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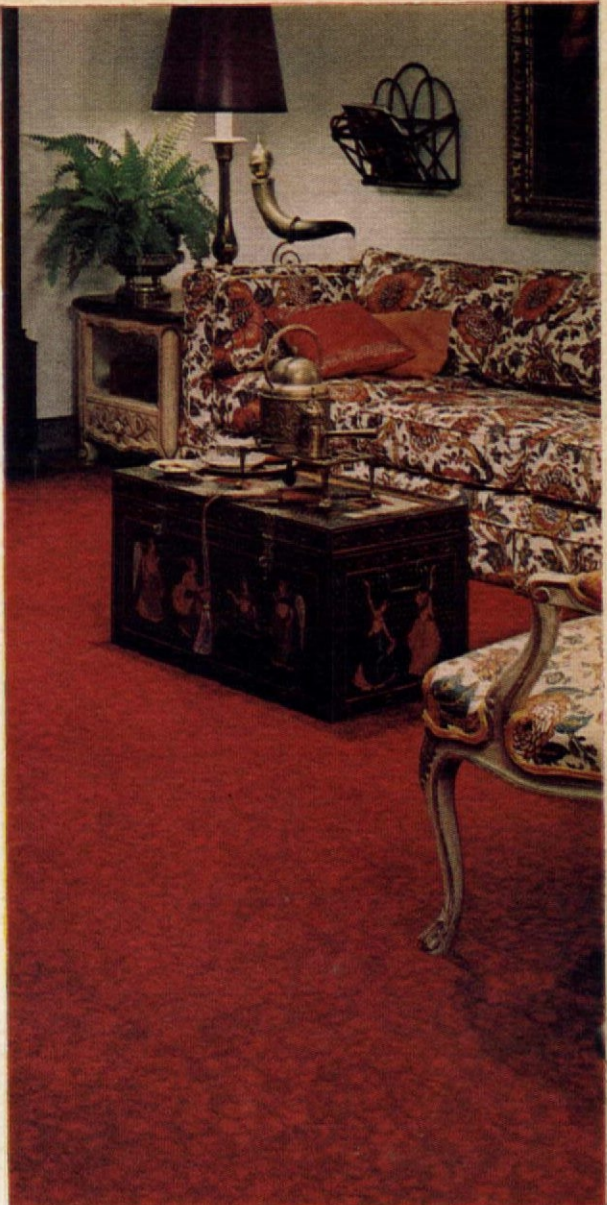
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AMERICAN Home CAN

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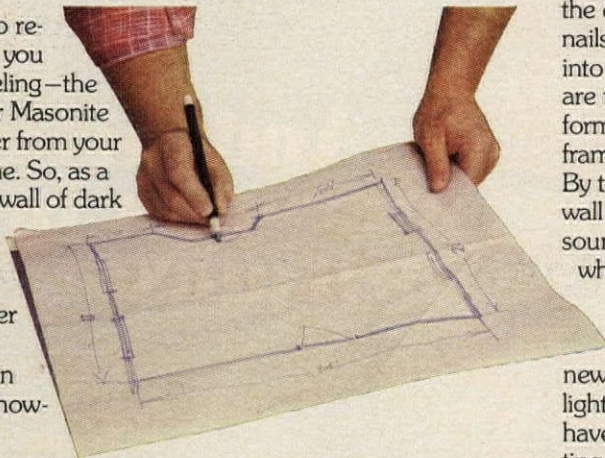
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1. First, you'll need a plan. Measure the room you want to panel. Then draw a floor plan indicating doors, windows, stairways, pipes or beams. Then take this to your Masonite dealer. He'll help you select the amount of Masonite brand paneling you'll need.

One thing to remember when you pick your paneling—the lighting at your Masonite dealer will differ from your lighting at home. So, as a general rule, a wall of dark Masonite brand panels in your home may look darker than the one sample panel in your dealer's showroom.



2. Once you get your panels home, let them stand unwrapped on the long edge for 48 hours, so they'll adjust to the room temperature and humidity. Then stand them up, and arrange the panels along the wall until you find the most pleasing pattern for your room.



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3. Now you're ready to put up your panels and cut those that will need to be trimmed. If you're going to use a power saw, cut with the finished side down. If you're using a handsaw, mark and cut with the finished side up. The old carpenter's adage is good advice here: measure twice and cut once.

4. Start paneling at the corner of the room. Use a simple carpenter's level to make sure you have the first panel straight up and down. (That's what carpenters call "plumb.") If you use panel adhesive follow the directions on the cartridge. If you use nails, make sure they go into the wall studs. Studs are the 2"x4" boards that form the supporting inner framework for your wall. By tapping gently along the wall until you hear a solid sound, you can find exactly where they are.



5. When your first panel is "plumb" and secure, you're ready to put the next one up. The edge of this new panel should touch the edge of the previous panel very lightly. When you come to a door or window frame, you'll have no trouble as long as you measure carefully before cutting. A pattern drawn on newspaper first will be your safest bet.

6. For electrical outlets, measure from the floor up and from the edge of the previously installed panel. Then draw a pattern on your panel, drill holes in the inside corners of the pattern, and cut out the pattern with a key-hole saw.

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Home-work

You know those adorable little mop-pets who chomp on the newest cereals, muddy their T-shirts, pick gum off the gum tree or who tell dumb old Dad the difference between fresh-squeezed orange juice and his favorite brand?

They gambol into our hearts—or nightmares—night after night on television. They grin daily at us in newspapers and magazines.

And as they do, it's a rare mother who doesn't compare her own little tyke and think, I just know my Donny could tell the waiting world why he likes the gum formulated for children who chew gum. And certainly, Mother says to herself, Donny is cuter than all those little tow-headed TV terrors!

Not so! Those kids are professionals, and don't you forget it. They're there to do a job and they know it!

Real kids just don't act that way... at least not on cue. Trying to convince your very real little boy or girl to act when you and the photographer want them to is a little like convincing the family feline he's Morris the Cat.

All this became abundantly clear this month when the editors joined forces to put together our big, splashy bathroom issue.

We wanted everything to look great, but we also wanted it to look real! The solution—*real people*.

Enter Huey... cute blond and adorable.

Also very real. Huey's job was to wear a plaid bathrobe, brush his teeth and take a bath. "I've already brushed my teeth today," said Huey, logically.

"Well, just try it a few more times for the camera." Now a bath, Huey.

Apparently Huey likes baths, so that was no problem. What was a problem is that Huey didn't like the bathrobe our Fashion/Crafts Editor Pat Sadowsky had made for him.

"It scratches!" he declared.

Now if Huey refused to wear the bathrobe, *American Home* editors were in trouble. And there they were. Four editors, assistants, photographer assistant and mother, all suffering attacks of acute anxiety. An entire generation of grown-ups, completely at the mercy of a very real little boy.

Same story when *American Home* photographed designer Chuck Davidson at home with his family. His children are accustomed to being in front of their father's camera. But, again. Features Editor Keitha McLean, photographer Susan Wood, assistants—plus the entire Davidson family—somewhat of a state of tension (they were dealing not only with children but also with a dog—absolute murder)—crossed their fingers hoping to keep the children's interest long enough to get the photos.

Finally, it happened. Jeni Davidson simply said, "That's it, you got the shot" and calmly walked out of the room... leaving the entire group of adults standing there looking at each other.

The other example why grown-ups are asking for trouble tangling with kids came when the Features Department started work on an upcoming story. The problem was a debate as to whether we should mention the television show *Star Trek* or *Space 1999*. The question was firmly settled by Publisher Leda Sanford's son Scott. "Star Trek's the thing," he told us. "Space 1999 just has a moon base... and that doesn't offer enough versatility."

Why didn't we think of that? Probably because when we were his age, we believed not in a man on the moon but a man *in* the moon.

Maybe, W.C. Fields really had something on children that we don't know about!

—The Editors



It wasn't fatigue or temperament that cut through Huey's cool (far left). He didn't cotton to the texture of the robe he was modeling.

For Jeni (left), the camera-wise daughter of a photography buff, it wasn't impatience—she knew just when to holler, "Cut!"

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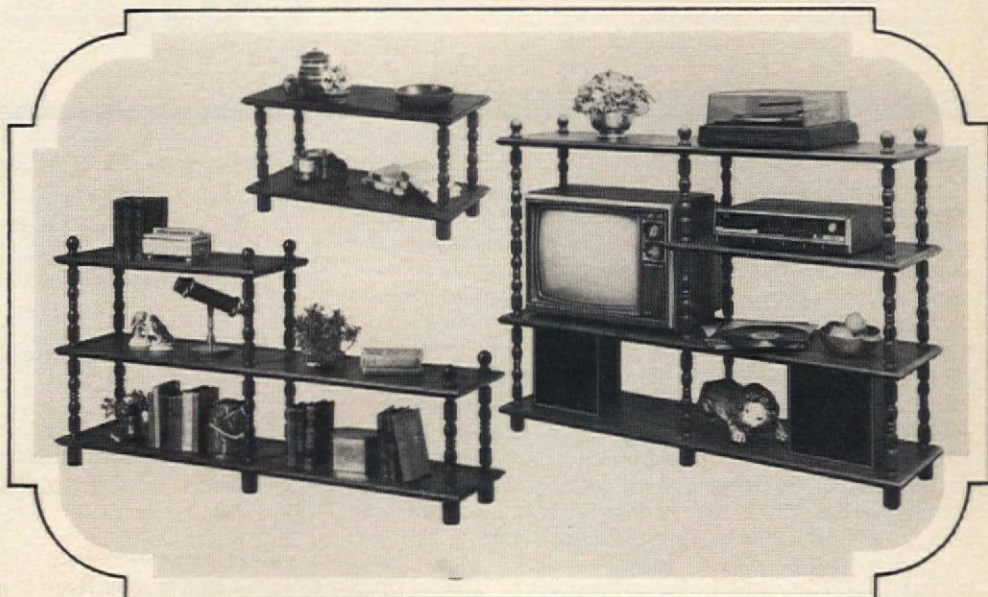


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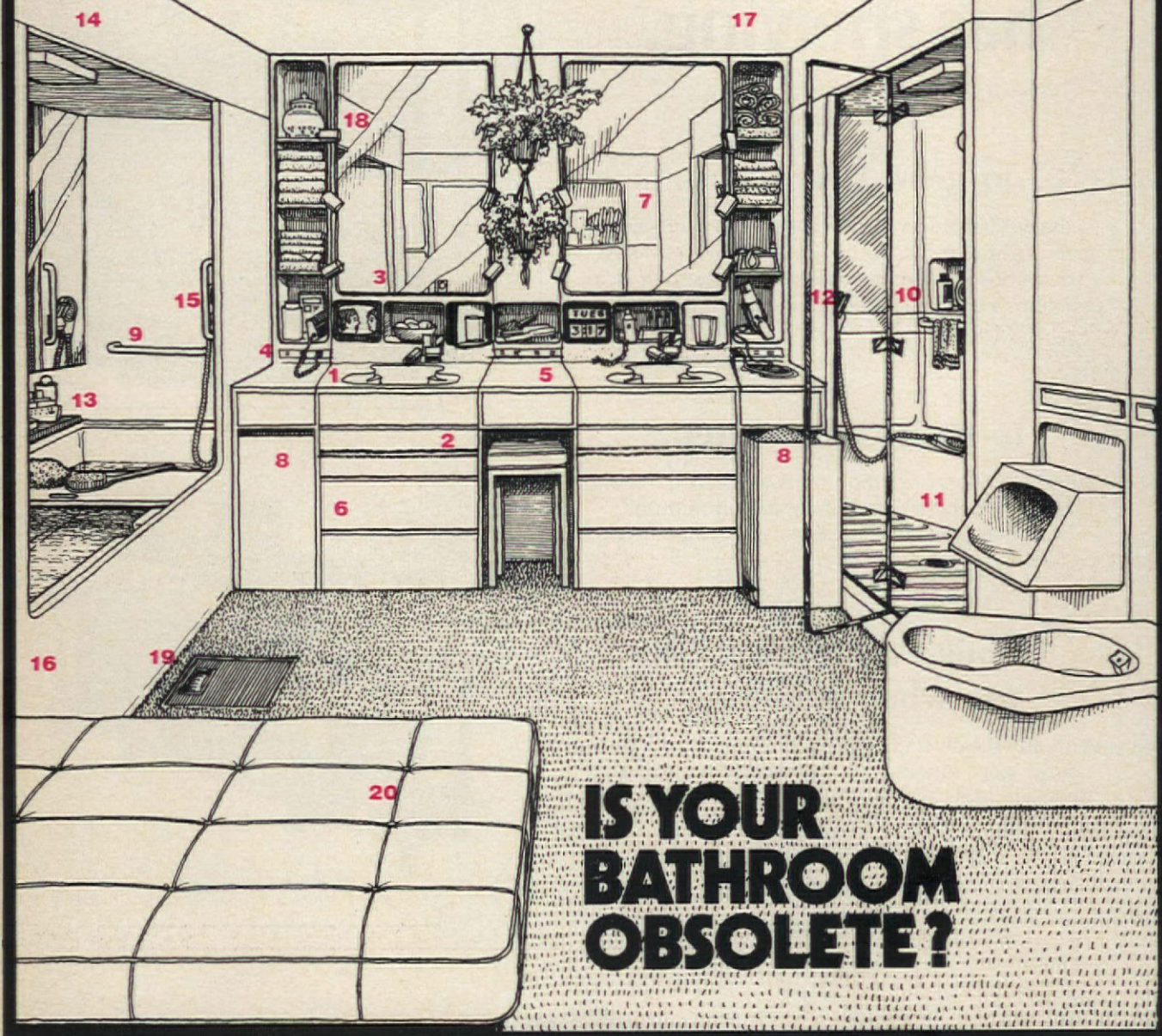
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The bathroom of tomorrow is not just a dream. Our design, with fixtures of the future, is packed with ideas that can update any bathroom for today's living.



IS YOUR BATHROOM OBSOLETE?

Cinderella was a very lucky lady. With the wave of a magic wand, presto, she was clean and beautiful, ready for the ball. We are not so lucky. Trying to make do with a miscellany of typically uncoordinated fixtures cramped into a minuscule cubicle—usually measuring about five by seven feet, with inadequate storage and counter space, poor lighting and ventilation—we expect to get clean, rid ourselves of our bodily wastes, do laundry, groom ourselves, tend to our illnesses, bathe our children, de-flea the dog, shine our shoes, and sometimes even exercise and sunbathe.

The most important consideration for an updated bathroom is space. Our dream bath more than doubles the current average—to 10 by 16 feet. Twenty ideas, for any space, are shown above—and explained, starting at right.

"The bathroom," says Alexander Kira, professor of architecture at Cornell University, in an in-depth study, *The Bathroom**, "is, from a . . . functional standpoint, one of the most important rooms (continued on page 10)

- 1 Raising the sink to 38 inches allows for a more comfortable posture when washing hair or laundry, as well as face and hands. Instead of the usual vanity, a kitchen sink with swiveling fountain-type faucet is great for washing hair or clothes. A kitchen drain that pulls out for easy cleaning traps jewelry and other small items. You can rotate the sink, so the faucet and controls are at the side.
- 2 Medicines are more accessible if they are relocated to a shallow, compartmentalized drawer right under the sink. Special locks keep children out.
- 3 In lieu of an overhead cabinet, stretch—or build in—a shelf across the sink for most-used grooming aids. You can put a clock radio here, too, or small TV for the early morning or late evening news.
- 4 For convenience when using the small bathroom appliances, install a continuous electrical outlet strip with one outlet per appliance. You'll need at least one square foot of counter top for each, too, especially if you decide to keep the appliance out.



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Miami, Florida

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IS YOUR BATHROOM OBSOLETE?

continued from page 8

in the house. . . . It is the first place we use upon awakening in the morning and the last one we use before going to bed at night . . . the one facility in the home that every one of us uses every single day in our lives and the one facility most of us would be unwilling to do without. . . . Yet, the average bathroom is hopelessly antiquated and inadequate."

The bathroom has existed in civilized nations throughout history. The Minoans on the island of Crete, for instance, and the Romans had highly sophisticated plumbing and sewage systems. But the bathroom has become identified as a private, personal sanctum only fairly recently. Bathrooms were not installed in this country as a matter of course until the building boom of the 1920s—replacing the galvanized tub and chamber pot or outdoor privy—which were the norm, except in houses owned by the very rich. As recently as 1950, in fact, more than a third of the houses in the United States lacked complete facilities.

Americans are unique in their attitude toward the privacy they require in the bathroom. In Europe, kings would often conduct audiences from the tub, and from the toilet. In America, a Victorian prudery about the natural functioning of our bodies still prevails. "Issues for design purposes," says Kira, "can be reduced simply to acceptance or rejection of the human body and its functions and products. . . . We never seem to be able to come to grips with the human body and human sexuality as a *neutral* fact of our existence." From belly-button to buttock we might as well be invisible—or would seemingly prefer to be. Whatever happens "there" is taboo.

This attitude has inhibited fixture design. Cost conservation in construction is in; comfort is unheeded.

In puritanical terms, being clean does not necessarily connote comfort. We do proclaim ourselves to be scrupulously clean. Yet we clean our cars more efficiently and more comfortably than our bodies. A car-wash soaps, scrubs, rinses and polishes in a matter of minutes with no waste of water or energy. We lather in a tub and emerge with residue on our skins and on our towels—and with a neck ache besides.

We are masters of the cover-up. From face powders to vaginal sprays, we mask, perfume and disguise. The cosmetics business is a multibillion-dollar industry. Underneath it all, are we really clean?

The only truly functional "toilet" is the disposable diaper, followed by a cleansing with a pre-moistened towelette. Body wastes seem to automatically trigger a reaction of disgust, so the design of the toilet is technologically, and in terms of comfort, less sophisticated than that of other fixtures.

And the bidet, a sensible and efficient cleansing fixture, is outlawed in some parts of the country because it has been associated with prostitution.

Alexander Kira feels we can only be clean when the process of becoming clean is comfortable. To this end, he has designed a series of bath fixtures—bathtub, shower, toilet and bidet, sink and urinal—scaled to feel right, and to do their jobs more effectively. These he incorporated into a modular wall system that can snap together to form a functional and beautiful room. How long will we have to wait for this ideal?

We do, in fact, seem to be making progress toward an acceptance of the bathroom as a place to relax. Shower massagers (see page 34), bidets, safety standards for tubs and showers, new small appliances—all mark the emergence of a more honest appreciation of our bodies, their cleanliness and health. And who knows? If true cleanliness is almost at hand—in America, where everything is possible—can godliness be far behind? —Bo Niles

5 **Section the counter top** so that one area can flip up to make a dressing table. Flip-up magnifying mirror, pockets for make-up and inset mini-globe lights ease grooming.

6 There is never enough storage space in the bathroom. **How many drawers and shelves do you need?** Think linens, towels, soaps, laundry products, sealer bags for sanitary supplies, lingerie, magazines—and whatever you like to relax with. Many stacking units take up little space.

7 If you can, **devote a whole wall to built-in** units, full-length mirror, adjustable sun lamp, perhaps, and a book and magazine rack. And clothes. Do you dress or undress in the bathroom? Perhaps you should think about keeping sleepwear and underwear in the bathroom where they would be immediately available.

8 How far away is the laundry? **Hampers on casters**—one for light-colored clothing and one for dark—make transport a snap. Wastebaskets move more easily on casters, too.

9 Most accidents occur in the shower or bathtub. Install **two bars for support in getting in and out of the tub**, and for raising or lowering the body. Run the first at a height of 40 inches; the other should slope within reach from a reclining position.

10 **In the shower, bars run** along horizontally at shoulder height.

11 **Nonskid strips** in the shower and tub are essential to safety, especially for children.

12 **Relocate shower controls outside water stream**, preferably just inside door. Multiple shower heads maximize showering ease and enjoyment.

13 To hold shampoos, soaps, sponges and children's toys, run **a shelf the length of the bathtub**.

14 **A combination light and air vent** set into the ceiling of the shower—and tub—eliminates shadows and fog build-up. A **luminous ceiling and ventilation duct behind** would provide another alternative.

15 **Supplementary flexible hose sprays** in the shower and tub aid in cleaning the fixtures—and, in the tub, are great for rinsing the body after soaking.

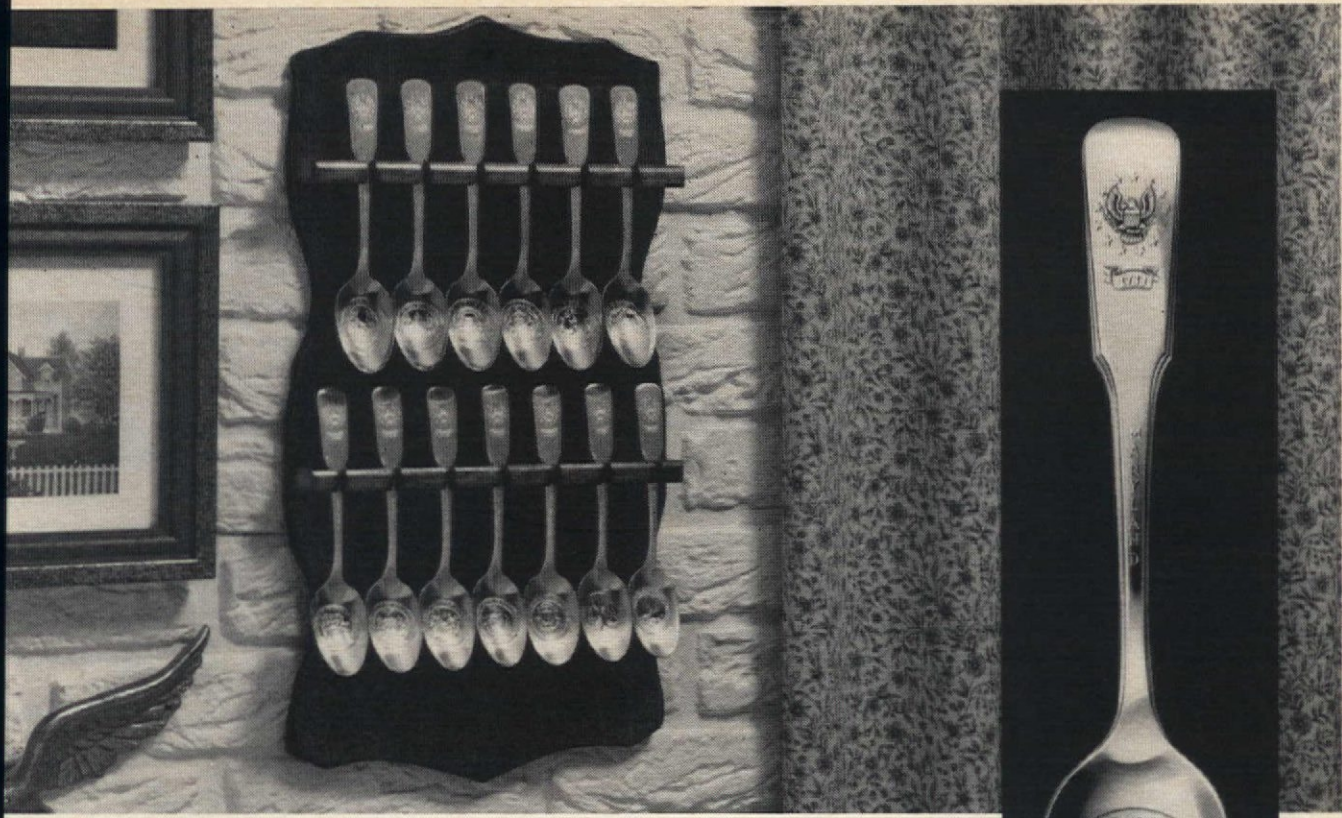
16 **Towels dry best when stretched** on bars; how about a **heated towel rack** close to the tub or shower? **Hooks and rings** could supplement racks where there is little space for stretching.

17 The bathroom can be a noisy place. **Sound-absorbent tiles**, treated to resist moisture, on the ceiling and **bathroom carpeting** deaden noise.

18 **Tiny track lights** on either side of the mirror over the sink spotlight shaving and grooming.

19 It's easy to clean the floor or rug when the **scale is set** directly into the floor.

20 **A murphy bed** flips down for napping or sunbathing under a lamp, which could swing out from the adjacent wall. Its pad can be used as an exercise mat. A record player stored next to the exercise area could be used for jazz exercises, or just to provide a soothing accompaniment.



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DOS AND DON'TS OF WINE STORING

By CREIGHTON CHURCHILL



You don't need a wine cellar to store that treasured vintage. But you do need to protect your wine from its four worst enemies.

Do you cherish the dream of a wine cellar? Well, you don't have to wait to move into a French château or an Austrian schloss to make your dream come true, provided you have a dark, cool closet and know a few rules. Mostly, what you need to know is that wine is a perishable commodity, prey to many enemies. Wine is referred to frequently as a living thing, because it retains a great many residual, sleeping yeasts from its fermentation.

The first enemy of wine is air. That is why wine is corked. Air awakens the dozing yeasts and starts them activating again. Also, air contains alien bugs and bacteria, such as the invisible vinegar-making goblin that, paradoxically, feeds on alcohol in the wine and transforms it into an ingredient suitable only for salad dressing.

Temperature extremes are another enemy of wine—heat and its opposite, extreme cold. So is light—sunshine or strong electric rays. This is why most wine bottles are tinted, to shield against the rays. The fourth enemy is vibration—continuous shaking, for example. This arouses the dormant yeasts for which nature ordains Rip Van Winkle slumber. Vibration is also guilty of keeping the dregs of old wines agitated. These strong but harmless accumulations should be allowed to settle in the bottle for the day when it is finally opened. I have seen people wrestling with a corkscrew to open a bottle of red wine—and manage to shake it like a Daiquiri. That's criminal!

Nowadays, only a fortunate few of us are in a position to store our wines in a cool, dark cellar, away from the convulsions of the oil burner and the tremors of the throughway. Some well-heeled city dwellers can afford the thousand or so dollars needed to buy a Wine Cellar Unit, an elaborate, insulated box that fits into a large closet or corner of an apartment and includes a vibration-free cooling system to keep the wines at the ideal temperature of 55 degrees. But most of us must make do with far simpler equipment.

To keep corks wet and air away from wine, the bottles should be stored on their side if you are planning to keep them any length of time. If you have to, you can simply lay them down like shoes on the floor of a dark closet, naturally choosing the coolest closet in the house. Or you can purchase a wine rack that will hold a dozen or so bottles. Most department stores have such racks for \$10 or \$15. Put your rack in the coolest, darkest and least active part of the house.

Years ago, as an impoverished city dweller, I saved the expense of buying wine racks by getting discarded, compartmented wine cases from my liquor

dealer. These cases stack economically in a closet or corner, enabling you to store a lot of wine in a small space. Don't make the mistake of putting foam rubber pads or similar devices under the cases or racks to deaden vibration; contrary to expectation, the vibration will be exaggerated. Here's how to test your house to find the spots that have the least vibration. Place a full glass—preferably a cocktail glass with sloping sides—on a counter or on the floor; then watch the water's surface for motion. If the vibration is severe, you will see concentric circles dancing on the water.

Some wine fanciers choose to be more professional—and build their own storage bins for house or cellar. You can do the same, using plywood strips a foot or more wide. Each bin should be honeycomb-shaped, with the point of each diamondlike square at the bottom. When wine is stored on its side in layers, the bottom layer is one bottle; the second, two bottles; and so on. Thus a single bottle can be removed without disturbing the others. In building the bins, make sure the lengths of plywood go in one direction, diagonally. Blocks of plywood, cut to make a square, fit in between; they're held by grooves made with two strips of wood. It's a good idea to have your squares measure at least 14 inches, in case it's ever necessary to accommodate a full case of fat bottles, such as those used for Burgundy or champagne. Your nest of bins is held together by a surrounding frame of plywood, built first.

No matter what kind of unit you use, store white and rosé wines in the lower bins, reds on top. The temperature of the lower part of a room is lower, and white and rosé wines mature (or react to heat) faster than reds. Remember that nature meant wine to mature at the ideal temperature of about 55 degrees. When the thermometer dips to, say, 40 degrees, the aging process takes longer; when it rises above 55 appreciably, the wine matures faster—and also deteriorates. For example, a red wine that would ideally need three years of aging in a cool cellar, given surroundings of 80 or 90 degrees, grows up too fast in just a year. When you pour it, you may notice a brown tinge around the edges of the glass (a sign of deterioration), and it may already taste bitter. White wines stored in abnormal heat spoil even more quickly. As you pour, you may spot a darkening of the usual light color.

There can be no cloud without its silver lining. The obvious way to deal with wines that cannot be stored under good or even fair conditions is to drink them! □

The Bacardi rum cake. When people aren't eating it, they're talking about it.

We've received so much mail from people all the country, it seems safe to say that the only who doesn't like the Bacardi rum cake is the man! Here are some typical comments.

... WIT FLAVOR AND OUT OF THIS WORLD TEXTURE.

GREENWOOD, ARK.

... was quick to make

AUSTIN, TEX.

... eat! Moist! Tasty!

CLEAN, N.Y.

... my friends and relatives liked it.

MARKEGAN, WIS.

Fabulous. Have made three.

WILLIAMSPORT, MD.

Delicious Party Cake

ANAHEIM, CAL.

Wonderful Flavor

PARADISE, CAL.

*****!*

MIAMI, FLA.

Excellent. Have recipe to friends. Now they're all making it.

DARIEN, CONN.

BACARDI rum cake

Cake:

- 1 cup chopped pecans or walnuts
- 1 18½-oz. pkg. yellow cake mix
- 1 3¼-oz. pkg. instant vanilla pudding mix
- 4 eggs
- ½ cup cold water
- ½ cup Wesson® oil
- ½ cup Bacardi dark rum (80 proof)

Glaze:

- ¼ lb. butter
- ¼ cup water
- 1 cup granulated sugar
- ½ cup Bacardi dark rum (80 proof)

Preheat oven to 325°F. Grease and flour 10" tube or 12-cup Bundt® pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat till glaze is used up.

For glaze, melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar.

FOR A FREE BOOKLET OF RECIPES FOR ENTRÉES, SNACKS, HORS D'OEUVRES, DRINKS AND PUNCHES, WRITE BACARDI IMPORTS, INC., DEPT. AH, BACARDI BLDG., MIAMI, FL 33137.



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BACARDI rum. The mixable one.

It's Sears Open Hearth[®]

Bedroom Furniture



Only at **Sears**

Superb construction, 26-step finishing, and an outstanding price make it a great value.

We urge you to compare:

You are about to make a major investment in a set of bedroom furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:

Examine the Drawers

Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

When you shop and compare, look for all these drawer construction features. You'll find them in Sears Open Hearth.

Ball-Bearing Slides made from strong steel to make the drawer slide smoothly.

Positive Drawer Stops to prevent the drawer from accidentally being pulled out too far.

Dovetail Joints on all sides for extra strength.

Tongue-in-Groove Bottoms to hold more weight and make the drawer sturdy.

No-Snag Insides with rounded edges, triple sanding and smooth sealing lacquer.

Anti-Wobble Discs made from self-lubricating nylon. For a smooth pull without "seesaw" wobbling.

Reproduction "Flying Eagle" Hardware cast from heavy solid metal. Brass plated and antique burnished.

Look for Inner Frame Strength

Look inside. Look underneath. Look behind. Don't ignore the inner construction of the furniture frame. If it doesn't include the inside strength features found in Sears Open Hearth, its outside beauty won't last as long.

Tongue-in-Groove and Mortise-and-Tenon Piece Construction. Ordinary butt-edge construction is nowhere near as long lasting.

Corner Cleats and Glue Blocks. Glued and screwed into the frame for extra strength.

Recessed Back Panels for added stability.

Adjustable Casters and self-levelers on all larger pieces.

Meticulous 26-Step Finishing Makes All the Difference

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But *only*, if it is finished with time and care.

The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to hand-rubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You'll really see the difference when you shop and compare.



It's a Sears Best

Sears Open Hearth Furniture has to continually meet strict quality requirements to be a "Sears Best." These tests, in addition to the hundreds of construction checking operations, are why we invite you to shop and compare.

Choice of Pieces

There are 13 different pieces in Sears Open Hearth Bedroom. And 41 more in Sears Open Hearth Dining Room, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Sears Open Hearth Bedroom. Come see it now at most larger Sears, Roebuck and Co. stores.



From Sears Open Hearth Collection



At a White House reception in 1910, the wife of the Russian Ambassador stepped outside the bounds of decent society by asking President Taft for a cigarette. Taft stepped outside the bounds of decent society by giving her one and even lighting it. Taft was not re-elected.

You've come a long way, baby.

VIRGINIA SLIMS

With rich Virginia flavor women like.

VIRGINIA SLIMS
MENTHOL
BENSON PARK AVENUE 20 CIGARETTES

VIRGINIA SLIMS
FILTER
BENSON & HODGES
PARK AVENUE, NEW YORK
20 SLIMS A CIGARETTES

Fashions: Sibley Coffee Ltd.

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

17 mg. tar, 1.0 mg. nicotine av. per cigarette, FTC Report Nov.

Who makes news? What's the word? Where do you buy? And why?

The Home Front News

EXTRA

NET RESULTS

he "small head," emphasized by tight scarves and short hair has evolved into the "hairnet look." This style, first seen in Montreal on chic Quebecoise and noted by the international beauty salon La Coupe, can be worn a multitude of ways. You can layer it one over another, tally hiding your hair; or by repeated foldings, it can be rapped as a headband—worn on the forehead. But if the five-and-dime version repels you, don't worry, you won't have long to wait until more elaborate (and expensive) nets come on the U.S. market.



