the time of the Revolution, will open its many enchanting gardens to the public.

★★★ VIRGINIA Mother of Presidents

Virginia was as much a leader in fomenting the American Revolution in that part of the country as Massachusetts was in the North. She supplied the Revolution's military leadership, Revolutionary spirit and political ideology. Prominent Virginia patriots were Patrick Henry, Thomas Jefferson, George Washington and "Light-Horse" Harry Lee. Although the British burned Norfolk in 1776, they did not invade the state in full force until 1779. Lafayette came to Virginia in 1780, and the Brit-

ish cause was lost as American land forces and a French fleet combined to bring about Cornwallis's surrender. It is in Virginia that you will find Washington's home, Mount Vernon, and Jefferson's, Monticello. Both are virtually national shrines.

There are to be three Bicentennial Information Centers in Virginia: Alexandria is now open; Charlottesville and Yorktown will be operational in 1976. Purpose of these centers is to direct visitors to the state's numerous historic sites. For example, you'll find you can visit Michie Tavern, once owned by Patrick Henry's father, on the way to Charlottesville. Then you can continue on the road to Monticello, set amid blooming gardens, and finally Mount Vernon. The list goes on and on.

Among the fairs and festivals to be held throughout the state this year are the Gunston Hall Arts and Crafts Show in Lorton (July 12 and 13), the Antique Show and Fair in Virginia Beach (July 31 to August 3), the Annual Shenandoah Valley Craft Show in Staunton (August 30), the Virginia State Fair in Richmond (September 18 to 28) and the Third Annual Fall Antique Show and Sale in Alexandria (September 27).

Williamsburg: The state's capital in the 1700s has been magnificently restored as a showcase of colonial life. An entire day can be spent here watching weavers, blacksmiths and wig-makers turn out colonial facsimiles. In addition, from June 23 to August 23, an outdoor drama, *The Common Glory*, will be presented as a Bicentennial bonus.

On the Bicentennial Trail

It is easy to find out about all the Bicentennial doings in each state; special Bicentennial commissions have been set up for this specific purpose. Those for the 13 "colonies" are listed below. They can provide brochures detailing the types of events that interest you. It is going to be crowded at many of the national shrines, so it's a good idea to reserve accommodations in advance. And if you're planning to visit, say, Philadelphia . . . consider sleeping in Atlantic City!

Boston 200
1 Beacon St.
Boston, Mass. 02108

Connecticut Bicentennial Commission
59 S. Prospect St.
Hartford, Conn. 06106

Delaware Bicentennial Commission
P.O. Box 2476, Wilmington, Del. 19899

Georgia Comm., Nat. Bicentennial Celebration
1776 Peachtree Rd., N.W.,
Suite 520, South Wing, Atlanta, Ga. 30309

Maryland Dept. of Economic and Community Development
2525 Riva Rd., Annapolis, Md. 21401

Massachusetts Bicentennial Comm.
10 Tremont St.
Boston, Mass. 02108

New Hampshire Bicentennial Commission
37 Pleasant St.
Concord, N.H. 03301

New Jersey Bicentennial Celebration Comm.
379 W. State St., Trenton, N.J. 08618

New York State Bicentennial Commission
99 Washington Ave.
Albany, N.Y. 12210

North Carolina Bicentennial Comm.
109 E. Jones St., Rm. 316
Raleigh, N.C. 27601

Pennsylvania Bicentennial Commission
William Penn Memorial Museum, 5th Fl.
Harrisburg, Pa. 17108

Philadelphia '76 Inc.
12 S. 12th St., Suite 1700, PSFS Bldg.
Philadelphia, Pa. 19107

Rhode Island Bicentennial Commission
289 Promenade St.
Providence, R.I. 02908

South Carolina Bicentennial Commission
P.O. Box 1976
Columbia, S.C. 29202

Virginia Independence Bicentennial Commission
Drawer JF, Williamsburg, Va. 23185

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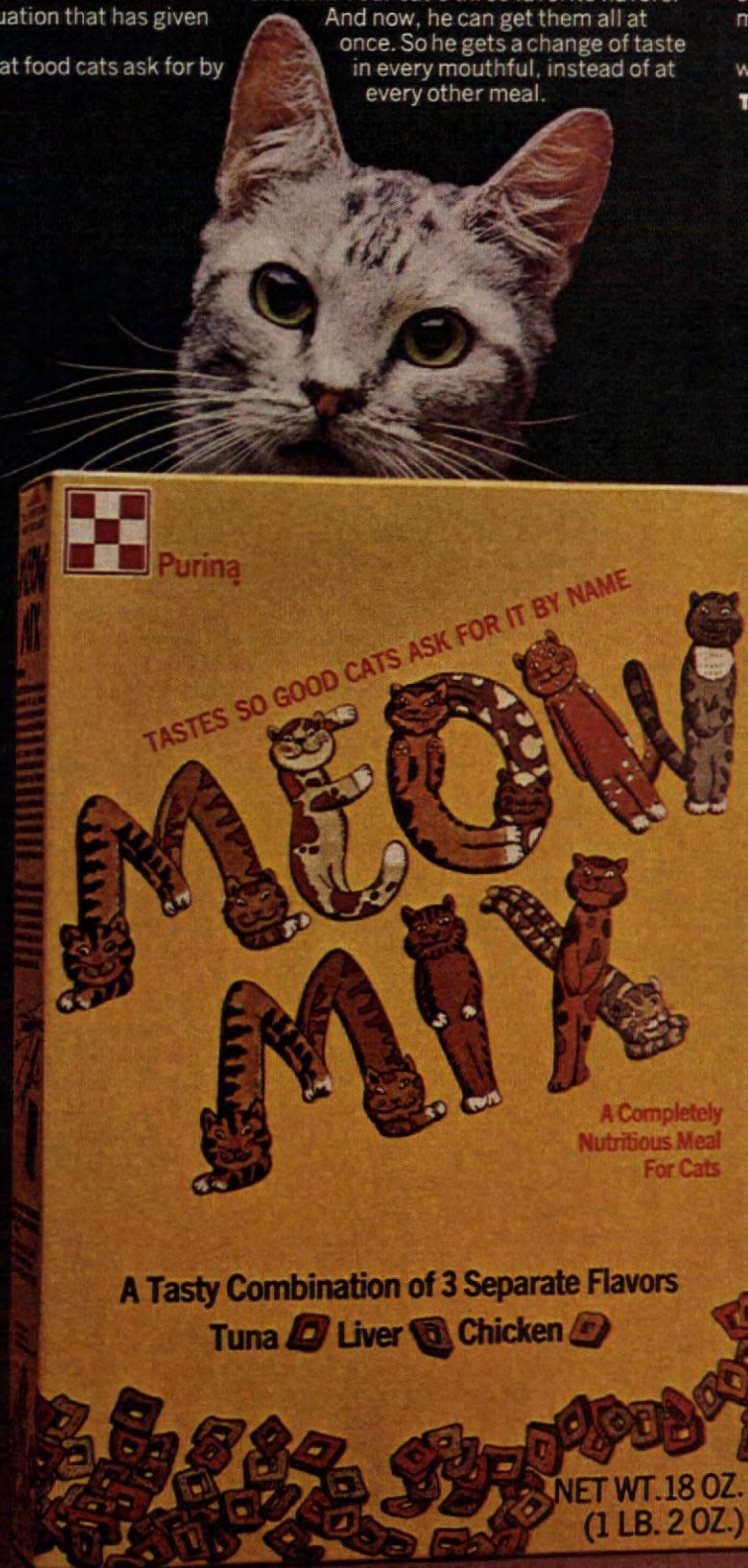
And now, he can get them all at once. So he gets a change of taste in every mouthful, instead of at every other meal.

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"Degrees" for dogs: higher education for your pet



If you can teach your dog to sit, stay or heel, you're a step closer to the sport of Obedience.

By Kurt Unkelbach

There are obedient dogs—and there are Obedience dogs, super-obedient canines who have earned a degree by competing in the sport of Obedience. The sport is relatively new on this side of the Atlantic; it wasn't blessed by the American Kennel Club until 1936. Growth since has been slow but steady, and the future looks bright. In the words of the A.K.C., the purpose of the sport is "to demonstrate the usefulness of the purebred dog as a companion of man."

Most Obedience trials are held in conjunction with dog shows. There are just about as many trials as shows, outdoors and indoors, and the same is true of match trials at match shows (described in our February '75 issue, page 12). These days, few champions are entered in Obedience. There are two reasons for this: 1) a champion dog is not necessarily intelligent, and 2) training a dog for a show is child's play compared to readying one for Obedience.

In this sport, the age of the handler (who is usually the owner) is unimportant, although he or she must be strong enough to control his dog and old enough to understand the rules and regulations. There always seems to be more girls than boys involved, although men and women participate in equal numbers. In terms of measurable results, female handlers outshine the best of the opposite sex.

Ownership of the dog is also unimportant, so long as he is eligible. A trained dog is always better than an untrained dog, no matter who owns him. What *does* matter is the dog's age. As in the breed ring, six months is the minimum starting age. Unlike the breed ring, however, Obedience dogs can keep going well past their prime. It's not unusual for 10- and 12-year-old dogs to start in this sport and succeed. For them, comparatively speaking, life begins at 70.

Canine eligibility rules are far more lenient for Obedience than for show. Intellect counts the most, and that cannot be determined by coat color, ear set, bite, length of tail, slope of shoulders and other breed standard specifications. In addition to the age requirement, the Obedience candidate must belong to one of the 129 breeds recognized or listed by the A.K.C., with A.K.C. papers in order, and not be totally blind, deaf, vicious or lame. Best news of all is the fact that faulty purebreds are as welcome as show dogs.

There are four available degrees to be earned: Companion Dog (CD), Companion Dog Excellent (CDX), Utility Dog (UD) and Tracking Dog (TD). The first three must be won in order, but the TD can be picked up at any time. Any dog who carries UDT after his name has earned all four degrees. He's the complete Obedience dog and his owner has every right to be proud.

Simplified, the sport of Obedience is a dog's ability to perform a series of prescribed exercises in a manner deemed proper by the A.K.C. The dog responds to his handler's simple commands (verbal or hand signals) under the eagle eyes of an approved judge, who is also the scorekeeper. At a trial, the dog is always aiming for a perfect score of 200. Very few attain their goal, but that's not a tragedy. A score of 170 will do. It qualifies a dog for a leg; he needs three such legs per degree, whether it's CD, CDX or UD. Exercises get tougher as the series progresses, and the dog does more thinking and decision making on his own.



If, however, a dog goofs on any given exercise during a trial and comes up with less than half the assigned points, he cannot qualify, even if his final score is 170 or better. For example, in CD, *Recall* is worth 30 points. *Handler places dog on a sit & stay, walks away, turns and calls dog to him. Dog goes directly to handler and sits in front of him, then (on command) goes to a sit at heel.* If the dog dawdles on the way or sits in a sloppy fashion or anticipates a command, he might pick up 10 points, but certainly not 15, or half. Thus, even if he rates an overall

170, the dog cannot qualify for the leg.

TD is different. It's a one-shot affair, with *pass* or *fail* decided unanimously by two judges. The dog follows a stranger on a preset trail over not less than 500 yards, then finds a hidden wallet or other planted item. A successful candidate does not lose the trail, loaf or nap along the way, or chase squirrels. Short-muzzled breeds such as the bulldog and pug are not the best bets for TD. They are not strong on scenting power, and training one to track can amount to a career.

Though training a dog of *any* breed and age for the other three degrees is never easy, it's not too difficult for anyone who has managed to teach his dog to heel, sit, stay and come on command. And it's reasonable to assert that anyone who can read has the potential for success in this sport. Almost every year, several readers of braille succeed with their guide dogs in Obedience. And handlers in wheelchairs are not unusual.



Readying a dog for the trials can be done solo in your backyard, or by the group method at Obedience training schools (see our May '75 issue, page 14). Those schools aren't hard to find, and tuition runs \$3 or \$4 for each weekly lesson. A combination of weekly lessons (school) and daily practice sessions (yard) over a two-month period will often prepare a dog for his first shot at the 200 in CD.

All the training can be done at home, as numerous books exist for reference. While literary quality varies, the basic advice is pretty much the same in each, and just about anyone can apply the right ways to train a dog. Trained at home, however, your dog will be unprepared for changes in environment he'll encounter in competitions. At a training school, however, he will learn to work in the company of people and dogs who are strangers, and to adjust to unexpected stimuli.

Obedience trials, though frequently rewarding, can also be frustrating events. Consider the clever collie who has 195 legs on his UD and is now going for his third. All week long he's been performing brilliantly in practice sessions. But as the trial proceeds he acts as if he's never heard certain commands before, and scores a shocking 88. Is the collie relaxing, or is he just making sure there'll be another trip to another trial? Yes, there *are* canine con artists.

An Obedience dog is somebody special, and so is his handler. The only trouble with the sport is that mongrels aren't eligible and not all dog lovers own purebreds. Wouldn't it be nice if every dog could prove his usefulness as "a companion of man"? □

19 ways McCall's helps you be all the women you are.

Here's just a sampling from recent issues of *McCall's*:

1. Sophia Loren tells why she's not afraid of aging.
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12. How "just a housewife" can get a good job.
13. "Will my children still love me after the divorce?"
14. An expert solves "hopeless" skin problems.
15. How to train yourself to spend less.
16. Time-saving tips for working wives.
17. Problems that sex in movies may be causing your teenagers — and how to clarify things for them.
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Today's woman has so many sides to her personality, and is committed to so many activities, that she's often unable to deal with them all as well as she would like. That's why it's such a rewarding experience—and so helpful in the practical sense—to find your needs so beautifully answered in *McCall's*.

Every issue brings you the kind of expert opinion and assistance you can depend on—pages and pages on food, fashion, cosmetics, decorating, all of it beautifully illustrated. *McCall's* Cooking School gives step-by-step directions and photographs that turn even complicated recipes into "easy-as-pie" dishes. And, in addition, there's Julia Child's delightful blend of cooking advice and recipes. Fashion and beauty sections show you how to use the latest styles and cosmetics to enhance your own best features. And home decorating pages offer imaginative, professional ideas and suggestions for every room of the house.

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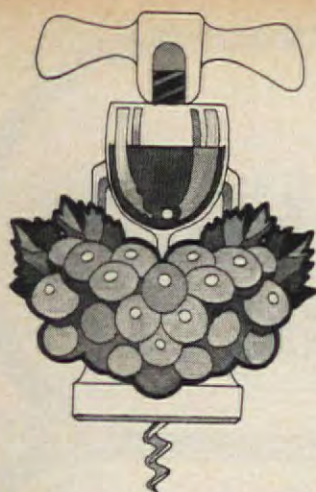
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Serve a glass of wine

Red jug wines, great for picnics and other casual gatherings, are easy on the budget.

By George Christy

California jug wines can be classified as those wines sold in containers larger than a fifth. Some jugs come with screw caps, others are corked—and the variety of bottle designs is delightfully infinite, from fanciful decanters to plain-Jane gallon jugs. To make drinking easier, it's smart to decant what you will need from the half-gallon or gallon jugs into attractive carafes or glass pitchers (red wines are served at room temperature) and then set them on tables so guests can help themselves. Afterward, you can return remaining wine to the jugs and store tightly corked in a cool, dark place, but be sure to drink what's left within three or four days. For longer storage, pour into a smaller bottle (to lessen the amount of air that comes in contact with the wine), cork tightly and store in a cool, dark place. Red jug wines, like whites, can also be stored in a refrigerator.

Once you find specific jug wines that are compatible with your family's eating habits, they can become the equivalent of the "house" wines that restaurants serve by the glass or carafe whenever red, rosé or white wine is ordered. Some of the wines described here are available only in magnums (the equivalent of two fifths); others are sold in half-gallons and gallons. Jug prices vary; all wines mentioned reflect minimum prices established in California.

