

# American Home

**Your Kitchen: Today's Best Investment**  
**Marleton Varney's Total-Idea Kitchen**

**Plus: 17 ways to**  
**Add work surfaces**  
**Increase storage space**  
**Improve lighting**  
**Create eating places**

**Virginia Knauer:**  
**Straight Talk on**  
**Air Conditioners**



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**Housemaling**  
**Patterns you can buy:**  
**Old World Decorative Painting on Wood**

# How to eat well while pinching pennies.

Just add some green pepper strips to Kraft Spaghetti with Meat Sauce Dinner. Then garnish each plate with stuffed green olives and breadsticks, and enjoy a budget meal that doesn't look like one.



**Kraft Dinners  
make ends meet.**



# Admiral's 3-door refrigerator gives you all these conveniences.



21.7 cu. ft. of food keeping space in this slim-line design.



Third door for easy access to the frozen foods you use most often.



Automatic Ice Maker keeps you stocked up with ice.



Chilled Water Dispenser puts cold water at your fingertips.



Waist-high Frigid Meat Keeper keeps meat fresh and moist longer.



Large See-Through Vegetable Crisper keeps vegetables crispy fresh.



Adjustable tempered glass shelves end messy drip-through spills.



Pick-off Egg Trays save space and give you extra convenience.



All these conveniences plus one hidden benefit.

## Saves electric energy, too.

**Energy Saver**

Now you can enjoy all the conveniences of a deluxe refrigerator and still enjoy low operating costs. Because compared to previous models, this '75 Admiral refrigerator uses up to 30% less electricity. In one year that could add up to enough energy saved to light the average home for 8 months!\* We've

re-engineered the 3-door Admiral with a built-in Energy Saving System. There are no switches or buttons to remember. The Admiral Energy Saving System automatically lowers operating costs for you.

If you're looking for a refrigerator built for today's living and today's concern for energy, look at the 3-door Admiral. It's just one of our full line of quality-built

refrigerators. Admiral quality... it deserves a closer look for your home.

Appliance Division,  
Admiral Group,  
Rockwell International.

\*Admiral refrigerator Model #IND 2259 saves up to 900 kwh per year. (Average home uses 1300 kwh for lighting a year. Source: Better Light Better Sight Institute.)



**Rockwell International**

Us Tareyton  
smokers would rather  
fight than switch!



**Tareyton is better.  
Charcoal is why.**

Tareyton's activated charcoal delivers a better taste.  
A taste no plain white filter can match.

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

King Size: 20 mg. "tar", 1.3 mg. nicotine; 100 mm.: 19 mg. "tar", 1.4 mg. nicotine; av. per cigarette, FTC Report Oct. '74.

## American Home

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American Home Publishing Co., Inc.

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Once you're accepted as a member, you'll get the six best sellers you've chosen for only 99¢, plus a charge for shipping and handling. If you're not satisfied for any reason at all, just return the books within 10 days and cancel your membership. You won't owe us anything.

If you decide to remain in the Club, you'll receive the Bargain Bulletin about every four weeks (14 times a year) describing the Club Selections and at least 60 Alternates. Our Regular Selection is always just \$1.98. The Extra-Value Selection saves you 50% off the price of the publisher's edition. And Alternates save you an average of 50%, too. A charge for shipping and handling will be added to each shipment.

If you want both Club Selections, do nothing. The books will be shipped to you automatically. But you can refuse either one or both by just checking the appropriate boxes on the form and telling us your alternate choice(s). Just return the form so that we receive it by the specified date. You'll have at least 10 days to decide. If for some reason you do not have 10 days, and we send you Selections you don't want, just ship them back at our expense.

As a member, you need take only one book from each of the next six Announcements, or a total of six books, at regular low Club prices. You may resign any time thereafter or continue without further purchase obligation.

*The Doubleday Bargain Book Club offers its own complete hard-bound editions, sometimes altered in size to fit special presses and save members even more.*

DOUBLEDAY BARGAIN BOOK CLUB  
GARDEN CITY, N.Y. 11530

DOUBLEDAY BARGAIN BOOK CLUB 60-0262  
Dept. HR061, Garden City, N.Y. 11530

Please accept me as a member and send the six books whose numbers I have marked in the boxes. Bill me just 99¢ plus shipping and handling. I agree to take at least one book from each Announcement (for as little as \$1.98 each) until I have bought six at regular low Club prices, under the Club Plan described in this ad.


MR. \_\_\_\_\_  
MRS. \_\_\_\_\_  
MISS \_\_\_\_\_  
(please print)

ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_  
CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
CODE \_\_\_\_\_

If under 18, parent must sign here \_\_\_\_\_

Do you have a telephone? \_\_\_\_\_

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Toronto. Offer slightly different in Canada.

COLUMBIA RECORD  
& TAPE CLUB'S  
20th ANNIVERSARY  
CELEBRATION OFFER

# Any 13 records

251231 COLUMBIA MAC DAVIS ALL THE LOVE IN THE WORLD	251421 251422 POLYGRAM TOMMY ORIGINAL SOUNDTRACK COUNTS AS TWO	251926* COLUMBIA PERCY FAITH COUNTRY BOUQUET	251538* CHRYSALIS ROBIN TROWER FOR EARTH BELOW
251512 GORDY THE TEMPTATIONS A SONG FOR YOU	251348* ARISTA GIL SCOTT-HERON & BRIAN JACKSON MIDNIGHT BAND	250290 BELL THE 5th DIMENSION SOUL & INSPIRATION	249813 BURT BACHARACH GREATEST HITS
249912* MONUMENT BILLY SWAN I CAN HELP	249870 FARRAR ENGBERT HUMPERDINCK'S GREATEST HITS	249938* RCA OHIO PLAYERS FIRE	249847* HI AL GREEN EXPLORES YOUR MIND
250407* MERCURY TOM T. HALL Songs Of Fox Hollow	250969* MGM GLORIA GAYNOR Never Can Say Goodbye	247064 ISLAND TRAFFIC WHEN THE EAGLE FLIES	248591* 248592 COLUMBIA MITCH MILLER'S GREATEST SING ALONG HITS COUNTS AS TWO
249631 ABC BOBBY VINTON MELODIES OF LOVE	248617 COLUMBIA ANDY WILLIAMS YOU LAY SO EASY ON MY MIND	248559 EPIC CHARLIE RICH THE SILVER FOX	247742 CHRYSALIS JETHRO TULL WAR CHILD
248583 ARCADIA THREE DOG NIGHT —JOY TO THE WORLD THEIR GREATEST HITS	248567* ABC RUFUS Featuring CHAKA KHAN RUFUSIZED	246926* EPIC DAVE LOGGINS APPRENTICE (In A Musical Workshop)	246389* MCA LORETTA LYNN THEY DON'T MAKE 'EM LIKE MY DADDY
248542* MONUMENT BOOTS RANDOLPH'S GREATEST HITS	248500 JMI DON WILLIAMS VOL. III	246595* TAMLA STEVIE WONDER FULFILLINGNESS' FIRST FINALE	249599* MCA SHAWN PHILLIPS FURTHERMORE
246868 ABC JIM CROCE PHOTOGRAPHS & MEMORIES HIS GREATEST HITS	246694 RCA FERRANTE & TEICHER BEAUTIFUL... BEAUTIFUL	244954 London Phase 4 MUSICAL MOMENTS WITH MANTOVANI	245753 L.A. PAUL ANKA (YOU'RE) HAVING MY BABY
242727* ABC QUINCY JONES BODY HEAT	227371 ABC JIM CROCE LIFE AND TIMES Bad Bad Leroy Brown	232587 COLUMBIA CHICAGO VI Feelin' Stronger Every Day	232603-232604* BUDDAH COUNTS AS TWO DICK CLARK 20 YEARS OF ROCK 'N ROLL
240867 BLUE THUMB THE POINTER SISTERS THAT'S A PLENTY	236885 ABC CARPENTERS The Singles 1969-1973	235580* ABC KRIS KRISTOFFERSON & RITA COOLIDGE FULL MOON	229997* COLUMBIA MAC DAVIS The Way You Look Today
225318* MONUMENT KRIS KRISTOFFERSON JESUS WAS A CAPRICORN	234765 COLUMBIA NEIL DIAMOND Jonathan Livingston Seagull	237230* 237231 RANWOOD LAWRENCE WELK AND HIS MUSICAL FAMILY IN CONCERT COUNTS AS TWO	232561 COLUMBIA ANDY WILLIAMS Greatest Hits, Vol. 2
242578 ABC RICK WAKEMAN JOURNEY TO THE CENTRE OF THE EARTH	237438* L.A. JAY & THE AMERICANS GREATEST HITS	239525 COLUMBIA BARBRA STREISAND THE WAY WE WERE	240697* EPIC TAMMY WYNETTE ANOTHER LONELY SON
241968 ABC CAT STEVENS BUDDHA AND THE CHOCOLATE BOX	240390 EPIC CHARLIE RICH VERY SPECIAL LOVE SONGS	219659* 219650 MCA BUDDY HOLLY ROCK AND ROLL COLLECTION COUNTS AS TWO	212654 212655 COLUMBIA BOB DYLAN Greatest Hits, Vol. 2 COUNTS AS TWO
231670 COLUMBIA JANIS JOPLIN GREATEST HITS	241943* COLUMBIA JIM NABORS WITH THE JORDANAHMS PEACE IN THE VALLEY	241851* ABC STEELY DAN PRETZEL LOGIC	239566 RCA BACHMAN-TURNER OVERDRIVE II
246934 COLUMBIA LOGGINS & MESSINA MOTHER LODE	250415* EPIC DAN FOGELBERG SOUVENIRS	250456* COLUMBIA JOHNNY MATHIS The Heart Of A Woman	244459 COLUMBIA SANTANA'S GREATEST HITS
226407* 226408 MCA BILL HALEY'S GOLDEN HITS COUNTS AS TWO	211565 UNI NEIL DIAMOND GOLD	230714 ABC CARPENTERS NOW & THEN	241745* MERCURY JOHNNY RODRIGUEZ MY THIRD ALBUM
248344* ABC DOT ROY CLARK FAMILY & FRIENDS	251082* COLUMBIA RAMSEY LEWIS SUN GODDESS	221184* BET DONNA FARGO THE HAPPIEST GIRL IN THE WHOLE U.S.A.	244541* MGM MARIE OSMOND IN MY LITTLE CORNER OF THE WORLD
250373* MONUMENT KRIS KRISTOFFERSON & RITA COOLIDGE BREAKAWAY	251199 COLUMBIA CHICAGO VIII HARRY TRUMAN	187112 COLUMBIA GERSHWIN'S Greatest Hits Rhapsody In Blue, etc.	224758 COLUMBIA LYNN ANDERSON'S GREATEST HITS
			222406* COLUMBIA MAC DAVIS BABY DON'T GET HOOKED ON ME
			186809 COLUMBIA SIMON & GARFUNKEL Bridge Over Troubled Water
			223404+ 223405 MONUMENT ROY ORBISON All-Time Greatest Hits COUNTS AS TWO
			248468+ L.A. THE ELECTRIC LIGHT ORCHESTRA ELDORADO
			243386+ 243387 CHRIS CHUCK BERRY'S GOLDEN DECADE COUNTS AS TWO VOL. 1
			248609+ 248600 FAMOUS PAT BOONE'S GREATEST HITS COUNTS AS TWO
			246249+ PROJECT 3 Enoch Light & The Light Brigade Big Band Hits of The 30's VOLUME 2

† Available on records and cartridge

# or tapes - \$1.97

Join now and agree to buy

9 more selections (at regular Club prices) in the coming three years



- 250902 **JOE WALSH**  
-SO WHAT.
- 24953\* **TANYA TUCKER'S**  
GREATEST HITS
- 249649\* **LYNN ANDERSON**  
WHAT A MAN  
MY MAN IS
- 248443 **BARBRA STREISAND**  
Butterfly
- 219477 **SIMON & GARFUNKEL'S**  
GREATEST HITS
- 46330\* **Donny & Marie Osmond**  
I'M LEAVING IT  
ALL UP TO YOU
- 43303\* **JOE COCKER**  
I CAN STAND A LITTLE RAIN
- 39855 **MAC DAVIS**  
Stop And Smell The Roses
- 36448 **E. POWER BIGGS**  
PLAYS SCOTT JOPLIN  
Maple Leaf Rag
- 237214\* **DONNA FARGO**  
All About A Feeling
- 46272\* **ANTHOLOGY** COUNTS AS TWO  
46273\* **DIANA ROSS**  
AND THE SUPREMES
- 39384\* **STEVIE WONDER**  
INNERVISIONS
- 39939 **WALTER CARLOS**  
SWITCHED-ON BACH II
- 44202 **CHER**  
DARK LADY
- 223164\* **TOM T. HALL**  
GREATEST HITS
- 14650 **Blood, Sweat & Tears**  
GREATEST HITS
- 0607\* **TANYA TUCKER**  
WHAT'S YOUR MAMA'S NAME
- 30912 **PAUL SIMON**  
There Goes Rhymin' Simon
- 03893\* **24 OF HANK WILLIAMS'**  
03894\* **ALL TIME GREATEST HITS**  
COUNTS AS TWO
- 221192 **JIM CROCE**  
YOU DON'T MESS  
AROUND WITH JIM
- 207324 **ORIGINAL CAST**  
GODSPELL
- 49904† **BOBBI HUMPHREY**  
SATIN DOLL
- 33007† **THE BEST OF THE**  
33008\* **MILLS BROTHERS**  
COUNTS AS TWO
- 46298† **GEORGE JONES**  
THE GRAND TOUR
- 36893† **THE BEST OF THE**  
36894\* **ANDREWS SISTERS**  
COUNTS AS TWO

- 249789 **THIS IS THE**  
249780 **MOODY BLUES**  
COUNTS AS TWO
- 249888\* **TOM JONES**  
SOMETHIN' BOUT YOU  
BABY LIKE
- 247718\* **TAMMY WYNETTE**  
WOMAN TO WOMAN
- 248351\* **JOHNNY RODRIGUEZ**  
SONGS ABOUT LADIES  
AND LOVE
- 248328 **ROD STEWART**  
SMILER
- 243360\* **THE STATLER BROTHERS**  
THANK YOU WORLD
- 236109 **DAWN'S NEW**  
RAGTIME FOLLIES  
featuring TONY ORLANDO
- 239889 **CHICAGO VII**  
239880 **(I've Been) Searchin' So Long**  
COUNTS AS TWO
- 185843 **HERB ALPERT & THE**  
TJUANA BRASS  
GREATEST HITS
- 246074\* **BARRY WHITE**  
CAN'T GET ENOUGH
- 246801\* **RETURN TO FOREVER**  
FEATURING CHICK COREA  
Where Have I Known You Before
- 231084 **CHARLIE RICH**  
Behind Closed Doors

- 251181\* **RAY CONNIFF**  
LAUGHTER IN THE RAIN
- 250324\* **THE BEST OF**  
250324\* **WAYNE NEWTON-LIVE**
- 246942 **NEIL DIAMOND**  
SERENADE
- 222018 **THE 5th DIMENSION**  
Greatest Hits On Earth
- 248336\* **MISS DONNA FARGO**  
YOU CAN'T BE A BEACON (IF  
YOUR LIGHT DON'T SHINE)
- 239871 **LOGGINS & MESSINA**  
239872 **ON STAGE**  
COUNTS AS TWO
- 243642\* **LORETTA LYNN'S**  
GREATEST HITS Vol. II
- 208868 **Johnny Cash Portrait**  
Greatest Hits II
- 243956\* **RAY STEVENS**  
BOOGITY BOOGITY
- 216655 **JOHNNY MATHIS**  
216656 **All-Time Greatest Hits**  
COUNTS AS TWO
- 246082\* **SHIRLEY BASSEY**  
Nobody Does It Like Me
- 249524\* **BARRY MANILOW II**  
MANDY

- 249771 **TONY ORLANDO & DAWN**  
PRIME TIME
- 249672\* **ROY CLARK**  
CLASSIC CLARK
- 248286\* **LABELLE**  
NIGHTBIRDS  
Lady Marchade
- 246843 **VLADIMIR HOROWITZ**  
NEW RECORDINGS  
OF CHOPIN
- 246181 **VIKKI CARR**  
ONE HELL OF A WOMAN
- 246033\* **MINNIE RIPERTON**  
PERFECT ANGEL
- 246041 **BACHMAN-TURNER OVERDRIVE**  
NOT FRAGILE
- 221424 **CHICAGO V**  
Saturday in the Park  
State of the Union
- 246090\* **CONWAY TWITTY**  
I'M NOT THROUGH  
LOVING YOU YET
- 110262\* **THE PLATTERS**  
Encore of Golden Hits
- 246736 **BOBBY GOLDSBORO'S**  
246737\* **10th ANNIVERSARY ALBUM**  
COUNTS AS TWO
- 248658\* **PETER NERO'S**  
GREATEST HITS

Yes, it's 20 years since Columbia started the first major record club... and we must have done it right, for in all that time Columbia has continued to be the biggest club of its kind in the world. Now, you can enjoy all the benefits of membership by starting off with 13 records or tapes for only \$1.97. Just mail the application, together with check or money order for \$1.97. That is *all* you pay for your first 13 selections—there are no additional membership dues or fees for joining. In exchange...

You agree to buy 9 more selections (at regular Club prices) in the next three years. That's right!—three full years in which to buy nine selections... so you do not have to buy a record or tape every month, or even every other month! And you may cancel membership at any time after purchasing nine selections.

Your own charge account will be opened upon enrollment... the selections you order as a member will be mailed and billed at regular Club prices: cartridges and cassettes, \$6.98 or \$7.98; reel tapes, \$7.98; records, \$5.98 or \$6.98... plus processing and postage. (Multiple unit sets and Double Selections may be somewhat higher.)

You may accept or reject selections as follows: every four weeks (13 times a year) you will receive a new copy of the Club's music magazine, which describes the Selection of the Month for each musical interest... plus hundreds of alternate selections from every field of music. In addition, about six times a year we will offer some Special Selections (usually at a discount off regular Club prices). A response card will always be enclosed with each magazine.

...if you do not want any selection offered mail the response card by the date specified

...if you want only the Selection of the Month or Special Selection, you need do nothing—it will be shipped to you automatically

...if you want any of the other selections offered just order them on the response card and mail it by the date specified

You will always have at least 10 days in which to make a decision. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense, for full credit.

You'll be eligible for our bonus plan upon completing your enrollment agreement—a plan which enables you to save at least 33% on all your future purchases.



NOTE: all applications are subject to review and Columbia House reserves the right to reject any application

**COLUMBIA RECORD & TAPE CLUB, Terre Haute, Indiana 47808**  
I am enclosing check or money order for \$1.97 as payment for the 13 selections indicated here. Please accept my membership application under the terms outlined in this advertisement. I agree to buy 9 more selections (at regular Club prices) during the coming three years — and may cancel membership any time after doing so. I am interested in the following type of recordings (CHECK ONE ONLY):

- Cartridges (A8-W)     Reel Tapes (QU-Y)    2EH
- Cassettes (26-X)     Records (ML-Z)

Write in numbers of 13 selections


**MY MAIN MUSICAL INTEREST IS (check one):**  
(But I am always free to choose from any category)

- Easy Listening 2     Teen Hits 7     Classical 1
- Country 5     Jazz 4 (not for reel tapes)

Mr.  
 Mrs.  
 Miss (Please Print)    First Name    Initial    Last Name

Address..... Apt No.....

City.....

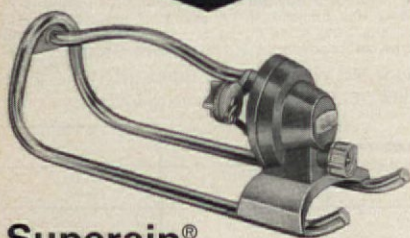
State..... Zip Code..... NO

**Do You Have A Telephone? (Check one)**  YES.....  NO  
APO, FPO addressees: write for special offer    P444/S75

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**Bargain  
of the  
month  
save  
57%**

Get this "Bargain of the Month" now while supplies last at your participating True Value Hardware Store.



**Superain®  
Oscillating Sprinkler**  
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By Melnor. Set 4-position dial to water wide or narrow areas, or right or left side only. Tru-Seal motor keeps dirt and sand out, keeps lubrication in.

There are over 4800 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.



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## American Home

Your Kitchen: Today's Best Investment  
Carleton Varney's Testable Kitchen  
Plus 17 ways to

- Add work surface
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- Improve lighting
- Create eating area

Virginia Knolly  
Straight Talk on Air Conditioners

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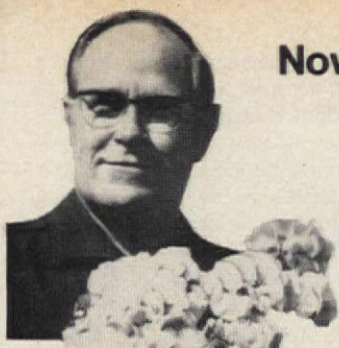
Cover photograph by Charles Gold



Now the man who knows all about plants and gardens wants to share his knowledge with you!

Horticulturist JAMES UNDERWOOD CROCKETT has helped thousands of home gardeners achieve beautiful results with his clear, friendly, down-to-earth advice. Now, in the remarkable TIME-LIFE ENCYCLOPEDIA OF GARDENING, he gives you all his trade secrets, tips, pointers, shortcuts and long-term solutions to gardening problems, so that you can enjoy flourishing success with everything you grow!

**TIME  
LIFE  
BOOKS**



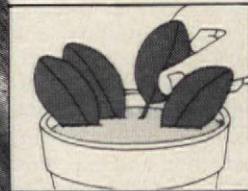
# The Time-Life Encyclopedia of GARDENING



### PROPAGATING THICK-LEAVED PLANTS FROM LEAF CUTTINGS



Fleshy-leaved house plants such as peperomias and crassulas can be multiplied by snapping off single leaves. Choose healthy, medium-sized leaves, removing them at the points where they meet the stem.



Insert the stem of each leaf at an angle into equal parts of moistened peat moss and sharp sand; bury one edge of the leaf to support it. Angled planting keeps the leaf from shading new growth when it appears.



Set the pot in bright indirect light until the new leaves are about one third the size of the parent. Then gently lift and separate the old growth from the new and transplant the shoots to potting mixture.

Book size 8½ x 11"; each volume 160-176 pages, 40,000 words, over 100 full-color photographs and paintings, plus dozens of line drawings, charts, diagrams.

Enjoy  
**FOLIAGE  
HOUSE PLANTS**  
for 10 days free!

Now, for home gardeners everywhere in the U.S. and Canada, there's a series that can help you turn your gardening dreams into reality! No matter how much or how little time you have . . . whatever your gardening tastes, goals, problems or experience . . . whatever your soil or climate conditions . . . The TIME-LIFE ENCYCLOPEDIA OF GARDENING will help you achieve magnificent results. It gives you the no-nonsense advice, specific directions, proved methods and techniques that suit *your* individual needs.

**Thousands of illustrations SHOW YOU what to do!**

Want to plant spring-flowering bulbs? Rebuild an ailing lawn? Prune trees and shrubs? Make a cold frame for out-of-season vegetables? Turn an inexpensive evergreen into a valuable bonsai? Step-by-step illustrations make these and dozens of other gardening projects as easy as 1, 2, 3 — even if you've never held a trowel before! Thousands of line drawings, charts, diagrams and full-

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## Straight talk on air conditioners

By Virginia H. Knauer

Special Assistant to the President and  
Director, Office of Consumer Affairs



If you're shopping for a new air conditioner, the first thing to consider is cooling capacity—the amount of heat that it will remove from the air. This is expressed in British Thermal Units (BTU's). Cooling capacity is important because neither an undersized nor an oversized unit will do a satisfactory job for you. An undersized air conditioner can't cool a room adequately. An oversized unit is not only inefficient and expensive to operate; it lowers the temperature without staying in operation long enough to dehumidify, and air in a room stays cold and clammy.

★ **To avoid these problems, measure the room you want to cool.**

Include the approximate ceiling height, the amount of insulation and exposure to the sun. Give this information to your dealer. He may also want to know how many people generally use the room, whether any doors are open continually, and if there are open archways between conditioned and nonconditioned areas. With these facts, a dealer can help you narrow the selection to units the right size for your needs.

★ **Next, compare the energy efficiency of units you're considering.** To help you are these new initials—EER—which stand for Energy Efficiency Ratio. Unlike BTU's, which are expressed in thousands, EER is a single number that's obtained by dividing the BTU's per hour by the wattage required to run a unit. The higher the number, the more efficient the appliance—and the easier it will be on your electricity bill. Thus if you have narrowed your choices to two air conditioners with a cooling capacity of 8,000 BTU's, a big factor in selecting one over the other will be energy efficiency. If the first unit uses 860 watts and the second one uses 1,380 for the same cooling output, the first will have an EER of 9.3, the second a much less efficient EER of 5.8.

★ **The difference in EER's can mean big savings on electricity.** The National Bureau of Standards has computed this formula to use in deter-

mining how much it will cost you in electricity to operate your air conditioner: Cost equals your electric rate (per kilowatt hour) times the hours of operation per season times the wattage rating divided by 1,000. Here's how to apply this formula to the two air conditioners described above: If your electricity costs 4 cents an hour (the national average) for 1,400 hours of operation, the unit using 860 watts will cost you \$48.16 a summer; the model using 1,380 watts will cost \$77.28. Thus even if the more efficient unit happens to be more costly, it will save you money in the long run.

★ **Now that you know what EER is, here's where you can find it.**

Under a voluntary program sponsored by the Department of Commerce, manufacturers can put a special EER label on their room air conditioners (shown below) or include EER data on their own labels or hangtags. But even if the appliance you're considering has no special label or tag, you can still compute the EER by dividing BTU's by watts. Both figures appear on the nameplates or serial plates of all units. For example, if the model you like has a cooling capacity of 7,500 BTU's per hour and uses 1,000 watts of power, you can determine the EER by dividing 7,500 BTU's by 1,000, arriving at



an energy efficiency ratio of 7.5.

★ **BTU's and watts are based on output claimed by manufacturers.** If their claims prove faulty—as has sometimes happened in the past—then the EER's become less than an accurate guide to selecting an air conditioner. To remedy this situation and make sure all firms adhere to the same test standards, the Association of Home Appliance Manufacturers (AHAM) has set up a certification program requiring each member's products to be tested by an independent laboratory according to a uniform standard. If, after testing, an air conditioner is shown to meet the manufacturer's claims, the unit receives an AHAM certification seal.

On the other hand, if the initial claim is not substantiated by testing, there could be trouble—for you. Because it takes time to test and certify each new model, some air conditioners may reach your dealer untested. When testing finally does occur, those that fail to meet manufacturers' claims are "rerated." Until now, however, manufacturers and dealers have not been required to change their promotional labeling of rerated products still unsold. My office has been working with manufacturers to develop methods of relabeling rerated units so consumers will know what they are purchasing. The industry has pledged that the labeling program will be strengthened to meet my recommendations, attesting to their ability to respond to consumer needs and to react creatively to problem areas.

Meanwhile, there is a way you can verify the rating of an air conditioner you're considering. AHAM publishes a Room Air Conditioner Certification Directory that lists almost every unit on the market according to its capacity and EER. Ask to see your dealer's copy and compare the rating of the unit you've selected with its rating in the directory. This way, you can be sure the unit is rated properly, thus is the size and has the power you need. □

### Here's how you can read an EER label

ASDF Corp. Model 550BA10 <b>8,000 Btu per hour</b> (cooling capacity) 860 watts 115 volts 7.5 amperes Data on this label for this unit certified by 	<b>energy guide</b> <b>EER=9.3</b> Energy Efficiency Ratio expressed in Btu per watt hour For available 7,500 to 8,500 Btu per hour 115 volt window models the EER range is <b>EER 5.4 to EER 9.9</b> For information on cost of operation and selection of correct cooling capacity, ask your dealer for NBS Publication LC 1053 or write to National Bureau of Standards, 411.00, Washington, D.C. 20234	<b>IMPORTANT...</b> for units with the same cooling capacity, higher EER means: Lower energy consumption Lower cost to use! Tested in accordance with 
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The EER on this sample is 9.3 based on 8,000 BTU's and 860 watts. Room air conditioners are classified by their BTU range; this one is comparable to other 115-volt models offering 7,500 to 8,500 BTU's. EER's for all models in this class vary from 5.4 to 9.9; thus this air conditioner has a notably high efficiency rating.

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## Ask us about your antiques

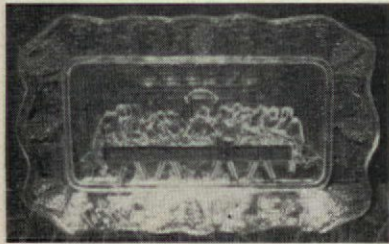
**Q** This clock is 30 inches tall, with dark wood and bronze mountings. Can you help with data about it?  
M.S.—Brooklyn, N.Y.

**A** Your clock dates from 1860-80. Ornamentation on the case is in the Renaissance Revival style popular in Europe and the U.S. then, and the face has more delicate decoration than earlier examples. Such clocks are treasured because of their mechanical quality and visual appeal.



**Q** My mother owned this clear glass bread plate with the "Last Supper" pictured on it. Do you know its age?  
F.McC.—Fort Stockton, Tex.

**A** The plate is pressed glass, probably made by the Boston and Sandwich Glass Company, famous in



the late 1800s for religious themes.

**Q** This vase stands 12 inches high. Its images are gold on a red and pale blue background. Can you tell me what type it is and when it was made?  
R.Z.—Exton, Pa.

**A** Your vase looks like an example of the Japanese porcelain called Satsuma ware. This elegant ware, new in the late 19th century, is very much in demand today. It is characteristically thin and delicate. There are many imitations of this ware, but if your vase is truly egg-shell thin, then it's truly Satsuma.



**Q** When I purchased this terracotta plaque in England in 1945, I was told that it was part of a set made by Doulton for a Paris fair, about 1812. Can you confirm this information for me?  
T.B.—Hemet, Calif.

**A** The Doulton Pottery was in business in Lambeth, England, from the early 1800s until 1956. One of their sculptors, George Tinworth, did plaques of religious subjects—his may



be the monogram above the name "Rebekah." However, Tinworth did not begin work till just before 1900.

