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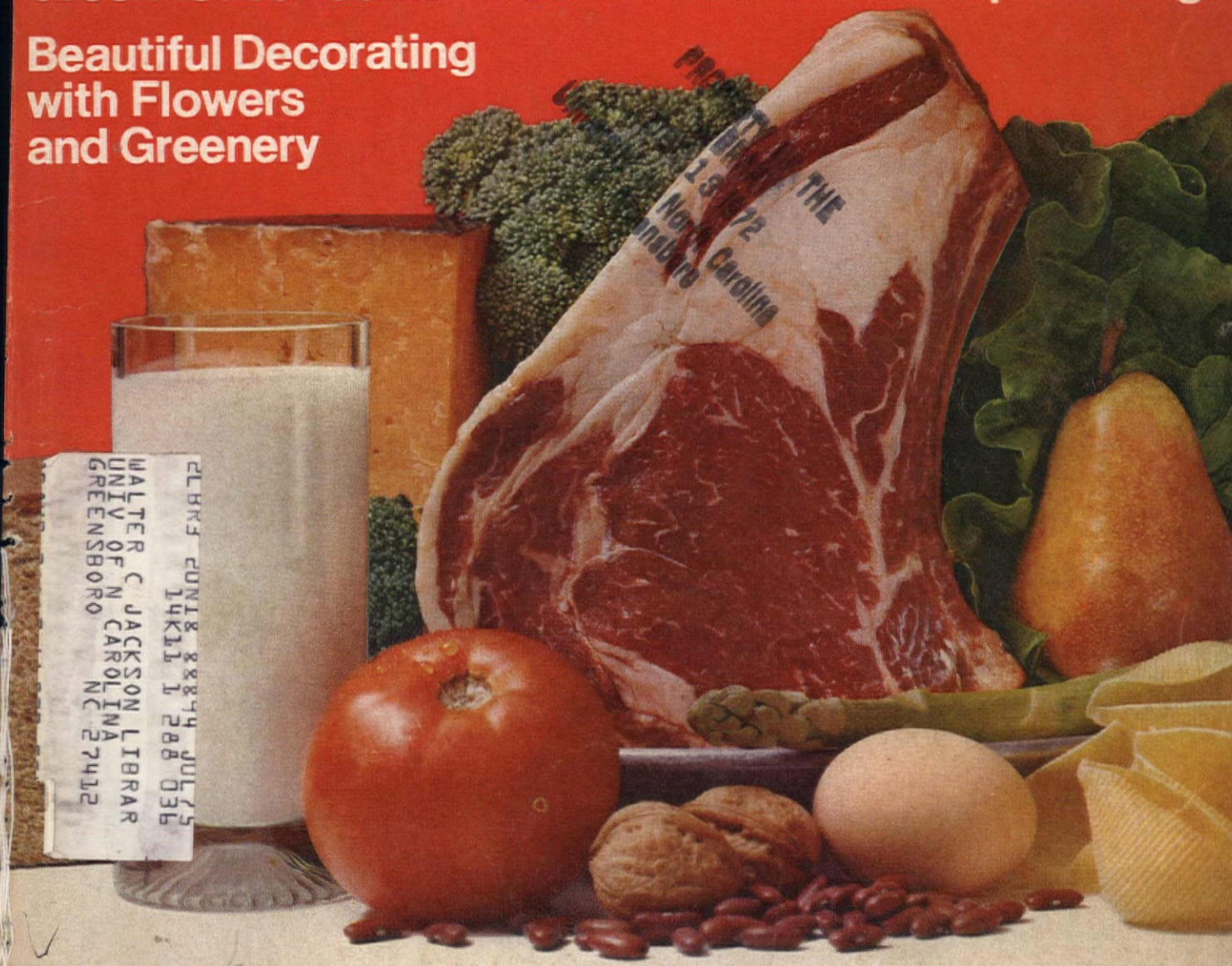
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COVER: Focusing on the basic foods every healthy body needs, our Food Staff tells you how to go about "Eating Right for the Good Life," beginning on page 56—plus a week's worth of delicious, nourishing menus to start you on your way. **Photographer:** Irwin Horowitz

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Advertising and Sales: Patrick M. Linskey, Advertising Director; Robert E. MacVicar, Eastern Sales Manager; John D. Culp, Western Sales Manager; William K. Hughes, Regional Sales Manager; Richard Danehe, Los Angeles Sales Manager; Richard S. Wasley, San Francisco Sales Manager; Elizabeth Riggins, Manager Special Services; Stephen E. Silver, Marketing Director; Mary Powers, Director of Reader Reaction Bureau.

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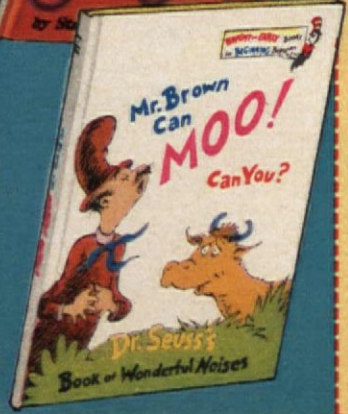
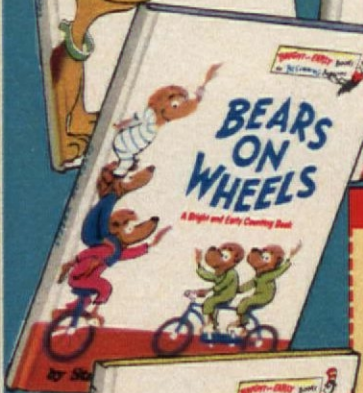
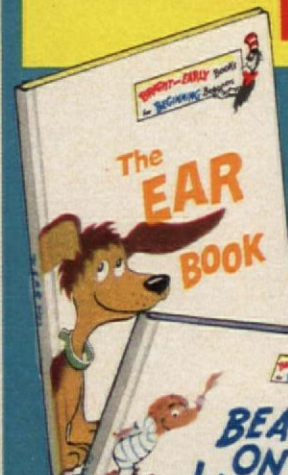
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LIFESTYLE

The "Pat" Kramers of Paterson, New Jersey

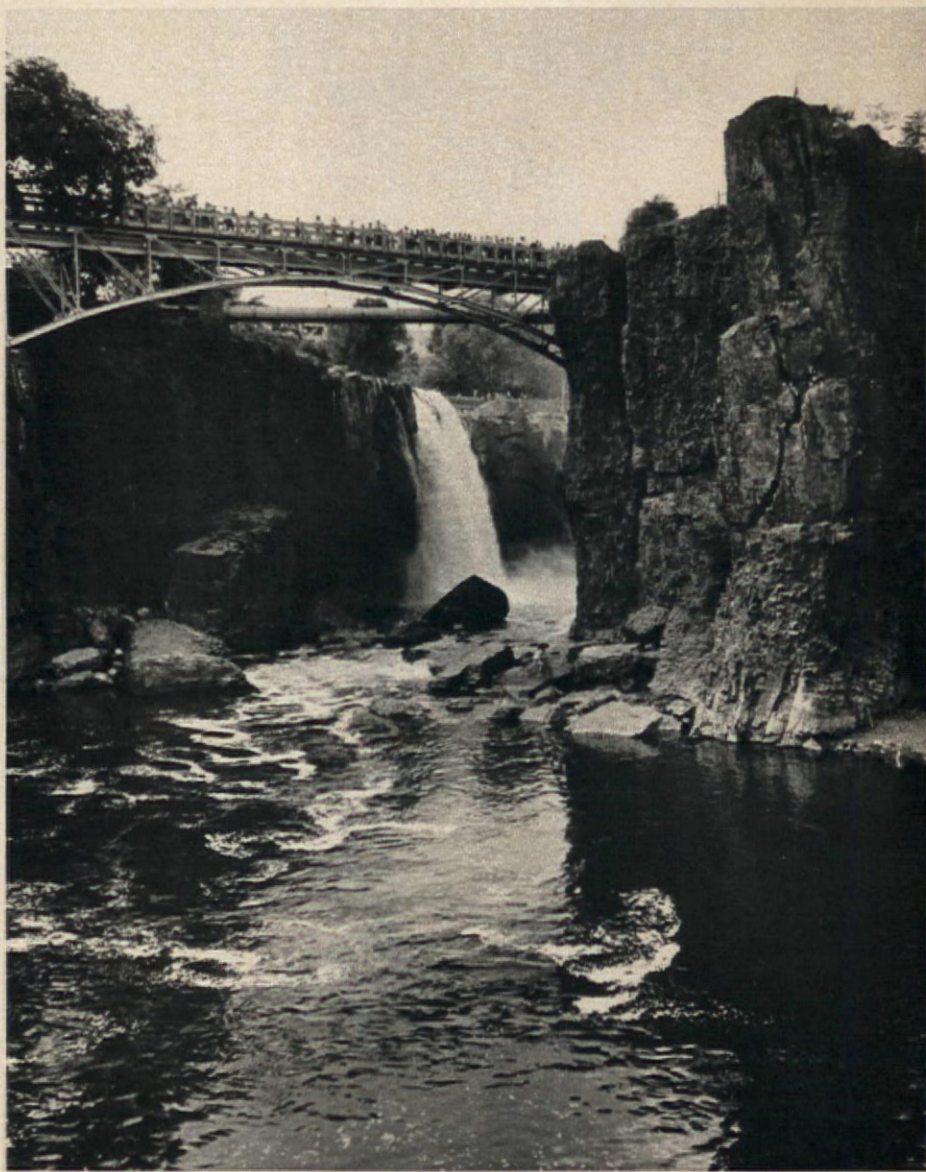
For Lawrence ("Pat") and Mary Ellen Kramer, their hometown of Paterson, N.J., has always deserved special attention. With daughter Kim, 9, sons Kip (Lawrence III), 6, and Kelly, 4, their dog Petunia and cat Tutu, the Kramers lead an idyllic suburban life in this small city. But they do more than tend to their own garden. Pat, now Commissioner of Community Affairs for the State of New Jersey, has served Paterson in many capacities. He has been a member of the Planning Board and the Board of Education, and in 1964—after the Kramers and some friends sat around a kitchen table one evening complaining about the inefficiency of local government—he decided to run for mayor. As a non-machine candidate he won an astonishing upset victory and went to work immediately to improve the quality of life for Paterson residents.

"We had a lot of facilities that were being wasted here because of the condition they were in, or because people just didn't know about them," says Pat. "We tried to change all that." He improved existing recreational areas, refurbished the parks by getting hundreds of trees planted, designated funds for an ice-skating rink with lights for nighttime go-rounds and initiated an annual Art-in-the-Park Show in one of the city's major parks. As Pat sees it, city planning is the key to the good life: "If the cities had had good planning and zoning 50 years ago, they wouldn't have the problems they're facing today."

As mayor, Pat also worked to improve education and housing in Paterson. He turned an old, abandoned factory into a needed elementary schoolhouse—the Dale Avenue School—and invested all the money that would have (continued)

In the heart of Paterson is the Great Falls historic district (above, right), whose revamped wooden bridge, parkland and walkways are enjoying new life, thanks in some measure to Mary Ellen Kramer.

The entire Kramer family takes part enthusiastically in Dad's spare-time tinkering with old cars. Here Mary Ellen, Kelly, Kip and Kim join Pat in his vintage, emerald-green 1928 Model A Ford.



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LIFESTYLE continued

gone for constructing a new building into modern equipment and additional programs for the students. Under an urban-renewal program he initiated construction of low-income cooperatives throughout the city rather than build low-income apartments that might quickly become slums. "When people can have the pride of owning their own property," he points out, "they take better care of it." In his present role as a state commissioner, he is responsible for

Mary Ellen spends a good part of her time working to rejuvenate her community. When relaxing, it's only natural that she enjoys making things grow.



helping New Jersey's 567 municipalities handle and solve the same kind of problems he faced during his five years in City Hall.

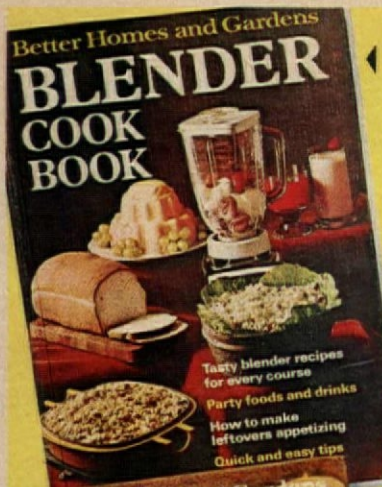
But Pat is not the only doer in the Kramer household. For six years, Mary Ellen has been the driving force behind the restoration of Paterson's historic Great Falls district, an area whose history dates back to 1791. The old buildings along the Passaic River, which once constituted the city's industrial center, had become run-down; the falls themselves were a littered dumping ground. With the help of Urban Deadline, a volunteer group of New York architects interested in furthering historical restorations and saving central cities around the country, Mary Ellen hoped to turn the district into a landmark recreational area. First, plans were drawn up and the necessary documentation was prepared to place the district on the National Register of Historic Places. Then Mary Ellen mobilized community groups, businessmen and private individuals who raised the money and donated the materials and labor necessary to rehabilitate the falls area. By 1971 the small band of volunteers had become the Great Falls Development Corp., with

300 members, and the area had been designated a national historic district.

So far, the Great Falls group has cleaned up and redeveloped 18 acres of park near the falls—resodding the land, adding lighted pathways, benches, picnic tables and a stone wall near the falls. They've completely rebuilt the rickety old wooden bridge overlooking the falls, and now hundreds of people a week walk across for a look-see. To celebrate each year's achievements, the group holds an annual Labor Day Festival, and people from miles around are invited.

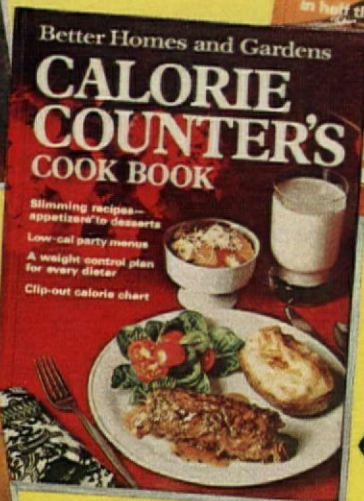
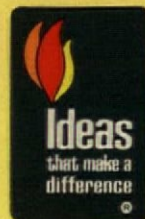
Last year's festival included an antique-car show, and Pat Kramer walked off with second prize for his 1928 Model A. Mary Ellen, who balked when her husband brought home his first "pile of junk" to be restored, now admits she too enjoys tinkering with cars and going off with Pat and the kids to scavenge for missing parts.

Mary Ellen's hobby is indoor gardening, and she keeps her 10-room Georgian home blooming all year. The Kramer house is lively the year round, too: what with the kids and pets and cars, and the frequent informal entertaining Pat and Mary Ellen enjoy, it's just about the friendliest house in Paterson, N.J. END

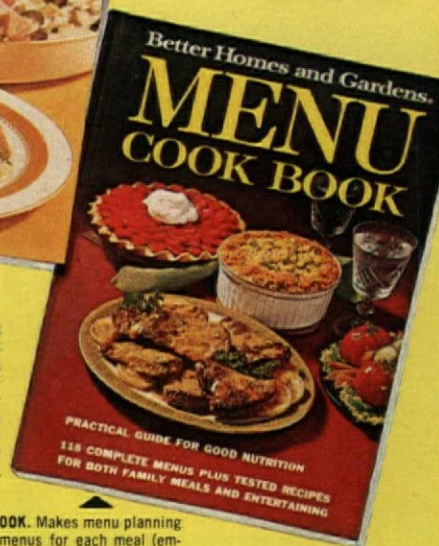


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FAMILY BOOK SERVICE
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Des Moines, Iowa 50336

when you agree to become a member of the Family Book Service and purchase as few as two books at discount prices in the next twelve months. You may cancel your membership after purchasing only two books or by returning the 5 Creative Cook Books within ten days if not satisfied. Remember, "Good Food On A Budget" is yours to keep in any event.

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Here is how the Family Book Service works: every 4 weeks you get the club bulletin, Editor's Choice, which describes selections and alternates. You also get 2 special seasonal bulletins. If you want the current selection do nothing, and it will be sent to you automatically. If you want an alternate instead, or no book at all, just tell us on the card provided. Cards are timed to give you at least 10 days to tell us your wishes. Should the card arrive too late — and you receive a book you don't want to keep — you may return it and your account will be credited. You may also return any books you do not wish to keep after examining them for 10 days.

You may cancel your membership after purchasing 2 books at substantial discounts off publishers' prices (plus delivery and handling) during the next 12 months. You choose from 15 regular selections and dozens of alternates.

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Print Name _____
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THE GOOD-LOOKING
HOMEMAKER
**THAT
"FEELING
GREAT"
LOOK**

Connie FitzSimons, a shining example of you-are-what-you-eat thinking, attributes her trouble-free skin, shiny hair, trim shape to well-balanced meal planning.

Mother of an active family, Connie keeps in shape tooling around on her 10-speed bike (below) or working out on a nearby tennis court.

Consuelo (Connie) FitzSimons, 29, the lovely Brentwood, Calif., homemaker pictured here, is glowing proof that eating for health and energy pays beauty dividends, too. Her healthy hair, fresh-looking skin, good teeth and nails and marvelous figure all get behind-the-scenes help from a well-balanced diet.

For Connie and her family—husband Charles, a TV and movie producer, daughter Maureen, 11, sons Charles, 10, Jaime, 9, and Andrew, 8—eating wisely is a way of life that nets them nonstop energy, few colds and cavity-less trips to the dentist.

The FitzSimons family eats healthful, not faddish, foods. Connie knows that the body must be fueled daily with elements it needs to make it run like a beautiful piece of machinery. Nutritionists like Dr. Charles Glen King, professor emeritus and special lecturer at Columbia University's Institute of Human Nutrition, say the way to accomplish this is to make sure each day's meals include a varied selection from each of the Basic Four food groups: meat, milk, fruits and vegetables, breads

and cereals. (See our Food Department's special nutrition feature, "Eating Right for the Good Life," beginning on page 56.)

Connie automatically serves up the Fabulous Four. She carefully plans menus around a variety of meats and poultry, fresh fruits and vegetables, milk products and whole-grain breads (often baked by young Maureen, who learned how in a school cooking class). As a result, keeping nutritionally fit is Connie's major beauty aid. Whether she wears her blonde hair long and loose or tied back, it is always shiny and manageable. Eye shadow, mascara and lip glosses are all she needs to show off her healthy skin. And eating wisely as she does, at 5 feet, 9 inches Connie stays a slim, trim 135 pounds without ever having to diet. For Maureen, named after her father's sister, actress Maureen O'Hara, a healthful diet is insurance against pre-teen chubbiness.

If you have excess pounds you'd like to shed, keep in mind that the best way to reduce is with a sound, basic diet. Crash diets may take pounds (continued)



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THAT "FEELING GREAT" LOOK continued

off in a hurry, but can cause your skin to sag and lose tone, and can deprive you of nutrients needed to keep you looking and feeling great.

As the FitzSimonses know, some foods in the Basic Four groups are particularly good for boosting certain beauty assets. For example: The eyes, to look bright and sparkly, need liver and other organ meats, margarine or butter, leafy green and yellow vegetables and yellow fruits (like apricots or melons). The same fruits and vegetables, plus citrus fruits, breads and cereals, help keep skin, hair and nails in good shape. And since skin, hair and nails are made of protein, a diet that skimps on meats, eggs and milk won't afford the average person enough raw materials for the body to keep these visible assets flourishing. (Naturally, people with special weight, high blood pressure or cholesterol problems need special diets; check your doctor to make sure.)

Connie not only makes certain that every meal is planned around a protein source—she also provides extra protein for the family by keeping bowls full of oven-toasted soybeans around as a high-protein, between-meal snack. To make milk a special treat for the kids at breakfast, Connie, who was raised in Mexico, developed a special variety of *café con leche*: warm milk flavored with a little coffee and sugar. And on Thursdays, when lunch is served at school, the FitzSimons children prefer raisins and fruit from home for dessert rather than the doughnuts the school provides.

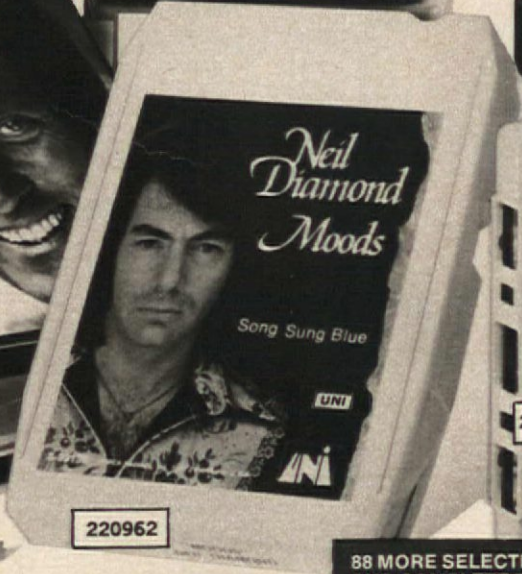
Connie and Charles try to make sure that their children understand the principles of good nutrition. "I never tell them they can't have candy or cake," says Connie. "I just make sure there are always nourishing things around they like to eat, and I've explained why certain foods are better than others to make them feel and look good." For example, avoiding some foods can help keep skin problems under control. If your skin tends to be oily, avoid any highly seasoned, rich or greasy foods, especially those fried in deep fat. But be sure to include some oil in your daily diet; it helps skin to stay smooth and supple. If you're a coffee addict, alternate with the decaffeinated kind, since caffeine can be a source of skin problems.

As part of their healthful way of life, the FitzSimonses keep active. They spend much of their leisure time on bikes, playing tennis or hiking in the Santa Monica mountains, just a stone's throw from their home. Connie and Charles enjoy seeing their family grow up healthy, strong and attractive. And Connie herself is a beautiful example of how a sound, nutritious diet pays off in a radiant, healthy glow. **END**

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- 211540 **CHER**
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- 203919 **CARPENTERS**
Rainy Days and Mondays
- 207662 **Everything You Always Wanted**
To Hear On Moog
- 221630 **DONNY OSMOND**
TOO YOUNG
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- 211565 **NEIL DIAMOND**
GOLD

Yes, it's true! — if you join right now, you may have ANY 11 of these stereo tapes for only \$1.97. Just mail the application together with your check or money order for \$1.97 (be sure to indicate whether you want cartridges, cassettes or reel-to-reel tapes). In exchange . . .

You agree to buy just eight tapes (at regular Club prices) in the coming two years — and you may cancel membership any time after doing so. Your own charge account will be opened upon enrollment . . . and the selections you order as a member will be mailed and billed at the regular Club prices: cartridges and cassettes, \$6.98; reel tapes, \$7.98 . . . plus a processing and postage charge. (Occasional special selections may be somewhat higher.)

You may accept or reject tapes as follows: every four weeks you will receive a new copy of the Club's music magazine, which describes the regular selection for each musical interest . . . plus hundreds of alternate selections from every field of music.

... if you do not want any tape in any month, just mail the response card always provided by the date specified

... if you want only the regular selection for your musical interest, you need do nothing — it will be shipped to you automatically

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... and from time to time we will offer some special selections, which you may reject by mailing the special dated form provided . . . or accept by simply doing nothing.

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Be sure to check one box only

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 Tape Cassettes (K6-X)
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All selections will be described in advance in the Club magazine, sent every four weeks. If I do not want any selection, I'll mail the response card by the date specified — or use it to order any selection I do want. If I want only the regular selection for my musical interest, I need do nothing — it will be sent automatically. From time to time, I'll be offered special selections which I may accept or reject by using the dated form always provided.