CK Mondavi's Barberone (\$3.19 a half-gallon, \$5.50 a gallon; available in metropolitan areas) has a good red color, pleasant nose, rather full taste.

It's a buy, as is Sebastiani Vineyards' Barbera (\$6 a magnum), which has a beautiful red color plus an aroma that sings with life and is above expectations, with its bold, robust flavor. M. LaMont's Barbera (\$3.69 a magnum) enjoys fine color and aftertaste.

Winemaster's Guild Mountain Burgundy (\$2.89 a half-gallon, \$5.49 a gallon) is soft, mellow, grapy in flavor. A fresh, delightful fragrance characterizes Korbel's Mountain Burgundy



(\$3.85 a half-gallon). It has a good taste and is an excellent buy. From M. LaMont, the Burgundy (\$2.99 a magnum) has distinctive color, nose and flavor—it's a blend of the ruby cabernet grape. A good buy from Franzia is the Robust Burgundy (\$2.59 a half-gallon, \$3.69 a gallon)—its color is plum-red, the nose is inviting and the body full with an attractively tart taste. Setrakian Mountain Red Burgundy (\$2.79 a half-gallon, \$4.89 a gallon) has a sharp taste when you first sample it, but softens as it "breathes." Let it air about 15 minutes before drinking. From Sebastiani Vineyards, the Mountain Burgundy (\$3.29 a half-gallon) has a pleasant fruity aftertaste. Foppiano's Burgundy (\$2.59 a half-gallon, \$4.49 a gallon) also becomes softer after 15 minutes of airing.

Growers Burgundy (\$1.89 a half-gallon, \$3.19 a gallon) has a slight sharpness, but the flavor is full. It's a good value for the price. Nicely dry, with a delightful woody taste describes Paul Masson's Burgundy (\$3.75 a half-gallon)—it's easy to drink and an excellent blend. San Martin's Mountain Red Burgundy (\$2.98 a half-gallon, \$5.39 a gallon) has a mellow flavor with a bit of a bite in the aftertaste. Roma's Burgundy (\$1.99 a magnum, \$4.19 a gallon) tends to have an "off" nose; it's a wine "to be quaffed, not sipped," according to the Roma winemakers: rich purple in color, medium dry and "spritzzy." CK Mondavi's Burgundy makes a good buy (\$3.19 a half-gallon, \$5.50 a gallon). From Los Hermanos, the Burgundy (\$2.98 a half-gallon, \$4.99 a gallon) is mellow with an interestingly fiery aftertaste.

Cresta Blanca's North Coast Burgundy (\$3.69 a magnum) is aged in oak cooperage (containers for storage) and



is attractively tart. Well-made, with a nice balance of color, nose and flavor describes Christian Brothers' excellent Burgundy (\$5.99 a half-gallon). Almadén's Burgundy (\$3.78 a half-gallon, \$6.39 a gallon) is dark red and full-bodied with a rich aftertaste. Almadén's Mountain Red Burgundy is more reasonably priced (\$3.34 a half-gallon,

\$5.91 a gallon). Robust and mouth-filling, it's good with hearty fare. From Sebastiani Vineyards, the Burgundy (\$4.30 a magnum) has a spicy nose reminiscent of the Petite Sirah grape, and a luscious roundness in its body.

Christian Brothers Claret (\$5.99 a half-gallon) is light in color and body, with a fresh taste. CK Mondavi's Zinfandel (\$3.35 a half-gallon, \$5.85 a gallon), made from 100 percent Zinfandel grapes, is pleasant in aroma and taste. From Almadén, the Zinfandel has a teasing spice in its bouquet and a mellow aftertaste. Franzia's Zinfandel (\$2.59 a half-gallon, \$3.69 a gallon) is ruby-red in color, dry in taste—considering the price, it's a buy. Italian Swiss Colony's Zinfandel (\$2.89 a half-gallon, \$4.99 a gallon) has a clear ruby color and fruity mellow taste. This is one of the most popular jug Zinfandels in the San Francisco area. Sebastiani Vineyards' 1972 Zinfandel (\$4.59 a magnum) has an appealing berrylike taste that recalls homemade blackberry jam, plus an enticingly spicy flavor. This is a recommended wine buy. E. & J. Gallo's Zinfandel (\$3.49 a magnum) has a fresh raspberry nose and is dry with a tart aftertaste.

The Ruby Cabernet of E. & J. Gallo (\$3.69 a magnum) offers that desirable taste of wood many wine lovers enjoy, plus a rich flavor with a touch of fruitiness. Cresta Blanca's Ruby Cabernet (\$3.89 a magnum) is superb—beautiful color, claretlike nose, lovely flavor with a trace of fierceness in its aftertaste. This is a well-balanced wine and a great



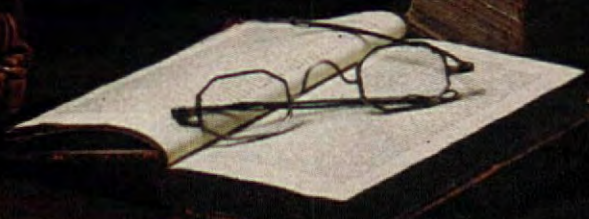
wine value. M. LaMont's Ruby Cabernet (\$3.69 a magnum) is a winner, with its purple color, full flavor and body—a mouth-filling wine. From Sebastiani, the Cabernet Sauvignon (\$8 a magnum) has a soft, honeylike nose and an impressive dry flavor. Here is a wine you'll want to savor.

Cribari's Vino Rosso (\$2.19 a half-gallon, \$3.89 a gallon) has good red color, sweetish taste and aftertaste. Villa Armando Rubinello (\$3.25 a half-gallon, \$5.25 a gallon—available in limited metropolitan areas) has an unusual apricot fragrance and a mellow apricot aftertaste. Pedroncelli's Sonoma Red (\$3.39 a half-gallon) offers an inviting sweet nose, but is dryish on the palate with a trace of fruitiness. Tavola Red (\$2.09 a half-gallon, \$3.79 a gallon) has a nice color and nose, a mellow taste and aftertaste. It's fair value for the price, a good "honest" jug for picnics and everyday enjoyment.

Jug wines rarely invite deep analysis. They're mainly gulpable wines that offer good drinking at decent prices. They deserve a place in American households where wine is welcome. □

Illustrations by Bob Pepper

Heirloom Sampler Clock for you to make and treasure



*First shown in American Home
14 years ago, this sampler clock, first of its kind,
proved so popular with our readers that
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Our charming sampler clock, its face of cross-stitch embroidery and appliqué on fine linen, is an heirloom in the making that you'll cherish always. And it's an excellent timepiece—whether you stand it on the mantel or hang it on the wall. Kit includes design stamped on 100 percent linen, embroidery floss plus appliques for dark-blue background panel and fruit bowl, Westclox battery

movement, old-fashioned clock hands, mounting board, glue, hardware as well as diagrams and easy-to-follow instructions—everything you need to put this beautiful clock together in working order except glass cover and battery. Wood parts come pre-cut, pre-drilled, sanded, ready for you to paint or stain (front door frame is pre-assembled). The finished size is 17 by 13 by 3 inches.

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Ben Swedowsky

What's New

By Bernard Gladstone



Foldable flooring As flexible as a blanket, Armstrong's Tredway cushion-back vinyl sheet flooring is ideal for do-it-yourself installation. Suitable on floors above or below grade and on almost any surface, it comes in 12-foot rolls, fastens down with staples or cement. Price: \$8.50 a square yard.

Decorative calling

Buy a Design Line from your phone company (10 styles) and repairs are free. Price: \$40 to \$135.

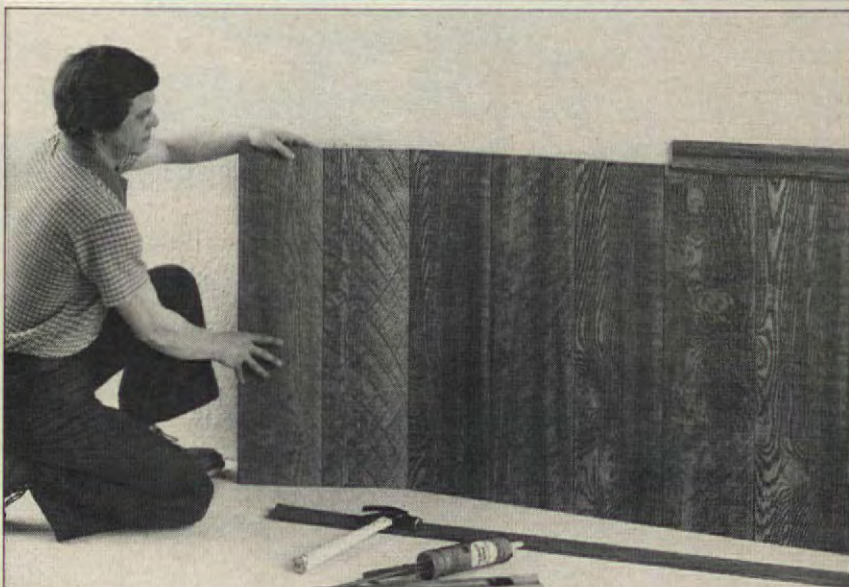


Queen Anne in kit

Anyone can build this solid cherry secretary with kit from Emperor Clock Co., Fairhope, Ala. 36532. Pieces come precut and sanded, hardware is included. Price: \$249.



Computer checkbook Pocket-size CheckMaster holds checkbook, "remembers" balances as checks and deposits are entered. Made by Mostek Corp., 13300 Branch View Lane, Dallas, Tex. 75234. Price: \$39.95.



Wainscot kit Packaged from Marlite, it has enough 16-by-32-inch tongue-and-groove planks, adhesive, hardware and molding to install wainscot on 12-foot wall. Made in 4 wood patterns, this kit sells for under \$40.



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we missed dinner
at your house?**

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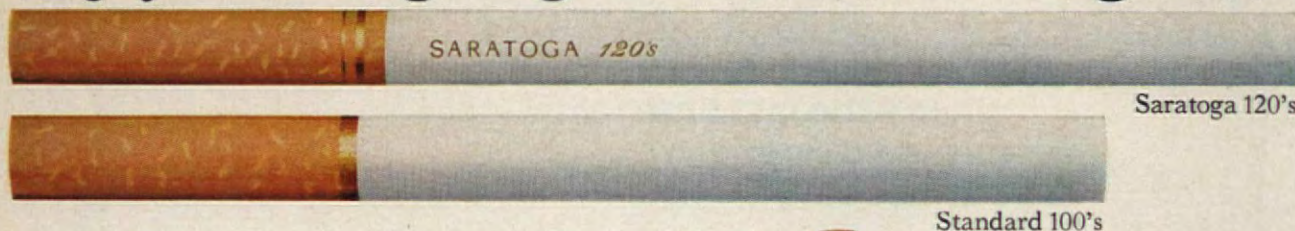
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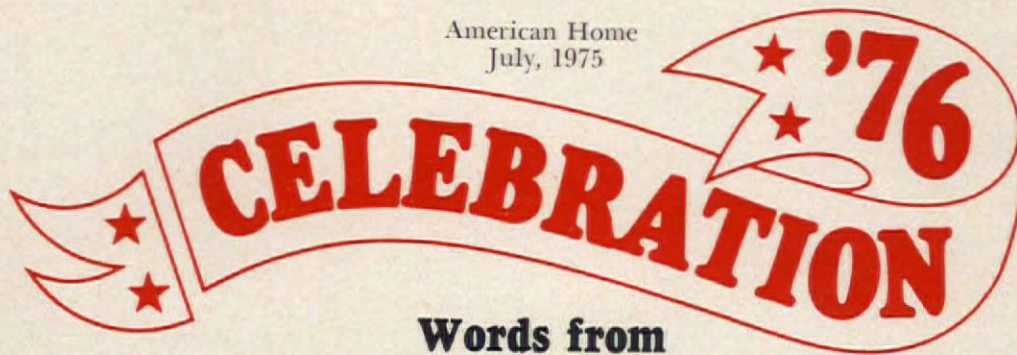
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American Home
July, 1975



**Words from
yesterday—for
today**

"There is nothing more common, than to confound the terms of the American revolution with those of the late American war. The American war is over: but this is far from being the case with the American revolution. On the contrary, nothing but the first act of the great drama is closed. It remains yet to establish and perfect our new forms of government; and to prepare the principles, morals, and manners of our citizens, for these forms of government, after they are established and brought to perfection."

**Benjamin Rush, "Address to the People
of the United States," 1787**

Doctor Rush, Philadelphia physician and political leader, was a member of the Continental Congress, 1776-77, a signer of the Declaration of Independence and a participant in Pennsylvania's constitutional ratification convention, 1787.

Special: N. C. Wyeth painting

Through the courtesy of a private collector and the Brandywine River Museum, Chadds Ford, Pa., we are able to publish "Mowing" by the American illustrator and mural painter N. C. Wyeth (1882-1945). It was commissioned by the editors of *Scribner's Magazine* to appear in their August 1908 issue along with a poem, "Back to the Farm," by Martha Gilbert Dickinson Bianchi. The poem, long forgotten, proclaims these sentiments:

Home to the farm for the deep green calm of
summer,
Life of the open furrow, life of the waving
grain—
Leaving the painted world of masquerade and
mummer
Just for the sense of earth and ripening
again.

Scribner's Magazine editors thought "Mowing" too placid; they wanted action. So Wyeth returned to his easel, only to paint virtually the same scene—from a different angle with the central figure actually wielding a scythe. It was this version the magazine published, and "Mowing" never appeared. We consider it a treasure, a painting that nobly reflects the agrarian heritage the Bicentennial celebrates. It also reflects Wyeth's joyous love of land and his particular regard for Brandywine country, where he settled soon after the turn of the century. Chadds Ford has been home to three generations of Wyeths, and the Brandywine River Museum—which occupies a renovated Civil War era gristmill—exhibits the works of N. C. Wyeth, his son Andrew and grandson James.





"MOWING"
BY N. C. WYETH
FROM A PRIVATE COLLECTION
PHOTOGRAPH COURTESY OF BRANDYWINE RIVER MUSEUM

To order a copy of this picture suitable for framing,
see coupon on page 70.

A vintage city is renewed

Lancaster, Pa., the oldest inland city of the original 13 colonies, is rebuilding its heritage-rich inner core with materials drawn from a prime natural resource: the vision and strength of its people. Until two years ago, the rare 1740s half-timbered house you see below was just one of many faceless, derelict buildings crowded into Greater Lancaster's Historic District around Howard Ave. Now, restored, it stands in tribute to the city's proud heritage and to architect-owner John deVitry's patience and skill. Other vintage treasures are emerging along Howard Ave. and elsewhere, as dedicated business groups and a hardy band of citizens, inspired by Lancaster's Bicentennial "Hands of Liberty" theme, peel layers of neglect from the city's history-laden private and public buildings. Founded in 1730, Lancaster became a market for the crafts of its industrious residents and the produce that flowed from surrounding farmlands, still among the richest and most efficiently tended in America.

Riding the ebb and flow of time, the city flourished and expanded. In the process, its antique buildings were forgotten in favor of more contemporary comforts. Although these aged structures were ill-used and sometimes threatened with extinction, they survived. And Lancaster's people are coming back to reclaim them. As the thrill of restoration ripples from block to block, the city's business district has begun to be revitalized, too. New shops and mews are springing up; an office complex is rising on Lancaster Square (see page 76); Fulton Opera House, the historic landmark theater on Prince St., is being refurbished. And the famous farmers' markets, exuding nostalgia and delectable fragrances, are being revitalized. For an *inside view*, turn the page.