**Q** This copper container is about 19 inches high. The figure on top is the lid handle. Side handles are elephants' heads; the spigot is a dragon. What can you tell me about the piece?  
R.B.—Lynchburg, Va.

**A** Your covered urn is a late 19th-century piece and may well be of Japanese origin. Decoration of that period is based on earlier styles, though much more realistic. Western artisans have copied Oriental motifs, but have never realized dragons so successfully.



**Q** My long-legged teakwood table [pictured top, right] is 36 inches high; the circular top, with its inlaid marble center, measures 10½ inches. The piece is unusual looking—is there anything you can tell me about it?  
R.B.—Lynchburg, Va.

R.B.—Lynchburg, Va.

**A** Your table appears to be a late 19th-century Oriental urn stand. Between 1870 and 1900, Japanese and Chinese objects were popular decorations for the home. At that time, small objects were more likely to be imported than pieces of furniture. But urn stands were the only items that seem to have been brought in regularly (along with the urns and figures that went on them). Their wood is generally dark, closely grained teak carved in motifs that look Far Eastern.



**Q** When we bought this rocking chair, we were told that it was about 150 years old. The chair is rock-solid, very dark brown—and that wide-eyed face carved into the back reminds us of the angels found on many tombstones, particularly those in New England. Could that be where this chair originated?  
J.C.—Wilmington, D.C.

**A** Your rocker is a delightful piece of late 19th-century design, more like 100 than 150 years old. Don't be concerned with arithmetic; the chair is well made, a fine example of the best craftsmanship of the Victorian era. The turned legs and back

stiles, leaf carving and cupid's head elements reflecting the 17th century that the designer adapted. It would be hard to pinpoint where your chair was made.

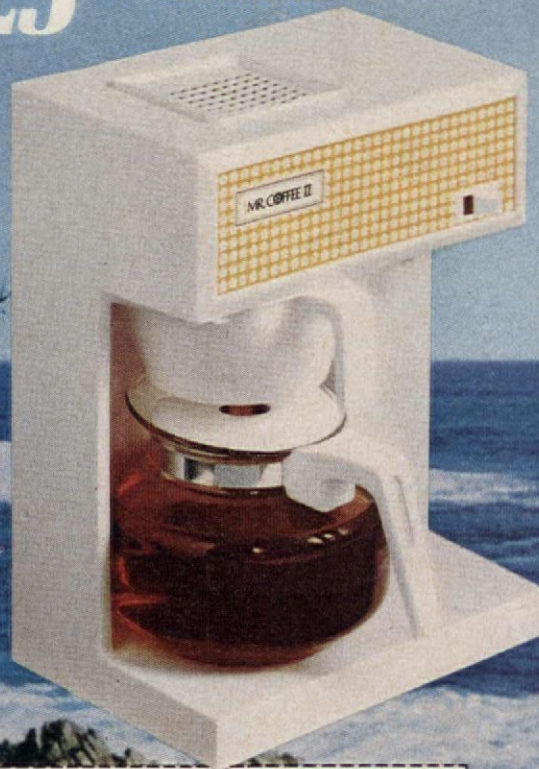
Our thanks to readers who pointed out that the glassware set in the March "Ask Us About Your Antiques" is in the "Festoon" pattern attributed to the Portland Glass Company and probably dates from 1880.

To learn the real story behind a family treasure, send letters and **clear black and-white photos** to: Ask Us About Your Antiques, *American Home*, 6 Lexington Ave., New York, N.Y. 10022. Include details the picture don't show. Questions of general interest will be published as space permits. Sorry, we're unable to return photos, send personal replies or make appraisals. —Marvin D. Schwab

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Alain Walch

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depends so much on use of specific yarns and colors. Each kit contains Berga/Ullman wool yarns in one of the two color schemes pictured—plus our easy-to-follow crochet instructions. You can make this sweater in small or medium/large sizes. To order kits, see coupon on page 38.

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# How to cope with a dog who's shy



By Kurt Unkelbach

The chance that your puppy will develop into a nuisance rather than a satisfactory pet is about 50-50. The worst shortcoming he can develop is a personality trait known as shyness.

Canine shyness comes in many forms. The dog doesn't always put his tail between his legs and run for cover. His shyness could be mistaken for aggression, as in the case of the pet who reacts to a friendly gesture from a stranger by biting the proffered hand. That's acute shyness, or fear biting. On another day, the same dog might react to another stranger by piddling on the rug. That's fear wetting.



A shy dog often refuses to eat on a daily basis, or won't eat certain things, or prefers pillows, chair legs, slippers—anything reachable. For no obvious reason, he may dig holes in the garden; when the garden is fenced, he digs holes in the lawn.

**Shyness is inevitable** when it's a family trait, inherited from the sire or dam or both. For that reason, a wise puppy buyer tries to get a good look at a pup's parents before writing a check. This precaution can usually be practiced at a breeder's home, rarely in a pet shop.

Dedicated breeders have always done their best to eliminate shyness. But unfortunately, some breeders don't know what they're doing; others are in business for the money; still others are short termers—hence the abundance of shy Shetland sheepdogs, German shepherds and other breeds.

Moreover, some of the most dedicated breeders may be determined to produce the best-looking Afghans or

Belgian sheepdogs in the history of the world—in a hurry. To achieve this, a handsome dog who was once mated to his sister is now wedded to a stunning daughter of that union. This is inbreeding, or the mating of closely related animals, and the result is a litter of very beautiful but often very emotionally unsteady puppies.

While shyness can be inherited, it doesn't necessarily follow that the pup will display the trait in his first 12 weeks. By then, he's been in his new home a few weeks, and his first signs of shyness are either overlooked or excused on such grounds as youth or inexperience in the world of people. When the pup matures into a shy adult, it's too late for excuses and far too late to remedy his shyness.

**Shyness is not always inherited**, however, and it's probably true that breeders are guilty far fewer times than critics imagine. The personality fault can be induced, as in the case of the rough collie pup whose family tree has never, never sheltered a shy member. At eight

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## No matter what his breed or price tag, the perfect pup does not always mature into a dream dog.

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weeks, this collie was healthy, active and normal in all canine ways. Then he was introduced to a strange environment, his new home. There, despite ample attention and good food, the pup became a shy dog.

This happens all the time. The pup's owner is usually a genuine dog lover who knows that the canine is not a stupid animal. It's easy for him to overrate the bouncing pup's capabilities. With the best of intentions, the ambitious owner rushes the puppy's training, exposes him to sounds and experiences that would frighten children, and scolds him for social behavior that is normal for canines until they are old enough to accept man's odd notions.



If too much is thrown at him day after day, a pup will become confused, frightened and shy—as surely as if he had been continually mistreated.

**With induced shyness**, the pup is often a nervous wreck by six months. Though it is not too late to turn him into a worthy canine pet, his lifestyle must be changed. Give him a few peaceful or quiet weeks, followed by slow-and-easy training and cautious introductions to all new experiences. He should not be *forced* to swim when he objects to getting his feet wet, and he

should not be *dragged* across a threshold, *boosted* into a car or *booted* on the rump. As his confidence returns, his shyness will disappear—entirely in some cases, almost so in others.

Breeds that were originally developed to herd and guard livestock are susceptible to shyness when improperly bred or trained. To function efficiently, it was necessary for them to be wary of both wild animals and strange men. Now after many, many generations as pets, the herding breeds are no longer as



wary, but the trait or instinct remains, often in lesser degrees. The breed standards approve this trait and permit reserved, aloof and suspicious dogs. But there's a very fine line between a shy and a suspicious dog. If improperly bred, a watchdog such as a puli, can be foolishly suspicious or shy.

An innocent dog lover, or the person who is about to buy his first pup, should try to avoid impulse buying and take plenty of time looking around if he desires a pup in one of the following breeds.

**Herding breeds.** Yes, it is OK for any of these to be a little on the reserved, aloof or suspicious side, but not as very young pups. When a poorly bred litter is eight weeks old and aware of your presence, several or all of the pups will crawl over and under each other in attempts to hide—clear indications that you should not buy them.

**Popular breeds.** All of the very popular breeds have an abundance of breeders. Since there are many more beagle breeders than otter hound breeders, there are, consequently, more careless beagle breeders. Thus it is easier to buy a shy beagle pup than it is to find a shy otter hound pup.

It is safe to assume that a one-year-old dog who has shown no signs of shyness has been properly bred and rationally raised. He should be steady for the rest of his life, and will be unless he is victimized by an unusual type of shyness that remains unclassified but has something to do with the canine's senses and mentality. For lack of a formal term, call it *transferrable* shyness. It occurs at any adult age and in a variety of ways.

**Unless all canine authorities** are wrong, a dog can sense fear in man or another animal. For example, watching an owner who is frightened of lightning and thunder react every time there is a storm, the dog will begin to relate storm with fear and panic along with the owner. Similarly, a dog who is boarded at a kennel next to a nervous dog can develop the trait. That is the beginning of shyness, and it will grow. Transferrable shyness can be cured, and should be, by keeping things rational from the canine's point of view. □



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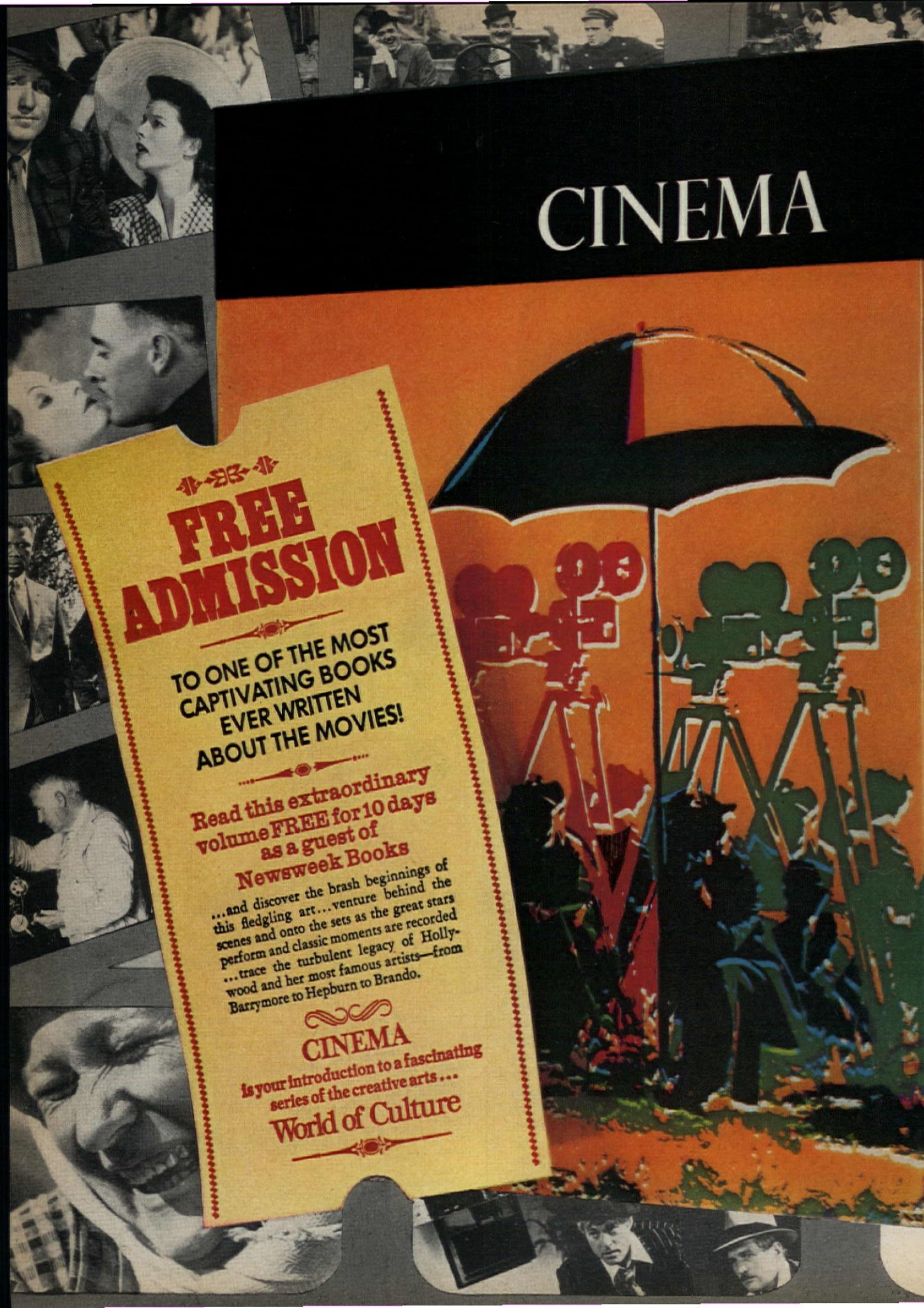
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# American Home Guide to a More livable kitchen

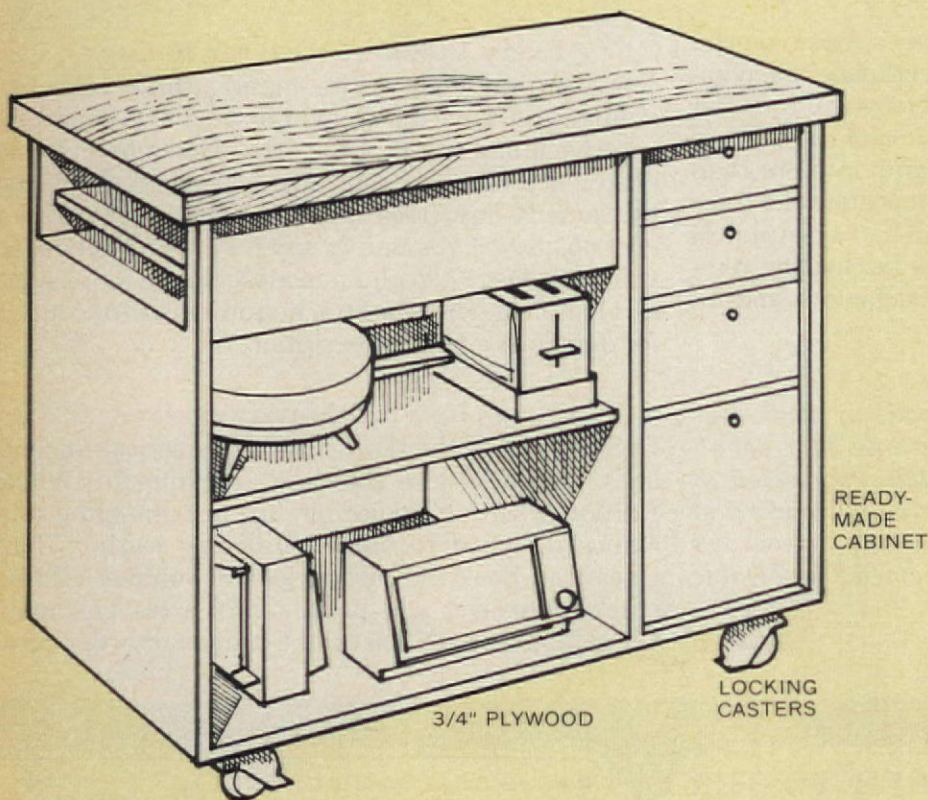
Whatever you invest to improve your kitchen pays off in convenience and comfort in this most-used room in a home. Here and following are 17 ways to make your kitchen easier to live with.

## More work surface where and when you need it

Short on work surface and nowhere to turn? A mobile "island" work center (below) can be the solution. The island can be used for meal preparation—then rolled from refrigerator or range

to clean-up area. By also providing storage room with drawers and deep shelves, it lets you clear portable appliances from counter tops to make the most of essential surfaces. Parked at the

end of a counter, it extends work space; at right angles to it or in the center of the room, it can serve as a breakfast bar. You can buy a rolling cart or build a mobile island suited to your needs.

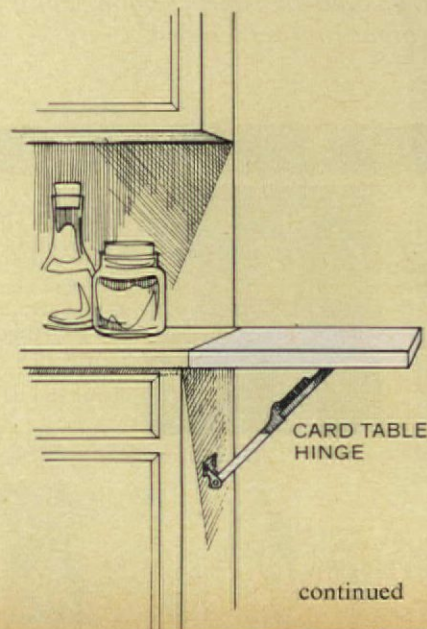


### Mobile "island"

An island work center offers added work space where you need it—next to range, refrigerator or clean-up areas. Its surface can be butcher block or laminated plastic (now available in a butcher-block pattern). A ready-made base cabinet will serve nicely as the drawer unit. Dimensions—25" wide, 36" high (length optional)—match standard kitchen base cabinets. Shelf heights should be set after determining which electric appliances you will store on them.

### Work space that won't be in the way

When there's a frequent need for more work surface in an area of your kitchen where adding base cabinets is impractical or out of the question, consider a counter-top extension you can flip up as you need it and store easily by simply closing a hinge (right). Such an extension can be attached to the end of a counter hung on a wall. It can serve as a convenient landing space next to a freezer or refrigerator, especially if you lack counter space adjoining the opening side of the refrigerator door. Laminated plastic can match or complement your counter. Double card-table hinges permit longer extensions.



# Slurp

Del Monte® Pineapple  
in its own juice.  
Sounds delicious.



## More storage is often a matter of distribution

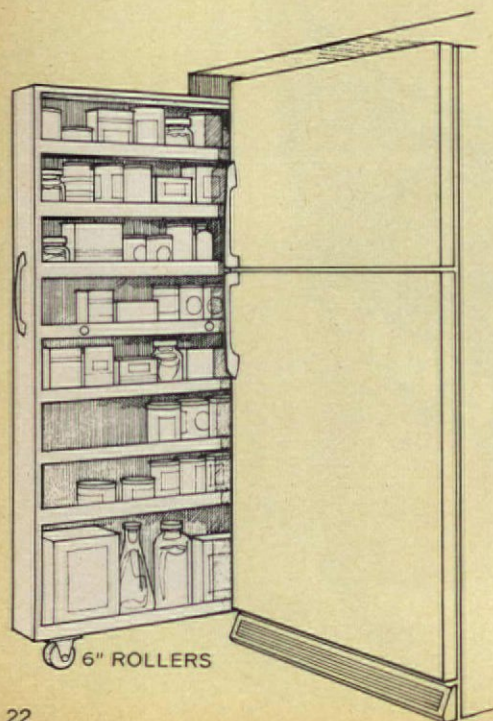
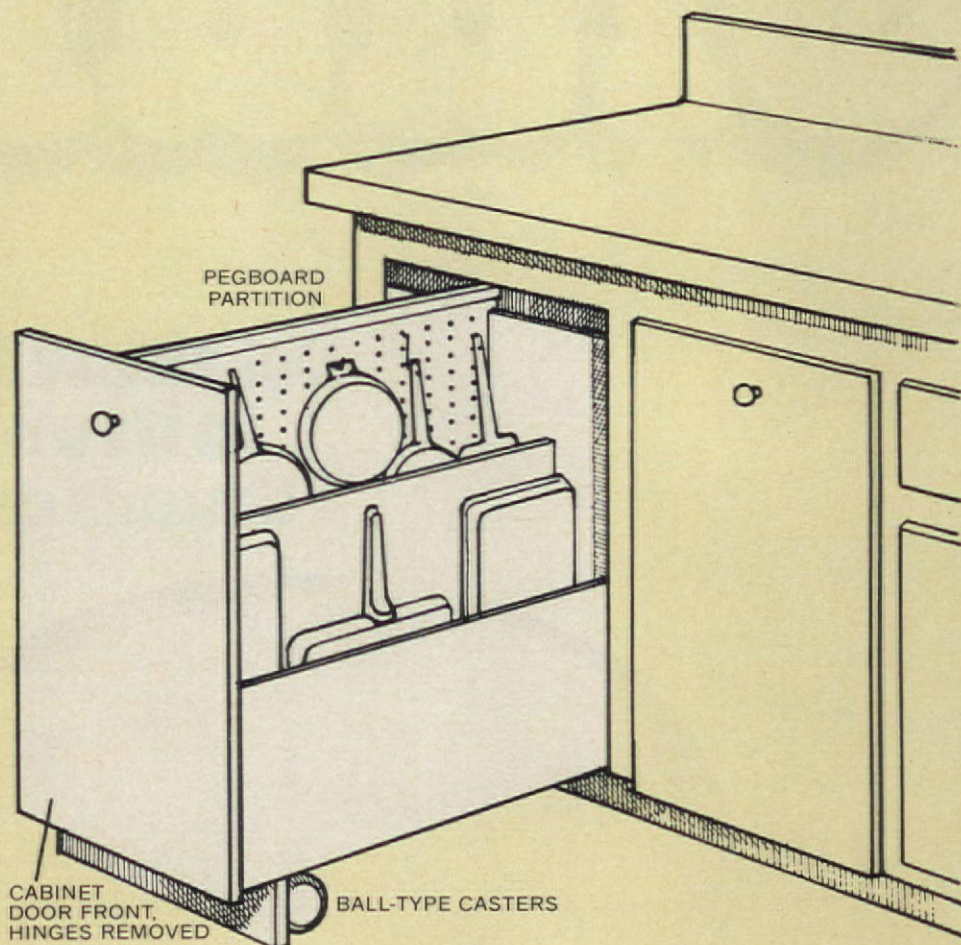
Pots and pans and large utensils are stored in base cabinets; dishes, glassware and canned goods in wall cabinets, right? Not necessarily, especially if you're tired of reaching and don't relish

step stools. The usual shelf arrangement in base cabinets hides what you're looking for and also wastes space. An alternative is offered by the various organizers for drawers and cabinets

(available in housewares departments) that let you store more in less space. You can use ready-made pull-out organizers to store your canned goods and most-used dishes in base cabinets.

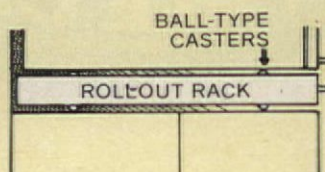
### Pull-out bin

*Much more efficient use of base cabinet space can be made with a pull-out bin (right). It can be built as simply as a box. Remove hinges from cabinet door and use it as the front; sides, back and bottom can be of  $\frac{3}{8}$ " plywood. Partitions can be of pegboard. Cut baseboard and attach new insert to front of bin to hide casters. Smaller casters on rear of bin roll on bottom shelf of base cabinet. To make bottom of bin level, you may have to shim front casters.*



### Roll-out rack

*Narrow lost space next to a refrigerator, broom closet or wall can often be the ideal spot for storing canned goods (left). Space shelves exactly to accommodate most commonly used can sizes. Shelves need only be deep enough to hold a single can so contents of rack can be seen at a glance. Unit should be mounted on 6" rollers—not casters—for easy movement and to prevent denting the floor. Store tall items on top and bottom shelves.*

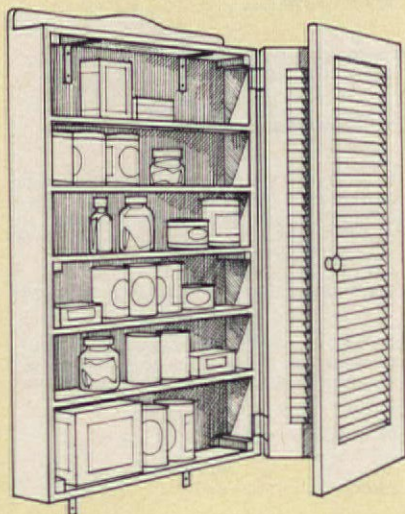
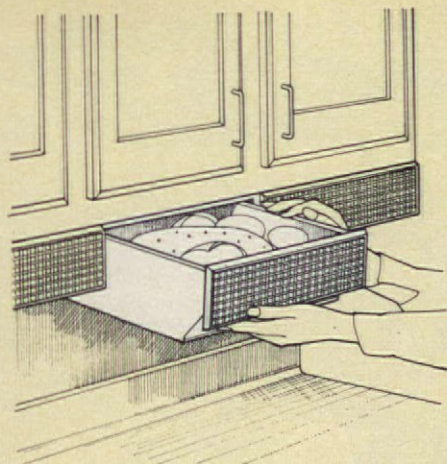


### Guides

*To stabilize the canned goods rack, attach small ball-type casters (left) to the edge of one or more of the middle shelves. If necessary, provide suitable rub strips (metal or linoleum) on adjoining walls. Also provide a stop for inside bottom roller so rack can be pulled out about a foot less than full length.*

## Under-cabinet storage

Ready-made under-cabinet storage units (right) help you utilize all the space available under wall cabinets. A towel and wrap dispenser, bread drawer and utility drawer are offered in these units. With these and other accessories for organizing storage in your kitchen, you'll find room you never knew you had. What's more, these conveniences can be taken with you if you move to another home.

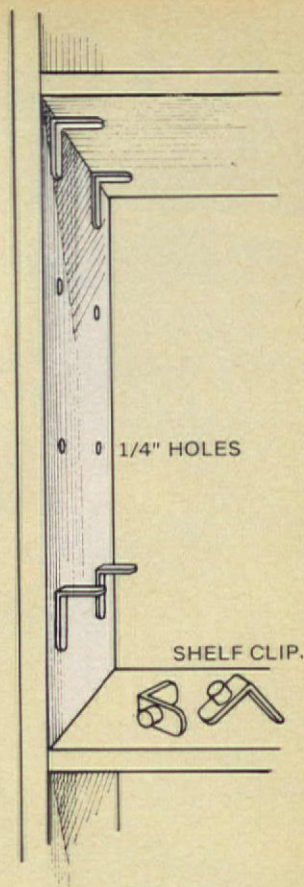


## Space-saver

Maximize your wall space with a cabinet only 6" deep—great for canned goods. Screw and glue corners (with cleats), forming a rectangle (no back). Support on 6" corner braces attached to studs. Use stock shutter or panel doors. Shelves can be fixed or set on adjustable shelf clips. Curved top piece can be added for style.

## Additional shelves

Space wasted between shelves in your cabinets may total more than you're using. You can have additional shelves cut to fit at a lumberyard. Use shelf clips, drill holes and the added shelves will be adjustable.

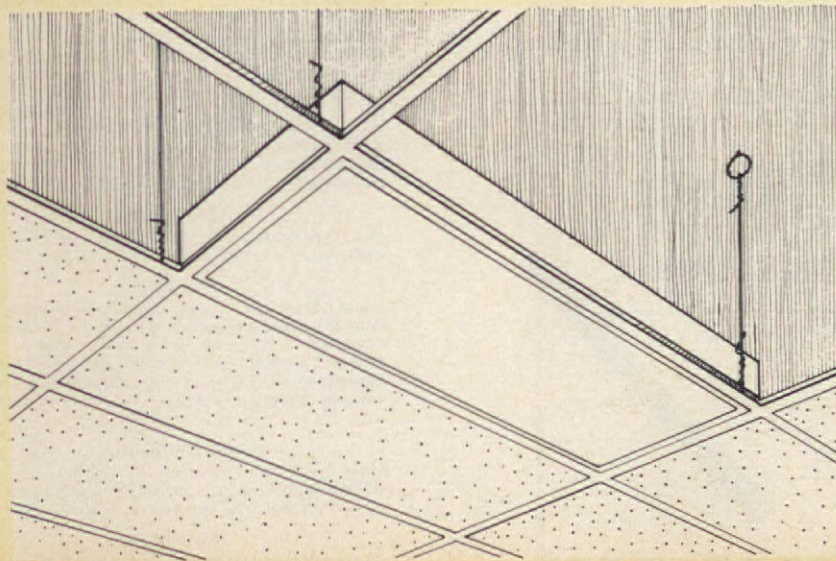


## Fluorescent lighting: less heat, less money

There's no substitute for good illumination in the kitchen, but you can substitute fluorescent fixtures for incandescent ones and do the same job with less

energy, thus more economically. A double 40-watt fluorescent fixture gives off *three times* the light of one 150-watt incandescent bulb, or two 75-watt

bulbs, or three 60-watt bulbs. What's more, fluorescents—available in "warm white"—won't heat up your rooms. They'll also last up to 20 times longer.



## New fixtures

If your kitchen needs better lighting, plan to locate fixtures directly over work areas. (If fixture is behind you when you're at sink or range, your shadow will interfere.) Surface-mounted fluorescent fixtures can be installed where you need them, but if the ceiling needs repair, the wiring job can be simplified with a new suspended acoustic tile ceiling, and recessed units can be used. Lighting fixtures with specially designed mounting brackets are needed for various ceiling systems, so if you're considering a new ceiling, it would be wise to combine these jobs. For ways to build a suspended ceiling in your kitchen, see page 44.



## The trouble stopper. Anchor fence.

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

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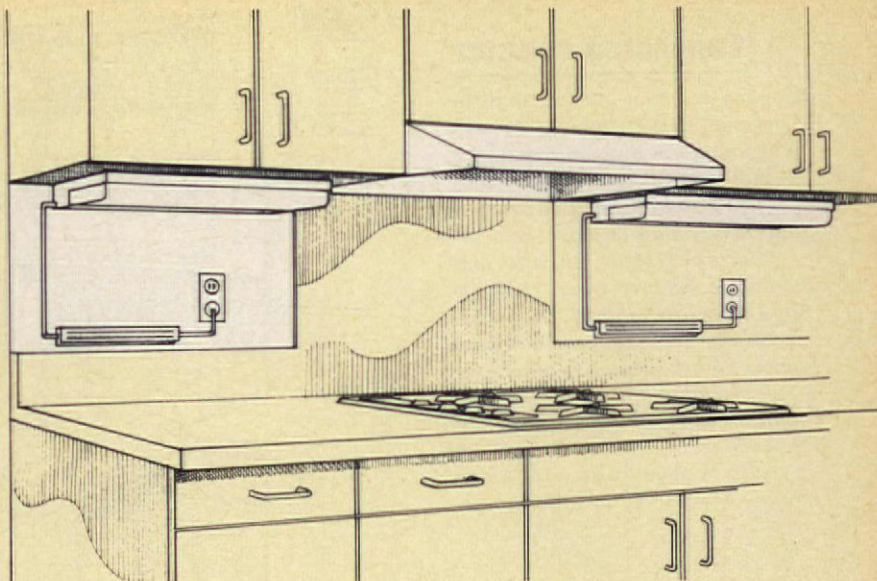
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## Counter-top lighting

Need more light on counter-top work surfaces? Easily installed plug-in fluorescent fixtures can be mounted under your wall cabinets. These will often provide sufficient light so you don't have to use your ceiling fixtures. An under-cabinet unit can also serve as a night-light before the family retires. Plug-in fixtures should not exceed 20 watts. A 15-watt fixture is 18" long; a 20-watt unit is usually 24".