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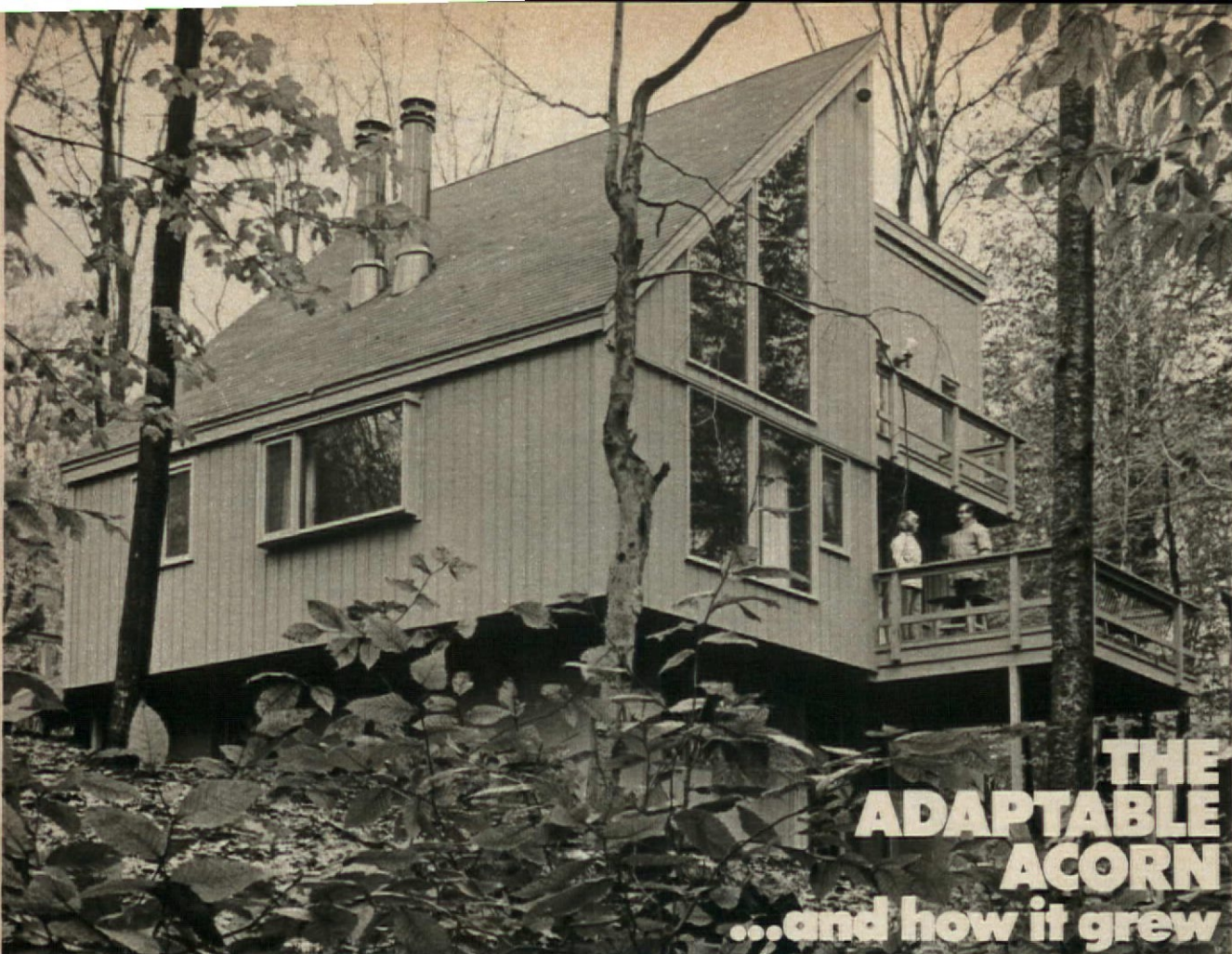
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Do you have a telephone? (check one) YES NO T55/S73

Send these 11 selections

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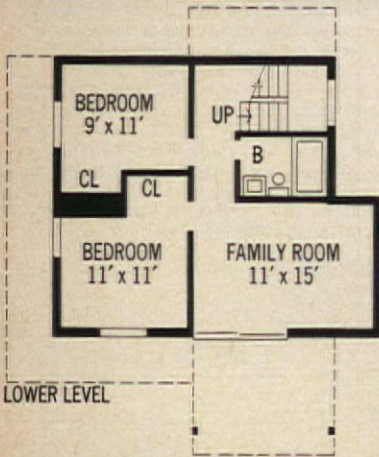


THE ADAPTABLE ACORN
...and how it grew

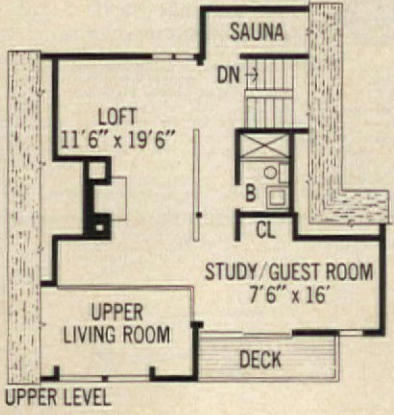
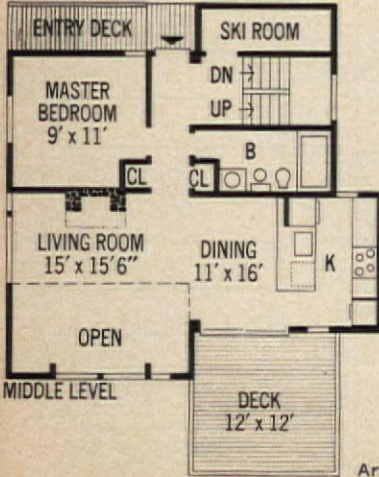
Doris and John Dickson enjoy an unbroken view of mountains and woods from one of three decks of their Eagle's Nest (above). Front of house (right) serves as a shield from road. Pitched-roof design is ideal for ski country. No problem of snow load; it just slides off.



Samuel Robbins



Floor plans of the Eagle's Nest the Dicksons built show its 2,000 square feet on three levels. Family room was extended to include a utility area (not shown), thus adding 48 square feet to house. Also, a second fireplace was installed—in the upper level.



Artist: William J. Ward

When Doris and John Dickson of North Andover, Mass., decided to build a ski house, they were attracted to the rugged beauty of Loon Mountain at Lincoln, N.H. They also liked the clean, bold lines of the Acorn houses they saw there. But it was Don Mills, a local builder, who really convinced them: "For quality design and ease of assembly, Acorn houses are tops in the field. I've built 54 of them." He showed the Dicksons several models; they chose the Eagle's Nest.

With its rough-sawn fir plywood siding, the Eagle's Nest presents a handsome, pitched-roof profile from the outside. Inside, it presents three levels of cozy, but by no means confined, living space. Four bedrooms, three decks, a two-story living room and generous use of glass permit full enjoyment of the natural surroundings and provide plenty of elbowroom for the Dickson family—including sons Alan, 20, and Scott, 16—and their ski friends. (continued)

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THE ADAPTABLE ACORN continued

With its paneling, fireplace and sloping ceiling, the loft area in the Eagle's Nest is warm and inviting. No wonder it is the Dicksons' favorite room.

Acorn Structures, Inc., started out in the late '40s making houses for other manufacturers. In 1967 they entered the market themselves with a tiny, one-room house, The Nutshell. Its successor, The Nutshell 900 (below)—three bedrooms and 912 square feet, is the most popular among the 700 homes they have sold.

Because Acorn houses are assembled from prefab four-foot panels, each house can have an individual look. Owners can add to or subtract from the length (but not the width or height); interior layouts can be varied by moving or removing partitions; additional windows and sliding doors can be incorporated.

The basic Eagle's Nest consists of exterior walls, roof, floors, windows, all doors, hardware, stairs and framing for interior walls. This *erected shell* is \$20,700. The *rough-finish* stage, including erected shell, plumbing, heating and wiring (all installed) is \$28,400. A *finished house*, much like the Dicksons', is \$36,600, including fireplace, carpeting, painting and trim. Prices are approximate and do not include state and local taxes, excavation, site clearing, foundation, septic system or fiber-glass insulation. Shipping costs about \$1 a mile, F.O.B. East Acton, Mass. Acorn has 75 dealers in 14 eastern states from Maine to North Carolina, also Michigan. For catalog of 27 models, send \$2 to: Acorn Structures, Inc., AH, Box 540, Concord, Mass. 01742.

—Jane Levy



"Now that I know what an open kitchen is like, I wouldn't have it any other way," says Doris. Kitchen cabinets and wall paneling are rough-sawn pine with a barnwood stain (optional extras). Sliding glass doors lead from dining area in foreground to a 12-foot-square wood deck.

The Nutshell 900 (above, right), with 912 square feet, has been Acorn's most popular model. Estimated costs: erected shell, \$11,000; rough finish, \$15,200; finished house, \$19,600. Second in popularity is the 1,644-square-foot Crow's Nest (right). Its costs: erected shell, \$20,700; rough finish, \$27,500; finished house, \$35,500.



Jonathan Green





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Red metal fireplace is at the heart of living-room conversation area, where Bruce plays Chinese checkers with Blair, 9, and Porter, 12. Platform with firewood storage beneath it provides extra seating. Super-graphic arrow follows angle at which wall and ceiling meet.

By Barbara Plumb

OWNER ASSETS, RENTAL BONUS

Boxy four-story tower house, which rises 70 feet from a 30-degree slope, stands on steel columns painted blue. Non-structural steel railing and fireplace flue are red. Exterior cedar siding has been left natural. Cantilevered deck provides an unobstructed view.



This Wilmington, Vt., ski house, a Merit award-winner in the '72 "Homes for Better Living" judging (see September *AH*), incorporates a five-bedroom home and a one-bedroom apartment into 2,000 square feet (see cutaway, page 24). The apartment, on the first floor with its own entrance, is rented out to help pay for the house and also keep the place occupied when owner-architect Bruce Porter Arneill and the children are away.

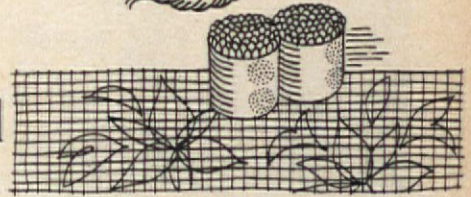
Arneill decided on a vertical box sheathed in cedar siding because, he says, "I wanted to get above the trees to enjoy the view. Also, a tower house uses less land and destroys fewer trees. I treated the design like a skyscraper—it moves in the wind." An enclosed entry bridge, which doubles as a mud room, connects house to road. Visitors climb one story to reach the main living area and experience the view. Almost all the furniture is built in. (continued)

Maris/Semel

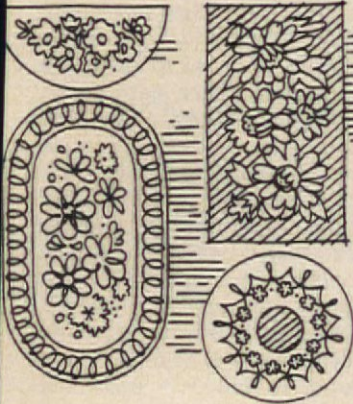
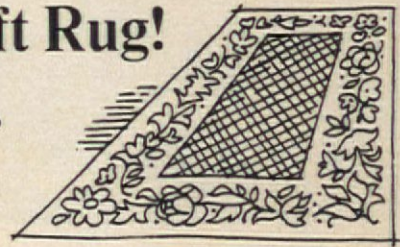
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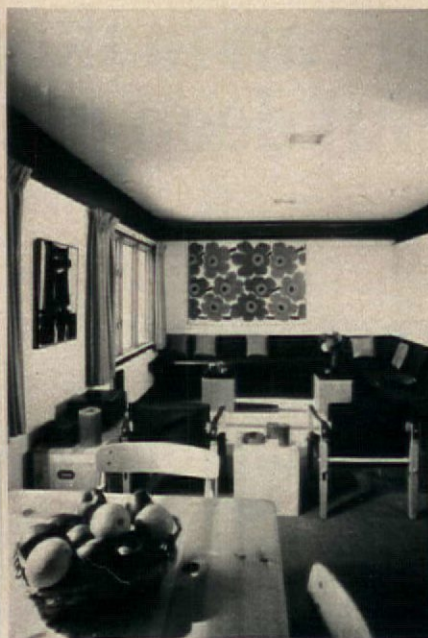
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BRIGHTEN WINTER WITH BULBS

It may not be considered nice to fool Mother Nature, but bulb fanciers have been doing it nicely for generations. Persuading bulbs to bloom indoors ahead of season has become a popular indoor gardening sport. It consists of manipulating temperatures and light to simulate the period of cold that bulbs need for their annual rest, then awakening them earlier than normal.

Almost any container may be used for forcing bulbs. (Ours, pictured on page 41, are made of fiber glass, from Architectural Pottery of Los Angeles, Calif.—available through architects.) But it should be at least twice the height of the bulb—for root development—and have a hole at the bottom for drainage.

Using commercial potting soil, fill the container to within one to three inches from the top. If you wish to transplant bulbs to the garden later, enrich your potting soil with fertilizer. Water and firm the soil. Place bulbs in container, spacing them so close they almost touch each other. Then add more soil until only the bulbs' upper tips are visible on the surface. Water again thoroughly. Put the container in a cold (40° to 50° F.), dark place and keep bulbs watered.

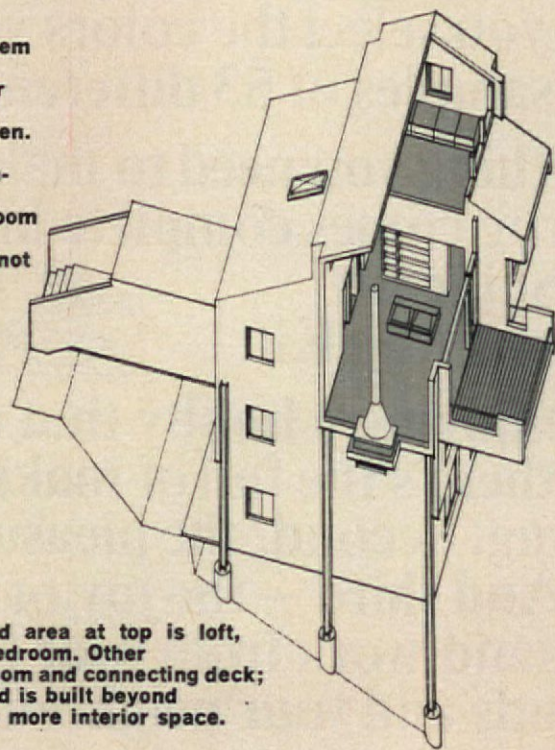
Early-flowering bulbs normally require about 12 weeks of cold conditioning. However, if started in midwinter when they are more fully developed, cold-conditioning time is somewhat reduced. Paper-whites, which bloom faster, may need only four weeks of cooling. The secret is healthy root development.

Once sprouts have grown three or four inches out of the bulbs and a healthy root system is visible through the drainage hole in the container, the bulbs are ready to be moved to a cool (55° to 60°F.) spot that gets indirect light. After about a week, you can place them in a sunny window at normal room temperature. When buds appear and take on color, move the container out of direct sunlight to prolong bloom.

Varieties of almost every spring bulb can be persuaded to bloom in the winter, and such spring bulbs as hyacinths, crocuses and paper-whites can actually be grown just on pebbles in water. But once a bulb has been forced, without nutrients, it will have exhausted itself completely and must be discarded.

When choosing bulbs for forcing, check with your retailer to make sure the varieties you pick will bloom indoors. Select early-blooming types, since late bloomers require 16 weeks of cold conditioning. —Lawrence V. Power

Living room (above), only 12 by 16 feet, is made to seem larger by its height and by loft overlooking it. For Blair and Porter this lofty roost is a youngster's play heaven. Above them clerestory windows bring in more sunlight. In rental apartment (above, right), one large room accommodates living-dining areas and kitchen (not shown). Built-in couches convert easily to beds.



In cutaway drawing, shaded area at top is loft, used as play area or extra bedroom. Other shaded area defines living room and connecting deck; metal fireplace in foreground is built beyond exterior wall line to provide more interior space.

Artist: Charles Rieger

Bruce Porter Arneill's ski house is built on steel columns, its concrete-pier foundation pinned solidly to rock. Since Vermont temperatures often dip below zero, extra-thick, multilayered walls were created to conserve heat. The exterior surface is cedar siding, next is a layer of Plycord sheathing, then 2-by-4 vertical studs and fiber-glass insulation, followed by a polyethylene vapor barrier.

Before finishing the interior walls with

gypsum board, Arneill added horizontal 1-by-4 studs, thereby creating a second space for insulation and also a horizontal void for wiring. Thus it was not necessary to penetrate the polyethylene barrier when running wires into each room. The house is heated electrically with baseboard heaters and a blower system, and each room has a thermostat. Windows, Andersen casements with inside storm panels, insulate inexpensively. END

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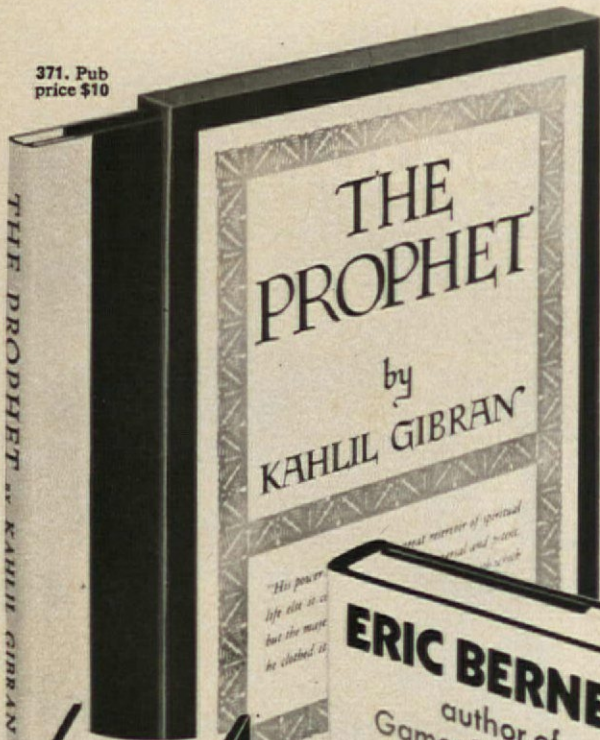
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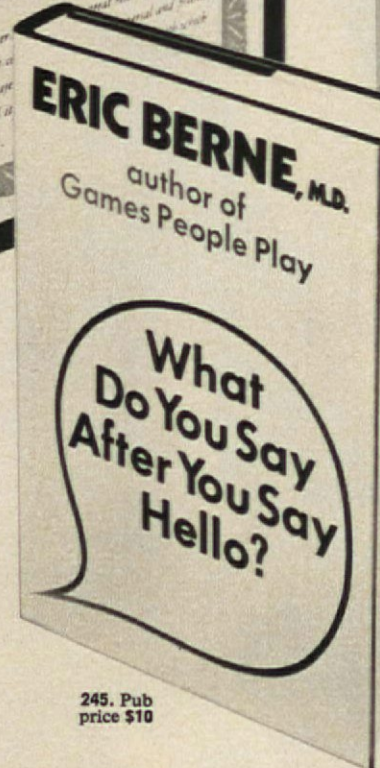
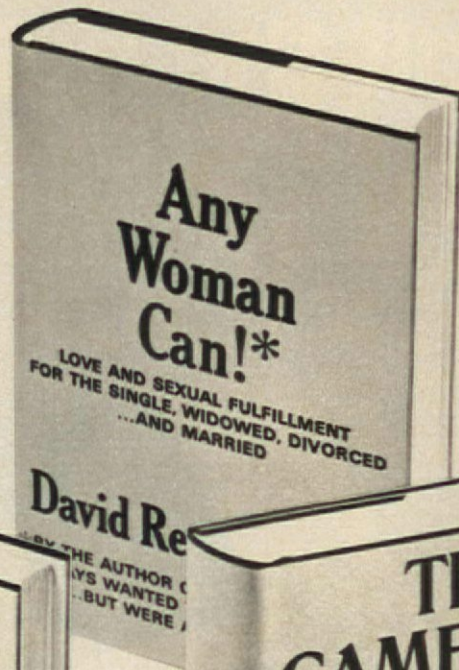
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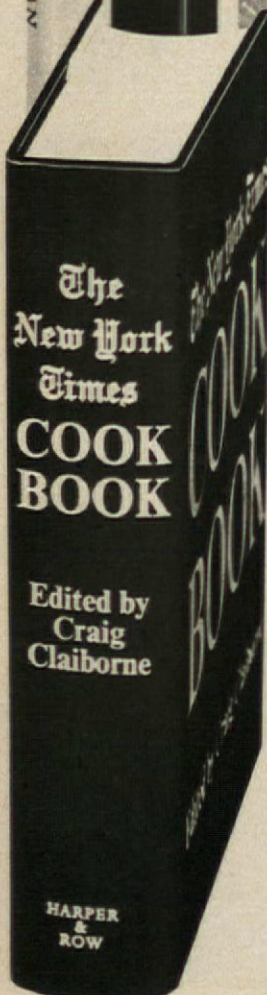
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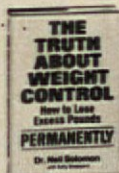
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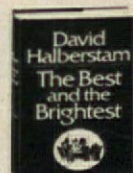
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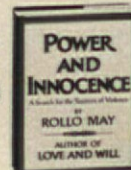


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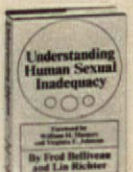
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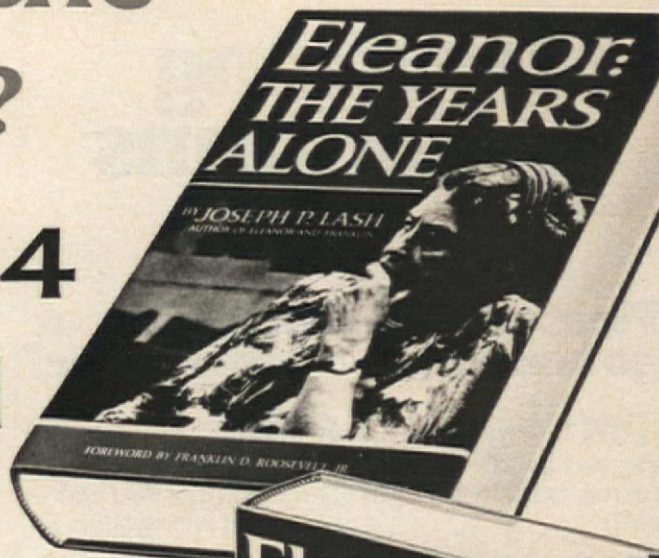
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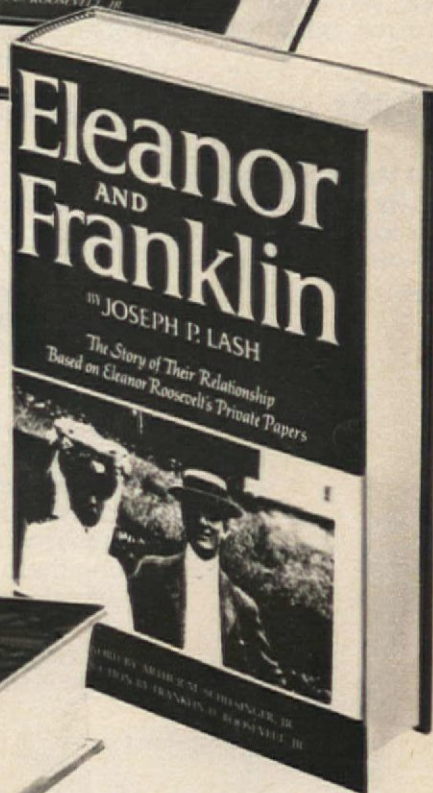
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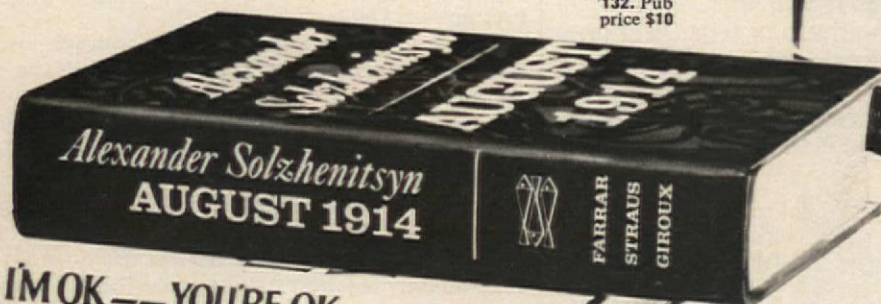
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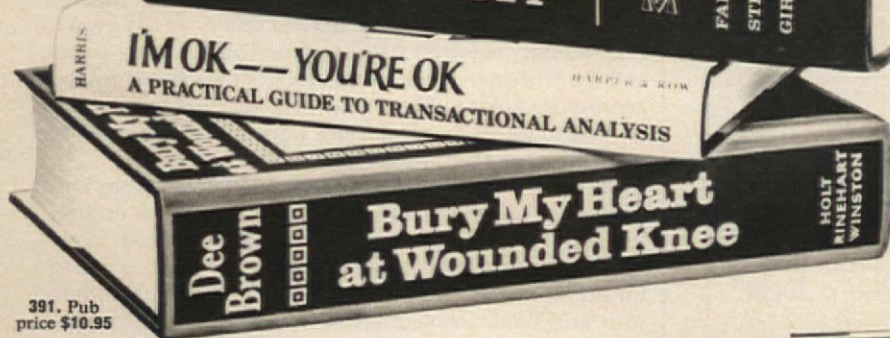
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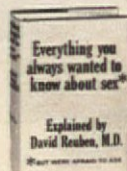
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
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FROM HOME BASE

KITCHEN HOT LINE

This month, some 50,000 builders and contractors from all parts of the country will gather in Houston for the 29th annual National Association of Home Builders convention. There they will examine and evaluate new products and materials featured in more than 500 exhibits—and decide which to use in what could be your next home or remodeling. Since kitchen equipment seems to be this year's big news maker, here is a sampling of some of the most innovative major appliances to be seen in Houston and soon to be spotlighted by dealers everywhere:

Sears has an exclusive new answer for people who like the features in both electric and gas ranges. The Kenmore Dual-Fuel Range offers the best of both fuel uses: four gas surface units and a self-cleaning electric oven.