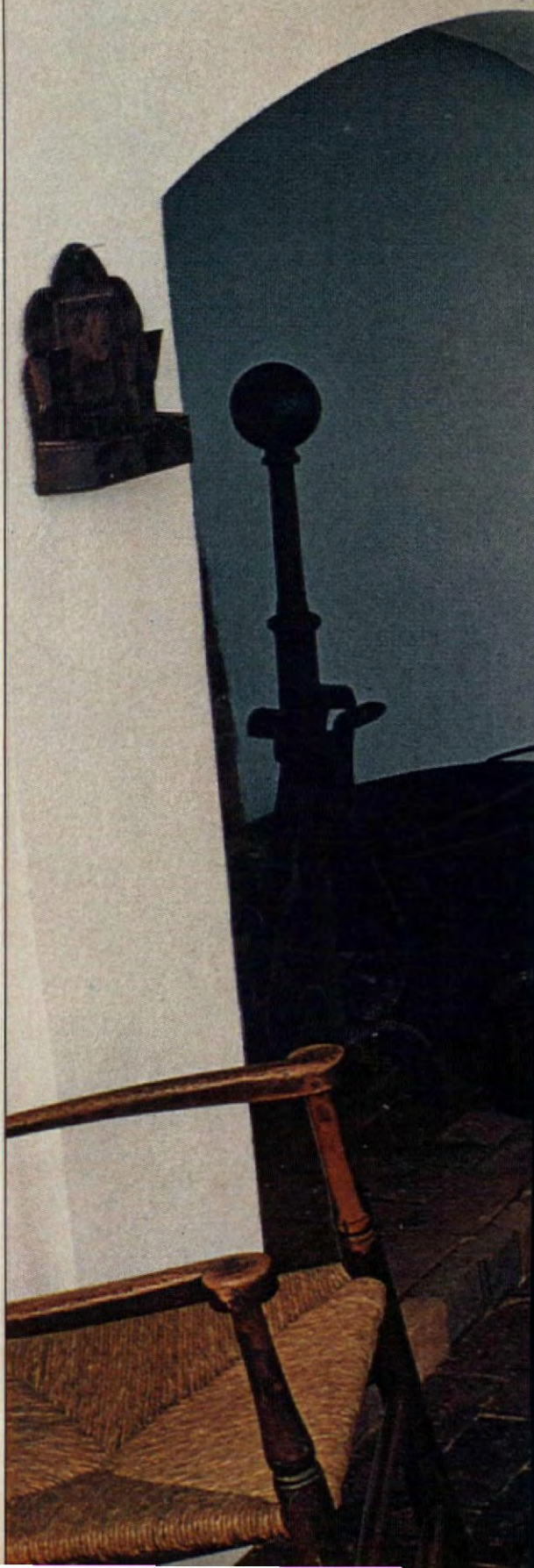


Rosy brick and old timbers point up structural soundness of 18th-century Lancaster dwelling (above). In kitchen (opposite), a subtle blend of rustic woods separates food preparation area from brick dining hearth with arched fireplace.

Building/Remodeling Department

Jane Randolph Cary

Siew-Thye Stinson





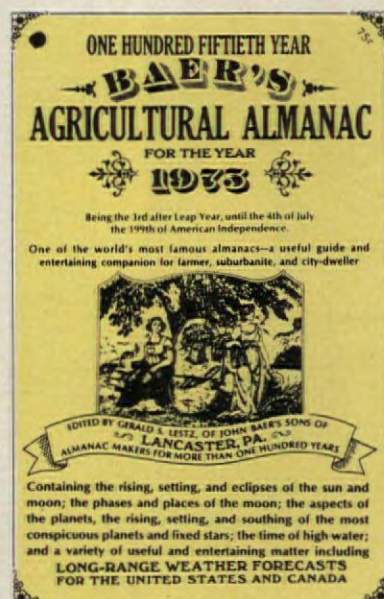
Simple touches revive an old townhouse

"It has the space we wanted," says Linda Gruber of the 1800s Lancaster, Pa., townhouse she, husband Gary and their three children moved into a year ago. Although it needs work, the three-story brick row house is basically sound. Restoring it means bringing the beautiful parts back into focus—old random-width floors, handsome woodwork and fireplaces, graciously proportioned windows and doors—and combining them with today's conveniences. Settling in with their collection of primitive and early American antiques, from fabrics to furniture (see below), the Grubers have created for themselves and their children an ambience that blends the best of town and country living. "By making a personal investment of time and effort in this house, on this street," they explain, "we feel we'll contribute to the enrichment of a city that, with the help of its residents, is turning itself around."



A cluster of antique baskets hangs from the ceiling in the Grubers' dining room, accentuating the simplicity of the furnishings and Linda's collection of pewter and blue-and-white homespun linen.

Lancaster lore



The 150th edition of John Baer's Almanac is a storehouse of fascinating matter: fishing calendar, gardening guide, folk humor, long-range weather forecasts. It's \$1.05 a copy, \$5 a 5-year subscription. John Baer's Sons, Box 328, Lancaster, Pa. 17604.

To keep rewiring costs down, install as few ceiling fixtures as possible. Instead, wire switches to wall receptacles and use lamps.

To check out an old chimney, start small fire in fireplace; place metal cover over chimney pot. Smoke in upper floors or attic indicates leaks.



Handmade dry sink, 46 by 20 inches and 39 inches high, has look and feel of an antique. Cost: \$202. Other colonial furniture reproductions, also of gray-stained pine, are available from Guyon Inc., 65 Oak St., Lititz, Pa. 17543. Send 25¢ for brochure, \$1 for portfolio with wood sample.

and send-fors



Handcrafted early American wood sign, 10 by 14 inches, carries your name and house number in black, red, blue, brown, green or beige. It's \$25 from Olde Estate Sign Co., P.O. Box 6223, Lancaster, Pa. 17603.



Fiddleback rocker with scrolled arms, 42 inches high, costs \$205. Send 25¢ for brochure from Martin's Chair Shop Inc., RD 2, Ephrata, Pa. 17522.

Sidewalk bricks, often free for the hauling, make great interior floors. If used in a kitchen, seal with 3 coats linseed oil mixed with 30% turpentine; finish with paste wax.



Cookbook with Lancaster County lore and recipes is \$9.50 from Groff's Farm, RD 1, Mt. Joy, Pa. 17552.



Theirs at last

was how Debbie and Charles Smithgall felt when the auctioneer cried, Sold!" They were weak with excitement and joy; they had waited two years for this house. Inside was disaster—91 years of neglect. Today its refreshing charm is seen in its exterior (left) and colonial living room (below).



For a drab garage—zesty changes



... to take advantage of the vast, uninterrupted space inside. Connie and Jere Shertzer had architect John deVitry create strikingly contemporary living quarters on multiple levels (right). Enclosed balcony with lookout opening is daughter Christie's room over living room.



Crafts Department

Rachel Newman
Jane Luddecke
Louise Fiore



"Cat's Paw," perfect for beginners, is economical, too, a multicolored design ideal for a collection of leftover fabric scraps.

3 traditional hooked rugs to make

★ '76
★ CELEBRATION ★

Try your hand

Here's a craft that dates from the 1800s—rug hooking. Its versatility and practicality are as much in tune with today's times as when this nation was young. Whether you use narrow strips of fabric from discarded clothing, as the settlers did, or precut wool strips, you'll enjoy working these authentic patterns designed by Joan Moshimer. To learn how to receive hooking techniques and patterns, see page 74.

"Golden Fruit" (opposite, bottom) is a traditional semicircular hearth rug, its design featuring a subtle shading of color. As with the other rugs shown, the pile of "Golden Fruit" consists of loops drawn through backing.

An antique rug, "Sears-port" (below) is a superb example of the beauty of this primitive craft. Its design has been recreated and can be worked, as can the others, with a wooden-handled metal hook.





Timeless classics



Decorating for a good-sense antique look
 Low oak and pine furnishings inspired by 17th- and 18th-century designs show off their traditional appeal

Designed by Dan Carithers for Rich's Atlanta, Ga.

Photographed by Graphic Associates, Inc.

Shopping Information, page 73

against the *bona* simplicity of a black and white setting. The cotton documentary print used at the windows and on the wing chair injects vivid splashes of cherry red.



The verve of yellow and gray print and simplicity of Parsons tables complement traditional pieces in bed/sitting room.

Maris/Semel



Good-sense “antique” decorating

Unfazed by fads, the classic grace of early American styling teams with new accessories to create timeless charm.

An antique quilt and a modern painting (right) relieve the formality of Queen Anne and Hepplewhite dining furniture.

Charles Gold

Stately 18th-century reproductions (below) blend with a flowery pink chintz for an inviting and nostalgic bedtime retreat.

Darwin Davidson






All-American main meals


Relive the spirit of our forebears by trying these dishes, each an adaptation of a main meal popular in colonial times. In those days, resourceful settlers put their ingenuity to work finding more and more ways to use basic foodstuffs—corn, turkey, beans—and in doing so produced a distinct American cuisine. Today, when monetary values are assigned to everything consumed, we can profit by their penny-pinching ideals. Stale bread crumbs were added to thicken sauces, for example; new “receipts” were concocted by putting scraps and leftovers to good use. Nutrition as we know it was unheard of in early America, but life was hard and smart cooks knew instinctively how to prepare satisfying meals that were also nourishing. To make main meals shown, plus others popular throughout the Colonies, see our recipe section, page 64.

Food Department

Lucy Wing
Colleen E. Wallsh
Donna Johnson



*New England Boiled Dinner
is a busy-day bonanza of corned
beef atop vegetables.*



*Philadelphia Pepper-Pot Soup
offers low-cost nourishment.*

*Spit-Roasted Turkey is a
domesticated descendant.*

*Brunswick Stew has native corn,
beans and chicken
(originally, squirrel).*

*New England Clambake,
once a seafood staple, now
sparks special occasions.*

★ '76 ★
CELEBRATION

CELEBRATION '76

William Penn's Cheesecake

This cheesecake has a history as rich as its scent and spiciness.

It was created by Gulielma Penn, wife of Pennsylvania's founder, who never set foot in the colony. Her son brought a handwritten manuscript of her recipes to Penn's estate in the 1700s. Her original recipe, "Too Make Chees Cake," is pictured below, right. Our delectable version uses an American original, cream cheese, in place of Mrs. Penn's instructions, "Take 15 quarts of new milk...putt too it 4 spunfulls of Rennett. . ."

"Too Make Chees Cake"

- 1½ cups unsifted all-purpose flour
- ½ cup butter or margarine
- 1 large egg
- 1 tablespoon cold water
- 3 packages (8 ounces each) cream cheese, at room temperature
- ½ cup sweet butter, at room temperature
- ¾ cup sugar
- 3 large eggs
- 1 teaspoon ground nutmeg
- 1 teaspoon rose extract or 2 tablespoons rose water
- ½ cup dried currants



1 Place flour in bowl. Cut in butter or margarine. Combine one egg and cold water. Sprinkle over surface. Stir gently with fork until pastry clings. Gather; roll into 12-inch circle. Lift into foil-lined 10-inch quiche dish. Press with pastry trimmings to fit dish. Trim off overhang with a rolling pin. For cheesecake-making tips, see page 64.



2 Heat oven to 400°. Fit piece of wax paper into pastry shell. Fill with beans, rice or broken bread crusts. Bake 15 minutes. Set aside to cool slightly. Reduce oven to 350°. With electric mixer, beat cheese and butter until fluffy. Gradually beat in sugar and eggs. Stir in nutmeg, rose extract and currants.



3 Remove beans and paper. Turn mixture into pastry. Bake 30 minutes. Turn off oven; let cake stand 15 minutes. (If desired, place cake under broiler to brown top.) Remove to wire rack. Cool to room temperature. Chill. Lift from dish, using foil; with 2 spatulas, place on plate. Makes 8 servings.

American Home Cooking Lesson



Take a
measure of

Cornmeal

Corn, an American Indian staple, became part of our cuisine when settlers learned to grow, dry and grind it. Cornmeal, derived from this energy-giving, B vitamin-bearing grain, is now enriched and ready to use, either white or yellow. To make classics shown, plus more, see recipe section, page 64.

Cornmeal is the basis for these favorites adapted from Indian and Old World recipes.

Clockwise from top, center: whole and sliced Anadama Bread, Indian Pudding with cream, round Boston Brown Bread slices, buttered Johnnycakes, Corn Pone patties.



★'76
★CELEBRATION★

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about all I'd read
and said to myself,
either quit or
smoke
True.**



**I smoke
True.**

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Fruit Pizza

- | | |
|--|-------------------------------------|
| 18-oz. pkg. Pillsbury Refrigerated Sugar Slice 'n Bake Cookies | 1/2 teaspoon vanilla |
| 8-oz. pkg. Philadelphia Brand Cream Cheese | Assorted fruits |
| 1/3 cup sugar | 1/2 cup Kraft Pure Orange Marmalade |
| | 2 tablespoons water |

Cut cookie dough into slices 1/8-inch thick. Line 14-inch pizza pan with cookie slices, overlapping slightly. Bake at 375° 12 minutes. Cool. Combine softened cream cheese, sugar and vanilla, mixing until well blended. Spread mixture over cookie crust. Arrange fruit over cream cheese layer. Glaze with combined marmalade and water. Chill. Cut in wedges to serve. 10 to 12 servings.

KRAFT Division of Kraftco Corporation

Make our traditional American dishes

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.

William Penn's Cheesecake

continued from page 61

Cheesecake making tips:

- To save time, use 1 package (10 or 11 ounces) pie-crust mix instead of making your own. Follow package directions.
- You can eliminate lining quiche dish with foil; just serve cheesecake from dish. If you don't have a dish, a deep 10-inch pie plate will do.
- Beans, rice or broken bread crusts weigh pastry down during baking to prevent bubbles and shrinkage. If you are a frequent pie baker, try aluminum pellets. Though a costly first-time purchase, they can be used repeatedly. Look for them in a gourmet shop or food/equipment specialty store. But if you can't find them, write to: The Bridge Co., 212 E. 52nd St., New York, N.Y. 10022. A 2-pound, 5-ounce bag costs \$6.75 plus \$1 for shipping.
- Calorie-conscious? Use Neufchâtel cheese instead of cream cheese called for in our recipe. Compare: A 1-ounce serving of cream cheese provides 10 grams fat and 100 calories; a 1-ounce serving of Neufchâtel cheese provides 6 grams fat and 70 calories.
- Rose extract or rose water may be purchased in the spice or gourmet section of your supermarket or food specialty store. Or use 1 teaspoon vanilla extract if you prefer.

All-American main meals

continued from page 58

New England Boiled Dinner

(pictured on page 58)

For the colonists, preserving meats meant pickling in a brine or drying. Dried strips of meat are called jerky; pickled meat resulted in corned beef. Boiled dinners were 1-pot meals colonial women created for those busy times; today, they're great for working cooks.

Makes 10 servings. Each serving: 919.7 cal.; 47 gms. P.; 68.2 gms. F.; 27.7 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

1 corned beef brisket, about 6 pounds

Cold water

2 pounds small all-purpose potatoes

1 pound carrots

1 head of cabbage, about 3 pounds

2 bunches small beets or 2 cans (16 ounces each) tiny beets

1. Place brisket in large kettle or saucepot. Add cold water to cover. Bring to boiling. Cover. Simmer over low heat 1 hour. Pour off water. Cover with fresh water. Bring to boiling. Cover. Simmer 3 more hours or until almost fork tender.

2. Pare potatoes and carrots. Cut carrots into 3-inch chunks. Cut cabbage through core into 10 wedges. Add potatoes and carrots to brisket. Continue to cook until vegetables are tender. Add cabbage. Cook until tender.