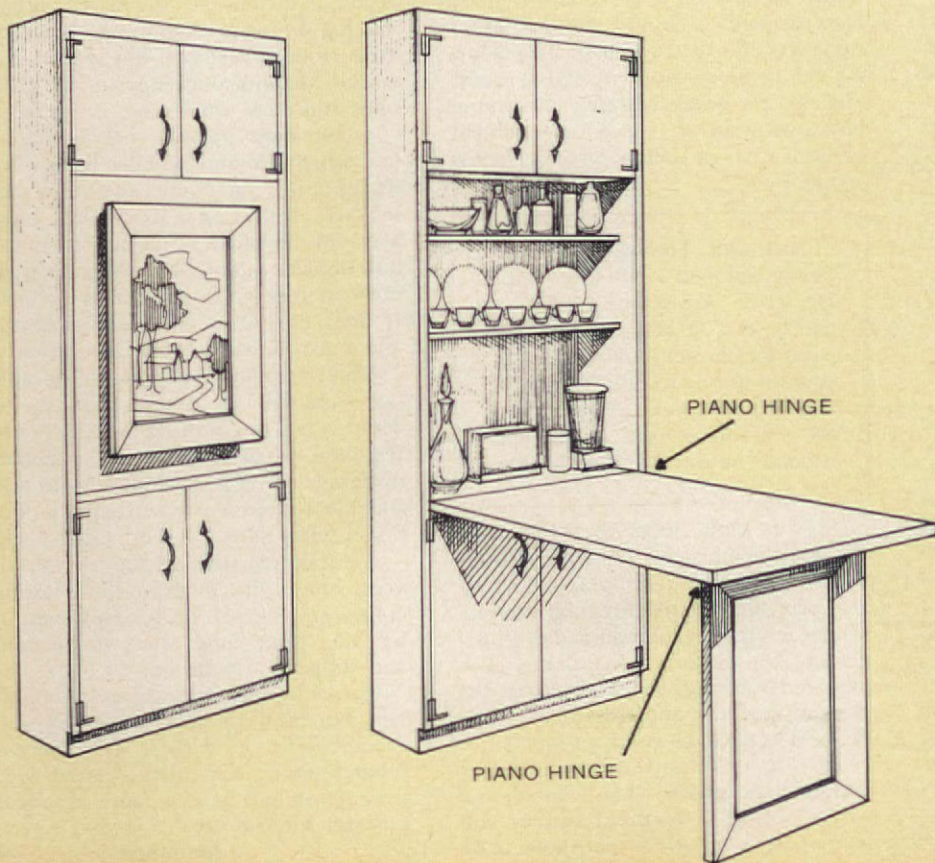


## A place to eat in the heart of your own kitchen

Breakfast, after-school snacks, kaffeeklatsch with a neighbor—all point up the need for a place to eat in your kitchen. But if there isn't room for a table, and you need all the cabinet

space you can get, perhaps a fold-away breakfast bar is the answer. Shown here and on page 26 are two drop-down snack bars, one you can build and one you can buy. The unit you build has

simple lines for ease of construction and flexible, go anywhere design. Stain it or paint it to match your cabinets. The commercial unit resembles a traditional pine hutch with raised panel doors.



### Build it yourself

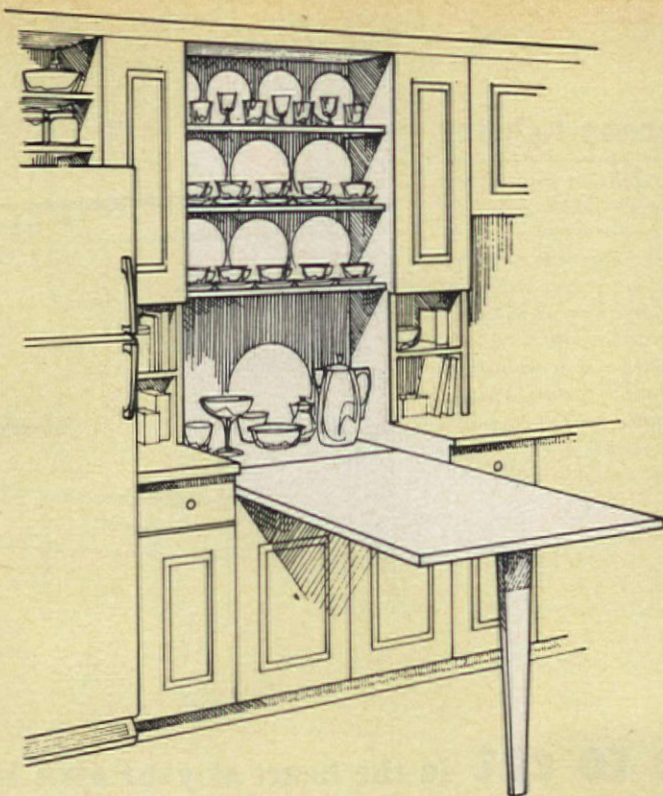
Use  $\frac{3}{4}$ " lumber-core plywood to build cabinet and table. If you prefer a natural finish or plan to stain and varnish, choose plywood with a hardwood veneer. If you paint, use more economical fir plywood. "Picture frame" is made of 1x4 white pine. Add molding to create the illusion of a real frame. Build the cabinets as you would bookshelves. Make one fixed shelf table height—30". Determine ideal table length. Make the "frame" and connect it to the table. Next, attach the table to the shelf with continuous (piano) hinges. Make table and cabinet doors fit flush with outside of cabinet. Hold table in closed position with double magnetic catches. Surface of table can be finished with wood-grained laminated plastic or matched to material used on counter tops.

continued

## Concealed counter

*Designed as a dual-purpose unit for a small, single-wall kitchen, this pine hutch has good storage space plus a pull-down breakfast bar.*

*When it's not being used, the bar folds neatly back in place, presenting a corkboard for notes and memos. In kitchens where counter-top spaces are minimal, the breakfast bar will provide a welcome bonus of work surface without ever crowding the room when the additional space is not needed. In any kitchen, this fold-down bar can also be a handy desk for menu planning or settling family accounts.*



## Kitchen flooring in easy-care materials

Vinyl flooring is one of the nicest things you can do for your kitchen. It offers a wide range of colors and designs, easy care, good sound absorption, warmth retention and comfort underfoot.

Sheet vinyl, which comes in continuous sheets or rolls 6, 9 or 12 feet wide, is a wise choice for the kitchen. It can be installed with a minimum of dirt and water-trapping seams. For the do-it-yourselfer, solid vinyl tiles are an easy way to create original custom effects. Tiles offer a smooth, dense surface, intricate designs and bright colors. Moreover, they're easy to replace if a section becomes worn or damaged.

How well a vinyl floor stands up is determined in part by its wear layer—the portion that can be worn away without actually damaging the pattern. The design elements of one type of flooring, inlaid vinyl, extend through the entire thickness of the material to the backing, creating a thick wear layer suitable for heavy-traffic areas such as the kitchen. The other type, rotogravure vinyl, consists of a printed surface design bonded to a coating of transparent vinyl. Roto vinyl is cheaper, but does not wear so well under long-term hard daily use.

Cushioned vinyl flooring can be a plus for your kitchen. It has a layer of resilient material beneath the vinyl wear surface that provides greater comfort, sound absorbency and scuff resistance. Its only drawback is its susceptibility to indentations.

What goes on the back of vinyl flooring determines where you can lay it. Sheet vinyl is usually backed with asbestos fiber and can be used on any grade level. A foam or latex backing limits the flooring solely to above-grade (any suspended floor) locations. Manufacturers do specify where their flooring can be used—not only above-grade, but also on grade (directly at ground level, with no air space or basement underneath) or below grade (below ground level).

**Just out!** Tredway, a brand-new cushioned vinyl sheet flooring (from Armstrong Cork Co.) can be cut, fit and installed with ease. Its elasticity allows a tight, smooth fit on any subfloor and at any grade level. Priced about \$8.50 a square yard, uninstalled, it comes in 6- or 12-foot widths.

No-wax vinyl floors keep their special built-in finish without the tedious cycle of waxing-stripping-rewaxing. However, they do need regular upkeep. Manufacturers recommend daily light dusting, plus an occasional damp mopping and washing. You can restore the gloss of surfaces dulled by heavy traffic with special cleaning products.

Texture, color and pattern are other factors to consider when you choose vinyl flooring. A textured surface will help mask indentations that show up on

smooth floorings. Surface configurations also help give a realistic, three-dimensional look to brick, mosaic or cobblestone designs. However, embossed designs tend to allow dirt to accumulate in the depressed areas, making frequent vacuuming necessary. With smooth surfaces, less work is required. Medium tones show soil the least; light and dark tones show it the most.

**Other floor options** include linoleum, which remains popular because of its durability, economy and resistance to stains. It does have drawbacks, however. More effort is needed to maintain linoleum than vinyl—regular waxing is necessary to protect its surface. It does not resist alkaline substances and it can be used above ground only.

Vinyl asbestos tile is highly durable and resistant to grease and stains. Though not as comfortable or scratch-resistant as vinyl, it appeals to homeowners because it is budget-priced and suitable for do-it-yourself installation. Some types have a self-adhering back.

Ceramic tile will last the lifetime of your house. It comes in long-lasting colors and cleans easily. However, it has no "give," and tends to be cold and slippery to walk on.

Carpeting takes more care to maintain, but provides good insulation and super comfort underfoot. It's also supremely quiet. A synthetic carpet with low, dense pile is the most practical type for kitchen use.

continued on page 30

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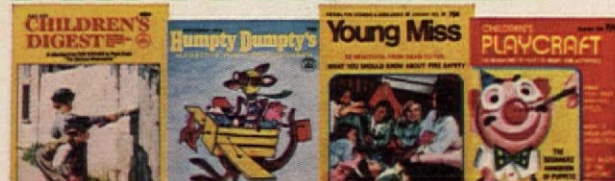
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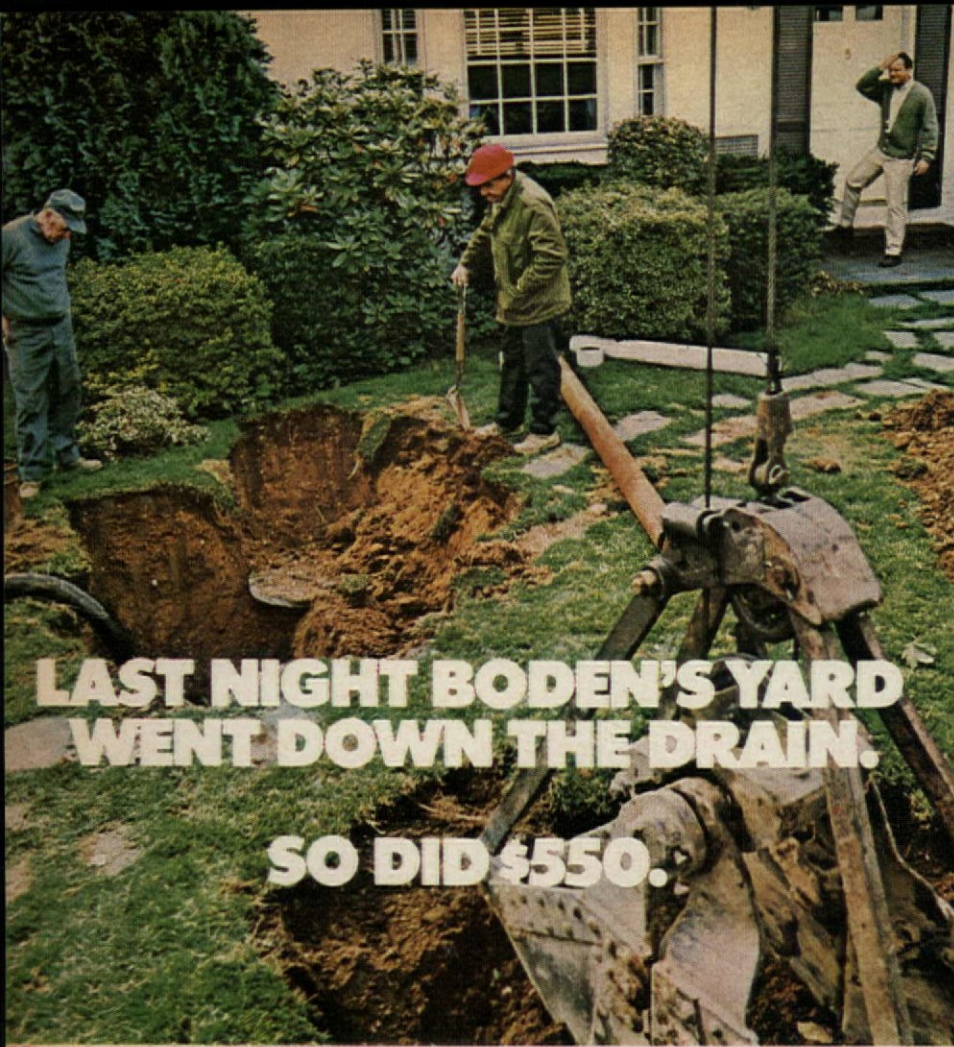
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The Bodens are real people. Their cesspool really *did* work. This picture was taken as it was being done. Job really cost \$550.

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

That's why you should start using Rid-X now, before trouble starts. Today's modern detergents, bleaches and lyes can destroy the active bacteria your sewage system needs to work efficiently. Rid-X is a beneficial bacteria additive made to help reactivate that essential bacteria action; to help liquefy waste matter, oils and fats. Rid-X works to keep septic tanks and cesspools trouble-free.

Don't confuse Rid-X with liquid and caustic products made to simply unclog drains. Rid-X is specially formulated to work inside septic tanks and cesspools. Just a few drops, flushed down the toilet bowl once a month can save you hundreds of dollars! Buy Rid-X today, at your hardware or food store.

**SPECIAL COUPON OFFER.**

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

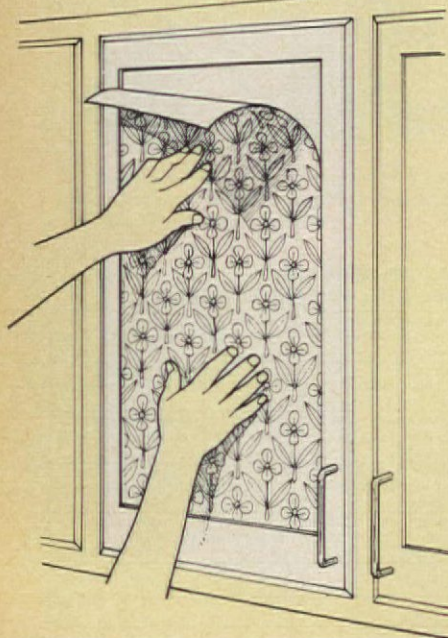


**Self-stick coverings: super-bright results in no time at all**

If your once-gleaming kitchen has lost its glow and you have the inclination to redecorate but not a lot of time and money to invest, don't despair. There is a solution. Decorative self-adhesive

coverings plus your creative talents and about \$3 can give that tired room a quick and low-cost makeover. In one afternoon, you can dress up cabinets and cupboards, and give your kitchen

a cheery new lease on good looks. The work is easy—all you need do is cut the vinyl or paper to size, peel off the protective backing and press in place. Your only limit is your imagination!



**As simple as cut, peel and press**

*To redecorate cabinets and cupboards with self-stick, you need only a pencil, ruler and scissors—plus strips of 18- or 27-inch-wide covering. You can make panel insets for cabinet door fronts (left), create fancy cutouts for pantry cupboards or refrigerator doors, dress up backsplashes or add bright color to the back of open shelving. Choose from traditional kitchen patterns; the natural look of cork, marble, wood or wicker; and thoroughly modern geometric and chrome patterns. All are made of washable, waterproof and stain-resistant plastics ideal for kitchen decorating. Available for 60 cents a yard at hardware and dime stores, these coverings can help you achieve a quick, dramatic and inexpensive new look for your kitchen. You might also consider peel-and-stick tile appliques; they're 4 1/4 inches square, \$2 for a set of 12.*

# Planters Planting Season



## Plant some Planters in a bowl of raisins.

Combine one 8 oz. jar Planters® Dry Roasted Peanuts with 1 cup dark seedless raisins. Mix well.



## Plant some Planters in a cream cheesed celery stick.

Blend together one 3 oz. package cream cheese, 1 tablespoon chopped parsley, and ½ teaspoon grated onion. Use to fill 5 celery stalks. Sprinkle with chopped Planters Cocktail Peanuts.



## Plant some Planters in some Cheddar cheese.

Crumble 4 oz. blue cheese, and mix well with 4 oz. finely grated Cheddar cheese, 3 oz. cream cheese, 2 tablespoons chopped parsley, and ½ teaspoon grated onion. Shape into a ball, wrap, and refrigerate until firm. Reshape ball and roll in chopped Planters Dry Roasted Peanuts.

## Plant some Planters on your favorite cake.

Right after frosting a cake liberally sprinkle Planters Cocktail Peanuts over the top of the cake.

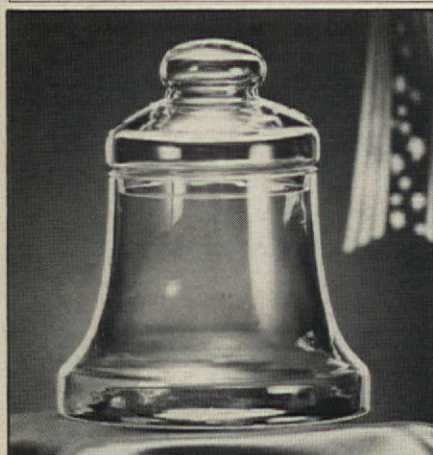


Anytime and everytime you want a nutritious mouth-watering snack  
**Plant some Planters.**

Another fine product of *Standard Brands*

# What's New

By Bernard Gladstone



## Commemorative bell

Clear-glass canister shaped like Philadelphia's famed Liberty Bell makes a nice touch for your own Bicentennial observance. By Libbey Glass, it stands 7¼ inches high and holds 42½ ounces. Use to store candy or cookies, display shells, hold plants or decorate a tabletop. Price: about \$2.50.



## Speedy sander

Sand-O-Flex 300 Contour Sander has strips of sandpaper, backed by flexible brushes, that sand contoured surfaces as wheel spins. When abrasive wears down, fresh paper is fed out from center coil. It's made by Merit Abrasive Products, Inc., 201 W. Manville, Compton, Calif. 90224. Price: \$13.



## Easy-on filtration

Aqua-Pure AP100 home water filter needs no separate shut-off valves—they're built into the head of the unit. To change filter cartridge, which removes dirt and rust particles as small as talcum powder, turn handle to shut off water; unscrew housing. It's made by AMF Cuno. Cost: about \$36.50.

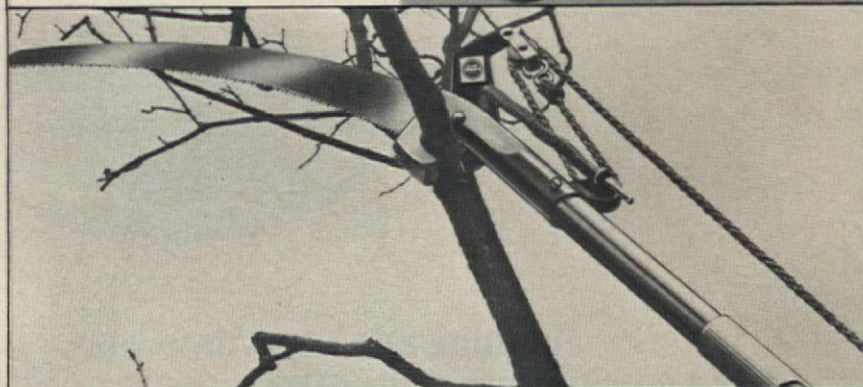


## Peel-and-stick floor

Foam/adhesive-backed do-it-yourself flooring comes in 12-inch hardwood squares in 3 finishes. Hartco Wood Foam-Tile is by Tibbals Flooring, Oneida, N.Y. 37841. Cost: about \$1.30 a square.

## Mow in silence

Weighing only 55 pounds, the 16-inch rotary "Carefree Electric" mower from Toro is powered by a built-in rechargeable battery that runs 45 minutes on 1 charge—enough to cut 7,000 square feet of lawn. Handle folds to store. Safety features include key switch, automatic stop when hand is released, flexible safety shield and protective deflector bar. Battery can be recharged without being removed. Price: \$170, including charger.



**Extendible pruner** Teflon-S coated blades on Snap-Cut tree pruner from Seymour Smith & Sons cuts branches up to 1¼ inches thick; saw blade does larger limbs. Handle extends 6 to 12 feet. Price: about \$22.



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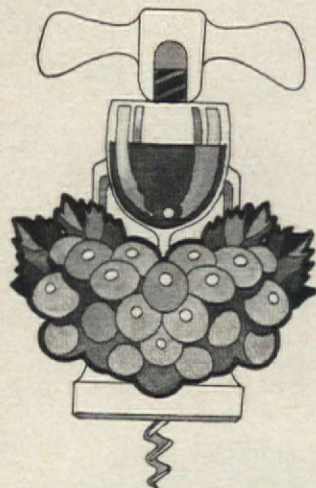
At the same time Psorex helps relieve scalp problems like dandruff scaling, flaking and itching.

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Medicated Shampoo  
Clean Scalp—  
Beautiful Hair

## Serve a glass of wine



### Today's top buys in California champagne—what to look for plus how to serve it

By George Christy

The coming of summer means weddings, graduation ceremonies and other festive events to look forward to. And what could be more appropriate for such celebrations than a glass or two of champagne? Champagne complements sparkling occasions beautifully, but it's more than a celebration drink. It makes an enticing aperitif to enjoy before dinner, enhances a special luncheon party or Sunday buffet and harmonizes with a sweet served after dinner.

Champagne's secret lies in its bubbles—or "stars," as poets often call them. They are the result of secondary fermentation. Many wine-makers allow this secondary fermentation to take place in the bottle; others use the bulk, or Charmat, process whereby fermentation takes place in a glass-lined steel tank before bottling. California vintners have a number of different classifications for champagne: *Natural* means completely dry; *Brut* suggests almost as dry; *Extra Dry* is a trifle sweet; *Sec* tends to be quite sweet.

Chill champagne an hour or so before serving; open it right at serving time. Yes, there is a trick to uncorking a bottle of champagne, but it isn't a difficult one to learn. The secret is to keep the bottle motionless while you're taking out the cork.



First, tear off the foil that surrounds the top; then remove the wire cage that anchors the cork. Holding the bottle

securely, twist the cork gently and slowly until you hear a slight popping noise. *Easing* the cork out this way prevents the ear-splitting pop that makes so many would-be champagne lovers gun-shy. Be sure to maintain a firm grasp so the cork doesn't fly off; it can be a dangerous weapon when it does. Above all, by not jiggling the bottle you avoid the wasteful—and annoying—gush of wine that often occurs when the cork comes out.

An all-purpose wineglass is fine for serving champagne as other wines, but a flute shape shows off the bubbles stylishly. Never fill a glass all the way to the rim. If you're using an all-purpose glass, fill it no more than half with a flute shape, which generally holds less wine, you can fill it about two-thirds. (For a catalog of sensible priced glasses and servers, send 25 cents to: Marjorie Lamm's Wine Glasses, P.O. Box 732, Sausalito, Calif. 94965.)

Among the most reasonable California champagnes available nationally is Franzia's Extra Dry (\$1.99 a fifth, the minimum retail price when last checked on the West Coast; all other prices are minimum retail prices for fifths in California). It has a light color and pleasant nose, is sweetish and makes a good punch wine. Gallo's champagne (\$2.99) enjoys a nice gold color and an attractive crispness and sweetness—this is a good buy. Growers (California Growers Winery—\$1.99) has a grapy taste. While I might not choose it for an intimate dinner party, I *would* serve it to a large, informal gathering. Lejon (\$2.99) offers a pale color and sweet aftertaste. Winemaster's Guild (\$2.99) has a grape nose and taste.



In the *Extra Dry* category, Christian Brothers produces an excellent champagne (\$4.99) with a lovely gold color, crisp nose and delicate sweetness. It, too, is a good buy. M. Lamont makes an Extra Dry (\$3.10), sold in some parts of the country, that has a fruit characteristic. Soft color and nose describe the Cresta Blanca Extra Dry bubbly (\$4.95). It's medium dry and mouth-filling, a well-made wine. Llord and Elwood offers an Extra Dry (\$5.50) that has a pale straw color, full body and sweet aftertaste. This is a memorable champagne, available in metropolitan areas. Another excellent buy, Paul Masson's Extra Dry Champagne (\$5.35) boasts a beautiful gold color, bright inviting nose and rich taste. York Mountain Champagne (\$4.91), sold only in California, brings with it a Chardonnay-ish bouquet. It's lightly sweet with a full flavor, delightful with ice cream or sherbet.

In the *Brut* category, Almadén Champagne (\$5.25) is (continued)

Illustrations by Bob Pepp





# 'We're going to the Bicentennial. Can your kids come?'

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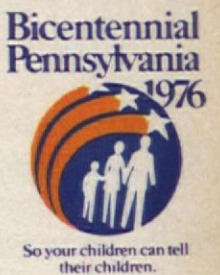
There'll be parades, history, fun. A look back at the past. A look ahead into the future. Your children won't be learning about history. They'll be living it.

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Milton J. Shapp, Governor



American Eagle sampler measures 17 by 9 inches. Design is stamped on linen, and kit includes appliqué embroidery floss and all instructions.

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# Treasure our heritage

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The age of the clipper ships is beautifully recalled in the crewel embroidery above, portraying a gallant three-master sailing on the wind. Design measuring 24 by 16 inches is stamped on homespun; the kit comes with

yarn plus instructions. At top is our American Eagle sampler done in cross stitch with blue appliqué banner and the U.S. motto, "E pluribus unum." A frame with gold-metal leaf is available preassembled for each kit.

Ben Swedowsky

It needn't cost a lot to make an event a special occasion by serving champagne.

sweeter than you'd expect. It has a green-gold color and seems young. Beaulieu's Brut Champagne (\$6) is wondrously bubbly, with a delicate gold color and trace of sweetness. It's an impressively made wine, also a worthwhile buy. Good color and good body characterize Buena Vista's Sonoma Brut Champagne (\$5.95), sold in selected metropolitan markets. This is a super value, drier than you might expect, a finely made wine.

"Outstanding" describes Korbel Brut (\$5.80), with its summer-moon gold color, crisply sweet nose and full body. If you are among those who appreciate a truly dry wine, this one is notable. Hanns Kornell's Brut Champagne (\$5.75), offered in more than 40 states, has a nice color and gently sweet fragrance; also, it's pleasantly crisp to taste. Mirassou's Brut 1971 (\$6) is another good buy, with a white-gold color and rich flavor, but in my opinion more bottle age will enhance its taste. From Sonoma Vineyards the Brut Champagne (\$7.95) is a winner with its superb color, refreshing nose reminiscent of a soft breeze in springtime woods—plus rich taste. (Any of these premium champagnes would be appropriate to serve with Veal en Croûte, this month's American Home Cooking Lesson, featured on pages 54-55.)

**Natural, or completely dry,** champagne is brilliantly exemplified by Korbel's Natural (\$6.70), with its beautiful straw color, clean nose and taste. Mirassou's Au Natural 1971 (\$7) is pale straw-colored, complex in bouquet, alive with bubbles and a little tart. "Classic" describes the Almadén Blanc e Blancs (\$6.50)—a recent tasting of the 1968 *cuvée* (blend) was impressive—with its glorious golden hue and luscious taste. It's a great buy for the price. Hanns Kornell's Sehr Trocken 1968 (\$6.95), available in more than 40 states, has a lovely color and balanced taste. It's well made but not as dry as I anticipated.

Schramsberg's Cuvée de Gamay 1972 (\$6.95)—sold in various parts of

the country) is a unique bubbly. Made in the champagne style, it enjoys a pinkish color not unlike the blush of a peach, with a fruity nose and fresh taste. A charmer, it makes a lively aperitif—and "shines" with fresh fruits, cheeses and shellfish, at brunch and special luncheon occasions. □



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You can actually use the Beauty Plant to soothe burns and sun burn. Just break off a leaf and rub the clear life juices on your burn. It feels so good! Keep your Beauty Plant in the kitchen for **Natural first aid**.

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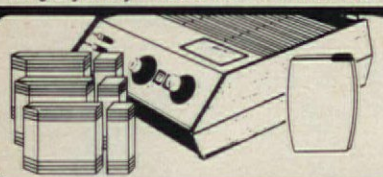
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*Walk in any bookstore and you'll see dozens of books aimed at do-it-yourselfers. We've reviewed the current crop for you—here are the helpful best.*

**GoWell—The Story of a House** by Jo Coudert, Stein and Day, \$7.95. If you've always dreamed of finding an abandoned cottage and transforming it into a haven, you will enjoy reading *GoWell*—an informative, often humorous account of how two women did both. You learn painlessly about each phase of remodeling (from obtaining a mortgage to refinishing wood trim), the work you can do yourself and the people you must work with. *GoWell* provides costs and time schedules, but it does not attempt to be a construction manual. The most important insight it gives the potential old-house remodeler is the realization that you must have total commitment in time, money, energy.