QUICK CASH

Want to make \$500 a day without leaving your own living room? Many people are doing just that, by renting out their homes for \$200 to \$500 a day to advertising agencies as sets for commercials. So if you don't mind abandoning your house to an army of camera crews, models, art directors and hangers-on, leasing out your kitchen for a coffee commercial can earn you fast cash.



LEAPIN' LIZARDS!

Is your kitchen besieged by cockroaches? Invite a couple of geckos over for lunch—*crunch, crunch*. According to our reptile specialist, a pair of these small voracious tropical lizards, which are sold in any pet shop, will feel right at home in the average American kitchen and solve your cockroach problem. Geckos are neater than insect spray, bring good luck to your house and are nice to have around—at least nicer than cockroaches.

THE HOUSEWARES REPORT Chicago Housewares Show News

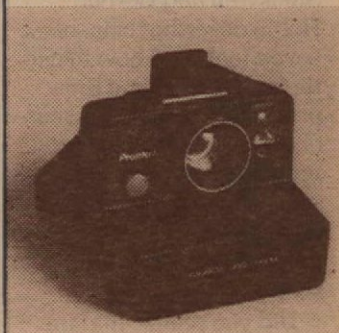
THE TIME IS NOW A QUARTER TO 2000 A.D. People decorate with clocks (such as the schoolhouse clock). But when it comes to telling time, the digital clock continues to attract the young as the newest, simplest way to find out the time. As a result, many are predicting that in the future the children of today may not be able to read the conventional clock with hands. If so, before the year 2000 the clock as we have known it may be viewed with the same curiosity as the sundial. Charming but useless.

MRS. COFFEE

Electric drip coffee makers are still winning the attention of gadget-happy America. Mr. Coffee leads with highest number of sales. (Rumor has it that the company is working on a petite, less aggressive model that will be called Mrs. Coffee.) Who has the best coffee machine? If conversation lags at your next dinner party, ask that question. It will probably elicit as much participation as one on the best presidential candidate.

SNAPPING IT UP!

Push! Ping! Presto! Photo! New from Polaroid is the Pronto!, a lightweight instant camera that uses their SX-70 film and costs only \$66. The photo is spit out of the camera at the push of a big red button and develops itself in the light. Pronto! uses 10-shot flash bars for indoor shooting.



WATT UMBRELLAS!

April showers are on everybody's mind, but George Kovacs has done something about it. Half lamp-half umbrella, their Umbrella Lamp comes in three styles with a variety of shades. The Umbrella Table Lamp with chrome stem and white ball base shown here is \$35. By George Kovacs Lighting, Inc., 831 Madison Ave., New York, N.Y. 10021.



The Home Front News

BOOKS



HOME BUILDING, REPAIRS, REMODELING

The premise behind **How To Be A Fix-it Genius Using 7 Simple Tools** is that most home repairs can be accomplished with a basic tool chest. Authors John Stockwell and Herbert Holtje describe their select seven tools and how to use them correctly, and then proceed to explain how to check your house to find problems *before* they occur, season by season. Instructions are easy, even for "all thumbs" (McGraw Hill, \$8.95).

Did you realize that the placement of your house with respect to wind direction can make a big difference in your heating bills? That's just one of the "inexpensive simple changes you can easily make" to turn your house into an energy-efficient one presented in Antony Adams' book, **Your Energy-Efficient House**. It's filled with drawings and ideas for homeowners or future homeowners (Garden Way Publishing Co., \$4.95).

The Complete Book of Home Remodeling lives up to its name. This comprehensive volume is packed with illustrations and information about all the basics of remodeling: how to finance a project, solutions for common problems, and what you can easily do yourself—indoors and out (McGraw Hill, \$14.95).

"For the stone addict," says author Karl Schwenke, "putting stones into a wall is an elemental act of life." In the book, **Build Your Own**

Stone House, Schwenke and his wife, Sue, outline steps and procedures for building an entire stone house in a direct, straightforward and often humorous way. Fables, illustrations and photographs complete the description (Garden Way Publishing Co., \$4.95 paperback).

In this manual on how to inspect a house, **Don't Go Buy Appearances**, George Hoffman takes the reader on a verbal tour around and through a house, carefully analyzing structure, utilities, foundation and appearance—and also termites. He tells how to interpret what you see, evaluate the house in terms of its condition—and its selling price—and then discusses how to make an offer of purchase. The 100-page book can fit into a large coat pocket or purse and includes a quick check list to be used during the actual inspection (Woodward Books, \$2.95 paperback).

FIBER IN FOODS

Fiber or "roughage" is the latest key word to continued good health in nutrition circles. It's been called the "forgotten nutrient" and is thought to be essential for proper functioning of the digestive tract. Everyone from the National Cancer Institute to physicians, nutritionists and health faddists are recommending foods high in fiber—bran, grains, nuts—on the assumption that modern American eating habits leave little fiber and a long list of digestive disorders.

While numerous books on fiber have appeared, be wary of those advocating an "all or high" fiber diet. They're fad diets that aren't nutritionally sound—fiber is not a cure-all for health prob-

lems. One recent paperback book, however, is a useful reference book for any cook's library. **The Barbara Kraus Guide to Fiber in Foods** (Signet, \$1.50) offers a comprehensive list of fiber and caloric contents of brand names as well as generic foods.

Ms. Kraus' introductory remarks on dieting and health are sound and well-researched. She's an anthropologist specializing in food habits and has written other books on food and nutrition.

BOOKLETS

Hints on how to buy and prepare fish to suit your tastes are available in a free booklet, **The Secrets of Serving Delicious Fish**. Send a self-addressed stamped business envelope (#10) to North Atlantic Seafood Association, Dept. AH, 111 E. Wacker Dr., Chicago, Ill. 60601.

Frozen Food Facts 'N Fixins gives instructions on how to store commercially frozen foods for maximum use, how to organize your freezer and which foods to refreeze, as well as a recipe section. The booklet is available from Frozen Food Facts, Suite 1414, Dept. AH, 401 N. Michigan Ave., Chicago, Ill. 60601. Enclose 50¢ for postage and handling.

You'll find one answer to today's high food costs is in this new booklet, **How to Feed Your Family Better for Less**. Using instant nonfat dry milk, the recipes in the booklet were designed to offer maximum nutrition without stretching the budget. Drinks, main dishes, snacks are covered. The booklet is available free of charge from Carnation Booklet Offer, Box 350B, Pico Rivera, Calif. 90665.

MOVIES

THE GOOD, THE BAD AND THE IN-BETWEEN

By Daphne Davis

The real fun of moviegoing is to take chances and discover films you think are interesting. As a respected critic recently said: "Don't take any critic's word on what is supposed to be wo-

seeing. See for yourself." **THE GOOD: Next Stop, Greenwich Village**, a New York American Graffiti, film director Paul Mazursky on home turf and at his best—storytelling the ups and downs of a stage- and star-struck Jewish kid from Brooklyn and his experiences in the '50s.

Larry Lapinsky, played by Lenny Baker as an early Dustin Hoffman hero, has a cat named Freud, a girlfriend who wants an abortion and a Jewish mother to end all Jewish mothers—none other than actress-legend Shelley Winters, whose caricature rates her a third Academy Award.

Original and flawless in every detail, **Next Stop, Greenwich Village** is chock full of good-natured humor (especially a rollicking



The Home Front News



Reynolds' persona in *Hustle* is Lt. Philip Caines in love with call girl Catherine Deneuve. Because the plot is irrelevant in one cop drama to the next, let's concentrate on Burt as a lapsed Catholic who wants Catherine to give up her profession but is afraid to commit himself.

Reynolds is not bad and brings some understanding to sex, guilt and the Irish cop. *Hustle* has a twist-of-justice ending and a new Burt Reynolds euphemism. He refers to the dead topless dancer whose murder he's trying to piece together as "an ambitious loser," as can be said of this picture.



AH, WILDERNESS

Animal fans will go bananas over two survival flicks spawned by **Billy Jack** and **Jeremiah Johnson** and John Denver's back-to-the-soil ballads.

The Life and Times of Grizzly Adams pits actor and animal trainer Dan Haggerty, his 500-pound tamed bear and his faithful Indian friend against the wolves and cats of Utah's High Uinta mountains. Grownups usually like this Daniel Boone epic better than kids, who prefer **The Adventures of the Wilderness Family**. About to be turned into pollution mutants, a typical Los Angeles family of four high-tail it to the Northwest to homestead and frolic with more cute raccoon, cougar and bear cubs than you can shake a Polaroid at. When a howling wind and a big, bad bear almost destroy the family's dream cabin, the audience goes wild.

The summer nature movie sweepstakes include **Hawmps**, a camel saga and **Benji's Life Story**, a biopic about the dog who won America's heart last year and earned \$12 million.

ke off on Method acting),
ie and tender make-out
enes, and, most exciting
all, a new comic talent in
e person of Lenny Baker.

THE BAD: The senior citizen's
answer to **Young Frankenstein**
is **Old Dracula**. As the
ecromantic neck biter,
ave David Niven is properly
umpy and travels with
ampira and a portable coffin
r two. The movie, however,
a deadly bore.

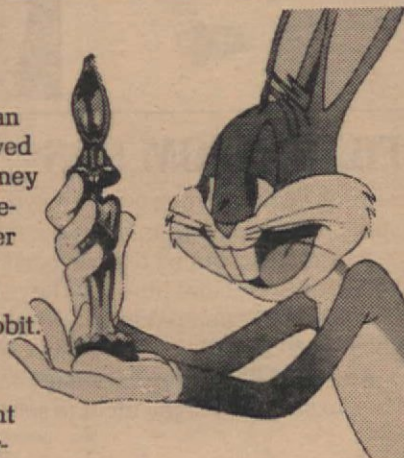
THE IN-BETWEEN: In the
adition of Frank Sinatra
nd Clint Eastwood's
serious" detective movies,
urt Reynolds has initiated
nd financed his own.



HOMAGE TO BUGS

Bugs Bunny Superstar is an overdue and much-deserved tribute to the king of "Looney Tunes" and the behind-the-scenes geniuses at Warner Brothers, who created Daffy Duck, Elmer Fudd, Tweetie and the crazy rabbit.

"What's up doc?" will take on historic meaning after you see this excellent cartoon documentary narrated by Orson Welles. **Bugs Bunny Superstar** will be playing at movie theaters throughout the year and for years to come.



The Home Front News

IN VIEW

By Bill Weston

'THE STORY OF DAVID'

Mildred Freed Alberg spent a year in production of **The Story of David**, most of it in Israel, some in Spain. The four-hour Biblical dramatization will appear on ABC.

Normally in Bible dramas, the characters talk as if their words were meant to be engraved on stone tablets. Ms. Alberg set out to stress simplicity. David is a man with very human weaknesses, and Goliath is not a fire-breathing giant but a large, swarthy man.

Timothy Bottoms plays David as the boy and warrior, Keith Mitchell is the man and king. Anthony Quayle is Saul, and Jane Seymour is Bathsheba.

Divided into two evenings, **David the Boy** will appear on Friday, April 9, and **David the Man** on Sunday, April 11.



'TO AMERICA'

Actual refugees who fled their homelands to find a new life in America—these are the "stars" of **To America**, a two-hour documentary that is a greater tribute to our 200 years of freedom than many a Bicentennial parade.

A Bulgarian movie actor, a coal miner from Poland and a glass blower from Czechoslovakia, with their families, provide a perspective on what it means to become an American (CBS, April 9).

'THE PRINCE OF CENTRAL PARK'

For the younger set, **The Prince of Central Park** is the story of a 12-year-old boy and his younger sister who run away from their unhappy foster home and scrounge on their own in the park. Ruth Gordon plays the widow who befriends them (CBS, April 6).



'TRUMAN AT POTSDAM'

Harry Truman newly installed in office, Winston Churchill in the last phase of his career, and Josef Stalin cold and impregnable in victory as in war. How's that for a cast?

The three come together in **Truman at Potsdam**, a Hallmark dramatization of that historic meeting.

It was at Potsdam that Truman received news of the first successful explosion of an atomic bomb in New Mexico...that Churchill, voted out of office, gave way to Attlee...that the seeds of the Cold War were fertilized.

Ed Flanders plays Truman, John Houseman is Churchill, and Jose Ferrer is Stalin (NBC, April 8).



FILMS FROM PBS

Movie watchers, keep an eye on your Public Broadcasting station. PBS has acquired a collection of feature films and will begin distributing them to participating stations between April 1 and June 30. The collection includes such classics as Bergman's **Virgin Spring**, Camus' **Black Orpheus**, von Sternberg's **Blue Angel** and many others.

And most likely they'll be in prime time—you won't have to stay up half the night to see them.

TONY AWARDS

The Tony theater awards will be televised by ABC on Sunday evening, April 18, and guess who are the hosts: the lovebirds of the '60s, Richard Burton and Elizabeth Taylor.



MUSIC

By Peter McCabe

DON'T LET THE HUSTLE KIND YOU DOWN

If you haven't yet caught the Hustle fever, you will. It is as infectious as Asian flu. It was born about 18 months ago, though nobody seems to know where. The black and white dance clubs and the gay and lesbian bars are both claiming credit. Discotheques now offer free lessons in it, which suggests that the country's dance instructors may have had something to do with its origins. Disco music, or Hustle music, has had a big impact on the record industry. Many new records have become well-known almost through disco exposure rather than radio. And the Hustle is not confined to any one group or class. It is everywhere, and it seems to be taking over.

A few months ago, I opened the magazine section of a Sunday newspaper and read an official heraldry of what was termed a phenomenon. The article declared that "this new dance, The Hustle, marks the end of the free-expression dancing era where your partner was often five or six feet away. Now there is no ad-libbing and no faking. Either you hustle or you don't."

Now although I consider the Hustle to be an enjoyable dance, which can be executed simply or with amazing complexity, I'm the kind of person who objects to being told what to do on a dance floor. So I decided to check out discotheques at both ends of the country—and in a few cities in between. In some spots I witnessed what would call a well-balanced

mixture of dancing, some Hustling, some not. But in New York and California I noticed that the Hustlers adopted a different strategy. On the dance floor, they all seemed to come to the same conclusion at the same time, and by a process of what seemed like osmosis, they all suddenly formed a line. This line eventually broke down into several smaller linear formations, but it nonetheless had its desired effect—which was to drive all the non-Hustlers off the floor and into the safety and comfort of the bars, where they sat nursing their drinks and glowering at the rhythmic, coordinated and victorious opposition. Needless to say, it is not much fun sitting in a bar when you can be dancing to Labelle's "Voulez-Vous Couchez Avec Moi."

Now since Hollywood and New York have been known on previous occasions to foist their example on others, this trend puzzled and depressed me. I have always believed that the way most of us danced in the late '60s was a most exciting, pleasurable and even liberating experience. After several years of Twists and Bristol Stomps and Mashed Potatoes, it was a welcome epoch of laissez-faire. And it was especially welcomed by men (at least white males), who by and large began to take a new pride in the sensual movement of their bodies.

So I paid a visit to a friend, a disco Dee Jay, and told him of my feelings on the subject. He said that he, too, had

noticed this tendency for Hustlers to browbeat the non-Hustlers, and for non-Hustlers to be overcome with remorse on encountering a room full of heel-toe, heel-toeites. He said the Hustle was never intended to be dictatorial, pointing out that one of the earliest and most popular Hustle records was a song called "Do It Any Way You Want." He thought that message spoke for itself.

I said that I thought most of the people who danced the Hustle ritualistically in the discos had rather bored, vapid and expressionless faces when they danced. He agreed, adding that he'd been especially amused one night to see a middle-aged man unconcernedly do the Freddie for a solid hour, although surrounded by Hustlers. The man cleared enough space for a truck.

"Should non-Hustlers resist doing the Hustle?" I asked him.

"You cannot fight it," he said with a shrug, "but perhaps the best policy is to know how, and then do exactly what you want."

That sounded like good advice, rather like knowing karate. It's there when you need it, even if you never have to use it. So here is the basic Hustle step, which is all one really needs to know, and has been seen being executed by both Jackie Onassis and David Bowie, though not together.

For practice I would recommend the following albums:

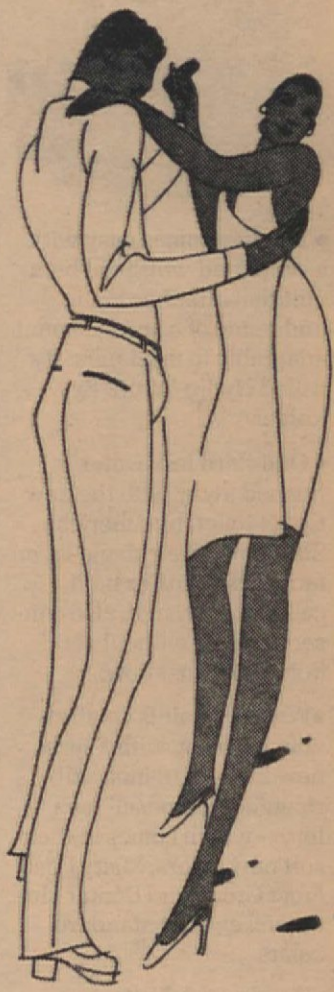
- 1) *Dance Your Troubles Away* by Archie Bell and the Drells (TSOP)
- 2) *Happy Bout The Whole Thing* by D. D. Sharp (TSOP)

- 3) *Disco Reggae* by Byron Lee and the Dragonaires (Mercury)
- 4) *Heat of the City* by Barrabas (Atlantic)
- 5) *Save Me* by the Silver Convention (RCA)

If you'd rather just buy singles, you could choose from:

- 1) "It Only Takes a Minute" by Tavares (Capitol)
- 2) "What a Difference a Day Makes" by Esther Phillips (Motown)
- 3) "Fly, Robin, Fly" by the Silver Convention (RCA)
- 4) "Let's Do the Latin Hustle" by Eddie Drennin (Friends & Co.)

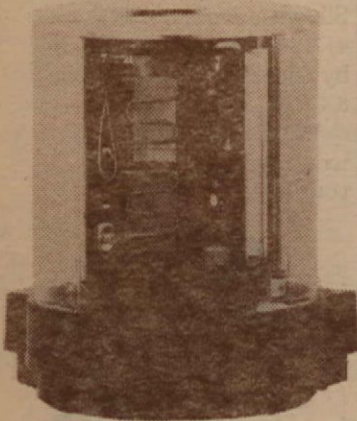
Within half an hour you won't even be looking at your feet.



NOTES

THE BATH FIX

• **Brightly colored** and clear plastic surround the shower freak in this futuristic free-standing unit (shown here and on our cover) designed by Fabio Lenci for the "il bagno collection" at Hastings Tile. The shower has molded shelves, nonskid base and heated towel racks.



• **Tingling comes easy** with a simplified whirlpool bath unit that attaches to the underside of a special spout adaptable to most tubs. It's called Hydro-Whirl. By Kohler.

• **One-third less water** is flushed away with the new Cadet toilet, by American-Standard. Their single-lever faucets for sink or bath, called Aquarian II, also conserve water without sacrificing easy fast flow.

• **Washing hair is comfortable** and easy with Eljer's new 25½-by-16-inch self-rimming "Carousel" lavatory—which comes in their soft new colors, Misty Rose, Frost Green and Denim Blue, as well as their standard colors.

• **Handy push buttons** release soap, shampoo and conditioner in The Washing

Machine, a dispenser that fits into the corner of the shower. By Evolution Health Care Co.

• **A combination light and vent unit** brightens and defogs the misty bathroom. By Rittenhouse.

• **Bathing an infant** is tension-free, using Tubby, an inflatable, cushioned bath that cradles the baby and lets Mommy have two hands free to soap and rinse. At Pinchpenny Pick a Pocket and at Children's Concepts, New York City.

• **A 54-inch pre-molded tub/shower** fits into small spaces. By Owens-Corning Fiberglas.

• **The Bicentennial vanity** adorned by an eagle motif. By Crane.

• **New Elysian Baths** by Jacuzzi incorporate the built-in whirlpool massage feature into two marble-look tubs. One is a tub-for-two, a 4-by-5-foot "spa." The other is a 6-foot unit. Colors are gray and gold.

UDDER NONSENSE

"Hereford's Cows," Heublein's new alcoholic beverages, are stampeding the liquor stores. A 30-proof blend of grain spirits and artificial milk, they are available in four flavors—mocha, strawberry, banana and chocolate mint.



'LIN YUTANG: THE BEST OF AN OLD FRIEND'

This new book is a collection of the wisdom of Lin Yutang considered one of the most engaging Oriental thinkers of our time. His thoughts are a unique blending of Eastern and Western philosophies into common sense prose. This volume, culled from books published from 1930 to the '80s represents some of the best of Dr. Lin's choice words. Examples: "The quality of men and women we live with is more important than the work they achieve," "Nothing is very new which is not very old," "The three most important things in human life are dignity of the individual, self-respect and enough to eat" (Mason/Charter, \$7.95).

TO STRIP

OR NOT TO STRIP



If the total comic environment is for you, there's "Little Orphan Annie" fabric for curtains, bedspreads; "Sunday Edition" comic carpet, even "Little Orphan Annie" or "Terry the Pirate" drinking glasses.

Glasses: by Libbey's, \$4.95 set of 4. Carpets: (with King Features characters) "Sunday Edition" in comic color "Daily Edition" in black and white from Bigelow-Sanford Inc. \$8.95 square yard. Fabric: Multicolor combination, polyester/cotton sailcloth, 54 inches wide by Schumacher. Available from Fabrications, Dept. AH-4, 246 E. 58th St., N.Y.C. 10022 \$8.25 per yard postpaid.

The Home Front News

COUNTRY KITCHEN

The Garden Way Country Kitchen Catalog puts everything you need for home cooking and preserving in one place. It contains hard-to-find tools and utensils, charts on canning and freezing, as well as a book section. Write for this free color booklet to: Garden Way Catalog, Dept. 64-414, 48 Maple Street, Burlington, Vt. 05401.



THE LONG & SHORT OF IT

The knee-length—and higher—jumpsuit has zipped into spring, making it easy to run around town during the day. At night, it gives you the chance to show a little or a lot of leg...depending on the state of your legs.



STAR ENTERPRISE

Star Trek, a sci-fi series of several seasons past, is still favored by astronomical number of fans. These devotees once waged an earnest but unsuccessful campaign against the show's demise. Now with the fervor of a Big Bang explosion, TV reruns have sparked all-new Trekker ventures: conventions, a projected film and a dazzling array of memorabilia—including a technical manual, blueprints, buttons, prints and posters. These items and more can be ordered by mail. For free catalog, write: Federation Trading Post, 2556 Telegraph Ave., Berkeley, Calif. 94704.

KIDS KOUTURE

Meredith Gladstone's new book, *Kid's Clothes*, provides four basic sewing patterns (and all the how-to's) from which you can make a year-round wardrobe (depending on the fabric) for a little boy or girl, ages 1 to 5. Meredith's appliqué and embroidery designs make the clothes one-of-a-kind—just like the child you make them for! In hardcover (128 pages), \$13.70 postpaid from Dept. AH-4, William Morrow & Co., Inc., 105 Madison Ave., New York, N.Y. 10016.



PEANUT PROTEIN

According to the National Peanut Council, America produces 3 billion pounds of "protein packed" peanuts each year. The Food Protein Research and Development Center of Texas A&M University has developed a new way to use our peanut power. It's called Peanut Protein Concentrate, and though still in the developmental stage, it promises to become a competitor of soybean protein.

GUESS WHO'S COMING TO DINNER

There's no need to be ashamed of bringing oven-proof glass bakeware to the dinner table. Heller Designs, Inc., has come out with a line that's pure, simple and practical, with only striations for decoration. A continuous line around the bakeware means dishes can be picked up from any direction. Covers for casserole dishes are available as au gratin plates.

A one-quart casserole with cover retails for \$7.95. Heller bakeware is found at the Broadway Stores in Los Angeles, Crate & Barrel in Chicago, Jordan Marsh in Miami and Bloomingdale's in New York.



CONSUMER WATCH

By Ginger Prichard

According to one consumer advocate, our misconceptions about octane ratings have cost us millions of dollars and possible damage to our cars.

Pre-1970 cars require premium gasoline to avoid knocking—the rattling noise that pistons make when gasoline burns unevenly because of incorrect combustive quality. Eventually, knocking can cause loss of power and even engine damage. Although higher-octane gasoline costs more (it needs more refining), cars using higher-octane gas get better mileage. After the 1973 oil embargo, when only low-octane gas was available, many cars were “detuned” to run without knocking. These cars should be retuned and run on higher-octane gas.

Newer cars are designed to use regular gas—octane requirements were lowered to comply with 1970 exhaust pollutant emission laws—which should be an economic blessing to new car owners. Post-1975 cars with catalytic converters must use unleaded gas to avoid contaminating the catalyst. Premium gas used in these cars can cause engine damage.

It's been estimated by Louis Lombardo, president of the Public Interest Campaign (the only consumer group looking into the octane issue), that we overspend \$1 billion each year by needlessly buying high-octane fuel, which spews

405,000 pounds of lead from engine exhaust into our air and wastes enough oil to produce a million gallons of gas. Although unleaded gas is about 1¢ per gallon more than regular, it saves the equivalent of 2¢ to 3¢ per gallon in prolonging the life of mufflers, spark plugs and oil filters.

Lombardo and the federal government believe that gasoline octane numbers should be posted on service-station pumps in simple terms so that we can refer to our owner's manuals and make educated purchases. A Congressional inquiry last year generated two bills that would standardize an octane rating system. Sen. Thomas McIntyre (D-N.H.) and Rep. John Dingell (D-Mich.), who introduced the bills, say the recommended number of octanes in the newest car manuals are 95 to 98 percent “customer satisfactory.”

Do we as consumers need to know specific octane numbers to choose gasoline without overbuying? Automobile and oil industry spokesmen say that cars should be operated on the lowest-octane gas that avoids knocking. However, octane requirements vary, depending upon operating conditions, mechanical adjustments and age of the car. For this reason, many oil company officials are not in favor of posting octane ratings because these are only rough estimates. It is best to use gasoline recommended in the owner's manuals.

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FROM THE GRASS ROOTS CORNER A NOTE FROM NORTHERN CALIFORNIA

By Gail D'Arcy

In this column, *American Home's* grass roots correspondents report on life and how people across the country are living it. Grass roots reporters are not professional writers but aware readers, informed and interested in what's happening. Fit the bill? Drop me a letter—Keitha McLean

Dear Keitha,

If you are not sold on Northern California after reading my letter, it is only because I have failed in my writing. The pyramid of my life at present is: #1—digesting the fact that my teenagers are adults; #2—developing a *laissez-faire* attitude toward them (or at least a no-nagging approach); #3—letting them know they are loved by being available to them and by being interested in them and their activities.

We live 50 miles north of Sacramento (the state capital). Our area is known as the “peach bowl of the world.” While our peaches are great, probably English walnuts are our number one crop. Our abundant agriculture centers mostly around tree crops such as prunes, pears, oranges, almonds and olives. Before moving here, I actually thought a prune was a dried-up plum and olives could be plucked from their tree and eaten. Of course, neither is true. A prune grows on a prune tree. The dark, ripe olive is almost as bitter as an unripe persimmon until it has been properly processed.

Another important and widely grown crop is rice. Rice is seeded by crop dusters into inundated fields.

Soil checks, about 3½ feet high, contain the water until the rice matures. The water is then drained off; the rice is dried, then harvested with large harvesters—a scene different from that of workers knee-deep in water with “coolie” hats on their heads. Even with modern machinery, agriculture provides many jobs.

For the outdoor person, we offer fishing, hunting and gold panning, yet! For skiers the drive to Squaw Valley takes about two hours.

The city by the bay, beautiful old San Francisco, is about 100 miles southwest of us. Up the coast a few miles, huge horseneck clams can be dug.

So we've an ocean, mountains with streams and giant redwood trees, and a favorable climate. We are proud that we are able to send our natural resource, water, to Southern Cal. We hope, in return, they will keep their smog. Sincerely,

Gail D'Arcy

Gail D'Arcy is a native Californian whose favorite pastime is browsing around San Francisco and the old California Gold Rush towns

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Now Eve's flowers are yours to wear.

The good looks and good taste of Eve Cigarettes are irresistible. And so is their latest find. It's a gorgeous pullover tunic specially designed in Eve's exclusive floral pattern. You meet the world covered with flowers.

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medium (12-14)
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Offer void to persons under 21 years of age. Good in U.S. only except where prohibited, licensed, taxed or restricted by law. Offer expires September 30, 1976. Allow 4-6 weeks for delivery. **Am**



Eve Filter: 19 mg. "tar," 1.2 mg. nicotine;
Menthol: 18 mg. "tar," 1.2 mg. nicotine av. per cigarette by FTC Report (Nov. '75).

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

SPRING PLANTING

By CHRISTINE DOWNS

After the first thaw, it's the rare gardener whose thoughts do not rush ahead to summer. Avidly anticipating the year's sweet harvest, the dedicated green thumb begins to envision lush rows of tender, home-grown vegetables. A productive garden needn't be just a dream if you go to work on it now. Wherever you locate your garden, be aware that there can never be too much sun. Most vegetables need six hours' direct sunlight a day. Locating your garden near a water outlet assures a good water supply, but keep your plot 20 feet from trees. Their roots draw nourishment from a circle as wide as their farthest-reaching branches. Once a site has been selected, prepare the soil. Cultivating, mulching and fertilizing make up the foundation of a healthy garden. Take stock of your garden plot—now is the perfect time to do it.

A summer garden may be your ideal. Few can resist the notion of fresh carrots pulled from the earth or ripe tomatoes, plump and luscious, just waiting to be plucked from the vine. Slow-growing tomato and bean vines should be intercropped with quick-maturing radishes, lettuce and green onions.

You may want only a mini garden. Check into miniature vegetable varieties. They'll yield a surprising amount of food despite their small size. City dwellers are traditionally mini gardeners, cultivating amazingly bountiful crops in large pots, terrace flats or even window boxes.

Winter gardens should be mapped out carefully on paper before planting. Planned efficiently, your garden should produce a crop that gives you a rich supply of fresh vegetables all summer plus enough for storage to last through the long winter months.

Organic gardens are currently in vogue. Purists in this area grow vegetables with no chemical aids. If this is your choice, take care to police every leaf on every plant—to catch the first signs of invading pests or diseases. While adhering to the principles of organic gardening and keeping the uses of chemicals to a minimum, it's possible to strike a compromise with horticultural science; use organic fertilizers when feasible; use chemicals only when absolutely necessary.

Intensive planting techniques add up to another thriving cult in the gardening world. Pioneered in France, these techniques make good sense to anyone who's grappled with the problem of trying to fit everything desired into an uncommonly small space. As a rule intensive gardeners advocate using every square inch of garden space. Traditional rows are eliminated. Plants are grown a few inches apart, far enough to prevent stunting their growth, but close enough for the leaves of maturing plants to overlap slightly, to help shade out and prevent the growth of most weeds. It creates a mini-environment under the leaves with a constant temperature that will retain ground moisture longer, keeping the soil moist and pliable. **To practice intensive gardening** in a large plot means organizing the plants so there is pathway access to everything. In a small or irregularly shaped growing space you can create a free-form garden, blocking out spaces for each vegetable and filling in the unplanted spots with companion plants, herbs or flowers.

You'll want your plants to get sunlight, whatever your gardening bible. Start at the north end of your site—this is where you'll put vine p'ants, such as tomatoes and beans, and tall plants, such as corn. From north to south,

plant in order of decreasing height. **Root and leaf vegetables** require special planning. Whether for carrots and beets or lettuce and spinach, the planting areas should be divided into three or four sections, each planted a week apart. Thus you can harvest continually, week after week as each section ripens. Replant after harvesting and you'll have crops all season long. **Some vegetables bear** from the same plant repeatedly over a long period of time. As you pick ripened tomatoes and cucumbers, for example, others will grow to replace them. Use the air space above the garden for these and other vines and trailing plants. Trellises, fences and poles will keep them up. Pick everything as soon as it's ready, and your plants will continue to provide for you.

Companion plants draw benefits from each other. Adding flowers and herbs can also increase your garden's well-being aesthetically, with fragrance and color, and organically, as a stimulant. The subject in down-to-earth terms is covered thoroughly and well in *Companion Planting for Successful Gardening* by Louise Riotte (\$4.95), published by Garden Way Publishing. Material on plants that benefit one another, plants that repel insects, plants that repel other plants, plants that accumulate trace materials from the soil and release these stored minerals in the compost heap or as mulch or manures is included in the book. In planning your own garden, remember that companion vegetables stimulate each other's growth. For example:

Asparagus benefit tomatoes.

Beans benefit beets, carrots, cauliflower, cucumbers, corn and radishes.

Broccoli benefit onions.

Carrots benefit peas, Brussels sprouts, cabbage, leaf lettuce, radishes and chives.

Corn benefits peas, beans, cucumbers, melons and squash.

Cucumber benefits corn, cabbage.

Kale benefits cabbage.

Lettuce benefits onions and carrots.

Onions benefit cabbage.

Peas benefit beans, carrots, cucumbers, corn, radishes and turnips.

Peppers benefit tomatoes, eggplant, onions and carrots.

