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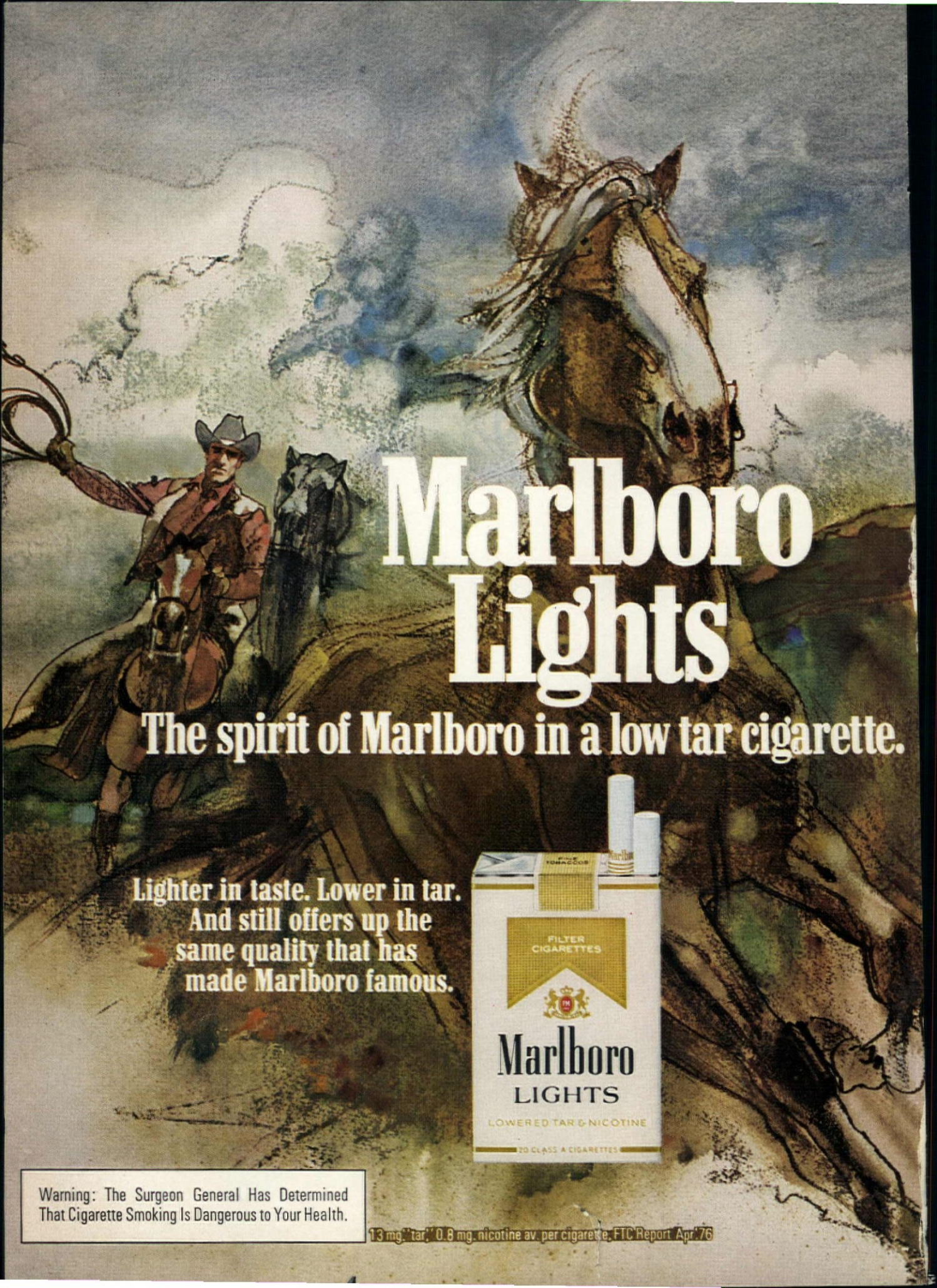
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COVER: Take off for new decorating horizons with today's portable, affordable, do-it-yourself furniture. It makes putting a room together as easy as buy, assemble, and use. For more ideas, see "Take Out Furniture," page 42. Knock-down chair shown by Cado can be mail ordered; Panasonic bicycle from Metro Bicycles. Shopping Guide on page 74. Photography by Michel Tcherevkoff.

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AMERICAN HOME

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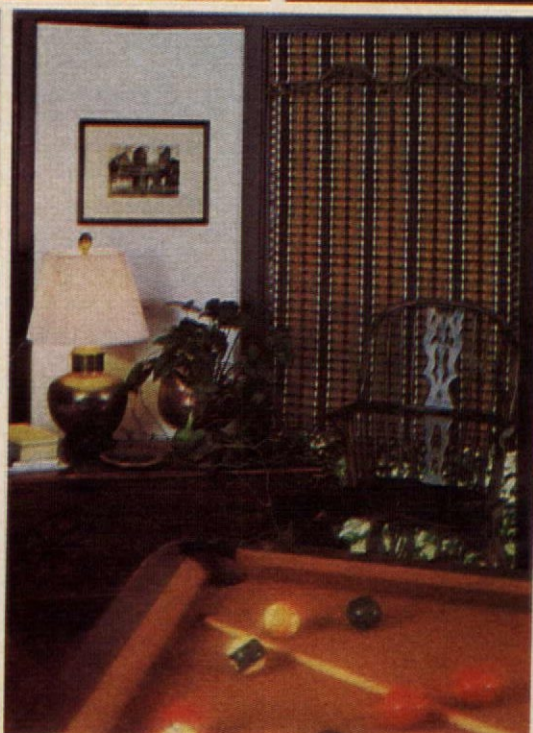
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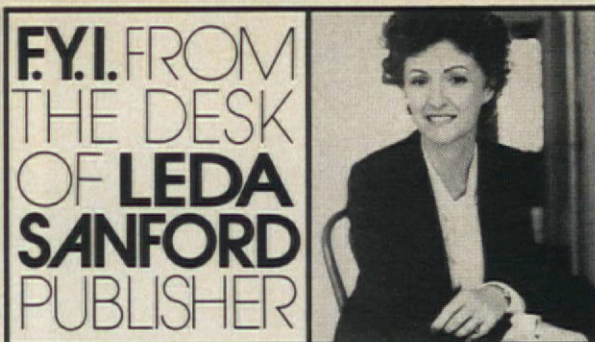


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Do you fantasize about the future or do you fantasize about the past? Your preference for one or the other really depends on how you feel about the present. It is also related to your optimism or lack of it since future fantasies are an indulgence in visions of a better world by folks who are always hopeful.

On the personal level, tomorrow is when we will have achieved many of our present goals: when our house will finally be decorated, the garden free of crabgrass, the children self-sufficient; and we as individuals will have achieved a greater level of self-confidence and earned our place in the sun.

As we move forward toward our various goals, preoccupied and concerned about ourselves, we may not realize that the future, in the modern sense of the word, is already with us.