**Nomadic Furniture #2** by James Hennessey and Victor Papanek, Pantheon Books, \$4.95. This is a furniture building and buying guide that's not the usual kind: Part manual, part catalog, it advocates lightweight furniture for today's mobile society. There are easy-to-follow instructions for building wall systems, chairs, tables, space dividers, tree houses. Inexpensive to make, the units can always be folded or stacked or simply knocked down, if necessary. The book encourages do-it-yourselfers to be imaginative and adapt ideas to their special needs.

**Home Renovation—Making Your Home More Attractive, Modern & Valuable** by Stanley Schuler, Reston Publishing Co., Inc., \$9.95. You can improve your house in many ways, from adding a bathroom to replacing the gutters. Stanley Schuler, who provides the expertise in our "Help About the House" feature, tells you how to tackle most of these projects yourself: which ones you shouldn't undertake, who to turn to for help and how to deal with the people you hire. Instructions for making repairs—on holes in plaster walls, on sagging floors—help you extend the life of existing materials. If you prefer to start afresh, there are explicit and illustrated directions for tearing down walls, installing new paneling, laying floors, hanging doors and resurfacing roofs. The book encourages you to take a new look at your house. Is the lighting adequate? Is the kitchen well planned? Should the trees close to the house be chopped

down? Improvements Schuler de will add to your comfort and may increase the resale value of your ho

**Everyone's Book of Hand and S Power Tools** by George R. Dr Reston Publishing Co., Inc., \$10.9 you are a do-it-yourselfer, you will this tool handbook invaluable. I packed with information about n than 160 tools, systematically organ into 16 basic "families," alphabetic described and amply illustrated. tical section, on the circular saw, learn how the saw works; when it comes a necessary tool; how to care it; which size, blade and attachmer use for different jobs and what sa precautions to take. Practical be work "problems" help increase y expertise. Terms are clearly expla in a glossary. The book also deals y workshop layout, lighting and stora

**The Early American Furniture er's Manual** by A. W. Marlow, M illan, \$7.95. For the hobbyist already has the basic hand and po tools, this is a good practical guid building early American furniture. 16 plans cover the most popular onial designs, including the tre table, the cove cupboard and the sink. There are also suggestions varying each basic design. To simp the work, this book provides spe materials lists, step-by-step building structions, photographs, working dr ings, cross-sections, detailed enla ments of difficult features and s "recipes." A brief run-through on terials and finishing methods gives moderately experienced furniture n er all the information he needs to the job done. The novice might pr first to read a basic tool handbook, s as the Drake book (above), to le the fundamentals.—Siew-Thye Sti

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# Astrology reveals - Mary Tyler Moore and Rhoda were destined to reach super stardom after 30!

By Tom Kennedy

Don't trust anyone over 30 - to make it big? It sure hasn't stopped 37 year old Mary Tyler Moore and 34 year old Valerie Harper. Astrology proves that you don't have to be a teenager to be a successful part of today's youth-oriented society.

Mary's horoscope shows that her big success was destined to come after 30, due to the movement of Saturn. Saturn crossed the position it occupied at the time of Mary's birth around her 30th birthday. This powerful planet position produces a peculiar situation which gives great strength to a person's past efforts. In Mary's case, her endeavor to reach real success. Today she is considered TV's newest tycoon, certainly evidence of Astrology's accuracy!

At 34, Valerie Harper is in the prime rays of Saturn, and therefore, enjoying a sort of rebirth and the success shown in her natal chart.

Astrologers have questioned the compatibility of Mary and Valerie. Seemingly, Mary's earth sign, Capricorn, and Valerie's sign, Leo, are not harmonious - until a closer look is taken. Then, it is seen that both have the Moon and Venus in the 8th house in water signs, Cancer and Scorpio. This tends to upset the imbalance of earth and fire by overpowering the rays with water and emotion.

But still their personalities are different as night and day. Valerie is a rebel with many causes. She even telegraphed President Ford protesting his pardoning of Nixon and is well-known around the White House. She's been involved in picketing various establishments while Mary is pretty much establishment herself. Uranus in Valerie's 7th house is responsible for this side of nature and pushes her to fight for what she believes.

Valerie wonders if she has the discipline for stardom. She says, "I have the desire to goof off!" It's that old devil Moon in her 8th house that gives her this streak of laziness but according to indications, she has little to worry about!

Mary Tyler Moore and Valerie Harper are over thirty but by no means over the hill! They are super stars today and things are getting bigger and better for the future. Astrology predicted it all!

## ASTROLOGY AFFECTS US ALL

Mary Tyler Moore and Valerie Harper are not the only people affected by Astrology. Because you were born, you yourself have a unique natal horoscope, different from all others. I'll show you what it can mean to you by using another celebrity for my example.

Johnny Bono is a typical outgoing, nonconforming Aquarius. His horoscope didn't predict real financial success until after 30. When he made his first million, Astrologers warned against an investment he wanted to make. In spite of these warnings, Sonny put his money into two movies that turned out to be box office disasters and lost everything. But he wasn't to be deterred. In just five years, he was again a millionaire and never to invest without the approval of his Astrologer. Valerie's horoscope showed that his breakup with Cher could have been avoided. Luckily, it also predicted that they'll be together again soon.

## THE TRUTH ABOUT ASTROLOGY

How does your natal horoscope work? An astrologer will chart the positions of the sun, moon, and eight planets as they appear in your place of birth at your exact time of birth. The placements and angular relationships of these bodies make up your natal chart. This means that someone born at the exact same time and place as you, but in a different city, will have a different chart. My written interpretation and analysis of your natal chart will give you your natal horoscope. Astrology is not fortune telling. Your horoscope does not cause things to happen to you.

## Limited Time Only Research Project

# How to get your Personal Natal Horoscope for only a copying cost

By John F. Ford

Find me your exact time and place of birth, I'll cast and analyze your natal horoscope for research purposes. You may have a duplicate copy of your horoscope for only \$3.00 to cover the plus 50¢ postage and handling. You get the expensive casting and analyzing process FREE - because of the fact we must give you your horoscope for research anyhow.

Your natal horoscope will consist of 9 pages and 3,000 words will provide you all of the following benefits: (Note: This is a new improved horoscope.)

Your horoscope will help you understand and accept yourself. I will analyze your personality and explain your strengths and talents in detail. It will also point out your shortcomings and advise you on how to improve.

Anyone of us has hidden talents just waiting to be tapped. Your horoscope will discuss your hidden talents (sex appeal, E.P., writing, athletics, public relations, etc.) and show you how to cash in on them.

Your horoscope will give you an in-depth analysis of your love life. Personally tailored advice on how to enjoy a more fulfilling sex life will be offered. You'll be told who you're compatible with and why and shown how to find romance. Once you find it, your horoscope will help you keep it burning hot.

Your horoscope will instill confidence in you by showing you that you're good at it. It will place you in the proper frame of mind to begin a program of all around self-improvement.

Types of jobs and careers that are best suited for you will be listed. You'll be told which careers will bring you success and happiness and which jobs to avoid.

Your horoscope analyzes your personality, and then tells you what things are most likely to happen. But remember, your free will can override events in your life, if you put your mind to it.

As you've seen from the examples I've given you, some of the most famous people used their horoscope to reach success; but in other instances ignored it and faced failure. There are thousands of different ways to achieve wealth, love, success and happiness.

A good example is Euell Gibbons, the naturalist, whose interest in plants. He has published several books and appeared on the Johnny Carson show. Many people consider him odd, but his career has brought him wealth and happiness.

Each and everyone of us is good at something no matter how odd one's talents may seem to others. Your horoscope will tell you what you're good at. So why beat your brains out on an area that you're not talented in, when an equal amount of time spent on something you're good at would put you much further ahead. Not only will you get ahead, but you'll be relaxed and happy while you're doing it.

Your horoscope will give you an in-depth analysis of your personality. It will point out your strengths and show you how to utilize them. It will also discuss your weaker areas, and allow you to compensate for them.

Because your natal horoscope is such a sophisticated analysis of your personality, it will probe your subconscious mind and

seek out your hidden talents. These are the areas where you thought you had talent (writing, E.S.P., sex appeal, public relations, athletics, etc.) but were afraid to try. If you've been waiting for someone to give you a little push, let your horoscope be that someone. It will give you the confidence to start using your hidden talents.

Summed up, your natal horoscope will discuss your personality, love life, career, finances, and health. It will help you understand and accept yourself for what you are. It will then show you where your talents lie and set you on a course of self-improvement, self-fulfillment and true happiness.

As the old saying goes, "You only live once." Will you miss your success opportunities? Will you stumble into pitfalls you could have avoided, like Sonny Bono did? Don't you owe it to your loved ones to seize every precious moment of your life and make the best of it. Why not give yourself every advantage with the added edge of your personal natal horoscope.

For a limited time, during this special research project, you can get your personal natal horoscope for only a copying cost. You get the expensive casting and analyzing process - FREE. And you can use your horoscope for a full year on an absolutely no risk guarantee. The article below will tell you how to order your horoscope. For your own sake, please don't pass up this once in a lifetime opportunity.

\*

## Celebrity Star Portrait

PRESENTED BY  
THE AMERICAN ASTROLOGICAL ASSOCIATION  
"The Nation's Largest Astrological Society"

featuring

Valerie Harper

Mary Tyler Moore



Valerie Harper, Leo - Mary Tyler Moore, Capricorn. Their sun signs alone say they won't get along. Their complete horoscopes show they do and why real success came after 30!

- Your financial future will be covered. Your attitude towards money and the best ways for you to make money will be discussed.

- Areas of your body which may pose health problems are pointed out. Tips on dieting are also offered.

- Your marital and family relationships are analyzed with emphasis on getting along with your mate, your children and your relatives.

There's no need to worry about finding out about an unavoidable coming disaster through your chart. As mentioned, astrology deals in potentials. Your free will can override potentials if you know about them. In any case, the policy of qualified astrologers is positive astrology. If there is something negative in your chart, you are told what you can do to make it positive.

When casting your horoscope, we conform to the strictest scientific principles. First the longitude and latitude of your place of birth will be charted down to the hundredth degree. Then any time changes due to World War II will be taken into consideration. Finally your longitude and latitude and exact time of birth will be key punched into our gigantic IBM 370 computer, which contains over 24 million bits of authenticated astrological information. No two horoscopes produced by our computer are ever alike. Your horoscope will carry your name on every page and will be cast from your exact time and place of birth for you and you alone. So you can be sure that your horoscope will not be the worthless type found in paperbacks.

A similar horoscope could cost up to \$250 if done by an astrologer. But THERE'S ABSOLUTELY NO CATCH to this offer. I need this information for my astrological research. I'm looking for certain planet configurations from the people who mail in

birth information. (People who fit this group can receive extra bonuses by filling out a research questionnaire.)

This research project has appeared in BETTER HOMES AND GARDENS, PARADE, FAMILY WEEKLY, SUNDAY MAGAZINE, LADY'S HOME JOURNAL, REDBOOK, McCALLS, WOMAN'S DAY, and other publications. The response has been tremendous with over 500,000 people now enjoying their natal horoscope. But that's what's so frustrating. We may never be able to run this article again. Inflation has pushed our computer, advertising, postage and printing costs almost to the point of no return.

So for a limited time, we're gathering all the names we possibly can to finish our research project. If you'd like to help us with our research and take advantage of this special offer by ordering natal horoscopes for yourself, for your family or your friends, simply do this: Send me the name, address, time, day, month, year and place of birth for each person on a piece of paper along with the \$3.00 copying cost and 50¢ postage for each horoscope. (If you don't know your exact time of birth we'll use 12:00 noon.) If you have Mastercharge, BankAmericard, or American Express, you may charge your purchase by sending the following information: A. Name of your credit card B. Credit card number C. Card Expiration date. Mail your orders to the AMERICAN ASTROLOGICAL ASSOCIATION, Research Division, Dept. H-4, 401 Market Ave., N., Canton, Ohio 44702.

Your natal horoscope is covered by a one year - 365 day - full money back guarantee. If you have any questions, call me, John F. Ford, President, the American Astrological Association. Telephone me at (216) 478-2171. To avoid disappointment, why not order your horoscope right now, before you forget. Thanks.

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# RALEIGH



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# The best home investment

Our new editor, Margaret E. Happel, comes to us by way of Good Food, Ladies' Home Journal and McCall's, having earned the American equivalent of a master's degree in advanced food and nutrition from the Birmingham College of Domestic Arts in her native England. She joined our staff as food editor last fall.



When I was a young editor just learning my trade, I worked for a famous man who had a reputation for making pungent, penetrating and very truthful statements. One of his most accurate and memorable remarks concerned the importance of kitchens. True, I gained knowledge of his words from hearsay, but they were shattering enough, even indirectly—considering the times and his fame—to have remained in my mem-

ory all these many years: **"Consumers of America, invest not in a second automobile but in a better kitchen."** Such were his sentiments, the *thrust* of his speech, if not his exact words. He urged his audience to understand that an automobile depreciated in value the moment its wheels left the showroom floor. A kitchen, he is said to have emphasized, can only gain in value, enhancing the total appeal and salability of a home.

Today, his words seem even more relevant. We, too, urge you to consider some investment in and improvement of your kitchen, no matter how tight your budget. Monetary value aside, a good kitchen is an "investment plus" beyond solid, returnable dollars. Kitchens, to me, are fantastic and fascinating. The warmth and bustle, the hiss of escaping steam, the bubble of a simmering pot, the glint and gleam of burnished metals—all have held more magical allure for me than tales of Aladdin and his secret cave.

As a child, I stood on a crate in the kitchen of my mother's hotel. My eyes just crested a high worktable where a new, exciting world swam into view. My childhood knights were not dressed in shining armor; they wore white, with tall pleated hats. Swords were shiny,

swiftly maneuvered knives, and the prize to be won was the perfect soufflé or the tenderest puff pastry. Defeat manifested itself in the infrequent leaden mistake of the apprentice cook. I have remained fascinated ever since—enough to make the knowledge of good food and wine a career, and kitchen design a necessary passion.

**What is a good kitchen?** Here is one person's admittedly subjective opinion:

A good kitchen should be clean but not sterile. It should be a room that suggests activity, rather than the remote and forbidding territory of one specialist. It should be a world of pleasant sight and sound, of inviting taste and aroma, of humanity as well as functionality.

Within the pages of this issue of *American Home*, you'll find helpful ways to make *your* kitchen easier and more satisfying to work and live in, tips on getting the most kitchen out of the space you have—and making new spaces where you didn't think you had any, aids for improving your lighting and expanding work surfaces for greater meal preparation efficiency: in short, how to **make the kitchen the hub of your home.**

Margaret E. Happel  
EDITOR









*Picture window frames eat-in area, furnished in dining room... comfort: built-in banquette and cushioned ladder-back chairs (top). Wood paneling adds warmth to cool efficiency of food center and laundry island (opposite and above, left). Strawberry theme is echoed in tableware, curtains and upholstery (above, right).*

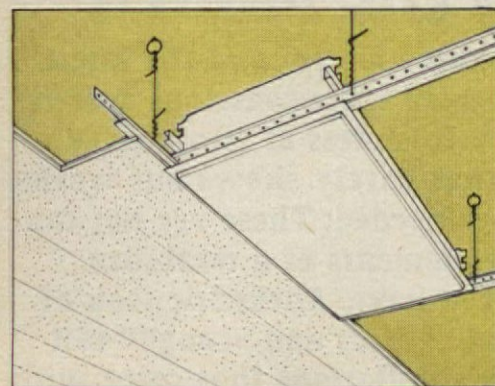
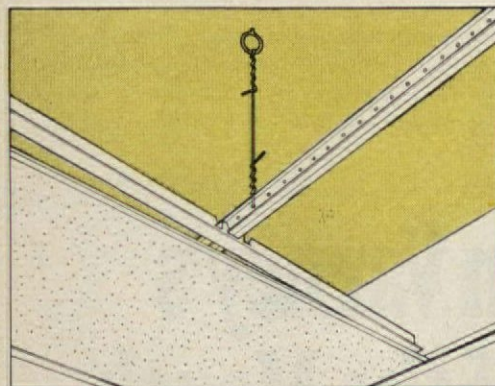
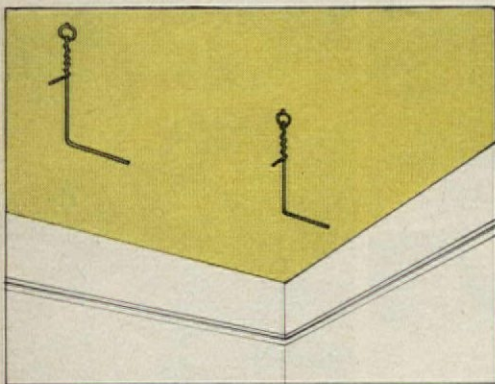
## Carleton Varney's Room of the Month

**Old-fashioned country charm and the latest conveniences, a super space-conscious design and the summery freshness of strawberry colors, lighting that barely shows but works beautifully where needed: These are not contrasts, but major elements of a total-idea kitchen anyone can have. Authentic look of "weathered wood" beams and "rough" ceilings results from simulations that come with today's easy-care features. How-tos follow.**

## You quickly get the hang of it

A suspended ceiling is used to lower a ceiling that's too high, to cover pipes or ducts, to gain room for recessed lighting. (Otherwise, an Integrid system is attached direct to existing ceiling.)

Suspension installation consists of wall molding for perimeter of room, screw eyes and hanger wires that support main runners to which cross tees are attached. Tees fit into tongue-and-flange tiles, each of which has a slot (kerf) that accepts and conceals the tee. Light fixtures rest on main runners, have attached lens and trim strips.



*Compact, step-saving food preparation center occupies its niche. Built in or grouped conveniently are dishwasher, disposal, trash compactor, refrigerator with refreshment compartment, smooth-top range, wall oven and microwave (not shown). Energy-saving fluorescents provide concealed counter-top lighting.*

## A ceiling any homeowner can install

The ceiling in the total-idea kitchen was designed for ease of installation by the average home handyman. The Integrid Suspension System, a lightweight interlocking framework that can be suspended at any height from an existing ceiling, has grid components that snap together and can be adjusted to compensate for leveling errors. The system makes possible a quick, professional-looking installation. Patented tongue-and-flange tile design eliminates bevel lines between tiles and conceals the metal strips homeowners dislike. (The three main steps are shown at left, from putting up hanger wires to suspending lighting fixtures.)

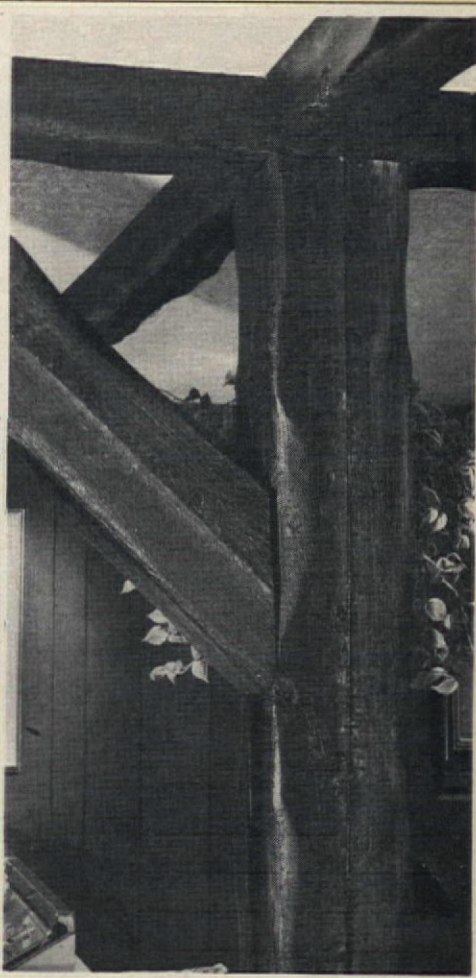
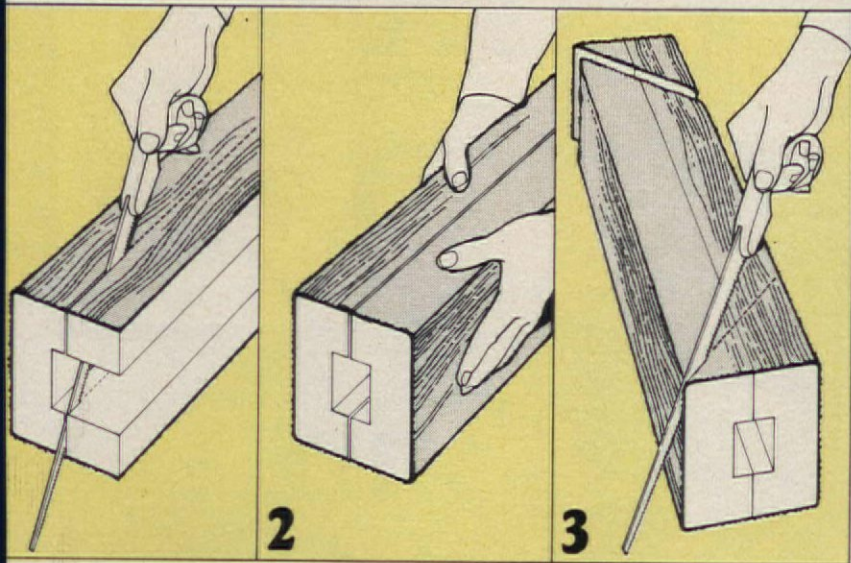
Another advantage of the system is that it's designed so light fixtures may be positioned virtually anywhere in a room. A 2' x 4' four-lamp fluorescent and a 1' x 4' two-lamp fluorescent are recessed fixtures designed for use with the system. Incandescent "high hat" floodlights (see page 42) are also easily installed. Integrid light fixtures use two (or four) 40-watt rapid-start lamps and are to be wired into normal 110- to 120-volt circuits. They require a clearance of 5 1/2" from the existing ceiling. If wiring leads must be made for the new fixtures, work should be done by a qualified electrician to satisfy local building code restrictions.

# Achieving a wood-beam look

convincingly authentic "weathered-wood" beams and post (right) are of lightweight urethane. They can be glued, nailed or attached with special clips to suspended ceiling grid. Beams, available at building-supply stores, come in standard lengths (6' to 18') and thicknesses (6x6, 8x6, 8x12), and can be cut with cross-cut saw or any knife with serrated edge.

**Make beams:** Cut material to desired length and use a caulking gun to apply a bead of manufacturer's adhesive to edges that will come in contact with ceiling or wall. Press beam to ceiling; glue will bond immediately.

**Make post.** For the effect shown at right, 1) trim 3" off each of two 6x6 beams; 2) glue beams together. Make brace the same way, then do as follows: make 45-degree cuts and glue brace to post and ceiling.



Work-space extension of laundry island, near eat-in area for snack and breakfast needs—is equipped with automatic coffee maker and four-slice toaster.



Cheery red sink is set into gleaming white scratch- and stain-resistant "Corian" counter top—so tough it can withstand food cutting, chopping and slicing.

Decorative art from Norway

# Teach yourself rosemaling— flower painting on wood

One of the most beautiful folk art traditions America has inherited from its immigrants is the elegant craft of rosemaling—painting flowers on wood. Brought here from Norway, this technique calls for sure, flowing brush strokes and color contouring to create the decorative look of wood carving. Breadboards and boxes, cupboards, bowls—even clocks—can achieve this richly glowing patina. To learn basic rosemaling techniques, plus how to order designs shown here and on our cover, see page 70.



Crafts Department

Rachel Newman

Jane Luddecke

Louise Fiore





# Decorate with new pastel-print sheets

A profusion of delicately patterned bed linens awaits your home this summer. But beautiful sheets are more than just a pretty bonus for your bed. They can be one of the best decorating values for the money. A king-sized flat sheet provides a seamless expanse of exciting fabric, 108 by 110 inches, that averages less than \$2 a yard. Sheets are a natural for refurbishing your bathroom and living room, offering instant coordination of walls, pillows, custom-look slipcovers—even a one-of-a-kind shower curtain and wooden

paneled screen. Treatment with a spray-on fabric protector if the sheets are colorfast (you can test a small area with a damp cloth) helps maintain them. Cover a window

by making pretty cafe curtains or laminating a window shade. Personalize a picture or mirror frame. Add zest to your table settings with place mats made from one pattern, napkins from a companion design. Or reupholster tired furniture. Shown here and on the next page is a sampling of sheet stitchery; our detailed installation how-tos follow.



## BEAUTIFUL BATH

Step into the inviting, airy cool of this peach and blue bathroom (opposite). "Pull-over Stripe" sheeting made into a handsome shower curtain coordinates with matching towels and "Diagonal Dot" sheets on the wall (right).



## BEDROOM MAGIC

Crisp white is a perfect background for yellow-hued sheets (above). Patterns on bed, in variations of bathroom colors (left), are repeated in alternating panels on wooden screen to unify room. All linens you see are Missoni by Fieldcrest.







## SHEET ELEGANCE

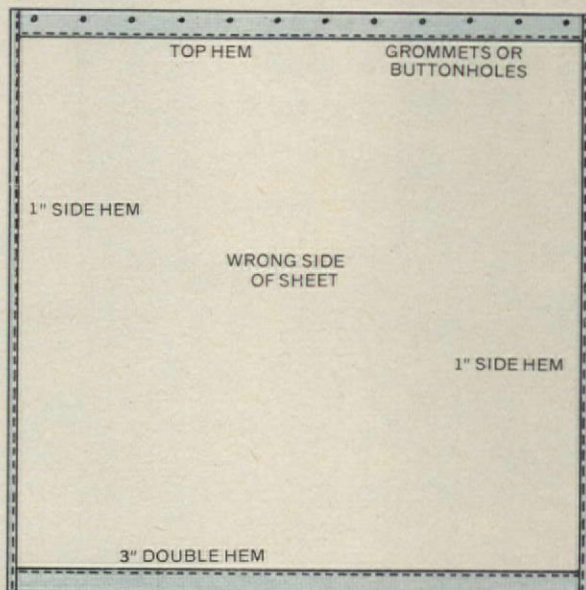
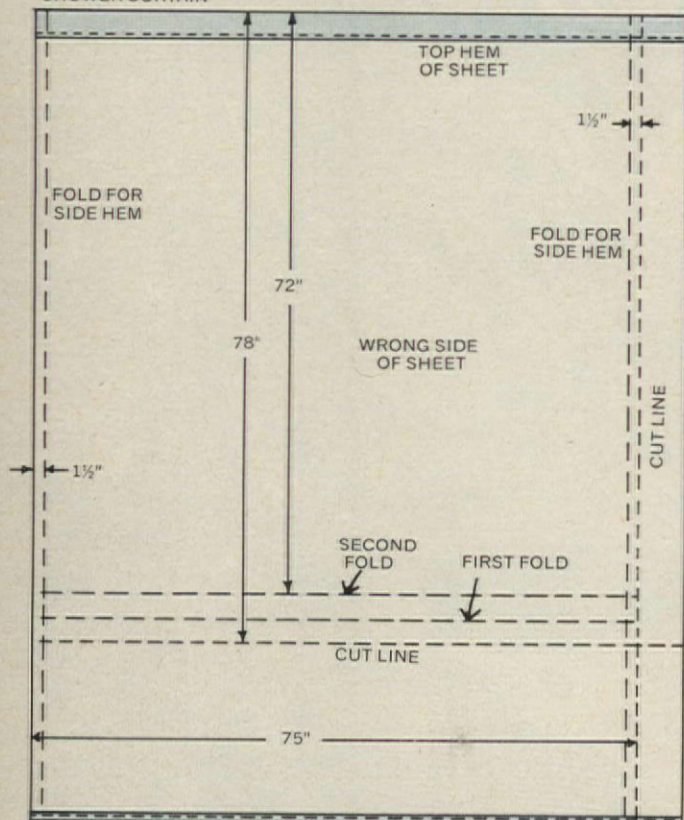
The softness of "Porcelain Medallion" sheet pattern (right) teams with the natural prettiness of wicker to create sitting room charm. Informal Turkish-cornered floor pillows augment seating. Blue-and-white Tibetan Dhurrie rug, "Grandmother's Garden" quilt and botanical prints complement the sheet-covered daybed. Linens are by Wamsutta. Shopping Information, page 77  
Charles Gold



# SAVING WITH SHEETS

## Low-cost ways to get a high-quality look

SHOWER CURTAIN

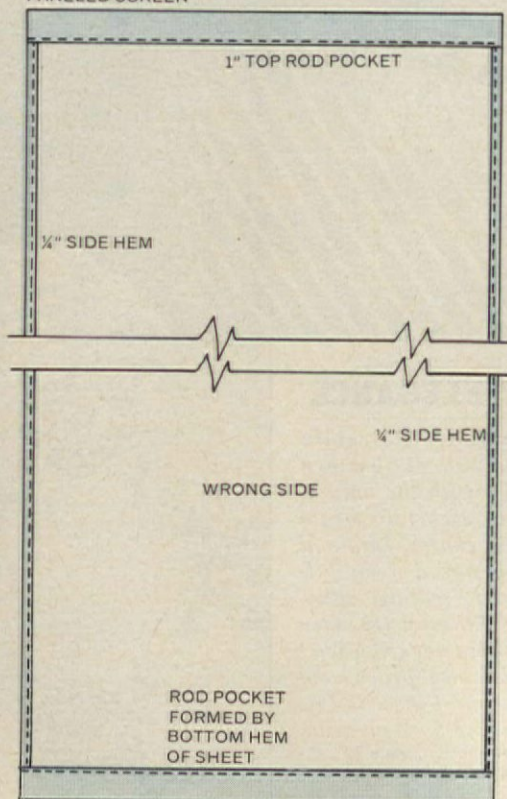


### Shower curtain (72"x72")

Cut away selvage along one edge of full-size sheet; measure across 75" and cut along length of sheet. Measure 78" from fold edge to top hem (above, left); cut across. (Shaded areas show right side of fabric.)

Along bottom edge, fold 3" to wrong side then fold again to form 3" double hem; stitch in place. Along one side, turn 1/2" to wrong side, then turn 1" for 1" side hem; stitch in place. Repeat for other side hem. Place plastic curtain liner on fabric; mark positions of holes in liner along top of curtain. Apply grommets or large eyelets, or make 3/8" buttonholes at each mark (see above). To hang, put shower curtain hooks through both curtain and liner. Use a spray-on fabric protector to make curtain water-resistant.