Frigidaire has come up with a computerized range. Instead of dials or knobs, it has fingertip-touch controls for setting surface-unit and oven temperatures. Once selected, a temperature appears as a digital read-out on the back-splash.

Magic Chef and General Electric have entered the smooth cook-top lineup. Each company has developed its own built-in, one-piece ceramic cook top that suits flat-bottomed cookware in any material. No special utensils are needed.

Jenn-Air's new ranges offer an impressive array of options. For example, you can select a range with four regular electric surface units or one with a four-burner smooth-top surface. Units in either version are paired in self-contained sealed cartridges that can be removed easily in a matter of seconds and replaced with a griddle, rotisserie, shish-kebab skewer, French-fryer, counter-surface or cutting-board attachment. Use all four units at once, use two units and one attachment, or use two attachments instead of the surface units. The range, available in both freestanding and built-in models, has a self-cleaning oven and an integral venting system that requires no hood. You buy whatever options you wish.

The growing popularity of microwave ovens has prompted home builders to give them more and more attention. Some builders are now featuring these cooking time-savers in model homes as built-in standard equipment. Here are two brand-new versions being introduced in Houston:

Thermador's microwave innovation is actually an appliance combination—an electronic oven and a separate Therma-Drawer Hot Food Server. Many foods cooked electronically require "standing time" before being served, and the Therma-Drawer keeps these foods warm without additional cooking. The drawer also warms conventionally cooked foods—rare meats stay rare, and other foods remain moist or crisp, according to your liking.

Micro-Browners from Litton are a specially made ceramic frypan and steak platter to use with microwave ovens. Each lets you sear and brown food electronically without a conventional heating/browning unit. Just "preheat" a Micro-Burner in the electronic oven; in a few minutes it will absorb and retain enough microwave energy to brown and crisp the food you will then cook on it.

The new Westinghouse Heavy Duty Dishwasher may not look any different from those by other makers. But that's because the secret is inside. Completely reengineered to meet consumer demands for more service-free products, this dishwasher has 40 percent fewer moving parts—which means less can go wrong with it. Also, because installation procedures have been modified to take a third less time, you save on installation costs, too.

—Jeanne M. Bauer

Everything you've heard about our refrigerators is true of every Frigidaire appliance.



Over the years many good things have been said about Frigidaire refrigerators. That's partly because they've been around so long.

And partly because some of the ones made over forty years ago are still in use today. Still doing their job and doing it well.

What helps make all our appliances like our refrigerators is their sturdy outside construction and their compact, efficient insides.

If you haven't heard these things about

every Frigidaire appliance, it might be because you haven't heard about every Frigidaire appliance.

That's a shame. Because, like our refrigerators, Frigidaire washers, dryers, freezers, ranges, room air conditioners, dishwashers and other appliances are designed and built for dependability.

Once you've owned one of our "other" appliances, you'll want to own all of them. You'll want to make that dependable old refrigerator company your dependable appliance company.



Every Frigidaire is not a refrigerator.



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By Dorothy Lambert Brightbill

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Marcy and Mike, the enchanting rag-doll panels above, were created for us by Arlene Linder of San Francisco. Why not make them for some young person you know? You'll find that you can finish both these easy-do kits in a jiffy since no real needlework is involved. The only sewing necessary is the hemming of the burlap background; everything else is quickly and simply glued in place. Each panel is 16 by 24 inches. Try hanging them, as we did, from a dowel stick tipped with small rubber balls and bright wool pompons (not in kit). Or hang them on separate dowels, if you prefer. You can even mount them on hard-board and frame them with deep shadow-box frames; no glass would be necessary.

For other exciting American Home stitchery and craft kits, order catalog #61014 (see coupon).

From Calcutta ...

Report on Elizabeth Dass...



CHRISTIAN CHILDREN'S FUND, INC.
CALCUTTA, INDIA - CASEWORKER REPORT

To NAZARETH HOME, CALCUTTA
NAME: ELIZABETH DASS
DATE: MARCH 17, 1969
DATE OF BIRTH: APRIL 12, 1964
NATIVE PLACE: CALCUTTA
ORDER OF BIRTH: THIRD DAUGHTER

HEALTH: FRAIL, THIN, WALKS W/ WITH DIFFICULTY, PROTEIN DEPRIVED
CHARACTERISTICS: GENTLE, QUIET, COOPERATIVE, SPEAKS CLEARLY AND IS OF GOOD MIND. WILL BE ABLE TO LEARN ONCE HEALTH AND STRENGTH ARE RESTORED.

PARENTS' CONDITION: FATHER: DECEASED.
MOTHER: MALNOURISHED, RECENT VICTIM OF SMALLPOX, WORKS IN A MATCH FACTORY.

INVESTIGATION REPORT:

ELIZABETH'S FATHER USED TO BE A STREET CLEARNER, DIED FROM TYPHUS. HER MOTHER IS VERY WEAK FROM HER RECENT ILLNESS—INDEED IT IS REMARKABLE SHE IS ALIVE AT ALL. ONLY WORK AVAILABLE TO THIS WOMAN IS IN A MATCH FACTORY WHERE SHE EARNS TWO RUPEES A DAY (20¢) WHEN SHE IS STRONG ENOUGH TO GET THERE AND WORK.

HOME CONDITIONS: HOUSE:

ONE ROOM BUSTEE (HOVEL) OCCUPIED BY SEVERAL OTHER PERSONS BESIDES ELIZABETH AND HER MOTHER. HOUSE IS SO SMALL COOKING IS DONE ON THE FOOTPATH, BATHING IS DONE AT A PUBLIC TAP DOWN THE ROAD. PERSONS LIVING WITH THEM IN THIS HOUSE ARE NOT OF GOOD REPUTE, AND THE MOTHER FEARS FOR ELIZABETH.

SISTERS:

MARIA DASS, DECEASED OF SMALLPOX
LORRAINE DASS, ALSO DECEASED OF SMALLPOX
(ELIZABETH FORTUNATELY ENTIRELY ESCAPED CONTAGION)

REMARKS:

ELIZABETH WILL CERTAINLY BECOME ILL, PERHAPS WILL TAKE UP THIEVING, MAYBE EVEN MORE TERRIBLE WAYS OF LIVING. IF SHE IS NOT REMOVED FROM HER PRESENT HOME CONDITIONS, HER MOTHER IS WILLING FOR HER TO GO TO NAZARETH HOME AND WEEPS WITH JOY AT THE HOPE OF HER LITTLE DAUGHTER BECOMING SAFE FROM THE WRETCHED LIFE THEY NOW HAVE.

STRONGEST RECOMMENDATION THAT ELIZABETH DASS BE ADMITTED AT ONCE.



Elizabeth Dass was admitted to the Nazareth Home a few days after we received this report and she is doing better now. Her legs are stronger . . . she can walk and sometimes even run with the other children. She is beginning to read and can already write her name.

Every day desperate reports like the one above reach our overseas field offices. Then we must make the heartbreaking decision—which child can we help? Could you turn away a child like Elizabeth and still sleep at night?

For only \$12 a month you can sponsor a needy little boy or girl from the country of your choice, or you can let us select a child for you from our emergency list.

Then in about two weeks, you will receive a photograph of your child, along with a personal history, and information about the project where your child receives help. Your child will write to you, and you will receive the original plus an English translation—direct from an overseas office.

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Box 26511, Richmond, Va. 23261

I wish to sponsor a boy girl in (Country) _____

Choose a child who needs me most. I will pay \$12 a month. I enclose first payment of \$_____ Send me child's name, story, address and picture. I cannot sponsor a child but want to give \$_____ Please send me more information

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By Edward K. Carpenter

THE TURNED-ON HOUSE

The 20th century will probably be remembered as the Age of Technology, and a good deal of that technology is now—or soon will be—found in our homes. The amount of gadgetry available to make our lives easier and more enjoyable seems to proliferate endlessly—technology breeding technology.

Much of the new gadgetry is electronic, which reflects two apparent trends in American life: more leisure time and more disposable income. In many industries, the work week has crept down from 40 hours to 35, and pressures exist to take it even lower. Vacation time is increasing, and so is the popularity of early retirement. Similarly, the use of electronic automatic equipment in the home is on the rise—and the more electronic systems and gadgets we use, the more free time we generate to apply to other systems and gadgets. In the future, moreover, we'll be better able to afford them. It's some sort of economic law, that as things become more widely accepted, thus more widely sold, their prices decrease. Take the light bulb, for example. In 1907, when the first tungsten-filament bulbs were introduced (essentially the same bulbs we use now), slightly more than a million American homes were wired, and a 60-watt bulb sold for \$1.75. Today, with more than 65 million homes wired, a 60-watt bulb costs but 30 cents. Here is a more re-

cent comparison: With color TV in more than 50 percent of our homes, the price of at least one model has dropped to about \$200 from nearly \$700.

Just as the price of such items inevitably comes down, so does the amount of power needed to run them. Technology has seen to that. A transistor radio, for example, uses but a fraction of the power needed by an old-fashioned vacuum-tube model. And as more things are made with solid-state circuitry, we may very well be using proportionately less energy. Here is a sampling of the most promising new systems and gadgets, already in existence today, that point toward the completely turned-on house of tomorrow:

Videotape cassette recorder/players. These enable you to record programs off the air and play them back repeatedly, whenever you wish. Magnetic-tape cartridges similar to those that have been used on stereo equipment are now available for TV. And you'll be glad to hear that they not only make TV tapes easier to play, but also bring the price of videotape equipment down considerably. Reel equipment can cost as much as \$10,000, but now you can buy a compact, though electronically complicated, videotape cassette player/recorder from Sony for a somewhat more reasonable \$1,395, and at least four other manufacturers are developing comparably priced units.

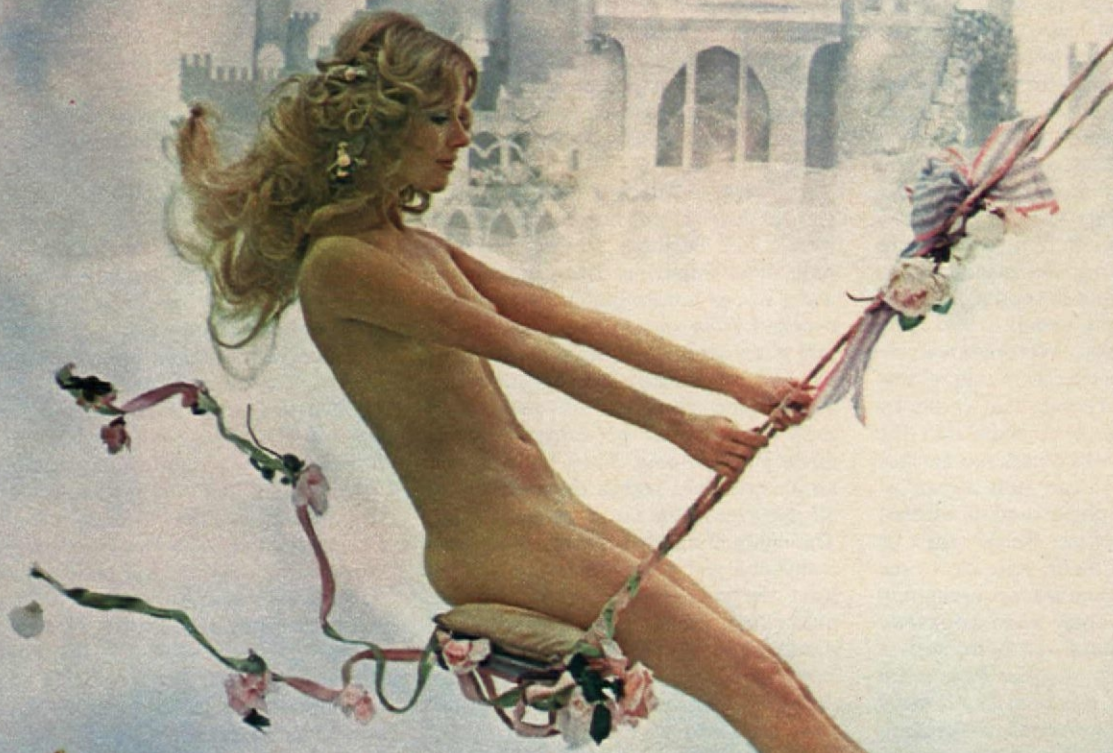
- The Mincom division of 3M, under a licensing arrangement with Sony, is marketing essentially the same unit (under the Wollensak trade name) at the same price. Other Japanese TV makers (such as Panasonic and Japan Victor) have been licensed to manufacture the Sony machine.

- Ampex is bringing out a lightweight (15 pounds) portable recorder/player you can sling over your shoulder, and using an Ampex hand-held TV camera (5 pounds), make your own TV tapes at the beach or in the backyard. Camera and recorder/player together will cost about \$1,400. The camera records in black and white, but the recorder/player will record and play back from your color TV set in color.

- RCA expects to have a unit comparable to the others (but priced as low as \$700) in stores around the country late this year. Eventually, Magnavox and Bell & Howell will sell machines that accept RCA blank-tape cartridges. Only Sears, at present, has prerecorded videotapes for rent or sale.

- Sears has some 250 of these tapes ready for use with its home system, ranging from the Ali-Frazier championship fight to the Superbowl games, and from Bolshoi Ballet performances to favorite feature films. The tapes can be rented for about \$6 per showing, or purchased at prices from \$13 for 15 minutes to \$40 for two (continued)

Naked Joy



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bouquet of lasting
loveliness. Smooth your skin
in a swirl of garden fragrance.

Cashmere Bouquet
Scented Soap and Powder
Since 1871

Beauty Soap, pink or white.
Body Powder and Dusting Powder
each in four garden-colored containers



TURNED-ON HOUSE continued

hours. Sears's blank-tape cartridges (usable only on their equipment now, but compatible with machinery soon to be sold by Admiral, Montgomery Ward, Emerson and Packard-Bell) sell for \$37 for 100 minutes' worth. Sears's videotape equipment comes in a console that includes a 25-inch color TV set, a videotape recorder/player and a black-and-white, hand-held TV camera—all for \$1,600. (A console without camera sells for \$1,350.) By late 1973 the company hopes to have a playback-only adapter that will play its prerecorded cassettes over recent-model Sears color sets. By then, too, they expect to have a portable color television camera that sells for less than \$500. Right now color television cameras sell for more than 10 times that amount. Incidentally, the Sears system includes a timer that will automatically turn on the recorder to tape a program and then switch it off. You'll be able to tape a daytime World Series game while you're at work or out shopping, and play it back when you're home.

Cool heat ranges. Westinghouse recently began delivering their unique, new solid-state kitchen range that cooks by induction heating. They claim that the range's smooth, white ceramic surface stays so cool you can boil a pan of water through a paper napkin without singeing the napkin. Briefly, this is the way it works: Solid-state electronic circuits in the range set up oscillating magnetic fields. Then when cookware of magnetic material—iron or steel—is put over the circuits, the magnetism is transferred to the utensils, heating them up. The range surface stays cool, less heat is generated into the kitchen than when cooking with conventional elements, and spilled food won't catch fire or char. Solid-state units turn off when the cooking pan is lifted away, and the counter top immediately becomes a work surface. The price, including installation, is \$1,500.

Remote-control wiring. Twenty-five years ago General Electric came up with a low-voltage remote-control wiring system that with modifications and refinements can now literally *turn on* your whole house. It lets you connect every electrical outlet with a master control switch in your bedroom, say, or your kitchen, or both. By twisting a dial, you can then turn on anything—appliances, lights, electric heating (another dial turns them off). You don't even have to twist the dial yourself, because GE has motorized dials that turn off (or on) all the circuits connected to them (25 connections is the maximum for one remote-control dial, however).

For instance, if you're lying in bed at night and want to turn off the TV, the outside lights and the light in the bathroom, you just set your motorized

dial in motion; it moves through all those circuits, flicking them off. In the morning you can use your bedside dial to turn on the coffeepot or the electric heater in the bathroom. Since wiring for this system has to run throughout the house (connected to regular wiring by relays), it is feasible only when building a new home. Cost for installation in an eight-room house: 20 percent more than for conventional wiring.

Electrostatic air cleaning. What manufacturers call the "ecological market" is roughly two years old, hardly out of swaddling clothes. In early 1971, four principal firms were turning out such things as electrostatic air cleaners and humidifiers (Honeywell, Hoover, Nautilus and Westinghouse); by late 1972 there were 30.

The rush to satisfy a desire for clean air and water in our homes is somewhat ironic. For basically we are removing only those impurities from the air and water in our homes that were originally expelled *from* our homes into the air and water around us. But the need to do so is real nonetheless; in addition, electrostatic cleaners will reduce the time to be spent polishing, washing, dusting and wiping. They suck air past an electric field within the unit, giving all particles in the air a positive charge. The charged air then passes over negatively charged metal plates, which attract the particles like a magnet and hold them. For good measure, de-particled air passes through a charcoal filter that removes odors. When the magnetic plates get dirty, you just wash them with soap and water.

Most often these units are hooked into hot-air furnaces. But you *can* get a ductless, portable cleaner (about the size of a TV console), and in the future such cleaners will probably be built into room air conditioners. Nautilus is developing a range hood/electrostatic air cleaner combination, for example.

Water-purification equipment. There are two reasons why your water may taste or smell badly. It may be polluted. Or it may have been so heavily treated with chemicals to purge the pollution that the result is almost the same. In either case, purification equipment will solve your problem. One of the handiest units is the Culligan Aqua I, a small plastic box (11 by 20 by 6 inches) which, when installed on cabinet or wall, will provide springlike water—for beverages, baby formulas, steam irons.

Intercom, burglar and fire alarms. These come separately or as systems combining two or more features. For instance, you can have an intercom system in your home that lets you monitor, say, both front and back doors, the children's rooms and the family room from the kitchen—or lets you

play FM music throughout the house. The same system, if it's sophisticated enough, might include a raucous alarm that goes off in sporadic whoops if someone should enter a door or window forcibly; it also whoops continuously when sensing the heat of fire. You can even get a system that includes a record player or tape deck. NuTone, a division of Scovill, has the most diversified line.

For the most part, these systems require built-in wiring, which is expensive, of course. But at least one firm, Electronic Radio/Guard, Inc., of Ft. Lauderdale, Fla., has a wireless alarm system consisting of a plug-in control unit that receives signals from one or more transmission units. These can be programmed to detect either fire or forced entry. Price of the wireless Radio Guard unit is about \$700 installed, depending on the number of transmitters. Other systems can cost as little as \$150, if you install them yourself (and that can be tricky), or more than \$1,000, if they require assistance to put in.

If you want total and immediate protection, there are systems that sound off if a trespasser steps on your property (buried liquid-filled hoses detect tremors in the ground). One drawback, of course, is that the mechanism can't distinguish between friend and foe. Other systems can be wired into a central control unit at your local police station.

Picture phones. Announced with considerable ballyhoo at the New York World's Fair in 1964-65, the picture phone is in much the same state as the automobile was at the turn of the century: You could have bought a car in 1901, but because of a lack of decent roads, there was almost no place to drive it. Today, in certain sections of Chicago, Pittsburgh and Washington, D.C., you can have a picture phone installed, but you'll find few people to call on it. One reason is money: Rates vary in these three cities from \$75 to \$160 a month. Another reason for the slow expansion is lack of telephone lines: A picture phone requires six lines; a conventional phone, only two. AT&T officials are currently giving the picture phone a very soft sell.

Computers. The probable household servants of tomorrow, computers are ideally suited to such activities as menu planning—and to what businessmen and supply sergeants call "inventory control." You could, for example, tell the computer what you like to eat, how much you spend per week on food, what the nutritional values of various foods are and their current cost. Then at the touch of a button, your computer could produce a menu for a nutritionally balanced meal. Moreover, it could keep track of your supplies and let you know when it's time to reorder. (continued)

The End of The Naked Bathroom.

It begins with Sears washable bath carpet.



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

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

for extra softness underfoot. And Cloud Supreme is so easy to install yourself. All you need is an ordinary pair of scissors.

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

With a whole wardrobe of color coordinated accessories. Towels. Shower curtains. Bath rugs. Lid and tank covers.

Available at most Sears, Roebuck and Co. stores and through the catalog.



Sears Bath, Slumber and Linen Shop.



Would Your Husband Like a Younger-Looking Wife?

You probably don't even have to think twice before answering. Most husbands like their wives to look just as young as possible. Being married to a youthful-appearing woman usually makes a man feel vigorous and appealing, more sure of his own attractiveness.

How satisfying to know that you can give such a gift of love to your husband. Simply discover the secret known and shared by young-looking women in



many parts of the world, the lovely secret of a unique blend containing tropical oils and natural moisture. This unusual beauty fluid, known in the United States as

Oil of Olay, was developed by beauty researchers for women like you, those women whose skin is becoming dryer and older-looking with the passing of time. Oil of Olay goes to work quickly to soften and smooth your skin. And, most importantly, to alleviate dryness. As dryness is eased, wrinkles and fine lines that make you look older become less noticeable. With regular use of this remarkable fluid, a more youthful look begins to return, a look both you and your husband have missed.

Oil of Olay moisturizing lotion, with its natural moisture and oils, quickly penetrates the significant surface layer of the skin, where it works with nature

to help maintain the oil-moisture balance, an essential element needed for the freshest, dewiest, most vital skin possible. The skin-loving liquid is blended to be compatible with the skin. The complementary ingredients set up a barrier that helps retain nature's own moisture, essential if your skin is to achieve its most youthful appearance.

You will discover that Oil of Olay, available at drugstores everywhere, displays its beautiful benefits best when applied at least twice a day. In the morning, as a superb makeup base. Oil of Olay is quickly absorbed and leaves no sticky after-feel, so cosmetics don't streak or change color. Again at night, to cherish and nurture your complexion during relaxed hours of sleep.

Only you can give your husband the pleasure of a younger-looking wife. Why wait another day?

Beauty Hints

If you waken during the night, the temptation is to have a snack. Instead, spend a few relaxing moments gently soothing Oil of Olay into your face and throat. Both your complexion and your figure will benefit immeasurably.

* * *

Never waste a single precious drop of Oil of Olay®. When you have lavished the beauty blend on your face and throat, morning and night, use any droplets left on your fingertips to pamper elbows, knees and any other areas that would welcome such tender loving care.

TURNED-ON HOUSE continued

Experts foresee a computer's keeping a constant check on the hundreds of electronic circuits to be found in a home. If trouble develops, the computer will switch to a back-up circuit and then notify the proper repair service. And envision this: The computer can analyze the air in a home for impurities, odor, temperature and moisture content, and see that the house stays the way you like by coordinating these activities.

Cable TV. Except in a very few instances, cable TV works only one way at present: from a broadcast center to your home. But experiments are being done with two-way cable TV, so you can communicate directly from your home to any place connected to you by cable. It might be a supermarket, department store, school or stock-market quotation center. Sitting in your kitchen, you might signal the supermarket with a hand-held push-button unit, be given a close-up view on your TV receiver of goods available and order the food you want by push button or teletype.

In the new town of Jonathan, Minn. (see the February '72 AH), a group called Community Information Systems (with funds from the U.S. Department of Housing and Urban Development) has installed a number of pilot two-way cable TV demonstrations, so residents can operate it themselves, evaluate it and decide how they would like to see it used. Another cable TV service that's soon to be tested will link the Lakeview Clinic in Jonathan with the Ridgeview Hospital in Waconia, 12 miles away, enabling doctors to confer.