Seldom have nostalgia and a scrapbook mentality been less appropriate than in January 1977, for people who are truly interested in getting the most out of life. Who among us would trade today for yesterday with its NO flush toilets, NO hot and cold running water, NO refrigerator, NO central heating, and worse still, dental work without Novocaine, operations without anesthesia, infantile paralysis, smallpox, whooping cough—and so on.

Space does not permit me to list all the wonders that are part of our daily lives and that we take for granted. More than that, it does not permit me to tell about all the new products, appliances, and alternatives available to all of us today.

If you must wallow in a little nostalgia, make a list of every convenience in your house today that you didn't have as a child. If you're over 40, that may include electric lights and every major and minor appliance in your kitchen.

This does not mean to imply that we should judge the quality of life by technological progress alone—hardly!

But technology *has* liberated us from much dehumanizing drudgery that took the better part of people's lives in the past. In addition, science has made parenting less risky, and we no longer have to have six children to assure that we will have three living ones. Women in particular can manage their homes and care for their families with time left over for pleasures other than the rewards of home and family.

With thought and planning, we can use modern tools to save time, decrease work, and increase quality in our home life, and that is really the point. Today offers us everything we need to have a better tomorrow NOW. With all that exists to help and aid us toward better living, if we do not have richer lives, our future fantasizing is as fruitless as evoking the past. Because the future is NOW. □

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They're calling it the "thinking man's martini"—but more properly it ought to be the "thinking woman's martini," since it's women who have been largely responsible for making white wine today's "in" drink. You may not have noticed, but look around the next time you're in a restaurant or a bar and observe how mixed drinks are being replaced by the simple glass of cool, white wine.

The phrase "thinking man's martini" didn't just arrive with today's white-wine explosion. Peter Sichel, importer of the ubiquitous Blue Nun Liebfraumilch, thought it up some years ago for an ad portraying two glasses and a bottle of Blue Nun on a silver tray being served by a butler. The ad was a fizzle: Sichel was about ten years ahead of the trend. But the times have finally caught up. The sales of Blue Nun alone doubled in a year—not to mention those of most other white-wine suppliers. California's Almadén Vineyards, for one, with its dry Mountain Chablis and slightly sweeter Mountain Rhine, today sells four times more white wine than red. Only a few years ago it was just the opposite. By 1990, experts predict, white-wine sales will equal those of all hard liquors put together. **Why is white wine** overtaking the martini, the manhattan, and bourbon on the rocks in popularity? For one obvious reason, it's less expensive; but for another, it's not as enduringly intoxicating. You can have a glass or two of white wine before lunch, and maybe even a couple more with your meal and not only make it safely back to the office but get through the balance of the day with credit. Moreover, wine tends to stimulate the appetite and digestion—and compared to the calorie-loaded cocktail, it's a boon to calorie-counters.

Most white-wine fans today are hooked on Chablis—domestic Chablis, that is, as opposed to the import by the same name, which is expensive and something else again. Chablis is dry, flinty, and pleasant. It may be found almost anywhere in economic gallons or half gallons, the latter selling for somewhere around \$3.50. Some of the leading brands in this category are Inglenook Navelle, C.K. Mondavi, Italian Swiss Colony, Gallo, Paul Masson, and Almadén. But if one cares to go a notch and a few dimes higher, I recommend Chablis in fifths or magnums (two-bottle size) from one of California's "premium" vineyards, such as Wente

The Thinking Woman's Martini

Less caloric and less heady, white wines are becoming the "cocktail" today's women are choosing before meals.

by Creighton Churchill



Bros., Beaulieu, Charles Krug, or Robert Mondavi, who markets his Chablis as White Table Wine. Chablis is known as a "generic" wine—meaning a blend of several grapes—and the "premium" vineyards are more artful with their blends.

For the more sophisticated tastes in white wines the choice is virtually inexhaustible. Of the California "varietals" Chenin Blanc, made from a grape of France's Loire Valley, is slightly sweeter and more personalized than any Chablis. Another popular white is the Colombard, very light and dry, and with a pronounced spiciness. Yet another delightfully spicy wine is the California version of Gewürztraminer. And one should definitely experiment with a fragrant Johannisberg Riesling, a dry Semillon (like a French Graves), or the noblest Californian of all, Pinot Chardonnay—California's white Burgun-

dy. Or perhaps you are one to buck the tide and prefer a sweet wine? Two of the more luscious sweet white wines made in the United States are Chateau La Salle from the Christian Brothers, and the exotic Lake Niagara from Widmer's in New York State. Most of the above cost between \$2.50 and \$3 a fifth.

Imported wines that sell for higher prices offer still other possibilities. You might settle for a white Mateus from Portugal or a tart Bordeaux Supérieur, but almost everybody else is drinking German Liebfraumilch or Italian Soave, the most sought-after brands being Blue Nun and Bolla, respectively. For those who find Blue Nun's price prohibitive, there is less expensive Liebfraumilch on the market of nearly equal value. Nor, in considering German wines, should one overlook the Moselles—delicate white wines with flowery bouquets and a slight prickliness on the tongue Germans call *spritzig*. Worth your attention are: Moselblümchen ("Little Flower of the Moselle"), Zeller Schwarze Katz (the vineyard of the Black Cat), Cröwner Nacktarsch (sometimes spelled Kröwner). Moselles of this type will stand you from \$3 to \$4.50.

Despite its current rage, Italian Soave—the word means suave, though the wine actually does come from a hill town in northern Italy called Soave—has always struck me as a bland wine, too uncomplicated to hold the interest for long. Several other Italian whites merit more attention. One is dry Orvieto (Secco); another is Toscana Bianco from the Chianti region, one version of which comes in the amusing "fish bottle." Yet another is Verdicchio dei Castelli di Jesi, a medium dry wine with a charming, subtle perfume. You will recognize Verdicchio by its tall bottle, usually dark green, with a voluptuous bulge below its narrow shoulders. A favorite of mine, reasonably priced at around \$5 for 1½ liters, is a Frascati, Fontana Candida, the "golden wine" of Rome—also a favorite of the Romans themselves. More powerful in flavor and alcohol than many other Italian white wines, it may captivate you, too. One does not always need to be in Rome, after all, to do as the Romans do. □

Creighton Churchill is a wine consultant for American Airlines whose latest book is the paperback *The World of Wines* (Collier).

How to Raise Your IRQ



Tips on improving your Inflation Resistance Quotient

by Sylvia Auerbach

Starting this issue, American Home begins a new column to help women take a more active role in controlling their own money—and men will pick up pointers, too. The author has written *A Woman's Book of Money and Your Money: How to Make it Stretch* (Doubleday)

Like to bet on sure things? Here's one—bet that inflation will continue in your future. That's what economists predict for 1977, along with cheery comments on the "advantage of having inflation subside to an annual rate of about five percent."