PANELED SCREEN



### Paneled screen

You will need thin tension rods to fit inside the very top and bottom of each frame opening of screen (pictured on page 49). To determine length of sheet required, measure from top to bottom inside each frame. Add 1 1/4" for top rod pocket and use small hem of sheet for bottom rod pocket. Determine width of fabric required for each opening, measure the width inside the frame and multiply by 2 1/2. These are standard sheet sizes: twin, 66"x104"; full, 81"x104"; queen, 90"x110"; king, 108"x110".

Cut sheet for each panel to size required. Remove about 2" of stitching on each side of small hem on bottom of sheet. Form side hems by turning 1/4" to wrong side, then turn under 1/4" again and stitch. Replace stitching in bottom hem.

Place one rod through bottom pocket and put inside frame. Place top rod in position inside frame. To be sure length of fabric is correct, stretch fabric taut to top rod and wrap over rod to wrong side; pin to hold in place.

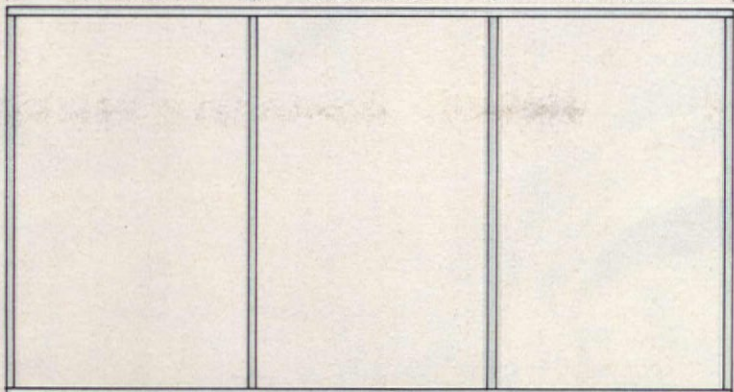
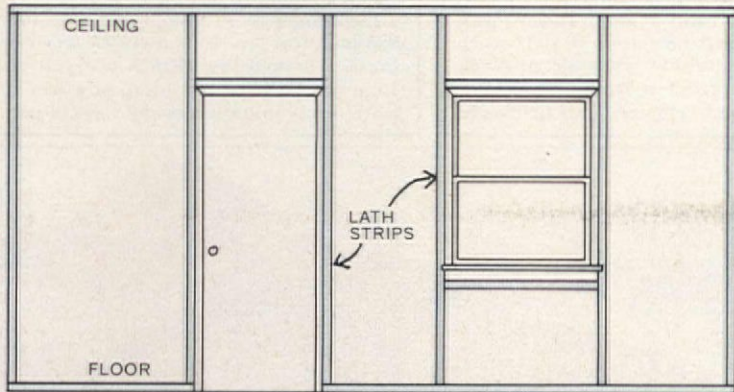
Remove rod from fabric carefully without disturbing pins. Repin along top fold edge. Measure down 1" from top fold; turn under raw edge and stitch in place to form 1" top rod pocket. Replace rods and place in position in frame. Make panels for other openings in same manner.

Illustrations by Marye Spofford

**Sheets present endless possibilities. As pictured on preceding pages, you can whip up shower curtains or pillows, cover walls or upholstery. If you can sew a seam, you can decorate with sheets.**

**FABRIC WALLS**

WALL WITH DOOR AND/OR WINDOW OPENINGS



LONG WALL WITHOUT OPENINGS

**TURKISH PILLOWS**

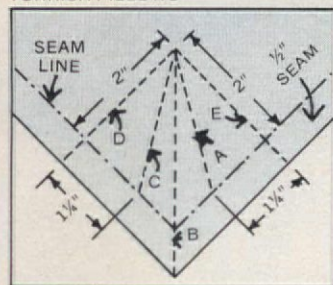


DIAGRAM 1

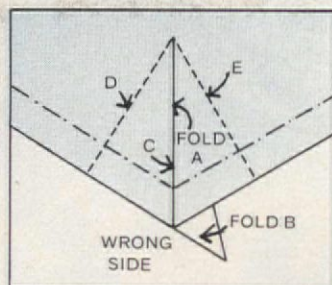


DIAGRAM 2

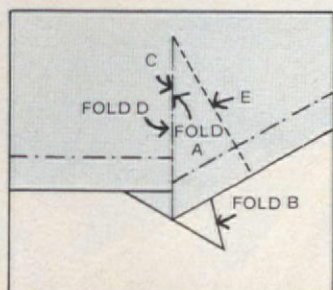


DIAGRAM 3

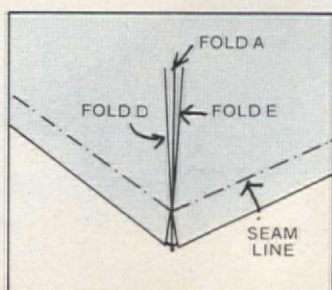


DIAGRAM 4

**Fabric-covered walls**

The easiest method is applying fabric with staples then covering the staples with decorative braid or ribbon. Use sheets with small, all-over patterns or narrow stripes to make matching easier. Measure room and plan sheet sizes so there will be the least number of seams: A twin size will cover up to approximately 62" of wall space, a full size up to 78", a queen size up to 86" and a king size up to 104". Pieces for small areas above doors and windows or under windows may be cut separately and joined to full-length panels, if desired. On long walls without openings, plan panels of equal width.

Attach 1/4" x 1 1/2" lath strips along top and bottom of wall at ceiling and floor line. Attach vertical strips where seams will be located and at sides of door and window frames. Attach strips across top of doors and windows and under windows. Cut away selvage edges and hems on sheets or remove stitching of hems if extra length is needed. Start by turning under 1" along top edge and stapling temporarily to lath strip across top of wall at left corner. Staple down left edge from top to bottom, turning under 1" hem at bottom. Bring fabric across to next lath strip and staple right edge of fabric in place, keeping tension even and checking pattern alignment; adjust at top edge as necessary and staple in place; staple bottom edge. Use just enough staples to hold fabric in place. Continue around room, cutting fabric around openings as fabric is being stapled in place. When all fabric is in place, cover meeting of stapled edges with desired trim. For self-fabric trim, cut 1" wide strips; turn edges under 1/4" on each side; press (makes 1/2" wide fabric ribbon).

**Turkish-cornered pillows**

To make a pillow from unbleached muslin or other closely woven fabric (finished size of 24" x 24"), cut two 29" squares for inner pillow. Place together and stitch 1/2" seam around, leaving an 18" side opening. Turn inside out; stuff firmly until about 6". Slip-stitch closed.

From sheet, cut two 29" squares for cover. Draw a paper pattern as shown in Diagram 1; use to mark pleats at all four corners of each piece. To pleat corner, with right side of fabric facing you, fold up along line A, bringing fold over line B to meet line C (Diagram 2); fold up along line D and bring fold to line C so folds A and D meet (Diagram 3); fold up along line E and bring fold over on top of A; cut away excess fabric at bottom of pleats (Diagram 4).

Baste pleats in place, then pleat other corners in same manner. Place two pieces with right sides together and all edges even; stitch 1/2" seam around three sides; end stitching 3" from corners to leave a 30" opening. Turn right side out; turn edges under 1/2" along opening; baste; place two 16" zippers in opening with pull tabs together at center and fold edges meeting at center of zipper; stitch along each edge of zipper; open one to stitch on other. (Diagram 5.)

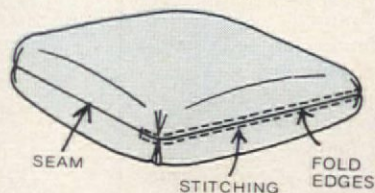
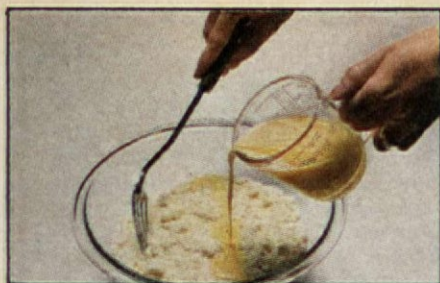


DIAGRAM 5



**1** Beat eggs in measuring cup; add water to measure  $\frac{3}{4}$  cup. Pour  $\frac{1}{2}$  cup egg mixture over pie-crust mix in bowl; save remainder. Toss with fork until pastry clings together. Knead pastry 3 times. Shape into smooth ball. Sprinkle with flour. Wrap in plastic wrap. Chill 2 hours.



**2** Cut veal and ham into strips  $\frac{1}{2}$  inch thick, 3 to 5 inches long. Put in bowl with brandy. Chill 1 hour. Drain meat; reserve marinade. Set aside 10 strips each of veal and ham. Put remainder through electric food grinder; stir in shallots or onions, thyme, pepper and marinade.



**3** Cut off  $\frac{1}{4}$  of pastry; reserve. Roll out remainder to rectangle  $\frac{1}{8}$  inch thick, 1 inch larger than bottom and sides of a 9x5-inch loaf pan with nonstick finish or greased, floured 12 $\frac{1}{2}$ x4-inch pâté terrine. Line pan with pastry; use pastry ball to press firmly into corners and sides of pan.

## American Home Cooking Lesson



### Veal en Crôte

- 2 large eggs
- Cold water
- 2 packages (10 or 11 ounces each) pie-crust mix
- 2 pounds boneless veal shoulder
- 1 pound boneless cooked ham
- $\frac{1}{3}$  cup brandy
- $\frac{1}{2}$  cup finely chopped shallots or green onions
- $\frac{1}{4}$  teaspoon dried thyme leaves, crumbled
- Dash of pepper
- $\frac{1}{4}$  cup shelled pistachio nuts
- 1 envelope unflavored gelatin
- $\frac{1}{2}$  cup chicken broth



**4** Put  $\frac{1}{3}$  of ground mixture in lined pan. Place  $\frac{1}{2}$  of veal and ham strips down length of pan. Sprinkle with  $\frac{1}{2}$  of nuts; repeat; end with ground mixture. Bring pastry edge over meat; cut off excess for a  $\frac{1}{2}$ -inch edge; brush with reserved egg mixture. Heat oven to  $375^{\circ}$ .



**5** Roll  $\frac{1}{4}$  of pastry  $\frac{1}{8}$  inch thick. Cut to fit pan top. Save trimmings. Place rectangle over meat; press along edge to seal. Brush with egg. Roll out trimmings. Cut shapes; press onto top; brush with egg. With knife tip, make hole in pastry; insert metal funnel for steam to escape.



**6** Bake  $1\frac{1}{2}$  hours. Cool loaf 15 minutes on rack. Sprinkle gelatin over broth in saucepan; heat to dissolve. Pour through funnel into loaf. Chill overnight. To serve, run metal spatula around edge of pan. Unmold onto platter. Garnish with watercress, if desired. Makes 8 servings.



For great outdoor eating

# Veal en Croûte

Veal and ham studded with pistachio nuts, then enclosed in a crust, is the exalted cold meat loaf of French cuisine. It can be served at a summer champagne buffet or wrapped and carried along on an informal picnic. You can enjoy this make-ahead loaf at any outdoor dining occasion. It's easy to prepare with our step-by-step instructions. Accompany Veal en Croûte with tiny sour pickles, crisp radishes, avocado-romaine salad with red-wine dressing and chocolate mousse. For an economical alternative using turkey, plus our special loaf-making tips, see recipe section, page 60.

Food Department

Lucy Wing  
Colleen E. Wallsh  
Donna Johnson

For great outdoor eating

# Easy summer menus

Warm weather means easy menus: meals you can cook and carry with you—on a picnic, hike or bike outing—or enjoy in your own backyard. Here's beef chuck, always a best-buy cut, tenderized by seasonings and surrounded by summer-priced vegetables. To make this budget-minded meal and others, see recipe section, page 60.



*Chicory-Boston Lettuce Salad*





*Breaded Vegetable Medley*



*Seasoned Chuck Steak*



*Sweet Corn-on-the-Cob*

For great outdoor eating

Take a can of

# Frozen orange juice

A favorite breakfast drink, orange juice from frozen concentrate is also a recipe-making bargain. It's less costly than freshly squeezed, but just as tasty and nutritious. Delicate processing turns the oranges' natural sweetness, vitamins and minerals into triple-strength juice in easy-to-open cans. Enjoy it as a beverage or in a variety of ways. To make our indoor/outdoor dishes based on concentrated juice, see recipe section, page 60.



*Here is a sampling of orange-rich delights, clockwise from center: country-style spareribs, glazed ham, creamy fruit dip, low-calorie sherbet and tart melon cooler.*



## Swedish Rosettes



Beat 2 eggs slightly; add 2 teaspoons sugar; then add 1 cup milk. Sift 1 cup all-purpose flour and ½ teaspoon salt; stir into the egg mixture and beat until smooth (should be about the consistency of heavy cream). Add 1 tablespoon lemon extract. Put enough salad oil (about 2½ quarts) in a 5-quart deep fryer to fill it about 2/3 full and heat to 400F. Dip rosette forms into the hot oil to heat them; drain excess oil on paper towels. Dip heated forms into the batter to not more than 3/4 their depth. If only a thin layer of batter adheres to the forms, dip them again until a smooth layer adheres. Plunge batter-coated forms into hot oil and cook until active bubbling ceases. With fork, ease rosettes off forms and onto paper towels to drain. While still warm, dip in confectioners' sugar or sift sugar over them. Makes 6 dozen.

# As seen in McCall's INSTANT COOKIES only \$3<sup>75</sup>

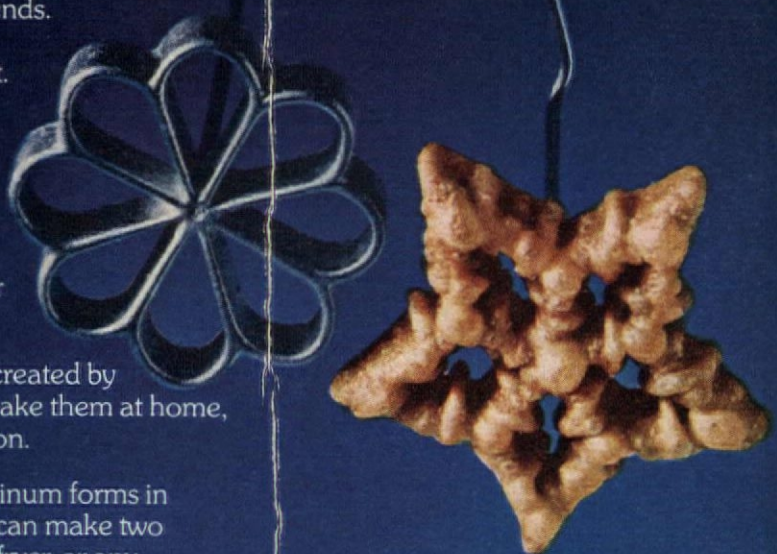
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# How to make our indoor/outdoor dishes

## Key to nutrition ratings

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

## Veal en Croûte

continued from page 55

### The smart shopper says:

1. A frozen 3-pound breast of turkey may be substituted for veal shoulder. To prepare turkey, thaw; remove skin and bone (use in soup recipe); then cut boneless turkey into strips as for veal. Reduce broth called for in recipe to  $\frac{1}{4}$  cup, as turkey is juicier than veal.
2. When preparing meat to be ground, be sure to remove as much gristle as possible from meat. Grind strips of meat first through coarse cutter, then through fine cutter.
3. If the pan you use lacks a nonstick finish, line it with strips of aluminum foil cut to fit bottom and sides for easy unmolding. Or apply one of the nonstick cooking sprays.
4. If you don't have a metal funnel, use a plain-tipped metal pastry tube or make your own funnel by forming a cone with aluminum foil.
5. To prepare loaf for picnic, slice cold loaf, wrap in aluminum foil. Transport to picnic site in insulated food carrier or plastic carry-all.

## Easy summer menus

continued from page 57

### PATIO BARBECUE MENU (pictured on pages 56-57)

- Seasoned Chuck Steak
- Breaded Vegetable Medley
- Corn-on-the-Cob • Crisp Green Salad
- Whole Wheat Rolls
- Peach Ice Cream

### Seasoned Chuck Steak

Makes 8 servings. Each serving: 447 cal.; 31.3 gms. P.; 34.5 gms. F.; .85 gm. C. Source of niacin.

- $\frac{1}{3}$  cup red wine vinegar
- 1 tablespoon instant minced onion
- 1 tablespoon Italian seasoning mix
- 1 tablespoon pure vegetable oil
- 1 tablespoon soy sauce
- $\frac{1}{2}$  teaspoon dry mustard
- 1 clove of garlic, finely chopped
- $3\frac{1}{2}$ -pound beef chuck blade steak or roast, about  $1\frac{1}{2}$  inches thick
- $1\frac{1}{2}$  teaspoons unseasoned meat tenderizer

1. In large shallow dish, combine vinegar, onion, seasoning mix, oil, soy, mustard and garlic. Add steak. Coat with mixture. Cover. Marinate steak in refrigerator overnight or about 8 hours.

2. About 25 minutes before cooking, 60

drain steak; reserve marinade. Sprinkle meat tenderizer on both sides of steak. Pierce with 2-tine fork. Let stand 15 minutes.

3. Place steak on grill over hot coals or on rack over broiler pan in oven. Brown quickly on both sides. Raise grill or lower broiler pan from heat about 6 inches, if possible. Continue to grill or broil steak to desired doneness. Brush with reserved marinade occasionally.

4. Transfer steak to carving board or heated platter. Garnish with sautéed fluted mushrooms and green onion curls, if desired. Cut steak into thin slices to serve.

### Breaded Vegetable Medley

Makes 8 servings. Each serving: 154 cal.; 3.4 gms. P.; 9.8 gms. F.; 15.7 gms. C. Source of vitamins A and C.

- 2 large onions, halved crosswise
- 2 green peppers, halved lengthwise
- $1\frac{1}{2}$  cups fresh bread crumbs
- $\frac{1}{2}$  cup finely chopped parsley
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  cup butter or margarine
- 1 small clove of garlic, finely chopped
- 2 tablespoons olive or pure vegetable oil
- 2 large tomatoes, halved crosswise

1. In large saucepan, bring 2 inches water to boiling. Lower onions into water. Cook until just tender, about 10 minutes. Remove onions with slotted spoon. Drain on paper towels.

2. Remove and discard seeds of green peppers. Parboil peppers 3 minutes in boiling water. Drain.

3. Heat oven to 375°. In pie plate or shallow dish, combine crumbs, parsley, salt and pepper. In small saucepan, melt butter or margarine. Add garlic and oil. Sauté 1 minute. Remove from heat.

4. Dip vegetable halves in butter mixture; roll in crumbs until coated. Place in buttered shallow baking dish. Drizzle top with any leftover crumbs and butter mixture. Bake 20 minutes or until lightly browned. Serve warm.

### PICNIC-IN-THE-PARK MENU

- Frosty Celery Soup
- Franks 'n Cornbread Pie
- Julienne Vegetable Salad
- Basket of Fresh Fruit

### Frosty Celery Soup

Makes 6 servings. Each serving: 131 cal.; 5 gms. P.; 6.9 gms. F.; 12.6 gms. C.

- 2 cans (10 $\frac{3}{4}$  ounces each) condensed cream of celery soup
- $2\frac{1}{2}$  cups milk
- $\frac{1}{2}$  teaspoon grated lemon peel
- $\frac{1}{4}$  teaspoon ground nutmeg

1. In blender container, combine undiluted soup, milk, lemon peel and nutmeg. Cover. Blend until smooth. Chill until cold.

2. For picnic, pour soup into insulated beverage container. Serve in tall paper or plastic cups. Garnish each with small stalk of celery with leaves, if desired.

### Franks 'n Cornbread Pie

Makes 6 servings. Each serving: 905 cal.; 28 gms. P.; 39 gms. F.; 109.9 gms. C. Source of thiamine, riboflavin and niacin.

- 1 package (13 $\frac{3}{4}$  ounces) hot roll mix
- 2 large eggs
- $\frac{1}{4}$  cup milk
- 1 cup cornmeal
- 2 tablespoons pure vegetable oil
- 1 pound frankfurters, sliced
- 1 cup sliced onion rings (1 large)
- $\frac{1}{2}$  cup catsup
- $\frac{1}{4}$  cup chopped parsley
- 1 egg white, beaten with fork

1. In large bowl, dissolve yeast from package of hot roll mix, according to package directions. Add eggs and milk. Stir until blended. Stir in dry mix and cornmeal. Scrape dough down from sides of bowl with rubber spatula.

2. Grease sides of bowl and top of dough. Cover bowl with damp towel. Let rise in warm place (85°), free from draft,  $1\frac{1}{4}$  hours or until dough is almost doubled in bulk.

3. In skillet, heat oil over medium heat. Add franks and onion. Sauté 5 minutes stirring often. Add catsup and parsley. Remove from heat; cool slightly.

4. Cut off  $\frac{1}{3}$  of dough; set aside. Roll out remaining  $\frac{2}{3}$  of dough on lightly floured board to a 12-inch circle. Fit dough circle into lightly oiled deep 9- or 10-inch pie plate. Trim overhanging edge with scissors, leaving  $\frac{1}{2}$ -inch overhang. Spoon in frankfurter filling.

5. Roll out remaining dough into 10-inch circle or one large enough to cover pie plate. Brush edge of dough in pie plate with egg white. Place dough circle over filling. Fold under excess dough even with edge of plate. Flute edge.

6. Heat oven to 350°. Cut vents for steam to escape. Brush top crust with egg white. Bake 25 to 30 minutes or until golden brown. Cool on wire rack 15 minutes. Serve warm.

7. For picnic, chill pie; cover with aluminum foil and carry in large, flat basket or container.

### Julienne Vegetable Salad

Makes 6 servings. Each serving: 191 cal.; 1.1 gms. P.; 18.4 gms. F.; 7.5 gms. C. Source of vitamins A and C.

- 2 small zucchini, about  $\frac{1}{2}$  pound
- 2 small yellow squash, about  $\frac{1}{2}$  pound
- 3 carrots, about  $\frac{1}{2}$  pound, pared
- $\frac{1}{2}$  cup pure vegetable oil
- $\frac{1}{4}$  cup tarragon vinegar
- $1\frac{1}{2}$  teaspoons salt
- 2 teaspoons sugar
- $\frac{1}{4}$  teaspoon pepper

1. Cut off tip ends of vegetables. Into separate bowls, shred vegetables coarsely. Or cut vegetables into matchlike strips; place in separate bowls.

2. In jar, place oil, vinegar, salt, sugar and pepper. Cover. Shake. Pour  $\frac{1}{3}$  into each bowl. Cover. Chill at least 1 hour.

3. Before serving, drain and layer vegetables in clear straight-sided bowl. For picnic, layer in container with lid. Carry in insulated tote bag.

continued

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Peanut oil is the secret ingredient of gourmet dishes the world over. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters® Oil is 100% pure peanut oil. See what it can do for Coq au Vin.

The recipe. Marinate one 2½ lb. frying chicken in ½ c. dry white wine at least 2 hours. Remove chicken and blot thoroughly using paper towels. Reserve marinade. Dredge chicken in ½ c. flour.

Heat 3 tbsp. Planters Peanut Oil in skillet.

Add chicken and brown lightly. Remove chicken pieces. Add ½ c. diced salt pork, 8 small white onions, 4 thickly sliced carrots, 4 sliced scallions and 1 clove garlic, crushed; brown lightly. Reduce heat. Return chicken pieces to pan and blaze with ¼ c. warm cognac. Toss well; add ¼ c. chopped parsley, 1 tsp. salt and ½ tsp. pepper. Add wine and simmer, covered, for 40 minutes.

Add ½ lb. fresh button mushrooms and turn chicken pieces. Continue simmering until chicken is tender, about 20 minutes. Makes 4 servings.



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The recipe. Combine ½ c. flour, 1 tsp. salt, ⅛ tsp. pepper; use to coat one 3-4 lb. frying chicken, cut in pieces. Heat ¾ c. Planters Oil in skillet over medium heat. Add chicken and brown. Add ¼ c. water; cover tightly and cook over low heat about 30 minutes or until tender. Uncover and cook 10 minutes longer to crisp skin. Makes 4-6 servings.

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[continued]

#### BACKYARD SUPPER MENU

American Cheese Spread • Crackers  
**Mariner's Skillet Meal**  
Buttered Green Beans  
**Chiffonade Salad**  
Cherries in Wine Gelatin

#### Mariner's Skillet Meal

Makes 6 servings. Each serving: 321 cal.; 21 gms. P.; 10.7 gms. F.; 33.4 gms. C. Source of thiamine, riboflavin and niacin.

2 cups small shell macaroni (4 ounces)  
1/4 cup bacon drippings or butter or margarine

1 package (8 ounces) frozen shelled and deveined shrimp, thawed and drained

1/3 cup all-purpose flour

2 1/2 cups clam juice

1/2 cup instant nonfat dry milk

1 package (10 ounces) frozen green peas

1 can (10 1/2 ounces) minced clams

1. In large skillet or kettle, bring 1 inch water to boiling. Add macaroni. Cook until just tender, about 12 minutes. Drain. Set aside.

2. In same skillet, over medium heat, melt drippings or butter or margarine. Add shrimp. Sauté 5 minutes, stirring constantly. Remove to dish with slotted spoon. Set aside.

3. Add flour to fat left in skillet. Cook 1 minute; remove from heat. Blend clam juice and dry milk. Stir into flour mixture in skillet with wire whisk until smooth. Return to heat. Cook, stirring constantly, until thick.

4. Add peas, cooked shrimp, cooked macaroni and clams with their liquid to skillet. Cook until peas are tender. Correct seasoning.

#### Chiffonade Salad

Makes 6 servings. Each serving: 159 cal.; 2.8 gms. P.; 12 gms. F.; 11 gms. C. Source of vitamin C.

2 bunches small beets or 2 cans (16 ounces each) small beets, chilled

2 medium-size cucumbers, pared

1/2 cup bottled Italian salad dressing

1 tablespoon mild prepared mustard

1/2 teaspoon salt

1/8 teaspoon pepper

Romaine leaves

1 hard-cooked egg, peeled and sieved or finely chopped

1. Cut tops off fresh beets. In saucepan with 1 inch boiling, salted water, cook beets over medium heat until tender, about 30 minutes. Rinse in cold water; peel off skin. Chill.

2. With canned beets, omit step #1, drain and proceed. Cut beets into wedges. Cut each cucumber crosswise into quarters. With each quartered piece, cut flesh from seeds, using small knife, in one continuous strip. Discard seeds. Roll strips; slice thinly into slivers.

3. In small bowl, blend salad dressing, mustard, salt and pepper. Put cucumber and beets in separate bowls. Add 1/2 of dressing to each.

4. Just before serving, line serving dish with romaine leaves. Place beets in center, surround with cucumber slivers. Top with sieved egg.

A MOVABLE FEAST MENU  
**Spiced Cereal Nibbler**  
Vegetable Beef Logs  
**Italian-Style Potato Salad**  
Individual Cans of Pudding

#### Spiced Cereal Nibbler

Makes 10 cups. Each cup: 145 cal.; 2 gms. P.; 6.9 gms. F.; 19.4 gms. C.

1/3 cup popcorn

2 cups bite-size shredded wheat cereal

2 cups crisp rice cereal

1/4 cup butter or margarine

1/4 cup sesame seeds

1 teaspoon salt

1 teaspoon barbecue spice

1. In large saucepan, place unpopped popcorn. Cover. Heat over medium-high heat until popping begins. Shake covered pan vigorously to distribute kernels. Remove from heat when popping stops. (Yield should be about 1 1/2 cups fluffy popped popcorn. Use on freshest popcorn for no-oil popping method.) Pour into large bowl; add wheat and rice cereals.

2. Melt butter or margarine in same saucepan over low heat. Add sesame seeds. Cook until lightly browned. Pour mixture over popped popcorn and cereals. Sprinkle with salt and spice. Toss until well mixed.

3. For day-packing or biking, put in individual plastic bags; seal.

#### Vegetable Beef Logs

Makes 6 servings. Each serving: 71 cal.; 32.5 gms. P.; 57.6 gms. F.; 16 gms. C. Source of riboflavin and niacin.

1 tablespoon pure vegetable oil

18 zucchini sticks, each 5x1/4 inch

12 celery sticks, each 5x1/4 inch

1 teaspoon soy sauce

2 pounds ground chuck

1 cup instant mashed potato flakes

1/2 cup milk

2 teaspoons salt

3/4 cup packaged bread crumbs

2 eggs

2 tablespoons water

1/2 cup pure vegetable oil

1. In skillet, heat 1 tablespoon oil over medium heat. Add zucchini and celery sticks. Cook until just tender, stirring carefully. Stir in soy sauce. Remove from heat.

2. In large bowl, combine chuck, potato flakes, milk and salt with fork until well mixed. Divide mixture into 6 portions. Shape each portion into a 5x8 inch rectangular patty between 2 sheets wax paper.

3. Remove top sheet of paper from each patty. Place 3 zucchini and 2 celery sticks along 6-inch edge. Roll patty in jelly-roll fashion tightly over vegetables, lifting away bottom sheet of paper. Press seam and mold ends of logs. Seal and enclose vegetables. Repeat with remaining meat and vegetables. Chill 1 hour, then reroll for final shaping.

4. Place crumbs on wax paper. Beat eggs with water in shallow dish. Dip logs in egg mixture; roll in crumbs until well coated.

5. In large skillet, heat 2 tablespoons oil over medium heat. Add 2 or 3 be

gs. Cook until browned on all sides, turning carefully with 2 spatulas to avoid piercing meat. Add more oil, a tablespoon at a time, as needed. Cover skillet after browning logs to cook them thoroughly. Repeat with remainder.  
 Serve warm or cold. For day-packing or biking, refrigerate beef logs until cold. Wrap each with aluminum foil. Serve with catsup from individual pack, if desired.

### Italian-Style Potato Salad

Makes 6 servings. Each serving: 377 cal.; 6.4 gms. P.; 21.7 gms. F.; 40.5 gms. C. Source of thiamine, niacin and vitamin C.