3. Wash beets; remove tops. In saucepan with 1 inch boiling water, add beets. Cook until tender. Drain. Cool slightly. Slip off skins. (With canned beets, cook in saucepan with own liquid just until heated. Drain.)

4. Just before serving, place brisket on large serving platter. Surround with some vegetables; serve remainder separately.

5. American Home's Suggested Menu:

New England Boiled Dinner
Romaine and Watercress Salad
Boston Cream Pie

Brunswick Stew

(pictured on page 59)

No two recipes for this stew coincide, and there are conflicting versions of the origin of the name. What is certain, however, is that it was made originally with squirrel and served at huge political rallies and family gatherings. We have substituted chicken in the recipe, which also uses two native vegetables the Indians taught settlers to grow.

Makes 4 servings. Each serving: 658 cal.; 57 gms. P.; 18.7 gms. F.; 68.9 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

2 tablespoons bacon or salt pork drippings or pure vegetable oil

1 broiler-fryer chicken, about 2½ pounds, cut up

1 medium-size onion, chopped (½ cup)

3 cups water

2 slices day-old bread, crumbled (1 cup crumbs)

2 cups corn cut from cob or 1 package (10 ounces) frozen whole kernel corn, thawed slightly

2 cups shelled fresh lima beans or 1 package (10 ounces) frozen baby lima beans, thawed slightly

2 teaspoons salt

¼ teaspoon pepper

1. In kettle or Dutch oven, heat drippings or oil over medium heat. Add chicken, a few pieces at a time; brown well on all sides. Remove pieces as they brown.

2. Add onion to fat left in pan. Cook 1 minute. Return chicken to pan. Add water, bread crumbs, fresh vegetables, salt and pepper. (If using frozen vegetables, add during last 10 minutes of cooking.) Bring chicken and vegetables to boiling. Cover. Cook over low heat 30 to 35 minutes, stirring occasionally. Spoon into serving dish.

3. American Home's Suggested Menu:

Brunswick Stew

Sliced Tomato Vinaigrette

Fresh Cantaloupe

Spit-Roasted Turkey

(pictured on page 59)

Wild turkeys, abundant for the taking in colonial days, were sometimes cooked on a spit over a fire, though stewing or braising them involved the least effort. Roasting on a spit required constant turning, a task for children. With today's motor-driven spits, spit-roasting is easy and cool, if done outdoors on a grill or portable electric rotisserie.

Makes 12 servings. Each serving: 635.4 cal.; 55.5 gms. P.; 44.4 gms. F.; .04 gms. C.

1 frozen turkey, about 10 pounds, thawed

Salt

Pepper

¼ cup liquid margarine or melted butter or margarine

1. Remove giblets and neck from turkey; use to make gravy, if desired. Rinse turkey. Pat dry. Sprinkle cavities with salt and pepper. Push drumsticks under wire clamp or band of kin at tail. Or skewer opening and tie drumsticks with string.

2. Skewer neck skin to back. Cut off wing tips; use in soup or gravy stock. Tie string around turkey breast to hold wings flat against body.

3. Insert spit rod through center of turkey just below tail and through neck cavity. Secure on spit; balance evenly. Turkey must be balanced so it will rotate smoothly throughout its cooking time.

4. Place spit in rotisserie. Place aluminum foil drip pan under turkey to catch drippings. Brush turkey with some liquid margarine or melted butter or margarine. Roast about ½ hours over hot charcoals or on a portable electric rotisserie.

5. If necessary, readjust clamps on spit during cooking to keep turkey from spinning. Turkey is done when drumsticks feel soft when pressed with fingers protected by paper towels.

6. Remove turkey to serving platter. For easier carving, let stand 20 minutes before serving. Garnish with watercress, if desired.

3. American Home's Suggested Menu:

Spit-Roasted Turkey

Creamed Onions • Green Peas

Cranberry Muffins

Sliced Nectarine

continued

65

...Whipped Philly in the fruit bowl



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Fruit Medley

1 cup Kraft Pure Pasteurized Orange Juice

3 tablespoons honey

2 teaspoons lemon juice

2 teaspoons cornstarch

6 cups assorted fruits

4 slices cantaloupe

Philadelphia Brand

Whipped Cream

Cheese

Combine juices, honey and cornstarch. Cook over medium heat until clear and thickened, stirring occasionally; cool slightly.

Mix together lightly ¾ cup sauce and assorted fruits. Arrange fruit on melon slices; top with whipped cream cheese and additional sauce. 4 servings.

Whipped Philadelphia comes in 6 delicious flavors besides Plain: Onion • Pimento • Bacon and Horseradish • Chive • Blue Cheese • Smoked Salmon.



Division of Kraftco Corporation

New England Clambake

(pictured on page 59)

Fish and shellfish were a mainstay of the early American diet because of their abundance. Indians taught the settlers how to pit-bake clams over seaweed. At first, a clambake consisted only of clams; later it was topped by lobster and corn. The old-fashioned pit clambake is a thing of the past. A modern clambake consists of cooking foods separately either indoors or out on a grill and expanded to include chicken in place of expensive lobster.

Makes 4 servings. Each serving: 801 cal.; 43.6 gms. P.; 52 gms. F.; 48 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

8 ears of fresh corn

Cold water

Salt

4 live lobsters, about 1 1/4 pounds each

2 quarts steamer clams (about 4 dozen)

1 cup butter or margarine, melted

1. With each ear of corn, pull back husks; remove silk between kernel rows with a brush. Rinse corn in cold water. Re-cover corn with husks; put on rack in large kettle with 1 inch water. Cover. Bring to boiling. Steam corn 10 to 15 minutes or until kernels are tender.

2. Fill large kettle about 3/4 full with cold water. Add 1 tablespoon salt for each quart of water. Use sea water if available and omit salt. Cover. Bring to boiling. Plunge lobsters, heads first, into boiling water. Cover. Return to boiling. Simmer 5 minutes.

3. While lobsters cook, scrub clams with stiff brush under cold running water to remove sand. Put 1 inch water into a large kettle. Add 1 teaspoon salt and clams. Cover kettle tightly. Steam 6 minutes or until shells open.

4. A clambake must be timed so that all foods can be served at once. Place corn and lobsters on platter. With slotted spoon, lift clams to platter; discard any that have not opened. Strain clam broth from kettle into 4 small cups. Serve melted butter or margarine in separate cups.

5. To eat clams, remove from shell. Remove skin covering neck. Hold by neck and dip in broth and melted butter. Provide lobster shears or nutcrackers, bibs and plenty of napkins.

6. American Home's Suggested Menu:
New England Clambake
Baking Powder Biscuits
Cold Watermelon

Philadelphia Pepper-Pot Soup

(pictured on page 58)

This savory tripe and veal soup was attributed to General Washington's cook at Valley Forge. The winter was harsh; food was scarce. Soup, made with whatever food scraps could be found, was a welcome supper for the troops. We have updated it by cooking it speedily in a pressure cooker.

Makes 12 servings. Each serving: 160 cal.; 17.9 gms. P.; 5.8 gms. F.; 55.6 gms. C. Source of vitamin A and niacin.
1 1/2 pounds tripe, thawed if frozen
1 veal shank, about 1 1/2 pounds, cut into several pieces

8 cups cold water (2 quarts)

1 pound cracked marrow bones or 2 tablespoons pure vegetable oil

2 cups diced onions (2 large)

2 cups diced, pared carrots

2 cups diced, pared potatoes

3 sprigs of parsley

1 bay leaf

1/4 teaspoon peppercorns

4 whole cloves

1/2 teaspoon dried thyme leaves

2 teaspoons salt

Crushed dried red chili peppers

1. Rinse tripe. Place tripe, veal and water in 6-quart electric or top-of-range pressure cooker. Close cover securely. Heat until regulator rocks. Pressure-cook 30 minutes at 10 pounds pressure.

2. While tripe and veal are cooking, cut marrow from bones with knife and heat marrow in saucepan until rendered. (Or heat oil in saucepan.) Add onions, carrots and potatoes. Cook 5 minutes, stirring often. Remove from heat.

3. Remove pressure cooker from heat. Cool immediately according to manufacturer's directions. With slotted spoon, lift tripe and veal to cutting board. Cut away meat from shank into 1-inch chunks. Cut tripe into pieces.

4. Place parsley, bay leaf, peppercorns, cloves and thyme in square of cheesecloth. Tie securely to form a bag. Skim and discard all fat and scum from tripe cooking-liquid in cooker. To this liquid add sautéed onion mixture, demarrowed bones (if used), parsley bag and salt. Cover securely.

5. Pressure-cook 5 minutes; cool immediately. Discard bones and parsley bag. Add tripe and veal; heat through. Ladle into bowls; sprinkle with crushed peppers.

6. American Home's Suggested Menu:
Philadelphia Pepper-Pot Soup
Molded Celery Salad on Lettuce
Cornbread Squares
Lemon Cheesecake

Red Flannel Hash

Smart, frugal colonial cooks created this dish with leftovers from New England Boiled Dinner. We've added canned alternatives for ease and economy.

Makes 6 servings. Each serving: 355 cal.; 18.9 gms. P.; 18 gms. F.; 29.3 gms. C. Source of niacin and vitamin C.

2 cups chopped, boiled corned beef or 1 can (12 ounces) corned beef

2 cups chopped, cooked beets or 1 can (16 ounces) sliced beets, drained and chopped

4 cups diced, cooked, pared potatoes or 2 cans (16 ounces each) cooked and peeled whole new potatoes, drained and diced

1 large onion, chopped (1 cup)

1 teaspoon salt

Dash of pepper

1/4 cup light cream

4 tablespoons bacon or salt pork drippings or pure vegetable oil

1. In large bowl, toss gently beef, beets, potatoes, onion, salt, pepper and cream.

2. In large skillet preferably with non-stick finish, heat 2 tablespoons drippings or oil over medium heat. Spoon

half of beef mixture into skillet; spread into thin layer. Reduce heat to low. Cook, without stirring, until bottom is well crusted.

3. Fold hash in half; turn out onto platter as you would an omelet. Keep warm. Repeat with remaining half. Garnish with sprigs of parsley, if desired.

4. American Home's Suggested Menu:
Pickled Herring and Crackers
Red Flannel Hash
Julienne Carrot-Zucchini Salad
Raisin Bread Pudding

"To Stew Beefe"

Cattle in colonial times were valued milk producers. They were slaughtered for meat only when they had outlived their dairy usefulness. Thus the meat was tough, and moist cooking methods—such as stewing—were needed to tenderize them. Today, farmers raise both beef and dairy cattle. You can take a cue from this traditional "receipt" and turn low-cost stew meat into tender, tasty fare.

Makes 8 servings. Each serving: 264 cal.; 22.6 gms. P.; 11.8 gms. F.; 14 gms. C. Source of vitamin A and niacin.

2 pounds beef stew meat, cut into 1-inch chunks

1 teaspoon salt

1/4 teaspoon pepper

1 cup water

1 can (12 ounces) ale or strong beer

3 large onions, chopped (3 cups)

2 slices day-old pumpernickel bread, finely crumbled (1 cup crumbs)

1/4 teaspoon dried thyme leaves

1/4 teaspoon dried marjoram leaves

1/4 teaspoon ground savory

6 carrots, pared and diced (1 pound)

1. In Dutch oven or kettle, place meat, salt, pepper, water, ale or beer, onions and bread crumbs. Bring to boiling. Cover. Simmer over low heat 1 1/2 hours, stirring occasionally.

2. Add seasonings and carrots. Cook until carrots are tender and sauce is slightly thickened. Originally, this dish was served over bread in a bowl; we suggest noodles or rice.

3. American Home's Suggested Menu:
"To Stew Beefe"
Hot Buttered Noodles
Fried Green Tomatoes
Baked Vanilla Custard

Manhattan Clam Chowder

Originally, chowder was any concoction made of fish or shellfish or both. It's a hearty meal in a bowl of New England origins, but takes the name from a large French kettle chaudière brought to the New World by way of Canada. The most famous chowder is made with clams, cream and salt pork. The most notable heresy is Manhattan's version. Which version is best (still disputed) depends on where you live.

Makes 6 servings. Each serving: 250 cal.; 10.6 gms. P.; 16.6 gms. F.; 15.6 gms. C. Source of vitamins A and C.
1/4 pound salt pork, diced

2 medium-size onions, chopped (1 cup)

3 carrots, pared and diced (3 cups)

1 cup chopped celery

2 cups home-canned whole tomatoes

continued



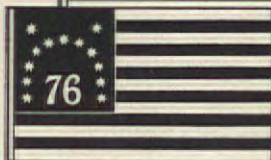
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[continued]

- or 1 can (14½ to 16 ounces) whole, peeled tomatoes
- 1 cup clams in liquor (2 quarts unshucked) or 2 cans (8 ounces each) minced clams

Water

- 1 teaspoon salt
 - 1 teaspoon dried thyme leaves
 - 1 bay leaf
 - 2 medium-size potatoes, pared and diced (1¼ cups)
1. In large saucepan, fry pork until crisp. Add onions. Cook until tender. Stir in carrots and celery. Cook over low heat 3 minutes, stirring often.
 2. Drain liquid from tomatoes into 4-cup measuring cup. Add tomato pulp to saucepan with vegetables. Drain liquor from fresh or canned clams into tomato liquid; add enough water to make 3 cups.
 3. Pour liquid mixture into saucepan. Add salt, thyme and bay leaf. Bring to boiling. Cover; simmer over low heat 20 minutes.
 4. Add potatoes; cook 10 minutes more. Chop drained fresh clams; add to vegetables. Cook just until tender. (If using canned clams, add and cook until heated.)

- 5. **American Home's Suggested Menu:**
Herb Deviled Eggs on Leaf Lettuce
Manhattan Clam Chowder
Parker House Rolls
Maple Sugar Ice Cream • Cookies

Cornmeal

continued from page 62

Anadama Bread

(pictured on page 62)

According to New England legend, a fisherman became enraged with his wife for giving him dinners of cornmeal and molasses for nights on end. One night, unable to control his anger, he threw the cornmeal and molasses in a bowl with flour and yeast, placed it in the oven and later sat down to eat the loaf, mumbling, "Anna, damn her!"

Makes 2 loaves (16 slices each). Each slice: 97 cal.; 2 gms. P.; 1.6 gms. F.; 23.9 gms. C.

- 2 cups water
- ½ cup yellow cornmeal
- ¼ cup butter or margarine, cut into pieces
- ½ cup dark molasses
- 1½ teaspoons salt
- ½ cup warm water (105° to 115°)
- 1 package active dry yeast or 1 cake compressed yeast
- 5 cups unsifted all-purpose flour

1. In heavy 1- to 1½-quart saucepan, bring 2 cups water to boiling over high heat. Add cornmeal in a slow, thin stream, stirring constantly so the water continues to boil. Cook 1 minute; remove from heat. Beat in butter, molasses and salt. Pour mixture into small bowl; let stand until lukewarm.
2. Pour warm water into large bowl. Sprinkle or crumble in yeast; stir to dissolve. Add cornmeal mixture to yeast mixture; mix well.
3. With large wooden spoon, beat in

4 cups flour, ½ cup at a time. Continue to beat until the dough can be gathered into a compact ball. (Dough will be sticky.)

4. Turn dough out onto floured board or pastry cloth. Gradually knead in remaining flour, a few tablespoons at a time. Continue to knead 10 minutes or until dough is smooth, shiny and elastic.

5. Put dough into greased bowl; turn over to bring greased side up; cover with damp towel. Let rise in warm place (85°), free from draft, about 1½ hours or until doubled in bulk.

6. Grease two 9x5x2¾-inch loaf pans. Punch dough down; knead 2 to 3 minutes; divide in half. Shape each half into loaf; place in pans; cover. Let rise 1 hour or until doubled in bulk. Heat oven to 400°. Bake loaves 1 hour or until crust is light brown and loaves begin to shrink away from sides of pans. Turn loaves out onto wire rack. Cool.