Cable TV operates over coaxial cables, any one of which can carry much more information than a single telephone wire, and also carry it faster. But the cable system is limited: It can connect only two points at once. Like a very large train on a single track, it can carry lots of things to whatever is at the end of the track. A telephone message, on the other hand, is like a small train on a track with an almost infinite number of switches. It can carry a load almost anywhere in the country.

Tomorrow's paper may carry news of something that far outstrips the potential of all items mentioned here. But no matter what kind of gadgetry comes along, it's unlikely to surpass what architect Richard Foster put up several years ago for his family in Wilton, Conn. Unable to decide how to site his home and take advantage of a strikingly lovely piece of land, he placed the entire house on a giant ball-bearing assembly. Now at the touch of a button, the house revolves slowly and elegantly, until it faces the pond, the meadow or the woods, to follow the sun or the moon. The ultimate turned-on house may already have been built. **END**



September, 1910. Mrs. John Davenport of Southhampton
absentmindedly lit up a cigarette after 120 hours of sitting for her portrait.
Goodbye, 120 hours.



You've come a long way, baby.

VIRGINIA SLIMS.

Slimmer than the fat cigarettes men smoke.



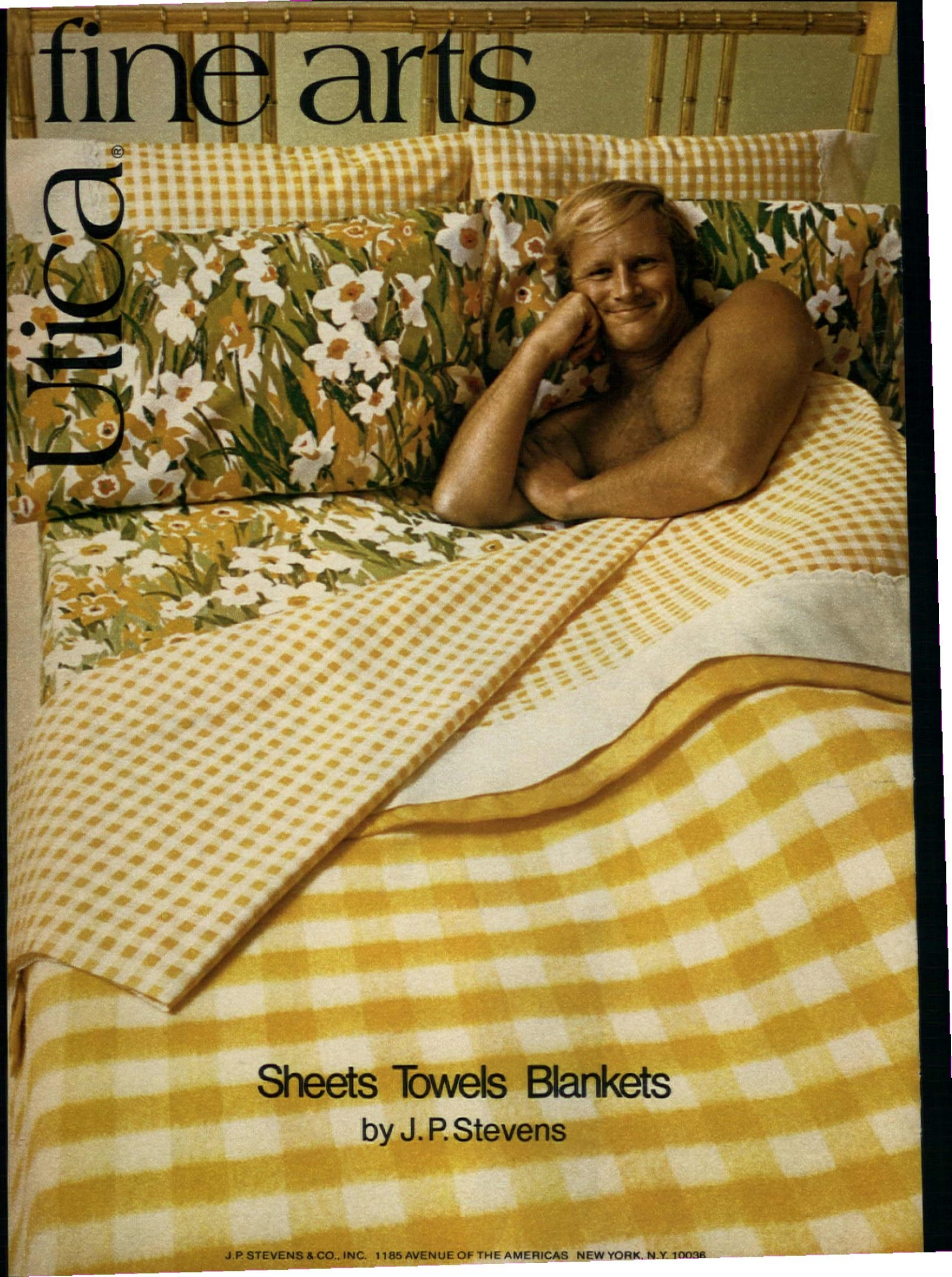
Fashions: Marshall Klugman for John MacDougall

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

Regular: 17 mg. tar, 1.2 mg. nicotine—Menthol: 18 mg. tar,
1.3 mg. nicotine av. per cigarette, FTC Report Aug. '72

fine arts

Ullica[®]



Sheets Towels Blankets

by J.P. Stevens

The look and fragrance of these daffodils, hyacinths, crocuses and paper-whites capture the very essence of spring. Why wait for your garden to mark the change of seasons? It's easy to cure the lingering malaise of winter by persuading these bulbs to bloom brightly indoors while snow is still covering the ground. (Learn how on page 24.)

SPRING IN JANUARY



Richard Jeffery



House is on seven acres of wooded ranchland the Lozanos bought three years ago in coastal California mountains.

By Nancy C. Gray

PEOPLE DO LIVE IN GLASS HOUSES

Meet artists Robert and Judy Lozano. Their home is not one glass house but *eight*—eight greenhouses slipped in around cedar plywood panels. What's more, the owners built the house themselves for \$35,000, with the help of architect Peter Behn and a full-time carpenter who camped out on the site—a grassy, redwood-bordered mountain slope above Los Gatos, Calif.

Robert and Judy Lozano (right) are native Californians, art teachers and—now—experienced carpenters. “Bids on our house were so high,” says Bob, “that we built it ourselves.”

Living room (opposite) is bathed in continually changing light through two greenhouses. In sunny window-seat area, Judy has covered the cushions in fadeproof washable white canvas.





"I just mentioned one time that I would like to have a greenhouse," Judy recalls.



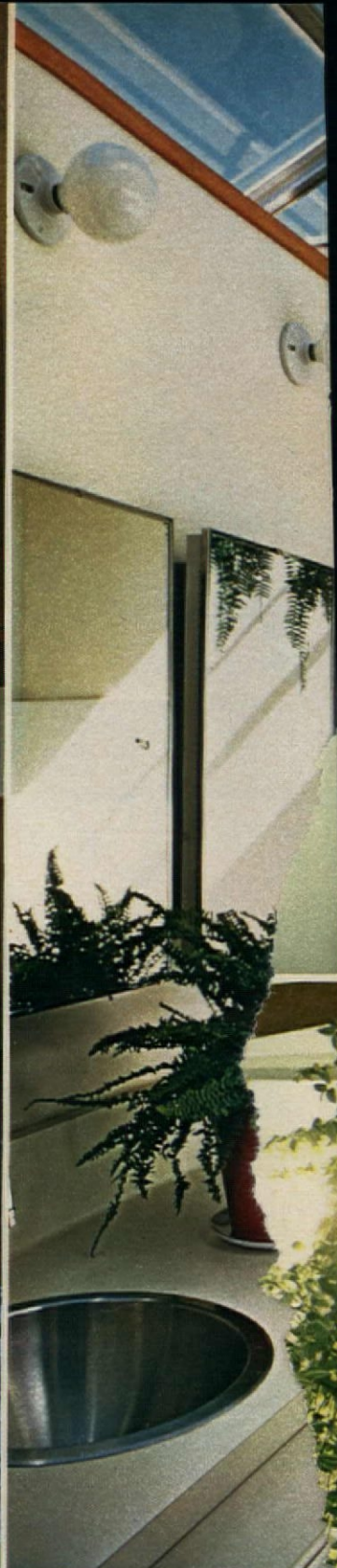
This greenhouse is a colorful plant room that links living room to printmaking studio through barn-style doors.

"I love having plants around." The architect listened—and then took it from there.



Outside (right), the Lozanos laid an adobe-tile terrace.

continued



This view of two-story living room shows dining room and kitchen beyond. "Space was designed with all our old, but much-loved furniture in mind," says Judy.

GLASS HOUSES continued

When architect Peter Behn learned that Judy Lozano wanted a greenhouse, he says he "started out thinking of it as a way to separate the studio from the living quarters, so Judy and Bob could have a feeling of getting away, instead of just moving from one room to another. What I envisioned was a kind of breezeway between work and relaxation."

46 But the more the inventive Berkeley architect got into the project, the more the green-



SIX SUNNY GREENHOUSE IDEAS

Tailor-made or bought prefab, plant rooms add light, space and living beauty.

1

MANHATTAN LIVING ROOM

When architect Peter Samton remodeled his city brownstone, he put a wall of glass doors and a wood-beamed skylight at one end of the living room. Now Peter, wife Emily and sons Noah and Zach have a made-to-order greenhouse for their avocado growing.

2

DECK ON LONG ISLAND

A little-used deck overlooking Bridgehampton's Sagaponack Pond was made into a sunny porch where plants and people can coexist happily. Owner-designer Lee Bailey lined the walls with windows to please the plants, then put in comfortable furniture to please the people. On the floor is a Kodel polyester carpet by Galaxy; sofa and window-shade fabric is Super Stowe from Springmaid.

3

BAY AREA BREAKFAST ALCOVE

Joseph and Ann-Marie Vingo share the pleasures of drinking early-morning coffee and growing rare orchids on the glassed-in deck (off formal dining room) of their San Francisco home.

4

MILL VALLEY BATHROOM

Carol and Joseph Taylor wanted a place where they could grow flowers and house their collection of bonsai plants. Architect Norman Gilroy devised an Oriental-style greenhouse to open off the bathroom of the Taylors' California home. Viewing the redwood and fiber-glass greenhouse through a clear glass window makes bathing a visual delight. And the plants can share in that good humidity when the door is left open.

5

KITCHEN IN TIBURON

Pamela Neely loves to cook with herbs, so when architect Tom Higley designed a new home in California's Marin County for Pamela and her husband James, he included a bay-window kitchen greenhouse for growing herbs as well as flowers. Now all the Neelys, including daughter Heather and son Christopher, enjoy fresh, close-at-hand herbs year round.

6

LEAN-TO IN CONNECTICUT

Joyce and John Nichols inherited a prefabricated Lord & Burnham lean-to greenhouse when they bought their farm in Cornwall, Conn. Now, after sharing the fun of learning to grow plants under glass, they've decided a house is just not a home without a plant room.

A FAMILY THAT THRIVES ON NATURE

By Nancy C. Gray

In her direct, honest way, Janet Clark of Provo, Utah, will tell you, "We're so typically home-and children-oriented, I don't think Jon and I are at all unusual." Yet who else do you know who has turned a basic way of life into a livelihood that satisfies the spirit and also sustains a family, along with dozens of friends, relatives and neighbors? The young Clarks' deep-rooted concern with nature—their family weed-gathering, rock-hounding, fossil-finding expeditions—has led to a thriving enterprise called, quite logically, The Naturalist. This combines a delightful shop and a collection of decorative accessories designed to showcase nature in an appreciative contemporary way. Beautiful containers, armloads of dried native grains and grasses and arrangements of pressed or dried flowers have been grabbed up by stores all over the country. The Clarks marvel at this enthusiasm for what has been a family hobby for generations. (continued)



With their parents on a hike are, from left: Terressa, 8; Kipling, 12; Amy, 4; and Shawn, 13. Goliath, family pet, is up front.



Delicately dried native flowers, framed like those displayed in their Provo shop, launched Janet and Jon in *The Naturalist*.

"We're all very sensitive to the outdoors," says Janet Clark.

From childhood Janet was indoctrinated in the ways of the mountains, plants, animals and birds by her father, a professor of zoology and entomology at Provo's Brigham Young University. "From his training we learned to see beauty in the wild," she recalls. "If we found a snakeskin, we'd bring it home for our 'trophy table.'" Perhaps this is the secret behind the Clarks' own venture, which began when the family learned to press, mount and frame wild flowers gathered on a summer trip. Leftover flowers became Christmas gifts. When recipients requested more, Janet hesitantly took this as a cue—and slipped a few into the gift boutique in Jon's family department store.



Black-eyed Susans, butterfly and grain wisp are ready for framing.

About the same time, plump bunches of dried weeds used in a display there drew unplanned-for customers, and soon a brigade of small boys (the Clarks' own included) was kept combing the countryside to satisfy the demand. But that was six years ago. "We're not scavenging anymore," exults Janet. "People grow things just for us now. We also raise our own or buy from farmers."

Moreover, where the family used to do all pressing and framing of wild flowers with a simple botany



The Clark girls look over newly made quilts to be sold in the shop.

press in the garage, now there is a factory and store near their Provo hillside home—and stores in three other cities. Where Janet and her mother spent long night hours creating intricate arrangements, a battery of Provo ladies does the honors, and a carpentry shop turns out handsome frames.

Once the die was cast, other articles followed—naturally. Jon



Janet says her home-canning efforts are "part of our Mormon legacy."

and Janet have recruited countless older women from around the state to handstitch pioneer patchwork designs. Jon has persuaded the Mormon Church's Deseret Industries, which employs the handicapped, to produce old-fashioned woven rag rugs. He and Janet have developed what they call a Nature Walk Kit, fitted with cans for collecting specimens, an Audubon birdcall, and beef jerky and fruit rolls for sustenance. Also, Janet has coauthored (and The Naturalist published) *Nature Walk*, a book filled with her experiences and directions for doing projects with weeds, seeds, bugs, birds' nests, feathers and feeders, pinecones and sand castings.

But as Jon says of their flourishing ventures, "We didn't go into it to



Shawn and Kipling prepare cosmos blooms for pressing.

make money—these are all things we've enjoyed for years, and our parents and grandparents before us." And Janet keeps reiterating, "We're really not doing anything new; what's special is the way we present things." A free catalog is available by writing: The Naturalist—AH, Box 1212, Provo, Utah 84601.


Daffodils, roses and cosmoses in miniature bouquets (opposite) were picked from drawers filled with hundreds of flowers dried in silica gel. Blooms covered gently with this sandlike material for 72 hours retain their natural color and form. Used with them here are bits of strawflower, native grains and grasses—even insects that are raised especially for mounting. The Naturalist's arrangements start at \$10.



SEED-PACKET ART AS SIMPLE AS CUT AND PASTE

By Phoebe Fox





This bright, sunny decoupage is as fresh as springtime and instantly easy. With cutouts from Burpee seed packets, a bit of glue and quick-drying glaze finishes, artist Bud Holman transformed these attic finds and dime-store buys into enchanting designer accents.

Decoupage, derived from the French *couper*, "to cut," is the classic art of decorating surfaces with designs cut from paper, glued down and coated with sealer. European craftsmen more than 200 years ago seized on it as a colorful, simple way of simulating the exquisite hand-painted lacquer wares of China and Japan.

But with today's fast-drying glazes, you can do in an hour what those artisans took days to do. January is seed-ordering time, so start by collecting and snipping some seed packets. You'll find the heavy paper simple to work with, and because it's printed on just one side, nothing shows through. Take a Lucite or wood frame, desk accessory or plastic flowerpot, and make it bloom. To see how to do this with little time, effort or expense, just turn to page 71.

By Frances M. Crawford
and Food Staff

EATING RIGHT FOR THE GOOD LIFE

MILK, MEAT, BREADS AND CEREALS, VEGETABLES AND FRUITS—THESE ARE THE FOUR FOOD GROUPS, SHOWN ON THE FOLLOWING PAGES, EVERY HEALTHY FAMILY NEEDS. USE THEM DELICIOUSLY IN THE WEEK'S MENUS AND RECIPES THAT BEGIN ON PAGE 62.

Remember the nursery rhyme that asked what little girls and little boys are made of? The answer was an amusing, if inaccurate, jingle. For everyone now knows that what we eat makes us what we are. Perhaps that is why health and the food that will insure it have become major topics of the day. But because so much of what we hear and read is conflicting, the nutrition story has become confused.

What is nutrition? Basically, it is a science concerned with nutrients the body needs for growth and health, the foods that fulfill each need and the way the body makes use of them. (See "The ABC's of Nutrients,"

page 70.) Translating these findings into everyday meals should be easy, for our markets abound in all the necessities. Learn a few rules and you'll make the right choices for variety, good eating and good health.

To make your selection sure and simple, all foods have been grouped—according to their similarity in composition and nutritive value—into what's called the "Basic Four." You'll find the recommended normal daily intake spelled out in servings. A wise homemaker will follow it carefully when figuring out the week's menus and making a shopping list. It's almost like planning meals by-the-numbers.

MILK GROUP

This category supplies calcium, protein and vitamins A and D. Eight ounces of milk is considered a serving. It may be whole fluid (vitamin D fortified), skim fluid (vitamin A fortified), nonfat dry, evaporated milk, buttermilk or yogurt. Foods made with milk may replace part of what you drink. Replacements are based on the calcium content of each specific food.

1 ounce Cheddar cheese

= $\frac{2}{3}$ cup milk

$\frac{1}{2}$ cup cottage cheese

= $\frac{1}{3}$ cup milk

$\frac{1}{2}$ cup ($\frac{1}{4}$ pint) ice cream

= $\frac{1}{4}$ cup milk

(continued on page 62)

PHOTOGRAPHS BY IRWIN HOROWITZ
Shopping Information, page 74



MILK

Everyone must have milk, whole or skim, in some form every day. Drink it—two or more glasses for adults, three for children, four for teen-agers.

Or consume some of it in ice cream or dishes made with cheese or milk, such as Cheese Timbale with Asparagus (left) or Tangerine Cream Mold.



2



MEAT

Count on this group, including poultry, eggs, fish, nuts and dried beans, to supply most of the body-building protein you need.

You can do it delectably in dishes like Mushroom Egg Pie (top, left), Broiled Cornish Hens (center) and Pork Butt with Lima Beans.

BREADS & CEREALS

The choices you serve your family should be whole-grain or enriched, for they're a great source of the all-important vitamin B complex.

For variety, try Noodles all'Alfredo (top), Kasha with Onion (left, with Cornish Hens) or Walnut Bread.

3



4

VEGETABLES & FRUITS

Nature is so bountiful that eating the four or more servings of vegetables and fruits required each day can be a diversified delight. Here are winning dishes from this group, clockwise from top, left: Braised Lettuce, Glazed Pineapple, Marinated Green Salad and Minted Apple Dumplings.



MEAT GROUP

You need two servings a day of meat or its substitutes to supply your protein, iron and B vitamins. Consider a serving as either: 2 or 3 ounces (no bone or fat) of cooked meat, poultry or fish; 2 eggs; 1 cup cooked dried beans; or 4 tablespoons of peanut butter.

BREAD AND CEREAL GROUP

These foods, which you should have four or more servings of daily, supply carbohydrates, supplementary protein, iron and B vitamins—but be sure the label tells you they are whole-grain, enriched or restored. Of particular interest are some of the new natural-grain breads being produced by many bakers. Count as a serving: 1 slice of bread; 1 ounce of ready-to-eat cereal (check the package for the measured amount); or 1/2 to 3/4 cup of cooked cereal, cornmeal, grits, rice or pasta products.

VEGETABLE AND FRUIT GROUP

Here's where you get the bulk of your vitamins, particularly A and C. You should have four or more daily servings of vegetables or fruits, some raw, some cooked. Have a dark-green or deep-yellow vegetable at least every other day for A. For vitamin C, include one serving of citrus fruit, strawberries, broccoli or green pepper (good sources) or two servings of honeydew, tangerines, tomatoes, leafy green vegetables, raw cabbage or potatoes (fair sources).

Knowing the facts of food, you can eat the ones you like in moderation—and with variety, the key to enjoyment—and also add to your well-being.

WHAT ABOUT CALORIES?

Every physical activity, from the simple act of breathing to the most vigorous exercise, requires energy, and what you expend is measured in calories. These come from the food you eat. Your age and activity determine the amount you need. With too few calories, you'll be weak and hungry; with too many, overweight. Tailor your intake to match your output and choose foods from the Basic Four. They will supply nutrients the body needs, whether you are trying to gain, lose or maintain weight.

Only your physician can tell whether you need a special diet for a particular problem—ulcer, heart, cholesterol, etc.—and give you the guidance needed.

SUNDAY

Chilled Cranberry Juice
Broiled Ham Slice
Poached Egg
Buttered English Muffin
Coffee Tea Milk

Cheese Timbale
with Asparagus*
Melba Toast
Glazed Chiffon Cake
Coffee Tea Milk

Broiled Cornish Hens*
Kasha with Onion*
Fresh Broccoli
Tomato-Chicory Salad
Vanilla Ice Cream
Coffee Tea Milk

CHEESE TIMBALE WITH ASPARAGUS

(pictured on page 57)

2 cups milk
1 package (8 ounces) pasteurized process Swiss cheese, diced
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
Dash of Cayenne or white pepper
2 tablespoons butter or margarine
4 eggs

1 package (10 ounces) frozen asparagus, cooked and drained
Heat oven to 325°. Scald milk. Reduce heat to low. Add cheese, salt, Worcestershire, pepper and butter or margarine. Stir until cheese is melted. Remove from heat. Let cool a few minutes. Beat eggs in medium-size bowl. Add cheese mixture gradually, beating constantly. Pour mixture into well-buttered 4-cup ring mold. Place mold in baking pan; add enough boiling water to come as high as mixture in mold. Cover mold loosely with piece of aluminum foil. Bake 40 to 50 minutes or until knife blade inserted in center of custard comes out clean. Loosen custard carefully around edges. Unmold onto serving plate. Arrange asparagus in center of ring. Makes 6 servings.

BROILED CORNISH HENS

(pictured on pages 58-59)

3 frozen Rock Cornish hens, (about 1 1/2 pounds each), thawed
1/2 cup grapefruit juice
1/2 cup pure vegetable oil
1 teaspoon salt
1 clove of garlic, pressed
1 teaspoon leaf thyme, crumbled
Dash of pepper
Kasha with Onion (see below)

Wash hens; pat dry with paper towels. Split into halves. Combine grapefruit juice, oil, salt, garlic, thyme and pepper in shallow dish. Place hens in dish; turn over to coat other side. Cover. Refrigerate several hours, turning occasionally. Drain; reserve marinade. Place hens, skin side down, on broiler rack over pan. Broil 5 inches from heat 20 minutes. Turn. Brush with reserved marinade. Broil 10 minutes more or until hens are tender. Arrange hens over Kasha with Onion. Garnish with watercress, if desired. Makes 6 servings.

KASHA WITH ONION

(pictured on pages 58-59)

1 1/2 cups whole kasha or buckwheat groats
1 egg
1/4 cup butter or margarine
1 cup chopped onion (1 large)
3 cups water
3 chicken bouillon cubes
1/2 teaspoon salt

Combine kasha or groats and egg in bowl. Cook mixture in skillet over medium heat until each grain is separate, stirring constantly. Set aside. Melt butter or margarine in large saucepan over medium heat. Sauté onion 1 minute. Add water and bouillon cubes. Bring to boiling. Add kasha or groats and salt. Cover. Cook over low heat 30 minutes or until tender. Makes 6 servings.

MONDAY

Banana Slices
Hot Oatmeal with Milk
Raisin Toast
Coffee Tea Milk

Grilled Frankfurter
Calico Coleslaw
Corn Bread Squares
Marbled Custard*
Coffee Tea Milk

Steak Pizzaiola*
Whipped Potatoes
Sautéed Green Beans
Sliced Italian Bread
Tangerine Cream Mold*
Coffee Tea Milk

MARBLED CUSTARD

2 packages (3 ounces each) egg-custard mix
3 1/2 cups milk
2 tablespoons cocoa
1/4 teaspoon almond extract
1/4 cup toasted sweetened coconut

Combine custard mix and milk in medium-size saucepan. Bring to boiling over medium heat, stirring constantly. Remove from heat. Measure 1 cup custard into small saucepan; add cocoa. Bring cocoa custard to boiling, stirring constantly, until blended. Stir almond extract into plain custard. Chill both custards about 1 hour until thickened. Strain plain custard into serving dish. Stir coconut into cocoa custard; spoon over plain custard. Run spoon through custard to give a marbled effect. Chill several hours or until firm. Makes 6 servings.