- 3 pounds all-purpose potatoes
- 1 package (0.6 ounce) Italian salad dressing mix
- 1/2 cup cider vinegar
- 2 tablespoons water
- 1/2 cup pure vegetable oil
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1/2 cup sliced pitted ripe olives
- 1/2 cup diced pimiento

2 tablespoons chopped anchovy fillets  
 In kettle, add potatoes to 1 inch boiling, salted water. Bring back to boiling. Cook 20 minutes or until just tender. Drain. Cool until easy to handle. Peel. Cut into 1/4-inch slices.

In large bowl, combine salad dressing mix, vinegar and water until blended. Stir in oil. Add mushrooms, olives, pimiento, anchovies and sliced potatoes. Toss carefully until well mixed. Refrigerate until cold.

For day-packing or biking, wrap each serving-size portion in aluminum

### Frozen orange juice

Continued from page 58

#### The smart shopper says:

Shop and compare prices. A can of concentrate differs greatly in price among brands and from store to store. There's really no appreciable difference in flavor or nutrients, just price—it can vary from 20 to 35 cents for a 6-ounce can, for example.

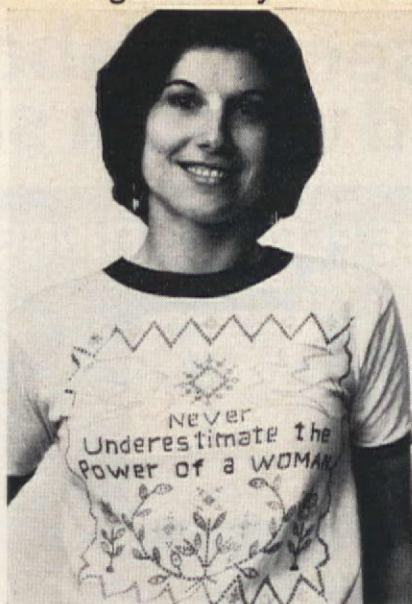
Buy when specially priced; use not only for drinks but also as a recipe ingredient in desserts and in pork and poultry dishes. The natural concentrated sugars should reduce granulated sugar in those recipes.

At the time of purchase, be certain the can of concentrate is frozen and free of frost and excess moisture. After purchasing, place concentrate in home freezer as soon as possible. Use within a safe storage period—one year if kept at 0° temperature. Thawed, use at once.

Exposing reconstituted orange juice to heat and light will destroy some vitamins. C. For peak retention, keep juice in tightly covered container; use in 3 days.

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# Little known secrets about perfume every man and woman should know

## READ THE FACTS

If you would rather pay for the "sizzle" than the steak or the "label" instead of the garment, you probably will never get rich unless you catch onto the everyday facts about how big business operates.

Almost every product you buy such as vodka, vitamins, aspirin, and gasoline are sold under "brand name" and also "private label." When you buy the "brand name" you not only have to pay for the product but you must also pay for the cost of promoting and advertising the name, plus dozens of other overhead factors that DRIVE THE PRICE UP as much as 2 or 3 times.

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### Orange Country-Style Ribs

(pictured on page 58)

**Makes 8 servings.** Each serving: 829 cal.; 38.5 gms. P.; 67 gms. F.; 16.6 gms. C. Source of riboflavin, niacin and vitamin C.

- 6 to 6½ pounds country-style ribs, about 16 ribs, cut into 8 pieces**  
**1 tablespoon salt**  
**6 to 7 cups water**  
**1 teaspoon dried basil leaves**  
**1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted**  
**⅛ teaspoon garlic salt**  
**1 tablespoon Worcestershire sauce**  
**1 tablespoon brown sugar, firmly packed**  
**1 teaspoon cornstarch**  
**1 tablespoon water**
- Place ribs in large saucepot; sprinkle with salt; add water to cover. Bring to boiling. Cover; simmer over low heat 1 hour.
  - Heat oven to 350°. Using slotted spoon, remove ribs from saucepot to 14x10x2-inch baking pan. Reserve ¼ cup cooking liquid. Sprinkle ribs with basil leaves. Bake 15 minutes.
  - Meanwhile, in small bowl, combine concentrated orange juice, garlic salt, Worcestershire sauce and reserved liquid. Pour over ribs. Bake 15 minutes more, basting frequently.
  - Transfer ribs to serving platter. Keep warm in hot oven. Pour orange sauce from baking pan into small saucepan. Add brown sugar; heat to boiling. Mix cornstarch and 1 tablespoon water. Add to boiling orange mixture. Cook, stirring constantly, until thickened.
  - Garnish ribs with parsley and radish roses, if desired. Serve with sauce.
  - To grill country-style ribs: Parboil ribs. Drain; reserve ¼ cup cooking liquid in small saucepan. Add orange juice and remaining ingredients. Heat to boiling. Place ribs, sprinkled with basil, on grill over hot charcoal. Cook until tender, brushing occasionally with orange sauce.
- 7. American Home's Suggested Menu:**  
 Cream of Asparagus Soup  
**Orange Country-Style Ribs**  
 Charcoal Baked Potatoes • Bibb Salad  
 Fresh Apricot Mousse

### Tangy Orange Glazed Ham

(pictured on page 58)

**Makes 12 servings.** Each serving: 291 cal.; 40.5 gms. P.; 9.7 gms. F.; 11.7 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 1 can (5 pounds) fully cooked ham**  
**23 whole cloves**  
**1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted**  
**2 tablespoons light brown sugar, firmly packed**  
**1 tablespoon wine vinegar**  
**2 teaspoons mild prepared mustard**  
**1 teaspoon prepared horseradish**

continued



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[continued]

1. Heat oven to 350°. Score surface of ham in diamond pattern; stud with whole cloves. Place ham in open, shallow roasting pan. Bake 1 1/4 hours or until meat thermometer registers 130°.

2. In small saucepan, combine concentrated orange juice, brown sugar, vinegar, mustard and horseradish. Heat to boiling. Pour evenly over ham. Bake 30 minutes more.

3. Transfer ham to serving platter. Pour glaze remaining in roasting pan over ham. Garnish with parsley and carrot curls, if desired.

4. Tangy Orange Glazed Ham may be cooked on a spit in oven or over hot charcoal: Score ham and stud with cloves. Insert spit rod through center of ham. Ham must be balanced so it will rotate. Secure onto spit rod with clamps. Place spit on rotisserie. Cook until meat thermometer registers 130°. Prepare orange mixture as in step #2. Brush ham with orange mixture; continue cooking until well glazed.

#### 5. American Home's Suggested Menu:

Chilled Tomato Juice

Tangy Orange Glazed Ham

Scalloped Potatoes

Crispy Caesar Salad • Berry Trifle

### Orange-Sour Cream Dip for Fruit

(pictured on page 58)

Makes 10 servings. Each serving: 232 cal.; 4.49 gms. P.; 4.4 gms. F.; 46 gms. C. Source of thiamine, vitamins A and C.

1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted

1 1/4 cups cold milk

1 package (3 1/2 to 3 3/4 ounces) vanilla instant pudding and pie filling

1/4 cup dairy sour cream

1 medium pineapple, about 4 pounds, or 1 can (20 ounces) pineapple chunks in pineapple juice

1 medium papaya, about 9 ounces, peeled, seeded and cut into chunks

3 peaches, peeled, pitted and sliced

3 plums, pitted and sliced

1. In medium-size bowl, combine concentrated orange juice and cold milk. With electric mixer, beat in instant pudding on low speed for 2 minutes. Stir in sour cream and chill 2 hours.

2. With fresh pineapple, cut pineapple in half lengthwise through fruit and crown. With grapefruit knife, remove fruit, leaving rind for shell. Core and cut fruit into bite-size pieces. Place in large bowl. Set pineapple shells or boats aside.

3. With canned pineapple, omit step #2. Drain pineapple; use juice for drinks; place chunks in large bowl. Use wooden bowls in place of pineapple boats.

4. Add papaya chunks, peach and plum slices to pineapple in bowl; mix gently. Fill one pineapple boat or bowl with some fruit, the other with Orange-Sour Cream Dip. Provide wooden picks or fondue forks for spearing fruit and dipping. Replenish containers as necessary.

5. For picnic, wrap empty pineapple boats securely in plastic bags or take along wooden bowls. Put dip and prepared fruit in separate plastic containers or jars. Seal. Assemble at picnic.

#### 6. American Home's Suggested Menu:

Chive Deviled Eggs

Submarine Sandwiches

Raw Vegetables and Relishes

Orange-Sour Cream Dip for Fruit

### Low-Cal Orange Sherbet

(pictured on page 58)

Makes 8 servings. Each serving: 138 cal.; 4.4 gms. P.; 1.5 gm. F.; 30 gms. C. Source of vitamin C.

1 can (12 ounces) frozen concentrated orange juice, thawed, undiluted

2 cups skim milk

1/2 cup instant nonfat dry milk

1/2 cup ice water

2 tablespoons lemon juice

1/2 cup confectioners' sugar

1. In large mixing bowl, combine concentrated orange juice and skim milk. Set aside.

2. In small deep bowl, combine dry milk and ice water. Beat with electric mixer on medium speed until soft peaks form. Add lemon juice; continue beating until stiff. Beat in confectioners' sugar.

3. Fold whipped milk into orange juice mixture. Pour into 9x9x1 1/4-inch pan. Freeze 2 to 3 hours or until mushy. Mix well with fork to break ice crystals. Smooth surface with spatula. Refreeze until firm. Scoop sherbet into glasses. Garnish with mint sprig, if desired.

#### 4. American Home's Suggested Menu:

Shrimp Creole

Refrigerated Biscuits • Eggplant

Cucumber Salad

Low-Cal Orange Sherbet

### Orange Melon Cooler

(pictured on page 58)

Makes 16 servings. Each serving: 152 cal.; 2.27 gms. P.; .64 gm. F.; 37 gms. C. Source of vitamins A and C.

1 watermelon, about 10 pounds, cut in half

1 can (12 ounces) frozen concentrated orange juice, thawed, undiluted

3 cups cold water

1 quart ginger ale, chilled

1. With large spoon, scoop out melon, discard seeds and place melon pieces in blender container. Cover. Blend on medium speed until smooth. (Makes about 8 cups melon juice.) Pour into large container; add concentrated orange juice and water. Mix; chill.

2. Just before serving, add ginger ale and pour into tall glasses.

#### 3. American Home's Suggested Menu:

Frankfurter-Bean Bake

Cheese Biscuits • Raw Spinach Salad

Chewy Fudge Brownies

Orange Melon Cooler

### Orange Chicken Teriyaki

Makes 6 servings. Each serving: 359 cal.; 39 gms. P.; 12.5 gms. F.; 20 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

1 broiler-fryer chicken, about 4 pounds, cut up

1 teaspoon ground ginger

1/4 cup soy sauce

1 tablespoon pure vegetable oil

1/4 cup water

1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted

1 teaspoon cornstarch

1 tablespoon water

1. Rinse chicken; pat dry with paper towels. In 13x9x2-inch baking pan, combine chicken, ginger, soy sauce and oil. Marinate in refrigerator overnight.

2. Heat oven to 350°. Add water to marinated chicken; bake chicken 35 minutes. Remove pan from oven.

3. Add concentrated orange juice to liquid in baking pan. Return to oven. Bake chicken 15 minutes more, basting frequently.

4. Transfer chicken pieces to serving platter. Keep warm in hot oven. Pour orange mixture from baking pan into small saucepan. Mix cornstarch and water; stir into orange mixture. Cook stirring constantly, until sauce thickens. Serve orange sauce with chicken.

5. To grill Orange Chicken Teriyaki: Place marinated chicken on grill over hot charcoal; reserve soy marinade in small saucepan. Grill chicken until almost done. Add 1/4 cup water and remaining ingredients to soy marinade. Heat to boiling. Brush chicken with soy-orange mixture frequently until well glazed.

#### 6. American Home's Suggested Menu:

Orange Chicken Teriyaki

Japanese-style Vegetables in Sauce

Fluffy White Rice

Coleslaw

Strawberry Bavarian Cream

### Orange Dessert Soufflé

Makes 10 servings. Each serving: 225 cal.; 4.8 gms. P.; 3.4 gms. F.; 26 gms. C. Source of niacin and vitamin C.

1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted

1 envelope unflavored gelatin

4 large eggs, separated

1/4 teaspoon salt

3/4 cup sugar

1 cup heavy cream

1. Fold a 20-inch-long piece of aluminum foil in half lengthwise. Tie securely around 1-quart soufflé dish to form collar that extends 2 1/2 inches above dish.

2. Pour 1/4 cup concentrated orange juice into small bowl. (Set aside remainder.) Sprinkle with gelatin; let stand until softened.

3. In top of double boiler, combine egg yolks, reserved orange juice, salt and 1/4 cup sugar. Cook over hot (not boiling) water, stirring constantly, until slightly thickened and the consistency of custard. Stir in orange juice-gelatin mixture. Turn into large bowl; cool to room temperature.

4. Beat egg whites until soft peaks form. Add remaining 1/2 cup sugar gradually, while beating constantly until whites form stiff, glossy peaks. Set aside.

5. In small chilled bowl, whip heavy cream until stiff. Fold whites into cooled orange mixture; fold in whipped cream until completely blended.

6. Pour into prepared soufflé dish; refrigerate at least 3 hours. Before serving, gently remove collar.

#### 7. American Home's Suggested Menu:

Beef Stroganoff

Hot Buttered Noodles

Garden Green Peas

Stuffed Celery and Cucumber Spears

Orange Dessert Soufflé



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By Karen Cure

Summer is a joyous outdoor season that brings such discomforts as a fiery overdone sunburn, an outbreak of poison ivy or a badly skinned knee. None of these should pose a major problem, however, if you have the proper summer first-aid supplies on hand. Here's what you need to cope with the most common summer ills and mishaps.

**Adhesive tape, 1-inch roll; adhesive bandages; individually wrapped gauze pads—about a dozen 2 by 2 inches, a half-dozen 4 by 4 inches; roller gauze bandage; blunt-end scissors, tweezers:**

Clean minor scrapes, scratches and cuts by washing in soap and water. Use a gauze pad or clean washcloth and, if necessary, sterile tweezers to get out bits of gravel. Use direct pressure and a clean, dry cloth to stop any bleeding; cover with adhesive bandage or sterile dressing—change frequently to keep clean. (On clean-edged cuts, hold the edges together with a butterfly bandage to minimize scarring.)

First-aid sprays that usually contain a mild local anesthetic and an antiseptic, often in an alcohol solution, can be used *after* a thorough soap-and-water cleansing. Stronger potions, such as iodine and Mercurchrome, kill or damage skin cells and may raise chances of infection, which gets started most easily in the presence of injured cells. Don't use cotton balls to cleanse a wound; the fibers may separate and get stuck.

Call a doctor about all but the most minor lacerations of lips, face, scalp; any deep injury of hand or wrist; extensive scrapes full of gravel and other foreign matter; deep incisions; puncture wounds. The latter will probably *not* require a tetanus shot, but you'd do well to check.

**Ice bag, heat packs or heating pad:**

Left alone, minor bruises will soon go away, but healing them can be speeded by applying an ice bag every three to four hours the first day to slow under-the-skin bleeding that leaves black-and-blue marks. After that, apply heat packs or a heating pad for about 20 minutes, three or four times a day, to speed absorption of clotted blood under the skin. For extensive bruises, call a doctor.

**Sterile cotton, cotton-tipped swabs:**

If a bug gets into your ear, try to attract it by shining a light near your ear or by holding a piece of cotton soaked in sugar water outside your ear. If the insect is actually visible, try dripping warm water into the ear until the bug can be wiped out gently with a cotton-tipped swab. *Do not, under any circumstances, poke and prod inside the ear.* If you can't remove the bug, see your doctor or get to a hospital.

A tiny object may fly into your eye. If you can see it, moisten a cotton-tipped swab or the corner of a clean handkerchief and remove gently. Do not rub the eye. If you can't see anything, or if the object is too hard to get out, cover your eye with a gauze pad, and visit your doctor.

**Good pointed-end tweezers, pack of needles plus matches for sterilizing, moleskin:**

Pull out a splinter with tweezers, or



use a sterilized needle to break the top layer of skin and lift the splinter out. Wash well with soap and water. To get rid of a blister, pop it *at the edge* with a sterilized needle; press out the fluid gently, using a clean cloth or sterile dressing; wash with soap and water and cover with an adhesive bandage. Be sure to keep the area clean, and change the covering often to avoid any danger of infection. When you must wear shoes that don't fit properly, protect vulnerable spots *before* blisters develop with one or two layers of moleskin.

**Cornstarch:**

Toss a handful of cornstarch into your bath to soothe the minor discomfort of heat rash, which is caused by obstruction of the sweat glands after a prolonged exposure to heat.

**Calamine lotions or other poison-ivy remedies, cold tablets with antihistamines (optional):**

If you know that you've been exposed to poison ivy, oak or sumac plants, wash gently for 15 or 20 minutes with warm water and soap (any kind will do) to remove the plant's oil. Don't touch your shoes, pants legs, or other surfaces that may have picked up some of the oil.

Once the rash and blisters have developed, the most important thing to do is *not* scratch; the blisters contain small

amounts of the irritating oil. You could spread the poison as well as create an infection. Wash the area with soap and water and cover if there's a possibility of accidentally breaking the blister.

Simple calamine lotion containing phenol to soothe the itch is a fine remedy. First-aid sprays in which some



local anesthetic is an ingredient can help. Or try a special poison-ivy spray; many contain an antihistamine, since the symptoms are an allergic reaction to the plant's oil. Similarly, common-cold remedies containing antihistamines may provide some relief.

Ice packs or cold compresses can be soothing. In any case, wash well before applying and cover with sterile gauze dressing or adhesive bandage to discourage scratching. Call a doctor if the case becomes severe.

**Baking soda:**

You can soothe a bee, wasp or hornet stings with an ice pack or a paste made of baking soda and a little water. Cold tablets containing an antihistamine can also be useful, since the pain is caused by a histamine in the insect's venom. If it's a bee sting, first remove the stinger with tweezers.

If the reaction to any sting is more than minor pain and swelling, see a doctor; it may mean an allergic reaction to the venom, in which case subsequent stings can be fatal. Multiple stings call for a doctor's care.

**Insect repellent:**

Cold compresses can relieve a mosquito bite, but only time will take away the itch. Use plenty of insect repellent whenever you know you are going to be exposed to mosquitoes.

**Aerosol or lotion sunburn remedies:**

The pain of a mild sunburn can be eased by long cold showers or cold-tub soaks and using any of a number of special sunburn remedies, most of which contain some kind of surface anesthetic like benzocaine. An emollient lotion or cream can help ease the unpleasant feeling of tightness.

**Antichap stick:**

Hot dry winds are as irritating to your lips as cold ones. Keep an antichap stick handy and use it when outdoors all day, especially when boating.

**Bath powder or talc:**

Chafing results when moist surface of the body rub together all day. To relieve the burning and itching, take frequent cool showers on hot days. Dry off well afterward and dust liberally with bath powder or talc. The irritation caused by chafing may leave your skin susceptible to bacterial infections, or to ringworm, athlete's foot or other fungus. If an infection does develop, buy a powdered antifungal agent instead of an ointment-type preparation.

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Ben Swedowsky

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## Here are the tricks you need to know to work the Old World magic of rosemaling.

Traditionally, rosemaling was done on painted wood chests, cupboards, walls and ceilings, but you can paint *your* designs on any old furniture or new raw wood furniture you purchase. If you use new wood, it must be well sealed with sealer and stain (if its grain is worth preserving) or at least 2 coats of background paint, before you can decorate it. An old piece should be clean—free of grease and wax—before you work on it.

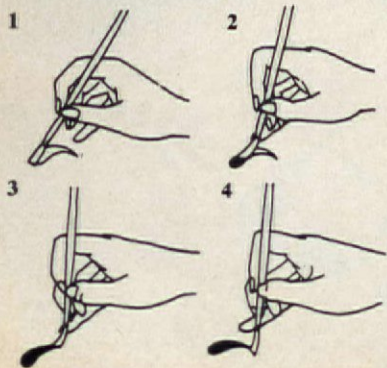
**Materials:** You will need pointed round sable brushes in sizes 5 and 6 for the design plus a size 2 or 3 scroller for outlining. And you will need tube oils in Titanium White, Yellow Ochre, Raw Umber, Raw Sienna, Yellow Medium, Cadmium Yellow Light, Ivory Black, Prussian Blue and Vermillion Red. The painting medium is boiled linseed oil and turpentine. If raw linseed oil is used, you will need a few drops of Cobalt or Japan drier to hasten drying time. You will also need a palette for mixing paints (wax paper or an old plate will do), tracing paper, medium and hard lead pencils, graphite paper, masking tape, wooden picks, paper towels.

**Practicing basic strokes:** When working with oil paints, know the proper way to handle the brush. Here's how to learn.

Squeeze out a cap-size dot of black; using a wooden pick—not one of your brushes—mix in a bit of linseed oil and just a drop of turpentine. Your paint should be thin, but not runny or sloppy. Wet your larger brush in turpentine; wipe clean and load the brush with paint.

Stroke *into* the paint—do not dab—and fill the brush evenly, almost up to the metal ferrule. Never attempt to stroke with gobs of paint on your brush. Turn the brush on the palette, in the paint, to create a point at the tip. You'll need a point to begin all strokes; shape brush back to a point each time you fill it.

Hold your brush with little finger resting on the paper (#1, below). By holding the brush between thumb and forefinger, as shown, you can swivel it right or left. Practice a teardrop stroke as follows: Touch the flat side of the brush to the paper (#1, below); push brush to one side (#2, below); draw brush toward you slowly, swinging it left or right; raise brush slowly to a perpendicular position (#3 and #4, below). Let the ends of



the hairs fall naturally into a knife-edge shape to complete the fine tail. Practice these strokes until you can control the brush easily.

**Scroller technique:** The scroller is used for outlining or overlay—strokes done on top of your basic design. Oil paint used in overlay should be considerably thinner in consistency than that used in basic painting. To practice strokes with scroller, wet brush in turpentine; wipe off; stroke into paint and swirl into a point. A very delicate touch is needed. To paint freehand, always stroke lightly and away from yourself. Press a little heavier, widening out the stroke, then release pressure; tail off with a fine line. This creates a thin line about 1½ inches long, curved from right to left and back to right.

**Caution:** If you apply overlay lines too rapidly, the paint can't flow to the tip of the brush fast enough and your stroke will not be continuous. Learn to relax your hand; do the overlay slowly but not stiffly. The brush will paint the curve if you don't rush it.

**Transferring designs:** Using tracing paper and a medium lead pencil, trace only the basic shape of each flower and scroll, omitting all detail that's painted freehand on top of the flower forms. Tape your tracing to the plain side of graphite paper. Then tape both in place on the piece you're decorating, with the graphite side facing the wood. Trace over lines with a sharp, hard lead pencil or ball-point pen. Do not press too hard with the ball-point or you'll leave a dented line the paint won't cover. Lift tracing paper occasionally to make sure you've transferred all of

the design. Remove paper when you're through.

**Painting actual designs:** To achieve the colors you see in our pictures, follow the color key and mix colors according to instructions accompanying individual patterns (to order patterns, see coupon at bottom of page).

**Antiquing and finishing:** After your decorated piece is completely dry and all paint feels hard, even in the heavy teardrops, you can "age" your work if that is the effect you wish.

With a piece of #400 or #600 wet or dry sandpaper, rub over the painted area. Some of the decoration may come off, but this will contribute to the worn look you want. Wipe off the dust and prepare a solution of green umber powder or raw umber oil in linseed oil. Mix well and rub the solution into and all over your decoration. Wipe off excess and give some areas a lighter, more worn look. After the piece dries, if you want to add further protection, apply 2 coats of clear high-gloss varnish to seal the surface. Finish with a good rubbing with #0000 steel wool, which will not only smooth but also dull the finish.

Decorated wood articles shown on pages 46-47 and on our cover are available unfinished, sanded and ready for background paint. To receive a catalog listing patterns, books, paints, varnishes and other rosemaling supplies—as well as wood articles—send 50 cents to: Traditional Norwegian Rosemaling, Dept. AH, 1506 Lynn Ave., Marquette, Mich. 49855. Be sure to include your full mailing address.

### How to send for rosemaling patterns

Now you can order patterns for decorating the wooden objects pictured on our cover and on pages 46-47. Rosemaling patterns will be sent to you on sheets. *The minimum order is 3 sheets.* Fill out coupon and be sure to indicate at least 3 sheets (\$3.95). If you want more than 3, additional sheets are available at \$1.00 each. You can also order a copy of the book *Traditional Norwegian Rosemaling\** by Pat Virch for \$3.25. Enclose check or money order. Please allow 4 to 6 weeks for delivery. Canada: Add \$1.00 for each item ordered; items shipped to Canada are subject to Canadian tariff. Sorry, no C.O.D. orders.

American Home, Dept. PLK, 641 Lexington Ave., New York, N.Y. 10022

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

Bowl .....	Sheet #21
Blue treasure chest .....	Sheet #31
Red Bible box .....	Sheet #32
Green oval box .....	Sheets #34 & 35
Natural French bread board .....	Sheet #35
Clock .....	Sheet #37
Utensil holder, recipe box .....	Sheet #38
Corner hanging cupboard .....	Sheet #39
Large green cupboard .....	Sheet #40

Please send me sheets # \_\_\_\_\_, # \_\_\_\_\_, # \_\_\_\_\_

@ \$3.95 (minimum order: 3 sheets) plus .35 post. & hdlg. .... \$ \_\_\_\_\_

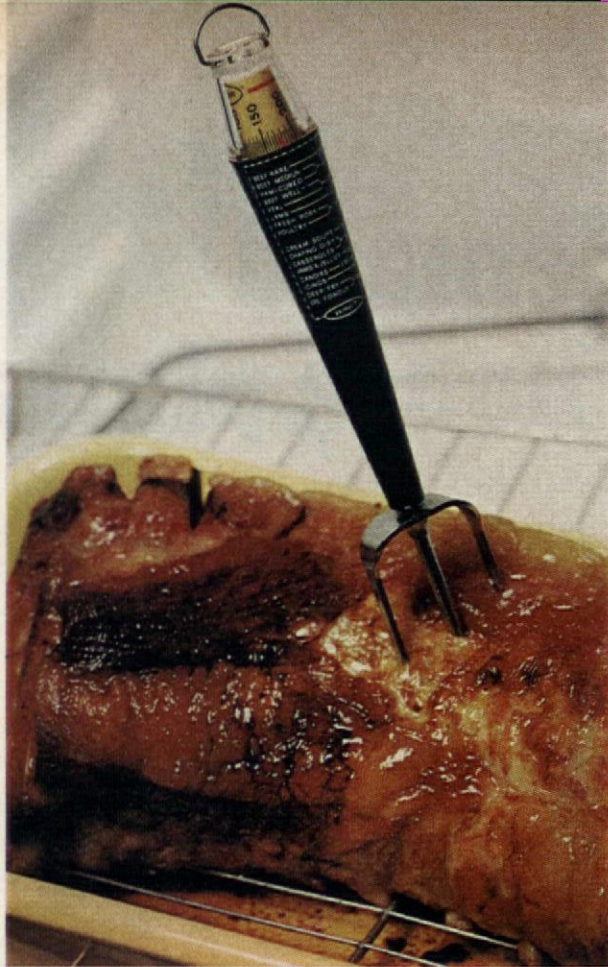
Send additional sheets @ \$1.00 ea. plus .35 post. & hdlg. .... \$ \_\_\_\_\_

Sheet(s) # \_\_\_\_\_

Send me \_\_\_\_\_ copy(ies) of the book @ \$3.25 plus .35 post. & hdlg. ea. .... \$ \_\_\_\_\_

\*Knife holder and hanging cutting board patterns are in book. Please add sales tax (N.Y. residents) .....

Total enclosed ..... \$ \_\_\_\_\_



## From GH: Quick, easy-to-use cooking thermometers

These thermometers combined with a spoon or a fork bring new convenience and accuracy to cooking. The easy-to-read dials register in a matter of seconds. And both tools can be used for serving, too. Use the "Thermo-Probe" fork to check meat or poultry as it comes from the oven. You don't leave the thermometer in the oven, so it's fine for use with microwave as well as regular ovens. "Thermo-Spoon" is great for deep-frying, making candy or frosting, tested scalded milk and for many other uses. Both tools are made of chrome with phenolic handles and non-breakable plastic viewers, and are dishwasher-safe. Prices: "Thermo-Probe," \$7.95; "Thermo-Spoon," \$7.95; both, \$15. Prices include postage, handling.

GH Specialties, Dept. AHTT 065  
P.O. Box 888  
Teaneck, N.J. 07666

Enclosed is my check or money order (no cash, please) for \$\_\_\_\_\_ to GOOD HOUSEKEEPING. Please send:

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Allow 4 weeks for delivery. (Sorry, we cannot handle Canadian, foreign or C.O.D. orders.)

H.M. Specialties  
Good Housekeeping, 959 8th Ave., NYC, N.Y. 10019

ADVERTISEMENT

## Help about the house

### BRUSH AND BLEACH OFF MILDEW

*How do I get mildew off my refrigerator gasket?*

(Mrs.) Mary Loncar  
Rankin, Pa.

A mild chlorine bleach solution ( $\frac{3}{4}$  cup per gallon of warm water) will remove the mildew and also lessen the chance of its recurring. Use a brush to get into the gasket crevices; rinse with clean water and dry thoroughly.

### WARPING IS CURABLE

*Is it possible to straighten a piece of wood that's become warped?*

Oliver Sherman  
Little Rock, Ark.

Try laying the wood, concave side down, on a bench or floor and cover it with several thicknesses of damp cloth. Center a weight on top, and direct one or two heat lamps on it. Keep lamps lit and cloths wet until wood straightens. The wood is likely to warp again, but

you might prevent this by drying it thoroughly, then sealing all surfaces with several coats of paint, varnish, shellac or lacquer.

### RENEW WORN COATING

*How can I restore the worn Teflon coating of my iron's soleplate?*

(Mrs.) Joan Bloom  
Anaheim, Calif.