- 7. **American Home's Suggested Menu:**
Tomato Bisque
Plymouth Corned Beef Succotash
Coleslaw
Anadama Bread
Blueberry Grunt (Steamed Pudding)

Indian Pudding

(pictured on page 62)

The name originated in early colonial days, when cornmeal was called "Indian corn" to distinguish it from wheat, which the British knew as simply "corn."

Makes 6 servings. Each serving: 179 cal.; 5 gms. P.; 4.5 gms. F.; 30 gms. C.

- 3 cups milk
- ⅓ cup yellow cornmeal
- ¼ cup dark molasses
- ¼ cup sugar
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon

1. Heat oven to 275°. In large, heavy saucepan, heat milk until bubbles appear around edge of pan. Stir cornmeal and molasses slowly into milk. Cook about 10 minutes or until thickened, stirring constantly. Remove from heat. Mix in sugar, salt, ginger and cinnamon.

2. Pour mixture into buttered 1-quart casserole or baking dish. Bake 2 hours. Spoon into serving dishes. Serve warm. Top with whipped cream, if desired.

- 3. **American Home's Suggested Menu:**
Chicken Fricassee with Dumplings
Buttered Brussels Sprouts
Cucumber Salad
Indian Pudding

Boston Brown Bread

(pictured on page 62)

Colonists discovered that by mixing baking soda with cornmeal, rye and whole-wheat flour, a reasonably light bread could be made. Traditionally called Boston Brown Bread, it was served with Boston Baked Beans.

Makes 2 loaves (8 slices each). Each slice: 161 cal.; 3.8 gms. P.; .68 gm. F.; 36 gms. C.

- 1 cup yellow cornmeal
- 1 cup rye flour
- 1 cup whole-wheat or graham flour
- 2 teaspoons baking soda

- 1 teaspoon salt
- 2 cups buttermilk
- ¾ cup dark molasses
- ¾ cup seedless raisins

1. Wash and dry two empty 1-pound metal coffee cans. Butter well. In bowl, combine cornmeal, rye flour, whole-wheat or graham flour, baking soda and salt.

2. In large bowl of mixer, beat buttermilk and molasses until well blended. Add flour mixture gradually; beat well after each addition. Remove from mixer; stir in raisins. Spoon batter evenly into prepared cans. Cover each loosely with a piece of buttered wax paper, then a large piece of aluminum foil. Tie securely with string.

3. Place cans on rack set in large saucepot; add enough boiling water to reach halfway up the cans. Return water to boiling. Cover; reduce heat; simmer 2¼ hours, adding boiling water as needed to keep it at a halfway mark.

4. To serve immediately, remove foil and paper from cans. Turn loaves out onto platter; slice and serve with butter. Or leave bread in cans with foil and paper intact; refrigerate. Keeps well up to 1 week. To reheat, steam as directed above.

- 5. **American Home's Suggested Menu:**
Boston Baked Beans with Frankfurters
Boston Brown Bread
Red and Green Cabbage Vinaigrette
Peach Cobbler with Whipped Cream

Johnnycake

(pictured on page 62)

Both Indians and colonists frequently took cornmeal on hunting trips where, mixed with cold water, it was made into a gruel and eaten uncooked. Later, the gruel was made into "journey cakes" and either baked or fried. According to legend, these cakes were as good at the end of the journey as they were at the beginning.

Makes 4 servings. Each serving: 340 cal.; 6.9 gms. P.; 7.5 gms. F.; 59.3 gms. C. Source of thiamine and niacin.

- 2 cups white cornmeal
- 2 teaspoons salt
- 2 tablespoons butter or margarine
- 2 cups boiling water
- ½ cup cold milk

1. In mixing bowl, combine cornmeal, salt and butter or margarine. Add boiling water; stir constantly until butter or margarine melts and liquid is absorbed. Stir in milk; cool to room temperature, stirring occasionally.

2. Heat griddle to 350°; grease lightly. Pour about ¼ cup batter for each pancake onto hot griddle; leave enough space so each pancake can spread to 5 inches in diameter. Cook 3 minutes on each side or until golden brown. Transfer to plate; keep warm in hot oven. Butter and molasses were the traditional accompaniments, but maple-blended syrup may be substituted.

- 3. **American Home's Suggested Menu for Breakfast:**
Chilled Cranberry Juice
Johnnycake • Molasses
Smokie Sausage Links
Coffee with Milk

continued

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The FREE HOME TRIAL COUPON printed below entitles you to try, wear, and enjoy any KRISTAGEM ring shown here—without risking 1¢. Take your pick, then clip the pictures showing your favorite rings and rush them with the coupon below. Each ring has a grand total of 100 points or more of famous KRISTAGEMS—the amazing, man-made stones that rival nature-made diamonds costing up to \$1250.00 or more!

AMAZE YOUR FRIENDS

We'll gladly rush these golden beauties to your door. This way you can test and compare them with regular diamonds. But please do us a favor. When they arrive, show them to your friends. See how amazed they are, and maybe a little envious too! Almost everyone who sees KRISTAGEMS wishes he could afford one. Little do they know that they are not costly diamonds! The reason is KRISTAGEMS are NOT soft, dull plastic stones, but hard, sparkling simulations. In fact, you can prove it yourself with this simple test:

(1) Drop a KRISTAGEM and any cheap plastic stone into a cupful of acetone. (2) Next day, take out both stones. See how the fake, plastic "diamond" has become mushy and worthless. But the KRISTAGEM comes out gleaming, without scratch!

KRISTAGEM is hard, dense, free from cracks and flaws. See the gleaming, diamond-cut facets. How they sparkle, like all diamonds, even in dim moonlight! You'll love this creation of the crafty jewel simulator!



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DON'T LET OUR LOW PRICES CONFUSE YOU!

Just because you get a Krystagem for only \$5, please don't mistake it for a dull, plastic fake! Of course KRISTAGEM is different from a genuine diamond. But the nicest difference is that you can grab one for \$5—not hundreds or thousands of dollars!

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Many millionaires and movie stars wear simulated diamonds but keep it secret from the public. Think of this: the "genuine" diamond your neighbors show off at parties may not be genuine at all! The reason is Krystagems look so genuine that only experts can tell them apart from diamonds. Many wealthy persons keep their expensive diamonds in a bank safe and wear simulated diamonds to avoid burglary or loss.

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Can you think of a nicer gift for that Someone Special—a gift that costs less than a fine box of chocolates or a bottle of perfume? What a lovely present a Krystagem ring makes! Ideal for an anniversary or graduation . . . or just an expression of your love! He or she will probably never know that KRISTAGEM is not a natural diamond—unless you tell! Although this impressive gift costs you only \$5—it's fully guaranteed. You don't risk a single penny. If not satisfied and thrilled, return it and get your \$5 back right away! Our stocks on these rings are definitely limited. To avoid disappointment, please tear out coupon and send it today—by AIR MAIL, if possible. Address:

KRISTAGEM DIVISION 5777
7375 Sunrise Station
Fort Lauderdale, Florida 33304

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(1) Each ring has full carat of quality Krystagems (2) All rings in 14 Karat Gold electroplate (3) Deluxe Safeguard Gift Box given with each ring.



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(B) WEDDING BAND to match with 7 multifacet simulated diamonds. No. UJ-112



(C) CHAMPAGNE PARTY RING—stupendous jewel with hundreds of dazzling rays. 9 Pseudo Diamonds. No. UJ-118



(D) FEMME FATALE with Pseudo Tiger Eye surrounded by 7 sparkling, simulated diamonds. No. UJ-122



(E) TRINITRON MEN'S RING—with 3 medium-size simulated diamonds. Heavy goldtone mounting. No. EJ-705



(F) PLATEAU SUCCESS RING for men with fabulous 1.5 carat Pseudo Diamond. Golden Florentine tone. No. EJ-706

ANY RING ABOVE FOR ONLY \$5

Yes it's true. But this is a limited offer. Due to limited supplies it can't be repeated this season to readers of this publication. To avoid disappointment please order your rings within 10 days or less.



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KRISTAGEM DIVISION DEPT. 5777
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This valuable coupon gives any reader the right to obtain any KRISTAGEM ring shown for only \$5—while supply lasts. Send only \$5 check, money order, or cash for prompt delivery by parcel post. Show ring to friends. They must believe it's a genuine diamond ring. You must be thrilled and satisfied. Otherwise return within 31 days for money back.

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☐ A—Ladies' Solitaire ☐ B—Wedding Band ☐ C—Champagne Ring
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If you don't know finger size, send paper strip.

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Add only \$1 more. © 1975—Krystagem Div.

Corn Pone

(pictured on page 62)

Corn Pone originated from Indian "appones," which were cakes made of cornmeal and water, covered with ashes, baked and washed before eating. Settlers, who knew these as "ashcakes," later omitted the ash and renamed them.

Makes 9 corn pones. Each one: 178 cal.; 2.8 gms. P.; 6.6 gms. F.; 25.9 gms. C.

- 2 cups white cornmeal
- 1 teaspoon salt
- ¼ teaspoon baking soda
- ¼ cup pure vegetable oil
- ¾ cup boiling water
- ¼ cup buttermilk

1. Heat oven to 350°. Grease cookie sheet. In bowl, mix cornmeal, salt, baking soda and oil with spoon until all ingredients are moistened. Stir in boiling water; mix well. Add buttermilk; mix to make soft dough.

2. Place about ¼ cup mixture on cookie sheet for each corn pone. Pat each lightly with fingertips or bottom of a measuring cup to make ½-inch-thick round cakes. Bake 35 to 40 minutes or until firm to the touch. Serve warm with butter or margarine.

3. **American Home's Suggested Menu:**
Vegetable Beef Stew
Corn Pone
Leafy Green Salad • French Dressing
Cherry Pie

Spoon Bread

Once a planter's wife made cornmeal mush for supper early in the day, keeping it warm over the fire. The hours passed, and when her husband came home to supper he found that a crisp golden brown crust had formed over the porridge while the inside remained creamy. Adding butter and eating the concoction with a spoon, the farmer called it "Spoon Bread."

Makes 6 servings. Each serving: 253 cal.; 7.5 gms. P.; 15 gms. F.; 21 gms. C.

- 5 tablespoons butter or margarine
- 1 cup white cornmeal
- 1 teaspoon salt
- 2 cups boiling water
- 1 cup cold milk
- 4 eggs

1. Heat oven to 425°. Put butter or margarine in 2-quart casserole and place in oven to melt. In bowl, combine cornmeal and salt. Stir in boiling water; beat well until smooth; stir in milk. Add eggs, 1 at a time; beat well after each addition. Stir in melted butter or margarine from casserole.

2. Pour batter into hot casserole. Bake 25 to 30 minutes or until top is brown and center is firm when dish is moved. Do not overbake. Serve hot with additional butter or margarine.

3. **American Home's Suggested Menu:**
Roast Pork Loin
Harvard Beets • Relishes
Spoon Bread
Baked Apple

Fried Mush

Colonists adopted Indian "suppaw," a cornmeal mush mixture, as a breakfast food and called it "mush." One

day a housewife made so much mush it hardened in the pot and defied re-warming. Being economical, she sliced it and fried it in a pan with lard, thus creating the first Fried Mush.

- Makes 8 servings.** Each serving: 126 cal.; 2 gms. P.; 3 gms. F.; 21 gms. C.
- 6½ cups water
- 1½ cups yellow cornmeal
- 1 teaspoon salt
- 2 tablespoons butter or margarine

1. In 3-quart saucepan, bring 5 cups water to boiling. In bowl, combine remaining 1½ cups water with cornmeal and salt. Stirring constantly, add cornmeal mixture gradually to boiling water; cook 3 minutes. Reduce heat to low and cook 15 minutes longer. Pour into well-greased 9x5x2¼-inch loaf pan. Cool to room temperature; cover and refrigerate until firm.

2. When ready to serve, loosen mush along sides with a thin knife. Place inverted plate over pan; grasping plate and pan together firmly, turn plate upright. The mush should slide out of pan easily. Cut into ¼-inch-thick slices.

3. In large skillet over medium heat, melt butter or margarine. Arrange 3 to 4 slices of mush in pan; fry until brown and crisp, turning once. As slices brown, transfer to platter; keep warm in 300° oven. Serve with additional butter and light corn syrup, if desired.

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

Fresh Fruit Compote
Fried Mush
Light Corn Syrup
Broiled Bacon Slices

Hush Puppies

On early hunting expeditions, the hounds would yelp at the smell of fish frying for supper. To quiet the beasts, the hunters would drop bits of cornmeal batter into the fish pan, throw the tidbits to the dogs and yell, "Hush, puppies!"

Makes 20 hush puppies. Each one: 69 cal.; 1.9 gms. P.; 1.5 gms. F.; 11.7 gms. C.

- Pure vegetable oil or shortening for frying
- 1½ cups white cornmeal
- ½ cup unsifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg, well beaten
- ¾ cup milk
- ¼ cup finely chopped onion

1. In electric skillet or deep, heavy saucepan, heat 1 to 1½ inches oil or shortening to 375°.

2. Sift cornmeal, flour, baking powder and salt together onto wax paper. In bowl, mix egg, milk and onion. Gradually add cornmeal mixture, mixing thoroughly until well blended.

3. Drop batter by spoonfuls into hot oil; fry until golden brown on each side. With slotted spoon, remove hush puppies from oil and drain on paper towels. Transfer to napkin-lined basket. Serve warm.

4. **American Home's Suggested Menu:**
Crisp Fried Fish
Lemon Buttered Carrots • Spinach Salad
Hush Puppies
Fresh Berries with Cream

Tamale Pie

When Cortés arrived in Mexico in 1519, the Aztec Indians served him "Tamalli," which was chopped venison surrounded by cornmeal, wrapped in corn husks and steamed. The tamalli turned up later on the East Coast of North America where Captain John Smith found it being prepared by the Virginia Indians in 1612. Tamale Pie is a modern version of the original.

Makes 6 servings. Each serving: 276 cal.; 23.6 gms. P.; 8.7 gms. F.; 25 gms. C. Source of thiamine, niacin and vitamin C.

- 2 tablespoons pure vegetable oil
- ½ cup chopped green pepper
- ½ cup chopped onion
- 1 clove of garlic, finely chopped
- 1 pound ground round steak
- 1 can (14½ to 16 ounces) peeled, whole tomatoes, cut up
- ½ cup chopped pitted ripe olives
- 1½ tablespoons chili powder
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 2 cans (10½ ounces each) condensed beef broth
- 1½ cups water
- 1 cup yellow cornmeal
- 1 tablespoon butter or margarine

1. In skillet, heat oil; sauté green pepper, onion and garlic until soft but not brown. Add beef; brown well. Add tomatoes with their liquid, olives, chili powder, coriander and salt. Mix well; cook over medium heat 20 minutes.

2. In medium-size saucepan, heat broth to boiling. Combine water and cornmeal; gradually stir into boiling broth and cook until very thick.

3. In greased 12x8x2-inch baking dish, line bottom and sides with half of cornmeal mush. Add meat mixture; cover top with remaining mush. Let cool slightly; dot with butter or margarine. Heat oven to 350°. Bake 45 minutes.

4. **American Home's Suggested Menu:**
Guacamole • Cauliflowerets

Tamale Pie

Pattypan Squash • Braised Celery
Fruit Empañada (Turnover)

Special print offer: "Mowing" by N.C. Wyeth

You can own a print of the painting on pages 46-47. Approximate image size is 27x18½ inches on a 32x22½ inch sheet. "Mowing" comes unframed and printed on high-quality paper by the Meridan Gravure Co., under direction of the Brandywine River Museum. Allow 4 weeks for delivery. Sorry, we're unable to handle Canadian or foreign orders. Make check or money order payable to:

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At 220 pounds, my stomach sat on my lap, while my true age—only 27—was hidden under all that fat.