STEAK PIZZAIOLA

6 club, chuck or rump steaks (1/2 pound each)

Salt
Pepper
3 tablespoons olive oil
1/4 cup minced shallots or green onions
2 cloves of garlic, minced
1 can (1 pound) tomatoes, drained and coarsely chopped
2 tablespoons tomato paste
1 teaspoon dried oregano, crumbled
1/4 teaspoon salt
Dash of pepper
1/2 teaspoon sugar

Sprinkle steaks with salt and pepper. Heat oil in large skillet over high heat. Add steaks. Cook a few seconds to sear meat. Reduce heat to medium. Cook 1 minute. Turn steaks; cook second side 1 minute. Remove steaks to warm platter. Keep warm. Add shallots or green onions and garlic to fat left in skillet. Cook 1 minute. Add remaining ingredients. Bring to boiling. Cook 3 to 4 minutes or until tomatoes are soft. Pour sauce over steaks. Makes 6 servings.

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EATING RIGHT continued

TANGERINE CREAM MOLD

(pictured on page 57)

2 packages (8 ounces each) Neufchâtel cheese, softened at room temperature

2 cups confectioners' sugar

2 cans (6 ounces each) frozen tangerine juice concentrate, thawed

3 cups light cream or half-and-half

Beat cheese in large bowl of mixer at medium speed until creamy. Beat in sugar and undiluted tangerine juice gradually. Beat in cream or half-and-half until blended. Pour into oiled 2-quart mold. Freeze until firm. To unmold, run blade of small knife around edge of mold. Dip mold in hot water a few seconds. Dry mold with towel. Place serving dish over mold. Invert; remove mold. Garnish with tangerine or mandarin orange sections, if desired. Return mold to freezer until serving time. Makes 12 servings.

TUESDAY

Hot Coffee Egnog*
French Toast
Bacon Strips
Coffee Tea Milk

Seafood Chowder*
Rye Crisps
Celery Sticks and Olives
Date-Nut Bars
Coffee Tea Milk

Stewed Chicken
Sage Dumplings
Peas with Pimiento
Romaine Salad
Glazed Pineapple*
Coffee Tea Milk

HOT COFFEE EGGNOG

3 large eggs

½ cup sugar

1 quart milk

3 tablespoons instant coffee

Ground nutmeg

Beat eggs in small bowl of mixer at high speed until foamy. Beat in sugar gradually; continue beating until eggs are thick and pale yellow. Heat milk and coffee in large saucepan over low heat until bubbles appear around edge of pan. Beat 1 cup hot milk slowly into beaten eggs to lighten them. Pour egg mixture into milk in pan, stirring constantly with wire whisk or wooden spoon. Heat just until thickened and hot. Ladle into mugs. Sprinkle with nutmeg. Serve immediately. Makes 2 quarts or 6 to 8 servings.

SEAFOOD CHOWDER

¼ cup butter or margarine

3 small onions, thinly sliced

3 carrots, pared and thinly sliced

2 teaspoons salt

1 quart milk

1 can (1 pound) pumpkin

1 package (½ pound) frozen shelled and deveined shrimp, thawed

½ of 1-pound package frozen flounder filets, thawed

1 can (8 ounces) oysters

¼ teaspoon hot-pepper sauce

1 tablespoon chopped parsley

Melt butter or margarine in kettle over medium heat. Add onions, carrots and salt. Cook vegetables until tender, stirring occasionally. Add milk. Heat until bubbles appear around edge of pan. Add pumpkin. Stir until blended. Rinse shrimp and flounder; pat dry with paper towels. Cut flounder into 2-inch pieces. Add shrimp and flounder to vegetable mixture. Cook 3 minutes. Stir in oysters with their liquid and hot-pepper sauce. Just heat through. Overcooking will toughen oysters. Sprinkle with parsley. Serve in warmed soup bowls or plates. Makes 6 to 8 servings.

GLAZED PINEAPPLE

(pictured on pages 60-61)

1 large pineapple

¼ cup butter or margarine

¼ cup sugar

1 tablespoon grated orange peel

½ cup orange juice

¼ cup lemon juice

¼ cup sliced almonds

Twist or cut off top of pineapple. Cut off a slice on bottom. Stand pineapple on flat side; cut off rind. Remove eyes by making diagonal cuts ¼ inch deep around pineapple with small knife. Cut pineapple lengthwise in half. Remove core. Place halves in shallow baking dish or heatproof serving platter. Heat oven to 375°. Melt butter or margarine in small saucepan. Stir in sugar, peel, orange and lemon juices. Pour over pineapple. Sprinkle with almonds. Bake 20 minutes or until heated through, basting with juices occasionally. Cut into thick slices and serve warm with sour cream, cottage cheese or ice cream, if desired. Makes 8 servings.

WEDNESDAY

Cooked Dried Apricots

Buttermilk Pancakes

Maple Syrup

Sausage Links

Coffee Tea Milk

Noodles All'Alfredo*

Marinated Green Salad*

Bread Sticks

Chocolate Pudding

Coffee Tea Milk

Mushroom Egg Pie*

Brussels Sprouts Almondine

Shredded Carrot Salad

Hot Muffins

Spice Cake

Coffee Tea Milk

NOODLES ALL'ALFREDO

(pictured on page 59)

1 package (1 pound) fine or medium egg noodles

½ cup butter or margarine

½ cup warm heavy cream

2 cups grated Parmesan cheese

Cook noodles according to package directions; drain. Return to pan. Add butter or margarine and cream. Toss, adding 1 cup cheese gradually, until butter is melted and noodles are well coated. Serve at once. Pass remaining grated cheese in separate dish to be sprinkled over noodles according to taste. Makes 4 servings.

MARINATED GREEN SALAD

(pictured on page 61)

1 package (9 ounces) frozen artichoke hearts

1 package (10 ounces) frozen peas

1 cup diagonally sliced celery

½ cup pitted green olives

½ cup pure vegetable oil

¼ cup cider vinegar

1 teaspoon salt

½ teaspoon sugar

¼ teaspoon black pepper

Romaine leaves

Cook artichoke hearts and peas according to package directions. Rinse with cold water. Drain well. Combine artichokes, peas, celery, olives, oil, vinegar, salt, sugar and pepper in medium-size bowl. Cover. Refrigerate about 1 hour or until chilled, stirring occasionally. Line serving dish with romaine leaves. Spoon on marinated mixture. Makes 6 servings.

MUSHROOM EGG PIE

(pictured on page 58)

2 tablespoons packaged bread crumbs

¾ pound small mushrooms

¼ cup butter or margarine

1 cup chopped onion (1 large)

2 tablespoons all-purpose flour

½ cup grated Swiss cheese

3 eggs

3 egg yolks

2 cups light cream or half-and-half

1¼ teaspoons salt

½ teaspoon hot-pepper sauce

1 tablespoon melted butter or margarine

3 egg whites

¼ teaspoon cream of tartar

Heat oven to 375°. Butter a 9½x1½-inch-deep pie plate generously. Coat with bread crumbs. Set aside 5 mushrooms for garnish; slice remaining mushrooms. Melt ¼ cup butter or margarine in skillet over medium heat. Sauté sliced mushrooms and onion 3 minutes. Stir in flour until blended. Spoon mixture into prepared pie plate. Sprinkle with cheese. Beat eggs, egg yolks, light cream or half-and-half, salt and hot-pepper sauce in bowl. Pour over mushroom mixture. Bake 25 minutes or until partially baked. Cut reserved mushrooms in half. Toss in 1 tablespoon melted butter or margarine. Beat egg whites and cream of tartar until stiff. Remove pie from oven. Spoon beaten whites around edge of pie. Arrange mushrooms in center. Bake 10 minutes more or until knife inserted half way between center and edge comes out clean. Let pie stand 5 minutes before serving. Makes 6 servings.





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EATING RIGHT continued

THURSDAY

Spiced Tomato Juice
Almond Danish Rolls
Cheddar Scrambled Eggs
Coffee Tea Milk

Beef Burger
on Onion Roll
Tomato-Green Pepper Slices
Refrigerator Cottage Cheesecake
Coffee Tea Milk

Pork Butt with Lima Beans*
Braised Lettuce*
Cauliflower Salad
Thin Pumpernickel Slices
Minted Apple Dumplings*
Coffee Tea Milk

PORK BUTT WITH LIMA BEANS

(pictured on page 60)

3-pound smoked pork butt
1 package (1 pound) large dry lima beans
2 medium-size onions
4 whole cloves
2 medium-size carrots, pared
1 large bay leaf
1½ teaspoons salt

Place pork butt in kettle; add enough cold water to cover. Bring to boiling. Simmer 30 minutes. Add lima beans, onions (each stuck with 2 whole cloves), carrots and bay leaf to kettle. Cover partially. Bring back to boiling. Simmer 30 to 45 minutes or until beans and meat are tender. Add salt in the last 15 minutes of cooking. Discard onions, carrots and bay leaf. Transfer pork butt to serving platter. Drain beans, reserving 1 cup cooking liquid. Arrange beans around meat. Spoon reserved cooking liquid over beans. Sprinkle with parsley, if desired. Makes 6 servings.

BRAISED LETTUCE

(pictured on page 60)

2 large heads iceberg lettuce
4 quarts water
1 tablespoon salt
2 tablespoons butter or margarine
1 large onion, sliced
1 large carrot, pared and sliced
1 can (10½ ounces) condensed chicken broth
Chopped parsley

Halve heads of lettuce. Bring water and salt to boiling. Add lettuce. Bring back to boiling. Blanch 2 to 3 minutes. Cool under running water. Drain. Press out water. Cut each half head into 2 pieces. Shape each piece into a ball by hand or by placing it into a square piece of double-thick cheesecloth and twisting into a ball. Melt butter or margarine in skillet over medium heat. Add onion and carrot. Cook 2 to 3 minutes. Arrange lettuce balls over vegetables. Add chicken broth. Cover with circle of wax paper. Bring to boiling. Simmer 15 minutes or until lettuce is tender. Transfer balls to serving dish. Arrange onion and carrot over lettuce. Boil cooking liquid until it is reduced to ½ cup. Pour over lettuce. Sprinkle with chopped parsley. Makes 6 to 8 servings.

MINTED APPLE DUMPLINGS

(pictured on page 61)

2 packages (3 ounces each) cream cheese, softened at room temperature
½ cup confectioners' sugar
2 tablespoons green crème de menthe
1½ packages pie-crust mix
6 large baking apples, pared and cored
1 cup sugar
1 egg yolk
2 teaspoons water

Combine cream cheese, confectioners' sugar and crème de menthe in small bowl until blended. Chill. Prepare pie-crust mix according to package directions. Divide pastry into 6 pieces. Roll 1 piece on well-floured board to a 7-inch square. Coat 1 apple with sugar; place on center of pastry. Spoon cream-cheese mixture into center of apple. Moisten edges of pastry with water. Bring 2 opposite corners of pastry up and over apple. Pinch seams that form at right angle to apple. Trim off pastry seams, leaving ¼-inch seams. Press seams firmly against apple. Repeat with remaining pastry and apples.

Heat oven to 425°. Roll pastry scraps to a 9x7-inch rectangle. Cut into twelve 9x½-inch strips with pastry cutter or knife. Place 2 strips over seams of each apple, crossing at top. Press to seal. Place apples on foil-covered jelly-roll pan. Blend egg yolk and water; brush on apples. Bake 25 minutes or until golden. Cut out 6 leaf-shaped pieces of pastry; brush with egg yolk; bake 5 minutes. Insert into top of apple dumplings. Serve warm. Makes 6 servings.

FRIDAY

Broiled Grapefruit
Cold Cereal with Milk
Hot Chocolate
Coffee Tea Milk

Chicken Liver Ragout*
Tomato Rice*
Watercress Salad
Peanut Butter Cookies
Coffee Tea Milk

Broiled Filets of Flounder
Parsleyed Potatoes
Parmesan Celery*
Green Salad with Radishes
Herbed Corn Sticks
Pistachio Ice Cream
Coffee Tea Milk

CHICKEN LIVER RAGOUT

1½ pounds chicken livers
3 tablespoons butter or margarine
Salt
Pepper
3 tablespoons minced shallots or green onions
2 green peppers, seeded and diced
1 cup dry white wine
2 tablespoons chopped parsley
1 tablespoon dried tarragon
1 can (10½ ounces) condensed chicken broth
1 tablespoon melted butter or margarine
1 tablespoon flour
Tomato Rice (see below)

Pat livers dry with paper towels. Cut in half. Melt butter or margarine in large skillet over high heat. Add livers; sauté until brown on all sides. Sprinkle with salt and pepper. Remove livers with slotted spoon. Reserve. Reduce heat to medium. Add shallots or green onions and green peppers to fat left in skillet. Cook 2 to 3 minutes, stirring occasionally. Add wine, parsley and tarragon. Bring to boiling. Cook until wine is reduced by half. Add chicken broth. Bring back to boiling. Blend melted butter or margarine and flour until smooth. Add to sauce; stir until thickened and smooth. Return chicken livers to sauce. Simmer 1 minute. Correct seasoning to taste with salt and pepper. Serve with Tomato Rice. Makes 4 servings.

TOMATO RICE

2 tablespoons butter or margarine
1 cup minced onion (1 large)
2 cups raw long-grain rice
1 can (1 pound, 12 ounces) tomatoes, coarsely chopped
2 tablespoons tomato paste
2 cans (10½ ounces each) condensed beef broth
1 bay leaf
½ teaspoon salt
½ teaspoon pepper

Melt butter or margarine in heavy saucepan over medium heat. Add onion. Cook 1 minute, stirring constantly. Add rice. Stir until all fat is absorbed. Add remaining ingredients. Stir to mix well. Cover. Bring to boiling. Reduce heat. Simmer 18 to 20 minutes or until rice is tender. Discard bay leaf. Makes 6 to 8 servings.

PARMESAN CELERY

6 cups celery, cut in 1½ x ½-inch sticks
1 can (10½ ounces) condensed chicken broth
2 tablespoons butter or margarine
¾ cup grated Parmesan cheese

Combine celery and chicken broth in saucepan. Cover. Bring to boiling. Simmer 10 minutes or until celery is tender. Drain. Stir in butter or margarine and ½ cup cheese. Turn mixture into oven-proof dish. Sprinkle with remaining cheese. Broil until cheese is golden brown. Makes 6 servings.

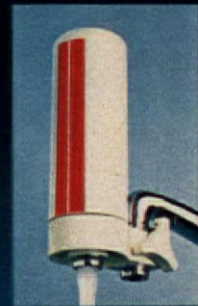
SATURDAY

Apricot Nectar
Soft-Cooked Eggs
Walnut Bread*
with Cream Cheese
Coffee Tea Milk

Assorted Cold Cuts
Warm Potato Salad
Whole-Wheat Bread
Lemon Tart
Coffee Tea Milk

Roast Leg of Lamb
Polenta Loaf*
Green Beans Italiane
Spinach Salad
Sliced French Bread
Yogurt-Strawberry Fluff*
Coffee Tea Milk

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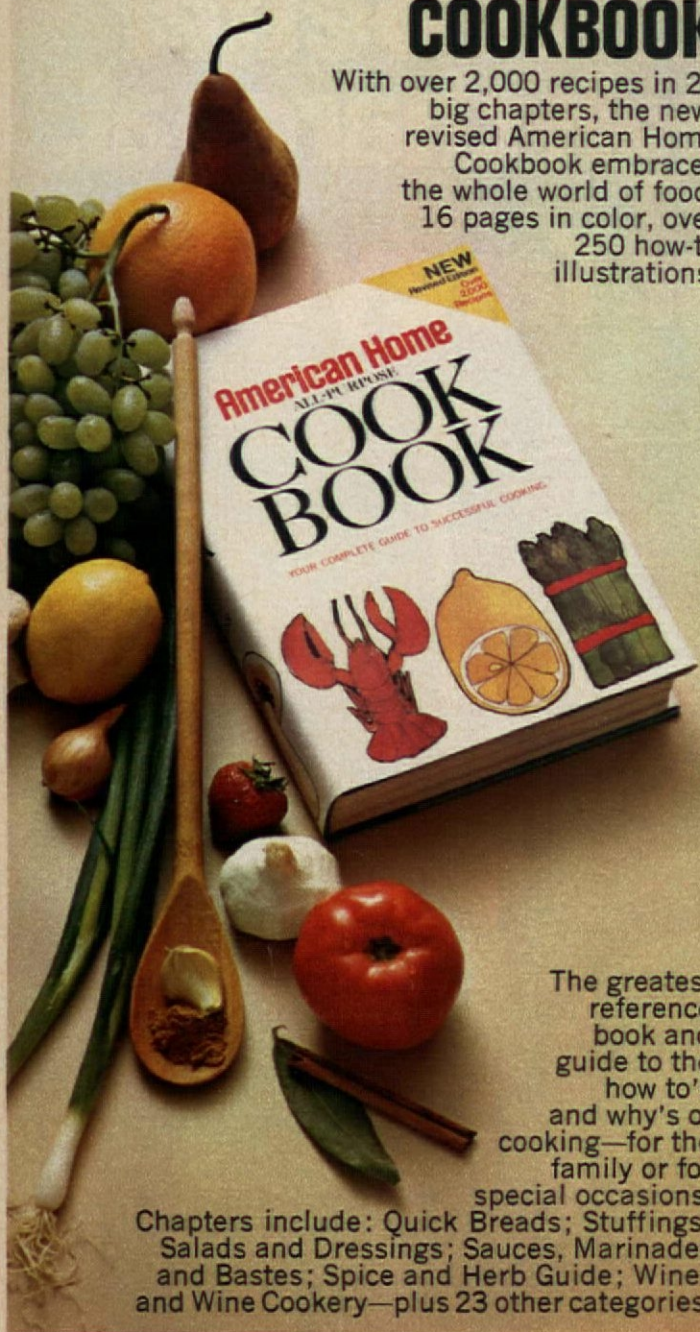


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EATING RIGHT continued

WALNUT BREAD

(pictured on page 59)

- 1 cup milk
- 1 cup honey
- ½ cup sugar
- ¼ cup softened butter or margarine
- 1 egg
- 2½ cups sifted all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 cup walnuts, coarsely chopped

Heat milk in saucepan until bubbles appear around edge of pan. Add honey and sugar. Stir until sugar is dissolved. Cool to lukewarm. Heat oven to 325°. Butter and flour a 9x5x3-inch loaf pan. Beat butter or margarine and egg together in large bowl of mixer at low speed. Beat in milk mixture, flour, salt and baking soda, scraping bowl occasionally with rubber spatula. Beat on medium speed 3 minutes. Fold in nuts. Pour batter into prepared pan. Garnish top with walnut halves, if desired. Bake 1 hour, 15 minutes or until top springs back when lightly touched with fingertip. Remove from oven. Cool in pan 15 minutes. Remove from pan. Cool completely on wire rack. Wrap with foil or plastic wrap. Store overnight in refrigerator to mellow flavor before serving. Cut into very thin slices and spread with cream cheese, if desired. Makes 1 loaf.

POLENTA LOAF

- 1½ cups yellow cornmeal
- 2 teaspoons salt
- 4 cups water
- 1 cup grated Parmesan cheese
- 2 eggs, beaten
- 1 can (15 ounces) tomato herb sauce

Combine cornmeal, salt and 2 cups water in bowl. Bring remaining 2 cups water to boiling in large saucepan over high heat. Stir in cornmeal mixture. Bring just to boiling, stirring constantly. Cover. Cook over low heat 10 minutes, stirring occasionally. (Mixture will be very thick.) Heat oven to 375°. Remove cornmeal mixture from heat. Stir in cheese until melted. Beat in eggs until blended. Turn mixture into well-buttered 9x5x3-inch loaf pan. Bake 20 minutes or until firm on top. Remove from oven. Cool 10 minutes on wire rack. Heat sauce in saucepan until hot. Loosen polenta from sides of pan. Invert onto serving platter. Slice. Spoon sauce over slices. Makes 8 to 10 servings.

YOGURT-STRAWBERRY FLUFF

- 2 packages (10 ounces each) frozen sliced strawberries, thawed
- 2 envelopes unflavored gelatin
- ¼ cup sugar
- 2 tablespoons lemon juice
- Dash of salt
- 2 egg whites
- ¼ cup sugar
- 2 cartons (8 ounces each) plain yogurt

Place strawberries with their liquid in blender container. Cover. Blend until smooth. Strain into medium-size saucepan. Sprinkle gelatin evenly over strawberry puree. Cook over low heat until gelatin is dissolved, stirring constantly. Stir in ¼ cup sugar, lemon juice and salt. Chill 30 minutes or until slightly thickened, stirring occasionally. Beat egg whites in small bowl until foamy. Beat in ¼ cup sugar gradually until stiff peaks form. Fold egg whites and yogurt gently into chilled strawberry mixture. Spoon into sherbet glasses. Chill until firm. Makes 6 servings.



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PROTEINS	The essential component of all living cells Build, maintain and repair all body tissue Supply energy Help form antibodies to fight infection Form important part of enzymes, hormones and body fluids	Top-quality proteins: lean meats, poultry, fish, shellfish, eggs, milk, cheese Next best: Dried beans and peas, nuts Lower quality: cereals, breads, vegetables, fruits
FATS	Supply energy in compact form (weight for weight, supply twice as much energy as carbohydrates) Some, mainly vegetable oils, supply fatty acids, which help keep skin smooth and healthy Help the body use other nutrients; act as carrier for vitamins A, D, E, K	Butter, margarine, cooking fats and oils, salad oils and dressings, fat meats
CARBOHYDRATES	Supply energy Help the body use fats effectively	Starches: breads, cereals, corn, potatoes, rice, spaghetti, macaroni, noodles Sugars, honey, molasses, syrups, jellies, jams Fruits: dried, sweetened, fresh (smaller amount)
VITAMIN A	Helps keep skin smooth and soft Helps vision; protects against night blindness Helps keep mucous membranes (lining) of mouth, nose, throat and digestive tract healthy and resistant to infection Promotes growth	Dark green and deep yellow vegetables, apricots, cantaloupe, butter, fortified margarine, whole milk, vitamin A-fortified skim milk, Cheddar cheese, liver, kidney, eggs
B VITAMINS B ₁ (Thiamin)	Needed for proper function of heart and nervous system Helps obtain energy from food	Lean meats, fish, poultry, liver, milk, pork, dried yeast, whole-grain cereals, enriched breads and cereals
B ₂ (Riboflavin)	Needed for healthy skin Helps prevent sensitivity of eyes to light Needed to build and maintain body tissues	Eggs, enriched breads and cereals, leafy green vegetables, liver, lean meats, dried yeast, milk
B ₆	Important for healthy gums and teeth and for health of blood vessels, red blood cells and nervous system	Wheat germ, vegetables, dried yeast, meats, whole-grain cereals
B ₁₂	Helps prevent certain forms of anemia Contributes to health of nervous system and to proper growth in children	Liver, kidney, milk, salt-water fish, oysters, lean meats
Folic Acid	Helps prevent certain forms of anemia Needed for health of intestinal tract	Leafy green vegetables, food yeast, meats
Niacin	Helps convert food to energy Aids nervous system and helps prevent loss of appetite	Lean meats, liver, dried yeast, enriched breads and cereals, eggs
VITAMIN C (Ascorbic Acid)	Makes intercellular cement that holds body cells together Strengthens blood-vessel walls Helps resist infection Helps in more rapid healing of wounds Helps tooth and bone formation	Citrus fruits, berries, cantaloupe, broccoli, green and sweet red peppers, tomatoes, raw cabbage, Brussels sprouts, potatoes cooked in their jackets
VITAMIN D	Helps body calcium and phosphorous to build strong bones and teeth	Fish liver oils, vitamin D-fortified milk, egg yolks, salmon, tuna
VITAMIN E	Acts as an antioxidant to preserve fat-soluble vitamins Believed necessary for reproduction May have many other functions; it is still under study	Vegetable oils, whole-grain cereals, wheat germ, lettuce
VITAMIN K	Needed for the production of prothrombin, which aids in the normal clotting of blood	Pork liver, cabbage, cauliflower, spinach, soybeans
CALCIUM	Builds bones and teeth Helps blood to clot Helps muscles, nerves and heart to function properly	Milk (all types), cheese, ice cream, green leafy vegetables, (collards, kale, mustard and turnip greens, broccoli)
IRON	Combines with protein to make hemoglobin, the red substance in the blood that carries oxygen to all the body cells Helps cells use oxygen and develop energy	Lean meats, liver, heart, oysters, egg yolks, dark green leafy vegetables, dried fruits, whole grain and enriched breads and cereals, molasses
IODINE	Helps thyroid gland function properly by manufacturing the hormone thyroxine that regulates metabolism	Salt-water fish, shellfish, iodized salt

OTHER MINERALS. Copper, magnesium, phosphorus, potassium, sulfur, cobalt, zinc, molybdenum, selenium, etc., are all necessary to the diet in small amounts, and since they are widely distributed through foods, they present no problems of nutritional deficiency.