"Advantage?" With such good news who needs bad news? Let's say you're one of the "high income" families described by the Census Bureau, with an income of more than \$17,156. Let's say, in fact, that you take home \$20,000. At five percent inflation, from January 1 to December 31, you will have lost \$1,000!

Do you have to take this lying down? No. Recall that five percent is a composite of all prices, and you can minimize the effect of inflation on your budget by careful planning. Here are ten suggestions for raising your IRQ—Inflation Resistance Quotient—in six important areas.

Your house: Cut maintenance costs by getting a blueprint of your house and a plot plan. If you're a do-it-yourselfer it will be easier for you. And repairmen won't chew up \$20 bills looking for utility lines.

Insurance (continued on page 70)

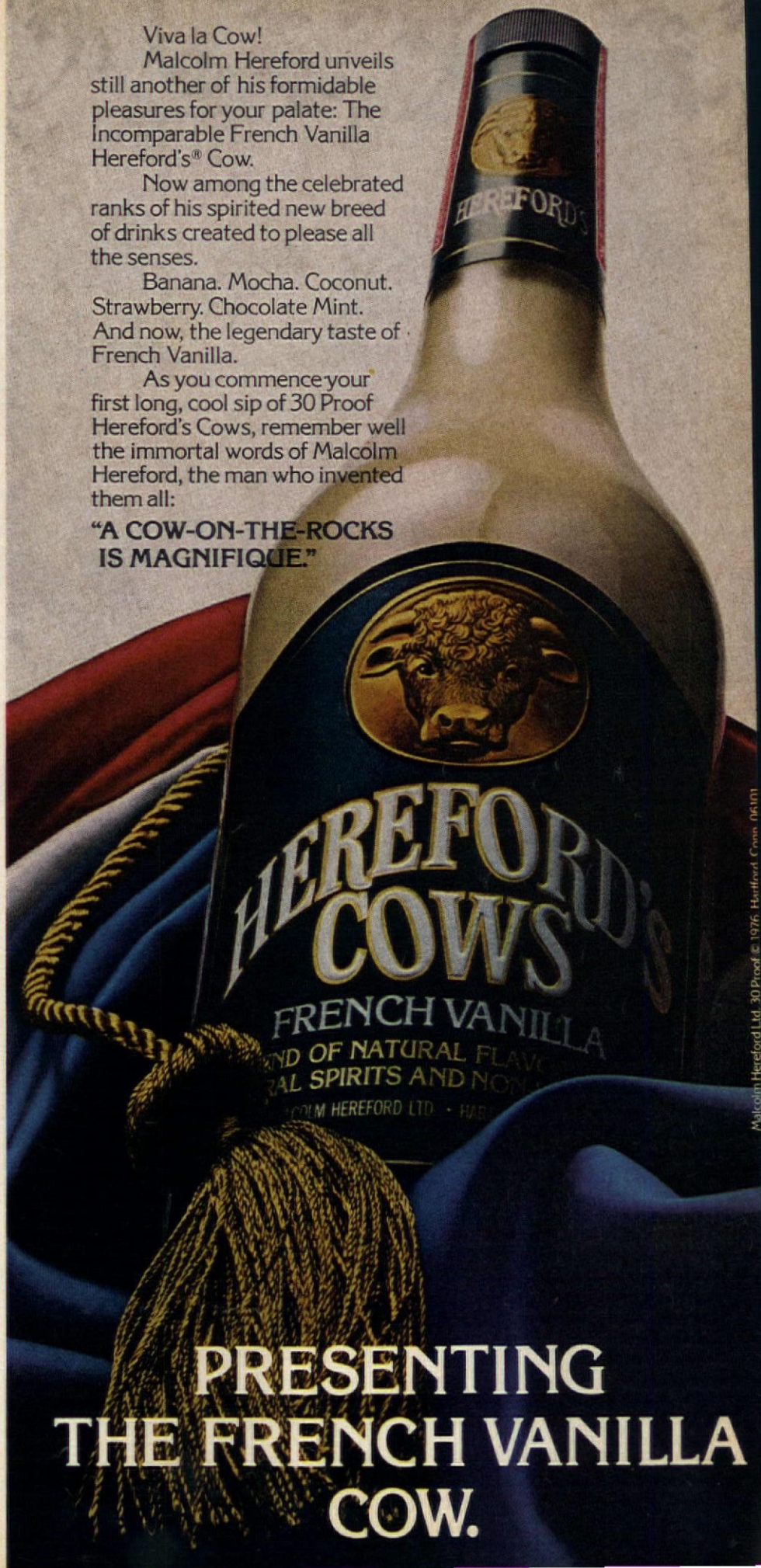
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EMERGING WOMAN MAYOR HER HONOR, THE

Sandra Shenfeld, one of a new breed of women in politics, fights for what she thinks is right—and fights to win. *by Lillian Bregman*

"Call me Sandra," says the 35-year-old mayor of the New Jersey suburb known as Evesham Township. "Sandra," she emphasizes, elongating the first *a* into an *ah* and flashing a wide, confident smile.

Emerging from a little white sports car in casual slacks and a blazer, Sandra Manno Shenfeld could be anybody's next-door neighbor on her way to the market instead of the chief municipal officer arriving at town hall. "I don't like formality," she explains.

No one would accuse this bubbly, irreverent woman of ducking the limelight. No one would ever accuse Sandra Shenfeld of hanging back from a fight, either. When the five-member township council seated her as Evesham's first woman mayor after a tempestuous election, it didn't really expect such an energetic character to sit still—and she hasn't disappointed them. She's become the busiest mayor the township has ever had, and claims she puts in 80 hours a week, for which she takes home \$3,500 a year. The job had been considered "part-time" until Sandra Shenfeld proved otherwise.

Evesham is about ten miles east of Philadelphia, the big city on the other side of the Delaware River. Like surrounding communities, it has gradually changed from a sleepy country village to a "bedroom suburb" where new homeowners seek a respite from the hectic pace of the city when the day is done. The township population of 20,000 comfortably middle-class citizens is swelling at an annual rate of 25 percent; 100,000 are expected by the year 2000. Such rapid expansion means problems with traffic, trash, sewage, road repair, and schools—problems that the mayor feels capable of taking on.

"I never intended to go into politics," laughs the former nun, housewife, and broadcaster. "Until 1970 we didn't even live in Evesham."

Six years ago, the Shenfelds were center-city Philadelphians living in a high-rise but dreaming of a house in the "country." When they moved to Evesham, their vision of bucolic serenity—as well as the site plan for their new property—included a stream in the backyard. Instead of their babbling brook, however, the

Shenfelds found a poor substitute: an unauthorized, illegal drainage ditch. It was what she jokingly refers to as The Last Ditch Battle that got Sandra into politics.

Irate, she attended township council meetings and demanded to know how such a dishonest hoax could be perpetrated on an Evesham homeowner. As a result, the Shenfelds' ditch was the last to be dug without the knowledge and approval of the township's electorate.