The soleplate can be resurfaced, but only by the manufacturer. Take your iron to an authorized service dealer; he'll send it on to the factory. Total cost to you: about \$2.

# Popular demand brings back 3 house plans

Last year, when we revived our offer of house plans for this trio of all-time *American Home* favorites, we were deluged with orders. If the recipients of these plans were lucky enough to begin building by last March 26, they were eligible to receive a 5 percent tax rebate as a result of the law President Ford signed into law then. We offer these perennials again, in the hope that the President and the banking and housing

industries will continue to seek ways to pump new incentives into the sagging home-building market. Each of the houses you see has roots in the American past. The Virginia Colonial in weathered brick (below) boasts useful extra spaces and expansion possibilities. The Cape Cod and salt-box (opposite) derive from the same set of

## Colonial

plans. You'll find floor plans and order form for all three houses on the following page.



*The Cape Cod (below), a slightly smaller version of the saltbox (bottom), has handy storage areas tucked under its broad, sloping roof. Both are shingle-sided, and both were inspired by beloved New England styles that have endured throughout the country since the 17th century.*



# Cape Cod **or** Saltbox

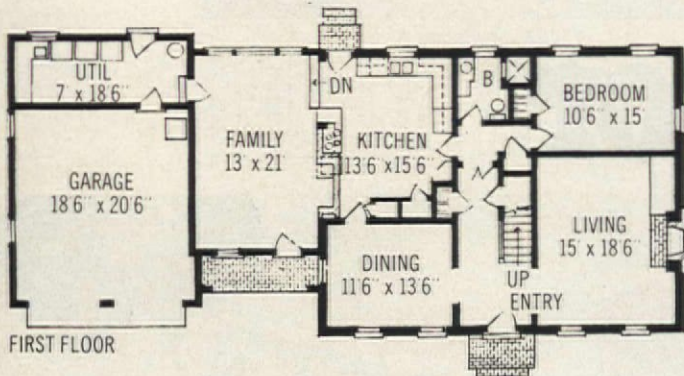


# Our most sought-after house plans return

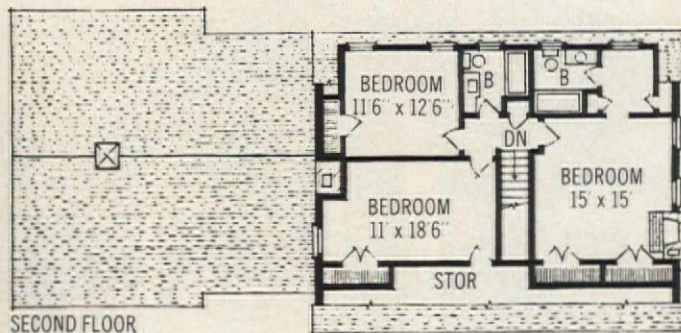
A spacious Virginia colonial, an inviting New England saltbox plus a smaller, similar Cape Cod—all pictured on the preceding pages—have proved our most popular *American Home* house plans ever. Each typifies our continuing aim to bring you top designs and low-cost construction methods. Use the coupon below to order house plans. A complete set of drawings plus materials list costs \$20 and is all you need for a builder's estimate. Three sets (\$35) start you on construction. Plans for saltbox and Cape Cod are combined; you get two for the price of one. Also available is a new catalog of 52 *AH* house plans.

## Virginia Colonial

This is a 2,485-square-foot family-size house with such conveniences as a functional utility room behind the garage and fireplaces in the master bedroom, family and living rooms. In addition to three upstairs bedrooms, it boasts a sizable fourth bedroom downstairs that is completely flexible and adaptable. It could be a guest room, study, sewing room, hobby room, maid's room, library—or an all-purpose "extra" room.



FIRST FLOOR



SECOND FLOOR

Fill out coupon and enclose check or money order. Sorry, no C.O.D., Canadian or foreign orders.

**American Home**  
Dept. 8831  
4500 N.W. 135th Street  
Miami, Florida 33059

- #31085 Single set Virginia Colonial @ \$20.00 ea... \$
- #33085 Triple set Virginia Colonial @ \$35.00 ea... \$
- #31109 Single set Cape Cod/Saltbox @ \$20.00 ea... \$
- #33109 Triple set Cape Cod/Saltbox @ \$35.00 ea... \$
- #31000 Catalog of other house plans @ \$.75 ea... \$

Fla. and N.Y. residents, please add sales tax .....

Total enclosed..... \$

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

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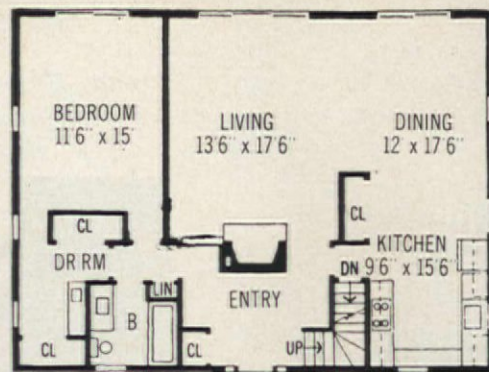
address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_

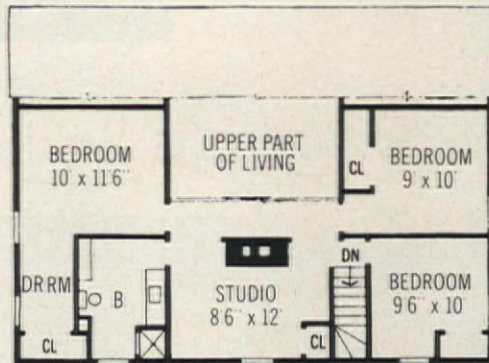
zip code \_\_\_\_\_

## Saltbox or Cape Cod



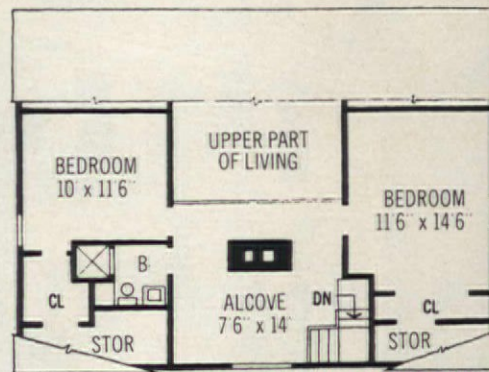
FIRST FLOOR—BOTH MODELS

These two houses look different, but both the traditional saltbox and the Cape Cod versions are based on the same overall design. The first floor of each is identical, containing a bedroom, dining room, two-story living room, kitchen, bath. Upstairs, the two plans differ.



SECOND FLOOR—SALTBOX MODEL

The saltbox, whose total area adds up to 1,755 square feet, is the larger of the two designs. Its upper floor (see plan, above) comprises a second master bedroom suite (including bath) plus two more bedrooms and a relatively spacious all-occasion studio.



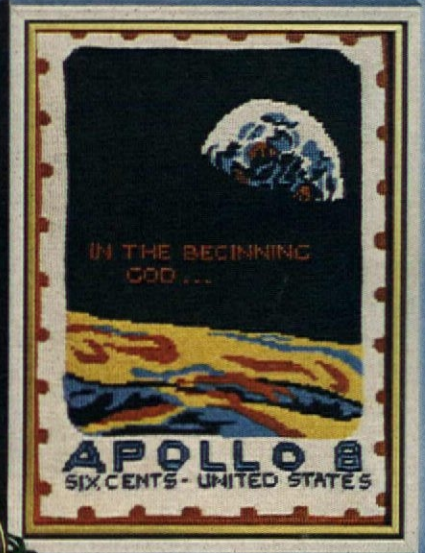
SECOND FLOOR—CAPE COD MODEL

The Cape Cod, with a total area of 1,670 square feet, is more compactly designed. Its upper floor (see plan, above), with less space than the saltbox, has two bedrooms, a bath, storage space under the slope of the roof and an alcove usable as a children's playroom.



Collectors' delights!

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Ben Swedowsky

By Ann B. Bradley

Philatelic fans and needlepoint lovers alike will want to add these fascinating stitchery stamps to their collections. All are attractive and famous. The original of the 24-cent inverted-center Airmail, for example, was sold recently for \$40,000! We show the Grandma Moses canvas unstitched, with design screened in full color. You can see how easy it is to work these needlepoint replicas of some of our most popular U.S. postal issues. All kits are complete with yarn and instructions. Order two or more of the stamps for a handsome grouping. Easily assembled frames are also available. See coupon at right for sizes and prices.

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**American Home, Dept. 8719**  
**4500 N.W. 135th Street, Miami, Florida 33059**

Check needlepoint stamp items desired:	Price	Post. & Hdlg.	
#61929 24¢ Airmail (11½" x 10")	@ \$13.99 ea.	plus .75	\$
#61930 Frame for Airmail	@ \$ 6.99 ea.	plus 1.00	
#61931 Grandma Moses (10½" x 15½")	@ \$15.99 ea.	plus 1.00	
#61932 Tom Sawyer (10½" x 15½")	@ \$15.99 ea.	plus 1.00	
#61933 Frame for 10½" x 15½"	@ \$ 7.99 ea.	plus 1.50	
#61934 Apollo 8 (11¼" x 15½")	@ \$15.99 ea.	plus 1.00	
#61935 Frame for Apollo 8	@ \$ 7.99 ea.	plus 1.50	
#61014 Colorful catalog of other kits	@ .50 each		

Please add sales tax (N.Y. & Fla.) \_\_\_\_\_  
 Total enclosed \_\_\_\_\_ \$

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

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# TURN YOUR BARE WINDOW

## INTO A *Delightful Sunlit Garden*



**Double Decker Shelves Makes Your Window An Exciting Garden Showplace**

**YOURS COMPLETE ONLY \$4.98**

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 super strong shelves. Unit hooks quickly and easily right over your window . . . no installation needed. And it won't interfere with opening or closing the window.

### DAZZLING DISPLAY FOR PRIZED PLANTS, COLLECTOR'S PIECES

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.

Double Decker Window Shelves (Z354027) . . . only \$4.98



### TREMENDOUS SAVINGS!

They're great in pairs or as gifts! Give each window in your home that smart decorator look. And here's how to save more:

2 for only \$9.25  
4 for only \$15.98  
(you save \$4.00)

### HANOVER HOUSE NO-LIMIT CONSUMER GUARANTEE

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. So order now with confidence.

### MAIL HANDY COUPON

**HANOVER HOUSE, DEPT. Z-433**  
Hanover Bldg., Hanover, Penna. 17331

Please rush \_\_\_\_\_ Double Decker Window Shelf(s) (Z354027) for the amazing low price of only \$4.98 each plus 90¢ postage and handling.

**SAVE! Special Offer:** Order Two Window Shelves and for just \$9.25, plus \$1.50 postage and handling. Save over \$1.00. Great as gifts or in pairs.

**TREMENDOUS SAVINGS!** Order FOUR Window Shelves for just \$15.98 plus \$2.00 postage and handling.

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Check here for FREE catalog of fine gifts (Z-89938X)

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## Dentists Recommend

Floss Your Teeth For Maximum Cleanlines  
And Save \$\$\$ On Dental Bills!

# Take Your Fingers Out Of Your Mouth



**Now! Revolutionary Hand-held ToothFlosser Makes Flossing As Easy As Brushing And More Effective!**

**2 YEARS SUPPLY OF DAILY TOOTHFLOSSING ONLY \$2.99\***

If you floss regularly . . . like millions of others who really care for their teeth . . . you know how effective and really cleansing flossing can be. You also know you're saving thousands of dollars in potential family health bills. But wouldn't it be great to be able to floss much more conveniently, with less fuss, without even putting your fingers in your mouth. Well, now with the new, easy-to-use hand-held ToothFlosser, flossing your teeth becomes as easy as brushing and much more effective as a tooth decay preventative.\*

### SO ECONOMICAL, TOO!

The new ToothFlosser keeps teeth really clean where brushing can't. And it's completely sanitary as it reaches in between and all around teeth. Uses only 4" of floss each time and stores a 40-yd. supply in the easy-grip handle. And, with an extra 40-yd. refill included in the low \$2.99 price, that's a TWO-YEAR supply of daily flossing! But hurry, order now while supplies last, on our full money-back guarantee if you're not completely satisfied.

\*The regular use of dental floss aids the removal of bacterial plaque, the major cause of gum infection and tooth loss.

Kindly rush \_\_\_\_\_ TOOTHFLOSSER(S) including 2 year supply of floss (Z403741) for the low price of just \$2.99 each. \$1.00 to help cover postage and handling. On full money back guarantee if not completely delighted.

**FAMILY SAVINGS!** Order TWO TOOTHFLOSSER kits for just \$4.99, plus 75¢ postage and handling. Protect your family's teeth also.

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# Shopping Information

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

## ROOM OF THE MONTH

Pages 42-45: Integrid Suspended Ceiling System, "Amarillo Chandelier" ceiling tiles, "Hampton Brick" Solarian floor, alcove base, Armstrong Cork Co., Lancaster, Pa.; paneling, Georgia-Pacific Corp., Portland, Ore.; "Pine" urethane beams, Paeco, Inc., Perth Amboy, N.J.; "Pennsylvania" cabinets, Yorktowne, Div. of The Wickes Corp., Red Lion, Pa.; "Corian" counter tops in Cameo White, E. I. du Pont de Nemours & Co., Wilmington, Del.; woodwork stain, Sherwin-Williams, Cleveland, Ohio; recessed downlights, Halo Lighting Div., McGraw-Edison Co., Rosemont, Ill.; "Lakefield" antique red double sink with hose, spray and waste disposer, Kohler Co., Kohler, Wis.; washer, dryer, Whirlpool Corp., Benton Harbor, Mich.; refrigerator with refreshment center, dishwasher, trash compactor, smooth-top range, wall oven, microwave, Frigidaire, Dayton, Ohio; copper range hood, PM Range Hoods Corp., Farmingdale, N.Y.; custom-made restle table, "Pine Manor" ladder-back chairs, Thomasville Furniture Industries, Thomasville, N.C.; high chair, Ethan Allen, Inc., Danbury, Conn.; fold-down breakfast bar, Carroll Industries, Conway, N.H.; fluorescent-incandescent lights, table radio, General Electric Co., Syracuse, N.Y.; toaster, can opener, blender, Sunbeam Appliance Co., Div. of Sunbeam Corp., Oak Brook, Ill.; mixer, KitchenAid Div., Hobart Corp., Troy, Ohio; curtain hardware, Kirsch Co., Sturgis, Mich.; "Antique" clear wine goblets, Lenox, Inc., Trenton, N.J.; "Strawberry" china, napkins, napkin rings, Fitz & Floyd, Dallas, Tex.; "American Colonial" stainless-steel cutlery, "Paul Revere" child's progress set, Oneida Ltd. Silversmiths, Oneida, N.Y.; colander, measuring cup, scrapers, refrigerator storage boxes, measuring spoons, Rubbermaid, Inc., Wooster, Ohio; mahogany-finish all shelf, five-hook coatrack, Knob Creek, Morganton, N.C.; black enamel pan, "Mama" green oval au gratin dish and trivet by Le Reuset, 4-inch paring knife and 10-inch French cook knife by Sabatier, pepper mill, oxwood corkscrew, white porcelain pitcher by eugeot, copper beating bowl, French tin butcher hook, BonJour Imports' stainless-steel whisk, Bon Gourmet Woodenware 12-piece kitchen set—all, courtesy Schiller & Asmus, Inc., Chicago, Ill.; "Strawberry Beds," oil painting, Lois Grosch Shand, West Chester, Pa. All sources N.Y.C.: "Fraise Affaire" strawberry fabric, "Crossroads" green geometric fabric, Carleton V Ltd.; "Pleasant Flowers" and "Chateau" towels, West Point Pepperell, Inc.; orange green linen napkins, Vera; "Independence" ironstone pitchers, pepper and salt, Terpace/Franciscan; Norelco coffee maker, North American Philips Corp.; remote-control V, The Magnavox Co.; hardwood stools, Soup-pon; butcher-block serving cart, J & D Brauner, Inc.; basket for hanging light, The Gazebo; brication, Lewis Baldinger & Sons; "Tolomeo" ceramic range tile, Country Floors, Inc.; painting, "Strawberries" by Ken Richards.

## DECORATE WITH PASTEL-PRINT SHEETS

Pages 48-51. All sources N.Y.C.: Sheet fabric, "Porcelain Medallion," Wamsutta Mills; wicker daybed, coffee table, armoire, Walter's Wicker Wonderland; wicker rocker, quilt on wicker, pillows, baskets, The Gazebo; quilt on table, Such Outlandish Stitches; table lamp, Wyndale, Inc.; Tibetan Dhurrie rug, Stark Carpet Corp.; botanical prints, Walter Schatzki.

## VEAL EN CROÛTE

Pages 54-55: Loaf pan with white "Teflon" interior, Mirro Aluminum Co., Manitowoc, Wis.; electric grinder, Rival Mfg. Co., Kansas City, Mo.; silver server, Royal Worcester Porcelain Co., Inc., N.Y.C.; "Doric Platinum" plates, Josiah Wedgwood & Sons, Inc., N.Y.C.; "Leu Belle" enameled cast-iron pâté terrine by Le Creuset; antique silver platter from private collection.

## EASY SUMMER MENUS

Pages 56-57: Carving set, Care-Noble Duo, Downingdale's, N.Y.; carving board, B. Altan & Co., N.Y.C.; serving dishes from a private collection.

## TAKE A CAN OF FROZEN ORANGE JUICE

Page 58: "Mondial" platters, Rosenthal Audio-Haus, Inc., N.Y.C.

Tiny Tablet with 4 Fat-Fighting Ingredients Lets You

# ENJOY LOSING UP TO 12 POUNDS OF UGLY FAT IN 14 DAYS.

AMAZING TABLET does its work, while you eat, sleep and have fun!

**Ingredient 1 — Keeps You from being "Hungry as a wolf" before meals.**

**Ingredient 2 — Calms down your taste-buds during meals . . . so you enjoy meals . . . without rushing or stuffing**

What a wonderful world we live in. Folks who are tense are able to take tablets for a more enjoyable night's sleep. The "pill" is available for more enjoyable family life. Now overweight men and women can actually enjoy losing pounds and inches of ugly fat. Thanks to a tiny tablet containing 4 proven medically-recognized ingredients, reducing is no longer a drag. Taken as directed, *this tiny tablet does the work* while you enjoy seeing up to 12 pounds of ugly fat slip away in as little as 14 days.

## EAT 3 MEALS, YET LOSE ALMOST A POUND A DAY

Food should be enjoyed, relished! When you sit down to eat, look forward to lipsmacking foods you enjoy 3 TIMES A DAY! The "water-cress sandwich" concept of dieting is out! *Continue to enjoy eating . . . while you enjoy your meals*, let this tiny fat-fighting tablet help take off the pounds and inches. If you do nothing more than take these amazing tablets as directed *you will lose weight!* Inches of fat will disappear from your waist-line, arms, legs, thighs. Your face will lose that bloated look. Your clothes will fit better. If you want to lose weight *even faster*, a little simple planning can help to accelerate the weight loss even more.

**Ingredient 3 — Gives that contented, comfortable feeling between meals.**

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Herrscher Pharmaceutical  
Grand Rapids, Michigan 49508

Send me a \_\_\_ day supply of Formula No. 660. Enclosed is \$\_\_\_ (plus 50¢ postage and handling charge), a total of \$\_\_\_. I must enjoyably lose 12 pounds in 14 days, or I may return the unused tablets for a full purchase price refund (except postage and handling). ORDER 4 week or 6 week supply at special low price. Same guarantee.

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- 14 Day Supply (84 Tablets) \$3.00 plus 50¢ postage and handling.
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- 6 Week Supply (252 Tablets) ONLY \$7.95 plus 50¢ postage and handling.



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We'll give you projects for your workshop, recipes for the kitchen, and great ideas from young America. Annual dues: \$6.00 after you have seen your first issue of *Early American Life*. Please use the coupon at right.

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Natural stoneware thimbles capture the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished with handsome portraits of Washington or Jefferson in blue, or crossed flags in red, white & blue. All are dated 1776-1976. \$1.98 each; all 3 for only \$5.00. Add 45¢ postage.

FERRY HOUSE, Dept. H6, Briarcliff Manor, N.Y. 10510

## ADJUSTABLE T.V. POLES

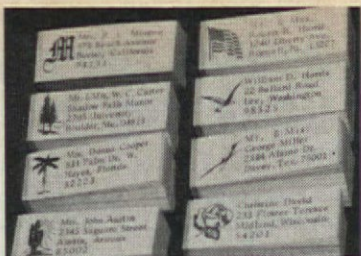
Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep, 17" high. Black decorator pole has spring tension rod to adjust to 7 1/2 to 8 1/2 ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U.S.A.

**\$13.95**

plus \$1 postage  
We ship in 24 hrs.  
Extension for higher ceiling, add \$2.00  
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**Holiday Gifts**  
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**ADDRESS LABELS with NICE DESIGNS**  
Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1 1/2" x 1 1/2". 500 on white or 250 on gold, \$2.50 ppd. Or on Deluxe Size, 1 3/4" long, \$3.50 with design or \$2.50 without, ppd. Specify Initial or Design desired. Via Air Mail, add 39¢ per order. Bruce Bolind, 166 Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

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**RADIANT LIGHT!**



Now your prized crystal and cut glass can glow with a dramatic and luminous look! The SHOW-OFF ILLUMINATOR radiates soft light up, around and through glass

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Regal band ring, hand-painted in luxe cloisonné enamel! Delicate pastels gleam on white or black background—band is solid Sterling Silver, 18K Heavy Gold electroplated. American-crafted.

#3162—White Ring \$12.98 } Sizes 5,6,7,8  
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Add 35¢ post. & hdlg., N.Y. res. add tax

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Super-soft Genuine Leather with cork wedge and rubber sole. Two buckle straps adjust for sure comfortable fit. White, Camel, Navy. Full & 1/2 sizes 5-10M, 6 1/2-10N, 5 1/2-9W.

REG. \$14 SPECIAL PRICE \$11

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Hiding something? Whatever the reason, you're comfortable in this high-fashion bathing suit. Softly shirred yoke; step-in ease; button closing. Built-in bra. Elasticized-leg panty. 28" from shoulder. Silky nylon (no cling) jersey. Coral/white; blue/white. 10-18. \$36 plus \$1 hdlg. Vicki Wayne, 610 S. Country Club A6B, Tucson, AZ 85716.



# America Home Market Place

Lynn Headley—Editor

## "Lace" napkins

These lovely English Devon lace napkins are actually disposable! Linen-like finish makes them perfect for entertaining. In white, scalloped napkins have fine "lace" inserts at each corner. Set of 60 (13 1/2 x 13 1/2") luncheon or dinner size, \$4.25. Set of 90 cocktail size, \$4.25. Any 2 sets, \$8. Add 50¢ hdlg. Ferry House, Dept. H-65, Briarcliff Manor, NY 10510.

## Victorian clothes rack

Stunning cast-iron rack sparks a friendly touch in hallway, bathroom, kitchen, or bedroom. Reproduced from the colorful Victorian era, it has 5 large swing-away arms with 3 hooks on each for hats, coats, towels, etc. Extends 7 1/2" from wall. 14" wide. \$3.98 plus 75¢ hdlg. From Holiday Gifts, 606-D, Wheatridge, CO 80033.

## "Jackie"

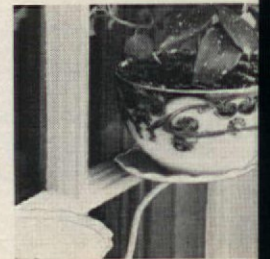
You'll fairly jaunt about in this jolly shoe so attractive with its 1 1/2" rope covered wedge heel! Comfy crepe soles and cushioned insoles. Of soft urethane in white, beige, navy, or brown. Sizes 4 through 12, N, M, W. \$12.95 plus 90¢ hdlg. Sizes over 10, add \$1. From Sofwear Shoes, Dept. AH6, 1711 Main, Houston, TX 77002.

## Grandfather's sampler

Stitch "if all else fails, ask grandpa," or Grandmother's sampler, "if mother says no, ask grandmother." Marvelous to colorfully cross-stitch on stamped oyster linen, each kit has all you need plus 8 1/2" x 15" wood frame in maple or mahogany finish. \$3.95 plus 50¢ hdlg. for each kit. Send your order to Victoria Gifts, 12A Water St., Bryn Mawr, PA 19010.

## Window dressing!

Heighten window interest with 4" round metal shelves. Add plants or knick-knacks. Hanging prongs slip between pane and molding. "Stem" rests on window for added security. Holds 4-5 lbs. Bars for wall attachment included. Set of 2 in black or white, \$2.98. 2 sets, \$4.98. Add 50¢ hdlg. Lilly's Garden, A6E, 510 S. Fulton, Mt. Vernon, NY 10550.



# Hold The Whole World In One Hand With

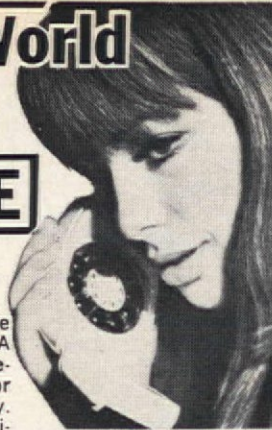
## MINI-PHONE

BE ONE OF THE FIRST  
IN AMERICA... ONLY **\$59<sup>95</sup>**

This little phone folds in half and is a complete self contained unit with the dial in the center. A marvel of the age of miniaturization and Italian ingenuity. Fitted with a standard plug it is ready for instant use. Available in white only.

Be the talk of the town with Mini-Phone. When not in use it folds on itself by means of a hinge joint. The world's smallest telephone. Functionally equivalent to and interchangeable with any standard telephone regardless of the type or system used.

See our collection of unusual phones as well as our large selection of New, restored, antique and modern phones, all of which are equipped with plugs for instant use, from \$10.95 up. (Send 50¢ for Catalog.)



MAIL COUPON TODAY

GRAND COM, INC., 324-5th Ave. N.Y. 10001

Dept. AH-6

Send me MINI-PHONES @ \$59.95 each.  
(Add \$2.00 Per Phone for Shipping & Handling Charge.)

\$ \_\_\_\_\_ Enclosed.

Charge My Credit Card Account No. \_\_\_\_\_

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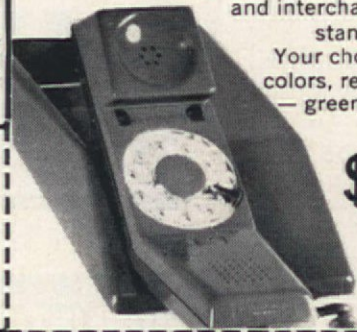
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# ON SALE Dial-In-The-Hand Telephone

The improved version of the original T-Line phone. The base is designed to lay on the table or desk, or it can be hung on the wall.

The only modern double use phone. The dial is cleverly fitted in the handset, and has an extra disconnect button so you can dial another number without hanging up. Functionally equivalent and interchangeable with any standard dial system.

Your choice of decorator colors, red — white — blue — green — Ivory — Beige — and Mauve.



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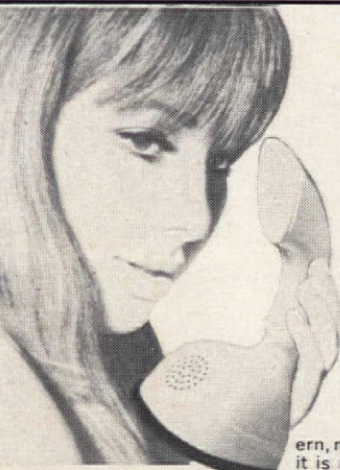
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Charge my Credit Card \_\_\_\_\_ (name)

card # \_\_\_\_\_ exp. date \_\_\_\_\_

Enclose check or money order. No C.O.D.'s

# SWEDISH STYLE ERICOFON The Modern Telephone



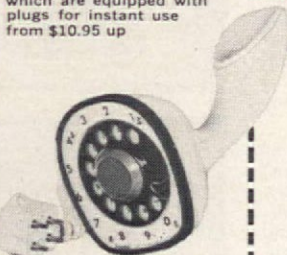
This famous telephone, is modern, new, lightweight and one piece. Lift it, it is ready to dial, the dial is cleverly fitted on the bottom of the phone, and so is the shut-off. When it is sitting on your desk or table you can't see the dial. Set it down and communication is shut off. It is a complete self contained unit, a marvel of the modern age, fitted with a standard plug it is ready for instant use. Functionally equivalent to and interchangeable with any standard phone regardless of system used.

ERICOFON is the stylish phone. Available in the color of your choice to fit your decor—red—white—ivory—beige—green—yellow—grey—pink—aua (give second or third choice).

**\$39<sup>95</sup>** no ringer  
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**\$59<sup>95</sup>** with tweeter

## SEE OUR COLLECTION

of unusual phones as well as our large selection of new, restored, antique and modern phones, all of which are equipped with plugs for instant use from \$10.95 up



SEND  
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Send me \_\_\_\_\_ phones color \_\_\_\_\_  
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card # \_\_\_\_\_ Exp. date \_\_\_\_\_

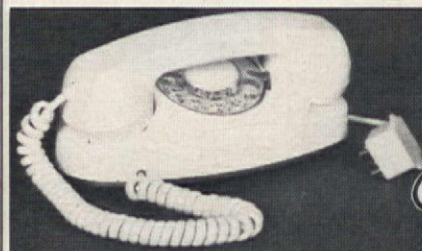
Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please add Tax where required

# ON SALE Princess Telephones



While they last

only **\$19<sup>95</sup>**

If a buzzer is needed add \$10.00

We've just made a buy on Original Princess telephones. These are factory rebuilt fitted with standard cord and plug and ready for instant use. Available in white, beige, pink, blue and turquoise. While they last they are a good buy for that extra phone.