Decoupage is an easy-to-do art that can put a cheerful face on almost anything, from an old piece of furniture to frames or accessories such as those shown on pages 54-55. Start with something simple and soon you'll be an expert.

Materials: Cutout motifs from seed packets or floral gift-wrap paper; sharp, curved cuticle scissors; brown wrapping paper; Mod Podge, a latex glaze from Brocado, Inc., Chicago, Ill.; 1-inch nylon brush; fine-point brush; water soluble white glue; wax paper; pin; flat toothpick; sponge; clean, lint-free cloths; #400 wet/dry and #200 sandpaper; Clear Gloss Decoupage Spray Varnish from Illinois Bronze Powder & Paint Co., Lake Zurich, Ill.; paste wax. (Optional: acrylic paint and brush, if wood surfaces are to be painted; brush-on Clear Gloss Decoupage Varnish, when working with plastic.)

Procedure: First, pick out some motifs and see how they work for decoupage. Make a trial run with whatever you choose; it will familiarize you with the method, and you'll also find out if the glue and/or sealer will cause your choice of paper to pucker.

Cut your motifs very carefully with the back edge of sharp cuticle scissors. The resulting beveled cut will prevent a ragged white edge and allow the cutout to lie flat. Next, arrange your design on the surface you'll work with.

Preparing surface: Work in a well-lit area and protect the space around you with brown wrapping paper. If you're working with a wood frame like those Bud Holman used, you can leave it unpainted or apply a few coats of bright paint, as he did. In any case, the surface should be clean, dry and lint-free. If you paint, make sure the painted surface is smooth: Use several thin coats of paint and sand lightly between coats with #200 sandpaper.

With either a painted or natural wood frame, or with vinyl desk accessories, apply a primer coat of Mod Podge to prepare surface for cutouts, using clean, dry, 1-inch nylon brush. (No primer is necessary with a Lucite frame or plastic flowerpot.) Brush in one direction—a thin, even coat; brush excess from corners and crevices. Primer coat will dry in 15 minutes. Clean brush with soapy water; dry with lint-free cloth.

Applying cutouts: Using 1-inch nylon brush again, apply a thin, even coat of white glue across back of cutout (too much glue will cause paper to pucker). Position cutout and cover with wax paper. Press flat to push out any air bubbles and excess glue. Lift wax paper and lightly smooth motif from center out with fingertips. Puncture any air bubbles with a pin and carefully press flat. Use flat toothpick to glue hard-to-reach spots. Gently wipe off ex-

cess glue with a clean, slightly damp sponge. Remove glue from brush bristles with warm, soapy water.

Applying sealers: When all your motifs are down and absolutely dry, apply sealers. For wood frame and desk accessories, apply three thin, even coats of Mod Podge with 1-inch nylon brush at 15-minute intervals. Cover entire surface, brushing in only one direction. Brush excess from corners. Clean and dry brush between coats. After first coat dries, puncture any air bubbles with pin and press flat. When the second dries, lightly sand with #400 wet/dry sandpaper, used dry. Apply third coat.

For a permanent, protective finish, apply two thin, even coats of Clear Gloss Decoupage Spray Varnish. Allow

drying time between coats. After second coat has dried, apply a thin layer of paste wax; wait 10 minutes and buff.

To seal your design on Lucite frame or plastic flowerpot, apply two coats of Mod Podge over cutouts only, with a fine-point brush. Coat cutouts with brush-on gloss varnish if you plan to place the object where there is dampness.

If you like decoupage, you may enjoy reading these works: *The Craft of Decoupage*, by Patricia Nimocks, Charles Scribner's Sons, \$3.95; *Decoupage—A Limitless World in Decoration*, by Dorothy Harrower, M. Barrows and Co., Inc., \$10; *Accent on Crafts*, by Dona Z. Meilach, Illinois Bronze Powder & Paint Co., Lake Zurich, Ill. \$2. END



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SAVING GRACES

Kitchen cues and comments from the food editor

HERE, NOW . . .

If you're a chocolate lover—and who isn't?—we hope you've caught up with Hershey's semisweet Mini Chips in 12-ounce packages. Mini Chips are tiny, less than half the size of regular ones, but they'll make your chip cookies more than doubly chocolaty. They'll also make those cookies disappear twice as fast—so be prepared.

There's more to good coffee than a clean pot, a correct measure of coffee and cold, fresh water. Using a paper filter has long been advocated to insure a clear, rich taste. Now there's a filter with a plus—for percolators. The Star Coffee Filter from Economic Laboratory, Inc., not only screens out minute grounds that can bitter the brew; it also keeps the brewing basket clean. All this for slightly more than a penny a pot: A package of 30 costs 39¢ in your supermarket or housewares store.

. . . AND COMING

According to *Consumer Products by Design*, a U.S. Department of Agriculture publication, your future everyday processed foods might include:

A milk-orange drink called logically enough, for the time being, MOD. It looks like milk with a pale orange cast, tastes like creamy orange sherbet and becomes frothy when chilled. It's made of orange juice, whole milk and sugar, with some stabilizer to prevent curdling.

Sugar-dried fruits that have a crisp, honeycomb-like texture. Bananas, apples, peaches and/or strawberries are placed in dry sugar or in heavy concentrations of sugar syrup. An osmotic process first draws 60 to 70 percent of the moisture from the fruits. Then they are air-dried or vacuum-dried. This two-step drying process produces fruits whose color and flavor are better than fruits simply air-dried.

OUR COOKS SUGGEST

• When you have to split a cake layer apart and want the two halves to be equal, insert wooden picks all around the layer, halfway between top and bottom. They'll guide you in cutting.

• To keep pie crusts from shrinking as they bake, handle dough with care. When you pick it up after rolling it out, roll it up and over the rolling pin, lift to pie plate and unroll dough. Fit it into the plate gently, being careful not to stretch it. —Frances M. Crawford

Ceramic tile makes a lot of sense in a lot of rooms besides the bath.



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PRE-SEASON SALE! NOW ONLY \$7.99



An engineering marvel! \$7.99 JN Insta-Jet Propane Flame Gun is loaded from handle to barrel with important years-ahead features. Features to be found in expensive kerosene guns and burners that sell for as much as \$39.95. Like *Tune-A-Flame* that lets you dial precisely the right size flame for the job you want to do. And the *extra-long feeder tube* that lets you reach pesky out-of-the-way places without straining or bending. Plus the *easy-to-hold grip* and amazingly *lightweight design*. (Less than three pounds complete.) So light, almost anyone can use the JN Insta-Jet, with only one hand, and never get tired!

The Four Seasons Flame Gun

You'll use the JN Insta-Jet right through winter, spring, summer and fall. And it will do your heart good! Because it takes the work right out of dozens of clean-up chores around your house. In winter, the adjustable instant-action flame clears away ice and snow faster than you'd believe possible. Whips right through even the heaviest drifts. Cleans walks and driveways. Routes clogged gutters of ice and old leaves. Thaws frozen pipes. No straining, no stooping, no bending. And you can say a final farewell to shoveling!

In summer, your JN Insta-Jet Flame Gun burns out weeds so fast, it's downright amazing! Destroys insect nests at a safe distance. Edges walks, paths, lawns and flower beds. Burns out unsightly grass between bricks or flagstones on the patio. Removes old paint from hard-to-reach places. All without exertion. And without staining your clothes.

Outperforms The Others!

This remarkable gun produces a clean, hot flame for up to 14 hours on a single standard cylinder of propane gas—easily obtainable at most hardware, paint and department stores. Compare efficiency. Kerosene-burning rods (costing as much as \$29.95 and more) work only twenty minutes to one hour before requiring refilling. What's more, the JN Insta-Jet propane flame is nearly twice as hot as kerosene. And the Insta-Jet is clean . . . can be used indoors or outdoors. Kerosene rods are messy . . . their flame leaves an ugly black residue on both the gun and the cleaned area.

Yes, compare. *It's no contest!* This JN Insta-Jet wins on virtually every count! So use your head instead of straining your heart. Send for this money-saving, work-saving flame gun today —without risking a single penny!

UNCONDITIONAL FREE Replacement Guarantee!

We guarantee the JN Insta-Jet Propane Flame Gun absolutely. If you should damage it, return it to our factory together with \$1.00 to cover the cost of shipping and handling. We will return it in perfect condition or send you a brand new JN Insta-Jet Propane Flame Gun as a replacement.

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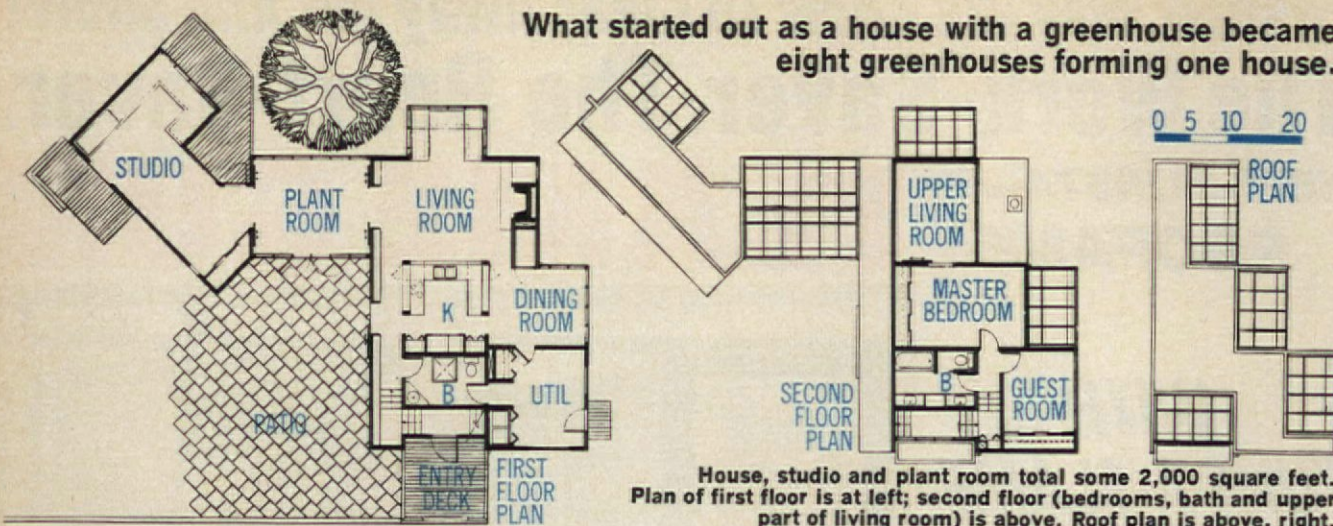
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What started out as a house with a greenhouse became eight greenhouses forming one house.



House, studio and plant room total some 2,000 square feet. Plan of first floor is at left; second floor (bedrooms, bath and upper part of living room) is above. Roof plan is above, right.

The house in the woods that Bob and Judy built is a fusion of eight greenhouses, all ordered from a catalog. (For your free copy, write: Lord & Burnham, Irvington, N.Y. 10533; ask for catalog #2001.) In the Lozanos' house, living areas are on the first floor; master bedroom, bath and guest room are on the second; studio is separate (see floor plans, above). And all around, bringing in brightness and compelling outdoor views, are the greenhouses. Their cost—

the Lozanos figure all eight add up to less than \$7,000, or 20 percent of the house's total cost. Their drawbacks—none, so far. They survived the first torments of winter with honor; Bob has developed a curved gadget that makes washing them a breeze; Judy is designing canvas shades for the bedrooms.

For all its glassy impact, the Lozano house is essentially a simple wood-frame form of natural cedar plywood, used inside and out. Outer panels are 3/8 inch

thick; interiors (mounted, along with doors, by Judy and Bob) are 3/8 inch thick. The beauty of cedar plywood, says architect Behn, is that "it grays so nicely, naturally." When photographed, the nearly one-year-old house was turning a handsome, quiet silver. Before long, it will be as much a part of the natural scene as the redwoods around it.

For other greenhouse ideas, see "Which Is the Greenhouse for You?" page 76.

A Special Offer for Only \$1.00

SNAP-APART ANIMALS SPELL THEMSELVES

Six domestic, farm and ocean animals in bright snap-apart, unbreakable plastic. The sections, when snapped together, spell out the name of each animal. A duck, dog, cow, fish, cat and rooster. Teaches letter association and color. Educational Snap 'n Spell fun for the younger set. 20 pieces.
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SHOPPING INFORMATION

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

THE ADAPTABLE ACORN
Page 20, center, left: Round basket, glass pitcher, bamboo tray, Azuma, N.Y.C.

SEED-PACKET ART
Pages 54-55: Lucite paperweight, Capricia Creations, Inc., Newbury, Ohio; stationery, Crane & Co., Inc., Dalton, Mass.; letter holder, stationery box, blotter, plastic flower pot, Lucite frame, M.H. Lamston, Inc., N.Y.C.

EATING RIGHT FOR THE GOOD LIFE
(All sources N.Y.C.) Page 57: Pitcher, Hubert Des Forges. Pages 58-59: Eight-shaped dish, Georg Jensen, Inc.; round casserole, Design Research International, Inc. Pages 60-61: Casserole, platter, stainless-steel salad bowl, napkin, Georg Jensen, Inc.

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FMH — the fat mobilizing hormone by experimenting on himself

You can now command your body to melt away fat

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The Famous Superdiet — Dr. Atkins' Diet Revolution reveals in full the recently discovered weight loss secret.

You don't need pills — you don't count calories — you don't even need willpower (because you're never hungry)!

Yet you can lose 10-50-100 pounds or more (6 to 8 the first week!) and keep it off for the rest of your life!

It's truly a Diet Revolution!

For over 50 years we've all been brainwashed into thinking that the only way to lose weight was to cut calories. "It's a hoax!" says Dr. Robert C. Atkins. We all know some lucky person who can "eat like a horse" and never gain a pound — what has she or he got that you haven't got?

Now we know!

It's FMH (the Fat Mobilizing Hormone).

This is a substance that signals your body to start "living off its own fat." It was isolated in pure form only a dozen years ago, and it was just a medical curiosity until Dr. Atkins discovered how to make his body — your body — anybody's body — produce FMH on command! Listen to his story:

"Only 10 years out of medical school I was already a fat man, 40 pounds overweight, with 3 chins! Yet I have no willpower — even the idea of hunger scares me. I knew I could not follow a low-calorie diet for even a single day." He read about FMH, and by using his own body as a laboratory, discovered that he could command it to make this miracle hormone whenever he wished. The FMH switched his body engine over to a different "fuel" — it started to burn fat. He continued to eat all he wanted — he never felt hungry, and at the end of six weeks, he had lost 28 pounds! And the diet revolution was born.

Why the Diet Revolution works.

Dr. Atkins found a simple test that would tell him when his body engine was burning fat. And 65 employees at AT&T agreed to try it. **Every single one lost as much weight as he wanted — yet not a single one was hungry!** Then the news got out — and thousands, many of whom were 50-100 pounds overweight, flocked to Dr. Atkins' office for treatment.

Is it any wonder celebrities like Roberta Peters, Buddy Hackett and David Susskind have told the world about the miracles this diet works? Is it any wonder his diet has made news in magazines like *Vogue*, *Town & Country*, *Cosmopolitan*, and *Woman's Day*?

Read these incredible true stories!

From size 18 to size 8! Beatrice G had been taking diet pills since she was a fat 9-year old! Yet when she came to Dr. Atkins, she still weighed 166 pounds and wore size 18! Now she's size 8 and still losing! "The best part is I know I'll never have to go hungry again!" she says.

Loses 85 pounds in 17 weeks. Herb W weighed 367 pounds at the age of 32. He had tried diet pills and started and quit Weightwatchers several times. After four months of Dr. Atkins' diet, he had lost 85 pounds — yet he was never hungry. "I'm losing, but I'm not on a diet. I'm eating up a storm," he says happily. "It's fantastic!"

(MAIL NO RISK COUPON TODAY)

American Consumer, Dept. DA-18
195 Shippan Ave., Stamford, Conn.

Which of these dieting mistakes do you make?

1. Do you have nothing for breakfast but high protein cereal with skim milk? "WRONG," says Dr. Atkins. "Have two fried eggs and all the bacon you want!"
2. Do you try to get by for lunch with nothing but a piece of lean ground beef with a little ketchup on it? "WRONG," says Dr. Atkins. "Have two cheeseburgers instead."
3. Do you skip lunch entirely and nibble a tiny box of raisins? "WRONG," says Dr. Atkins. "Have some chicken Kiev dripping with melted butter!"
4. When you eat out, do you go off your diet? "No need to," says Dr. Atkins, and tells you how to enjoy Chinese food, French food, Italian food right from the menu.

Why Dr. Atkins' diet will work for you.

1. **Unlike any other diet — you control your own body chemistry to burn off unwanted fat and keep it off.** (You're different from everybody else on earth, so Dr. Atkins' simple test, which you make every day, lets you know it's working, and lets you regulate your weight precisely.)
2. **Unlike other methods — there are no pills to take, no calories to count, no strenuous exercises, and not a single hunger pang to suffer through!** (You'll probably eat better than you ever have — and feel better too — because you can lose while enjoying such luxuries as berries with whipped cream, bacon, cheeseburgers, butter, fried foods, all kinds of meats, poultry and seafood — even asparagus with real hollandaise sauce!)

The Diet Revolution tells you everything you need to know.

Why diet pills are bad news (p. 88)
How to start your body producing (FMH) — the fat mobilizing hormone that flushes out and burns up your excess weight (p. 16)
How to test yourself and regulate your rate of weight loss (p. 126-130)
How to tell if brand name foods and diet drinks are okay — and which to beware of (p. 163)
Why calorie counting and starvation diets are a hoax (p. 94)
The 4 simple things you do to start (p. 123) — . . . and 94 pages packed full of luscious meal plans, food lists and recipes — and you can eat every one!

If you read and follow Dr. Atkins' advice, four beautiful things will happen to you

1. You will feel free of hunger.
2. You'll feel better . . . perhaps better than ever before!
3. You will lose weight the first week, and continue to lose until you reach the weight you want to be! Most men lose 7-8 pounds the first week — most women 5-6 pounds!
4. You'll lose inches from your measurements . . . right where you want to lose them!



After completing his medical education at the University of Michigan and Cornell Medical School, Dr. Atkins interned at Strong Memorial Hospital, and served his residency at Columbia University Hospitals, and St. Luke's Hospital. Specializing in cardiology, he knew that obesity is one of the primary reasons for heart trouble.

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**ORDER NOW! THIS BOOK COULD
CHANGE YOUR LIFE!**

If you are over your "ideal weight" (most people are) . . . if you've ever tried to diet it off or exercise it off and failed . . . if you've tried a "crash diet" and put weight right back on when you stopped . . . if you're afraid to stop smoking for fear you'll gain weight . . . if you've tried amphetamine pills, water pills and injections without results . . . this amazing book could help you change your life! The week after you get it in your hands you could be 8 pounds lighter and many times happier!

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Yes, rush me _____ copies of Dr. Atkins' Diet Revolution, 310 pages in hard cover first edition. I may read it and try the diet 30 days free. If it disappoints me in any way . . . if I don't lose the weight and inches I want . . . if I'm not absolutely delighted, you will refund the full purchase price

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WHICH IS THE GREENHOUSE FOR YOU?

By Lawrence V. Power

They come in all shapes. One of them may be the nicest thing you'll ever do for your home.

Visionaries like Buckminster Fuller predict that man's destiny is to live encapsulated in great, glass-domed cities. Hopefully, environmentalists will save us from such a hothouse existence; but a *little bit* of living under glass—in the way of a sunny plant room, atrium or greenhouse—can be a wonderful thing. Using glass on a reasonable scale brings the outdoors in, opening up your home to new space, light and beauty. For proof, see pages 48-49 about families who have discovered "Six Sunny Greenhouse Ideas" for living. Or look at the young couple (pages 42-47) who incorporated *eight* greenhouse arrangements into their new California home, confirming that "People Do Live in Glass Houses."

Greenhouse living brings many rewards, including the pleasures of a year-round garden: When you garden with glass you can extend summer blooms into autumn, warm up winter with fruits, flowers and vegetables and give your spring flowers a beautiful head start.

Most of the greenhouse units we show in this issue were tailor-made. But today, thanks to mass production and the use of new materials, there are ready-made greenhouses to suit a wide range of tastes and expenditures. Even if you're an apartment dweller or have limited space around your home, a greenhouse can be yours—a window model. These come in standard sizes, rarely need to be heated and are easily installed. A 33-by-52-inch unit with two shelves, an adjustable screened vent at the top and a humidity pan at the bottom can be purchased from Lord & Burnham (see box, below) for under \$140.

If you want a full-size greenhouse, you can choose between a *freestanding* or an *attached* unit. For the former, you'll need room: It should be placed to capture optimum light, since all four sides are exposed. For an attached unit that opens off a back or side door, you'll need a house wall with a southern, southeastern or southwestern exposure. These units come in two styles: The *even-span* is a full greenhouse; the *lean-to* looks like a freestander that's been cut in half lengthwise (see page 49, bottom right).

Any of these styles is available ready-made (prefabricated—you assemble it yourself) with framework of redwood or aluminum. If you buy a *built-up* redwood greenhouse (one with a wall partway up the sides), you'll pay about \$605 for a 10-by-14-foot freestanding model, \$580

for an even-span unit the same size and \$435 for a 7-by-14-foot lean-to. If you want a unit with glass all the way to the ground (no wall), add \$100 to \$150 to these costs. If you're interested in a built-up aluminum model, you'll find that a 10-by-14-foot freestanding type sells for \$1,000, a 10-by-14-foot even-span unit for \$850 and a 7-by-14-foot lean-to for \$600. Again, add \$100 to \$150 for the glass-to-ground type. These prices are approximate, and do not include shipping costs or local taxes.

Each type has advantages—and disadvantages. The lean-to is inexpensive to heat because one wall is the side of your house. But since even-span units of similar size have two long sides of glass, they offer 50 percent more growing space than the lean-to, yet cost only 25 percent more. Both attached models are cheaper than the freestanding kind since less glass is used. And you can enter them from your home—nice for you and your plants in winter. The freestanding models are an impressive sight in the right setting, but all that glass makes them expensive to heat in winter, and you'll also have the expense of hooking them up to your utilities.

Aluminum is the most popular framework material for any glass greenhouse because it requires no maintenance. Redwood-frame units are less expensive than aluminum and, since wood is the better insulator, they're also cheaper to heat. But they do require painting or treating every few years.

Your choice of greenhouse will determine whether or not you'll have to build (or *have* built) a foundation. The built-up style needs one that extends below the frost line; the glass-to-ground greenhouse requires nothing more than a wood sill of 2-by-6-inch boards or a 6-inch concrete footing. Incidentally, no matter which type you choose, you will probably need a building permit.

When budgeting for a ready-made glass house, count on spending between \$5 and \$7 per square foot, exclusive of shipping, foundation or labor. And add in about \$120 for aluminum benches, \$100 for automatic vents. There are other accessories, too. You may not need them all, but the right equipment will simplify maintenance and increase your gardening and living pleasure. First, heating: For a small greenhouse in moderate climates, an electric heater with thermostat is the least expensive (\$90 to \$120) solution. For larger greenhouses

or more severe climates, gas or forced hot-water systems are the best buys. A no-vent gas unit that creates no noxious fumes and delivers 26,000 BTU's costs under \$300. A larger hot-water system that needs a chimney and produces 100,000 BTU's sells for about \$500.

Next, cooling the greenhouse when things get too hot: For most units, a 12-inch fan with self-closing louvers (about \$120) is fine. Shade will also keep the greenhouse temperature down, and there are some plants that *require* shade. You can get it with rolls of wood (\$165) or woven fiber glass (\$60), but the most economical method (\$10 to \$15) is to buy a 25-foot roll of green vinyl and cut it in strips that you press onto the interior of the glass panels after you have moistened them. In fall, the strips can be removed and stored. Greenhouse plants need high humidity, and you'll want a humidifier to maintain the best levels. You can buy a unit for \$100; \$20 gets you a kit to hook it to the water supply; \$18 buys an automatic control.