Sandra, never one to shrink from a lively debate, found herself drawn into other issues put before the council, including one of sexual discrimination. When openings in local government were being filled by women paid lower salaries than their male predecessors, Sandra objected that the council was using women as a source of cheap labor. Her remarks drew cheers from neighbors and members of the local press. People began to urge her to run for office. Happy in her broadcasting job for Voice of America, the arm of the U.S. Information Agency that transmits overseas, she dismissed the idea at first. *(continued on page 68)*

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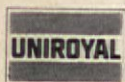
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The Dust-Free House: An Update

Consider the improved central vacuum cleaning system. It's the household equipment you didn't know you couldn't live without.

By Karen Cure



There is a way off the portable vacuuming treadmill. Central vacuum systems can be added to any existing house—and they're not nearly as expensive as you might think. Operating them is nearly as easy as plugging in a hose with a cleaning nozzle attached. The inlet to which you connect it is joined by a system of plastic piping to a suction motor and a dust collection bin in the basement, the attic, the utility room or a closet. The hose you use to vacuum is stretchy, very flexible, and long enough—usually about 28 feet—to reach into several rooms. When you've vacuumed all of them, you simply unplug the hose and carry it over your arm to the next inlet. The hose doesn't tangle. It isn't heavy. In fact, it's so light that with a special cleaning-wand attachment you can even vacuum the ceiling without wearing out your arm. Stairs are a breeze: You've nothing to hold onto but that single lightweight hose. A special dusting attachment can be used to dust tabletops, knick-knacks and the like: You don't just spread the dirt around—you get rid of it.

Because the motor is far from where you're sweeping, the system is quiet. Also, because the motor doesn't have to be portable, it's much more powerful. Revolving brush attachments driven by the air flow of the vacuum action, by auxiliary motors inside the attachment or by a combination of the two, increase efficiency still further by breaking up fields of static that make dust and dirt cling to carpet fibers and by picking up especially stubborn threads, lint, and hair. But you don't need these devices except on thick pile. Standard attachments do the job for ordinary carpeting—and with a lot less effort than using a portable takes.

What can go wrong with the system? Not much. You're not supposed to vacuum up hairpins and the like. Systems are designed so that intake nozzles and inlets are smaller than the piping so that what will go through the inlets will probably go through the pipes as well. But occasionally a hairpin will get stuck. Then you'll have to call a repairman who can unclog the pipe without too much trouble.

The good units are tough. A few built into turn-of-the-century houses are still working. The motors of modern models average 1400 hours. That means you can count on 10 to 15 years of maintenance-free vacuuming under normal use. And when the motor does wear out, you can replace it for under \$100.

What about adding a system to an existing house? Built-in vacuum clean-

ing systems can be added to split-levels, two stories, condominiums, colonials—just about any kind of house you can name. Sometimes it takes a little extra thought to put one into a house that has no crawl space, no basement or no attic—because the power unit usually goes in one of those areas. But it can be put into a closet or a utility room instead.

It's easier and somewhat less expensive, of course, to install a central vacuum system while the house is under construction. If you're thinking about getting one eventually, but can't afford the whole shebang while you're building, consider having the piping roughed in before the walls go up. It will cost about \$100 in most areas, and you'll save money afterwards.

What do the systems cost? Turn-of-the-century models cost their owners a bundle—about \$3,000—hence their reputation for being expensive. Nowadays, though, on the average, they'll run \$450 to \$700 installed.

Of that, maybe \$150, or more depending on what system you buy and where you live, will be installation charges. If you're reasonably handy with tools, you can save by doing it yourself. It won't take more than a

day. Most manufacturers will furnish easy-to-follow installation manuals.

Parts make up about \$550 of the total charge for the kind of five-inlet system that goes into most houses. You may need fewer inlets (and a consequently less expensive system) if your house is small or if its layout is compact. Usually too, you can get back what you put into the system, and then some, in the added resale value of your house—and if the new owners are adamant about not wanting your system, you can take the power unit and the attachments with you when you move. **How to pick a central vacuum system?** Look for dealers' names under "vacuum systems" in your Yellow Pages. If none are listed, talk to a plumber, electrical supply house or building contractor to find out who sells the systems in your area. Then shop around.

There are big differences between the 28-plus varieties on the market. For example, some systems trap your sweepings in a paper bag. Some trap them in a filter-and-canister arrangement. Others (so-called "bagless systems") separate the dust from the sucked-in air by a complicated cyclonic separation process that spins intake air around inside a chamber until particles drop down into a dirt collection bin. Both the second and third methods give marginally more powerful suction—but the first method makes for somewhat easier dust disposal. When it comes time to empty your sweepings, every three to six months, all you do is throw out the full bag and put in an empty one.

Another difference: some systems switch on when you lift the inlet cover. Some don't start until you plug in the hose. In most cases it won't matter much which of these starting methods you choose, but if your child is a Dennis the Menace type who might be apt to feed small toys to the system as part of his rainy-day fun, you might want to opt for the plug-in starter.

If you do choose a bagless system, look for one with an outside exhaust (like a dryer vent), which will keep the air that exits the motor from spewing around your house; that air is relatively dust-free, but not entirely.

Do make sure that the system is approved by UL or by the even more stringent Canadian Standards Association. And check the guarantees. They should cover both the power unit alone and the system as a whole. □

Karen Cure discussed the hows and wherefores of choosing a household cleaner in July AH.

SOME LIKE IT HOT. SOME LIKE IT COLD.



Baked Spaghetti Supper

7 oz. Creamettes spaghetti	1/2 tsp. pepper
1 lb. ground beef	1 pkg. (1 3/4 oz.) onion soup mix
2 tbsp. butter	2 cups water
1/4 cup all-purpose flour	1 tbsp. flour
3/4 cup Instant Nonfat Dry Milk	1 cup dairy sour cream
1/2 tsp. salt	Buttered bread crumbs

Cook Creamettes spaghetti according to package directions. In skillet, brown beef in butter, stirring occasionally. Remove from heat. Add 1/4 cup flour, nonfat dry milk, salt, pepper and half of soup mix. Blend, gradually stir in water. Cook, stirring constantly, 'til thickened. Combine remaining soup mix with 1 tbsp. flour, then blend with sour cream; fold into cooked spaghetti. Turn spaghetti into 2-qt. buttered casserole, pushing up sides to leave a "well" in center. Pour meat mixture in center. Top with buttered crumbs. Bake 25 minutes in 350° oven, or 'til crumbs brown. 6 servings.

Icebox Macaroni Salad

7 oz. Creamettes macaroni (2 cups dry)	1 cup diced cheddar cheese
2 tbsp. salad oil	1/2 cup mayonnaise or salad dressing
2 tbsp. vinegar	17-oz. can peas, drained
1 tbsp. minced onion	1 cup diced cooked ham
1/2 tsp. seasoned salt	1 cup diced celery
1/4 tsp. seasoned pepper	

Cook Creamettes macaroni according to package directions—do not chill. While still hot, drizzle with oil and vinegar. Add onion, seasonings and cheese; toss well.