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Send me \_\_\_\_\_ phones color \_\_\_\_\_  
(give 2nd and 3rd choice) \$ \_\_\_\_\_ enclosed (include \$2.00 shipping charge). Charge my credit card \_\_\_\_\_ (card name)  
card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Name \_\_\_\_\_

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Lighthouse Kit	\$1.95
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Minute Man Kit	\$1.95
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Pilgrims Kit	\$1.95
Wood frame, 10"x10", mahog. finish	\$1.50
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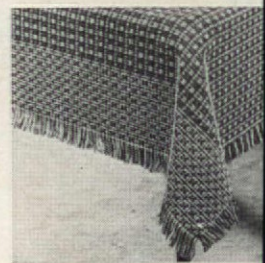
## Rattan hanging basket

"Gild the lily" by putting your pet plants in this lovely, closely woven rattan basket. 8½" in diameter; 7" deep. Basket swings on 22" rattan chain. Can support up to 7 lbs. Rattan bracket included. \$4.95 each; 2 for \$8.95. Add \$1 hdlg. Painted white, add \$1 each. Catalog, 25¢. Fran's Basket House, Dept. AH6, Rt. 10, Succasunna, NJ 07876.



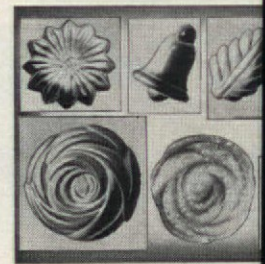
## Homespun tablecloth fabric

Woven by Pennsylvania Dutch weavers, fabric comes in 6 tablecloth sizes from 52"x52" to 62"x120" and 72" round. For do-it-yourselfers, it's by-the-yard. Great, too, for drapes, spreads, etc. Free color brochure shows patterns, information on colors, sizes and prices. Homespun Weavers, Dept. PAH-6, Ridge & Keystone Streets, Emmaus, PA 18049.



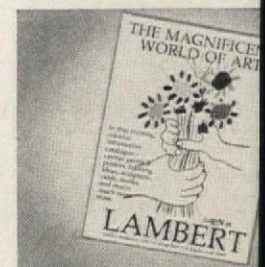
## Mmmm, make mints!

Make "professional" candy mints simply and very quickly by using these rubber candy molds. Ideal for holidays, weddings, any party, etc. Comes with free, easy no-cook recipes. Order daisy, bell, leaf, santa, rose, or star. \$1.25 each mold; 3 for \$2.85; 6 for \$5.10. Free color catalog. Judy's of California, Dept. 346E, Box 728, Lompoc, CA 93436.



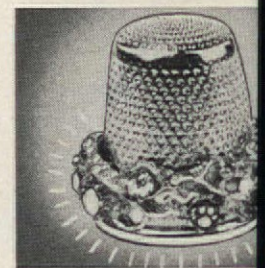
## Armchair artistry

Visit "The Magnificent World of Art" via this beautiful color catalog with over 200 reproductions of the world's most famous paintings on textured artist canvas in four popular sizes. Prints available matted, mounted, etc., in variety of frames. 99¢ to \$40. Catalog, 50¢. Lambert Studios, Dept. AM-19, 910 N. La Cienega Blvd., Los Angeles, CA 90069.



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A wreath of glistening "jewels" in glowing shades of ruby, sapphire and emerald circle this lovely golden thimble. Gold-plated. 1" high. A charming gift and a must for any thimble collection. Sewing circle meeting? They make delightful table favors. \$1.98; 2 for \$3.75. Add 25¢ hdlg. Ferry House, Dept. AH6, Briarcliff Manor, NY 10510.



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Just rub it in and Icy Hot can bring overnight temporary relief from the pain of arthritis, soreness, stiffness, etc. Put this creamy balm over affected joints or muscles and you can actually feel the pain start lessening. Ahh, and then, peaceful sleep. 3½ oz. jar, \$3; 7 oz., \$5. J. W. Gibson Co., Dept. AH6, 2000 N. Illinois St., Indianapolis, IN 46202.



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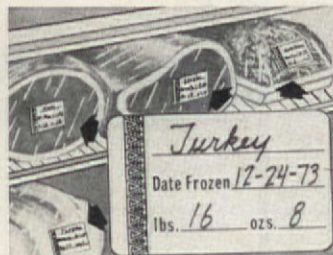
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And steak, turkey, or what-have-you? These Frozen Food Labels identify every package in your freezer with special glow-green paper for easy finding and reading. Self-stick labels, there's a place to write contents, date, weight. 100 (2x1½"), \$1. Freezer Marker Pen, 98¢. Walter Drake, AH20, Drake Building, Colorado Springs, CO 80940.

(For Men and Women)

# You've Never Felt Anything Like It Before!

You grab the metal bar with both hands and start the bottles twirling. All of a sudden you feel all of your muscles tightening. You start breathing harder and your heart is faster. The bottles go faster. The muscles in your neck are so tight you think you might strain something. But you

are getting the strongest most effective exercise ever used by man. You've done more exercise in 5 minutes than anybody else could ever do in 20 minutes.

The next day you do it again. Then the next day and the day after. Then one day all of a sudden it becomes easier.

So you add water to the bottles for extra weight. The force of the twirling bottles full of water feels like it's going to pick you right off the ground. But it gets easier. It's fun, so you try to make it more interesting. You try doing it in different positions, while jumping up and down, then while standing in place.

Then you realize something. Not only is the exercise coming off, but you can do things you never could do before. Things that other people can't do. You run up a flight of steps without getting out of breath. You come off a golf course after 18 holes and your friends wonder why they are wringing wet with sweat while you're not. Things that used to be heavy aren't heavy anymore.

Your head starts getting bigger now. You feel a little smug when you walk down a street full of people. People who used to be skinny. People who used to be skinny. You know they're not kidding. Did you ever notice that good looking people seem to always have good jobs?

You're "home free" now. The flabs all gone. All of your muscles are hard and firm. You look like a million dollars and you feel like it too. All of the nervous tensions you once had were a necessary part of life are nothing now.

The Gyro-Gym is not an effortless exercise machine. Fun yes, but not easy. You don't plug it into an electric socket or wear a battery pack at night. It takes work and it works... FAST. It's the perfect exercise machine for men and women who are serious and determined to be physically better than anybody else.

The Gyro-Gym is the result of ten years of hard work and research by one man. Lou Monti of Niagara Falls, N. Y. got the idea for the Gyro-Gym after he retired ten years ago. Lou was a physical fitness nut, but he wanted something that he could use for exercise at home without going outside or taking up a lot of space.

Lou's idea turned out even better than he thought. Almost immediately the Gyro-Gym was endorsed by doctors and physical therapists around the state of New York.

Lou Monti, is now 65 years old. Last year he pedaled a bicycle all the way from Niagara Falls, N. Y. to Dayton, Ohio. It proves there is no need for anybody to get old. Maybe not even you. Lou sure is doing a good job of holding out.

Any doctor and he will probably tell you that the only way to firm up and get in shape is to work at it. The Gyro-Gym is the perfect way to do it. And we'll give you 14 days to try it.

When you receive your Gyro-Gym and exercise course, try it for 14 days. If after those 14 days, you don't think the Gyro-Gym is the greatest exercise machine ever invented or that you've made a great stride towards perfect health and a better body, just return it to us. We'll refund the total price, no questions asked.



## How The Gyro-Gym Works

The Gyro-Gym works by the process of "variable-resistance". In other words the weight of the bottles is increased the faster they twirl (centrifugal force).

Not only this, but the resistance of the weight against the body muscles continually changes in a 360 degree circle. Not just up and down or back and forth as in other exercisers.

And, as if that isn't enough, there is a hidden spring in the cross-bar of the Gyro-Gym. When this spring is compressed by trying to bring both hands together while still twirling the bottles, all of these beneficial forces are transferred to all of the muscles of the upper torso. This results in a general slimming of the waistline area, toning of the arm, shoulder, neck, and face muscles, and building and expanding the chest area.

By bending forward at the waist and lowering the Gyro-Gym, the benefits are transferred to the back, hips, buttocks, and legs. This results in a reducing of the hips, and a firming of the buttocks and leg muscles.

But many users of the Gyro-Gym claim the greatest function of all is that it seems to have an almost hypnotic effect on the person using it. Although it gives them a really tough workout, they just can't seem to put it down until their 5 minutes or more are up.

## What People Are Saying About The Gyro-Gym

"I have lost over 30 pounds by combining diet with a program of regular use of the Gyro-Gym. I have absolutely no flab and feel wonderful."  
Barbara H.

"I wouldn't know where to start to tell you about your great Gyro-Gym and the things it really can do for you. The Gyro-Gym with a little effort can change your whole life. It gives you self confidence and improves your appearance."  
Richard B.

"To my mind it (the Gyro-Gym) has considerable merit even for patients confined to wheel chairs."  
J. V. F. M.D.

"It can be used by the aged as well as the young, and it has equal application for men and women. Most importantly, the Gyro-Gym works. Whether as a weight reducer, strength builder, or an aid for improving circulation. It's completely safe and extremely enjoyable to use. The Gyro-Gym is the most valuable device of its type that I know of. I wholeheartedly recommend it to anyone interested in improving their physical condition."  
Sincerely,  
Dr. J. P. L.

"I have observed my wife and several of her friends use your fantastic Gyro-Gym. Since they have attained a trim and firm condition, I am now using and enjoying its benefits myself. I am delighted at the ease with which I achieved great results."  
Yours truly,  
L. J. P.

"I have lost inches around my waist and hips, and improved my general muscle tone and well being. Many thanks for making such an enjoyable exerciser available to me."  
M. J. P.

## BONUS GUARANTEE

The Gyro Gym is guaranteed to give you a better physique (if used everyday) in just 14 days. But we will go even further than that. We will give you a full 90 days to prove to yourself that the Gyro-Gym is the most effective exercise machine you've ever seen or used. We will also guarantee the Gyro Gym against any defects in workmanship and parts for a full year.

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### 100 BIG 4 Tablets for \$2.98

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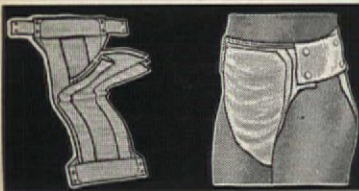
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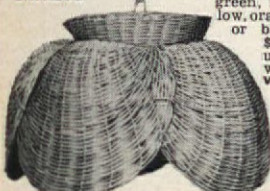
"EVER-SAFE" is Cool, Undetectable, Comfortable & Effective. Weighs only 7 oz. Novel "fluid barriers" with heat-welded seams enclosing absorbent launderable liners in soft vinyl, prevent escape of any moisture. Clothes, bedding stay dry. Use 2 sets of liners for full nights sleep without change. Moneyback guar. Sizes for all ages, adults & children. ORDER BY WAIST SIZE. Complete with liner, \$6.95; extra liner, \$3.95; 50 disposable liners, \$7.95.

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Handwoven by Chinese craftsmen in graceful tulip shape comes electrified with dimmer switch, 18 ft. chain and hooks for hanging. Adjustable height from ceiling, 15" dia., by 11" high. Painted in white, green, blue, yellow, orange, pink or black add \$3.00. Use up to 150 watt bulb. VISIT OUR WAREHOUSE SHOW-ROOM

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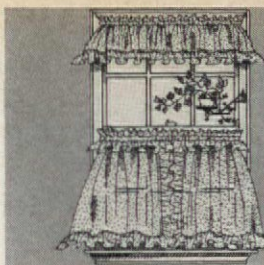


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Own the world's largest space stamp—a colorful giant stamp documented in the Guinness Book of World Records. A fantastic 18-sq. inch issue commemorating the first U.S. Apollo Moon Landing. Given free to introduce approval service of world-wide stamps. Buy any or none, cancel service anytime. 10¢ hdlg. to Kenmore Stamp Co., FL-995, Milford, NH 03055.

### White dotted swiss

Your special windows go "Sunday best" in traditional white dotted swiss! 65% polyester and 35% combed cotton. Machine wash and dry. 2¾" ruffles. 76" wide per pair. 25", 30", 36", 40" long. \$7.50 a pair. 12"x72" valance, \$3.75 each. Add \$1 hdlg. per order. Free brochure. Country Curtains, AH6, Stockbridge, MA 01262.



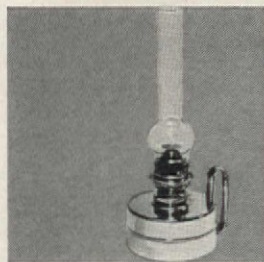
### It's good business!

Business Card Money Clip makes a sterling gift for the career man or woman. His or her business card can be reproduced on a sterling money clip! The card you send is photographed. A handsome (or pretty) and personalized way to carry bills. 7/8"x1 7/8". \$22.98 plus 50¢ for hdlg. Holiday Gifts, Dept. 606-B, Wheatridge, CO 80033.



### The Admiral's lamp

Light your "quarters" with this magnificent reproduction of lamps originally found on old-time ships. Reproduced in Denmark of solid polished and lacquered brass. A cozy touch for your home or boat! 14½" tall; 5½" base. Burns regular or odorless kerosene only. \$39.98 plus \$2.50 hdlg. Catalog, 50¢. House of Minnel, Dept. 165, Deerpath Rd., Batavia, IL 60510.



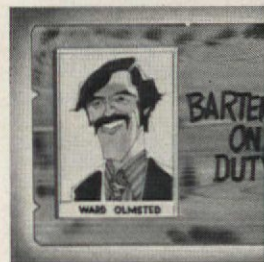
### Norman Rockwell

You'll treasure four full color prints of nostalgic masterpieces by this beloved artist who fairly captures the inner soul of his subjects with his talented brush. Each print, 9"x12". Set of 4 plus free "Spoonin'" print, \$1 plus 25¢ hdlg. 3 sets with 3 free "Spoonin'." \$2 plus 25¢. American Consumer, Dept. NR51, Caroline Rd., Philadelphia, PA 19176.



### By gin, it's Joe!

Whoever is your tender barkeep, his name is hand lettered on a wood grain Bartender Plaque, plus a caricature drawing from photo you send (original returned unharmed). Be sure to state name, color of eyes and hair. Plaque measures 10"x15". Cheers to a smashing gift! \$15. From Bruce Bolind, Dept. AH6, Boulder, CO 80302.



### Sandal sensation!

"Sharon" is a stunning shoe with 1" crepe wedge soles that sets the fashion stage for your casual outfits. A "footlight" success in soft leather in tan, white, or brown. Whole sizes 4 through 12. Medium width (straps adjust to fit any width). \$11.95 plus 90¢ hdlg. Sizes 11 & 12, \$1 extra. Sofwear Shoes, Dept. AH6, 1711 Main, Houston, TX 77002.



### Good-bye tarnish

Gorham silverware drawer pads of Pacific Silvercloth will keep your silverware neat, clean, and handy. And, you'll always be ready for last-minute company! Standard size (14x12x2½") holds 108 pieces, \$12.95. The jumbo size (17½x14x2½") holds 120 pieces, \$14.95. Add 95¢ hdlg. each. Holiday Gifts, Dept. 606-C, Wheatridge, CO 80033.





# How YOU Can Win At Least One Sweepstakes or Lottery Prize - Guaranteed!

by Gerald Pope

**Yes! Here is the most powerful Guarantee ever offered. You MUST win at least one Sweepstakes or Lottery Prize in 1975 using my guaranteed methods — or they are YOURS ABSOLUTELY FREE!**

If YOU want to know EXACTLY how to win BIG MONEY and hundreds of other terrific prizes in Sweepstakes and Lotteries — without risking a single red cent — take a few minutes to read this.

First, to prove to you beyond the shadow of a doubt that people just like you — men, women and even children — win BIG prizes in Sweepstakes and Lotteries — here are some real life examples. Their stories can be your story — soon!

\*\*\*John Clindaniel won \$100,000 in a Sweepstakes sponsored by a magazine subscription service. He was only 15 years old when he won!

\*\*\*R. L. Pelson won 42 prizes in 18 months, including 3 TV's, kitchen appliances, cameras, a tape recorder, a bicycle, and many more.

\*\*\*Rose Ann Sutton won \$1,000,000 (that's right — a million dollars) in a state lottery. Mrs. Sutton is a grandmother.

\*\*\*Doug Berstler, a 36-year-old real estate man won the New Jersey state lottery nine times in two years — his total of prizes was \$220,000.

\*\*\*Benjamin Kruger won \$10,000 in the Philip Morris Tobacco Sweepstakes.

\*\*\*John Douglas won \$20,000 in the Pennsylvania lottery.

In fact, thirty people who have won a million dollars each have started an exclusive club — the Millionaires Club — to discuss the problems of winning all that money. (Don't you wish that you had such problems?)

And NOW, I'll GUARANTEE to show YOU how to be a winner — even if you've never won anything in your life before — even if you've always considered yourself unlucky — even if you've already entered dozens of Sweepstakes and Lotteries and never won a dime.

You must ask yourself: "How can you make a guarantee that says I must win at least one Sweepstakes or Lottery prize?" The answer is simple. I can make this guarantee because Lady Luck has a very little to do with winning Sweepstakes and Lottery prizes. Winning is a matter of cutting down the odds!

As soon as I discovered this proven fact — and when I counted up how much money OTHER PEOPLE were winning — I set out to find out exactly how to cut down the odds!

I found the answers! Some by trial and error, some by reading stories in the newspapers and magazines about the biggest winners. Some by writing letters to the companies that judge winners in Sweepstakes and Lotteries.

I went to the local library and dug out everything I could find. I bought every book I could find on gambling and games of chance. I even wrote to every state to find out about their lotteries.

I spent a lot of money to get the answers, let me assure you. Much more money than I had planned.

And now I've written down everything I've learned — all the tips, guidance and advice — the systems and methods of the experts and the big winners. I've had a local printer here in Tulsa do up copies of the book — nothing fancy — just the facts and materials you need to become a Prizewinner! I call the brand new book: "How YOU Can Win Sweepstakes and Lotteries!"

Now, let me tell you some of the things you'll find in this book. Here's what the Sweepstakes Section tells you: How to Make Sweepstakes Profitable — Do's and Don'ts About Sweepstakes — How to Use the Law of Averages to Work for You — How to Read and Follow the Rules — Shortcuts to Save on Time and Effort — Secrets for Success from Sweepstakes Winners — How to Keep Up on All the Sweepstakes and Lotteries — How YOU can Become a Big Winner!



And here's what the Lottery Section tells you: All the States Where Legal Lotteries are Held — Rules and Pay-Offs of Each State Lottery — How to Enter Out-Of-State Lotteries — Secrets and Tips from Big Winners — Guidance from Multiple Repeat Winners — Lotteries in Other Countries!

Most important of all, I've put everything in my book in simple, everyday language. Since I'm not much of a writer myself, I've hired a terrific editor to do the job for me. It came out just about perfect.

Another thing. Don't think that CASH PRIZES are the only thing you'll be able to win once you've read my book and followed my step-by-step methods and instructions.

Every year thousands upon thousands of smaller prizes are carried home by winners. Wouldn't you have liked to win one of these prizes: a Waring Blender — a Winchester Rifle — perfumes — lingerie — records — a Kodak Super-8 Movie Camera and Projector — a 14-K gold charm bracelet — a G.E. transistor radio — even a year's supply of bacon?

All these (and thousands more) were given away last year!

The list of prizes that you can win could go on forever. But there's one thing I'd like to make perfectly clear — if you don't have the step-by-step methods and secrets of the experts that you'll find in my book — your chances of winning are pretty slim. You really won't have a prayer!

And the ONLY way to get your copy of my book is to order it NOW, by mail. It's not for sale at any bookstore or newsstand in the world — at any price.

## YOU GET 3 FREE BONUS EXTRAS WHEN YOU ORDER RIGHT AWAY

Yes! When you order your guaranteed copy of "How YOU Can Win Sweepstakes and Lotteries," you'll get 3 FREE BONUS EXTRAS as a gift:

\*\*\*Free Bonus #1: New Sweepstakes and Lotteries come out all the time that you can enter — and WIN! The best of all new Sweepstakes and Lotteries are included in a monthly report called the "How To News." Your first gift is a FREE three month subscription to this newsletter!

\*\*\*Free Bonus #2: "How YOU Can Win at Bingo!" Here is a terrific EXTRA FREE BONUS for everyone who plays Bingo. It includes the winning secrets of dozens of experts!

\*\*\*Free Bonus #3: "Worldwide Lottery News" — a rundown of dozens of BIG MONEY Sweepstakes, Lotteries and Soccer Pools — including the world-famous Irish Sweepstakes. Complete names and addresses from

around the world — with rules and regulations for American citizens!

## YOUR DOUBLE GUARANTEE!

So, let me say once again — the ONLY way to get your guaranteed copy of my book: "How YOU Can Win Sweepstakes and Lotteries" (and all the FREE BONUS EXTRAS listed above) is to order it now by mail. In fact, you might be interested to know that the book has been Registered and Copyrighted with the U.S. Government so that the information within it cannot be stolen or copied.

And, you can order your copy without a single worry in the world because you are completely protected by an ironclad, 100% no-risk, Double Guarantee of satisfaction.

1. If you don't like the book when it arrives — for any reason under the sun — send it back for a full and immediate refund of your money with absolutely no questions asked.
2. Or, keep and use the book (and the 3 FREE BONUS EXTRAS) for a full year. You are still protected. You MUST WIN at least one Sweepstakes or Lottery prize during the year — or you may return the book next year. You still get every penny of your money back without quibble or question. Isn't that the fairest guarantee you've ever seen?

Although "How YOU Can Win Sweepstakes and Lotteries" (and the 3 FREE BONUS EXTRAS) may well mean thousands of dollars to you and your family — the price of the book is only \$10 — not the \$25 or \$50 you might expect to pay. To get your guaranteed copy of the book:

1. Print your name and address on the Prizewinner's coupon below.
2. Attach just \$10 cash, check or money order.
3. Mail to Prize Headquarters at Lincoln Press, 4444 So. Sheridan, Tulsa, Ok. 74145.

Let me repeat — it makes no difference if you've never won anything before — YOUR time for winning has come.

Start cashing in right now. Send for your copy of "How YOU Can Win Sweepstakes and Lotteries" as soon as you can — TODAY if at all possible.

Please remember — when you use the coupon below — you won't have to sit back and watch OTHER PEOPLE win all those wonderful prizes. It's YOUR turn now!

Mail Prizewinner's Coupon Today

----- Make check payable and mail to: -----

Prize Headquarters — Lincoln Press, 4444 South Sheridan, Tulsa, Ok. 74145

Yes! I want to be a Prizewinner at last! Rush me my guaranteed copy of "How YOU Can Win Sweepstakes & Lotteries." Here is my \$10. Also send me my 3 FREE Extra Bonus Reports. I am fully protected by your Double Guarantee shown above. Thanks for this chance to be a BIG winner!

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## HOBBIES

★ **MINIATURE FURNITURE KITS** 1/2 to 1/4 scale. Picture frames, door knobs and drawer pulls. Knobs and pulls available in solid brass and porcelain finishes. Illustrated catalogue \$1.00, refundable with first kit order. The Collectors Workshop, P.O. Box 3133, Omaha, Neb. 68103.

## BARGAINS—CATALOGS

**FREE CATALOGS! GIFTS, NECESSITIES.** Reasonable. Redco, 8450 Blvd. East, North Bergen, New Jersey 07047.

## EDUCATION—HOME STUDY

★ **UPHOLSTERY DECORATING.** Free Booklet. Learn at home. Upholstery Decorating School, Dept. 5321-065, Little Falls, N.J. 07424.

## OF INTEREST TO ALL

★ **COATS OF ARMS:** 500 000 names, 82 countries. Free Catalog. The Bainsaud Family, 41 Lisle Hill, Wilmington, Vermont 05363.

★ **WORLD'S FIRST BEAUTIFUL Decorator Plaque** "12 x 12" T.V. Antenna. Colors: white, black, red, yellow, blue, green. 100%. Guaranteed, \$21.95 Ppd. "Surgenors", Box 502, N. Huntingdon, Pa. 15642.

★ **HEADACHES, BACKACHES, DRUGLESS relief.** Hints, information, free. Foster, 25D Lenore Lane, Farmingdale, N.Y. 11735.

## OF INTEREST TO WOMEN

★ **BLESSINGS, PRAYERS ENGRAVED** Wooden Plaque \$10.00. Lancaster Co., Rt. 1, Box 205, Pikeville, N.C. 27863.

★ **100 TEACHER-CHOSEN RECIPES.** \$5.00. Superior, 1853 Evar, Jacksonville, Fla. 32216.

★ **\$300.00 WEEKLY POSSIBLE**—stuffing envelopes. Start immediately! Details \$1 refundable. Royal-HA, Box 36643, Los Angeles 90036.

★ **\$600 MONTHLY POSSIBLE** "Copy" Typing; \$50 Thousand Addressing. 10c. Publishers, Box 75010-L, Oklahoma City 73107.

★ **\$800 MONTHLY POSSIBLE** addressing—stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, Mo. 64024.

## BUSINESS OPPORTUNITIES

★ **\$250-\$500/THOUSAND.** Stuffing Envelopes. Free Supplies. Send Stamped Addressed Envelope. Henrikson, Box 6880-K, Minn. 55406.

★ **\$350/THOUSAND. STUFFING ENVELOPES.** Free Supplies. Rush Stamped Addressed Envelope. C&L, Dept. 108, Box 30-I, Cincinnati, Ohio 45230.

## MONEY MAKING OPPORTUNITIES

★ **HOW TO MAKE MONEY** writing short paragraphs. Information free. Barrett, Dept. C-18-B, 6216 N. Clark, Chicago 60660.

★ **HOMEWORKERS! \$125.00 WEEKLY POSSIBLE** addressing for firms. Begin immediately! Offer details—stamped, addressed envelope. FHP, 39-TG6, Brooklyn 11235.

★ **\$175.00 WEEKLY** correcting pupils' lessons! Samples, \$1.00! Castle's, 507-LR Fifth, New York City 10017.

★ **HOW TO MAKE MONEY** Writing Articles, Fillers. Inquire: Goliath Publishers, Box 1073, Arlington Heights, Ill. 60005.

★ **HOW TO MAKE MONEY ADDRESSING.** Mailing Envelopes. Offer Details 10c. Lindbloom Agency, 3636 Peterson, Chicago 60659.

★ **HOW TO EARN IMMEDIATELY** Stuffing Envelopes. Send stamped envelope. United-AH, 3838 1/2 VanDyke, San Diego, CA 92105.

★ **\$25.00 HUNDRED STUFFING ENVELOPES.** Send stamped, addressed envelope. Tayco, Box 8010, Stockton, CA 95208.

★ **STUFF-MAIL ENVELOPES.** \$250.00+ per thousand profit possible! Offer details: stamped envelope. Kings-MAH6, B-21487K, Ft. Lauderdale 33316.

★ **\$31.80 DAILY.** Easy homework. No investment. Details: self-addressed stamped envelope: Shihomo, 6311-812 Yuca, Los Angeles. 90028.

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★ **SONGS, SONGPOEMS** Wanted for Radio Show. Hollywood Music Productions, 6425-AH Hollywood Blvd., Hollywood, CA 90028.

## PERSONAL—MISCELLANEOUS

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★ **CLASSIFIED, INC.** guarantees refund of any initial money sent in direct response to the above advertisements. AH-6.

# Dear American Home



## BUSY QUILTER

I was glad to see your articles about quilting. I've been making "scrap" and "pieced" quilts for several years, and just recently began working with appliqué. For my first major project in appliqué, I improvised a "memory" quilt (above), which I gave as a gift to a special friend.

Mrs. David Leak  
San Antonio, Tex.

## CAUGHT BY THE NET

I was very interested in your charming February AH. My home is decorated primarily in the colonial style, and I love new ideas for adapting old treasures to contemporary living. In the February issue there is a picture of a fishnet canopy—similar to the one photographed in Dorothy Brightbill's saltbox. Is there any way to obtain instructions so I can try to make it?

Joan Switzer  
Philadelphia, Pa.

Our sister magazine, *American Home Crafts*, is offering complete instructions for a crocheted fishnet canopy in its Fall/Winter 1975 issue. This magazine will be available in July for \$1.50. If sold out at your local newsstand, send a check or money order to:

American Home Crafts  
641 Lexington Ave.  
New York, N. Y. 10022

## MAINE SALTBOX

Your past August '74 issue contained exactly what I had been looking for in magazines for about a year. The *Maine Saltbox* is the perfect house plan for my family. The pictures were beautiful and the article by Dorothy Brightbill was very enjoyable. We will be building our own saltbox soon and I would like to

thank AH and Mrs. Brightbill for making it available.

(Mrs.) Margaret L.  
Olympia, W.

We're delighted that our *Maine Saltbox* pleased so many readers. No. 400 have ordered plans . . . a happy indication that country living knows no boundaries.

## TRADITIONAL TREASURE

I would like to thank Norma C. Smith for her fantastic "Painting Calico" (see October '74 AH). Thanksgiving, I took pictures of relatives' homes and by Christmas was able to make 11 calico "paintings." Each was thrilled with her gift, and I was pleased to give something unique and handmade.

(Mrs.) Kim Cra  
Huntington, W.

## GIFT OF LOVE

My husband and I just received a beautiful dower chest (January AH) as a wedding gift. We were thrilled the thoughtfulness of our friends put so much time and effort into it. Thanks are due you, too, for having included such a lovely idea in your publication.

(Mrs.) Roberta Mat  
Coatesville

## ANTIQUES FANS

The column "Ask Us About Antiques" is so interesting and helpful. Trying to identify and date antiques from the past is challenging and a part of the fun of collecting them.

Marion Joh  
Syracuse,

I very much look forward to enjoying each issue of your magazine. I have devoured them, they are precious at least two more times. Since I have an antiques appetite and a flea-market budget, I have used some of your articles and filed others away for future reference.

(Mrs.) Helen I  
Port Angeles, W.

## BARGAIN FINDERS

My husband and I are do-it-yourselfers by choice, but it has also become a necessity, as prices and labor increase daily. We've furnished our entire home for under \$1,600! (Price includes furniture only—no appliances.) This has been done by buying antiques and plain old furniture at auctions, garage sales and on trips throughout the country.

Dianne G  
York

If you have something to share, a house, a remodeling or restoration project—send a picture and drop it to: Dear American Home, 641 Lexington Ave., New York, N.Y. 10017.

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The Royal Velvet towel, a lasting fashion favorite.



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18 mg. "tar," 1.2 mg. nicotine av. per cigarette, FTC Report Oct. '74.

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