There's no denying that buying a greenhouse can put a temporary strain on your budget, but it's still a relatively inexpensive way to add space and beauty to your home and you will get rewards that simply can't be measured in dollars.

The range and diversity of greenhouses are so vast that space does not permit descriptions and sources for all. Write to any of these national greenhouse manufacturers for a free catalog of their lines. Be sure to order your greenhouse from a company with shipping points near your home.

Aluminum Greenhouses, Dept. AH, 14615 Lorain Ave., Cleveland, Ohio 44111

Geodesic Domes, Dept. AH, Rural Route 1, Bloomington, Ill. 61701

Ickes-Braun Glasshouses, AH, P.O. Box 147, Deerfield, Ill. 60015

Lord & Burnham, catalog #2001, Irvington, N.Y. 10533

J.A. Nearing Co., Inc., Dept. A-1, 10788 Tucker Ave., Beltsville, Md. 20705

Redfern's Prefab Greenhouses, Dept. AH, 55 Mount Herman Rd., Scotts Valley, Calif. 95060

Stern's Nurseries, Inc., Dept. AH, Geneva, N.Y. 14456

Sturdi-Built Mfg. Co., Dept. T, 11304 Southwest Boones Ferry Rd., Portland, Ore. 97219

Texas Greenhouse Co., Inc., #2721A, St. Louis Ave., Fort Worth, Tex. 76110

Turner Greenhouses, AH, Box 1260, Goldsboro, N.C. 27530

DEAR American Home

"ONZE" OF MANY NAMES

Regarding your article in the November AH on the new card-game rage called "Onze," if you'll refer to the book According to Hoyle, you'll find the game listed there under the name of "Liver-pool Rummy."

Mrs. Roy Ford
Doniphan, Mo.

So what else is new? We've been playing it for 20 years or more, calling it "Crazy Rum."

Clarice Rook
Springboro, Ohio

We've played it since 1965 and called it "Shanghai."

Michele Cierniak
Kenmore, N.Y.

"Zioncheck" was what we named it, and it sure was a favorite during World War II.

Mrs. G. McEachron
Argyle, N.Y.

Our folks taught and played it with the children around the kitchen table over 45 years ago and called it "Contract Rummy."

(Mrs.) Mildred Stott
Kansas City, Kans.

We used to play this game with my parents and their friends about 25 years ago—it was known as "May I?"

Mrs. K. Hamilton
Hamilton, Ont. (Can.)

IN PRAISE OF QUILTING

I have just seen a copy of October AH, and I hasten to send you a few lines of heartfelt congratulations. The article on quilts, based on our collection at Shelburne, is the epitome of both beautiful taste and marvelous talent. The photography is superb. The way you have arranged each photograph with the various "props" found here at the museum is unique. Your feature on the quilts is certainly the loveliest that has ever been done on anything here at the museum.

J. Watson Webb, Jr., President
Shelburne Museum
Shelburne, Vt.

"HOUSE OF THE YEAR" KUDOS

As a gallery owner who is primarily interested in good area artists, I wish to commend you on your choices from Atlanta galleries for your "House of the Year" in October. May I also congratulate you on the superb job you have done in decorating this house as a whole? Your choice of colors is particularly stunning.

George H. Malone
Milwaukee, Wis.
(continued)

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78

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DEAR AH continued

Let me say at once that I love your work. The "House of the Year" in October AH is brilliant. I absolutely could move right in. The master bedroom particularly appeals to me.

Jayne Ann Moody
Metairie, La.

BEER BLAST

I was appalled when I read the article "Join the Beer Bandwagon" (October AH.) Our world is bad enough without advocating the consumption of beer. Drinking at home leads to more indulgence in the tavern. It does "spark conviviality and make for laughter"—the drinkers soon lose their possession of sense and reason and hilariously laugh and react. How could you allow this to be printed and not censored?

Sadie A. Johnson
Milwaukee, Wis.

We regret that you found the article offensive. Many Americans enjoy the consumption of beer, wine and liquors, and we believe that their moderate use is part of the good life. Remember, too, the Bible's admonition: "Drink no longer water, but use a little wine for thy stomach's sake . . ."

AWARD-WINNING CRATES?

As inhabitants of the Monterey Peninsula, we are shocked. In your September issue you picture a complex of apartment houses built on Monterey Beach and give them a "Best Houses" Award. These buildings have all the elegance of a bunch of stacked vegetable crates. They are considered detrimental to our environment and deface our hard-to-protect shoreline. "Attractive cluster housing?" Oh, wow! How could you?

Helen Orem
Pacific Grove, Calif.

The award-winning houses are chosen not by one or two people on the staff of AH, but by a jury of architects, editors and students, who base their choices on good design and livability. There is bound to be some disagreement among even the best of juries—as there are among readers.

SOUP SUCCESS

As a new subscriber, I tried your Cooking Lesson No. 48, "Onion Soup Gratinee," September AH, and the venture was a complete success. Congratulations also to the photographer. His color photos direct the reader to your tasty recipes. Wishing you continued success with your work and looking forward to some fine recipes in the future.

Joseph H. Gauvin
Rahway, N.J.

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

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by Mike Senkiv



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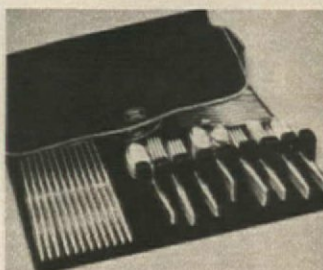
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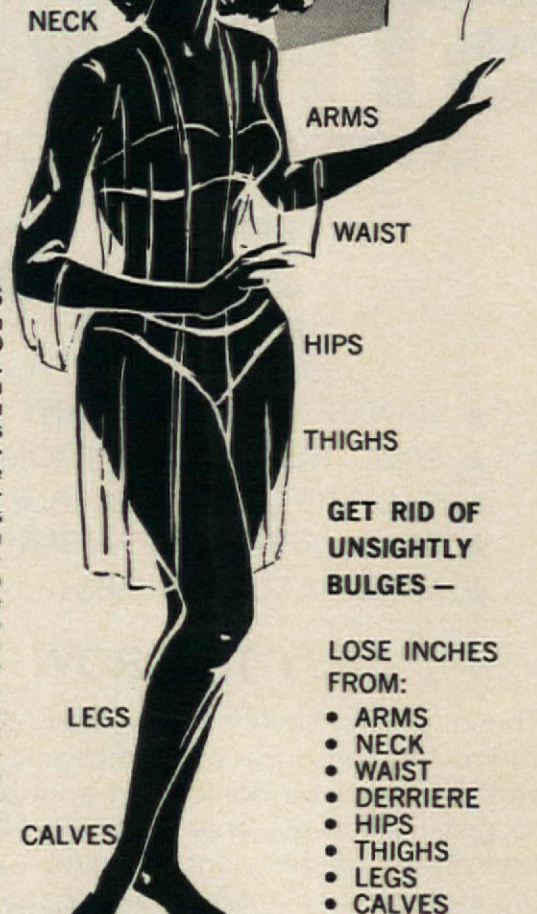
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■ TWO for only \$8.98 [■ FOUR for only \$15.98 (You save \$4.00)



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We take such pride in the merchandise we offer, that we're completely confident in offering this NO-LIMIT guarantee; if at any time you are not satisfied for any reason whatsoever with your order, please return for a full refund of your purchase price. A satisfied customer is our greatest reward.

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Kindly rush _____ Library Bookcase (Z53124X) at the amazing low price of only \$4.98 each plus 90¢ to cover postage & handling. I understand that if I am not completely satisfied, I will return for a full refund.

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New In America!
EUROPE'S AMAZING COSMETIC

ALL-DAY FACE-LIFT

THAT MAKES YOU LOOK UP TO 15 YEARS YOUNGER IN JUST 2 MINUTES TIME OF DAILY APPLICATION! And helps keeps you looking up to 15 years younger ALL DAY, EVERY DAY...even while you sleep!

Yes, helps bring back the look of youth to sagging skin... actually see lines, wrinkles, crows feet start to disappear from sight in JUST MINUTES... sagging, loose flesh tighten, tauten and firm up before your very eyes!

NOT A COVER-UP, NOT A POWDER...BUT ONE OF THE MOST EXCITING BEAUTY DISCOVERIES AND TEMPORARY WRINKLE REMOVERS SINCE PLASTIC SURGERY!

French science has finally done it... come up with a BREAKTHROUGH to the age-old problems of lines, wrinkles, crows feet—the horrid, beauty-destroying signs of age. The secret? A thrilling new ALL-DAY FACE-LIFT that with just a simple 2-minute application each morning helps bring back the look of youth to aging skin... helps build back youthful suppleness and moisture-laden vibrancy to crinkly, crepey tissues... actually helps DO AWAY WITH lines and signs of age as it magically tightens, tautens, firms up and freshens up your entire skin IN JUST A MATTER OF MINUTES OF DAILY TREATMENT!... And it's yours to try on this limited introductory offer to the women of America without risking a single cent.

EVEN MORE AMAZING RESULTS IN JUST A MATTER OF DAYS!

Just to give you an idea of the incredibly exciting results cosmetic science now makes possible read for yourself what may happen to you when science's new ALL-DAY FACE-LIFT is used.

1. If applied to the faces of women between 30 to 65, this natural moisturizer helps revitalize the skin, feed such new richness to the skin that in just minutes you actually see and feel the difference. Yes, actually see lines, wrinkles and crows feet start to LIFT AWAY from sight... start to become invisible... as a smoother, softer skin starts to blossom forth.

2. Not only do many women's complexions radiate with a new youthful glow (no matter how old that woman may have looked before this) but even more significant, even more important, is the startling fact that it dramatically helps also tighten up and tauten up the appearance. Faded, gone from obvious sight are age-producing saggy-soft jowls... even better, no more beauty-destroying under-eye puffiness... no more loose, crepe-paper flesh at the neck and throat. Instead, even in cases of women old enough to have grown-up grandchildren, there suddenly appears a firmer, softer, fresher, more youthful appearance in every feature. The droop of age was gone—the bloom of beauty is back.

3. But most encouraging and rewarding of all—this BRAND NEW, MORE YOUTHFUL APPEARANCE LASTS ALL DAY without risk, pain and heavy expense... and because it's so gentle, so totally safe, you use it over and over again each morning when you arise, to keep a constantly more youthful appearance. And before you even know it... have a truly, deeply fresher, more radiant, lovely skin. You'll look in the mirror and swear time ran backwards for as much as 15 years! And remember—you may be able to achieve this YOUTHFUL LOOK without drastic procedures like plastic surgery.

DISCOVERED BY LEADING FRENCH DOCTORS

Developed in France! Awarded 2 French patents! Sold in France for a queen's ransom... up to \$18 an ounce! Discovered, researched and developed by leading French doctors and cosmetologists... Here at last is a way to true beauty... to a true glow and radiance of youth. Discovered by Dr. Felix Edmond Pasteur (Docteur en Medecine) in collaboration with Mr. Paul Danmanville (Docteur es Science Ingenieur Chimistes). Here is a TRULY EXCITING COSMETIC DISCOVERY.

AN EAGERLY SOUGHT FOR SOLUTION FOR MANY COSMETIC PROBLEMS: LINES, WRINKLES, CROWS FEET AND SAGGING, CREPE-PAPER SKIN THAT ALL WOMEN HAVE YEARNED FOR, SEARCHED FOR AND PRAYED FOR... FOR SO MANY YEARS.

A NOTE ON THE DEVELOPMENT OF "GENESIS-21"...

- Discovered, researched and developed by two French doctors:
- Dr. Felix Edmond Pasteur—with a history of scientific research and discovery, and...
- Mr. Paul Danmanville—Graduate of Institute of Industrial Chemistry, Rouen, France; Doctor of Science, Strasbourg University. Devoted his life to cosmetics. Former vice-president of French Cosmetic Society—scientific section...
- Perfected after years of research and study, finally awarded two French patents...
- Produced and distributed in France by Societe d'Etudes Dermatologiques, a noted research organization that devotes itself to pharmacological excipients and to specific cosmetics for the skin, headed by leading French cosmetician with over forty years of experience...
- Sold successfully for up to \$18 an oz. in the very heart of the cosmetic world—France, to thousands of pleased, discriminating, sophisticated French cosmetic buyers...
- And finally available in America by COSMETIQUE FRANCOIS, through special arrangement with Societe d'Etudes Dermatologiques.

DR. PASTEUR'S COSMETIC DISCOVERY THAT HELPS LIFT AWAY OLD AGE SIGNS!

Now comes glorious news... a cosmetic discovery over the "aging look" that women have yearned for. News of a moistening-enriching-temporary skin treatment for lines and wrinkles that helps nature firm away, fade away, the cruel ravages of time so apparent on the surfaces of your face. News of a SUPER-PROTEIN-EMOLIENT that you apply directly to the skin... that helps awaken the skin as it gently encourages a youthful bloom again... and brings back a more glowing mois-

AT LAST! France's Answer To These Vexing Problems



15-Years of Age Gone From Sight!

Here is living proof... untouched photographic proof of how Europe's incredible GENESIS-21 worked on this French housewife. Even more amazing—not only does this simple 2-minute treatment keep you looking younger all day, all night... and in about 20 days actually helps create a fresher, newer, younger-looking appearance... without all those horrid lines, wrinkles, crows feet and sagging under-chin creases... AND WITHOUT RESORTING TO PLASTIC SURGERY! It is one of the most important, most significant beauty developments... and now, finally available in this country for you to try on a complete no-risk trial basis. See below.
POSED BY FRENCH SCHOOLTEACHER

ture-richer complexion to women of all ages. Yes, GENESIS-21, a brilliant new super-concentrated food for thirsty skin that in just 2 minutes a day gives you a look of youth... that may make you look up to 15 YEARS YOUNGER!

In fact, GENESIS-21... so totally effective that in many cases it helps lift away lines and signs of age for a full day or full night at a time... but in just a matter of 10 to 20 days has helped create a fresher, cleaner, clearer you. That's right—a cosmetic all-day face-lift that gives you, in just minutes after you apply it... a fresh, radiant, new look. Now do you realize why this is such a significant youth-giving aid. Yes, now you can fully realize... fully appreciate the help you can give yourself... the joys you may once again re-live thanks to this triumph by noted French scientists.

STARTING IN TWO-MINUTES...

HERE ARE THE RESULTS THAT MUST HAPPEN

The name of Dr. Pasteur and Mr. Danmanville's cosmetic all-day face-lift is GENESIS-21... for it truly is a beginning, a new start, a second chance for youthful beauty. However, the best proof of just how effectively GENESIS-21 chases away lines, wrinkles and crepe-paper skin... how it cosmetically helps remove, erase, lift away up to 15 years from your appearance... IS TO TRY IT YOURSELF, ENTIRELY AT OUR RISK, IN THE PRIVACY OF YOUR OWN HOME.

RESULTS UNCONDITIONALLY GUARANTEED ON AMAZING "NO RISK" TRIAL OFFER

If after treating yourself to the luxury of GENESIS-21 you don't see your complexion grow fresh, radiant, younger... if you don't see lines, wrinkles, crows feet, under-eye puffiness and under-chin sagging start to vanish from sight... if your entire face, neck, throat isn't firmer, smoother, clearer, tighter and tauter... if just one glance in the mirror, one admiring stare from friends, family, your loved ones doesn't convince you that you may have made time stand still, and perhaps even helped turn back the hands of time in appearance... in other words, if you don't honestly agree that this cosmetic GENESIS-21 isn't by far an outstanding beauty discovery... one that may transform your appearance, change your life... THEN SIMPLY RETURN JUST THE LABEL FOR A FULL REFUND and keep your GENESIS-21 as our gift to you for trying... it has cost you nothing—you have treated yourself entirely at our expense. RESULTS ARE UNCONDITIONALLY GUARANTEED... so why hesitate? It doesn't have to cost you a penny. Order now with complete confidence and take advantage of the amazing No Risk Trial Offer. Use the handy No Risk coupon below.

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**Cosmetique Francois, Dept. AH1
7471 Melrose, Los Angeles, CA. 90046**

Please rush me on the special trial basis described above a generous 2-oz. supply of GENESIS 21 for which I enclose \$9.95 in cash, check or money order. I understand that if I am not delighted in every way I will receive a full purchase price refund...and GENESIS 21 is mine to keep absolutely free.

Name _____

Address _____

City _____ State _____ Zip _____

SPECIAL OFFER: Order 2 jars for only \$17.80, a saving of \$2.00. Same money-back guarantee.

C.O.D. orders accepted. However, you pay all postage and C.O.D. charges. Same money-back guarantee. \$3.00 good-will deposit required on all C.O.D. orders.

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THE LION HEAD PITCHER

Sparkling Rich
Crystal Accented
With The
Gleaming
Splendor
of Silverplate



Just imagine the stately elegance you'll lend to your table setting with this magnificent decorator replica of an old English antique. The top and handle of this true Victorian treasure is antiqued silver plate lavishly engraved with a three dimensional leaf and grape pattern and a symbolic Lion's Head spout. The base is clear diamond-pattern crystal, and the overall beauty of this 5 3/4 inch collector's masterpiece is difficult to convey in the small photo shown here. The ornate hinged cover lifts up for easy filling of your favorite liqueur, or syrup, cream, salad dressing, melted butter... to suggest just a few of its versatile uses. Or simply use it to adorn your mantel, or shelf as a true collector's piece. But hurry, order now, it's certain to become an heirloom in your family. Order several... they're perfect as gifts. Only \$4.98, and at this low price they're sure to go fast. Come in or mail handy coupon now.

\$4.98

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What a buy! For this amazing low price, you get a whole new fashion look for yourself... a curvy-line dress, plus its own matching coat! Wear them as a duo for smart ensembling... or separately with the rest of your wardrobe. Both pieces in firm rayon knit bonded to acetate tricot for sure shape-keeping. Both accented with contrasting top-stitching. Chic button detail on coat; dress has zip in back. Camel with brown trim, Navy with white trim, Lt. Blue with Navy trim.

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Now your house plants get all the light and sunshine they need, and at the same time create a dazzling window display. Exquisitely scrolled white metal brackets hold a pair of 22" by 4" deep clear plastic shelves. Unit hooks quickly and easily right over your window... no installation needed. And it won't interfere with opening or closing the window.



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Just think of all the marvelous uses... display fine china and glassware... those exquisite decorator pieces you've been collecting... even books and records. And at this low price, order several... they're great for double windows. But hurry, order now. Supplies are limited and they're sure to go fast. Money back if not completely delighted.

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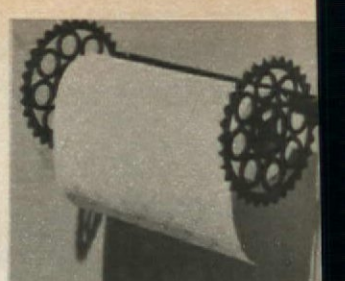
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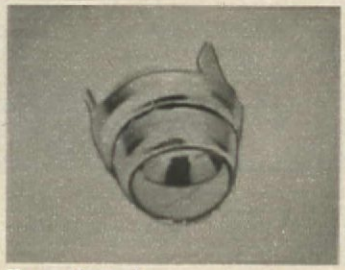
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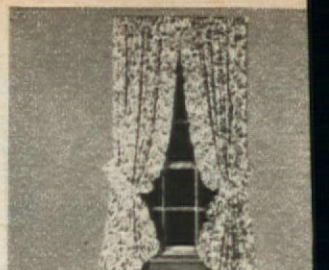
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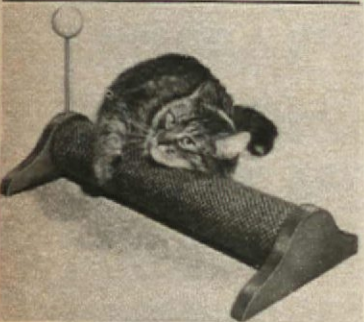
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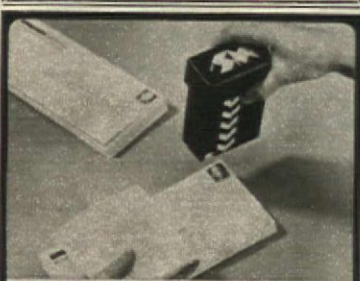
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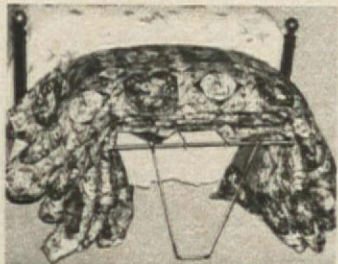


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WORTH OVER \$1. AT CATALOG PRICES—only 10¢! Get a beautiful collection from far corners of the once mighty British Empire. Visit fabled South Seas, romantic Caribbean, pirate strongholds. Get stamps shown PLUS Dominica, Hong Kong, Barbados, Honduras, Cayman, more—each a different colony. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10¢.

WILLIAMS STAMP COMPANY

Dept. 1AH9 St. Stephen, N.B., Canada



Bedsread caddy

Enjoy sleep without your heavy bedspread "crushing" your feet! Toss spread across Caddy that pulls out from beneath mattress. Legs swing into position to hold spread. \$6.98; 2 (for king), \$12.98. Add 90¢ hdlg. Garrett's, AH-1, Box 8415, Dallas, TX 75205.



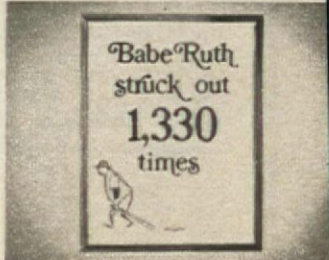
Cavalier pant boot

"Glove" your feet in a beauty box of genuine glove leather. Smooth no-seam vamp; strap adjusts. 1-in heel. Ribbed sole. Red, navy, black, brown, white. Sizes 5-10 M. \$11 plus 80¢ hdlg. Old Pueblo Traders 600-A18-S. Country Club Road Tucson, AZ 85716.



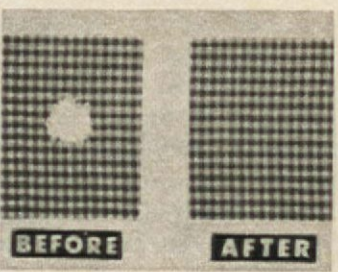
Diamonds

May be a gal's best friend, but a Diamaze gem is a flawless man-made pal! 2 ct. 58 facet gem set in sterling or gold-filled ring. Specify lady or man; size. \$7.95. Catalog of rings plus 1 ct. gem, \$1 plus 25¢ hdlg. Diamaze, Dept. AH1, Dr. A, Howard Beach, NY 11414.



Batter up!

"Strike three and you're out" from daily duties? Just glance at this colorful Babe Ruth plaque as a home-run reminder that there's always another turn at bat! 4 1/4 x 6 in. \$3.95 plus 35¢ hdlg. West-Berg, Dept. AH-1, P.O. Box 4749, Colorado Springs, CO 80909.



Learn and earn

Here's a fine way for needlecraft enthusiasts to put their skills to work by learning invisible mending. Earn up to \$10 in an hour at home, repairing holes, cuts, and tears in clothing. Write for information: Fabricon Co., Dept. 542, 2021 Montrose, Chicago, IL 60618.



Ear-Loks

These ingenious elastic tabs fit right over the ends of ear pieces to keep your eyeglasses from annoying slipping and sliding. So comfortable, you're not even aware of Ear-Loks! Pair, 79¢; 3 pairs for \$2. From Dorsay, Dept. 073-E, 57 Front St., Brooklyn, NY 11201.

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Eliminate all between overhead, profit and labor costs. Nothing to plan or figure. Complete with all lumber, hardware, paint, nails, glass, roofing, etc. Sterling Home quality material throughout.

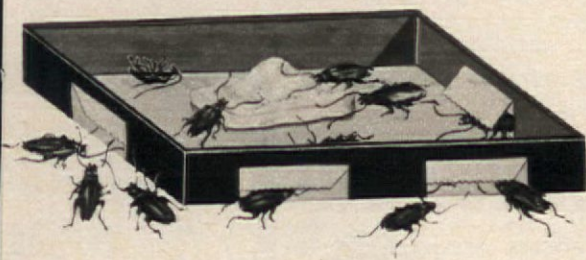
Freight paid most areas. Reduce completed home cost. You can assemble any of 57 designs from easy-to-follow plans. No measuring or cutting...every piece precision machine pre-cut and marked. Send 25¢ today for illustrated color catalog, floor plans and details. PRICED FROM \$3760 UP. Prices do not include carpentry labor, heating, lighting, plumbing and masonry materials. FIVE EASY-PAYMENT PLANS.