Radishes benefit peas, pole beans and leaf lettuce.

Spinach benefits cabbage.

Squash benefits corn.

Tomatoes benefit asparagus and cabbage.

Turnips benefit rutabagas, and vice-versa.

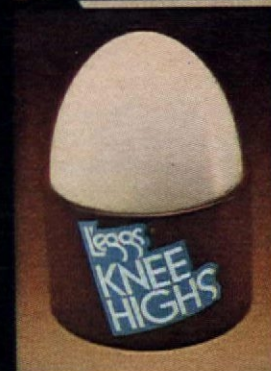
It's better to have a small, well-tended plot than a rambling, unkempt garden. Time and care are the variables that make a garden really work. □

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EASY, MEMORABLE DINNERS

Company coming? Whip up a delectable and impressive meal for six in just 60 minutes. Guests will think it took all day.

Tomato Lamb Noisettes
Noodles Amandine
Spinach Salad
Wheat Wafers
Peaches Flambé

1 Sprinkle 6 boned, rolled and tied loin or rib lamb chops (noisettes) with salt and pepper. Rub skillet with 1 tsp oil. Heat. Add lamb; cook until desired degree of doneness, about 25 minutes for medium. Meanwhile, wash, drain and tear 1 pkg (10 oz) fresh spinach into 6 salad bowls. Chill. Drain but reserve $\frac{1}{2}$ C syrup from 1 can (29 oz) sliced peaches. Put reserved syrup and $\frac{1}{4}$ C peach jam in small skillet or chafing dish. Put $\frac{1}{2}$ C brandy in small saucepan; set aside for dessert. Cook 1 pkg (16 oz) egg noodles as label directs. Meanwhile, remove lamb from skillet to platter. Cover with foil; keep warm. In fat left in skillet, sauté 1 small onion, sliced, [continued]

Saucy Braised Pork
Potatoes Persilles
Lemon Asparagus
Pumpnickel Rolls
Grasshopper Glacé

2 In skillet brown six $\frac{1}{2}$ -inch-thick pork chops well. Cut 2 stalks celery into slices (1 C sliced). Add to skillet; sauté. Stir in 1 envelope (1 oz) onion-mushroom mix, $1\frac{1}{4}$ C water, 2 Tbs sherry, 2 tsp Worcestershire sauce and 1 tsp prepared mustard. Cover. Simmer on low heat 35 minutes or until tender. Let 1 qt vanilla ice cream stand until just soft. Wash and pat dry 18 tiny new potatoes (about 2 $\frac{1}{4}$ lbs); pare strip of skin off center of each. Boil potatoes in salted water until tender, about 20 minutes. Wash 3 lbs fresh asparagus spears well. Break off tough ends as far down as stalks snap easily. Pare stalks lightly. Cook spears in 1 inch salted boiling water until [continued]

Watercress Broth
Broiled Cornish Hens
Mushroom Rice Pilaf
Crumb-topped Tomatoes
Chocolate Banana Slices

3 In saucepan heat 3 Tbs butter or margarine. Add $\frac{3}{4}$ C chopped onion. Sauté 1 minute. Add $1\frac{1}{2}$ C raw long grain or converted rice and 1 Tbs dried parsley flakes. Cook, stirring until rice browns lightly. In measuring cup drain juice from 1 can (8 oz) sliced mushrooms; add enough water to make 3 cups liquid. Stir liquid into rice mixture with 3 chicken bouillon cubes and $\frac{1}{4}$ tsp salt. Cover. Bring to boiling. Cook on low heat 30 minutes or until rice is tender. Meanwhile, wash 3 thawed Rock Cornish hens (1 $\frac{1}{2}$ lbs each); pat dry. Cut into halves; brush with oil and sprinkle with salt and pepper. Place them skin side down on rack over broiler pan. Broil 30 [continued]

Pear and Prosciutto
Spaghettini Verde
Beets Vinaigrette
Thin Bread Sticks
Creamy Ladyfingers

4 In salad or serving bowl mix 2 Tbs wine vinegar, 6 Tbs oil, 1 tsp salt, $\frac{1}{2}$ tsp prepared mustard and $\frac{1}{4}$ tsp pepper. Drain 2 cans (1 lb each) sliced beets. Toss into dressing; chill. Prepare 2 pkgs (3 $\frac{1}{2}$ or 3 $\frac{3}{4}$ oz) vanilla instant pudding as label directs. Fold in 1 C thawed frozen whipped topping or 1 cup whipped cream ($\frac{1}{2}$ C heavy cream, whipped). Split 12 whole ladyfingers into halves; place in glass bowl. Drizzle with rum or orange liqueur, if desired. Cover with pudding. Sprinkle with ground nutmeg. Chill until dessert time. Halve 3 pears; core; rub cut surface with lemon juice. Put on small plates; top with thinly sliced prosciutto. Chill [continued]

Artichoke with Mustard Dip
Shrimp Flounder Rolls
Honey Carrots
Crusty Bread
Tropical Parfait

5 Heat oven to 325°. In saucepot boil 4 qts water, 2 Tbs lemon juice, 1 Tbs salt. In baking pan spread $\frac{1}{2}$ C flaked coconut; bake 10 minutes to toast. Peel and cut 1 small papaya, seeded, or 2 bananas into chunks. Drain 1 can (8 $\frac{1}{4}$ oz) pineapple tidbits. Stir each of 2 cartons (8 oz each) pineapple-orange yogurt until smooth. In 6 parfait glasses layer half of fruit, a third of coconut and half of yogurt. Repeat. Top with rest of coconut. Chill until dessert time. Cut 1 inch off top of 6 medium artichokes; cut off stem at base and tips of leaves. Cook in lemon-salted water 30 minutes or until done. Rinse 6 fresh flounder fillets or 2 pkgs (1 lb each) frozen flounder [continued]

Curried Lamb Loaves
French-style Peas
Cucumber Chicory Salad
Strawberries Sauterne
Rolled Vanilla Cookies

6 In bowl, mix 2 lbs ground lamb, 2 C packaged bread crumbs, 1 C chopped onion, $\frac{1}{4}$ C chopped parsley, $\frac{1}{4}$ C milk, 1 egg, 2 tsp salt, $\frac{1}{2}$ tsp crumbled rosemary and $\frac{1}{4}$ tsp pepper. Shape into 6 loaves, $\frac{3}{4}$ inch thick. Place on rack over broiler pan; set aside. Wash 1 head chicory, 2 cucumbers and $\frac{1}{2}$ head lettuce; pat dry. Into salad bowl tear chicory into bite-size pieces. Pare and slice cucumbers. Add to chicory; chill. Shred lettuce. Put half in saucepan. Add 2 pkgs (10 oz each) frozen green peas, $\frac{1}{2}$ tsp salt, 2 Tbs butter or margarine, top with rest of lettuce. Cover; set aside. In saucepan heat 3 Tbs oil; add $\frac{1}{4}$ C chopped onion, 1 clove of garlic, minced. [continued]

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GENERAL  ELECTRIC

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Mrs. S. T., Richmond, Virginia

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continued from page 28

6 EASY, MEMORABLE DINNERS

1 until transparent. Add $\frac{1}{4}$ C white wine; stir to loosen brown bits in pan. Add $\frac{1}{2}$ tsp salt and 1 can (14½ oz) peeled whole tomatoes, cut up with liquid. Cook 5 minutes on medium heat. Combine 1 Tbs all-purpose flour and 1 Tbs water. Stir into tomato mixture; cook until thickened, stirring constantly. Pour over lamb. Drain noodles; return to pan; toss with 2 Tbs butter or margarine and 2 Tbs toasted slivered almonds. Sprinkle salad with packaged garlic croutons; serve with bottled Roquefort or Thousand Island dressing. At dessert time, heat jam in syrup 5 minutes; add peach slices. Heat brandy; pour over peaches; ignite. Spoon sauce over vanilla ice cream.

2 just tender, about 15 minutes. Meanwhile crumble 12 chocolate wafers; divide among 6 wineglasses. In bowl, mix ice cream, $\frac{1}{4}$ C crème de menthe and 3 drops green food color. Spoon mixture over crumbs in glasses. Freeze glacé until dessert time. Drain potatoes; toss with $\frac{1}{4}$ C butter or margarine, 2 Tbs chopped parsley; salt and pepper to taste. Drain asparagus spears; transfer to serving dish. Melt $\frac{1}{4}$ C butter or margarine in same pan; add 2 Tbs lemon juice; pour over spears. Transfer braised pork to serving platter, garnish with celery leaves. Serve meal with pumpernickel rolls.

3 minutes, turning once, until fork tender. In small pan, heat $\frac{1}{4}$ C butter or margarine and 2 Tbs oil. Add 1 small clove of garlic, minced. Sauté 1 minute. Take off heat. Mix 1 C fresh bread crumbs, $\frac{1}{2}$ C chopped parsley, 1 tsp salt and $\frac{1}{4}$ tsp pepper. Cut 3 large tomatoes in half crosswise; put in baking pan. Drizzle with butter mixture and crumbs. Remove hens from broiler; keep warm. Broil tomatoes. Toss mushrooms with rice; keep warm. In large saucepan, boil 2 cans (13¾ oz each) chicken broth. Wash 1 bunch watercress; stir into broth. Heat 1 pkg (6 oz) semi-sweet chocolate pieces, 1 can (5½ oz) evaporated milk, dash salt and $\frac{1}{2}$ tsp rum flavor. Take off heat. At dessert time peel and slice 3 bananas into dishes; top with sauce.

4 until serving time. In large saucepot cook 1½ lbs spaghetti as package directs. Meanwhile in skillet boil 1 water and $\frac{3}{4}$ C butter or margarine. Add 3 pkgs (10 oz each) frozen chopped broccoli. Cover. Cook until tender. Spoon into blender container. Add $\frac{1}{2}$ C olive oil and 1 can (2 oz) anchovy fillets with oil. Cover. Blend until smooth. Stir in $\frac{1}{2}$ C packaged bread crumbs. Season with salt and pepper to taste. Drain pasta; toss with sauce and grated Parmesan cheese. Serve with thin bread sticks.

5 fillets. (To thaw frozen fillets quickly, unwrap, put in plastic bags; seal; drop into warm water.) Heat oven to 400°. In bowl mix 1 can (10½ or 10¾ oz) cream of onion or mushroom soup and $\frac{1}{4}$ C milk. Remove $\frac{1}{4}$ C soup mixture to small bowl, add 1 can (4½ oz) small shrimp, drained well and 1½ Tbs dried parsley flakes. Sprinkle filling with salt and pepper; spread over shrimp mixture. Roll up from narrow end; fasten with wooden picks. Place rolls in shallow baking pan; pour remaining soup mixture. Bake 20 minutes or until fish flakes easily. Wrap 1 loaf French bread in foil; heat in oven. Lift artichokes from water; drain in colander; run under cold water; chop. In boiling water drop 2 pkg (10 oz each) carrot nuggets frozen in butter sauce. Cook as label directs. In small bowl mix $\frac{1}{4}$ C mayonnaise, $\frac{1}{4}$ C prepared mustard, 1½ tsp Worcestershire. Serve with artichokes. Pour carrots into dish; toss with 3 Tbs honey.

6 Stir in 2 Tbs all-purpose flour and 1 to 2 tsp curry. Add $\frac{1}{2}$ C applesauce and 2 C chicken broth, season with salt and pepper. Cook until thickened; keep warm. Wash and hull 1 qt strawberries; put into bowl; cover with sauterne; cook until dessert time. Broil lamb loaves 15 minutes, turning once. Cook peas 15 minutes. Mix 1 Tbs flour with 2 Tbs butter or margarine to paste. Spoon peas and lettuce from pan; add dish; discard all but 1 C juices; add flour paste a bit at a time and cook until thickened. Pour over peas. Serve lamb on platter with curry sauce. Top salad with oil and vinegar dressing.

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THE MESSAGE IS THE MESSAGE



- 1 Touch Control Pulsating Shower by Stanadyne
- 2 Daisy Flo Massage by Franklin Metal & Rubber Co.
- 3 The Shower Massage by Water Pik
- 4 Massage Action by Alsons
- 5 Showerall Massage by Jaclo
- 6 Waterfingers by Conair
- 7 Dial Massage by Pollenex

Singing in the shower has been replaced in the '70s by the rhythmic sound of the shower massager. Shower heads that pulsate have transformed the daily routine of bathing into what manufacturers claim is a sensuous experience. Not only will you get clean, but, they promise, you'll be treated to a facial and scalp rubdown as well.

Because most massagers work on a vibrating principle—alternating jets of water pummel the body—some consumers claim the name is misleading. Instead, they feel these devices should be called stimulators because they invigorate rather than relax.

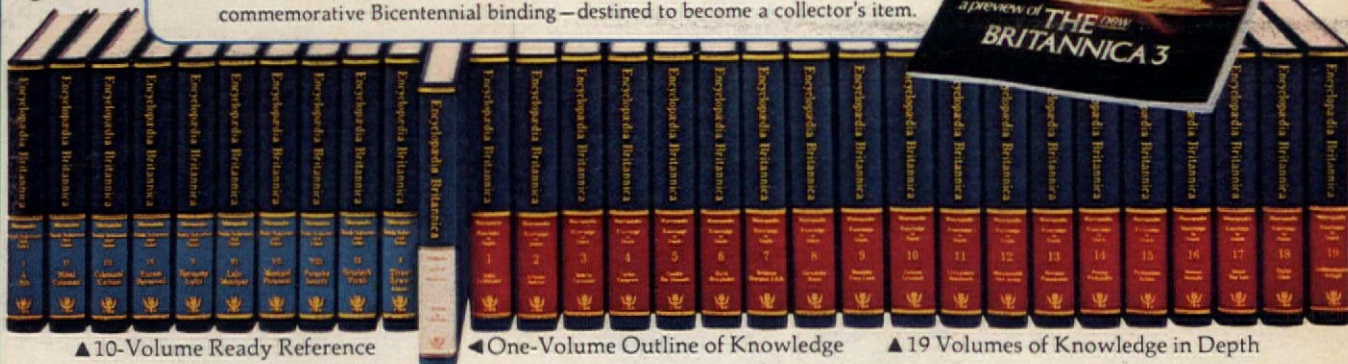
The idea is said to have originated with A.E. Rouse, president of Water Pik, makers of The Shower Massage and Water Pik. "It occurred to me one morning," notes Rouse, "that the same technique used in the Water Pik could be applied to the shower. Why shouldn't the body feel as fresh and tingly as the mouth?" (continued on page 36)

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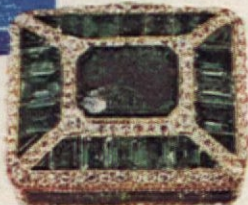
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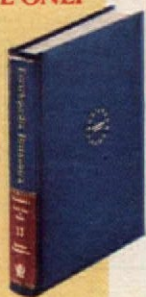
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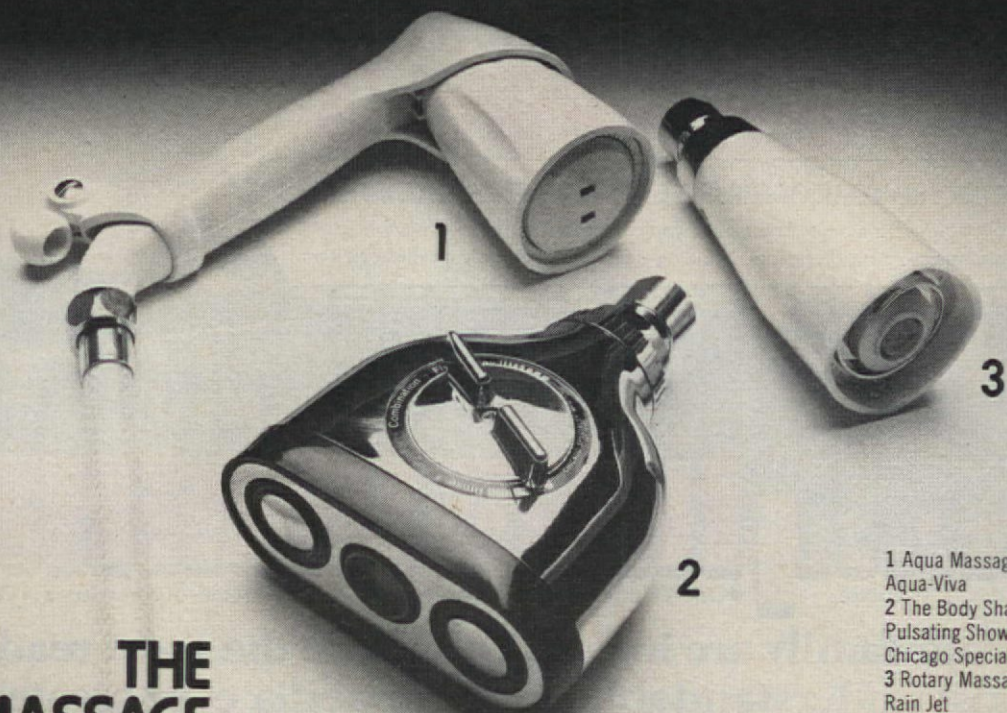
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NO OBLIGATION

THE MESSAGE IS THE MESSAGE



1 Aqua Massage by
Aqua-Viva
2 The Body Shaper
Pulsating Shower by
Chicago Specialty Mfg. Co.
3 Rotary Massage by
Rain Jet

continued from page 32

Apparently, a number of consumers felt the same way. In 1975, reportedly some three million bought the Shower Massage. And more and more manufacturers have jumped on the bandwagon since massagers were introduced three years ago.

There are two models—hand-held and wall-mounted. The hand-held is said to be better because it comes in closer contact with the body. It is also more expensive, due to the addition of a hose and brackets supplied with the unit. The wall-mounted is affixed to the shower arm. If you hate to part with your old shower head, diverters can be purchased, making it possible to have both.

The following is a listing of the major massagers offered. Prices are those suggested by the manufacturers. With the repeal of fair-trade laws, prices vary from store to store—many times drastically. Be sure to shop around. Hardware stores may be less expensive than department stores.

The Shower Massage can be adjusted for conventional shower spray, combination of spray massage action or massage only. Hand-held model is \$39.95; wall-mounted, \$24.95; Water Pik.

Aqua-Massage offers massage position and spray setting with three concentric rings of water for full body coverage. Hand-held, \$29.95; wall-mounted, \$17.95; Aqua-Viva Div. of Bowles Fluidics Corp.

Daisy FloMassage provides pulsating massage, aerated stream or full shower spray. Only in hand-held mode's

starting at \$36.95; Franklin Metal & Rubber Co.

Dial Massage promises four shower heads in one—fine, coarse, and high and low massage intensity. Hand-held, \$39.95; wall-mounted, \$24.95; Pollenex, Div. Associated Mills, Inc.

Waterfingers has three settings—straight shower, pulsating massage and combination shower/massage. Hand-held, with scalp and body brush, \$34.95; wall-mounted, \$25.95; Conair Div. of Continental Hair Products, Inc.

Massage Action Pulsating Personal Shower has massage and regular shower spray. Hand-held, \$32.50; wall-mounted, \$17.95; Alson Corp.

Rotary Massage has shower cone with rotating inner nozzle said to create streams of swirling water, from brisk impact to soft, aerated flow of bubbles. Round and square cones are offered, from \$19.95; Rain-Jet.

The Body Shaper Pulsating Shower, with oval-shaped design said to reach every part of the body, has massage, shower and combination shower/massage settings. Wall-mounted only, \$24.95; Chicago Specialty Mfg. Co.

Touch Control Pulsating Shower has settings ranging from rapid pulsating to soft, steady stream and brisk steady flow. Hand-held, \$34.95; wall-mounted, \$22.95; Stanadyne.

Showerall Massage, available with diverter, can be adjusted from massage to conventional action, from gentle to vigorous. Hand-held begin at \$29.95; wall-mounted, \$19.95; Jaclo.

—Jil Curry

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EAT RIGHT TO STAY HEALTHY AND AVOID DIETING

By MARGARET WING

Americans are overfed and undernourished, a nation of protein (meat, eggs, fish, poultry) and carbohydrate (bread, cereal, grain) eaters with a sweet tooth! Milk and milk products, fruits and vegetables that provide the bulk of essential vitamins and minerals are shunned. The results? Too obvious.

Currently the normal American adult eats approximately 3,300 calories daily. His grandfather who probably was more active physically needed only about 3,000 calories to maintain himself. With technology mechanizing even toothbrushes and combs, it's no wonder that up to 50 percent of the population is medically overweight. In 1974, 22 million persons visited doctors solely for obesity treatment. Countless others spent billions at health spas and on diet foods and books.

Being overweight not only affects your looks but puts a stress on your body systems, too. Imagine carrying a 10- or 20-pound package around wherever you went for an entire day.

Eating a balanced diet is not the only way to achieve good nutrition any more than drinking four glasses of milk a day or eating an apple keeps the doctor away.

In the same way, your bones and joints must support any excess poundage. The heart and other muscles must work harder to complete their activities. Organs, such as the stomach, crowded by the fat tissue decrease in efficiency. Demands to process the extra food can tax tissues that produce digestive aids.

Overweight is not necessarily synonymous with "over fat." Many muscular athletes are heavier than the standards listed in height/weight charts. The extra weight is muscle, not fat. Also, body shape can be a factor. Are you big-boned? A doctor or nutritionist can help you determine if you are overweight.

The most recent wide-range federal

Carbohydrate, protein and fat are all vital parts of a good diet, even a weight-reduction regimen. It is no good to throw out a potato and eat a 10-ounce steak.

studies indicate that the average diet of Americans is iron-deficient—women in particular. Since the body can absorb only 10 to 20 percent of the iron ingested and because many women are not fond of iron-rich sources—liver, for example—or else do not eat certain products because of other restrictions—eggs, dried fruits, legumes, whole grains, meats—a large majority of the female population are borderline or full-fledged anemics.

In general we get too few nutrients from the too many calories we eat. Our eating habits are contributing to our health problems. The National Cancer Institute has linked many foods—either a lack of them or a surfeit—to cancer. Controversy still spins around dietary cholesterol and cardiovascular disease.

Many people do not realize the amount of fat in burgers and hot dogs. They do contain protein, but they also contain calories, from fat and carbohydrates. The calories in beef come from fat more than proteins. A thin beef patty has about 285 calories; of those, 180 are in fat.

Almost 20 percent of the people surveyed in the recent fourth National Household Menu Census ate no breakfast or else had only coffee. The average breakfast is sugared coffee and sweetened, buttered toast. Lunch too often is a fat-rich burger, French fries and soda or for the working executive a heavy expense-account lunch.

Snacking is another American pastime—munchies for watching the TV movie of the week! Snacks supply a big share of calories and a small share of needed nutrients. Americans spend \$2.6 billion a year at grocery stores on chips, pretzels, cookies and tidbits, washing them down with millions of cases of soft drinks. Thankfully, today's high prices of those snack items

have slowed sales and are affecting eating patterns.

Another modern trend is the use, and all too often abuse, of drugs—from aspirin and alcohol to antacids and diuretics. While they do not affect so much what one eats, their chronic use can change nutrient needs and how the body uses those nutrients.

The number of food items in the market have altered your way of eating. A modern supermarket carries 9,000 items of which 6,800 are dry grocery foods, 550 frozen foods, 156 produce. With kids clamoring for "Morning Sweetsnax" and Dad wanting granola, which do you choose? Should you buy vitamin C added orange-flavored powdered mix or fresh oranges for juicing? The food industry further capitalizes on your responses to food's psychological meanings through its efforts in the media. It's increasingly difficult to make wise food choices that will insure a healthful diet.

Diet is any food and drink that you consume; nutrition is how your body uses them. Dieting has come to mean a special regimen or prescribed course or allowance of food to achieve a goal, usually weight loss. Too often, losing weight becomes a way of life, shedding pounds in a haphazard manner with fad diets that can dangerously omit some vital foods, or with fasting that restricts all foods. Some people do it with drugs, bulk agents, surgery, acupuncture or intestinal bypasses. You can lose weight on 750 calories a day on a diet of any food, even ice

About one fifth of the U.S. population gets no nutrients at the beginning of the day.

cream alone, but unless you choose foods with nutrients, you risk poor health—no strength or energy. Although these measures can reduce your weight, you must consider what long-term, long-lasting effects they'll have on the body. The reductions generally result from loss of water rather than fat. These practices usually do not help in the permanent improvement of eating habits or behavior.

Traditional rules about food and nutrition are undergoing change, being simplified or relaxed. The Food and Nutrition Board of the National Research Council, acting on behalf of the National Academy of Sciences, has established a guide called the Recommended Dietary Allowances (RDA). Subcategorized according to age and sex, the RDA are levels of intake of essential nutrients considered on the basis of available scientific knowledge to be adequate to meet the known nutritional needs of practically all healthy persons. Please note that they are not requirements and that nutritional research is an ongoing, ever-changing science. *No one knows all the answers.* Human requirements for many nutrients have not yet been established. Individuals differ in their specific nutrient needs because of varied metabolic disorders, chronic diseases and other body trauma. RDA levels are those considered to maintain health and not necessarily rehabilitate it.

The most recent RDA, released in 1974, recommends a daily intake of 2,700 calories and 2,000 calories for the "reference" man and woman, respectively. (This term refers to the average American male and female, age 23 to 50, measuring a respective 69 inches at 154 pounds, and 65 inches at 128 pounds.) These calories

reflect a modern, relatively sedentary lifestyle. Increased activity, climate, body size, age and body condition will also modify calorie needs. Calorie counts of food are only estimates and useful only as guides. Daily machine-like management of foods and their values are unrealistic.

Choose your calories from all food groups; variety is important because *no one food is perfect.* One gram of carbohydrate is equal in caloric value to one gram of pure protein, or four calories. Pure fat is higher with nine calories. It's ideal to get 12 or 15 percent of the day's calories from proteins, 30 to 35 percent from fats, and the rest from carbohydrates.

Starch is no more fattening than protein. All food is fattening if you eat too much of it.

Practice moderation. That doesn't automatically mean that you should cut down on potatoes or pasta and eat all the meat you want. While calorie charts list steak as 330 calories, that number refers to about a three-ounce serving—the average restaurant serving is 10 ounces, three and a half times that, or a whopping 1,100 calories. A

medium-size baked potato, if it's not smothered in butter or sour cream, has only 90 calories.

Check your caloric and nutrient values carefully. Choose foods that have a high nutrient density (a measure of the vitamin/mineral value of the calories you eat). They're foods that offer more than calories.

Take a good look at what you and your family are eating at home and away. At the hospital in which I worked, dietary case histories helped us treat patients. What was eaten, over a period of time plus taste preferences, work and play habits, cultural background and other personal information were used to plan meals. It's unrealistic to suggest a diet including fish or peanut butter for someone who hates or is allergic to them. At the same time, if you are used to a sweet or ice cream for dessert, a practical diet must allow for that at least some of the time. You must tailor your family's diet to all those factors.

If food habits need to be modified in some way, the psychological framework of eating must also be considered. Food is the essence of hospitality; it's given away as gifts. Food is associated with celebrations and holidays. Food has emotional connotations. All this was apparent to me while working in the hospital. Many patients chose (*continued on page 85*)



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Beef Stew with Parsley Biscuits

2 cans (24 ounces each) Dinty Moore Beef Stew
2 cups Bisquick baking mix
2 tablespoons snipped parsley
½ cup cold water

Heat oven to 425°. Turn stew into ungreased baking dish, 11¾ x 7½ x 1¾ inches, or 2-quart casserole; cover with aluminum foil. Heat in oven 10 to 15 minutes. Stir together baking mix, parsley and water to a soft dough; beat vigorously 20 strokes. Gently smooth dough into a ball on floured cloth-covered board. Knead 5 times. Roll ½ inch thick. Cut with floured 2-inch cutter. Place biscuits on hot stew. Bake until biscuits are golden brown and stew is bubbly, 15 to 20 minutes. 5 servings.

Deep Dish Beef Stew Pie

1 can (40 ounces) Dinty Moore Beef Stew
1 cup Bisquick baking mix
¼ cup cold water
1 teaspoon celery seed

Heat oven to 425°. Turn stew into ungreased 2-quart casserole. Stir together baking mix, water and celery seed. Roll dough to fit casserole; cut slits in dough. Place on top of stew. Bake until crust is golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.

Stroganoff Stew with Drop Biscuits

2 cans (24 ounces each) Dinty Moore Meatball Stew
½ cup dairy sour cream
2 cups Bisquick baking mix
½ cup cold water

Heat oven to 425°. Stir together stew and sour cream in 3-quart saucepan. Heat just to boiling, stirring occasionally; reduce heat. Stir baking mix and water to a soft dough; beat vigorously 20 strokes. Pour hot stew mixture into ungreased 3-quart casserole. Drop dough by spoonfuls onto stew. Bake until biscuits are golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.



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IMPROVE:

im·prove \im-'prüv\ *vb* [AF *emprouer* to invest profitably, fr. OF *en-* + *prou* advantage, fr. LL *prode* — more at PROUD] *vt* **1** : to make greater in amount or degree **2 a** : to enhance in value or quality : make better **b** : to increase the value of (land or property) by betterment (as cultivation or the erection of buildings) **c** : to grade and drain (a road) and apply surfacing material other than pavement **3** *archaic* : EMPLOY, USE **4** : to turn to good account ~ *vi* **1 a** : INCREASE **b** : to rise in value **2** : to grow better **3** : to make useful additions or amendments

DO IT!

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Think sensually! Enjoy yourself. Self-improvement is self-discovery. Your body, your spirit. Your mind and what it can do—extra. Is your home interesting, a haven to return to after a hard day's work? Does it relax you? How about your bathroom? Is it one to wash in, or one to crawl into for a long, soothing soak in bubbly froth? Are you always in a hurry? Always under stress? With new shower massagers, tensions melt and skin sings. Think about what you eat. Does it add to your life . . . or just your weight?

Self and home improvement are both psychologically and physically rewarding. And it needn't cost a fortune. This month, American Home tells you how.

BATHING BEAUTIES

Keyed for color, comfort and convenience, these bathrooms—two in the country, two in the city—are oases for relaxation.



"I never lost sight of 'my art'—not even when my children were most demanding—but I never imagined that I'd become so immersed in it. Now it's all or nothing: I can't be a part-time potter."

By AUDREY WEST

MEMPHIS, Tenn.—To Mimi Dann, art is not only the star to which she's hitched her wagon; it is also a medium that has prevented her from becoming a stale housewife with nothing more to accomplish than the laundry and with a curiosity confined to the latest development of the daily soap opera. She has lobbied in her community to educate people to the arts and at the same time discovered it was her most successful form of communication with her peers.

"Art should be an integral part of day-to-day life, rather than a sacred cow behind museum walls," Mimi explains. "I think we need beauty more in things we handle daily than in objects in the living room."

"Art is also a form of communication between me and the person who owns my work," Mimi says about her mode of expression. "It's a shared intimacy between creator and user."

Not one to think of any reasoning lightly, Mimi finds comfort in the symbolism of her work. "I am a female potter, and vessel-making is a natural extension of my body. My body has occasionally functioned as a vessel, too, a container for embryonic human life." She feels both forms are vital and functional.

Mimi's workshop is an indoor-outdoor affair that doubles as a retreat for wildlife. Frogs hop in and pose on sacks of clay powder, chipmunks with nuts in their jaws scamper under a concrete step, and daddy longlegs amble across the clay-splattered table. These little figures of nature collect in the workshop to "watch" a woman in jeans, tennis shoes and shirt slugged "Support Your Local Potter" and to "listen" to the classical music that

seems to be constantly in the air through hidden speakers located in both the house and workshop.

Mimi was considered a forceful, independent woman in the Memphis community at a time when Southern women were still delegating their free hours to bridge games and club teas. But Mimi stepped into politics and the art circles by the side of her husband, Alex. "We endured a number of things for that old adage, 'setting an example for the children,'" she explains. Two years ago, after the children scattered into careers and colleges, Mimi began to spend most of her waking hours working at what she loved best—pottery—while hiding that empty feeling that causes caves in a stomach, that the children were grown and gone. Alex hangs his tools for making furniture on one wall of the workshop.

"At first, people were surprised to find out I was a potter," Mimi recalls. "Obviously it didn't jibe with my proper upbringing and society-oriented background."

"After World War II all the feminine mystery was still there," Mimi continues. "Women were urged to get married, settle down and do all the civic deeds we could do. I married Alex and got a degree from Cornell; then we returned to Memphis." But being a full-time mother cast shadows on her hope of being a full-time artist. As the four children came along, she had to change emphasis, although she felt she was still contributing to society through another medium, motherhood. Mimi cannot rest if she doesn't know she is contributing to something.

"After Alex and I were married, we got caught up in a 20-year crusade to create a two-party system in Shelby County in West Tennessee. We succeeded and elected Republicans to most offices. Alex was chairman of the Shelby County Republican Party until five years (continued on page 94)

Pottery-making is more than a hobby for Mimi Dann, shown in her workshop (opposite). It's a full-time occupation that involves much hard work but is a source of both love and joy.

Photography by Jack Robinson

A PERSONAL APPEARANCE



Designer Mario LoCicero has successfully stretched spaces and added imaginative decorating effects to transform an ordinary city apartment into a highly distinctive home for his client.

Warm gray color theme gives the living room (above) an inviting look, day and night. Contrasting bands of cream and gray at the ceiling soften the room's angularity and unify the space.