Now that I'm down to 128 pounds, I can stand or sit without worrying about fat getting in my way.



Being called "Grandma" at 27 shocked me into losing 92 pounds.

By Judie Evaskovich—as told to Ruth L. McCarthy

For every fat person, there comes a moment of truth. Mine came standing in line at a checkout counter. I was with my 24 year old niece, her two young ones and my own two. As the sales girl stapled the last bag, she said: "Have a good day." Then she turned to me and added: "You have a nice day, too, Grandma." I couldn't believe my ears! But when I looked at myself in the wall mirror, I had to believe my eyes. Because there I was—all 220 pounds of me in a huge MuMu, with no make up and my hair pulled straight back. Only my mother and my birth certificate could have proved I was just 27 years of age.

Looking back, my eating problem came from the way I was raised—not on three meals a day, but one continuous feed. My parents, you see, came from Czechoslovakia. To them, giving a child food was a sign of love.

Unfortunately, my eating pattern didn't change even after I married. On my wedding day, I weighed 30 pounds more than my husband, John. The joke of our honeymoon was who was to carry who over the threshold.

It wasn't so funny, however, two babies later and 60 pounds heavier.

My husband was so embarrassed by my fat, he hated to take me to socials. But when he did, I'd just sit in a quiet corner in a size 26-1/2 dress and a 46D bra and look like his mother.

I'll tell you, clothes were really a problem at that size. Once when I was pregnant, I was so discouraged, I tore a pink sheet in half, cut a hole in the middle and made myself a tent dress. It was enough to make my cold sober landlord see pink elephants.

From what I've said, you can understand how much I needed help. What did the trick was something I saw in a store—some pictures of a girl who'd taken a load off her knees and thighs on the Ayds plan. And that's what put me on it. I bought a box of butter-scotch fudge Ayds[®] on the spot.

I took one or two with a hot drink before meals and Ayds really helped me cut down on what I ate. I never said to myself that I wouldn't eat this or that. I just decided to eat three meals a day. And even with no snacking in between, I was satisfied on the Ayds plan. I lost a little more than a pound a week. And since Ayds contain vitamins and minerals, but no drugs, they didn't make me nervous either.

It wasn't until I'd taken off about 50 pounds that my neighbors in Arnold, Pa., started noticing. That was because I kept wearing those tent dresses and nobody could see how I was shrinking underneath. But my husband knew and was he delighted. So was I, because when I got to 128 pounds on the Ayds plan, my stomach no longer sat on my lap.

There's just one last thing I'd like to say. I figure I actually saved money while I lost weight on the Ayds plan. That's because that candy helped me eat less, so I could stay well within my food budget. Besides, I wasn't tempted to waste money on fattening candy bars. Ayds were a real morale builder, too. I'll tell you, I don't expect to look like a grandmother again for years. And thanks to the Ayds plan, I'm going to be a "skinny" one.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'4½"	5'4½"
Weight	220 lbs.	128 lbs.
Bust	46"	37"
Waist	38"	29"
Hips	48"	36½"
Dress size	26½	11

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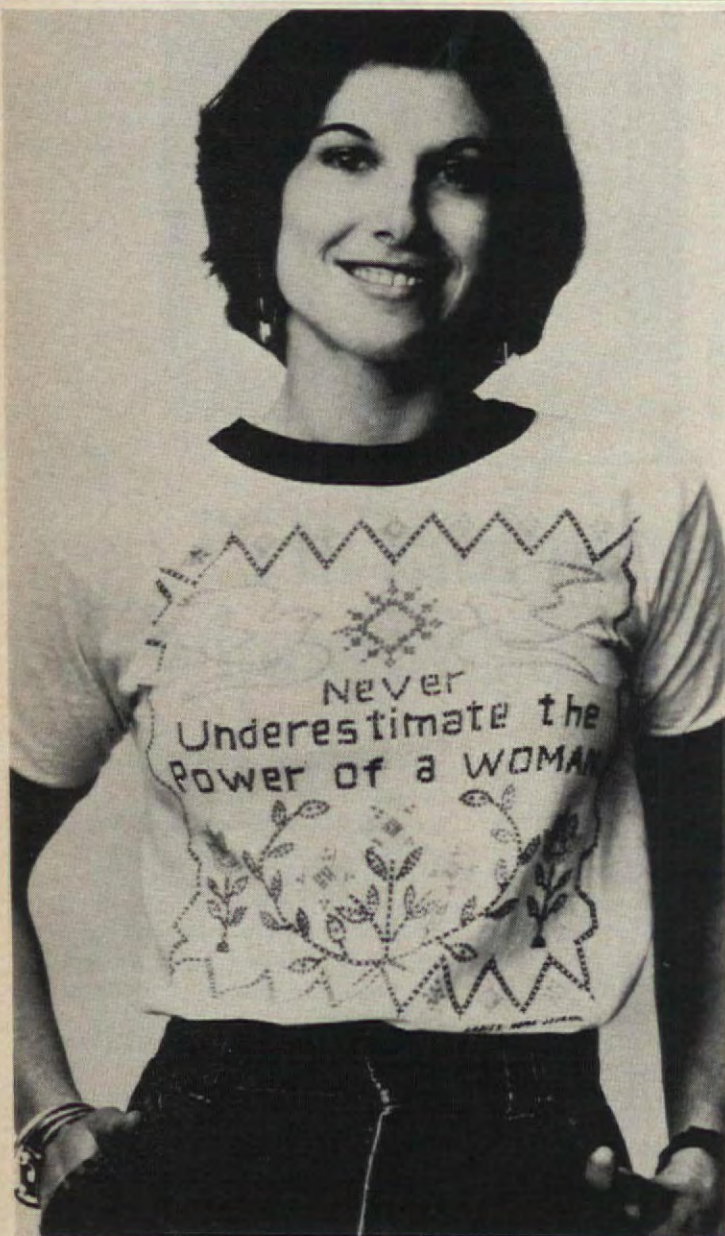
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Shopping Information

Merchandise listed is available in leading department and specialty stores. Items not listed may be privately owned or custom-made—or one-of-a-kind antiques.

TIMELESS CLASSICS

Pages 54-55: Drop-leaf table, side chairs, bench, cabinet, "American Tour," Drexel Heritage Furnishings, Drexel, N.C.; silver flatware, "Queen Anne," The Stieff Co., Baltimore, Md.; crystal decanter, Orrefors, distributed by Fisher Bruce & Co., Philadelphia, Pa.; portrait and all accessories, Rich's, Atlanta, Ga. *All sources N.Y.C.:* Fabric for wing chair and draperies, "Strawberry Stripe," Cyrus Clark; dining chairs, bench fabric, "Jack & Jill," Bloomcraft; crystal, Baccarat; china, "Wild Strawberry," Josiah Wedgwood & Sons, Ltd.

GOOD-SENSE "ANTIQUÉ" DECORATING

Page 56. Top, left: Drop-front secretary, bed, upholstered wing chair, love seat, hand-screened "Newport" print drapery fabric, Ethan Allen, Inc., Danbury, Conn.; Parsons table, Tyndale, Inc., Gloucester, N.J. **Designers:** Diane Plakans, Liese Sturtz for "The Pines," Junior League of Boston, Inc., Decorators' Show House 1974, Wellesley, Mass. **Bottom, left:** Bachelor chest, chest on chest, canopy bed, armchairs, tea table, dressing mirror, "Bicentennial Collection," Drexel Heritage Furnishings, Drexel, N.C.; flowered chintz, "Chinese Peony," Decorator's Walk, N.Y.C.

Page 57: Dining table, chairs, sideboard, "Carlton Hall," Thomasville Furniture, Inc., Thomasville, N.C.; silver-plated tea service, "Jamestown," Reed & Barton, Taunton, Mass.; pewter candlesticks, The Stieff Co., Baltimore, Md.; flatware, "American Colonial," Oneida Ltd. Silver-smiths, Oneida, N.Y.; pewter goblets, service plates, Wilton Armetale, Columbia, Pa.; felt used for curtains, Central Shippee, Bloomingdale, N.J. *All sources N.Y.C.:* Fabric on chairs, "Monmouth Plaid," F. Schumacher & Co.; carpet, "Lancaster Grove," Constitution Classics, Karastan; china, "Colonial Sprays," Josiah Wedgwood & Sons, Ltd.; Belgian linen/polyester napkins, place mats, Benjamin M. Jabara & Sons; painting, Karl Mann & Associates; Indian baskets, "Lone Star" quilt, Thos. K. Woodard American Antiques & Quilts; bamboo shade, Azuma.

ALL-AMERICAN MAIN MEALS

Pages 58-59: Pewter porringer, The Gorham Co., Providence, R.I. All other pieces are antiques or privately owned.

WILLIAM PENN'S CHEESECAKE

Pages 60-61: Rolling pin, teapot, pitcher, tankard, quill, inkwell—all can be seen at Pennsbury Manor, William Penn's recreated home in Morrisville, Pa., courtesy of Mr. Dewey Lee Curtis, curator; recipe manuscript lent by the Penn Manuscript Collection of the Historical Society of Pennsylvania, Philadelphia, courtesy of the Pennsylvania Historical and Museum Commission. Pewter candlestick by The Gorham Co., Providence, R.I.; Mixmaster mixer in white, Sunbeam Corp., Oak Brook, Ill.



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Make this 1776 scone for your home

A pair of sconces patterned after those that held wall lamps in colonial times can add early American charm to almost any room in your home. The large, scalloped scone below—of cherry or pine—is easy to make, and it also makes an appealing gift.

After cutting out wood parts as shown (below), fasten circular lamp base to bracket with glue and reinforce with screws that you countersink and plug with dowels. Bracket supporting lamp base is secured to the panel the same way. To give added rigidity to the glass chimney (available in lighting stores), cut a shallow circular groove for it in the lamp base. Or mount three or four upright dowels, 1½ to 2 inches long, around the base to fit whatever size chimney you choose. The candle deserves support if you plan to use it for long periods; attach a metal candle holder to the circular base, or drill a shallow receptacle for it in the base.

—Don Shiner



1

1 Finished wood scone gets its mellow look from stain and two or three coats of satin varnish.

2 You can cut out wood needed with a hand coping saw, but a power saw makes shaping the two 24-inch scalloped back panels easier.

3 Here are the three basic parts plus measurements. If you have a router, use a beading bit to finish edges; smooth with sandpaper and steel wool.

4 Secure elements together using glue reinforced with wood screws. Cover or plug screw heads with dowels.



2



3



4

OPL photos by Don Shiner

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AHM 775

Lancaster inner city reawakens

From mayor to newest resident, the people of Lancaster are reclaiming lost houses and turning them into oases of restored beauty. With more energy than funds, they've tackled a labor of love and produced astounding results.



Red-bricked and window-boxed,

this house (left) belongs to Mayor and Mrs. Richard M. Scott. It changed and grew in 150 years, then in the last four it changed again to answer the needs of its present prominent owners.

Living room (right) is a treasure trove of souvenirs from the Scotts' travels. This room was unchanged, but dining room had been made into a kitchen and the kitchen to a powder room. Present dining room was once a parlor.



Warm, glowing room suffered years of abuse. "We just let the naturals shine through," say Kathy and Meredith Schuibleo.



A downtown boost

comes from development of Lancaster Square (scale model). The enclave will house a bank, hotel, shops and offices around a courtyard, when completed next fall. Dovetailing with citizens' own efforts, this business center will further revive downtown Lancaster.

More novel send-fors



Booklet on folk art of scissors cutting, with patterns and instructions, is \$2 from Higgle's Basket, 6 Marion Ct., Lancaster, Pa. 17602.



Colonial light fixtures, such as New England post light below, are reproductions from Saltbox, 2229 Marietta Pk., Lancaster, Pa. 17603. Brochure is 50¢, catalog, \$1.50.



Brass post light is \$175 (37x16 1/2"), \$115 (26x13 1/2"), freight collect.

On all send-fors, please note:

1. Pennsylvania residents, add 6% sales tax.
2. Send full remittance with order.
3. All book items take 1 to 2 weeks for delivery; others, 4 to 8 weeks.
4. Furniture is shipped by freight carrier, F.O.B.
5. All items featured will be available as priced for up to 90 days.
6. Visitors are welcome in all shops.

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cream furniture for one of the largest new hobbies in America. And you can have these exquisite miniatures in your home in a few delightful hours. The photographs above are of the actual furniture in our three magnificent heritage room settings. A one-inch equals one-foot scale has been utilized, and sizes are: love seat 4 1/4", hutch 6" by 4 1/4", and canopy bed 6" by 6 3/4".

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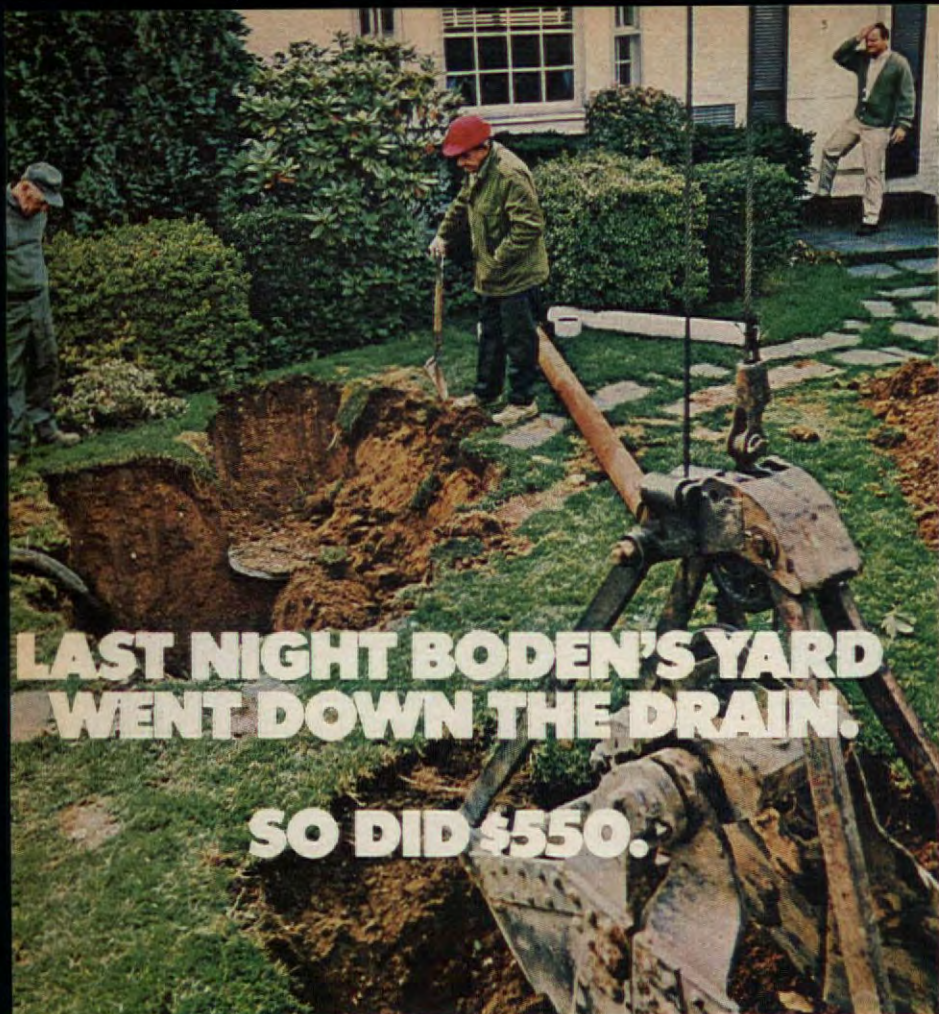
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The Bodens are real people. Their cesspool really needed work. This picture was taken as it was being done. Job really cost \$550.