Gently mix in canned peas and remaining ingredients. Chill thoroughly. Serve on salad greens. 6 to 8 servings.

Two deliciously easy recipes that start with a little green box and very little cooking!



WOULD LOOKING YOUNGER PLEASE YOU?

Don't you feel the need to be just a tiny bit selfish once in a while? You work hard at your job so that your boss will be satisfied and his professional life made easier. You've concentrated on becoming a good cook, knowing that both family and guests appreciate your almost-gourmet meals. You've even



taken up chess, so you can be a challenging partner for a special man. Isn't it time to do something self-satisfying, with only yourself in mind?

What could be more self-pleasing than looking younger? It's a delight to look in the mirror and see a more radiant, younger-looking you. And it can happen so easily. Simply discover the secret of a mysterious beauty fluid that can help you look younger. This beautiful secret, shared by fortunate women in many parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates your skin remarkably quickly to begin helping you look younger. An abundance of pure moisture, tropical oil and precious emollients work mysteriously with nature to help ease away dryness. It's dryness, of course, that accents little wrinkle lines that can easily make you look older than you like. From the very first day with Oil of Olay, those lines show less. The difference is noticeable not just to you, but to other people as well.

Smooth the skin-loving liquid on your face and throat. Watch as your skin seems to drink in Oil of Olay. Within moments, your face takes on a renewed lustre and radiance, a look you may have thought you'd never again see. Isn't that a pleasure? Oil of Olay helps maintain your skin's natural moisture balance and lets your skin become softer, smoother and more glowing. It shouldn't be surprising that Oil of Olay can help you look younger.

When do you want to use Oil of Olay? Whenever your skin feels dry and you'd like to raise its moisture level is a good time for the beauty fluid. Exposure to weather, sudden changes in temperature, some cosmetics . . . all these things can dry your skin and cause you

to look older just as surely as added birthdays.

Most dedicated users of the beauty fluid wouldn't think of letting a day pass without using Oil of Olay at least twice. At bedtime, to cherish and pamper your skin into the quiet night. In the morning, before doing your face for the day (Oil of Olay is so fast-penetrating and non-greasy, it's marvelous



under makeup) or simply to let your skin live in a moist climate. A number of women, who like a natural, glowy look, use the beauty fluid instead of makeup.

Would looking younger please you? Be honest. Of course it would. And it's nice to know that your younger look will probably bring pleasure to other people you care about too. So you're not really being selfish after all!

Beauty Secret

When you can take time for a leisurely bath, smooth Oil of Olay® on your face and throat while you're relaxing and unwinding in the tub. It feels marvelous, and the discreet fragrance that surrounds you is one more delicious addition to that peaceful time.

Are Periods Still Necessary?

Periods, cramps, menstrual blues may soon go the way of whale-bone corsets and high-buttoned shoes.

by Suzy Kalter

Did you know:

- That you can alter or eliminate your period?
- That cramps may be the result of social conditioning?
- That women are more likely to commit suicide, catch viral infections, have mental breakdowns, and suffer accidents during the week preceding menstruation?

The women's movement has done more than liberate us from stereotypes and give us permission to bloom as individuals. It has thrown the windows open on topics once considered taboo, including the physical mysteries of womanhood.

New concern with women and their problems, as well as the increased number of women doctors, has sparked interest in the subject of menstruation. Studies are now being conducted into the origins of painful menstruation (dysmenorrhea); the effects of chemicals on the body during menstruation; and related changes in body temperatures, breasts, teeth, body odor, and the lining of the uterus. Surprising revelations have begun to emerge.

If you've had all the children you want to have; if you're plagued by dysmenorrhea, depression, and tension; if you wish you could alter or eliminate your period—it is possible. Many doctors feel that women who do not plan to become pregnant do not need to menstruate.

In a rather radical tract on the subject, Dr. Roger Short of Edinburgh, Scotland, says that the female body was never devised to have as many periods over the course of a lifetime as it does today. As recently as 200 years ago, women did not menstruate until age 17 or 18, and breastfeeding delayed resumption of the menses after pregnancy. Because the body cannot take the strain, he theorizes, this is the reason so many women (continued on page 70)

What happens at a Sarah Coventry Jewelry Show?



1 It all begins with a phone call. You invite neighbors, relatives, friends for coffee and a Sarah Show at home.



2 When the Sarah Coventry Fashion Show Director opens her newest collection the excitement really begins. There are tips, trends, new looks, ideas. All of it personal, private and fun.



3 After the show everyone tries things on. The Sarah Coventry Director answers questions, helps with gifts or special needs. All with a concern and helpfulness rare indeed these days!

4 You're the Hostess but you've been a "guest" as well. Watching the entertainment, seeing "the jewelry with know-how," loving every minute. Best of all, you receive a special Hostess Gift of Sarah Coventry jewelry. Sarah's way of saying, "Thank you for inviting us." A Sarah show is one of the happiest things that can happen in your home. For more information just fill out this coupon or

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In addition, if you hostess a show between January 3 and January 29, 1977, you can have your choice of one or two of these five exclusive Sarah Coventry rings, depending on sales at your show.

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Sarah Coventry®
 The jewelry with know-how

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Elsewhere in this issue there is an article titled "Where Is the Woman of the House?" It tells the other side of this controversial story.

Where is the woman of the house? If the answer is, "Out working," then the next question should be, "Where are the children?"

In my case, the children, ages two and four, are home being taken care of by a fine, upstanding woman who is not my wife. She isn't as educated as my wife. She never completed high school (my wife and I both have college degrees). She doesn't have the same ethnic or religious background. She is Irish and Catholic (my wife and I are Middle European and Jewish). My children are not sure whether we go to a church or a synagogue. They think a calf is called a baby cow and that the commercials they see on TV are the last word in wit and wisdom.

Our housekeeper is about to leave. She will be replaced by another one with more or less the same credentials. If we are lucky she will be nice to the kids—maybe even be genuinely fond of them. But she can't raise them the way my wife could, pass on the same vocabulary and values.

If we are not lucky, there will be more serious problems. Our friends have had all kinds of experiences: A succession of women who stay only for a month or two, some who drink, others who entertain boyfriends. I am not looking forward to the breaking-in periods when we get to know the best and worst about each other.

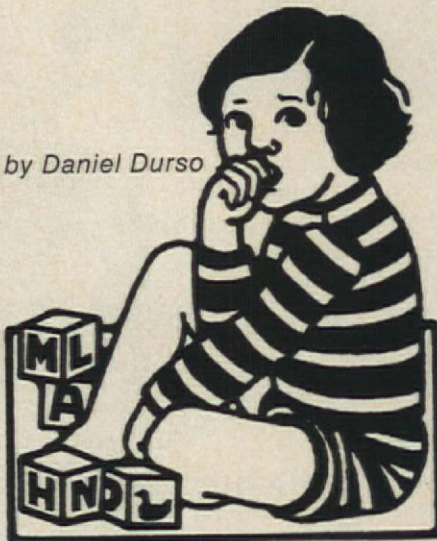
There is no alternative baby-tending arrangement. We have no relative who could fill the bill. There is no day-care center we could use that could provide quality attention. Nursery schools fill a few hours a day. At some time in the future, government and/or industry will wake up and offer—as they do in some countries—decent child care, but right now each family is on its own.