Uncurtained window wall enhances the impact of city view. Mirrors that frame each window and cover unsightly radiators double the room size visually.

Carpeting laid on the diagonal proves a clever way to add pattern to the living room, extend the illusion of lavish space

and break up the feeling of boxiness. **Intimate lighting** is provided by low bronze side lamps. Ceiling-hung spotlights pinpoint plants and art objects for dramatic nighttime effects.

Pale neutral cotton upholstery is a practical choice. It also suits the living room's serene ambience.

Natural references occur throughout the apartment—in the plants that proliferate in the living room and bedroom (far right), the tree-trunk coffee table, the

ceramic dinnerware and accessories. **Antiques are part of the design scheme.** An 18th-century desk in the foyer doubles as a buffet table for John Richard Berkley's informal at-home entertaining (right). Large contemporary painting by D.M. Merrick adds bold contrast to expanse of gray wall.

Quiet beige tones dominate bedroom (far right). Textured pillows, striped throw, soft carpeting and wicker side tables add to the room's natural look.





Above: Ken and Denise Kazarian at home on their Fowler ranch. Below: The family lines up for a portrait with father-and-son tractors. Denise holds 18-month-old Matthew, Ken is with 4-year-old Zachary and his golden retriever, Midas. "My brother Matt is almost as much fun as my dog," says Zachary. Opposite—top, left: Ken and Denise take time out for a game of backgammon, "an old Armenian game," according to Ken. Top, right: Ken turns up the quadraphonic stereo in his tractor. Center: Denise gives Zachary his first piano lesson. Below: Denise takes her turn behind the wheel of the tractor.

FOWLER, Calif. Ken and Denise Kazarian were the ideal young-married Los Angeles couple, spending their time between traffic jams and their subdivision home, striving to attain their particular Sunday supplement dream. But three and a half years ago, they decided to move north, near Fresno, and change their ways. They traded their American dream of a ranch-style house for a real ranch, bought a Chevy pickup to go along with it and stuck the motto for their new lifestyle on the bumper: "Farmers are your bread and butter."

"Most of our friends don't even know where Fresno is," says Ken. "But moving up here wasn't a complete break with the past. My grandfather is Armenian, and his family were among the original settlers in this valley. He spent most of his life in Los Angeles, but he always dreamed of moving back here and having vineyards again." When Ken's grandparents decided to retire to the Fresno area a few years ago, Ken and Denise packed up their rock records and other souvenirs of Los Angeles, as well as their one-year-old son, Zachary, and moved to the town of Fowler, population 2,000, to try their hand at the traditional family business with their own 240-acre vineyard.

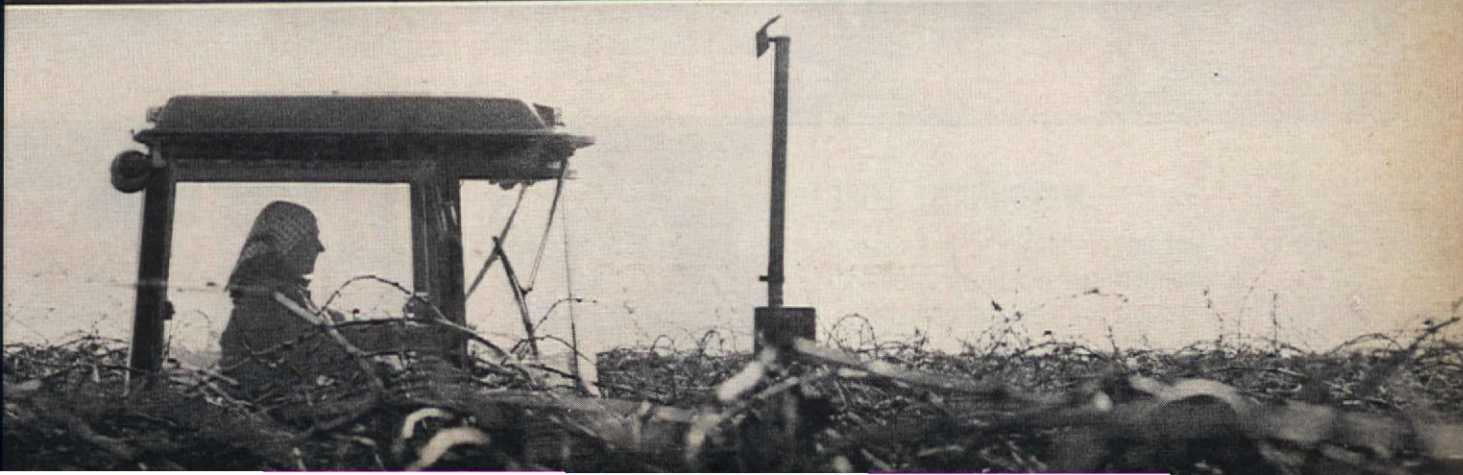
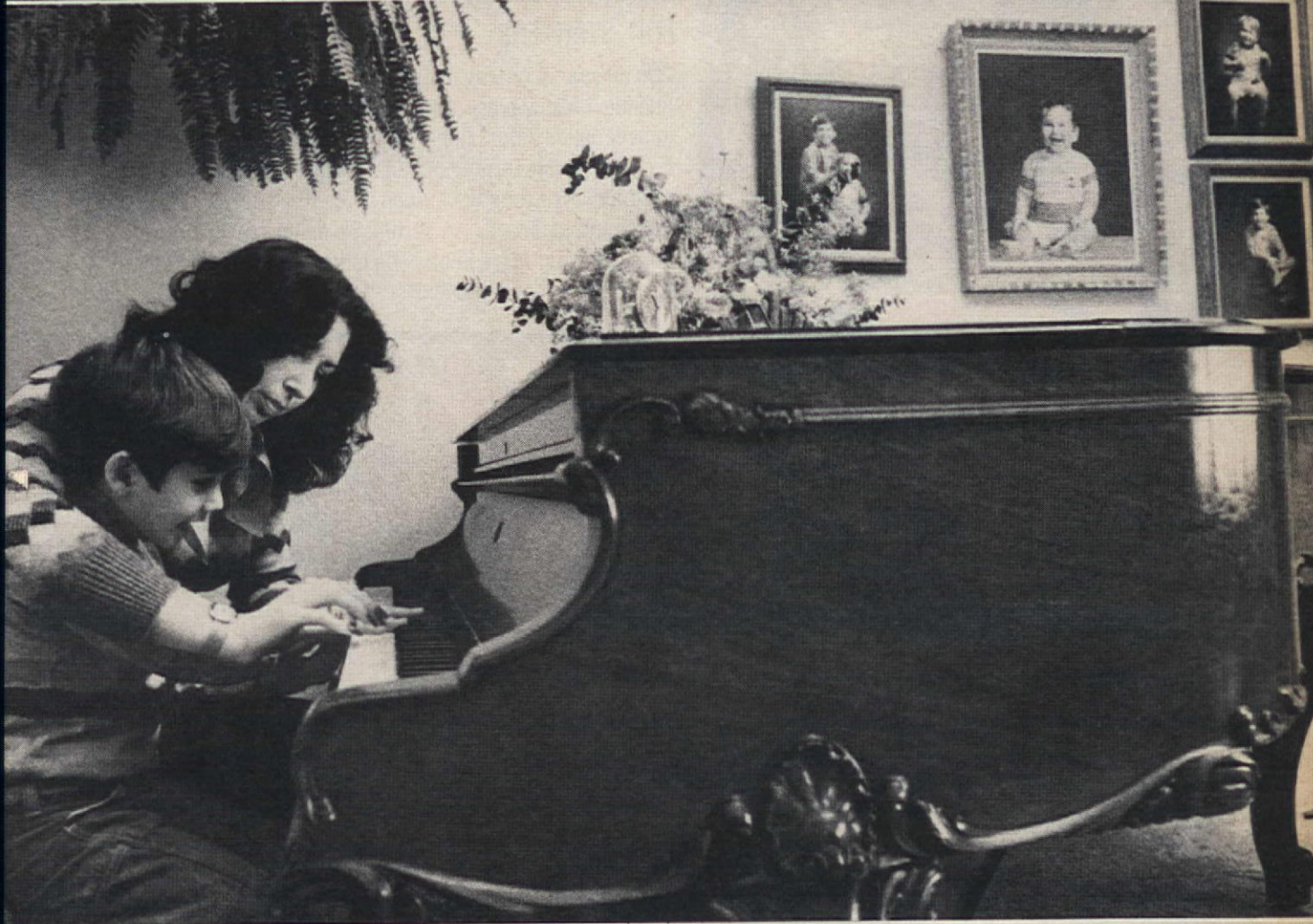
"We really had a lot to learn," says Denise, "but we never felt alone up here. Everywhere we go we keep running into third and fourth cousins. They've been great about teaching us the basics."

In the San Joaquin Valley, where farming is big business, you need to know more than the basics to make a success of grape growing. After three years of hard work (and the birth of their second son, Matthew), the Kazarians are doing just that, and this year they hope to sell their Thompson Seedless grapes under their own label. Not bad for a couple of city slickers.

Ken and Denise, whose well-worn Levis serve as a reminder that their (continued on page 92)

Photography by James B. Wood





THE HORS D'OEUVRES MEAL

Cookbook author Perla Meyers turns a European custom into an American meal-planning convenience.

Perla Meyers is on the road a lot these days, talking about her new book, "The Peasant Kitchen." But she never leaves home before making sure her husband, Robert, and 7-year-old son, Claude, will eat well in her absence. She plans ahead and creates meals such as the one shown. Ms. Meyers, who's also owner of New York's International Kitchen Cooking School, considers hors d'oeuvres an easy and

fairly low-cost way to feed her family. Her specialty meal is a nourishing collection of raw or cooked fresh vegetable salad dishes inspired by her Viennese origins. Each dish is bound by its own dressing—mayonnaise or vinaigrette. Make it simple or sumptuous. An hors d'oeuvres meal is a natural, inventive way to use leftover vegetables and meats. Below, Ms. Meyers tells how to do it and includes some of her favorite recipes.



FOR STARTERS

"Do all your chopping at once—for every dish you're making," Ms. Meyers urges. Here she uses the rocking mincer called "mezzaluna" in Italian and "hachoir" in French, quickly turning out all the minced parsley the meal requires by rocking the curved blade from side to side on the chopping board. "In setting up an hors d'oeuvres table, duplicate your ingredients. The more repetition, the less your meal will cost you."

SAUSAGE CHOICES

"Sausages are marvelously versatile as the basics of an hors d'oeuvres meal. Use frankfurters, knockwurst, smoked links, any of the cooked sausages," Ms. Meyers suggests. She assembles Viennese Sausage Salad, popular in Austria and Hungary, where it's served as a staple of the appetizer table. It's delicious—and economical.



VEGETABLE VERITIES

Choosing dishes for an hors d'oeuvres table is a question of balance and taste. Rely on nature's seasonal output for the freshest of ingredients—the vegetables you choose can never be wrong. Look to a market that takes pride in its produce for inspiration in creating this meal. Ms. Meyers opted for green beans—the small, crisp ones snap easily when bent. They're relatively inexpensive and available year-round, being most plentiful in the coming months.

MAYONNAISE LORE

Mayonnaise not only binds a salad, but makes a great dip when flavored. Ms. Meyers' tuna dip goes with raw vegetables or tops hard-boiled eggs. "Don't use mayonnaise to 'stretch,'" she says. "You'll dilute the salad and change its flavor."



TUNA DIP À LA VENEZIANA

2 eggs; 1 tsp white wine vinegar; 1 tsp Dijon mustard; dash of salt; $\frac{3}{4}$ to 1 C corn oil; 1 can (7 $\frac{1}{2}$ oz) tuna, drained; juice of 1 lemon; 1 clove garlic, pressed; $\frac{1}{2}$ small onion, chopped; salt and pepper

In food processor or blender container, put eggs, vinegar, mustard, salt. Blend 30 seconds on high speed, then add oil by drops. As mayonnaise begins to thicken, reduce speed; add remaining oil by droplets. Add remaining ingredients. Blend until smooth. Pour into serving bowl. Chill. Before serving, correct seasoning.



DISTINCTIVE DRESSING

Use 1 part vinegar to 3 parts oil for a mild vinaigrette dressing—more vinegar with zesty chicory and endive. In jar, shake 2 Tbs wine vinegar, 6 Tbs olive oil, 1 Tbs Dijon mustard, 1 clove garlic, pressed. Season with salt and pepper.

GREEN BEAN AND RADISH SALAD

1 lb fresh green beans; 2 C sliced radishes; $\frac{1}{2}$ C chopped scallions; $\frac{1}{2}$ C chopped parsley; 3 Tbs vinegar; 1 tsp Dijon mustard; 6 Tbs oil; 1 tsp sugar; 2 Tbs minced fresh dill; salt; pepper; $\frac{1}{4}$ C chopped walnuts; fresh dill sprigs

Snap off tips of beans. Drop beans, a few at a time, into salted boiling water. Cook 10 minutes or until tender but still slightly crisp. Drain beans; immediately run them under cold water to stop further cooking. Cool. In bowl put beans, radishes, scallions, parsley. In jar shake vinegar, mustard, oil, sugar, dill; pinch of salt and pepper. Pour dressing over beans; toss. Chill 2 to 4 hours. Before serving, sprinkle with walnuts. Garnish with dill.

VIENNESE SAUSAGE SALAD

4 knockwurst or 4 to 6 frankfurters, sliced; 1 small red onion, sliced; 1 Tbs capers; 2 Tbs chopped pimiento; 1 small green pepper, seeded, diced; 1 small dill pickle, sliced; 1 pint cherry tomatoes, halved; salt; pepper; Vinaigrette Dressing (recipe top, right) 2 Tbs minced parsley

In bowl put sausages, onion, capers, pimiento, green pepper, pickle and tomatoes. Season with salt and pepper. Add dressing. Toss lightly. Chill 2 to 4 hours. Just before serving, correct seasoning to taste. Sprinkle with parsley. Serve sausage salad cool but not cold.

PERLA MEYERS' TABLE

The meal at right will serve 4 to 6.

Tuna Dip à la Veneziana

Raw Vegetable Sausage Basket

Green Bean and Radish Salad

Dish of Olives

Bowl of Hard-Boiled Eggs

Viennese Sausage Salad

Fresh Breads Crock of Butter

Light Red Wine

Pineapple in Kirsch Cream (not shown)





LAMB

SUCCULENT EATING ANYTIME

For many in this nation of beef-eaters, lamb may seem a big departure. It's all a matter of choice. "To some," says the Chinese philosopher Lin Yutang, "eating is an adventure, a perpetual discovery of new flavors, unknown delights; to others it is merely a drab necessity of stifling hunger with any solids and fluids." We consider lamb "an adventure." Once a seasonal meat, available mainly in spring for Easter, it's now a year-round way to add flair to daily fare. Meat from high-quality young lamb is pink, fine-textured and lean. Cook only until pinkish inside—and juicy.

The magnificent roast lamb at left was created by Franco Benatti, who loves to cook, travel and discover "unknown delights." The secret to this unique dish is in studding the roast with anchovy halves and slivers of garlic then rubbing with rosemary. For easier carving, it's best to bone the lamb. Have your butcher do it, or try to master the job yourself. Once you've done it, you'll find it's not difficult. Green beans Parmesan and broiled tomatoes are delicious accompaniments, along with a light red wine.

CONTINENTAL BONED LEG OF LAMB

- 1 leg of lamb, boned, rolled and tied (about 4 to 5 pounds)**
 - 3 or 4 cloves of garlic, peeled and slivered**
 - 1 can (2 ounces) flat anchovy fillets, drained and halved crosswise**
 - 1½ teaspoons dried rosemary**
 - ½ teaspoon pepper**
- Heat oven to 325°. With small knife at 1-inch intervals, make cuts 2 inches deep all around boned lamb. With finger, push slivers of garlic and anchovy halves alternately into incisions. Rub rosemary and pepper into outside of lamb well.
 - Place lamb on rack in shallow baking pan or in ovenproof ceramic dish. If using meat thermometer, insert into thickest part of muscle, being careful bulb does not rest in fat. Roast 1½ to 2 hours or until internal temperature registers 150° to 160° (medium to well done).
 - Remove lamb from oven and let rest 15 minutes. Skim fat off pan juices; discard. Slice lamb and serve with juices. Taste. Some salt may be needed, depending on the salt level of the anchovies you've used. Makes 6 servings.

Bathroom Ideas



EXCLUSIVE BOOK OFFER

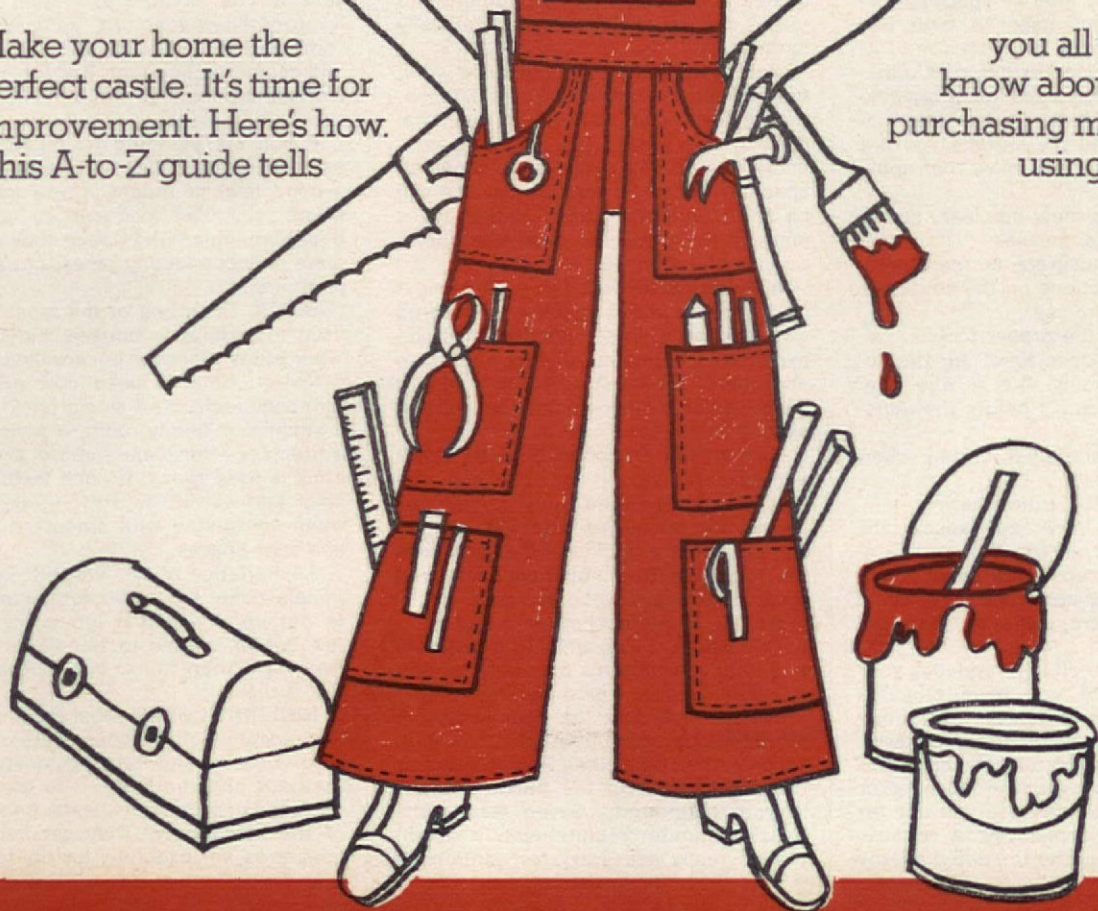
Want to turn that large closet into a powder room? Remodel your main bathroom? Or just add improvements? In "Bathroom Ideas," you'll find 112 pages of diagrams and imaginative ideas from leading designers plus more than 150 photos, many in color. This new book adds up to a complete guide to creating the perfect bathroom tailored to meet your family's needs. Price of the book—\$4.95. To order, see coupon on page 98.

HOME IMPROVEMENT



Make your home the perfect castle. It's time for improvement. Here's how. This A-to-Z guide tells

you all you need to know about planning, purchasing materials and using basic tools.





HOME IMPROVEMENT

There's enjoyment and fun in making home improvements—plus a money-saving potential. Whether you are planning a simple paint-and-wallpaper change, the addition of a room or the remodeling of a kitchen, doing some or all of the work yourself can be as rewarding as the improvement itself.

This new, up-to-date Guide to Home Improvement from A to Z covers technical terms, materials, installations, tools and tips on getting the most home improvement for your money.

ACOUSTICAL TILE. This is a tile designed for ceilings; it is made of a special porous material that absorbs sound. Acoustical tile is available in a tongue-and-groove construction that can give it a smooth, one-piece look, and it comes in many colors and patterns. Some designs are vinyl-coated for easy cleaning. Some surfaces can be repainted. (Keep in mind that not all ceiling tile is "acoustical.")

Putting up ceiling tiles under an existing ceiling is a practical do-it-yourself project—they may be installed easily with a stapling gun. It is an inexpensive way to have a clean ceiling and at the same time reduce the clatter and racket in your kitchen, family room or children's playroom. You can install acoustical tile anywhere except where music is played—it dulls music noticeably.

ADHESIVE. Any glue or specially formulated substance used to bind two surfaces together is an adhesive. Different materials require different adhesives. The one you need for a specific job will depend both on the material you are using and the surface you are covering. Some general rules that apply to all adhesives:

1. All surfaces must be clean, sound and free from oil or grease.
2. Apply at moderate temperatures.
3. Follow directions on the container as to the amount to use.
4. Apply with the proper tools.
5. Know the "open time" for the adhesive you are using, that is, the time you have for assembly before the adhesive hardens.
6. Keep the container closed when you are not using it.
7. Keep adhesive from freezing.

APPLIANCES. New appliances are being introduced all the time, and improvements are constantly being made in standard major appliances that make them more efficient, easier to clean and more attractive.

Consider ranges. If in remodeling your kitchen, you find you have only 30 inches of width for a range, you can buy one with two ovens, upper and lower, that requires no manual cleaning and with easy-to-clean, built-in burners or surface units. Perhaps you will opt for built-in cooking appliances: a cooktop set flush in the counter top and a nearby

wall oven built in at a convenient height. And you should at least consider the newest types of cooking appliances—smooth-surfaced, glass ceramic cooktops and microwave ovens.

Refrigerators also have been improved in the last 10 years. Most now are refrigerator-freezer combinations, designed to hold large amounts of both refrigerated and frozen foods at optimum storage temperatures.

The most recent improvements have been those to conserve the amount of electricity the refrigerator or freezer uses. Labels indicating the average electrical energy consumed by a particular model are now being included, so you can comparison-shop.

Dishwashers are being designed with energy savings in mind. On many models you can eliminate the automatic, heated drying cycle (unless you are in a hurry) and let the dishes dry naturally in the air.

Before you start any remodeling work, make a plan of your present kitchen, noting the exact position of electrical outlets, gas pipes and plumbing connections and the exact dimensions of space available for appliances. You will be able to see at a glance what changes you can make without extensive alterations in plumbing and wiring.

ASPHALT SHINGLE. The roofs of most of the homes in this country are covered with asphalt shingle. It's the most inexpensive of quality roofing materials and one of the most durable. In fact, a heavyweight asphalt-shingle roof will last as long as 25 years.

Asphalt shingle comes in many colors and several styles. If your roof can support the weight—and your pocketbook afford the price—you can get asphalt shingle of extra thickness that produces the same pattern of deep shadows created by heavy wood shingles.

ATTIC. An unfinished attic can be a perfect space to convert into a bedroom and bath, a children's playroom, a family room, a study or a sewing room—provided, first, that the floor joists are strong enough to support the load and, second, that the ceiling height satisfies the requirement of the building codes in your community. Seven feet is the usual minimum requirement, a height that is really necessary for comfort. If

the floor has to be strengthened or the roof raised, the cost of finishing an attic may go up as much as 25 percent.

Because attics usually become quite hot in the summer and very cold in the winter, thick insulation in the walls and ceiling is essential. Insulation is not expensive, so there's no reason to skimp. But plumbing is expensive. If you plan a bathroom, locate it above a bathroom on the story below so that it can be connected into existing plumbing. The saving is considerable. And you can save money on heating by letting the heat from the floor below rise into the attic through floor vents.

BASEMENT. Like the attic, the basement in many houses seems a perfect space to turn into a family room or additional living quarters. The walls are already there. A ceiling and floor are there, too.

Many unimproved basements are dark, low and wet. There are ways of making them light and dry, however, and of increasing room height. Dampness is probably the most serious problem, but it generally can be overcome in several ways. First, damp concrete walls must be covered properly. There should be a layer of gypsum board, thick insulation and a 1-inch air space between the concrete and the inside wall.

BATHROOM. These days, there are dozens of things you can do yourself to remodel or modernize a bathroom. You can put down a new floor or re-cover the walls. Ceramic tile, vinyl wall covering or plastic laminate are the standard bathroom wall-surfacing materials.

The introduction in recent years of one-piece assemblies now makes it possible for the layman to install even a lavatory, shower or tub. Some lavatory combinations include vanity top, bowl and cabinet in one unit. Shower and tub also are available as one unit, with their surrounding walls.

If you are planning to install a new bathroom, remember that you can save a good deal of money if you locate it where you can connect to existing plumbing lines. Find space that will require only connecting pipes, not all-new plumbing.

BRICK. Once one of the most widely used materials for houses, the cost of labor today makes a brick-walled house a luxury. Brick is used now primarily for special effects. A single brick wall in a kitchen or family room, a patio floor, a fireplace—these are some of the ways brick is used today. Its rich texture and color add warmth to a room, especially when contrasted with smooth surfaces and open spaces.

An imitation-brick "vener" on wall panels makes it possible for the amateur to put up a wall that looks like brick. It's lighter, easier to handle and less expensive than brick, but it resembles the real thing.

BUILDING CODES. Most communities have local building codes—sets of regulations controlling housing-construction methods and materials. The codes are designed to protect the health and safety of the community. They set minimum standards, for example, for the installa-

continued

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tion of wiring and plumbing. They specify how close to a property line you may build, minimum room height, window area per room, and so on. Be sure that the changes you are planning to make in your house conform to local building codes before any work is begun.

CAULKING. Caulking compound is a synthetic, flexible material applied in thin ribbons to seal openings or cracks where air and moisture can leak. Caulking is used inside the house in bathrooms and kitchens. It comes in handy plastic tubes and in many colors. You can apply it around tubs, sinks, showers, loose tile, counter tops and in floor and wall cracks.

One type of caulking recommended for exterior use is a latex compound. It is used around windows between the frame and siding; around door openings between the wood or metal door frame and the masonry or siding material; around air conditioners and exhaust fans in windows; around chimneys and cellar doors—wherever cracks and

seams let unwanted air or moisture in. **CEILING.** The easiest way to redo a ceiling is to cover it with tile. Ceiling tile is designed with tongue-and-groove construction, which can give the ceiling a smooth, one-piece look. Tile comes in a wide range of finishes and designs. You can have a plain painted ceiling, an embossed-pattern ceiling, a plank ceiling. With acoustical tile you can make it washable.

Most manufacturers of ceiling tile offer excellent booklets for do-it-yourselfers. They tell you how much tile you will need and the type of installation that solves particular problems, and include instructions on installation.

CERAMIC TILE. One of the best materials for bathroom floors, walls and counters, ceramic tile is truly water-resistant and easy to clean.

It is not expensive, but the cost of professional installation can be. Today you can install it yourself with a little patience and some skill with tools. Ceramic tile for floors and walls now comes in sheets pregrouted with silicone rubber and is waterproof, stain-resistant, non-mildewing, noncracking and flexible, so you can handle it easily. The tile can be installed over old tile, gypsum board, fiber glass, wood paneling, brick, concrete, plywood or vinyl—but not over wallpaper.

Ceramic tile is available in many colors and shapes, glazed and unglazed. Glazed tile resists dirt and marks more effectively than unglazed, but it should not be cleaned with abrasives.

CONCRETE. A mixture of cement, sand and gravel, concrete is used for

post bases, steps, walks—wherever a strong material is needed. You can buy it premixed—simply add water. If you need a large quantity—for a patio floor, for example—you can order it already mixed. (Be prepared to pour it as soon as it is delivered; concrete sets rapidly.)

For small patching jobs, such as sealing cracks in a concrete foundation, you can buy concrete in a tube. The tube is inserted in a simple gun device that ejects the concrete in thin strips.

Concrete floors and concrete basement walls can be painted with special latex enamel paints. Be sure the surface is clean; if very slick, roughen it.

CONTRACTOR. If you decide not to do a remodeling job yourself, you probably will hire a contractor—a person or company that assumes responsibility for building or remodeling, orders the materials and organizes the work schedule.

Before you choose your contractor, you should get two or three bids on what the job will cost you. If all the bids are too high for your budget, eliminate certain items in your plan that may not be absolutely essential. Or ask the contractor what changes he can suggest to bring the price down.

Occasionally, homeowners act as their own contractors. They order the materials themselves and hire the workers—electricians, plumbers, masons, whatever specialists the job requires.

DECK. A simple outdoor plank floor, without roof or walls, a deck usually is raised above the ground and supported by a framework or pilings that may be exposed or concealed. A handrail is a good idea if the deck is raised more than 1 or 2 feet above the ground. The most popular wood for a plank floor and rail is redwood, because it is resistant to weather. (Periodic treatment with wood preservative is still a good idea.)

DRILL. Quite simply, a drill is a tool for making holes in all kinds of materials. A hand-operated drill can do little more than that, and in tough materials it takes considerable muscle to use. An electric drill is much more versatile than its name suggests.

With attachments, many electric drills can do much more than make holes. Attachments include sanding disks, a sandstone for sharpening blades, buffing and polishing wheels, and even a jigsaw or small circular-saw blade. If you can afford only one power tool, it should be an electric drill. The most useful for do-it-yourself jobs is a 1/4-inch drill. You can get a good one for around \$10.

ENERGY. In an existing house, the more you do to make it weatherproof, the more money you save on energy. The single most effective thing is to insulate your attic and crawl space. Insulation is relatively inexpensive, but it can make a difference in fuel bills. Two other inexpensive materials, caulking and weather-stripping, can do wonders.

Caulk all the cracks and small openings you can find—around doors and windows, in the foundation, around pipes in the basement. Weather-strip all doors and windows. You will feel the difference at once. Drafts, which are uncomfortable as well as costly, will be

continued



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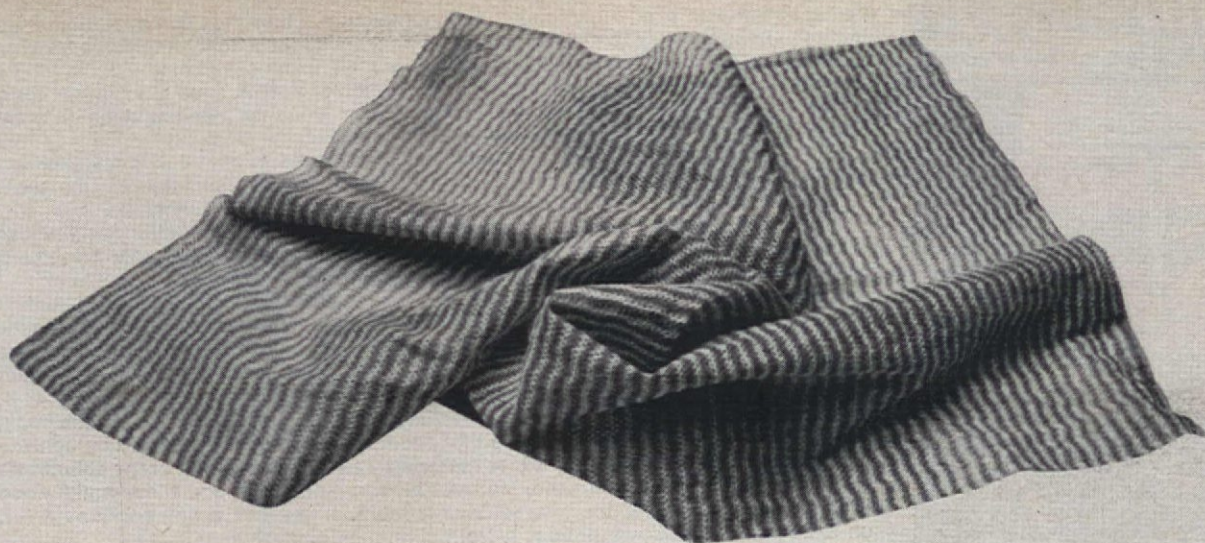
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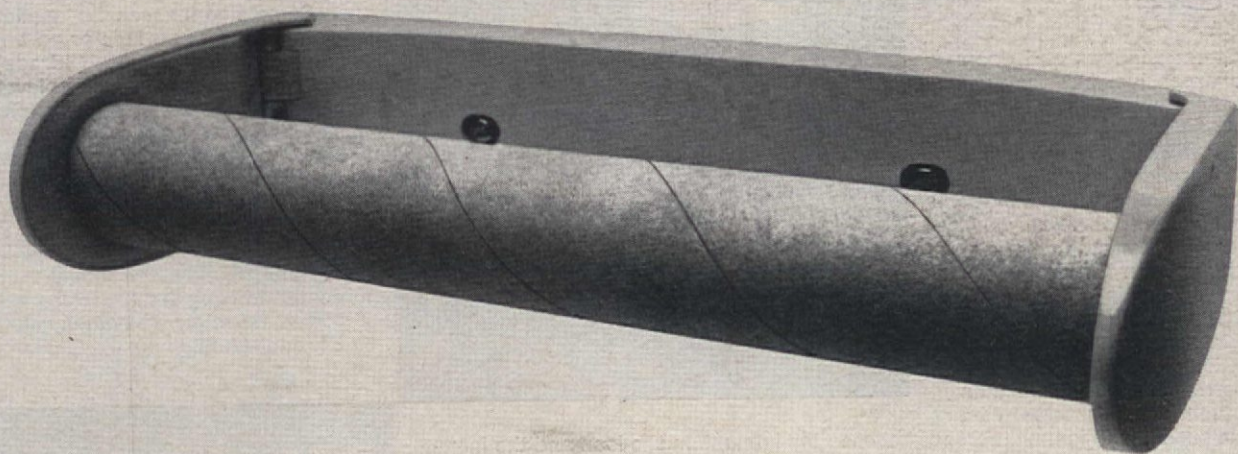
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gone. Storm windows and doors can be expensive, but they will pay for themselves in a few years.