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

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Celebrate America—fly the flag

July 4th means oompah parades, noisy firecrackers, community picnics—and the American flag. Flying from town halls, schools and homes across the country, the flag is a brilliant and beautiful symbol of America's history and ideals.

Displaying the flag at home can be a fine gesture, and not just on Independence Day. With the approaching Bicentennial, homeowners in growing numbers are hoisting it aloft every day of the year. Most seem to prefer flying the flag from a short pole attached to a windowsill or porch railing, although some—usually those with good-size front lawns—like the traditional tall flagpole.

Buying a flag. A good-quality sill-and-porch set with a 3-by-5-foot flag can cost from \$7 to \$23; a pole set with the same-size flag and 12-to-17-foot pole is \$9 to \$32. You should be able to find a large variety of each type, in varying sizes and materials, at department stores or well-stocked hardware stores.

When buying, choose the flag size that seems most appropriate for the

proportions of your house and property; the 3-by-5 is the most popular. For a sill-and-porch set, a cotton flag is fine; for a pole set, which is usually more exposed to the elements, one of the strong nylon types is best. Check any flag for sturdy construction and color-fastness when you buy. Avoid plastic flags; they tend to fade and tear. As for poles, the aluminum kind needs no care; painted-steel or wood sometimes requires touching up. Most sets come complete with putting-up instructions, and many include a brief discussion of how to handle a flag.

Flag manners. There's no great mystery to treating the flag properly. Simply use good taste and common sense. Holidays, including Thanksgiving and Christmas, are excellent times to display the flag, but you can choose any time you like. Some people even fly it under lights, at night.

When you raise the flag, do so briskly; don't let it drag on the ground. Take it down gently and carefully. If you want to fly it at half-mast—in response to the death of a national, state or local figure—raise it to the top, first; do this again before you lower it.

Many manuals gravely warn you to lower the flag during inclement weather. But the dictionary defines inclement as "unmerciful" or "physically severe," which does give you a bit of leeway. If you experience light rain or

wind, leave the flag up; if the rain (or snow) and wind get to be "unmerciful," take it down.

If you want to display the flag flat—against a wall or in a window—suspend it either horizontally or vertically with the union (the blue-and-white part) uppermost and to your left as you face the flag. And don't drape the flag as bunting; it's not decoration.

Taking proper care of your flag is also good manners: Periodically, wash it or have it dry-cleaned—if the flag gets wet, let it dry before you fold it. Look it over occasionally for normal signs of wear. When it does become too worn or frayed to fly, destroy it in a dignified way, preferably by burning.

Flag books. If you're seriously interested in the American flag and its history, there's a magnificent book you should know about. *The Stars and The Stripes* by Boleslaw and Marie-Louise D'Otrange Mastai (Alfred A. Knopf, \$25). It is lavishly and colorfully illustrated with photographs of flags through the years and of old-time crafts that used the flag motif—beautiful quilts, coverlets, rugs, watercolors, tapestries, umbrellas.

You'll also enjoy *The Flag Book of the United States* by Dr. Whitney Smith (Morrow, \$12.95)—a fascinating review of all the flags used in this country since the Norsemen stopped by for a visit.

—Eileen Denver

Make your refrigerator and freezer run longer

1. Give your appliance adequate "breathing" room. The heat sucked out of its contents is dissipated through coils mounted on the back or bottom (or, in some freezers, behind a kick-plate in the front). Air flowing over these coils carries away the heat. Don't block that flow: Try not to store anything around or on top of the appliance if it is built in, and don't tuck paper bags in back if it is freestanding. If your refrigerator fits too tightly into its cubicle for good air flow or your freezer is smack against a wall, pull it out an inch or two.

2. Keep the outside coils of your refrigerator or freezer clean; dirty coils impede air flow. Once a month, poke the intake hose of your vacuum cleaner back where the coils are and draw off dust. Once a year, clean the coils with ammonia if you can get at them.

3. Make sure no frost collects on the internal coils by defrosting often if you don't have automatic defrost. Remember that an accumulation of even 1/4 inch of ice on these coils can raise the power requirement of your refrigerator or freezer 25 percent.

4. Quickly clean up all interior spills in your refrigerator or upright freezer.

The acids in food or liquid spills attack the appliance's neoprene door gasket. If the gasket loses its efficient sponginess, permitting cold air to leak out, you'll have to replace it or waste a lot of energy and money. Unfortunately, you can't just replace the bottom segment, which is what usually deteriorates: The entire gasket will have to be replaced—at a cost of up to \$20. You can cut the cost of replacement by doing it yourself. All you do is fold back the gasket, exposing screws that hold it in place; then simply unscrew and take off the old gasket and put on the new one. Replacements are sold by dealers listed in the Yellow Pages under "Refrigerators and Food Freezers—Supplies and Parts."

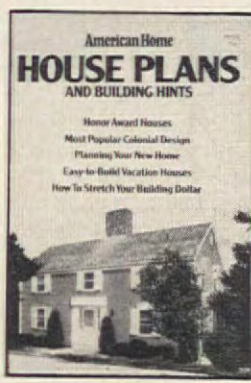
Avoid "window-shopping" in your refrigerator or freezer. Keep the door closed; every time you hold it open, cold air pours out and is replaced by warm air. The longer the door remains open, the more warm air enters and the harder the appliance must work. So decide what you want to get before you open up. And make sure that everything in your freezer is clearly labeled so that you can lay your hands on what you want quickly.

—Mel Mandell

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[continued from page 42]

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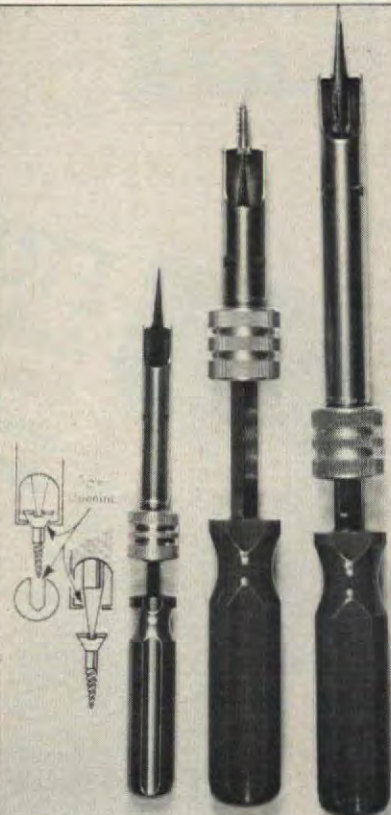
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We ship in 24 hrs.
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Write for FREE catalog
Holiday Gifts
Dept. 607-A
Wheat Ridge, Colo. 80033

**NOW
ONLY
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GENUINE LEATHER CLOG SPECIAL!
Terrific opportunity to save on this popular shoe! Lightweight... cool fashionable comfort. Genuine perforated Leather & buoyant cork-type wedge laminated to a bouncy rubber-like sole. White. Sizes 5-10 Medium width.

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600 So. Country Club, Tucson, Az. 85716

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4 BIG IMPRINT LINES

American Home Market Place

Lynn Headley—Editor

Needed by pounds?

Why not try this charming reminder! "Holy cow are you eating again?" design is ready to work in needpoint. Hang it where the urge to nibble is tempting! Kit includes 7½"x9" design on canvas, Persian wool, needle, backing, magnets and instructions. \$5.95. 8"x10" oak frame, \$1.95. Add 50¢ hdlg. Classic Corner, 12 A Water St., Bryn Mawr, PA 19010.

Genuine leather slip-on

This glove-soft, leather lovely is elasticized for sure fit. Foam cushioned, resilient sole and perfect little heel. Black, white, bone, pink, or light blue. Sizes 5-10. You'll adore its "almost nothing" feel on your foot. And, you'll like its "almost nothing" price, too! \$5 plus 90¢ hdlg. Old Pueblo Traders A7R, 600 S. Country Club, Tucson, AZ 85716.

Wear your words!

If you have something to get off your chest, why not wear it on your chest with a Custom Printed Shirt! Great for club names, teams, etc., too. Fun wearing. Easy washing. Up to 30 non-fade letters on cotton shirt. Powder blue or navy. Sizes: S, M, L, XL. Sweatshirt, \$6.95. T-shirt, \$4.95. Holiday Gifts, Dept. 607-B, Wheatridge, CO 80033.

Isn't Betsy pretty!

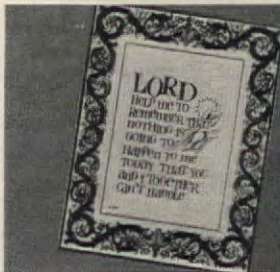
Old-New England inspired, lavishly fringed Betsy curtains are in natural unbleached or snowy-white muslin. 4" double knotted bedspread fringe. 72" wide a pair. Tiers per pair: 24", \$5.50; 30", \$6; 36", \$6.50; 45", \$7.38" swag top, \$7. 11"x80" valance, \$3.50. Add \$1.50 hdlg. Free brochure. Old Colony Curtains, A573E, Box 759, Westfield, NJ 07090.

A strong message

"Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle." These inspirational words serve as a fine reminder on an 8"x6" wooden plaque. Full color scroll border. Laminated for permanence. Ready to hang. \$1.98 plus 35¢ hdlg. Cadlyn's, Dept. AL7, 2077 New York Ave., Huntington Station, NY 11746.

Pierced earring case

Sleek brass case will keep your pet pairs of drops and studs together and untangled. Has 8 velvety compartments in two sizes, plus tiny tongs to pick up your earrings with tender, loving care. 2¼"x2½"x½", case comes engraved with 3 initials. Specify, please. A thoughtful gift, too! \$4.95. Bruce Bolind, Dept. AH7, Boulder, CO 80302.



Demi Tasse Spoon Ring \$2.98

SOLID STERLING SILVER—PERSONALIZED!

The dainty demi-tasse spoon becomes a ring—personalized just for you with one script initial! Floral motif, richly antiqued.

#1019—Spoon Ring. Adjusts to fit\$2.98

PRINT initial, add 35¢ post. & hdlg.

LILIAN VERNON

Dept. A72
510 S. Fulton Ave.
Mt. Vernon, NY 10550

pet stains?

CARPETS RUINED BY PET STAINS?

NO LONGER! Two chemical miracles PERMANENTLY REMOVE pet stains OR odors from carpets safely... for pennies compared to carpet replacement. ORDER: (#1... URINE-OUT... removes even years old oxidized pet stains, ONLY \$5.95). OR: for odors only, (#2... KIL-ODR, also ONLY \$5.95). Add \$1.50 for handling. SATISFACTION OR MONEY BACK. CLEAN-CRAFT, 2922 Santa Monica Blvd., Dept. AH7, Santa Monica, CA 90404. SHIPPED BY AIR.

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"BIG 4" TABLETS:

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**100 BIG 4
Tablets for \$2.98**

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OFFER GOOD NEXT 2 WEEKS ONLY

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Only \$22.95

**50 PIECE SET... PISTOL-HANDLED
FLATWARE OF 1776... Reproduced as
authentic replicas in satin finish stainless**

NOT \$44.95! NOT \$34.95! ONLY \$22.95!

Your home can reflect the candlelight appeal and gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service. Through a special purchase, we can offer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel at just a fraction of what you would pay for luxurious Sterling Silver. Each and every piece is a masterpiece of authenticity—an exquisite replica of the famous Paul Revere settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And the entire 50-Piece Set is made of modern stainless steel, to give you years of carefree service.

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Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Pistol Grip Hollow Handle Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching Butter Knife and Sugar Spoon—50 pieces in all. The entire set is yours for just \$22.95 on full money back guarantee if you are not absolutely delighted. But don't delay. Due to the rising cost of quality stainless steel, the price of this set will be increased in the very near future. Take advantage of our truly low price while current supplies last. Mail coupon today!

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Mail Your Order
Today!**



**Complete Luxury Service For 8
50 PIECE SET ONLY \$22.95**
While Supplies Last

**CROWN-CASTLE Ltd., Dept. PGX-306
51 Bank Street, Stamford, Conn. 06901**

Please send me the Stainless Steel Pistol Grip Flatware I have checked below on full Money Back Guarantee if I am not absolutely delighted.

(Please add \$2.00 postage and handling with each order.)

Check Quantity Desired

- | | | |
|---|-----------------|---------|
| <input type="checkbox"/> Service For 8 | (50-Piece Set) | \$22.95 |
| <input type="checkbox"/> Service For 12 | (74-Piece Set) | 33.95 |
| <input type="checkbox"/> Service For 16 | (100-Piece Set) | 44.95 |

☐ Enclosed is \$ _____

Charge my ☐ BankAmericard ☐ Master Charge
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Card No. _____ Exp. Date _____

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Conn. Residents Add 7% Sales Tax

CURTAIN CHARM

Permanent Press With Ball Fringe

Natural or White

TIEBACK

45", 54", 63" .. 8.50 pr.

72", 81", 90" .. 10.50 pr.

TIER

20", 25" .. 6.00 pr.

30", 36", 40" .. 6.50 pr.

Curtains are 90" wide

per pr.

VALANCE

10" x 80" .. 2.75

The same Country

Curtains New England

housewives have loved

for years now come in

care-free permanent

press. This blend of

cotton and polyester is

a joy to launder! Specify natural or white.

Sorry no COD's. Mass. res. please add 3%

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add \$1, for orders \$10 and over add \$1.75.

Send for free catalog. Satisfaction guar-

anteed.



COUNTRY CURTAINS

Dept. 71 Stockbridge, Mass. 01262

YOU CAN BE A MURAL ARTIST!



Add beauty to any room in your home with decorator motifs, action, pop or zodiac designs. Paint a full-size mural "by-the-numbers" in hours with professional-looking results! Kits, complete with pattern, brushes, paints, easy instructions, from \$4.95 up. For 32-page color catalog, mail 25¢ to:

Double M Marketing, Dept. AH-507
Box 8500, Fountain Valley, CA 92708



SUPER-SOFT SANDALS

"HEATHER" — Like walking on clouds! Made of supple glove leather with foam-cushioned insoles, 1 inch heels. Elasticized back straps for perfect fit. Great with anything from shorts to ankle length skirts. In Black, White or Beige, \$11.95. Sizes: 4 through 12, Narrow, Medium or Wide widths. No half sizes over 10. \$1.00 extra per pair for sizes over 10. Add 90¢ postage for each pair ordered. Prompt refund if not delighted. Free catalog. SOFWEAR SHOES, Dept. H, 1711 Main, Houston, Texas 77002.

3 - OWLS - \$1 for Glass Doors & Windows STAINED GLASS COLORS



See-Thru Self-Stick

Decorate windows, shower doors, mirrors, lamps, etc. Prevents door accidents. Translucent, fadeproof, mylar, washable, weatherproof. Each colorful owl about 3". Set of 3. Also available in set of butterflies.

Set of 3 Only \$1 plus .15¢ pp.
Send check or m.o. Satis. Guar.

CADLYN'S

Dept. AO7

2077 N.Y. Ave., Huntington Sta. N.Y. 11746



ADDRESS LABELS WITH NICE DESIGNS Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1 1/2" x 1 1/2". 500 on white or 250 on gold, \$2.50 ppd. Or on Deluxe Size, 1 3/4" long, \$3.50 with design or \$2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 167 Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

Enameled thimbles

These heavily silver plated, colorfully enameled thimbles from Portugal, are decorated in bas-relief. Traditional "good luck" rooster is black, touched with red and white; handsome crested cardinal is a vivid red. 1" tall, thimbles are embellished with ferns, leaves. \$3.98 each. Both, \$7.50. Add 40¢ hdlg. Ferry House, AH7, Briarcliff Manor, NY 10510.