My wife has been out working for a year and I wish she were home raising our children. I can't tell her that. I can't tell anyone. I can't say anything so disloyal, outrageous, and reactionary. All of her friends are working mothers. Everyone would think I was against the women's movement, against independence and free expression for women. I am not opposed to my wife establishing a career or her own lifestyle. But I wish she would have postponed her

Where Are The Children?

A father asks what price his children are paying for having a working mother.

by Daniel Durso



reentry into the work world at least until the children were in school.

It is not something I can discuss with her. You see, there is no rational basis for her role change. She earns \$14,000; the housekeeper gets \$10,000. Obviously, my wife is not working for money. She has an entry-level management job with a large company. It isn't particularly rewarding, but she believes it will lead somewhere. Whether or not it will is not the point, either. The reason she is working is that it isn't acceptable in terms of her self-esteem for her *not* to work. She and the friends she respects (all of her "role models") have been conditioned by the media to believe that there is no life without a job. In other words, a job is an end in itself. This has become the trendy party line of the magazines, books, and television writers of the '70s. Climb on the bandwagon, ladies. You have no choice.

My wife didn't feel that *she* had a choice. She didn't even consider that she was giving up the full-time job of mothering for which she is well qualified by temperament and background for the other full-time job. She didn't weigh in the balance the effect of withholding her love,

knowledge, and guidance from her children in their formative years.

Don't tell me quality is better than quantity. That's what she told me. It goes this way: It's not the amount of time you devote to your children but the degree of giving that takes place during that time. That's another specious hype invented by writers who have never lived through the situation. What happens in real life is that my wife comes home from work tired and grumpy. She snaps at the children. The quality of that time is awful. Weekends are better, but that is also when we play tennis and entertain friends, run errands, and spend time with each other. In other words, the quality is better then, but the quantity is so limited that I wonder if that sparse, part-time parenting makes up for all the lost time.

I think my wife feels guilty about the situation, too, and that tends to make her more frazzled. Her formerly sunny nature seems to be eclipsed for longer and longer periods of time.

Can a father be substituted for the mother in this equation? Theoretically yes, but in our real-life drama, no. I can't stay at home with the children and do my work, and we need the income from my work to live. Not only that, but my work keeps me away from home many week nights so I can't even fill in then. Right now my established career seems more important than my wife's embryonic one. But I wouldn't tell her that. Besides, there is no real choice: my career or hers.

I guess I feel guilty, too. After all, I got all of us used to our present standard of living, and I certainly don't want to make a change in it. I have read all the psychology books about the importance of the early years in child development, but I have also known children of two-job families who grew up all right and children whose mothers stayed home and grew up with problems. So why am I worried?

We will both have our careers and the children will grow up very nicely and we will all live happily ever after. But I didn't write the script. I'm not even the director. I'm just one of the actors in this real-life movie. I am only playing the role assigned to me by society. And my wife is playing hers. I wish I believed in the happy ending they've written for us. □

Daniel Durso is a pen name for a New England businessman.



WHISK AWAY

Our battery-operated whisk beats it all —beats, mixes and stirs egg whites and light liquid mixtures for batters, drinks, dressings. Powered by two D cell batteries, it can travel indoors or out, from the kitchen to the bar to the backyard or even aboard a boat. The plastic beaters will not damage nonstick finishes and are unaffected by boiling liquids. Safe enough for a child, the whisk measures seven inches high. Only \$8 plus postage. (Batteries are not included.)

Enclose check or money order. Please allow 4 weeks for delivery. No C.O.D. or foreign orders.

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The Cozy Pair

A pot's best friend may be our calico tea cozy cat and coaster. Just place your tea—or coffee—pot on the protective pad and cover with our friendly feline. It promises cat-egorically to keep the pot warm. Make up a few of these sets; they're quick and simple to do. Give them as gifts or keep them around your house to add a cheerful note of charm in your kitchen. Sets come in assorted calico prints with all materials needed, \$4.75.

Enclose check or money order. Sorry, no C.O.D. or foreign orders. Allow 4 weeks for delivery.

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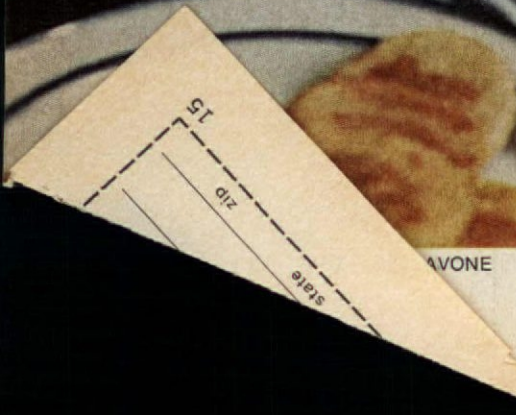
N.Y. please add sales tax —

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HOME FRONT NEWS



Shelter Furniture:
Airborne's Isola chair

FURNITURE COMES OUT OF THE ATTIC

What's the latest word in home furnishings? Here's a preview of what's coming up this year.

Old is new. Or, at least, nostalgia is a big influence. Granny's attic stuff—shaving stands, hall racks, even player pianos—are all part of a "golden oak" revival.

Comfort is big. Traditional is complemented by "transitional," furniture that echoes the lines and detailing of traditional, but adds the softness and flexibility of contemporary.

Contemporary is softer. Pit groups and modulares are squishier; the newest thing is Shelter Furniture, sofas and chairs that literally enclose you in a high-backed curved pad.

Softness means pillows. Newest sofas show off a stacked-pillow look. Pillows are notched to appear as if they are doubled. A new fill method combines the airy softness of down, oomph of polyester and foam

Scale is reversed. Big pillows show up on small frames and vice versa, and they are always loose, uniform in size, and square. They match or coordinate in color and texture.

Color and pattern are brighter; textures are softer. One look is a mini-Persian-rug patchwork motif.

Knock-down furniture for easy assembly gets stronger all the time (see page 42), especially for chairs and modular wall systems. Lots of furniture and reproductions of antiques are scaled down for apartment living.

FUNNY MONEY

Would-be bank robbers had better think twice before attempting a heist at California's Crocker Banks. The bank branches are equipped with radio-controlled sacks of bogus money that explode on command. The "money bomb" consists of a combination of tear gas and indelible red dye designed to temporarily immobilize the bandit—until the good guys get a chance to win again!