FINANCING. In estimating the cost of remodeling, you have to consider not only what the job itself will cost but also how much it will cost to borrow the money to pay for it. Even if you use your savings, you are in effect paying for the use of your money by losing the interest your savings earn for you. Experts say that it is better to borrow against savings than to use them up. The actual cost to you of such a loan is the difference between the interest on the loan and the interest your savings continue to earn. It will cost you less than a home-improvement loan.

Home-improvement loans are available from savings banks, savings-and-loan associations and commercial banks. Not all banks have equal amounts of money available for loans at the same time, and interest rates do vary, so it is a wise idea to investigate the cost of a loan from several banking sources. At the same time you can find out if you are eligible for an FHA (Federal Housing Authority) loan, which carries a lower interest rate than many banks charge. Whatever interest charges you are quoted, make sure you understand the "APR"—the annual percentage rate. That's what the loan really costs.

FIREPLACE. Fireplaces have become very popular in the last few years, possibly because many people assume they are a good way to save on fuel bills. But are they? A fireplace uses air to burn wood, and the air it uses in our modern, centrally heated homes is the very air we have spent money to heat. It takes that warm air and sends it up the chimney!

A traditional, built-in fireplace can cost you several thousand dollars. That's for the concrete foundation, the brickwork, masonry, chimney flue, and so on. You can buy a freestanding fireplace that burns wood or gas for about \$500. Also available are fireplace kits—standard brick or brick-faced fireplaces that can be installed easily and safely.

FLOORING. There are a number of materials used for flooring in the modern home, including vinyl and vinyl-asbestos tile, asphalt tile, sheet vinyl, cork, ceramic tile and wood.

Vinyl and vinyl-asbestos tile and asphalt tile make durable and serviceable floors.

Asphalt tile tends to be brittle, and susceptible to stains, scuffs and dents, but it has one very good feature—excellent moisture resistance. Asphalt tile over a basement cement floor won't rot if exposed to heavy moisture. Floor tiles come in 9- and 12-inch squares, many with self-adhesive backing. (Nine-inch floor tiles are becoming hard to find. Most new tiles are 12-inch squares.)

Ceramic tile, once used exclusively in bathrooms, now is used also in kitchens, hallways, family rooms—all over the house. It can easily be washed clean—a great advantage where floors are continually being tracked up.

The disadvantage of ceramic tile is its cold, hard surface. That's why many people prefer to use sheet vinyl. It's one of the best all-around resilient flooring materials—durable, easy to maintain and attractive, and in some styles, cushioned.

Some sheet vinyl available today is so flexible and easy to handle that you can cut it and lay it in a few hours. Over wood subfloors you simply staple the edges. Over concrete floors, cement it down along the edges.

Cork is attractive because of its warm color and interesting texture. Though it wears well, it has poor resistance to soiling. Some cork is available with a plastic finish to make it more soil-resistant. Rubber tile offers a wide selection of colors and good resistance to grease. It's quiet to walk on, but its main disadvantage is that it does show scuff marks and scars.

Among the natural hard-surface materials, wood still remains one of the most popular for floors. Whether the style of a room is formal or informal, wood contributes a warmth and beauty few other materials can match. The different colors and grains and the construction used—parquet blocks, planks or wood tiles—make wood versatile in establishing the character of a room. If you put a polyurethane finish on a wood floor, you will protect it from scratches and stains.

As a general rule, the cost of resilient flooring depends on the amount of vinyl in the material, on the condition of the subfloor and on whether you are paying for installation or doing it yourself.

The subfloor—that is, the floor you are covering—must be smooth, even, clean and dry, no matter what resilient flooring you are putting down. If it is not, you may have to make a new subfloor with a layer of plywood or hardboard (increasing the expense).

Some flooring can be applied on any type of surface or on any grade; others cannot. ("Grade" indicates relation to ground level; "below grade," for example, means below ground level, as a basement floor.) For use of materials, check with your Home Center or see the manufacturer's instructions.

HEATING. The commonly used central heating systems today are forced warm air, hot water, electric and steam.

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Electric heat, the most recent development in heating, has certain advantages: The cost of installation is low; the system is neat—no large pipes, furnaces or boilers; the heat is clean, uniform and comfortable. However, the cost of operating an electric heating system can be expensive, especially for a home that is not well insulated.

In most parts of the country, homes are heated by warm air or hot water. A warm-air system requires a furnace to heat the air, a blower to push the air under pressure and ducts to direct the air to the rooms of the house. A warm-air system heats the house rapidly, the heat is clean because the air passes through a filter in the furnace. An important point to remember is that the same ducts that carry warm air can be used to carry cool air in a central air-conditioning system.

Some things to check when you buy a new furnace: Does it carry a 10-year guarantee? A good furnace does. A good furnace will also have a belt-driven air blower. Look to see for yourself that it does. If the furnace is gas-burning, it should have the approval seal of the American Gas Association (AGA). If oil-fired, it should have the UL (Underwriters Laboratories) seal.

The problems and the expense of a duct system are eliminated entirely in hot-water and steam heating. In these systems water is heated in a boiler and hot water or steam is sent through pipes to radiators in each room. Today, radiators are of the concealed, baseboard type.

A cast-iron boiler and radiators give longer service than steel, aluminum or copper. Boiler and radiators should carry the seal of the Institute of Boiler and Radiator Manufacturers (IBR), and either the AGA or UL seal.

INSULATION. A house that is well insulated with a material that creates a barrier to the passage of heat—preventing heat from getting out of the house during the winter and into the house during the summer—has insulation in the walls, under the floors and in the attic.

Over 40 percent of the heat lost in the winter and gained in the summer can be traced to uninsulated attics. And attic insulation is an easy do-it-yourself project. The insulation material generally used is fiber-glass batts and blankets. They are inexpensive, fire-resistant and packaged for easy handling and installation. Attic insulation should be at least 6 inches thick and have an "R19 value" (R indicates thermal resistance). You can buy insulation at lumberyards and Home Centers.

To prevent damp and cold from getting into the lower floor of your house, you should insulate an unheated crawl space—if you have one—under the floors. Here

insulation should be 3½ inches thick and of R11 value. Attic and crawl space should be ventilated to prevent rot.

JOIST. Any of the horizontal beams set parallel from wall to wall to support the boards of a floor or ceiling.

KITCHEN. More money is spent today remodeling kitchens than on any other room. Remodeling can mean simply redecorating: fresh paint or panels on the walls, a new floor covering, good lighting. Or you can go a little further and reposition appliances and cabinets to make better use of space. Or you can junk the old kitchen and create a completely new one. A radical renovation can cost up to \$10,000.

Whatever its character, there are certain principles that apply to every kitchen. The work area should be at least 10 feet by 8 feet for the triangle shape, which is considered the most efficient arrangement of appliances. The refrigerator, sink and range form the corners of a triangle and are connected to one another by counters.

Counter tops should be covered with materials that are practical for different uses and areas: tile or stainless steel, which is heat-resistant, near the range; plastic laminate or vinyl, which is water-resistant, around the sink; wood for chopping foods and other preparation. There should be special lighting at the range and sink as well as above the work counters, and an exhaust fan above the range.

The most beautiful kitchen is a failure if the storage space is inadequate. Ready-made cabinets are available in many sizes, and are much cheaper than custom-made cabinets. If you buy ready-mades, be sure the drawers slide easily and the doors swing freely. Look for the National Kitchen Cabinet Association seal before you buy.

LIGHTING. Lighting has two purposes; one is functional, the other decorative. Every room, including the kitchen, should have attractive general lighting—bright enough to avoid a gloomy effect and in a tone, either warm or cool, that shows colors and furnishings to their best advantage.

The different uses to which a room is put will determine the kind of functional lighting needed. In the kitchen, counters and other work areas should be lighted with bright, glare-free lights. Bathroom mirrors and vanities should also be brightly lighted. If a bedroom includes a study or a sewing area, the lighting should define the area.

An addition to the house may require more outdoor lighting—at entrances, walkways and steps. This should be designed to make the addition look like an integral part of the house. And like all outdoor lighting, it should be warm, inviting and sufficiently bright for safety. Be sure the fixtures you

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MOLDING. This is a strip of material that conceals the meeting of different structural elements—floors and walls, walls and ceilings, doors and walls, windows and walls. Pine millwork molding, which can be painted or stained, is standard for floor, door and window molding. Prefinished wood molding also is available. Vinyl baseboard molding is a little more expensive, but it never has to be repainted or restained. It comes in many colors, wood tones and simulated wood grains. Consider vinyl for children's rooms, playrooms, dens—wherever floors get kicked or scratched by people, pets, vacuum cleaners.

MONEY. Home improvements, whether extensive or modest, do cost money, but there are ways of keeping costs down without cutting corners. Most remodeling is done from spring through fall. During the winter, labor and materials are cheaper; if your remodeling is primarily an interior job, winter's the time to have it done.

Use your ingenuity to convert existing space rather than adding new space. Remove walls, add windows, reposition appliances. Such changes are inexpensive, compared to putting up new walls and a roof.

PAINT. Because paint used to be available in only one form—oil-base paint—house painting, both interior and exterior, was a difficult job. Latex paint, which has a water base, has changed all that. It is easy to apply; it dries quickly; it covers well with one coat. Above all, it can be cleaned off brushes, hands, floors and windowpanes with soap and water.

Both oil-base and latex paints come in three finishes—gloss or enamel, semigloss and flat. A gloss finish is shiny, but it is the easiest to wash clean and is very durable. Baseboards, window sills, doors, cabinets and children's furniture are often given a gloss finish. Semigloss paint has some of the properties of gloss without as much of the shine. A flat finish has no shine or glare, but it does show dirt quickly. And the dirt may be difficult to remove without leaving a stain.

PAINTING. Before you start any painting, be sure you spackle cracks, plaster holes and sand rough patches. The cleaner, smoother and drier the walls, woodwork and molding before you paint, the better job you can do—and you can do it more quickly and more easily.

Use a good-quality paint. (The differ-

ence in price between the best paint and others is insignificant.)

In addition to the paint, rollers, paint pans and brushes, you will need a step-ladder, dropcloths to protect floors and furniture, masking tape and rags.

For speed, use a roller on walls and ceilings, a brush at corners, along edges and on woodwork. Paint about a 3-inch band at corners and where walls and ceilings meet, at floor moldings and around doors and window frames; then go back to finish the flat ceiling and wall surfaces.

Painting the outside of a house yourself, though certainly possible, may involve more work and headaches than you bargained for. If the old paint is in good condition, you can apply a new coat of latex paint fairly easily. But if it is flaking or peeling, the old paint should be removed.

PLUMBING. The building codes in some communities require that all plumbing be installed by a licensed plumber. Other towns will permit homeowners to do the work themselves, but it must conform to the code. The stringency of control over plumbing is necessary for your own safety. Plumbing that does not have a good drainage and vent system is unhygienic.

Drainpipes, for example, must contain traps to prevent waste gases from entering the house. The traps do not work properly unless the drainpipes are the right shape and are installed in the right place at the right sloping angle. The venting system prevents the build-up of gas by allowing it to escape through a vent in the roof. Each fixture must be vented adequately, either individually or by being connected to a main vent.

Plumbing mistakes are costly. It's best to leave basic plumbing installation to a plumber.

RAFTERS. These are the sloped wooden roof joists that form the frame of a roof. The fashion these days is to leave the rafters exposed inside a house, or even in older houses to remove the ceiling and so expose them. The effect is rustic and informal, in keeping with today's tastes and style of living. It is essential, however, that rigid insulation be applied to the roof surface when rafters are left exposed to prevent excessive heat loss—and, in warmer weather, heat gain.

REMODELING. Anything from a fresh coat of paint to an addition that may be as large and expensive as the original house—that's remodeling.

Until a few years ago, when a family decided they needed more space they usually moved to a bigger house. Today, there are good reasons to enlarge and improve the old house instead of buying a new one. Mortgage loans can be hard to get and interest rates are high. But home-improvement loans are more easily available. Because of the slowing of new-housing construction, many contractors are eager to undertake small private jobs. And more and more high-quality, do-it-yourself building materials and tools are available.

This year, you can estimate that good construction with quality materials will

cost \$30 to \$35 a square foot. Prices have been going up about 10 percent a year, so if you wait until next year you undoubtedly will have to pay more.

ROOFING. Here are some things to look for when checking the condition of your roof. Are there missing or damaged shingles, loose or missing nails? Are the shingles beginning to blister or curl? Are there dark-gray or black patches where the granules have worn off? Are you finding granules in the rain gutters and spouts? Any of these conditions indicate that your roof needs replacing, or certainly will need it soon. If your roof is more than 15 years old, you should have a roofer inspect it.

Standard roofing materials are asphalt, slate, tile, wood, aluminum and in areas where fire is a constant threat fiber glass. The price of roofing materials varies greatly, but asphalt roofing is generally the least expensive.

The weight of the shingle you select and the color also affect the price. The heavier the shingle, the more expensive it is, but the longer it will last.

The choice of color is not simply a matter of taste. Light colors reflect heat which is important in hot climates. They also make a house appear higher and bigger. But keep in mind that off-beat colors can raise the price of asphalt shingle by about 50 percent.

Different types of installation affect cost. For example, continuous-strip installation requires less material than overlap installation, and is cheaper. But the greater the overlap, the greater the roof coverage and protection.

Whether you do the job yourself or hire a roofer, make sure the shingles used have a UL rating of at least Class C Fire Resistance and are UL-approved for wind resistance. Get it in writing from your roofer—plus, of course, price, completion date and guarantee of removal of waste materials.

SAW. A hand or power tool having a metal blade with a sharp-toothed edge, a saw is used for cutting wood, metal or other materials, and has various forms for each of its uses.

A crosscut handsaw about 2 feet long is the best for general household jobs. It cuts wood only. A hacksaw cuts metal. A keyhole saw is used in tight spots where there is not sufficient room to operate a crosscut saw.

There are several kinds of electric saws, both portable and nonportable. A portable hand saber saw, or jigsaw, has a straight blade that cuts with an up-and-down motion. It is a good saw to have around for general household use. With a variety of blades available, it can cut everything from wood and plywood to plastics and light metals, such as the aluminum rails for sliding doors. It can make inside cuts—holes in panels for switches and outlets—and is excellent for cutting curves in most materials, including hardboard. With a guide attachment it can make circles and short, straight cuts.

SIDING. Siding is the material that forms the sides of a house. The traditional materials—wood, brick, stucco—are not used as widely as they once were

because the cost of labor, the shipping costs and the costs of the materials themselves have gone up steeply in the last few years.

For contemporary houses, popular sidings are plywood, hardboard, mineral, aluminum and vinyl. Plywood panels are the least expensive. They are strong and durable and can be put up quickly, but require periodic repainting. So does most hardboard (there is an impregnated hardboard that comes in colors), which is a little more expensive than plywood but offers certain advantages. It is resistant to dents and bangs, it has good insulation properties and is available in textures that simulate a more expensive wood. Mineral siding comes in a variety of permanent colors and textures, is fireproof and will not need periodic painting.

Aluminum and vinyl siding offer a good combination of strength, long wear and easy maintenance. If they are of good quality, they will not peel, flake, blister, rot or scratch like wood. They are impervious to termites and mildew. They don't require repainting. And they are good insulators—even against noise.

Both aluminum and vinyl siding come in a wide range of colors and styles, in smooth finishes and imitation wood grains, in vertical and horizontal panels. Trim for windows and doors also is available in both materials, making the outside of a house almost completely maintenance-free.

SKYLIGHT. A skylight is simply a window set into the roof instead of into a

wall. The dome, or bubble, shape is most practical because it enables the rain to wash it clean of leaves and other debris that would cling to a flat surface. Though most skylights are plastic today, they are insulated as effectively as glass by the use of two pieces of plastic, which form an air barrier against the passage of heat.

Skylights can make a room as hot as a greenhouse unless the size and location are properly planned. As a general rule, skylights should not have a southern or eastern exposure. And they should not be too large, unless they are provided with inside shades to control the amount of light.

STAIN. A thin, pigmented liquid, stain is easily absorbed by porous materials such as wood. Because the graining in wood affects its density, certain parts of the surface absorb stain more rapidly than others. This difference accentuates the grain of the wood.

Stain itself is easy to apply. On unfinished furniture it is rubbed on with a clean cloth. Staining becomes a major job only if the piece of furniture must be stripped of its old finish.

STORAGE. No matter how big a house is, there never seems to be enough room to store things. Yet storage is really much more a matter of organization than of space. When you do any remodeling, decide also to make a storage plan. First, divide the space you know you will have into "dead" storage space and "live" storage space. "Dead space" is for things rarely used; "live space"

for things that are currently in use.

Plan for storage in advance if you are remodeling, adding new rooms or simply redecorating. Built-in shelves and cabinets should be designed to suit the function of the room and your needs.

The special carpentry required for built-ins can be very costly. So look into the many freestanding modular units available today. They lock together rigidly; they look built-in and can be separated easily and rearranged for another room or house.

STORM WINDOWS. A storm window creates an air space between two sheets of glass and acts as a barrier to the passage of heat. If you have double- or triple-glazed windows, the air space is built in and you don't need separate storm windows. If your windows have single-pane glass, it's wise to invest in storm windows for all the windows in your house. They will help lower fuel bills and will help eliminate drafts and air leaks.

One of the best but most expensive kinds is a permanently installed combination sash that can be changed easily from glass to screen. There are many grades of storm windows, and the price reflects the quality. Your local Home Center has a wide selection.

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STUDS. Studs are upright pieces of lumber (usually 2-by-4's; sometimes 2-by-3's) that form the framework of a wall and support the wall material—the lath, plaster, gypsum board, panels or other material that forms the inside wall.

THERMOSTAT. A device that automatically responds to temperature changes, a thermostat helps to maintain an even heat in a house by turning a heating unit on when temperature drops and turning it off when a preset temperature has been reached.

Whether you are remodeling existing rooms or adding a new space to your house, it's a good idea, where possible, to install a thermostat to control the heat in the new area. There's no reason for the whole house to receive equal amounts of heat. If you divide your house into heating "zones," you get better control over the amount of fuel you use. Bedrooms can be kept cooler during the day than the living room and kitchen, and vice versa during the night.

TILES. Square, oblong, vinyl ceramic, floor or ceiling—whatever the shape, whatever the material, whatever the use, tiles have revolutionized do-it-yourself projects. Tiles are small and easy to install on floors, walls, ceilings and counters. They are available in many materials: wood, vinyl, vinyl asbestos, rubber, cork, carpeting, ceramic, brick, stone, and so on. Each material has different characteristics of wear and ease of upkeep. Each requires a special adhesive. Many are available with a self-sticking backing.

TONGUE AND GROOVE. A joining of two pieces (wood, tile, etc.) made by fitting the "tongue" on the edge of one piece into a matching groove on another piece. Plank floors and ceilings that are going to be left bare should be constructed with tongue-and-groove joints.

Many kinds of tile for floors and ceilings are designed for tongue-and-groove installation. Not only do they make the job easier; they assure a more professional-looking result.

TRIM. The detail that establishes and enhances the period or style of a house is its nonstructural, purely decorative trim. Exterior trim on a house includes the framing or edging around windows, doors and other features on the façade. Interior trim includes baseboards, picture moldings, chair rails, cornices, mantels, door frames and window frames.

UL. Underwriters Laboratories is an independent, nonprofit laboratory that tests materials for safety. You are probably familiar with the UL seal or tag on electrical equipment and parts—everything from appliance cords to lamp parts

—but Underwriters Laboratories also test any materials whose use may involve a safety hazard.

UTILITY ROOM. There was a time when the utility or laundry room was generally in the basement. Today, it is found more and more often upstairs—not only because it is more pleasant to work there but also because it is more convenient. You can do your cooking, keep an eye on the children, answer the telephone and do the laundry if the washer and dryer are close at hand.

If you don't have the space for a separate utility room, perhaps you can convert a closet into a laundry area.

WALLS. The standard material for interior wall construction used to be plaster. It made a solid and handsome wall. But today in most new construction, gypsum board has replaced plaster. Gypsum board is cheaper, and $\frac{3}{8}$ -inch-, $\frac{1}{2}$ -inch- or $\frac{5}{8}$ -inch-thick sheets make a sturdy wall. The flat, smooth surface of gypsum board sheets can be painted, paneled or covered with wallpaper.

WALL PANELS. Painted walls must be repainted regularly. Some wallpaper shows dirt and stains. The answer to these problems is wall panels.

The least expensive wood panels are simulated wood-grain plywood. They successfully imitate the look of wood, but most lack the depth, weight and warmth of the real thing. Veneered plywood is a good compromise between simulated plywood and solid hardwood. You get the effect of genuine wood at a moderate price. Hardwood panels create a warm, luxurious room.

Plastic-laminate wall panels also are available. They can be used in kitchens, bathrooms and children's rooms—wherever walls must be washed frequently.

Putting up wall panels has become one of the more popular do-it-yourself projects. Installation has been made especially easy with the introduction of precut, prefinished panels. Buy as many as you need to panel an area and nail, staple or glue them up.

WATER HEATER. A good-quality water heater costs only slightly more than an average one; it will last years longer and give much better service. The size you should get depends on your family's needs, but it's better to have more capacity than just enough.

The important point in size is "recovery rate"—that is, how fast the hot water you use up is replaced. A small tank with a high recovery rate is better than a large tank. What you want to know from your dealer is how much hot water the heater can supply per hour.

WEATHER-STRIPPING. Using narrow strips of material to seal the joints around windows and doors is an effective way to eliminate drafts and air leaks, even if you have storm windows. There are many kinds of weather-stripping, most of them inexpensive. Some have an adhesive backing; other types, like wood strips with vinyl-sponge edging, can be stapled or tacked up. Metal weather-stripping, while more expensive, is durable. Some kinds are designed to be used on wood, others on metal. Some weather-stripping must be re-

placed every few years. All kinds of weather-stripping are stocked at Home Centers.

WINDOWS. When you are remodeling or adding new space to your house, try to position windows so that you get lots of sun during winter and as little as possible during the summer. Naturally you want windows that are consistent in style with the style of your house. Consider also whether they can provide proper ventilation in your climate.

The double-hung, or sash, window which slides up and down, is the most popular kind for the traditional house. It is not practical, however, where windows must be left open for ventilation. There is no way to keep the rain out.

Sliding windows can be opened and closed with one hand, which makes them an excellent choice for hard-to-reach places. Positioned high in a wall, they provide good light and privacy, too.

Casement windows are English Tudor in style, but they have been adapted to a more modern style by being banked together to form one large window. A casement window swings out to open. It provides good ventilation but has some serious limitations. Storm windows and screens must be installed on the inside, making the window hard to clean, for example. Standard air-conditioning units cannot be installed in most casement windows without expensive adaptations. Also, the closure sometimes loses its airtightness over the years.

Jalousie and awning, or hopper, windows swing out on a horizontal axis. This slant helps to keep rain out while letting air in. The combination is ideal in warm, wet climates.

WIRING. If your house was built more than 15 years ago, and you since have bought an electric range, a dishwasher, an air conditioner, a clothes dryer, another TV set and an assortment of small appliances, you probably are overtaxing your wiring system.

New wiring for an existing house, though it can cost as much as \$1,000 or more, can be a practical home improvement—not only for your own comfort and safety but also because you can realize a full return on your money if you sell your house. Most people understand the value of adequate wiring and will pay more for a house that has it.

Wiring should be installed by a licensed electrician. Most building codes require it, and rightly so. Faulty wiring is a serious fire hazard.

ZONING ORDINANCES. Most communities have local regulations that control the nature of the building permitted. These regulations are called zoning ordinances. They distinguish commercial districts from residential districts. They specify minimum acreage and setback footage for residence and businesses—how close, for example, you can build an addition to a property line. They fix responsibility for repairs and elimination of conditions dangerous to members of the community. Wherever you live, it's incumbent on you to know the local regulations before you make any structural changes in your house. Compliance with local zoning ordinances is obligatory. □

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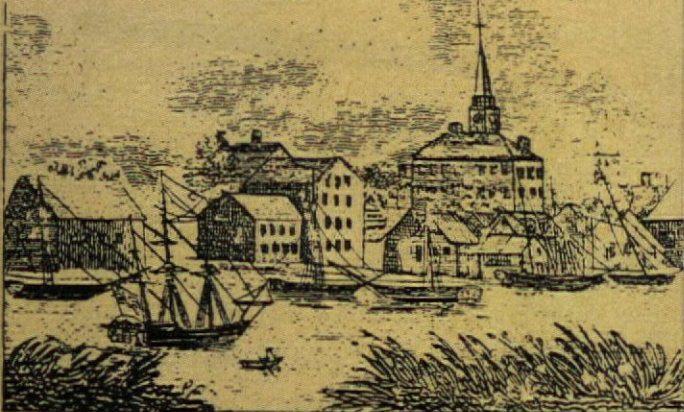
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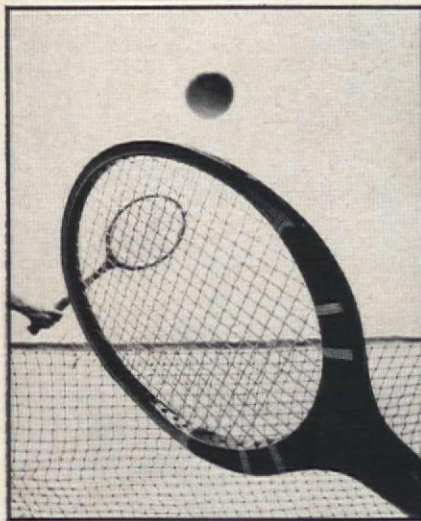
When tennis pro Ken Rosewall stays at John Gardiner's Tennis Ranch in Scottsdale, Ariz., he doesn't have to leave his house to play. Perched on top of the house is a regulation-size tennis court with a panoramic view of Paradise Valley.

While Rosewall's court may be the dream of every tennis player, backyard courts are being constructed at an unprecedented rate by homeowners today—5,000 new courts are built each year. More than just status symbols, they have become necessities to avid players who now find courts at private clubs or municipal centers overloaded. According to a Nielsen survey done for the U.S. Tennis Association, the number of players more than tripled in four years—from 10,685,000 in 1970 to 33,949,000 in 1974. Gone are the days when many players could sign up for a court any day, any hour.

Tennis courts range in price from \$10,000 to \$20,000 (not including lighting or sophisticated surfaces) and they should be built by reliable contractors. If you lack the recommendations of friends or neighbors, write to the U.S. Tennis Court and Track Builders Association (1201 Waukegan Rd., Glenview, Ill. 60025). They will send you their list of 75 builders around the country who can be counted on for best results. If you choose to do the work yourself, you can cut costs considerably. But any imperfections that occur will increase your maintenance problems.

Putting in a court is no easy matter. The smallest (regulation size) requires a 60-by-120-foot area. Experts say that for best playing conditions, a court should extend on a north/south axis. This helps to keep the sun out of players' eyes.

A good contractor will check your soil to see if it can support a court. He will also see that the land is cleared and graded correctly. Moreover, he will help you determine the layout of the court and the landscaping, as well as put down the surface. The latter involves clearing and leveling of the site, putting down the base and a surface



on top of it, installing a fence and—this is optional—lights. For private use, experts advise a non-maintenance hard court or a composition fast-dry court. While carpets surface most club courts, they are not recommended for the backyard because of their price (Borden's Elastaturf reportedly costs \$25,000 to \$30,000, installed) and also because they are likely to retain moisture and not wear particularly well outdoors. Grass courts are classified as an endangered species due to the high cost of special grass seed and grueling maintenance work.

A hard court, though it can be used for a longer period of time each year, is not as soft on the feet and does not provide as slow a surface as the fast-dry. On the other hand, the fast-dry requires daily maintenance when in use—sprinkling and rolling—putting a burden on you and your water supply.

Hard court. It is said to be as good as the construction of its base—a crushed stone or gravel mixture. "The reason why people have problems," says Lancing Tuttle, business development engineer of Warren Brothers, a division of Ashland Oil, "is because not enough gravel or crushed stone has been laid." In addition, he notes, the base may not have been pitched properly, resulting in improper drainage. The base, say experts, should be 4 to 12 inches deep, depending on

soil conditions. Ideally, it is put down in the fall and finished in the spring. "The pitch should be dictated by the site, not the position of the net," explains Tuttle.

According to Joe Muldoon, branch accountant for Warren Brothers, an asphalt court, barring unforeseen complications, costs roughly \$12,000 in the Boston area. Itemizing the bill, he adds up \$6,500 for cutting down tree stumps, balancing off existing gravel, adding 3 inches of processed stone, grading and rolling, installing a base course of 1½ inches of bituminous concrete and finishing off with 1 inch of asphalt and engineering; \$3,900 for supplying and installing posts, nets and anchoring, plus a 10-foot galvanized chain-link fence around the perimeter; and \$1,600 for three coatings of acrylic plus paint for putting down lines for standard double play.

Experts do favor one or more coatings of acrylic. Not only does it add to the life of the court by offering additional protection; it is also said to cool asphalt 10 to 15 degrees. Further, by filling in the pores, the coating evens out the surface. Plexipave, made by California Products Corp., and Laykold, by Chevron Asphalt Co., are reportedly the most popular. The price of Plexipave starts at \$1,000; Laykold, at \$1,500. Prices vary according to the number of coats.

California Products also offers Plexicushion, a resilient acrylic covering that's squeezed onto the asphalt. According to Richard Bates, product manager, Plexicushion relieves any leg strain that may occur on asphalt courts. It's \$3,000 to \$9,000, depending on the number of applications, says Bates.

Chevron Asphalt also makes a Laykold composition asphalt surface. It is cold-applied (most asphalt courts are heat-applied) and screed off. According to Roger Zinc, marketing specialist for the company, a Laykold court offers greater surface tolerance and costs \$12,000 to \$14,000.

At the end of five to 10 years, a hard court needs a resurfacing job, but that costs (continued on page 88)

Once an indulgence of the rich, private tennis courts have become the homeowner cachet of the '70s. They're appearing almost as fast as backyard swimming pools, a decade ago.

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A MOVING EXPERIENCE

One out of every five families changes its address each year—a move that can either be a traumatic experience or an exciting challenge. A lot depends on family attitudes and psychological preparedness.

By JANET LAIB

Moving. Just the simple word conjures up visions of disaster—from lost packing crates to hostile new neighbors. But moving can be handled, if not exactly enjoyed.

Much depends on why you're moving. To a bigger or prettier house in the same city, or a different neighborhood is one thing. But moving to a faraway city or foreign country, because your husband's job assignment has changed, can cause family shock that's hard to cushion. Happily, moving company executives reported less of that kind of moving in 1975, mainly because of higher moving costs and concern for maintaining roots.

Moving can mean greater loneliness for the wife and children. While the husband gets involved in his work, and is immediately meeting people, the rest of the family is forced to cope with feelings of isolation, cut off from friends and familiar places.

Several women have told us that the most difficult times are just before the move—planning it and contemplating separation, in the case of those who remain behind to sell a house or let the children finish the school semester—and immediately afterward. The move itself (packing, then unpacking) is the easiest part.

What teddy bear can you clutch to give you the fastest, greatest comfort in new surroundings? Women who've survived multiple long-distance moves all say, "Pictures first!"—family pictures and even favored albums. So pack small ones to take with you, and mark the moving cartons carefully. Make bedding and your favorite coffee pot your second survival kit.

More people move in summer so their children can start school at the beginning of the fall semester. Some educators and psychologists, however, suggest that pre-teen youngsters profit most from relocation during the school year, as school is a primary source of making friends. There are some helpful thoughts on this in *Moving and Children*, an excellent pamphlet available free to anyone who sends a self-addressed, stamped, busi-

ness-size envelope to: American Movers Conference, Suite 806, 1117 N. 19th St. Arlington, Va. 22209.

Both parents and educators can help a fearful child adjust to a new school. Marianne Everett, founder and director of The Everett School in New York, suggests that before moving, parents should reassure the child that everything in his new bedroom will be the same as in his old room. And, she adds, "One or both parents should visit the new school and explain to the principal why the family is moving. If it's because of a death in the family, for example, the situation warrants a great deal of sensitivity on the part of the child's new teachers."