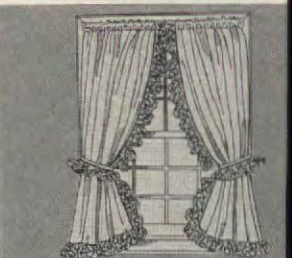
"Field" day for fun!

W. C. Fields commemorative playing card Instant Cheat Kit contains regulation deck of W.C. Fields plastic coated playing cards and the "16 Proven Ways to Cheat" booklet in permanent plastic container. Great collector's item, too! \$2.50 plus 55¢ hdlg. 2 sets, \$4.95 ppd. J. W. Holst, Inc., Dept. AHE-7, 1864 East U.S. 23, East Tawas, MI 48730.



Flower-ruffled curtains

Eggshell curtains in permanent press cotton and polyester freshen a window prettily with ruffles in a tiny flower print of basic brown, gold, red, blue, or green (specify). 78" wide a pair. 45", 54", 63" long, \$11 a pair. 72", 81", 90", \$13.50 a pair. Add \$1.75 hdlg. Brochure and swatches. Country Curtains, AH7, Stockbridge, MA 01262.



Lovely to load!

Shopping Bag from France is sensational in sturdy beige cotton. Woven and knotted like rugged fish net, it stretches to hold groceries, packages, etc. Stretches to 20" long, 24" wide. Folds up to nothing for purse or pocket. Comfy cotton handles. \$2.50; 2 for \$4.75. Add 40¢ hdlg. Vernon, Dept. A7E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



"Pamela"

This perky sandal pampers your pretty feet and adds "personality" to any casual outfit. Pamela is made of soft leather with generous 1" crepe wedge soles for gadding about in great comfort. White, tan, or brown. 4 thru 12, medium width (adjusts). \$11.95 plus 90¢ hdlg. Sizes over 10, \$1 extra. Sofwear Shoes, AH7, 1711 Main, Houston, TX 77002.



Goodnight, pain!

Just rub it in and Icy Hot can bring overnight temporary relief from the pain of arthritis, soreness, stiffness, etc. Put this creamy balm over affected joints or muscles and you can actually feel the pain start lessening. Ahh, and then, peaceful sleep. 3 1/2 oz. jar, \$3; 7 oz., \$5. J. W. Gibson Co., Dept. AHE2, 2000 N. Illinois St., Indianapolis, IN 46202.



A money tree?

Almost! If your organization is looking for a fund-raiser that will work this fall, why not try trees! A fine way to add dollars to the treasury. Free color literature gives full details about the offer. No obligation, of course. If you're interested, write for free details. Nursery Barn, P. O. Box 712 FR-3, McMinnville, TN 37110.



PHOTO-GO-ROUND

Display treasured snapshots in this revolving file. Photos up to 3 1/2" x 5 1/2" slip into see-thru windows. Lovely wooden base. Envelopes for 160 photos included. \$14.95 postpaid. Deluxe model (not shown) has round wooden base, 2" wooden knobs, plexiglas frame, envelopes for 240 photos. \$19.95 postpaid. Either model holds up to 600 photos. Envelopes for 32 extra photos are \$1.25.

FERRY HOUSE, Dept. H-775
Briarcliff Manor, N.Y. 10510

SALE! BRASS MIST SPRAYER

\$2.50
Was \$2.98

The way professionals pamper their plants, cut flowers, seedlings! Fabulous for touch-up ironing or pressing, too!



A super-fine mist to bathe foliage and flowers—they'll look better, grow better, last longer. For you too—a beauty bonus—terrific way to cool off while sunbathing! Solid brass, lacquered, 6" high. 6414 Mist Sprayer. Was \$2.98. . . . Now \$2.50! Add 50¢ post. & hdlg. N.Y. res. add taxes

Lilly's Garden

Dept. A75
510 S. Fulton Ave.
Mt. Vernon, N.Y. 10550

IF YOU WOULD LIKE TO FIND OUT HOW TO PLACE AN ADVERTISEMENT IN THE AMERICAN HOME MARKET PLACE, WRITE:

AMERICAN HOME MAGAZINE
DEPARTMENT MP
641 LEXINGTON AVENUE, N.Y., N.Y. 10022

New! Custom-Made Pants Patterns

Exciting offer for
American Home
readers

**Cut it...
Sew it...
Wear it!**

Made to your exact measurements

We have taken home sewing patterns one important and exciting step further. Surefit patterns are drawn by computer exactly to your measurements... each by inch... so you are *always guaranteed a perfect fit*. All you do is send us your measurements along with your pattern selection and our computer does the rest. Your Surefit pants pattern will be an exact replica of your own figure.

Needs no adjusting

Say goodbye to droopy seats, baggy hips and crotch fits that don't. With these Surefit custom-made pants patterns you'll get a *perfect fit automatically*, every time you sew without ever adjusting the pattern.

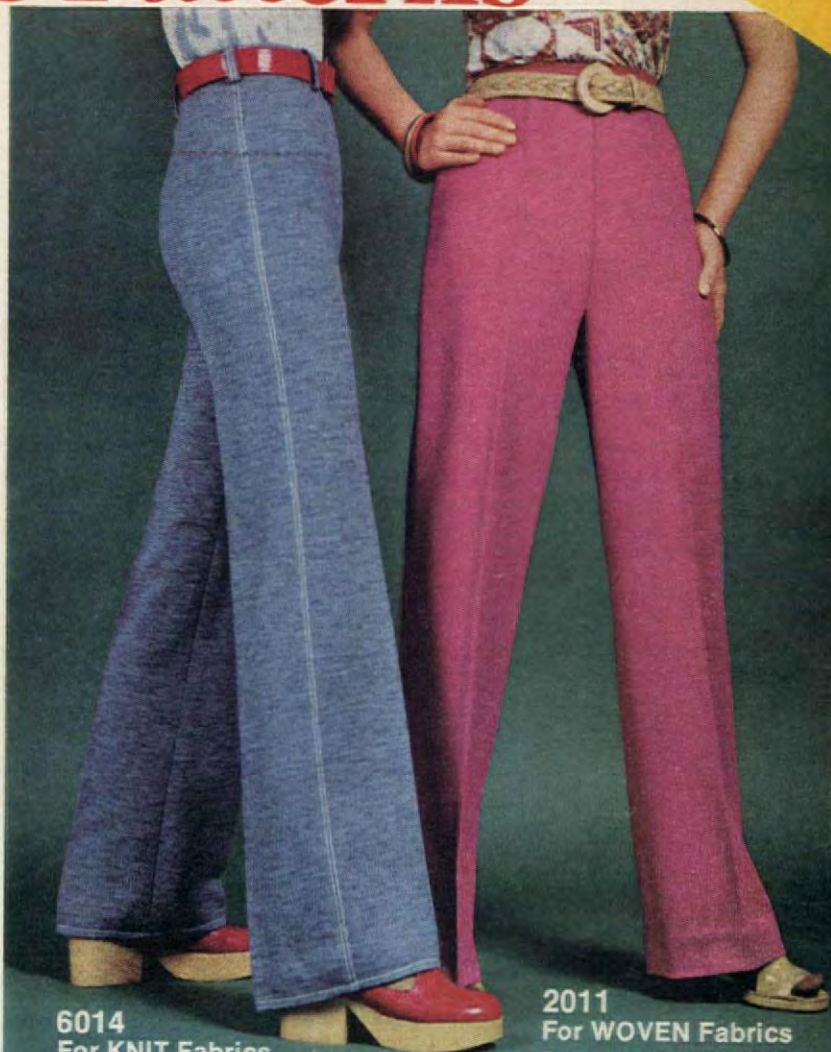
Reusable see-thru plastic

Surefit patterns are drawn for you on durable, see-thru plastic that you can *use over and over again*. And, because they're transparent, you can watch stripes, plaids and prints before you cut.

Guaranteed perfect fit

Order your pants pattern now. When it arrives, check your fabric, then just *cut it out... sew it up... and wear it*. It's as easy as that. And you'll be amazed at the fit. In fact, if you're not delighted, let us know. We'll refund your money. No questions asked. Discover for yourself how easy it is to have custom-made pants, when you start with custom-made pattern... even if you've never sewn before.

Surefit™
PATTERNS
"it's your fit"
River Edge, New Jersey 07661



6014 For KNIT Fabrics

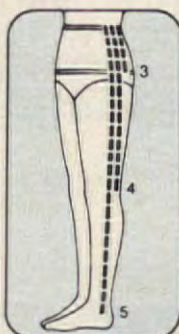
These all new contour-fit straight leg pants have a unique "barely visible" elastic waist. Comes with belt loops and decorative trim stitching... \$4.95

2011 For WOVEN Fabrics

These classic cut, slender hipped straight leg pants have a dart fitted waist--attached waistband and back zipper... \$4.95

Here's how to take your measurements

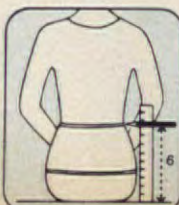
Follow this simple step-by-step chart. You'll need someone to help you with the measuring. Record your measurements (to the nearest 1/8") on the coupon order form. Before starting, remove outer clothing. Wear the undergarments you usually wear. Stand straight and tall. Tie a string snugly around your waist. Tie another string around the fullest part of your body below the waist.



3 HIP LEVEL
Measure distance from waist string to hip string along side of body.

4 WAIST to KNEE
Measure along side of body from waist string to point directly in line with middle of knee cap.

5 WAIST to ANKLE
Measure from waist string along side of body to ankle bone. (This determines ankle position only. Your correct fashion length will be added to this measurement.)



6 SEATED CROTCH MEASUREMENT
Sit erect on hard flat surface. Hold a ruler straight up from surface at side of body. Place a pencil at right angle to ruler at waist string and record measurement where ruler and pencil meet.

Now you're ready to begin



1 WAIST
Measure around the string at waist. Snug, but not too tight.

2 HIPS
Measure around the string at hips. Snug, but not too tight.

Surefit Patterns • Dept. AH-15 River Edge, New Jersey 07661

Please send my custom-made pants pattern(s) in the style(s) I have indicated below. I understand that if they do not provide me with a perfect fit, or, if I am not satisfied in any other way, my money will be cheerfully refunded.

Here are my measurements:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

Pattern selection:

- ☐ 6014—\$4.95 plus 50¢ postage & handling.....TOTAL \$5.45
☐ 2011—\$4.95 plus 50¢ postage & handling.....TOTAL \$5.45
☐ 8004—Special Savings—Both patterns (6014 & 2011) for one set of measurements only—\$8.95 plus 75¢ post & hand...TOTAL \$9.70

(All patterns are mailed to you FIRST CLASS)

Type of payment: (Sorry no C.O.D.'s)

☐ Check or money order enclosed ☐ Bill to my: ☐ Master Charge ☐ Interbank # _____
 Card # _____ Exp. Date _____

Name _____

Address _____

City _____ State _____ Zip _____

American Home Kits, Dept. 8771
4500 N.W. 135th Street, Miami, Florida 33059

Fill out coupon and enclose check or money order.
Check items desired:

- #61923 Whistle Stop Crewel @ \$9.99 ea. plus .75 Post. & Handlg. \$
—#61924 Frame For Above @ \$8.99 ea. plus .75 Post. & Handlg. \$
—#67283 Red Barn Cross Stitch @ \$3.99 ea. plus .50 Post. & Handlg. \$
—#61224 Frame For Barn @ \$3.99 ea. plus .75 Post. & Handlg. \$
—#61014 Colorful Catalogue of other kits @ 50¢ each \$

You may use your charge card
for any purchase over 4.98.

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For other exciting crafts ideas, order catalog #61014 (see coupon)

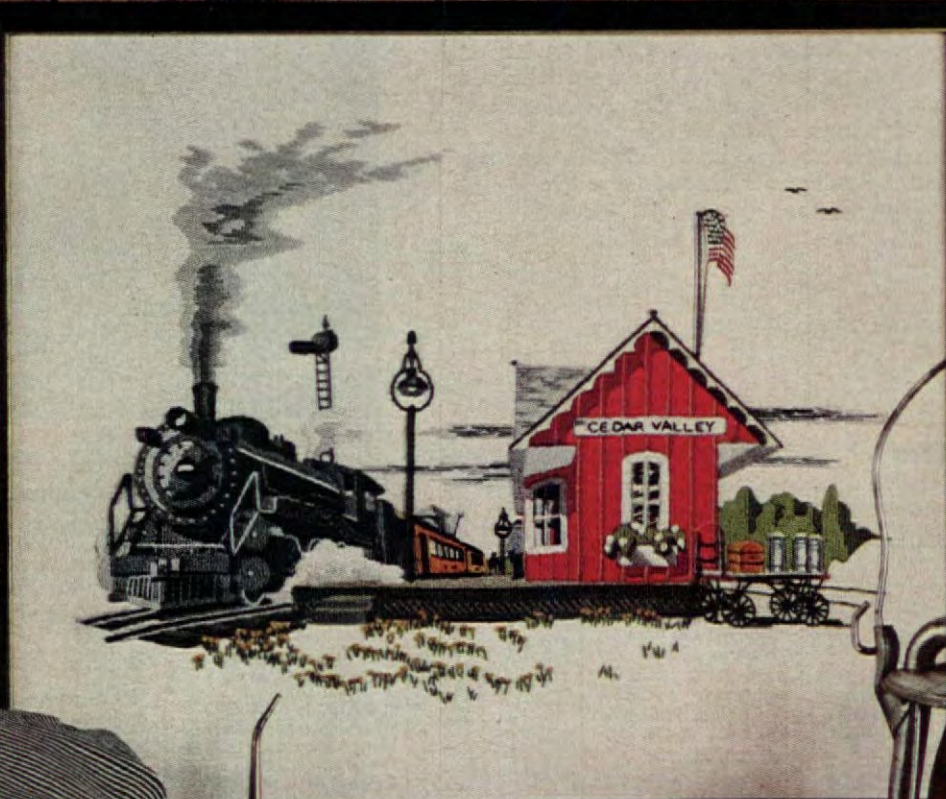


CROSS STITCH the charm of rural America. Buggy and barn of a bygone era in a cheerful scene, 14 x 11 inches. Kit complete with stamped fabric, floss, needle.

In their nostalgic "Whistle Stop" crewel picture, 22 x 18 inches, Carol and Don Henning celebrate the happy leisurely prediesel days of transportation in America. Small towns just naturally grew along the railroad track and when the whistle sounded far off, it was fun to walk down to the depot to see the puffing locomotive pull up to the platform. There it sat hissing steam while people and baggage came and went; then the conductor called "Board" and the friendly "high iron" monster chugged away into history. Stitch this wonderful memory in our easy kit complete with stamped homespun, yarn, needle and full instructions. Simple-to-assemble frame is also available. A handsome accent for den, family room or office.

—Ann B. Bradley

MAKE A
SENTIMENTAL
JOURNEY
with our
Crewel and
Cross Stitch
Kits





For your cat's health . . .
see your veterinarian annually.



Dreams are wishes, we all know that. When a cat dreams of little blue cans it's because he loves what he finds inside. Twenty different kinds of little blue cans, all 95%—95% tuna, 95% chicken, 95% liver, 95% whatever—with 5% special Purina® nutrients that make it all the better. A cat's dream come true.

**Purina knows
what cats love most
and it comes
in a little blue can.**



My cigarette has to do two jobs.

I smoke for taste — but I still want low tar and nicotine.
I smoke Winston Lights because they give me
what I want: real taste and lighter tar and nicotine.
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always has real taste. Winston Lights.

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

14 mg. "tar", 1.0 mg. nicotine av. per cigarette
by FTC method.