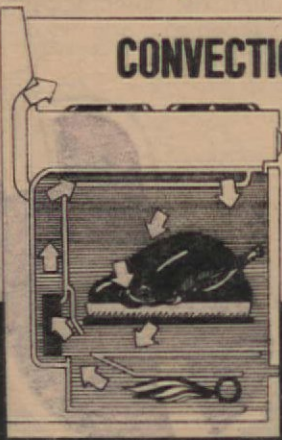
THE DISHCLOTH LOOK ARRIVES

The dishcloth has moved out of the kitchen and is cleaning up. Traditional cotton kitchen and hotel towels have inspired a bright new look in fabrics for sewing clothes and home furnishings accessories—curtains, napkins, tablecloths—for spring. Earl-Glo has designed a smash dishtowel-look collection, "Pots and Pans." The 100 percent cotton broadcloth fabrics are printed with thick n' thin stripes in bright primary colors, with the words "Tea Towel" and "Glass Towel" used as part of the design. Available by the yard at fabric stores and department stores.

CHOP OFF YOUR OLD SKIS

Long skis are out, Stubbies are in. Downhill racers can make a cheap changeover to short skis with the help of a new Stubbies recycling kit designed by professional ski shortener, Tate Tetrault. The kit, which contains everything you need to turn your old skis into more manageable Stubbies.

CONVECTION COOKING



Tappan's Convectionaire

If you're not quite ready to make the move to a microwave oven, but want to save time and conserve energy, a convection oven could be the solution. Con-

vection ovens use extra insulation and work on a forced-air principle: Hot air is constantly recirculated in the oven cavity, eliminating the need for preheating and at the same time reducing cooking time and fuel costs. Long used by restaurants, convection ovens are now being made for home use. The newest is Tappan's Convectionaire, a gas convection range that offers an electric ignition system instead of the fuel-wasting pilot light. Jenn-Air makes an electric Grill/Range, which can operate as either a convection or a radiant oven.

SOLAR SCRAPBOOK



PHOTOGRAPHY BY M. J. CWEIBEL

SOLAR TESTING

ERDA (Energy Research and Development Administration) has chosen 34 projected nonresidential buildings in 22 states and the Virgin Islands to receive funds for demonstration of solar roof-top collectors. These buildings will be monitored for five years to collect data that will then be available to the public.

HUD (Department of Housing & Urban Development) in their RFGA (Request For Grant Application) program is giving out \$1 million in grants to 55 builders, public agencies, and universities to install and test solar heating and cooling units.

DOD (Department of Defense) will install complete solar systems at 35 new housing units and 15 existing units at military bases in varying climates. Results will be analyzed, and published.

For more information, call National Solar Heating & Cooling Information Center, Pennsylvania.

catalog of products and services, as well as a newsletter and other publications. Write P.O. Box 9352, Washington, D.C. 20005.

A tax-deductible donation of \$5 or more to the Roaring Fork Resource Center in Aspen brings you their newsletter and information on events and educational activities the RFRC is engaged in. P.O. Box 9950, Aspen, Colo. 81611.

FINAL CHECK

You may be eligible for financing under an FHA Title 1 Home Improvement Time-Payment Plan.

GETTING INTO HOT WATER

One extremely practical application of solar energy is heating swimming pools, because pools already have two of the things necessary for a solar heating system: a pump to circulate water, and storage for heated water in the pool itself.

In California, particularly, where the public utility commission is considering a ban on new gas hook-ups for swimming pool heaters, pool owners are thinking twice about solar energy.

Two companies that manufacture solar pool

units are: The Faeco Solar System. (Menlo Park, Calif. 94025). This system circulates water from the pool to solar panels (usually mounted on the roof of the house) via extra plumbing attached to the conventional filter system, and back into the pool. A typical installation costs \$1,300 and pays for itself in gas savings in one to five years.

Albatross, Dri-Honing Corp. (San Carlos, Calif. 94070) manufactures a 3 foot by 8 foot portable hydronic solar panel mounted on casters that can be moved during the day to follow the sun. To install, simply connect the source of the pool water supply to the panel with an ordinary garden hose.

Solar water heaters are coming into their own, too. Sunworks (New Haven, Conn. 06508) has a practical domestic water heating system for colder climates and residential sites, the Solector, that requires forced circulation of fluid. A nonfreezing solution is circulated from the exterior flat plate collectors through a closed loop in the water storage tank that heats the water. The Solector can be installed as a primary or auxiliary unit.



TAX BREAKS

You may be lucky if you live in California, Colorado, New Mexico, Indiana, Montana, Maryland, North Dakota, South Dakota, New Hampshire, Illinois, and Oregon. These 11 states offer tax rebates to solar energy users. California and New Mexico, for example, will allow an income tax credit—up to \$1,000—for a solar heating system.

MONTHLY UPDATE

Solar Age is a monthly magazine that explores all facets of the field—as well as other energy sources. Subscription rate is \$20 a year, Rte. 515, Box 288, Vernon, N.J. 07462.

FINANCING FIRST-AID

One hundred customers of the Massachusetts Electric Co. are testing the feasibility of solar energy in their homes. Customer investment: \$200, Mass. Electric's: \$1,000-\$1,600 toward installation of unit.

SOLAR ED

Day-long workshops about energy—and especially solar energy—are offered by Total Environmental Action (TEA) Inc. in Harrisville, N.H. TEA also offers consultations on energy-conscious design, publishes a variety of books and visual aids on energy, and conducts research. Write TEA at Church Hill, Harrisville, N.H. 03450.

Readers are invited to contribute the latest news from their neck of the woods to Home Front News—\$25 for each idea published. Address letters to Ann Scharffenberger, Editor, Home Front News, American Home, 641 Lexington Ave., New York, N.Y. 10022.

For more information, call National Solar Heating & Cooling Information Center, Pennsylvania.
Chicago Ski Shop, 22 W. Kinzie St., Chicago, Ill. 60610
Chicago Ski Shop, 22 W. Kinzie St., Chicago, Ill. 60610
Chicago Ski Shop, 22 W. Kinzie St., Chicago, Ill. 60610

SUN SHOPPING

Solar Razor is charged by the sun—or by a 100-watt incandescent bulb if it's cloudy—through nine photo cells. It will be available for \$100, December '77.

Norelco, North American Phillips Corp., 100 East 42 St., New York, N.Y. 10017.

Sun Shower is a plastic bag—one side's black and the other's clear—that holds 10 quarts of water. Hang it in the sun for three hours on a 70-degree day and the water will reach a temperature of 100 degrees. \$8.95, from SUN, 450 East Tiffin Street, Bascom, Ohio 44809.



Norelco's solar razor prototype

Solar Grill unfolds reflector plates from insulated frame and stands to measure 16 inches by 16 inches by 5 inches. Temperatures reach 325-450 degrees; grill will hold four hamburgers or six hot dogs and other foods, too. \$33.95 also from SUN.

Solar Cigarette Lighter, also from SUN, is a polished metal disc that lights your cigarette in 3 to 4 seconds. Just aim it at the sun, and poof! \$1.98.