Certain ages can be very bad for kids to move, says Dr. Alexandra Symonds, a psychiatrist who works with adolescents. "Younger children make friends more easily in new surroundings. To move children who are in the later high school years can be most disruptive." For that reason she advises allowing an older child to finish the school year before moving. If the move itself can't be postponed, perhaps the child can board with a friend, if he and his parents can adjust to the temporary separation.

Moving can be very damaging for most youngsters, Dr. Symonds believes. They need extra consideration from their parents. She suggests a lot of open discussion in the periods before, during and after the move, without minimizing anyone's fears about it. Talking it over can draw the family together and make the children feel part of the move.

Women who suffer from acute depression after moving to a new community are usually those whose children are no longer living with them, or who have lived in the same town for many years. Who can blame them? It's hard to adapt to a totally new life without your best friends and neighbors around. Work, paid or volunteer, and quick, sincere acceptance by other women and couples in the community make the difference.

Nancy Edelstein has moved five

times to different neighborhoods in and around New York City. She's one of those women who can get her pictures hung, her furniture arranged and fresh coffee perked before her husband gets home from his first day at work. And her oldest and closest friends are neighbors who have lived next door at one time or another. But when her husband's business took the family (including college-age children) to Denver, after 24 years in the New York area, Nancy found it paralyzingly lonely the first winter. Gradually she found friends, sports and volunteer work and fell in love with Colorado.

After living in Cincinnati for 26 years with her first husband, Barbara Stern remarried and moved with her new husband five times in five years. Barbara has thought through her moving techniques to the last detail: "Legal papers, jewelry, silver and family pictures come with me in the car . . . I always try to arrange the living room as one serene place that's set up first. . . . I'm good at lists, and know exactly what we need for our first breakfast, including paper plates. . . ." But she has never adjusted to losing her close friends in Cincinnati, and has persuaded her husband to return there this year.

She admits that she misses her children, and will be glad to be near one of her married sons back in Ohio. Barbara really tried valiantly to make a new social life for herself and her husband and to become involved in each new community. But she couldn't make it, and her husband is sympathetic and flexible enough to take her back home.

Home, though, is more than the old family homestead. It means loving friendships and a community—and a way of life. Careful, thoughtful planning can bring that sense of home with you, to a new apartment or a different house, be it five miles away or 5,000. □

Janet Laib has written articles relating to the home for such magazines as *Modern Bride* and *Seventeen*.

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IN STEP WITH TIME



Adman, inventor, songwriter and general “tinker,” Chuck Davidson is a contemporary Renaissance man.

It is time—and timelessness—that makes Chuck Davidson tick. At work in New York City, he devises award-winning advertising campaigns. (“Diamonds are for now,” for DeBeers, is one of the most famous.) At home in Croton-on-Hudson, N.Y., he collects plant fossils and encases them in stainless steel; transforms antique fuse boxes into Lucite lamps; fits new telephones into old wooden phone boxes; rebuilds an 1872 typewriter and a sewing machine that dates from 1852. He also collects everything from cobalt-blue bottles and old cigar holders to butterflies.

Next to the plant fossils, the butterfly collection very graphically illustrates his fascination with time. “The beauty of the owl butterfly—it has one week to live, yet remains beautiful forever.”

And between work and home, on the commuter train, Davidson dreams up space-age clocks and watches, such as the Piaget U.S. 20-dollar gold-piece watch, the collection of fossil watches—“the quintessential mating of time and timelessness”—for Corum—and the stainless-steel framed quartz clocks for Concord.

If one had to describe a '70s Jack Armstrong-All-American-Boy, Chuck Davidson is a 32-year-old, line-for-line

edition. His up-beat, optimistic view of life is unflagging; his bubbling good nature, unflinching; his energy and enthusiasm, boundless. He's the sort of man who still gets a kick out of building a tree house for his kids, and restoring a vintage kitchen range for his wife, Deena.

He even insists he loves commuting. “The train trip along the Hudson River is one of the most beautiful anywhere. The ride is only 50 minutes—great time for thinking, meditating, working out new ideas. Or if I'm in the mood, it's a social hour with other commuters.”

Davidson says he uses the city. “I utilize what it has to offer. It's creative and stimulating. Then during the ride home, I slow down, think slower and by the time I'm home I'm so tranquil I find it impossible to worry about work. So I use the time to go fishing—it's wild to catch a bass or a trout for that night's dinner—or I tinker around the house.”

And if ever a house was tailor-made for tinkering, it's Davidson's. On a lush corner lot surrounded by giant hemlocks, rushes, a garden (for Deena's beans, tomatoes and squash) and an unbelievable brook that actually babbles, the sprawling stone house—built in (continued on page 84)



Chuck Davidson's life revolves around his family and his antiques- (and junk-) filled home in Croton-on-Hudson, N.Y. From the left: wife, Deena; daughters, Jeni and Dori. Bulldog Daisy always “looks as though she's been chasing parked cars.”



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MEN AT HOME

continued from page 82

1927 and covered over with ivy—has everything a real home should have. Moreover, bought when the original owners died, it's chock-a-block with "things" (they must have been collectors, too): old kitchen equipment, tin bread boxes, magic lanterns, vintage tools, toys, furniture, old original bottles and jars from the former owners' glass factory, old railway signs from the days when the city was the roundhouse capital of the area.

It's a treasure trove of bits and pieces, some valuable, some just amusing, but all lovable and usable by a compulsive collector. Davidson has them scattered throughout the house—montages for the walls, stoppers for the doors, jugs for arrangements of dried weeds and pinecones, even a chamber pot overflowing with greenery mounted on the bathroom wall.

And everywhere there are the touches of a professional artist, inventor, designer. It's not difficult for a visitor to spend an entire day exploring the rooms—the bedrooms with brass beds and working gas lamps; bathrooms with restored washstands and antique mirrors; the white stucco off-limits-to-kids den, where the drawing pads are scribbled with doodles of new designs; another cubbyhole where

Davidson is designing an airplane; and the grimy cellar for grubbing around.

And when he's not in the mood for inventing, he writes nonsense songs for his daughters, Dori, 8, and Jeni, 5. (Currently topping the Davidson household charts is the "Lazy Daisy" song that begins, "Daisy is a bulldog and I wish she were mine. She never drinks water, she only drinks wine.")

Davidson, playing a peculiar three-in-one contraption comprising guitar, harmonica and tambourine—accompanied by Dori on her beginner's guitar and Jeni on an enthusiastic tambourine—has instilled in his children a strong sense of music. Moreover, he's created a sprightly original learning system for young Jeni, using whimsical educational tunes.

In fact, Davidson seems to write something about everything. Honored with a Denim Council award for his work with DeBeers diamonds and blue jeans, he penned a song that starts, "When I was a little boy, all my wildest dreams were playing with my dog named Horse, and wearing my blue jeans."

Chuck Davidson sums it all up this way. "Enjoying life is a question of learning the rhythm, a question of pacing the work and the personal interests. To enjoy what you're doing and always to stretch just enough to do one more thing.—Keitha McLean

THE CHUCK DAVIDSON GOLDEN OLDIE

*I like the caterpillar, and do you know why?
Because he dreams that he can fly.*

*I like the little fish, and do you know why?
Because you cannot see him cry.*

*I like the turtle, and do you know why?
Because he always has a home.*

*I like the little bird, and do you know why?
Because she sings when she's alone.*

*I like the kangaroo, and do you know why?
Because she keeps her baby safe and sound.*

*I like the little fox, and do you know why?
Because he plays when there's no one around.*

*I like the monkey, and do you know why?
Because he swings so free.*

*I like you most of all, and do you know why?
Because you give your love to me.*



Chuck Davidson has devoted a corner of his cellar to experimental designs. Here is the latest in balsa-wood aerodynamics.

HEALTH

Continued from page 39

oods they hadn't eaten since they were children . . . foods that reminded them of home and secure times.

Behavioral modification is a means of treating overweight patients psychologically. It can apply to everyone. It means simply that food must be eaten with respect. No more absent-minded eating when depressed, angry, bored, or simply because the clock says noon. Eating should be a carefully thought-out situation, not something jammed between TV commercials, so that the food portion allowed can be fully enjoyed. Becoming aware of your eating habits can help you improve them.

Food is a social lubricant as well as a complex emotional stimulus.

Make it hard to get certain foods that are high in calories and low in nutrients. If you must have oily, greasy, salty foods or sweet, gooey, creamy foods, then have them at home and prepare them yourself. Foods that require preparation before eating will not be quick-to-grab items to overeat.

Reduce serving-size portions. Whet your appetite. Ask yourself—do you need all that? Most people overeat to satisfy hunger, saturating nutritional needs. Learn to compromise. When dining out, select the filet mignon or smaller steak over the 16-ounce steak. The Camelback Inn, a restaurant/report in Phoenix, Ariz., is innovative in offering some entrees in small, medium or large portions. It eliminates overeating and food wastes.

Approach a recipe in a free spirit of experimentation. Spices and herbs are interesting and refreshing ways to prepare foods without extra calories, providing flavor without heavy salt and fat usage.

Cook down natural juices in dishes so that little or no thickening agent is used. Broil, boil, steam, bake or braise without extra fat. A tablespoon of lard, oil, butter or margarine is about the same in calories—125. Using oven bags or clay ovenware to bake or roast will save on calories and nutrients.

The new wave of French cooking has some merit—flour and butter sauces have been abandoned. Foods are cooked quickly in their own moisture, then served with pureed vegetables as the sauce. Pureed fruit, fresh or canned in water or natural juices flavor carrots or yams instead of syrups or honey. (continued on page 93)

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In large picture, "Season of Blossoms" (bottom), you can see how skillful printing and your own stitchery will achieve a finished picture. The homespun background fabric creates a mat effect. Easily assembled frame is available in walnut finish, as in quartet below, left to right: "Winter Farm," "Village Blacksmith," "Cider Making" and "Express Train." Each picture is 14 by 18 inches. Kits come complete with yarns and full instructions.



Photography by Marc Cohen



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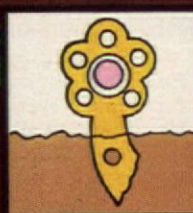


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MONEY BACK GUARANTEE



BARBARA BRITTON TALKS FRANKLY ABOUT COLORING HER GRAY HAIR

We remembered Barbara Britton as the lovely star of the "Mr. & Mrs. North" series in the 50's, so we were curious to find out her attitudes about going gray and what persuaded her to change it. We stole a few hours from her busy schedule in the theatre and met her in the sunroom of her lovely country home.

Barbara, psychologists say women feel that going gray is a milestone.

Getting gray does make you feel older. It's depressing! Being in show business I'd been involved with coloring my hair for years, so I know what an ordeal it is... endless touch-ups... ugly gray roots... possible hair damage... that's not for me.

But you did color your hair. What finally convinced you?

A very dear friend. She'd been coloring her hair for years with all of those problems I hated. Then she switched to Lady Grecian Formula and it was totally different.

Lady Grecian is different! How so?

It just eliminates everything I dreaded about haircolor. From start to finish, Lady Grecian is easy. No mixing, no mess and no peroxide—so it's gradual and gentle.

It colors gradually?

It's amazing. You simply brush this clean almost clear liquid through daily until your hair is just the color you want. It comes out so beautifully natural looking. You can even switch to Lady Grecian like my friend did.

You mean someone who's been coloring her hair can switch to Lady Grecian?

It's even easier than if you're gray. Just Lady Grecian the root area as you need it—combing it through occasionally... and it blends right in with the color you've been using... and the over-all color gets prettier and softer—more believable looking. And, no ugly gray roots!

What about younger women just beginning to find those gray hairs?

Oh, they'll love it because it's so much quicker and easier than anything else and

best of all, doesn't mess up the natural color one bit. In fact, if you're only gray around the temples just do that part and it will blend in. Or, you can make the gray into beautiful highlights.

Speaking of highlights, your hair certainly has a natural healthy looking shine.

Thank you. With most kinds of haircolor, each and every hair is saturated with color so they tend to have the same rather flat look. Well, that isn't how natural hair looks at all. But Lady Grecian works with the natural chemistry of the hair so it retains this natural blend of shades and highlights.

How long did it take to get your hair that lovely medium brown?

About 12 or 14 days. But, lots of women love the color after only 4 or 5 days. And if you're switching or just going gray, it takes only a few applications.

You didn't mind using it daily in the beginning?

It only takes a couple of minutes and it's fascinating to watch your hair getting more beautiful and less gray. In a short time you have the color you want and then you're never bothered with terrible touch-ups.

You mean you don't do touch-ups?

It's such a sense of freedom. I just brush Lady Grecian through my hair once a week or so after I shampoo. No problem with ugly gray roots. And my hair feels soft and healthy.

You're a real Lady Grecian fan...

Oh, I am. Whether you're gray, going gray or already coloring your hair, Lady Grecian Formula is the perfect answer.

If you'd like to find out how beautifully Lady Grecian Formula will work for you, we'd be happy to send you a generous trial size. Just send \$1.00 with your name and address to: Lady Grecian Formula, P.O. Box 328, AH, White Plains, N.Y. 10604. Of course, Lady Grecian is available at toiletry counters. Combe, Inc.

BACKYARD TENNIS

continued from page 75

far less than the original installation.

Composition fast-dry court. This is a claylike surface. R. M. Helm, vice president of Har-Tru, the fast-dry material that replaced grass at Forest Hills, describes installation this way: Four inches of crushed stone are put down; a sprinkler is installed; brick curb is edged around the perimeter; contain the Har-Tru; 1 inch of compacted Har-Tru, amounting to 40 tons, is laid; net posts are set in concrete; a net with center strap is anchored and line tapes are installed with nail. The cost, including drag and line brushes, is \$8,500 to \$9,500, depending on the area, says Helm. If the court gets a lot of use, it's necessary to add about a ton, or \$55 worth of Har-Tru each year.

Fences. Most authorities recommend a 10-foot-high galvanized chain link fence, which keeps dogs and balls in the court. This runs in the neighborhood of \$4,000.

Lighting. While lighting is not necessary, illumination adds a third more playing time. Lewis Grenadier, chairman of Devoe Lighting Systems, quotes \$4,800 as the price for backyard tennis lighting. This includes an \$800 installation fee and 60 fluorescent lamps. Five davit arms, extending 13½ to 15 feet, are placed on each side of the court. The fixtures are angled to stop light from disturbing neighbors. "Cost of lighting a court," notes Grenadier, "is 45 cents an hour." If the installation price seems overpowering when you're building, Grenadier suggests installing 3½-inch pipes rather than the standard 2½-inch. That will give you the option of adding lights later.

Zoning laws. It's necessary to check your town's requirements about tennis courts. Be sure to look carefully. In some New Jersey communities, for instance, 10-foot-high posts are banned, thus prohibiting the installation of fenced-in tennis courts.

While it is easier to work with one contractor, you may want to farm out various stages. The Fred Eydt family of New Canaan, Conn., recently received bids from contractors ranging from \$16,000 to \$20,000. By having one qualified man do the grading, another do the base, a third install the asphalt, a fourth lay the acrylic coating, their children build the fence, the Eydts trimmed the price to \$10,000.

When your court is completed you'll probably be besieged. Owner warn that if you create an open-house atmosphere, players are likely to expect this service anytime they come. So take a firm stand; establish guidelines and stick to them. —Jil Curr

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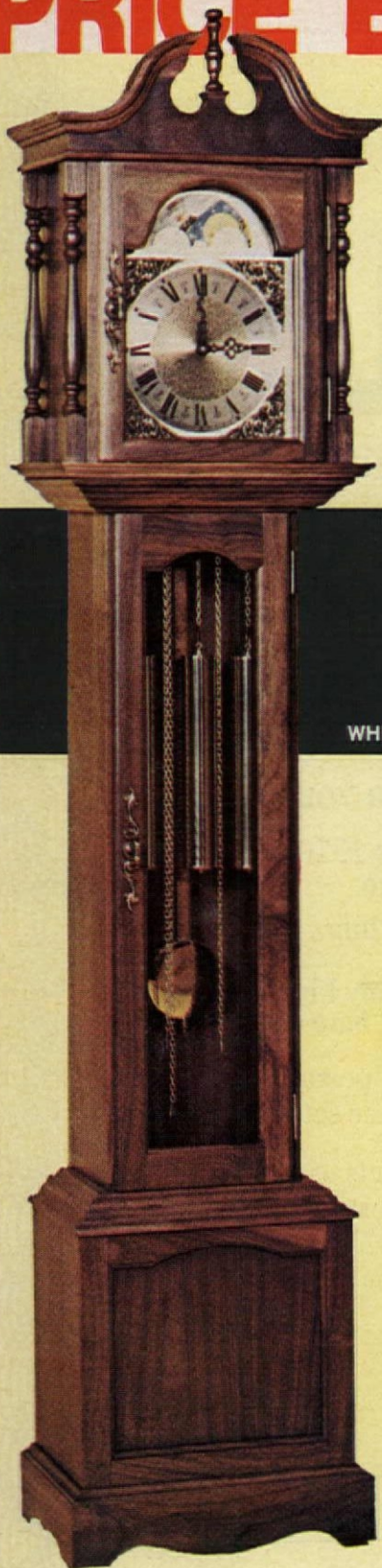
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transformation into farmers is not quite complete, look like tourists on the way to Yosemite as they sip morning coffee in the 99 Cafe (named for the highway that cuts the valley down the middle). In the 99 it is not unusual to hear an Armenian and a Japanese rancher discussing the valley frost report in Spanish. The region is still very much the proverbial American melting pot, and the faces at the 99 represent all the groups who came to farm in the San Joaquin Valley.

"One of the greatest revelations for us was the great variety of people in one small town," says Ken. "And everyone gets along."

The valley is as single-minded as the people are varied, with farming the major industry for 50 miles in every direction. There are dozens of farm organizations that disseminate new information on farming methods and give the farmers a place to meet, besides the 99. The Sunday *Fresno Bee* includes a magazine called *California Country Life*, filled with prize cattle and pesticide advertisements. "Our answer to the *New York Times Book Review*," according to Denise. The Kazarians also have a contract with an agricultural expert who travels from ranch to ranch making recommendations and keeping the ranchers in touch with new technology. He is a bit like the peddlers who traveled the Old West, hawking miracle elixirs and carrying the news from one homesteader to another. "Except around here he's called a consultant," laughs Ken.

It's difficult to describe a typical day on the ranch. It changes according to the weather and season, with activity building up into a frenzy around harvest time, which begins about August 1. On those days Ken is up at 5 AM and out in the vineyard to decide where the grapes should be picked that day. His work crew, sometimes a hundred men, arrives at 6 AM, and the picking and packing go on until late at night.

After the grapes have been picked, the raisin harvest begins, lasting into September. Raisins were what originally brought Ken's family to the valley, and Fowler is the center of the Golden Triangle, the richest soil in the whole valley.

"My favorite time of year is just after harvest," says Denise, "if it's been a good one. Then we have a whole month to ourselves to spend with the kids. We go fishing and hiking and water-skiing. The best thing about farm life is lots of family time. When we lived in the city, Ken arrived home at 7:00, just in time to watch Zachary go to bed. But here we really

live our lives as a family. Zach and Matt can go out in the tractor with Ken or work in the garden with me. They're aware of everything that goes on."

For Ken, the time after harvest is when he finds out how he's done in the grape game: "The farmer is the biggest gambler in the world. He borrows money at the beginning of the season that he spends until harvest. He prays there is no drought, no early frost, no rain while the raisins are out drying in the sun. When he finally sells his crop, he sometimes isn't paid for months. We have an expression up here: 'You haven't made your crop till you have your check.'"

When Ken and Denise arrived in Fowler, they had no idea what really went on in the heart of the farm country. Like others, they had always assumed that when food was expensive, it was the farmers' fault. After three years of tilling the soil, however, they take their bumper sticker seriously. "Unfortunately," says Ken, "a few years ago the farmers in this country made a big mistake—they had some great years. They've been known as 'robber barons' ever since. But for every dollar glass of wine sold in a bar, the farmer only gets about four cents. That's hardly robbery!"

Despite their three years as farmers, the Kazarians still look like city folks, and their Los Angeles ways sometimes boggle the eyes of local residents. Ken was brought up with race cars and motorcycles, and his Chevrolet truck is every bit as souped up as his dragster in Los Angeles. For the fields he has a glassed-in John Deere tractor, air conditioned and wired with quadraphonic stereo, a necessity for anyone who grew up playing lead guitar in a rock band. Zach has his own kiddie version of the John Deere, without air conditioning and stereo. "Now it's Mommy's turn to drive the tractor," he insists.

Denise, who was once a champion horse-show rider, is not to be outdone in the Kazarian display of agriculture macho: "When we moved up here," she explains, "we came as partners. So from the beginning, I learned to do everything that Ken can do. Besides, if anything happened to him, I'd have to take over." Still one can't help feeling that Denise is probably more comfortable at her piano than at the wheel of the tractor. She has played all her life, and her wedding gift from her parents was a Victorian piano. When he moved to the farm, Ken bought himself a fiddle, an attempt to adjust his musical taste to his new lifestyle. But behind the fiddler there will always lurk a diehard rock fan. "One of the

most important things we had to learn up here was to entertain ourselves without films and restaurants," says Denise. "It took a lot of imagination at first."

Denise soon found that the challenge to their spirit of self-reliance also included learning to do their own plumbing, carpentry and electrical work ("not to mention baby-sitting"). One aspect of the smallness of small towns is the lack of what is known in Los Angeles as the "service industry."

Denise finds that shopping in Fowler is a completely different experience. "I was used to the L.A. supermarket routine," she says with a laugh. "You grab your food; they take your money and they shuffle you along with a 'Have a nice day!' Here, people are really interested in how your kids are doing and whether the frost damaged your fruit trees. It may take a little longer to get things, but I really enjoy the luxury of not being rushed."

Despite the friendly small-town atmosphere of Fowler, the Kazarians have found that their neighbors are very much in touch with things. Farmers in the San Joaquin Valley read *Business Week* and the *Wall Street Journal*, along with the latest agricultural publications. And they follow politics with as much interest as the market reports on grape prices. "In Los Angeles we always thought of politics as something happening 'out there,'" Ken recalls. "But up here most people know their representatives personally. They write letters, sign petitions—they make politicians work for them."

Ken is on the board of the local hospital and has been active in improving medical facilities in Fowler. "In a small town," he explains, "you can be as active as you want. They need everyone they can find, even city folk."

"But seriously, I never thought about things like schools and hospitals when I lived in the city. Since we've been living up here, I find myself planning for the future, worrying about where my children will go to school and what this town will be like in 10 years. I guess you could say that I've certainly become a responsible citizen."

The Kazarians may be a complete reverse of that old saying—it will be hard to get them back to the city now that they've seen the farm. Ken sums it up this way: "When I was a senior in high school, we all took aptitude tests to determine our abilities in different fields. When my results came back they read, 'Farmer—No. 1' and all the guys in the local car club had a big laugh. But here I am. I guess it was in my blood." —Ann Scharffenberger

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learn from their parents. What kind of example are you? Do you avoid fresh apples and carrots, or spinach and broccoli? Are sweets and other foods used as rewards for obedient children? Such conditioning for sweets, rich, greasy or salty foods results in life-long preferences for those items.

Moderation is the key to better health through good nutrition. In general, the more restricted a diet is, the more unbalanced and deficient that diet will be without careful planning and sound judgment.

Buying wisely will eliminate food wastage that strains already diminishing world food and energy supplies. In an interesting 1973-74 experiment, anthropologists and archaeologists at the University of Arizona sifted through Tucson's garbage in an effort to find some comparison between material goods and behavior. Two years of data showed that the 450,000 residents in a year's time discarded \$570,000 of beef, \$1,326,000 of vegetables and \$750,000 of pastries or a total of 9,500 tons of edible food valued between \$9 and \$11 million. Ten percent of the food brought home ended up in the garbage.

Sound nutritional practices need not stretch your budget out of proportion. By choosing from all food groups to insure a healthy diet, multi-vitamin supplements, strange diets and health/organic foods (which can be expensive) are unnecessary. Buying wisely can minimize impulse-buying. Sound nutritional practices will pay off in better health and, in the long run, monetary returns. □

Margaret Wing, member of the American Dietetic Association, is a dietician formerly with Mercy Hospital and Medical Center in San Diego, Calif.

HEALTH

continued from page 85

At La Costa, a health resort and spa near San Diego, Calif., chefs use vegetable nonstick spray on cooking utensils, thus eliminating fats. Cookware with a nonstick finish will work as well.

Learn to use leaner cuts of meat. Good-grade meats are now available in stores. While this lower grade is not as tender as choice-grade meats, it is leaner and just as nutritious. Grade is an indication of tenderness and marbling, not nutrition.

Substitute activity of some kind—exercise, a hobby, even talking—for eating. If members of your family tend to eat all day long, keep them busy or active with their hands or their minds.

Several studies have indicated that frequent smaller meals rather than relatively few larger ones are desirable. Thus nutritional snacking is advocated, but choose the foods wisely. Steer your family toward nonsweet, healthful items. Crunchy raw vegetables are perfect because, according to research supported by the National Institute of Dental Research, "Food texture may affect decay and therefore, should not be overlooked in the design of low-decay causing snacks." Crisp, hard foods have a detergent action on the teeth, helping to clear away the tooth-coating plaque that is the first stage in cavity formation. And, such fibrous foods or roughage are essential for proper functioning of the intestinal tract. Instill in your children the preference for nonsweet foods. Grocery bills, doctor and dental appointments will be eased.

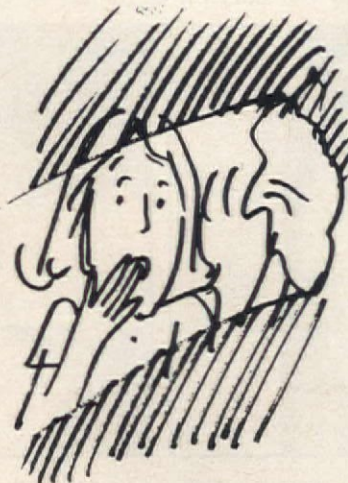
Good eating habits should begin in pregnancy to provide the best growing

start for a child. Fetal malnutrition can result in an undersized, underdeveloped child with congenital abnormalities, including decreased brain size.

Work to establish good habits in infancy and childhood. A fat baby is not a healthy baby and will probably have a weight problem as an adult. That child has formed a lot of fat cells and will always carry those cells, ready to be deposited as fat tissue. At the other end of the spectrum is infant nutrient deprivation, which can lead to depressed immunity, substandard learning abilities and even retardation.

While there seems to be a hereditary component to overweight, environment can still be controlled to ward off weight problems. Children do

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20 MULE TEAM BORAX. There's more to it than fresher, sweeter laundry. Find out by writing: "Magic Crystal," P.O. Box 75128, Los Angeles, CA 90075.



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EMERGING WOMAN

continued from page 53

ago when we felt our job was done. We then turned our attention more to the arts. Alex became a director of Brooks Memorial Art Gallery and the Memphis Academy of Arts. I was founder of Art Today, a group dedicated to raising funds through contributions to purchase contemporary art for Brooks. I am also one of the original members of the Panel of American Women. There are four women: one Catholic, one Jewish, one black and one White Anglo-Saxon Protestant. We visited clubs and organizations to discuss our beliefs and feelings. *I am the WASP.*" Mimi is also a member of the Artist-Craftsmen Association.

Persistent churchgoers during their children's growth years, the Danns hold regular family prayer every night. "The boys were in the Boy Scouts; Elise was a Girl Scout," Mimi says, as though to convince herself she has done the best she could with her children. "We tried to give them all the advantages. They always had summer jobs that put them in unusual settings, like Alaska or South America, and we spent lots of family hours at our farm in Trappe, Maryland. But when the children went off to college, we seemed to lose control—like a kiln that overheats. The children have lost church interest, and all the new morality of today has begun to influence them.

The Danns are in the liberated parent category, believing strongly in the freedoms of speech, of association, of interest and of road-choosing in life. Mimi believes in speaking out on issues affecting society. She writes letters to her Congressmen to keep a hand in running the nation. She recalls that in earlier times she involved herself in civic activities with hopes of keeping the children's eyes turned toward being active Americans.

Her time, now, has become her own. She doesn't even answer the telephone except at lunch. For the past two years she has been a full-time potter. Two summers ago, she and her husband traveled to East Africa on a photographic safari. The animals impressed her. Today, she makes pots in animal shapes.

"Animals are now my subjects as they have been of artists through the years," she explains. Mimi is such an environmentalist, she will work only with an electric kiln, which means more work and problems than are found in a nonelectric one. "People are endlessly fascinated by animals and are more aware today of the interdependence of all forms of life on our small planet," she says. "At the same time, with growing urbanization, we are cut off from contact with animals. I am not interested in creating naturalistic replicas of animals, but to abstract the essentials and evoke a feeling of what I call 'lionness,' 'baboonness' or 'pigness.'

"I take a sculptor's approach to pottery rather than a painter's. Some think a pot is to paint pictures on, as the Greeks did. I am more akin to the medieval Chinese and pre-Columbian techniques. I am a perfectionist about a pot having function. A mug should have a lip that fits comfortably; lids should fit tightly. Goblets that go in the dishwasher should be given little holes in the base so water will pour out when resting upside down in the machine.

"What intrigues me is the feeling of being part of a tradition continuous since the dawn of civilization. It's the only thing that lasts. Clothing or paper disintegrates, metal melts, but pots can be buried—even in broken pieces—in the earth and survive thousands of years. Long after my bones crumble in the grave, my pots will survive. Ceramics is also

the only art where the material you start with is completely different from the material you come out with. It's like the metamorphosis that takes place in a volcano. You start with powdered earth. Then the action of the kiln is like the reaction of a volcano, transforming water and powder mix into a thing entirely new.

"There is an infinite number of possibilities of things you can make with clay. I enjoy experimenting. You can't be entirely original in pottery as you can in painting and sculpture. You're still limited to nature and gravity—as you are limited in the creativity you can put in your children. The children will only absorb what they can and use what they will. Pottery must first be a container, because pottery is basically making vessels."

What Mimi despises is the tacky, instant-mold, make-it-quick school of crafts that is flooding bazaars, fairs and hobby centers. These are the kind of weekend activities people learn at community centers, where arts and crafts are a once-a-week offering, along with basketball. "People would rather support something that is old than support living artists," she believes. "Yesterday's junk is selling for phenomenal prices. It's ridiculous. It makes me want to quadruple my prices. Chinese potters would rise up out of their graves if they knew the prices their work was commanding today." To Mimi, the quest for purity, which has been foremost in all her endeavors, has almost been disrupted by a society where quantity not quality seems to be the new motto. To her, it's crucifying beauty for the sake of the dollar. □

Audrey West is a feature and fashion writer at the Memphis Press Scimitar and has her own show on WKNO-TV.



Mimi Dann and husband Alex share a passionate interest in making things. Their converted garage/studio, now being enlarged, is part potting center (hers) and part furniture-making shop (his).



Like her mother, Kathy Dann, 20, enjoys creating: making jewelry of stoneware, porcelain and metal. Samples of mother and daughter's work—the tea set is Mama's creation—are shown here.

BETTER THYSELF!

To get the most out of life means getting the most out of yourself—your energy, your skills, your time—and giving as much as you can. You'll feel better. And you'll be better.

Self-improvement is a little like mountain-climbing. Take it slowly, one steady and carefully placed step at a time and, before you realize it, you experience the exhilaration of reaching the top of the mountain, the peak of your personal goal. On the other hand, take on too much—unless you are a super-human of single-mindedness and self-discipline—and you're in danger of becoming a sort of self-improvement dilettante, dabbling willy-nilly at everything from exercise class to astrology lessons. This results not only in failure to accomplish anything, but physical and intellectual fatigue as well.

The solution? Treat yourself like a business that needs shoring up. Start by taking inventory of your assets and liabilities, and if your debits outweigh your credits—physical, emotional or intellectual—systematically work out a program to recover your balance.

After taking a long, hard—but distressingly pertinent—look in a full-length mirror, honestly decide how to turn the minuses into pluses. Except for rare cases, people get fat because they eat too much, and they get soft because they exercise too little.

How to get in balance? Cut down on the former and increase the latter. But use common sense. Radical diets or fasting can be effective in the restful, and supervised, surroundings of a spa. But if you must continue to work, run a household or study, your lack of achievement will be exceeded only by your foul temper. The working phrase here is, "Make haste slowly." Use the "buddy" system. It's great for the morale.

Other areas of self-improvement are more complex. Call it the "Catch 22" in the guide book to perfection. A sense of intellectual inferiority can result in emotional insecurity. Conversely, emotional insecurity often impedes intellectual growth.

To paraphrase a particularly irritating television commercial, "If you

think beautiful, you are beautiful"—if you believe you are secure with yourself, you are.

Emotional negativity goes hand in hand with what psychiatrists term lack of self-esteem. Unless the problem is really deep-seated, there are all sorts of solutions.

One woman, faced with returning to work after years of marriage and terrified by the prospect, got her emotional feet wet by writing letters to the editor. There's something about seeing one's name in print that does wonders for the ego.

Another, suddenly alone and increasingly fearful about everyday pressures and problems, solved her problem by buying a puppy. The simple daily discipline of caring for it forced her back into an everyday world, that finally seemed brighter.

Still another volunteered, doing volunteer work with troubled youths in her local police precinct. Her reasoning (in addition to the fact she really cared about people): If you can feel confident in a police station, you can feel confident anywhere.

Intellectual self-improvement can be both extremely rewarding and a great deal of fun. Again, the rule is caution against over-achievement. One good guide is that of "attracting opposites."