THIS HOME \$8160

INTERNATIONAL MILL & TIMBER CO. Bay City, Michigan, DEPT. AH-2

NOW HERE... THE AMAZING CHAIN ROACH KILLER

WIPES OUT ALL ROACH NESTS
-keeps house free from roaches
up to 5 FULL YEARS...or no cost!



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3 ROACH
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GIVEN WITH ORDER

LURES AND KILLS THOUSANDS OF ROACHES

You receive 3 of the traps shown above—yours free to keep—with each can of PHANTOM ordered. Use according to easy directions. Bait with a tiny bit of PHANTOM Powder. Place one to a room. Then get ready for a big surprise! See how many roaches they lure and destroy, week after week.

Each baited trap can kill hundreds, even thousands of these nasty pests. Made to last 5 years or more. **NOTICE:** This free trap offer is for a limited time only. To get yours you should rush the coupon today.

- Contains no dangerous DDT
- No foul odors...no stains

- No fumes...no messy sprays
- Kills all kinds of roaches

Now-at-last . . . you can get rid of all roaches faster than you ever thought possible! Just ONE simple, easy treatment does it. It's called PHANTOM Roach Powder and Traps. This great CHAIN REACTION formula not only kills the roaches you can see. It also kills the invisible ones hiding in the walls, under furniture, sinks, in nooks and crannies.

PHANTOM maintains its roach killing power for years. It's fully guaranteed to guard your home from new infestations by these pests. Not for just weeks or months but up to 5 FULL YEARS or longer. Otherwise it will cost you nothing! PHANTOM contains no dangerous DDT. Its super-charged formula has been approved by the Ecological Protective Agency of the United States Government.

DRIVES ROACHES CRAZY

Roaches of all kinds go wild over this deadly food powder. They gobble it up and they stagger off to die. Then a strange, chain reaction takes place. A fatal disease spreads like wildfire striking one roach after another—until each and every roach, nest and egg is killed off. None escapes alive in the entire nest!

1 CAN LASTS 5 YEARS

PHANTOM never evaporates or decays, because it's inorganic. Odorless. Stainproof. No spraying. No DDT fumes. So powerful—just 1 can clears out 6 to 8 rooms. Now you can get the BIG 5 YEAR TREATMENT at a slashed price of 3.69 plus postage. **BONUS VALUE:** with your can come 3 special roach traps free—while this special offer lasts.

GUARDS HOME AGAINST NEW INVASIONS

After it destroys the roach nests now inside your home, it stands guard against future swarms from the outside. It wipes them out fast—before they get a foothold again. PHANTOM works 'round the clock year after year. Merely set out the POWDER and TRAPS as shown in the easy directions. From then on this great chain reaction formula constantly protects your loved ones, your dishes and food against contamination from these repugnant pests.

SPECIAL OFFER WILL NOT BE REPEATED TO READERS

NOTICE: This money-saving offer with 3 free traps is for a short time only. It will not be repeated this season to readers of this publication. To avoid disappointment, please order your needs at once.

SPECIAL
Reduced Price!

BIG
5 YEAR
SUPPLY **3⁶⁹**

5 YEAR MONEY BACK GUARANTEE

CHAIN REACTION Roach Killer is guaranteed to guard your home against re-infestation from all roaches for a period of 5 years, provided it is used and positioned as per the easy instructions. This money back guarantee expires December 31, 1977.

TRY AT OUR RISK

Even if other insecticides have failed to drive out roaches, try PHANTOM without any risk or obligation. First of all, it's fully guaranteed to eliminate roach nests quickly and completely. Secondly it's also guaranteed to keep away new roach infestations up to 5 YEARS! If you're not satisfied for any reason whatsoever, just mail us the label—nothing else—anytime at all within 5 years. Keep the remaining powder and traps free. We'll shoot back every penny you paid, including postage!

GRAB THIS OFFER! Rush the coupon today. Save plenty and also get the 3 traps free! You have everything to gain and nothing to lose . . . except these foul, uninvited guests! Let this chain reaction formula solve this odious problem! Drive roaches out of your home for life!

ASTOR-SCOTT, INC., Dept 5771-B
2425 Colee Sta.
Fort Lauderdale, FL 33303

ASTOR-SCOTT INC. 2425 Colee Sta., Dept. 5771-B, Ft. Lauderdale, FL 33303

Rush PHANTOM ROACH KILLERS and my FREE TRAPS as checked—on liberal 5 YEAR GUARANTEE. If not 100% satisfied ANYTIME during 5 years, I may return the label on the Phantom package—nothing else—for my money back by return mail. I may keep the unused powder and traps for myself—without any cost or obligation.

PLEASE CHECK QUANTITY WANTED BELOW

- 1 for 3.69 plus 60¢ post./handling. Total: 4.29
Treats 6 to 8 rooms. (FREE—3 TRAPS)
- 2 for 6.29 plus 71¢ post./handling. Total: \$7
Treats 12 to 16 rooms (FREE: 6 TRAPS)
- 3 for \$9. We pay postage. Treats large house, store or office. (FREE: 9 TRAPS)
- 6 for \$17, postpaid. (SAVE \$10.00)
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Make Gifts, Decorations, even Valentines!
January PACK-O-FUN Shows You How.

Imagine the thrill of transforming beautiful Christmas cards you hate to throw away into decorations and gadgets galore. Pack-O-Fun brings you all that and much more.

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Stitch A Field of "Wildflowers"

What could be more charming than this field of wildflowers brought indoors. The kit for this delightful stitchery includes the design stamped on heavy white homespun; 100% wool yarns in soft shades of blues and greens; embroidery floss; two needles and complete instructions for completing either as a 9"x12" picture or as a 12"x16" pillow front. Send only \$3.95 plus \$3.35 postage to:

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Grows better plants, indoors or outdoors. Clean & soluble. 10 oz. - \$1.29. Makes 60 gals. Free catalog. HYPONEX, COPLEY, OH. 44321



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Jackpot Banker works like one-arm bandit, but accepts only. Six combinations real off! Dimes can be removed makes it legal. Fun way to Great for parties. 9x5 in. \$1 \$1 hdlg. The Game Room, AH 1816, Washington, DC 20013



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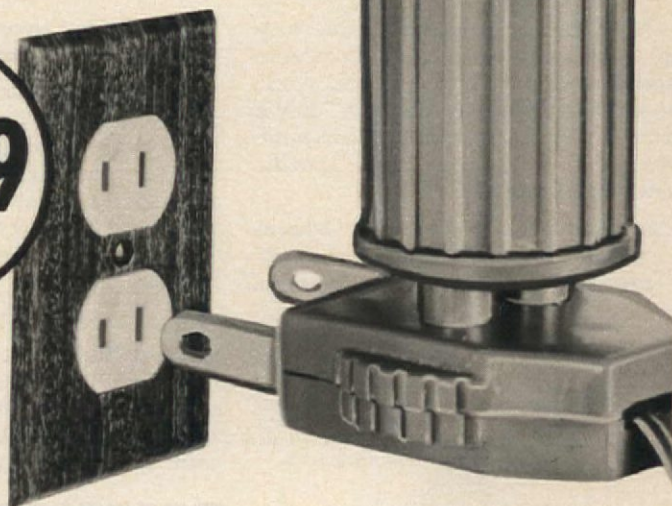
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JUMBO TV ANTENNA

- uses no current
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**Utilizes all the wiring in your home
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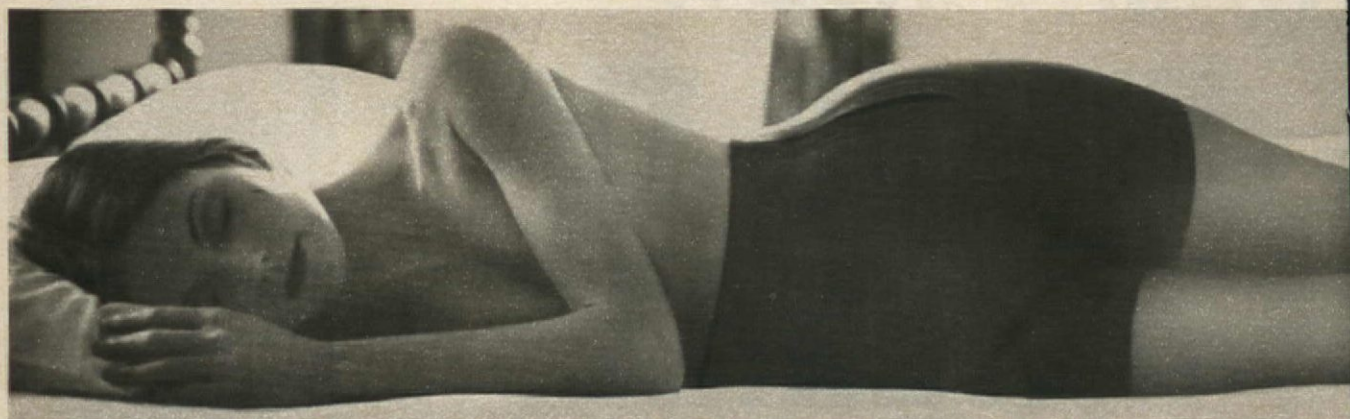
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New. A remarkable breakthrough in inch reduction.

REDUCE WHILE YOU SLEEP

Guaranteed to take 1 to 3 inches off your waist, tummy, hips, buttocks or thighs in one week or your money refunded.

No strenuous Exercises.



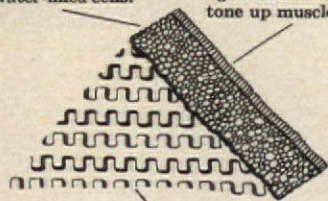
Now there's a dramatic new way to effortlessly trim that "problem middle section" of your body while you sleep. Slumber-Shapers,™ made from a new miracle fabric; *Isosaunatrex* that works on three specific reducing principles.

Isosaunatrex. The miracle "3-layer fabric" behind Slumber-Shapers' sensational reducing effectiveness.

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1. Close-celled structure creates a snug comfortable feeling of warmth and support to break down water-filled cells.

3. 4-way stretch, double-knit nylon conforms to your figure to isometrically tone up muscles.



2. Waffle-textured material works on fatty tissue with every movement.

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Because Slumber-Shapers hug your body with a 4-way contour hugging stretch fit, they go to work on fatty tissue with the slightest movement of your body. They can be worn as an undergarment to slim you during the day. Nobody will know you're wearing them. They will instantly trim the appearance of your waist, hips, tummy, buttocks or thighs to give you a shapely figure while they're going to work on those excess flabby inches.

No awkward wraps, messy creams, or solutions. Nothing to inflate.

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Slumber-Shapers are virtually indestructible, flame-resistant, and won't mildew. They're completely washable and rapid drying. Once you've bought your Slumber-Shapers you'll never

have to buy another pair. You can look forward to a lifetime of inch-reducing slumber.

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AH-1-73

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Short Line
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Thigh
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AT LAST! A DOCTOR WHO SAYS:

Take Food, Not Medicine, If You Suffer from Any of These Ills!

"Why do I AVOID prescribing drugs?", says this brilliant physician, who has cured thousands of patients with nothing more than ordinary food alone! For these four vital reasons"—

1. Because drugs do not produce health. They merely mask the symptoms of a disease... cover up the condition, while the body struggles on valiantly to cure itself.

2. This is the reason why so many men and women, of all ages, no sooner fight their way out of one ailment, than they fall right into another. Why they are always "half-sick". Why they never really know what it means to be completely free of pain, in glowing health. Because they, and their doctors, do nothing more than merely fight off each new attack, and never drain out the poison that is left from that attack, or rebuild the vital weakened tissue before it can fall prey to a new disease!

It Is "Tissue Weakness" That Opens The Door To One New Disease After Another! And NO Drug—Only Food—Can Build REAL TISSUE STRENGTH AGAIN!

3. The lasting way to fight disease, then, is not just to counter-attack each new symptom in its turn... but to build such sheer physical strength into each threatened cell of your body that the organism that causes that disease is either destroyed, or rendered harmless, the very instant it enters your body!

4. This is done in two ways: First, to use a medical-diet to drain out the poisons that make your body weak today. And, finally, to use a second, even more powerful medical-diet to pour Super-Nutrients—Nature's own medicines—into every crippled organ of that body... not only to force out that specific disease, as just as humanly possible, but also to leave that organ perhaps even healthier than before it was first attacked!

See How This NATURAL Method Has Worked—In Thousands Of Case Histories, From Every Walk Of Life, And With Almost Every Ailment You Can Imagine!

Let Dr. Nittler's patients speak for themselves: "When I came to you I suffered from swelling and tingling of extremities, almost constant hunger, periodic weakness, great sensitivity to glare and loud noise... Since becoming your patient I find myself energetic and alert until nearly midnight, awake fully by 7:30 or 8 each morning, in good spirits, not sluggish, and continuing throughout the day glad to be alive, performing challenging tasks!"

"Before I became your patient, I had visited several skin specialists hoping to find help in the removal of what appeared to be growths on my face. Biopsies were taken; result negative. I asked how to get rid of these growths; how to prevent their growing back. I received a shrug of the specialist's shoulder (later, his bill!); he didn't know! Dr. Nittler took one look at the area involved and prescribed (natural) medication for external application which within one week's time cleared up the difficulty. It has not returned."

And Still More Thrilling Results! All Told In The Patient's Own Documented Words!

"However, on Easter Sunday, March 29, 1970, I suffered not only another occlusion, but an acute cardiac arrest. This was preceded by three days of intense weariness, fatigue and restlessness... Only extreme good luck made it possible for me to write these words... They (his regular physicians) believed open heart surgery to be the only hope for giving me a normal life span... It was at this point that I was referred to Dr. Nittler... after his initial examination and after reviewing my medical history... he started me on his "basic heart program"... Within weeks, I noticed great improvement... an increased surge of well-being with each passing week. My family doctor continues to monitor my case. He cannot, at this point, rule out the open heart surgery recommended by his peers, but he is honest enough to admit I've shown great improvement. He says my heart is beating more slowly and stronger... My laboratory tests are all normal."

"I've been subject to asthma all my life. It would come with a cold or when I laughed or exercised too hard. The situation became dramati-

cally worse when we moved to Santa Cruz in 1966. For some reason I'd catch a cold every four to six weeks... Only when I got it, it would go to my chest, develop into asthma, and I could hardly breathe. I was fed up with being sick and tired all the time... So I went through Dr. Nittler's whole program... Now (1971) the few colds I catch are very mild. I can't even remember the last time I had asthma with or without a cold!"

"In the latter part of November past, I broke out in an allergic dermatitis—severe hives... in addition to the hives, I would get a severe pain in an area above the right kidney... It was an acute shattering pain that immobilized me. I was next given cortisone. After 24 hours this would lessen the severity of both hives and pain. As long as I continued with cortisone... I was fine, but when I stopped, severe hives and pain recurred. Then back to cortisone for four or five days, followed by hives and pain. I seasawed back and forth in this manner for several weeks... A friend of mine gave me Dr. Nittler's phone number and begged me to call him... Then on the tenth day under Dr. Nittler's care, something wonderful (to me, a miracle) happened—I was free of my ailments! A staggering weight had been lifted from both my shoulders and my wife's... Now I am in the thirteenth month after the doctor's care, enjoying the best of health and feeling great."

And Literally Thousands Upon Thousands Of Case Histories More! ALL FROM NATURAL "SUPER-FOOD" TECHNIQUES LIKE THESE, THAT YOU CAN USE TOMORROW!

Again, to list only a few examples of the step-by-step "Super-Food" Treatments given you:

Home treatment for constipation that works through your skin, and removes internal poisons, painlessly and automatically, at the same time it restores normal functions.

How to increase the blood flow (and therefore the life-giving oxygen) not only to your heart tissues, but your entire circulatory system. (As just one side-benefit of this new, natural therapy, cold feet simply feel warm and good again!) This process automatically lowers the work load of your heart, and your lungs, and so, as another marvelous side-benefit, almost immediately diminishes the ever-increasing shortness of breath!

How to get rapid relief from gallbladder pain. A treatment that also may enable you to actually, painlessly pass a stone or two (and get rid of them for good). And, at the same time, stimulate the flow of bile from your liver, and begin simultaneously stomach-healing food-therapy.

Why hemorrhoids do not have to be endured any longer! A simple capsule that may yield apparent benefits in a day or two, with restoration of normal function and comfort in a few weeks, just as it has in case after case in Dr. Nittler's files!

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ABOUT THE AUTHOR

Allan H. Nittler, M.D., received his diploma in medicine almost thirty years ago from the University of Cincinnati... has been associated since then with both the United States Army and the San Francisco City and County Hospital. He is a frequent contributor to various magazines and journals, and is recognized today as one of the leaders of the new medical science of preventive nutrition as a major factor against both fatigue and disease.

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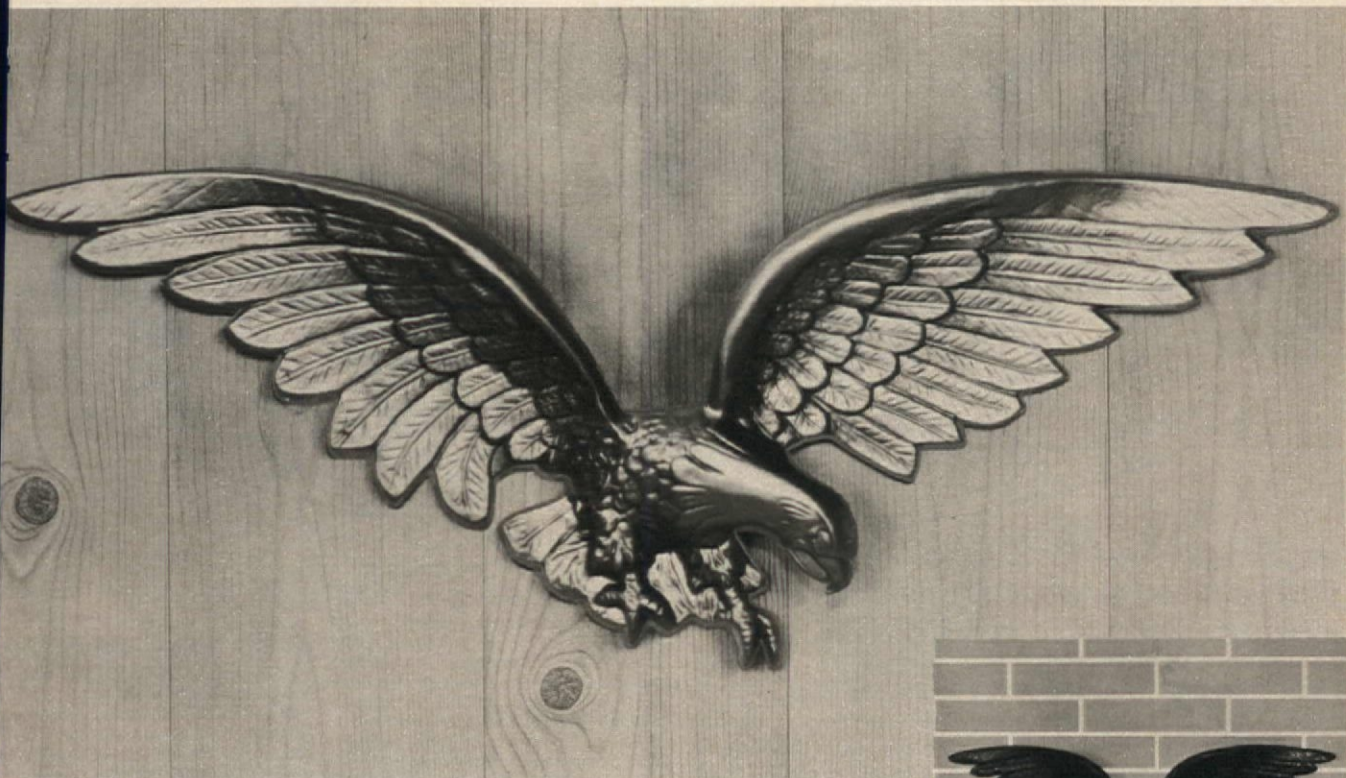
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MELT OFF UGLY FAT WITHOUT STRICT DIETING

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DOCTORS WARN AGAINST STRICT DIETING

The United States Department of Health, Education and Welfare, plus many doctors warn against restricted diets deficient in vitamins, minerals, proteins, fats and starches. You need **all** these elements for abundant health. If you eliminate any of them, you get only temporary weight loss. Eventually, your body fights back and ugly fat returns, pound after pound. Super "C" Grapefruit Diet is **different**. It works **with** you, **not** against you. No hunger pangs, ever. No skipped meals. You feast on hearty breakfasts, lunches, dinners. You enjoy a rich **variety** of good eating—foods you've always **craved** for. Just imagine, you can partake of formerly "prohibited" foods, such as ham, bacon, stews, rich casseroles, creamy desserts, etc. You certainly fill up on many delicious foods. Yet, by following this fast and easy 10 day plan, you can catabolize pounds and pounds of accumulated fat out of your body. Right up to 10 pounds (or more) in 10 days!

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Your body burns up fat very much like a car burns gas. This natural process is called **CATABOLISM**. After years of faulty dieting, excess fats become hardened and lazy—locked up in body tissues. Meantime your body catabolism may also slow down. Result: cholesterol fats may clog up arteries, placing life itself in jeopardy. Fats become lodged in arms, thighs, buttocks, belly, etc. You **look** older. You also **act** older.

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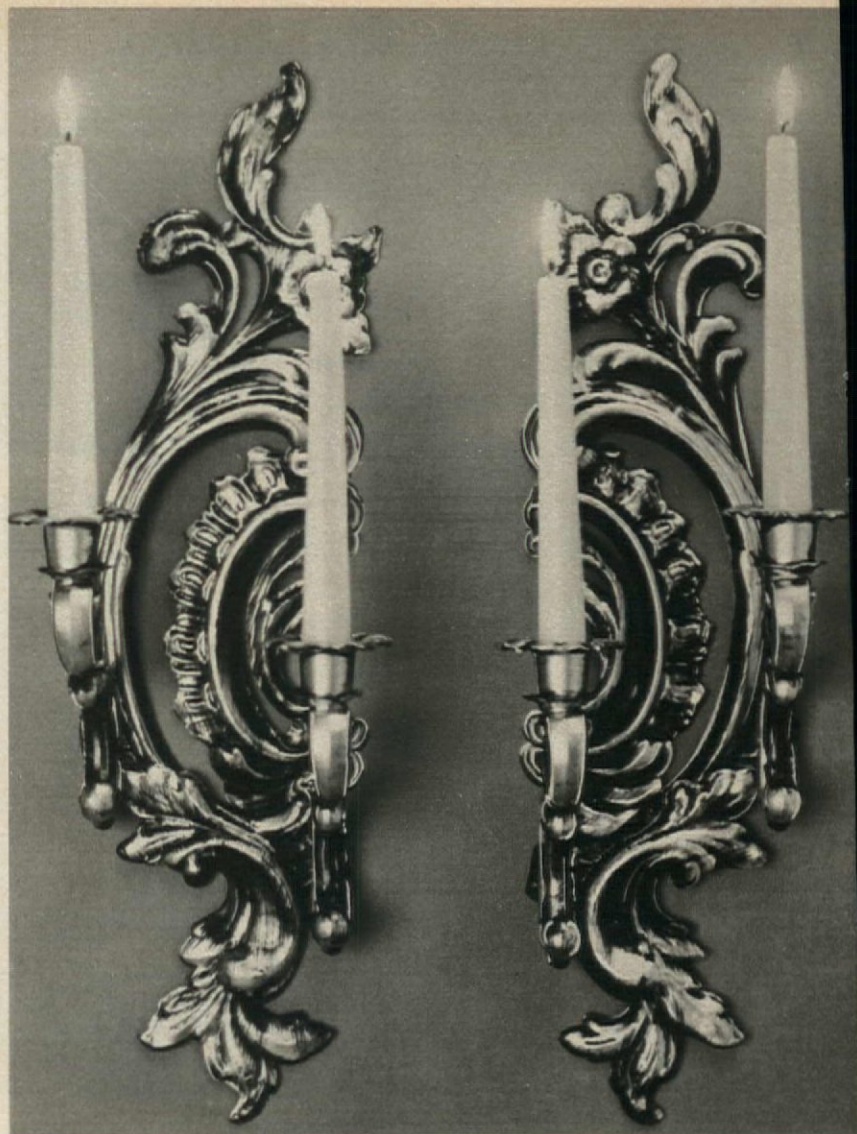
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