A person in a highly demanding executive job may find stimulation—and relaxation—in something as simple as unusual cooking lessons, weaving, or gardening. An excellent example: Sir Winston Churchill and his painting.

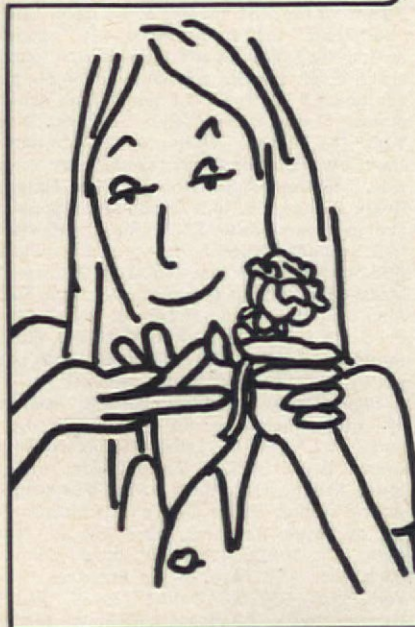
Or there's the rewarding sensation of passing on one's knowledge in an applied situation. An architect teaches woodwork; an engineer instructs beginners on electricity; a writer teaches his language to immigrants.

At the other end of the self-help chart, there's the worker in a dead-end job who wants to stretch his mind (and perhaps upgrade his career). After a numbing day in a factory, an impersonal office or department store, there's excitement in the exploration of philosophy, history, sociology or photography. Even writing. Who can ever forget the stupendous achievement of Margaret Mitchell, who by day worked at an unfulfilling job and by night—page by laborious page—created *Gone with the Wind*.

As much as tangible achievement, self-improvement is a state of mind: bringing up the newspaper for an elderly person in your apartment house, feeding hungry squirrels on a winter day. Care for others and you'll care for yourself. And balance the books of your life.

—Keitha McLean

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SHOPPING GUIDE

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

All prices quoted are approximate at time of publication and are slightly higher west of the Rockies and in Canada. To obtain purchasing information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, include date of magazine, page number and description of item to insure prompt reply. Items followed by † are available through architects and decorators only. Items available by mail are preceded by *; additional postage, if any, is indicated within (). Add city and state sales tax where applicable. Check or money order and zip code must be included. All manufacturers or shops listed will refund the cost of an item (unless monogrammed) only if it is returned within 2 weeks of receipt and in good condition.

Fabrics and patterns: Approximate fabric yardages are given in the widths of the actual fabrics featured and for fabrics without nap, except where otherwise noted. All yardages are based on a misses' size 12 and children's size 3. These yardages do not include extra fabric for matching checks, stripes or plaids. One yard minimum order for all fabrics by the yard unless otherwise noted. Butterick and Vogue Patterns are sold in department stores in most cities. To order by mail, send check or money order, pattern company name, size and pattern number(s) to: Butterick Fashion Mkt. Co., P.O. Box 549, Altoona, Pa. 16603. In Canada: Butterick Fashion Mkt. Co., P.O. Box 4001, Terminal A, Toronto 1, Ont., Canada M5W-1H9. Please add 15¢ postage and handling for each pattern ordered. Pennsylvania residents, please add sales tax.

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 American Thread Co., Consumer Sewing Educational Dept. AH-4, High Ridge Park, Stamford, Conn. 06095
 Laura Ashley, Dept. AH-4, 735 Montgomery St., San Francisco, Calif. 94111
 Caswell-Massey, Dept. AH-4, 320 W. 13th St., New York, N.Y. 10014
 Cherchez!, Dept. AH-4, 141 E. 76th St., New York, N.Y. 10021
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 Sun Glo Corp., Dept. AH-4, Box 118, White Plains, N.Y. 10603
 Tiger Things, Dept. AH-4, 155 Front St., Brentwood, N.Y. 11717

BATHING BEAUTIES

Page 42: Wall tiles, AV201 Flores from Portugal, 5 7/8" square, \$3.22 each; border tiles, LV Flores Border, 2 3/4" x 5 7/8", \$1.95 each; at Country Floors. Mist Blue towels, Martex. *Boxed potpourri, \$13 postpaid, Cherchez!

MAKE THE BATHROBE ON PAGE 43

*Wrap bathrobe and belt to sew in Vogue Pattern 1416. View B, misses' sizes 6-14, \$4.50. *Hardwick Knitted Fabrics, Inc., stretch terry knitted fabric in bluebell, 86% cotton/14% nylon, 58/60" wide, \$4 (\$1 per

order); from Designers Fabrics By Mail. *Laura Ashley mini-floral print for lining, contrast trim and belt. Style #41-S65, color: creme ground with smoke blue print, 45" wide, 100% cotton, \$4 postpaid per yard.

Vogue Pattern #1416

View B
 fabric width: 58/60" (with nap)
 yds.: 5 (robe)
 fabric width: 45" (without nap)
 yds.: 4 3/8 (lining, belt, contrast trim)



Estée Lauder Youth Dew Country Ceramics for bath crystals, 24 oz., \$15. (on bathtub edge). Blue and clear round box: Charlie Perfumed Dusting Powder by Revlon, 5 oz., \$7.50. *Heart-shaped natural-color water reed straw lace box, handmade in Columbia, from Sun Glo. Style #U23, \$6.50 postpaid. **Page 43. Accessories, center row. Left:** "Kells" vinyl wall covering, Alan Campbell, 979 3rd Ave., New York, N.Y. 10021†; "Moire" vinyl wall covering, Hinson & Co., 169 E. 61st St., New York, N.Y. 10021†; "Melinda" vinyl wall covering, Alan Campbell†. Facial sauna #60B, \$35.98. Lady Schick, Schick Inc., Lancaster, Pa. 17604; electric toothbrush #TBC-20, \$16.98. General Electric Housewares Business Div., 1285 Boston Ave., Bridgeport, Conn. 06602.

Middle: "Spatter" vinyl wall covering, Hinson & Co., 169 E. 61st St., New York, N.Y. 10021†. RY "Linea Azzurra" (rear) ceramic tiles from Italy, 8" square, \$1.69 each; CC65 "Sarmiento" tiles from Mexico, 4 1/8" square, at Country Floors. Spatterware ceramic pitcher/bowl set, \$24.95, sponge bowl, \$4.50, tissue box, \$9.95. Town & Country Bath Accessories, Stangl Pottery, 225 5th Ave., New York, N.Y. 10010. "Daisy Eyelet" trimmed towel. Avanti Linens, Inc., available at Sakowitz, 240 Capital St., Houston, Tex. Natural Greek sponge, \$5, and Perfumerie Monpelas Orange Flower Water, \$3.50. Marilyn Barnett, Inc., available at 666 Fifth Avenue Cosmetics, 666 5th Ave., New York, N.Y. 10019. Caswell-Massey Purple Sage cologne, 16 oz. size, \$18, Alan Spigelman, Inc., at Lord & Taylor, 39th St. & 5th Ave., New York, N.Y. 10018. Floral fabric covered box with Old English Rose potpourri, \$13. postpaid, from Cherchez!

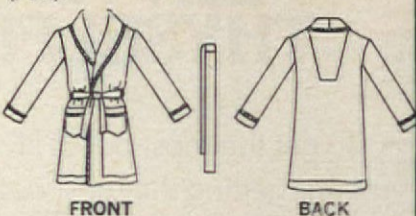
Right. Clockwise from upper left: "Killarney" towel, Fieldcrest, 60 W. 40th St., New York, N.Y. 10018. Estée Perfumed Body Creme, 8 oz., \$12., by Estée Lauder. Indigo towel, Martex. Handmade Italian blue striped plastic combs, Wings Over the World, \$4 to \$8, at Design Research, 53 E. 57 St., New York, N.Y. 10022. "Rhythm" towel. Cannon Mills, Inc., 1271 Ave. of the Americas, New York, N.Y. 10020. "Ombre" towel, \$7.50. Hilasal towels by Joseph DeMay, Joseph DeMay Co., 28 Water St., New York, N.Y. 1004.

Bottom: "Waves" towel by Martex (on model's head).

ACCENT ON RED

Page 44. Top: *Child's robe to sew from Little Vogue Pattern 1329; children's sizes 2-6, \$2. Sewn in Martex's "Tartan" sheared Jacquard terry bath towels (not flame-retardant), 88% cotton/12% Dacron, \$8. Available at Abraham & Straus, Brooklyn, N.Y., and all branch stores.

Little Vogue #1329
 View: Robe & tie
 fabric width: bath towel: 25" wide x 50" long.
 yds.: 4 "Tartan" bath towels by Martex (4 bath towels were needed in order to match plaid).



Merchandise, center row. Left: Red plastic Crayonne Input Containers, #16, \$19; #13, \$16.30; #10, \$6.50, Janus 2, Inc., 117 S. Chester Rd., Swarthmore, Pa. 19081. "Dancing Poppies" towel by Bill Blass for Springsmaid, Springs Mills, 104 W. 40th St., New York, N.Y. 10018. Caswell-Massey natural sponges, \$4 to \$20, Caswell-Massey Pharmacy, Lexington Ave. & 48th St., New York, N.Y. 10017. "Junko" series bathtub faucets, spout, hand shower and diverter, imported from Italy, \$176, Fearless Faucets, 205 East 63rd St., New York, N.Y. 10021.

Right: "La Mode" bath rug, 72% Zefran, 18% nylon, 10% polyester, \$13, Regal Rugs, at Macy's, Herald Sq., New York, N.Y. 10001. "Kiloptic" scale, \$44, Terrailon Corp., at Lord & Taylor, 5th Ave. & 38 St., New York, N.Y. Solid nylon toilet-paper holder, \$12.50. The Ironmonger, 446 N. Wells St., Chicago, Ill. 60610†. Red bath mat and "Tartan" towels, Martex. Plastic towel hook designed by Steven Rogin, \$5; red and white shower curtain. "Jill" by Bloomcraft, Bloomingdale's, 1000 3rd Ave., New York, N.Y. 10022. PS "Riviera" ruby red French glazed tiles, \$1.50 each, Country Floors.

Page 45: Martex hand towels are hung from loops that have been dyed with Rit Dye and stitched on (how-tos below). Loops are Star Twill Tape by American Thread, 1" wide, Art. 4130 in 100% cotton.

DYE INSTRUCTIONS FOR HANGING TOWELS

(shown on page 45)

To keep bathrooms neat: Take washcloths, hand and bath towels and stitch on a piece of twill tape to form a loop; then hang it. If you live in a moist climate, it's a way to get towels to dry faster. Many European towels come with loops already sewn on for easy convenience. We Rit-dyed our twill tape for more color contrast, and there's a whole rainbow to pick from. See below for color how-tos. Color-match towels to loops or do in contrast colors as we did.

MATERIALS

- Rit powder dyes in Forest Green, Golden Yellow, Yellow, Orange
- 1" wide 100% cotton white twill tape (we used American Thread's Star twill tape, Art. 4130, 2 yds. to a package).
- enamel pot
- stainless-steel spoon
- cup or jar
- matching thread

PROCEDURE

Hand-dye in an enamel pot on your stove. Fill pot with 3 cups tap water; heat to simmering. Fill jar or cup with hot water from the pot. Following color recipes (see below) place Rit powder dye in water to dissolve all particles. Pour diluted dye mixture back into pot, stirring to mix thoroughly. Place twill tape in pot, making certain all tape is immersed, yet uncrowded in container. Simmer twill tape on stove for 30 minutes, stirring constantly to obtain even color. As fabric will appear lighter when dry, wait until color is several shades darker than desired before removing from dye bath. Rinse twill tape

oroughly under cool tap water until water runs clear. Any excess dye not removed at this point will rinse out in first washing. For extra protection against color fading, wash with tape now in a liquid detergent, then rinse again until water runs clear. Treat dyed items with special care the first few washings; then wash with colored wash loads.

Color Recipes:

Green: 1 tsp. Rit Forest Green, 1 tsp. Rit Golden Yellow to 3 cups water.

Yellow: 2 tsp. Rit Yellow, 1/4 tsp. Rit Orange to 3 cups water.

Dyeing: Depending on types of hooks you will be hanging towels from, cut twill tape into desired lengths. Add a 1/4" or so at each end to turn under and prevent unraveling. Stitch each end of twill tape to one side at end of towel. Stitch on machine, going back and forth several times on tape ends to secure.

MAN-TAILORED

Page 46: Brown/white "tweedy" cotton/polyester terry wrap robe by Lucarelli; sizes small, medium, large and extra-large, \$55. Tiger Things bath towel trimmed with Martex "Feathers" print, \$9.50. Martex "Feathers" printed towel in cotton/Dacron. Aramis Shaving Foam, 6 oz., \$3.

Page 47. Top, right: Natural sponges, \$4 to \$20, and natural-bristle toothbrushes, \$4.50 and \$5, Caswell-Massey Pharmacy, Lexington Ave. & 48th St., New York, N.Y. 10017. (Order Caswell-Massey's whimsically written-illustrated 99-page catalog of almost everything for the bathroom, from sponges to soap, \$1.) Long handled natural-fiber bathbrush, \$5, Marilyn Barnett, Inc., at Soap Opera, 51 Grove St., New York, N.Y. 10014. Aloe strap, \$11.50, Marilyn Barnett, Inc., at Ansonia Pharmacy, 442 Ave. of the Americas, New York, N.Y. 10011. Crabtree & Evelyn sandalwood soap-on-a-rope, \$5.50, Marilyn Barnett, Inc., at Jenny B. Goode, 1194 Lexington Ave., New York, N.Y. 10023. Lustre towel in sable, Fieldcrest, 60 W. 40th St., New York, N.Y. 10018.

Center, right. Clockwise from upper left: "Navajo" and "Indian Summer" towels, Burlington, 1345 Ave. of the Americas, New York, N.Y. 10019. "Four Square" towel in peach/cognac/brown/white, \$7.50, Hilasal towels by Joseph DeMay, Joseph DeMay Co., 28 Water St., New York, N.Y. 10004. "Inca" cognac towel with diagonal stripe band, Avanti Linens, Inc., at Macy's, Herald Square, New York, N.Y. 10001. "Le Mans" shower curtain, 100% cotton duck, \$8.25, Ames Shower Curtain Co., at Bloomingdale's 1000 3rd Ave., New York, N.Y. 10022. Luxor towel in cognac, Martex. Ladybug Salon manicure/shaver, about \$28.99, Norelco, North American Philips Corp., 100 E. 42nd St., New York, N.Y. 10017.

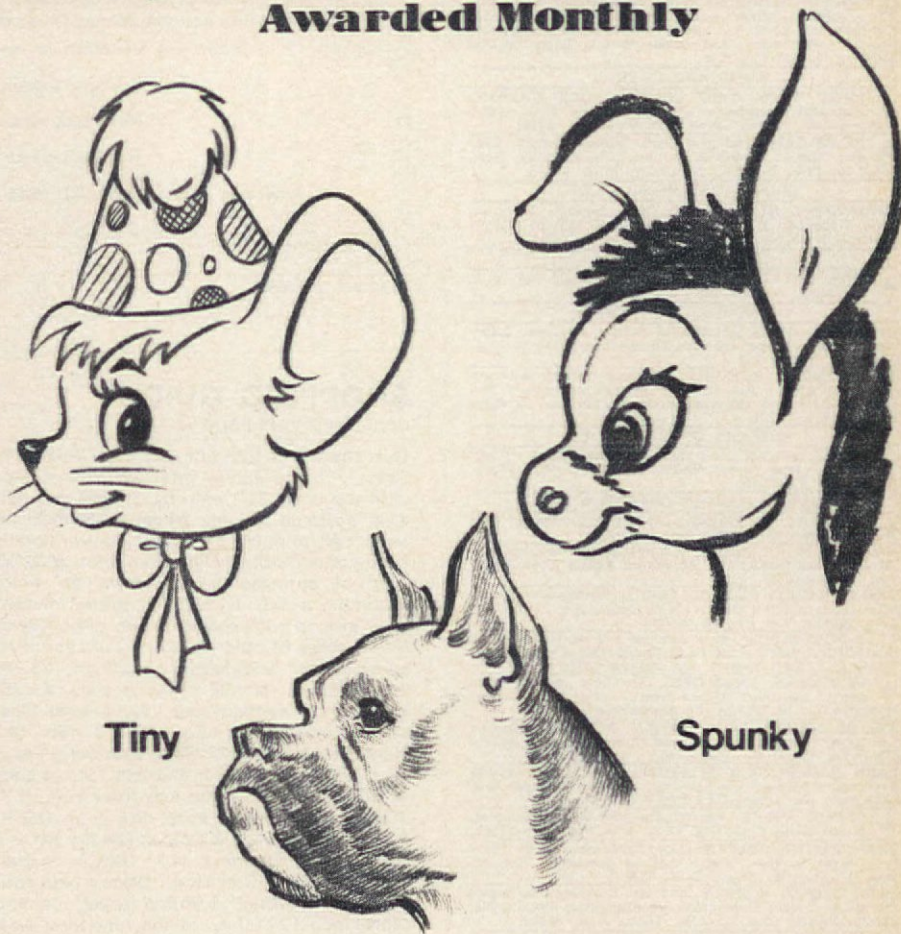
Bottom, left: "Sophisticated Stripe" bath rug by Missoni for Fieldcrest, 60 W. 40th St., New York, N.Y. 10018. Andromeda toiletries for men. Theory 1, cologne, \$15; Theory 5, anatomical astringent, \$15; Theory 9, moisture balm, \$12.50, Village Bath Products at Bergdorf-Goodman, 754 5th Ave., New York, N.Y. 10019. Handmade Italian plastic tortoiseshell large mirror, \$18, double-edged comb, \$8, mirror and comb set, \$18. Alan Spigelman, Inc., at Design Research, 53 E. 57th St., New York, N.Y. 10022. Lucarelli Body Deodorant Spray Powder, 3 3/4 oz., \$5.50.

Bottom, right: Wicker hanging shelf with towel bar, \$22, Jakson International, at Rich's, Atlanta, Ga. "Adam's Rib" fingertip towels in "A Touch of Mink" and "Bisquit Tortoni," Wamsutta Mills, 111 W. 40th St., New York, N.Y. 10018. "Avantip," initialed fingertip towel, Avanti Linens, Inc., at Carson, Pirie, Scott, S. State St., Chicago, Ill. Crabtree & Evelyn Almond Oil Shaving Cream, \$4.50, Marilyn Barnett, Inc., at Ansonia Pharmacy, 442 Ave. of the Americas, New York, N.Y. 10011. Brown back scrubber, \$10, Wings

continued on page 98

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SHOPPING GUIDE

continued from page 97

Over the World, 225 5th Ave., New York, N.Y. 10010. *Laura Ashley print wallpapers: wipeable top coat, 21" wide by 11 yds. per roll, \$14. postpaid per roll. Wheat paste must be used. Left to right: #43, S65 (all-over floral), sand ground with saddle-brown print; #76 DS (vertical sprigged floral, brown on white ground), #103, B1-623 (scattered floral), sand ground with saddle brown print. (Send for swatches of other color ways of coordinated wallpaper and fabrics.) Lattuga, \$3.75, Doney, \$3.75, Meralg seaweed soap, \$3.75, and Spanish tomato soap, \$2, Caswell-Massey Pharmacy, Lexington Ave. & 48th St., New York, N.Y. 10017. Truc strawberry soap, \$4.50 box of 3, Marilyn Barnett, Inc., at Lord & Taylor, 39th St. & 5th Ave., New York, N.Y. 10018. Gray marble soap dish from USSR, \$12, Harvey Hutter & Co., at The Art Barn, 1 Nelson Ave., Ossining, N.Y. 10562. Sandalwood and Birch Gray Royal Classic bath towels and "Rhythm" textured towel, Cannon Mills, Inc., 1271 Ave. of the Americas, New York, N.Y. 10020.

WHITE AND BRIGHT

Page 48. Top, left: 100% cotton grass-green velour terry short wrap kimono robe by Royal Robes. Sizes: petite, small, medium, large; \$40. Revlon's Natural Wonder "Super Nails" in Peapod Frost.

Top, right. Clockwise: Lucite shower caddy, Karmel Plastics, \$15, Fortunoff's, 1300 Old Country Rd., Westbury, N.Y. 11590. Swedish curled nylon and plastic long-handled brush, Marilyn Barnett, Inc., \$6, Soap Opera, 51 Grove St., New York, N.Y. 10014. Naumann green soap, Alan Spigelman, Inc., \$5.50, Caswell-Massey Pharmacy, 48th St. & Lexington Ave., New York, N.Y. 10017. White Royal Velvet washcloth, green and white Royal Velvet fingertip towels, Fieldcrest, 60 W. 40th St., New York, N.Y. 10018. Guest towel holder, \$12; clear Lucite wastebasket, \$24; Lucite toothbrush/cup holder, \$15; Vincent Lippe, Gattie's, 3456 Michigan Ave., Cincinnati, Ohio 45208. Lucite swivel mirror with magnifying side, 10" diameter, \$90, Hammacher Schlemmer, 147 E. 57th St., New York, N.Y. 10022. Bathtub tray, Karmel Plastics, \$30, Neiman Marcus, Dallas, Tex. White flexible massage brush, Marilyn Barnett, Inc., \$4, Diversions, 905 Madison Ave., New York, N.Y. 10021. Lucite toilet paper holder, Vincent Lippe, \$20, Bloomingdale's, 1000 3rd Ave., New York, N.Y. 10022. Lucite soap dish, Product Makers, \$24, Saks Fifth Avenue Bath Shop, 5th Ave. & 49th St., New York, N.Y. 10017. Natural sponges; Lemony-Lime soap, \$6, box of 3; Caswell-Massey Pharmacy. Hair dryer/brush holder, clear envelope magazine wall rack, \$15; Two's Company, \$12, Bloomingdale's, 1000 3rd Ave., New York, N.Y. 10022. Braun Professional Hair Styling Dryer, 1000 watts, \$35. Clairol Sunshine Harvest shampoo.

Right, center: White plastic mirror, Craonne Bathroom Range, measures about 20 square, \$44.80, Janus 2, Inc., 117 S. Chest Rd., Swarthmore, Pa. 19081. "Roberta" green melamine beauty box with mirror, \$20, a soap dish, \$5, from Italy, Jackson International, at Rich's, Atlanta, Ga. "Needlepoint" towel, \$7.50, Hilasal by Joseph DeMay, Joseph DeMay Co., 28 Water St., New York, N.Y. 10004. "Classic Squares" by Bill Blass for Springs Mills, 104 W. 40th St., New York, N.Y. 10018. *Laura Ashley wallpapers to order with wipeable top coat; 21" wide by 11 yds. per roll, \$14. postpaid per roll. Wheat paste must be used. Top to bottom, all in emerald on white ground: #55-B540 (scattered floral #82-B666 (deco-look print), #73-DS (vertical sprigged floral). (Send for swatches of other color ways of coordinated wallpaper and fabrics.) White plastic toilet brush, Rogi \$12, Bloomingdale's, 1000 3rd Ave., New York, N.Y. 10022.

Bottom, left: Cotton/stretch nylon ter white wrap robe by Dorian Loungewear, Size 8-18, \$35.

Bottom, right: System Modula white ceramic tile T-shelves, 5" x 10", \$38, and T-bar \$46, Hastings Tile & "il bagno collection, 964 3rd Ave., New York, N.Y. 10022. Tumbler from Sweden, Marilyn Barnett, Inc., \$1, 66 Fifth Avenue Cosmetics, 666 5th Ave., New York, N.Y. 10019. White plastic towel rack about 20" long, \$17; beaker and toothbrush holder, \$11; large white hooks, \$8.50; small white hooks, \$7.50; towel ring, \$7.50, Craonne Bathroom Range, Janus 2, Inc., 117 S. Chester Rd., Swarthmore, Pa. 19081. Green nylon grab bar, \$13; large green hook, \$7.90; ceiling hook, \$2.15; small wall hook, \$2.25. The Ironmonger, 446 N. Wells St., Chicago, Ill. 60610. Green Luxor towel, Martex.

Page 49: Long strapless cotton/polyester knit terry tube with self tie and side slit by Adri for Royal Robes. Sizes: petite, small, medium, \$42. Cathy and Marsha for Catherine Stein green plastic bangles, \$4, each. Hand tinted photograph by Russell Drisch, courtesy Kornblee Gallery, 20 W. 5th St., New York, N.Y. 10019.

A PERSONAL APPEARANCE

Pages 54-55: Coffee table, bed throw and pillows, candlesticks, ceramic bowls, LCS Inc., 1039 3rd Ave., New York, N.Y. 10021. Ceramic goblets, plates, The Pottery Barn, 231 10th Ave., New York, N.Y. 10011.

THE HORS D'OEUVRES MEAL

Pages 58-59: Le Cuisinart Food Processor imported by Carl Sontheimer, Cuisinarts, Inc. 20 Bruce Park Ave., Greenwich, Conn. 06830. Rocking mincer available from Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102. Send check or money order for \$12.

LAMB

Page 60: Kitchen towel, Taylor & Ng, 66 Howard St., San Francisco, Calif. 94103.

"We're looking for people to write children's books."

If you ever wanted to write and be published this is your opportunity.

by Francis Gemme

We need writers. There are over 150 publishers of books for children and more than 250 magazines, all of which have a need for writers.

Have you ever read a children's story and said, "I can do better than that"? Have you ever deplored the lack of good new literature for young readers? Do you love children? Do you want to do something important with your life? Do you want the personal satisfaction and the rewards that come with writing for children? That very attitude may be the clue that you can do it, for the desire to write must come first.

Stories only you can write.

Once you learn to use the basic writing techniques, writing for children may be easier than you think. Your personal experiences, fantasies, personality traits, and hobbies all lend themselves to good subjects. Many of these subjects have been written about—plainly and simply—and have been published. You probably have within yourself many children's stories that only you can write.

A new kind of school.

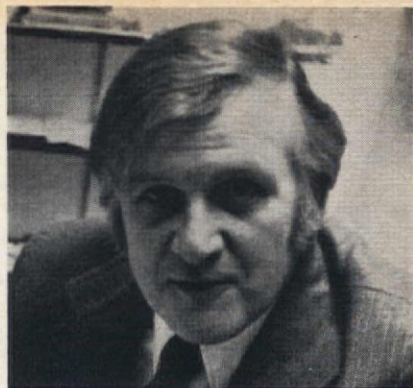
At the Institute of Children's Literature top writers and publishers have worked together to create a professional course to teach you to write for young children and for teenagers. They include people like Lee Wyndham, a teacher and author of forty-eight books, including *Writing for Children and Teenagers*, Hardie Gramatky, author and illustrator of many famous children's books like *Little Toot*, and John Ledes, President of Astor Honor Books and publisher of many award-winning children's books. In total, these professional writers have published hundreds and hundreds of books and magazine articles for young readers. They know how to write—how to teach—and how to help you get your writing published.

Learning to write and to sell.

This course will train you step-by-step from the writing of the opening sentence through the polishing of a finished manuscript. Yes, you will have completed a manuscript suitable for submission to a publisher when you finish this course.

The success of this course has been demonstrated time and again by people who simply knew in their hearts that they could write in a way that would enrich children's reading experiences.

Francis Gemme, a Founder of the Institute of Children's Literature, is the President and Publisher of *Gallery Books* and former President of Young Reader's Press.



Your own instructor.

Because writing is a very personal experience, we believe that the teaching of writing must also be personalized. That is why, in addition to writing materials, textbooks, instruction, and assignments, you will receive personal guidance on every lesson from your own instructor.

The instructor chosen for you will be a professional writer who will remain with you throughout the course. He will show you how to use your personal feelings, experiences, imagination, and interests to write for children—in your spare time at home.

Work at your own pace.

A writing course is most effective when you can work at the time you feel most like working. With this course, there is no bell to end the class and no interruptions from other students. You and your instructor can work together at the pace most suitable for you. This flexible schedule allows more time for each student than is possible in a classroom situation.

You mail your completed work to your instructor who carefully reads and edits each assignment. He then writes you a long personal letter explaining in detail his corrections and makes specific recommendations. You receive professional advice and guidance while you work *where* you want—*when* you want.

The rewards.

Although many writers of children's books earn \$10,000 to \$15,000 and more a year, the benefits of a career in writing also include the challenge, the excite-

ment, and the great satisfaction of doing something important with your life. When you complete this course, you will be a trained writer with a future. And what a future!

The market is enormous. Editors and publishers of children's literature are searching for talented writers.

Last year, more than 30 million children's books were published, producing total sales of over 170 million dollars! And over 250 periodicals for children with a combined circulation of over 60,000,000 were published. Books and magazine articles for children are frequently adapted for television and for the movies. In addition, there are twenty-six children's book clubs and a rapidly expanding children's paperback market.

Writing is truly satisfying only when your work is published and, for writers of children's literature, there have never been more publishers.

Free test.

To find qualified men and women with an aptitude for writing, the Faculty and Consultants of the Institute have prepared a special Aptitude Test. It is offered free of charge and will be evaluated at no charge to you by members of our staff.

If you want to be a writer, send in the coupon below for this free test and for a free brochure which fully describes the Institute, our course, our faculty, the current publishing market for children's literature, and your new future. If you demonstrate an aptitude for writing, you will be eligible to enroll. Of course, there is no obligation.

Francis Gemme, Director



Institute of Children's Literature Redding Ridge, Connecticut 06876

R-77

Yes, Mr. Gemme, I am interested in your program to help new writers. Please send me your free brochure and aptitude test right away. I understand that I am under *no* obligation whatsoever and that *no* salesman will call.

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MRS. _____
MS. _____

(Please circle one and print full name clearly)

STREET _____

CITY _____

STATE _____ ZIP _____

(Province)

Approved by The State of Connecticut Board of Education

PICK YOURSELF UP—SLOWLY

So, your marriage has ended. Fate has ambushed you with a diabolical kick in the keester and sent you sprawling. What do you do?

By COLLEEN ANDERSON KONG

That homespun, platitudinous song lyric is not just an old wives' bromide. Couched in a variety of elaborate metaphors and lapses into professional jargon, that same message has been delivered through the ages by philosophers, friends, poets, peasants and, recently, psychiatrists and domestic counselors.

The message it delivers is simply how to deal with disaster. And here it comes again, supplied with all the action between the lines.

Your first awareness of sudden singlehood is like a fall on a flight of stairs. Down you go, incredulous, plunging on a wave of shock and panic, flailing for a foothold. You hit bottom and lie there, immobilized, feeling like an abandoned wreck waiting to be towed away.

Obviously, it's not at this point that you bravely pick yourself up. You can't even summon enough dignity to lower your skirt hem from across your chest, let alone rise, brush yourself off and proceed nobly to start all over again. You're as helpless as the victim of a broken leg—except that yours is a compound fracture of the psyche.

Like the accident victim commended to the hands of ambulance drivers, doctors, nurses and orderlies, you deliver yourself and your fractured psyche into the care of others. In your pain, humiliation and insecurity, you accept every offer, every opportunity for consolation—even bad advice—anything resembling that omnipotent panacea, loving attention. The prognosis is good, you're told, but you know it's a lie. You're dying and everyone's just being nice. You've lost your identity, but never mind. As long as there's human contact, you know you're still around somewhere.

Relentlessly, life begins tugging you back into its mainstream. The dishes need doing, the laundry mound grows, bills amass, the toilet wants a plumber. You resent these mundane intrusions on your delicious self-pity. Friends call. They do your shopping and listen sympathetically; you listen not at all. You're a cripple and a bore.

“...Pick yourself up, brush yourself off, and start all over again.”

That's OK. You're handicapped. Don't expect too much of yourself. Eventually, you emerge from your cocoon. Except for your red eyes and frowzy hair, you look normal. But you still feel fragile and the slightest bump hurts—like that invitation addressed to “Mr. and Mrs . . .” and the phone call from an old acquaintance who didn't know about your fall.

It's all so bloody embarrassing, and now you get angry—specifically at the root cause of it all, the absent spouse, and generally at the whole striking world. You curse and rant. Aha! A show of strength.

Anger and anxiety are mutually exclusive. So go ahead: Pound walls, pummel pillows, punch bread dough—and make a vow that just for today you won't cry, not once. And that's the start of it, limping through one day at a time.

Suddenly, maybe about a year later, you notice the limp is gone. Still among the walking wounded, at least you're ambulatory. But you go in circles—whirls of irrational decisions (at least they're decisions!) and aimless activities.

Like Barbara, a 38-year-old domesticated mother of two whose husband of 14 years left to go live with her divorced best friend. When Barbara stopped limping, she dashed headlong into a quick-cut series of interests: She grew a proliferation of plants, collected stamps, studded denims till no one in the family could sit down in his jeans, wrote some protest letters, started a diary and made bottle lamps. “Bizarre Barbara,” they called her.

Or like 43-year-old Patrick, lawyer and ex-pro football star, whose wife met a guy at a party, left with him and vanished. Patrick's pattern of emergence was domestic dementia. He baked pies, brewed cauldrons of soup,

scrubbed floors, papered walls, painted chairs, pickled cucumbers, bottled jams and jellies and roto-tilled the whole backyard.

Or Anna, whose husband had laughed when she asked for a piano. When he died, Anna redecorated her entire house from scratch, then promptly sold it, moved as far as she could from everyone she knew, bought a piano, learned to play, sold the piano, bought a typewriter, learned to write, quit a lousy job and bulldozed her way onto the staff of a newspaper. Now she's decided to take up figure skating.

Irrational? Not at all. If you have to make a new life anyway, go all out. Do whatever you have to, to get through the nightmare.

Join a discussion group, a yoga class, the Salvation Army—anything supportive, preferably with people.

A great booster shot is a new image. He'd never let you cut your hair, so hack it off, curl it up and change its color (a renewal that doubles as revenge). Now you can wear those super-Tibetan boots he said made you look like a poor man's Genghis Khan.

Emerging husband-free, fling conservatism to the winds. Buy those bowlish glasses you've always wanted. Get your left ear pierced. . . . You've been through an epic decline and fall (fall and decline, in this case) of the psyche, but you're a tough old bird, veritable phoenix, rising out of the rubble.

Then suddenly you're running, in a straight line at last, and the wind feels good on your face. Sure, you'll hit the occasional obstacle and the old twing that will make you miss a step. It's only that old human condition, the one we're all in. All evidence to the contrary, it's a viable one.

Sour skeptic that you are in your misery, you growl, “Yah, wha' d'y know.” Listen . . . I know. I've been there twice.

Colleen Anderson Kong, a columnist with the Ottawa (Ont.) Journal, was once a divorcee with one child. Now she's a widow with two more children.

Now Your Own Complete Home Beauty Spa in a Kit

Loofa Beautifying Program

USES NATURE'S OWN BODY MASSAGE & CLEANSING PAD

- Enjoy invigorating revitalizing massage
- Smooth and enrich thirsty eager skin

USE ON: HIPS, WAIST, THIGHS, BUTTOCKS, ABDOMEN, KNEES, ANKLES, ELBOWS

Now an exciting, simple, inexpensive complete home plan to create a more beautiful you with the kind of fabulous, deep-down-clean and glowing skin you enjoyed when you were a baby. It's fast, it's easy, it's fun. At the basis of this program, wondrous Loofa, the all-natural cleansing and massage pad, a miracle of nature, prized in the Orient for centuries and in luxury spas the world over. Now you can turn your next bath or shower into virtually a "fountain of youth" insofar as how your skin looks and feels.

Step No. 1—Loofa Beauty Pad (set of 3 included)—for use in bath or shower. Selected from special strains of Luffa Cylindrica plant, a talented member of the Oriental gourd and cucumber family, with unique cleansing and massage properties. Sun dried and shaped into pads with two separate-use sides—one slightly rougher for scrubbing, deep-deep cleansing, and massaging every part of your body—the other, finer in texture, for whisking away dead surface cells and smoothing skin.

Loofa Beautifying Kit



FOR THE GLOWING SENSUAL LOOK OF YOUTH

Even helps soften resistant "hard skin" areas such as heels, elbows, knees and knuckles. You step out of your bath revitalized with a fabulous younger-looking glow.

This all-natural product lasts virtually forever, holds loads of suds, won't absorb odors, rinses clean, dries in minutes from handy hang-loops.

Step No. 2—Loofa Friction Oil. This is a light, refreshing oil, enriched with Vitamins A and E, and with an entrancing young citrus-y scent that women (and men) find irresistible. Smooth over your skin gently immediately following your Loofa bath when your pores are open and eager. Then start tingling and glowing all over! 8-ounce bottle.

Step No. 3—Massaging Loofa Creme. A rich, fragrant superemollient cream, with Vitamins A and E, that provides a sensual finish to your Loofa Beautifying Program. Leaves skin satiny smooth and moisturized with a polished radiant glow, makes rough and flaky skin a thing of the past. Use it, too, with Loofa Pad to spot-massage trouble spots. 2-ounce jar.

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You must be delighted with your Loofa Beautifying Kit, and the results it gives you, the very first time you use it, or your money refunded in full, without question. With nothing to lose but dry, flaky, old-looking skin, why not order now. Complete kit, plus free instruction brochure. **Only \$7.50 postpaid**

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It's easy—because you exercise while you lie on your back and do just 3 basic routines. And yet you exercise and tone every muscle in your arms, legs, abdomen, waist, back, neck and tummy—all the important, problem spots that you want to help keep trim, firm and beautiful.

We recommend you start at a moderate 2 to 3 minutes a day. You'll soon find that you want to increase this to 4, 5 and up to 15 minutes at a time. But, and this is important, you do it at your own pace and you find it easier and easier to exercise for longer periods. The rhythmic movements you use are so simple that any child of 5 can master

them in one minute, because all you do is lift and bend your arms and legs and the "Figure Trimmer" won't let you make a mistake. A simple, fully illustrated instruction booklet for the basic exercises is included.

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Yes, use it in your bedroom, living room, office, even while you're away from home (it's so compact, it folds to fit right in a handbag or attache case and weighs only a mere 10 ounces). You never have to miss your regular exercise... use it anywhere you can lie down. Simply attach to bedpost, door-knob, etc., and it's ready to use.

To Help Weight Loss...

We recommend a moderate and sensible temporary 15 to 20% reduction in your normal food intake (while still eating exactly the same kinds of delicious foods you normally eat and like). We don't send you any fad or crash diet, because your own doctor will tell you that these are harmful. We suggest you continue this moderation until you reach desired weight loss. After that, just eat normally and continue exercises to feel and look better and younger.

Important Note:

Dear Reader,
 Don't be confused: The competitive exerciser models you've seen on T.V. and in magazines for \$7.95 and \$9.95 work on exactly the same principal and in the same way as ours. By a special purchase from a manufacturer, we've been able to break the price wide open and offer "The Figure Trimmer" at this amazing low price!

Ironclad Guarantee

Our guarantee is simple. You must within 14 days see and feel your body toned up and feeling great—and look and feel years younger, or simply return unit for a prompt and complete refund. Mail order coupon today; you'll be glad you did.

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- Please send me 2 "Figure Trimmers" #16576 for a total price of only \$4.00 postpaid.

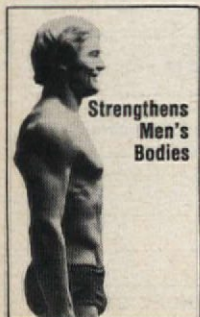
Enclosed is my check or money order for \$_____ (N.Y. and Fla. residents, add appropriate Sales tax.)

Name _____ (please print)

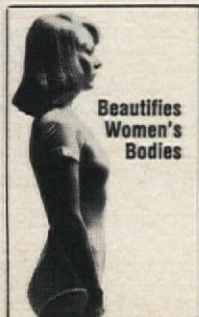
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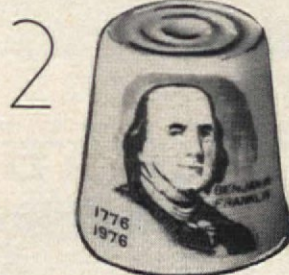
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 Men's
 Bodies**



**Beautifies
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Bicentennial thimbles

2 Any collector will treasure all of these lovely white porcelain thimbles, truly in the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished in full color with a handsome portrait of Benjamin Franklin, Betsy Ross, or the Liberty Bell. \$1.98 each. All 3, \$5. Add 45¢ p&h. Ferry House, Dept. H46, Briarcliff Manor, NY 10510.

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3 A handsome way to celebrate our big, beautiful year: make this outstanding chiming mantel clock! Easy do-it-yourself kit comes pre-cut, pre-sanded solid 3/4" black walnut case pieces, Westminster chiming movement, Tempus Fugit or Moving Moon Dial and all hardware. You'll have this classic beauty to enjoy year after year! For free color brochure: Emperor Clock, AH4, Fairhope, AL 36532.

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4 Bring the beauty of The Bicentennial into your home through the Early American Society. It offers an annual membership which includes six issues of *Early American Life*, full of decorating, architectural, cooking, craft, and travel ideas—all keyed to interest in early American things. Society offers discounts on books, travel and furniture reproductions. Membership, \$8. Early American Society, Dept. AH4, 3300 Walnut St., Boulder, CO 80302.

U.S. Bicentennial era stamps

5 America's Bicentennial spirit is portrayed through the heroes of the American Revolution—Washington, Franklin, Revere, Paine, Hale, Betsy Ross, and many more. 40 Bicentennial Era stamps plus high value \$1 Patrick Henry Stamp. Given free to introduce approval service of worldwide stamps. Buy any or none, cancel service anytime. Send 10¢ to Kenmore Co., FE-540, Milford, NH 03055.

Bicentennial decanter

6 Limited edition decanter is handcut and features "Spirit of '76" on portrait side, reverse depicts symbols of liberty in copyrighted design. Raised design on iridescent golden amber glass. 7 1/8" high. Registration number etched on each, plus personalized card to verify exclusive ownership. \$9.95 plus \$1.80 p&h. Stratford House, AH4A, Box 591, Stratford, CT 06497.

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- #1391—2 children \$2.98
- #1392—3 children \$3.50
- #1393—4 children \$3.98
- #1394—5 children \$4.98
- #1395—6 children \$5.50
- #1397—7 children \$5.98
- #1398—8 children \$6.50
- #1399—9 children \$6.98
- #1376—10 children \$7.50
- #1377—11 children \$7.98
- #1378—12 children \$8.50



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- Old Mill Kit \$2.25
- Little Red Schoolhouse Kit \$2.25
- Lighthouse Kit \$2.25
- Spirit of '76 Kit \$2.25
- Minute Man Kit \$2.25
- Pilgrims Kit \$2.25
- Town Crier Kit \$2.25
- Frame, mahogany finish, 10"x10" \$1.50
- Frame, maple finish, 10"x10" \$1.50

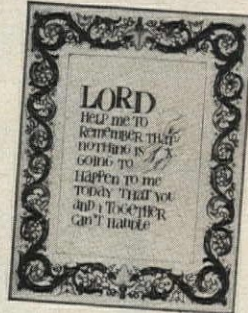
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"Help me to remember that nothing is going to happen to me today that you and I together can't handle". Inspirational, and lovely words on a 8" x 6" wooden plaque. Full color Italian scroll border, enhances the quiet serene message. Laminated for permanence, ready to hang on a favorite wall at home or office. Ideal hostess gift.

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Dept. AH4

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A magnificent Sterling Silver replica of the Liberty Bell. A Bicentennial "MUST"! No. 3407: \$15.50 ppd.



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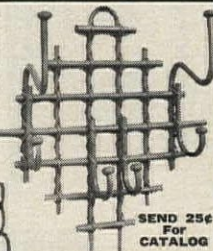
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WALL RACK— Useful hand-crafted of solid rattan, wall ornament provides six strong rattan hooks for towels, clothing, etc., 16" W x 17" H. \$7.95 plus \$1.50 postage.

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RATTAN SWAG LAMP Handwoven, fully electrified with dimmer switch, adjustable height from ceiling. 14" spread, 11" high with 18 ft. rattan chain and hooks for hanging included. Painted white, yellow or green add \$3.00. Use up to 150 watt bulb.

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CHARMING WIDE RUFFLED "NO-IRON" MUSLIN CURTAINS!

Enjoy old-fashioned charm PLUS today's easy care ... with these W-I-D-E ruffled Perma-Press priscilla tieback curtains.

Styled like those which adorned windows in the Colonies, they're made of modern KODEL® polyester and combed-cotton muslin ... in natural (eggshell) or white. 86" wide to the pair. Extra-wide, extra-full 6" ruffles and attached ruffled valance.

EASY, EASY CARE! Fabric is specially treated so curtains IRON THEMSELVES in the dryer! BONUS FEATURE! They're pre-shrunk. Maximum shrinkage only 1%.

Avoid delay. Order style "SALEM" Specify Natural or White.

- 45" long. \$12.00
- 54" long. 13.00
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- 72" long. 15.00
- 81" long. 16.00
- 84" long. 17.00
- 90" long. 18.00

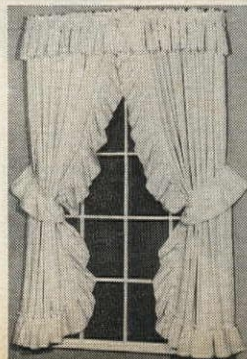
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Extra widths to 272" Write for prices

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Money back guarantee. Send check or money order. Delivery in N.J., add sales tax. FREE illustrated brochure available.

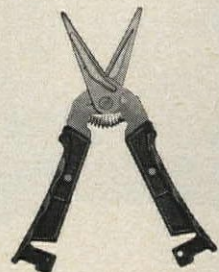


The American Home Mailer



Initial pen set

Beautiful, big, bold initial is the base with a felt tip backing. Black plastic letters are a solid 1/4" thick, 6" high, with matching ball point pen. Specify initial. \$2.98 plus 50¢ p&h. 2 sets, \$5.75 plus 85¢. Stratford House, Dept. AH-4B, Box 591, Stratford, CT 06497.



Super Snips

Sharp cutter is great for everything from paper to metal! Precision blunt edge design features a safety lock, comfort grip handles, safe rounded tips, and they are self-sharpening.

Ideal for gardening, kitchen use, or for tool or tackle box. Super Snips cut almost anything quickly and easily right or left handed. \$4.99 plus 32¢ p&h. Image House, Dept. AH4, 10600 Bridle Bit Trail, Ft. Worth, TX 76135.



Open toed huaraches

Enjoy these soft-comfort imports from Mexico. Handwoven of supple genuine steerhide leather, they boast long wearing leather soles and heels. Natural. Sizes 5-10. Huaraches are \$8.90 plus \$1 p&h. Old Pueblo Traders, 600 South Country Club Rd., A4T, Tucson, AZ 85716.

HAROLD J. NORMAN

SALES PROMOTION MANAGER

Walnut desk marker

Impressive and handsome desk marker in solid gunstock, walnut-rubbed oil finish. 8 1/2" long; 1 3/4" high base, felt padded, wedge design. Up to 20 larger letters or to 30 smaller letters engraved in 24K gold leaf. \$6. Bruce Bolind, Dept. AH4, Boulder, CO 80302.

Grandfather clocks

It's fun and satisfying to create your own classic grandfather clock. Handcrafted pre-cut kit features solid 3/4" walnut cabinets, solid brass precision movements, and detailed instructions complete with photographs, and explosion drawings. Get together with your screwdriver and, before you know it, you'll have created your own classic "heirloom." For free brochure: Hentschel Clock Co., AH4, 16 Atlantic Ave., So. Dennis, MA 02860.



Silvery-ball choker

"Primitive" choker conjures up the feel of ancient tribal motifs. Silver-color metal balls and discs with black "cog" spacers attached to jet leather thong. Hook clasp. Italian import. 14 1/2" long. \$5.98 plus 45¢ p&h. Vernon, A4E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Good looking!

Half-frame magnifying glasses help you see fine print on tags, etc. Look over top for normal vision. Precision ground, impact-resistant lenses. Not for eye disease or astigmatism. State age, sex. \$6.97 plus 55¢ p&h. Precision Optical Co., Dept. 56-K, Rochelle, IL 61068.



Bath reader

When it's "think tank" time, one can come up with some of the greatest ideas while reading in the bathroom! This solid pine reading rack can keep 10 magazines neat and handy and, of course, 2 rolls of tissue right at your finger tips. 18"Hx11 1/4"Wx 4 1/2"D for your wall. Fully finished antique satin. \$12.95 plus \$2 p&h. Yield House, A64R, No. Conway, NH 03860.

Grass Seed Is For The Birds! Zoysia Saves Time, Work, Money

**SPECIAL INTRODUCTORY OFFER! ORDER NOW,
GET UP TO 200 ZOYSIA PLUGS FREE!**



By Mike Senkiw

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it.

Birds love it! Seeds which aren't washed away by rain give them a feast. But some seeds grow, and soon it's time to weed, water and mow, mow . . . until summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Amazoy Zoysia.

"MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn ". . . is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in . . . Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

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

These represent but 2 of thousands of happy Zoysia owners. Their experiences show that you, too, can have a lawn that stays green and beautiful thru blistering heat, water bans—even drought!

CUTS YOUR WORK, SAVES YOU MONEY

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

CHOKES OUT CRABGRASS

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

FOR SLOPES

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

Meyer Z-52 Zoysia Grass was perfected by U.S. Gov't; released in cooperation with U.S. Golf Assoc. as a superior grass. Order now for earliest delivery at planting time in your area.

PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

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

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

NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Amazoy Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas." Plug it into poor soil, "builder's soil", clay or sandy soils—even salty beach areas, and —

EVERY PLUG GUARANTEED TO GROW IN YOUR AREA • IN YOUR SOIL

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

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

YOUR OWN SUPPLY OF PLUG TRANSPLANTS

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

FREE Patented Step-On Pluggers Comes Free with Larger Orders of 600 Plugs or more

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

FREE UP TO 200 TO PLUGS

Millions of Amazoy plugs are sold every year at nationally advertised prices so Bonus Plugs represent clear savings. This special offer will be withdrawn, so order and save now!

*If it isn't Amazoy, you're not getting
the grass that made Zoysia famous!*

To: Mr. Mike Senkiw, Zoysia Farms Dept. 472 Our 21st Year. General offices and store 6414 Reisterstown Rd., Baltimore, Md. 21215	
<input type="checkbox"/> Full Size Plugger	<input type="checkbox"/> 200 Plugs and Plugger plus bonus of 25 FREE. TOTAL 225 PLUGS . . . \$13.75
<input type="checkbox"/> 100 Plugs plus bonus of 10. TOTAL 110 PLUGS . . . \$6.95	<input type="checkbox"/> 300 Plugs and Plugger plus bonus of 50 PLUGS FREE. TOTAL 350 PLUGS . . . \$17.75
<input type="checkbox"/> 100 Plugs and Plugger plus bonus of 20 FREE. TOTAL of 120 PLUGS \$9.95	<input type="checkbox"/> 600 Plugs and Plugger plus bonus of 100 PLUGS FREE. TOTAL 700 PLUGS . . . \$27.95
<input type="checkbox"/> 200 Plugs plus bonus of 20 FREE. TOTAL of 220 PLUGS . . . \$11.20	<input type="checkbox"/> 1100 Plugs & Plugger plus bonus of 300 plugs. TOTAL 1300 PLUGS . \$39.95

I enclose . . . check . . . money order . . .

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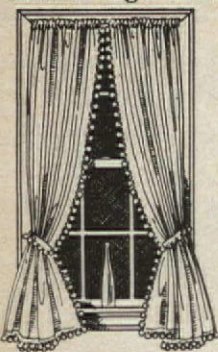
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Tiers
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 30", 36", 40" ..7.00 pr.
 All pairs are 90" wide.
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 For years New England housewives have used charming Country Curtains in their homes. Here they are in wonderful permanent press . . . truly a care-free fabric in warm beige-tone or sparkling white blend of cotton and polyester. When ordering please specify natural or white. Please enclose check or money order. Sorry, no COD's. Mass. res. add 6% sales tax. Postage and handling; under \$10 add \$1.10, for orders \$10 and over add \$2. Send for free catalog. Satisfaction guaranteed.

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Dept. 42 Stockbridge, Mass. 01262

NOW ONLY \$10



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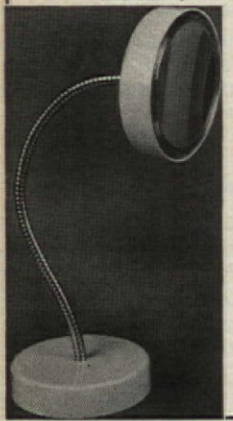
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Reg. \$13
 Satisf. Guar.

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 Add \$1 post.
 \$5 dep. on COD

OLD PUEBLO TRADERS—A4A
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If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!



This marvelous Magic-Focus mirror was developed by a noted eye doctor for the woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. Distortion-free, optically perfect mirror has a flexible brass gooseneck arm for hands-free grooming; adjusts to perfect focus for your eyes. Allows you to tweeze or apply eye makeup. WITHOUT GLASSES. 4" mirror; white frame & base. You'll be amazed with the results.

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 Mt. Vernon, N.Y. 10550



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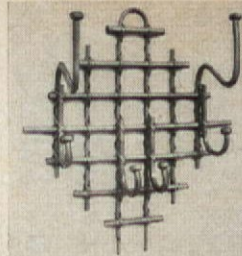
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Rattan and Reed Co.

Dept. RAH

97 Washington St., New York, N.Y. 10006

The American Home Mailer



Handy!
 Attractive rattan wall rack has 6 strong rattan hooks for towels, clothing, etc. Useful in many areas of your home, rack adds handsome

wall interest as well. 16" wide and 17" high. \$7.95. Catalog, 25¢. Fran's Basket House, Dept. AM4, Route 10, Succasunna, NJ 07876.



Handsome personalized knife

Black leather-look cover with his initials on golden brass plate, houses sharp scissors, screwdriver, bottle opener, nail file, and a razor-keen knife, all top quality drop forged steel. 2 3/4", \$3.50; 3, \$9.98. Add 50¢ p&h. Country Gourmet, A4E, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



Great!
 Life size 'n personalized wooden hand paperweight bears bold black lettering demanding "Hands Off My Papers!" Personalized

with your first and last name (print). Strong in solid 1/2" thick finished wood. 9 1/2" x 9". Personalized, \$3.98 plus 75¢ p&h Without personalization, \$2.98 plus 75¢. Cadlyn's, Dept. A4, 2077 New York Ave., Huntington Sta. L.I., NY 11746.



"Sherry"

Here is a lovely, glove soft leather shoe that goes in casual comfort anywhere! 3/4" heels. Cushioned insoles. White, black, camel, navy or red. Sizes 4 through 12, N, M, W. \$12.95 plus 90¢ p&h. Sizes over 10, add \$1. Sofwear Shoes, Dept. AH4, 1711 Main, Houston, TX 77002.

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THE LAW SAYS:

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The most expensive ingredients in fragrances are the fancy packaging, advertising, retailer's profit and large corporate overhead.

Because we eliminate most of these costs, we can sell our fragrances at a fraction of the price. We guarantee our fragrances will last as long or longer and only you and your checkbook will know the difference.

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FREE FUNNEL and catalog of over 500 items enclosed with sample order.

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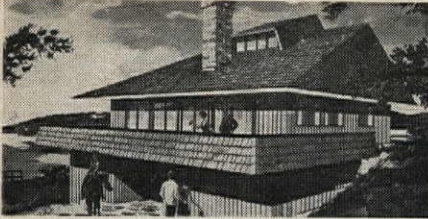
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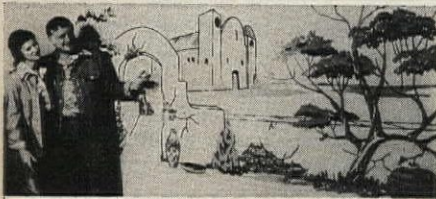
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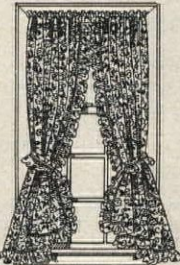
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pet stains?

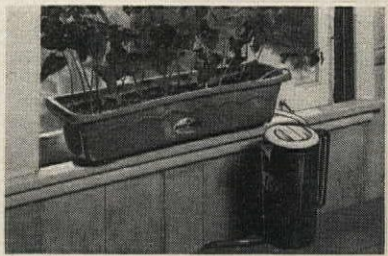
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CARPETS RUINED BY PET STAINS?

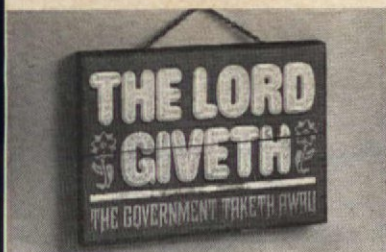
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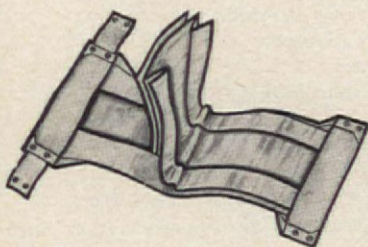


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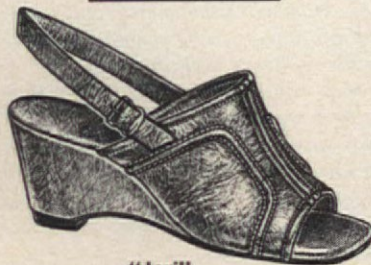
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OUR READERS WRITE

TIMELY REACTIONS

I have just read your January '76 issue and all I can say is, it's about time. About time that people started writing articles for today's world. I had to turn to reading books because magazine articles were not keeping up with my ideas.

The article, "Why We Have No Children," was superb. Everything I have felt for some time, and wished that a lot more people could examine, was expressed. The other articles were well-written and diversified. If you continue in this line, your magazine could fit well with my needs.

Congratulations on a job well done. Good luck in the future.

Betty Weathers
(no address)

I truly write this letter with great respect for your terrific magazine and writers. I am replying to the very interesting article by Bonnie Buxton ("Why We Have No Children," January issue). I in no way criticize her opinions. The article is great, but I disagree and just for the heck of it, am writing a mother's answer to the feature.

RATIONAL REASONS FOR HAVING CHILDREN IN THIS CHANGING WORLD OF ALMOST CONSTANT WORRY AND HARD TIMES.

I am 28 years old. Or should I say young, because I truly feel as if I'm 18? My husband and I fell deeply in love almost instantly upon meeting, were engaged at 18 and married at 20. At the age of 23 we had our first child, a wonderful baby boy. We waited three years to have our second child. In the interim, we enjoyed our son and ourselves completely—as we now enjoy both children and our own relationship. We have many friends who do not believe in having children. Most of them have reasons similar to Ms. Buxton's. They blame the world, overpopulation and the economic situation. To them I say, as they would confirm, I do not disagree nor do I agree, just, "Do as you please, but do not condemn us who center part of our lives around our children." They grow up fast enough and we want to utilize every moment that we have them home with us.

About motherhood being a demanding, thankless job. I disagree 100 percent. It is only as demanding as you make it. Sure, I see the mothers who cannot control their children, but don't you think that it might be their own fault? You mold your children. My son and daughter are respectful, tidy and obedient. A difficult trio to find. Why? Because parents don't expect it of their

children, as they should. Mutual respect could be an article in itself. Thankless? No. One smile or "I love you, Mommy" is enough thanks for me. Children are human beings, not puppy dogs as they are often treated.

I'm not trying to kid anyone. There are times when my little ones get the belt on their exterior, but there are more times when they bring unexpected pleasures and laughs.

I feel complete since I've had my children. It's an old saying, but it's true. I hope my son and daughter marry someday and have families of their own. I honestly feel a person without a child cannot know the relationship of having a son or daughter—a natural or maybe inborn love. Only a mother and father know the warmth of their child's hug. Times come when you feel so down, and yet they're quickly forgotten, because that person you brought into the world comes over and tells you, "Please don't cry, everything will be OK," and says, "I love you." Believe me, all problems are forgotten.

I, personally, do not believe in large families because of the obvious reasons: food, fuel, etc. But if we produce two or less children just to replace ourselves, mankind will find a way to balance his world and problems.

Don't condemn having children, if you do, you condemn love and hope.

Patricia SantaMaria
Hopatcong, N.J.

JANUARY AT ISSUE

I just read the January issue of American Home—sensational!—and I enjoyed the light, literate style, marvelous range of subjects. I have the pleasant sense of having found "my" magazine; countless others will feel the same way.

Jane Heimlich
Cincinnati, Ohio

I recently renewed my subscription to American Home. In the past this magazine was rated #1 in our home. I no longer wish to receive it. The January issue featured "Everything You Can Do In the Bedroom." There are plenty of other publishers printing reams of information on: how many times the average couple have sex ("The Pajama Game"); the best-looking at-home clothes that are multipurpose—quick entrance, and fast exit, and a little bit in between ("Clothes Can Come Between You"); get the right beat on a record and make love. This idea isn't new. Peter McCabe ("It Sounds Like Love") surely must know of the "sweet music of the '40s and people had radios back then.

I'm honestly not a prude, enjoy all that has been mentioned—it's just that I didn't expect this kind of rubbish from American Home.

(Mrs.) Celia Lougheed
Camas, Wash.

ANOTHER "IMPOSSIBLE" RECIPE

First of all, let me tell you, American Home is a most enjoyable magazine. I work as a secretary and in my spare time love to cook and try new recipes. Most of my "masterpieces" are created with your help. In the January '76 issue I came across the Impossible Pie recipe in "The Home Front News" section. The girls here at work had a similar recipe floating around. It's slightly different, but I do hope you'll try it:

Our Impossible Pie

- ½ cup Bisquick
- 1 cup sugar
- 4 eggs
- ½ teaspoon salt
- ½ stick butter or margarine
- 2 cups milk
- 1 teaspoon vanilla
- ½ cup coconut (if desired)

Mix together in blender. Pour into ungreased 10-inch pie pan. Sprinkle top with nutmeg. Bake at 350°F. for 55 minutes. Serve warm or cold.

Marilyn Arndt
Sauquoit, N.Y.

SINGLE THOUGHT

"Movin' on Alone" by Keitha McLean (January issue) was a very well-written article that can readily be appreciated today. More and more women are staying single and they need to know some safety precautions.

It's sometimes really scary being on your own. You've given me—and I'm sure other women—more confidence.

Debi Kazda
Portland, Ore.

LONDON ADDITION

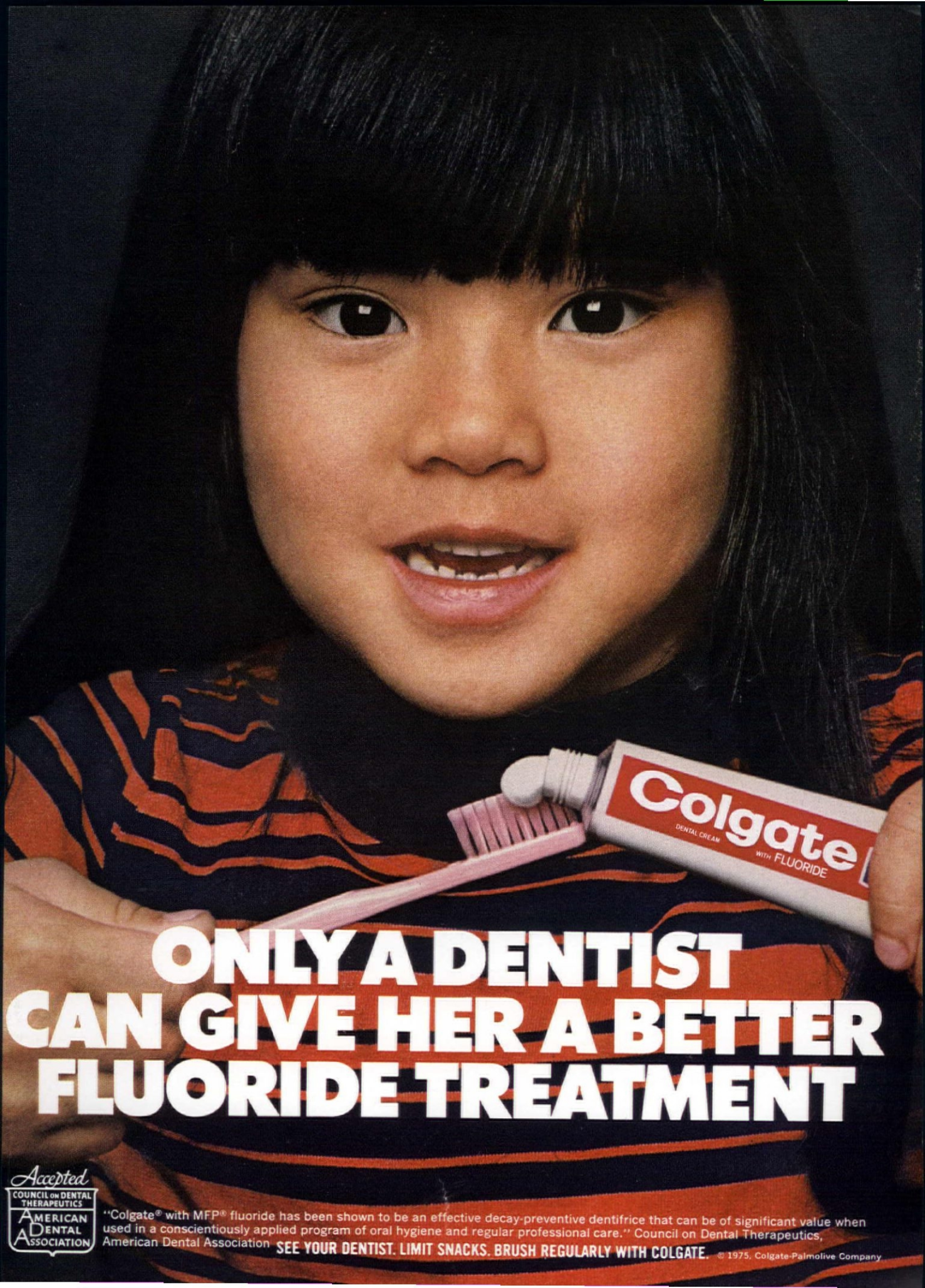
"London: the Home of '76" (February AH) was a good story, but it neglected to mention a very significant exhibition opening in the fall: "Two Thousand Years of North American Indian Art."

Four years in the making, this will be the most comprehensive collection of Indian objects to be seen outside the U.S. More than 1,000 objects are being gathered, some so rare and fragile they must be transported by hand.

I'm sure anyone visiting London from October 7, 1976, to January 16, 1977, will want to take in this show, as well as the other Bicentennial activities cited in your article.

Rosemary L. Klein
London, England

Address letters to editors to: Our Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022.



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