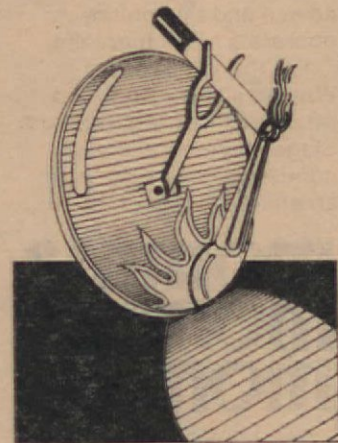
The Photos 6 solar charging system includes a small solar panel and a storage pack that can provide



Sun-frying with solar cooker

enough energy to power portable radios, cassette tape players and recorders, cameras, flashlights, calculators, and walkie-talkies. \$39.95, from M7 International, Inc., 210 Campus Drive, Arlington Heights, Ill. 60004.

Solar Sauna's 7-foot 6-inch reflector directs sunlight through panel of fiber glass into the sauna, to attain a



Solar cigarette lighter

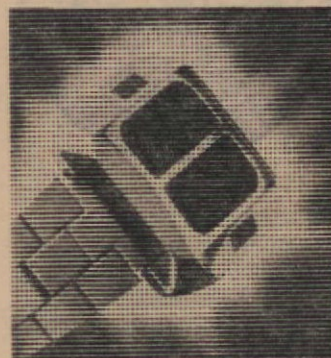
temperature of 180 degrees when it's just 45 degrees outside. Prices: \$1,495 to \$1,995; Am-Finn Saunas, 7th and Washington Streets, Red Hill, Pa. 10876.

Synchronar 2100 solar watch tells the time and date, seconds, and leap year by the pressing of two buttons on either side of the solar cell. Daily exposure to light keeps the waterproof, chem-

watch going. \$500 for stainless steel. Ragen Solar Systems, 77 Water Street, New York, N.Y. 10005.

Solar Cooker is designed for skewered foods such as shish-kebabs or hot dogs. Measuring 13 inches by 13 inches by 4 inches, its concave reflective surface directs heat so that most foods will cook in 10 to 15 minutes. \$12.95, from Davis Instruments Corp., 857 Thornton Street, San Leandro, Calif. 94577.

Solar Furnace is a light A-frame structure of aluminum and tempered glass about the size of a tool shed. You can install it



Ragen's solar watch

yourself in the backyard. The vertical plate collector is mounted on the side with a horizontal reflective aluminum shield at the base to increase efficiency. Heat is stored in a pebble-filled battery and fan-blown to the house via an air duct. Model 96 retails at \$1,995 for a do-it-yourself, \$2,295 for a dealer installation. Champion Home Builders Co., Dryden, Mich. 48428.

SOLAR BOOK REVIEWS

The classic book on solar energy, originally published in 1964, Farrington Daniels' **Direct Use of the Sun's Energy** summarizes various types of solar radiation, collection, heating, cooling, and storage, as well as solar cooking, drying, and distillation. A comprehensive bibliography ends each chapter. From Ballantine Cash Sales, P.O. Box 505, Westminster, Md. 21157, \$2.45 postpaid.

The Energy Primer is a comprehensive work, including reviews of books, hardware, services, and sources, about renewable forms of energy—solar, water, wind, and biofuels. A good starting point for solar research. From Portola Institute, 558 Santa Cruz Avenue, Menlo Park, Calif. 94025, \$5.50 postpaid.

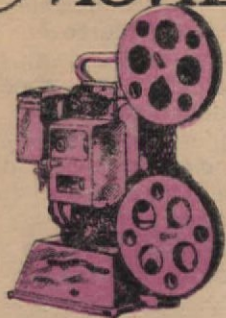
ADVERTISEMENT

Typists & Stenos Wanted

In spite of the rising unemployment figures you see, homemakers with office skills are in great demand for temporary and part-time office work assignments. You can choose your office work schedule and location. It's a novel way to "get away" for short periods and "put away" the handy cash you can earn at the same time.

For details on who, what, and how, see the ad in the March issue of *Woman's World*.

MOVIES



BEST-SELLERS

As fast as they are written, best-sellers are turned into major films and TV series. For movie-goers, the rewards are mixed; TV viewers seem to get the better end of the deal.

Witness Dustin Hoffman and **Marathon Man**, a CIA dragnet call for ex-Nazis. This paranoia-revenge thriller forces the normally sensitive and unclipped actor to merge two of his past film identities into the dull performance of his career. A graduate student in history who doesn't know his brother is a triple espionage agent, Hoffman becomes a cloak-and-dagger pawn trapped into killing off both good and bad guys because, like the audience, he can't figure out which is which.

To survive these unasked for assignments, Hoffman putties together his *Straw*

Dogs role of the weak intellectual forced to define himself through violence with the idealistic school-boy mannerisms from *The Graduate*.

Neither the cluttered plot nor the jittery character mesh of *Marathon Man* qualifies as substantial fodder for a two-hour "Kojak" or "Serpico" special. The film is merely a pretext for several gory and sadistic attacks of violence between Hoffman and Sir Lawrence Olivier. The distinguished British actor plays a former concentration camp butcher let loose on the *Death Wish* streets of Manhattan.



Alan Arkin, Nicol Williamson

After a dizzying series of untied loose ends, their paths cross and Hoffman and Olivier work each other over in the syncopated style of bloodletting made fashionable by *The Godfather* and *Taxi Driver*.

Self-serving and sloppily produced and directed, *Marathon Man* slides right off the worth-seeing list with its played out paranoia-fantasy, unredeemable acting, and impossible-to-follow script.

Fans of Detective Sherlock Holmes and followers of Dr. Sigmund Freud



François Truffaut

should flock to the superlative and handsomely mounted movie version of Nicholas Meyer's terrific novel **The Seven-Per-Cent Solution**. Most best sellers don't usually film as well as they read, but that isn't the case here. What is the case is Sherlock Holmes' addiction to cocaine that stems from a closetful of family skeletons that naturally only the good Dr. Freud can sniff out. The movie handles this eccentric combination of fact and fiction with the delicious Victorian irony of a Holmes mystery, but without resorting to the slapstick camp of last year's comedy caper *Sherlock Holmes' Smarter Brother*.

Nicol Williamson is in high gear as the addicted Holmes, Alan Arkin is an unstuffed Freud, and Robert Duvall is superbly understated as Dr. Watson. There's also a surprise love affair between Sherlock Holmes and Vanessa Redgrave, an ex-addict and patient of Freud, whom Holmes rescues from a ring of white-slave kidnapers.

Director Herbert Ross, whose *Funny Lady* with Barbra Streisand was such a disappointment, translates *The Seven-Per-Cent Solution* into film with such scrupulous elegance and turn-of-the-century crime drama stylishness, that you wish the movie didn't end but instead became a weekly high-class TV series like "Upstairs, Downstairs."

For better or worse, King Kong is back and Jessica Lange, in the Fay Wray part, is stuck with the hairy beast in the \$22 million

remake of the 1933 classic. The new **King Kong** is undisputably the crunchiest junk flick Hollywood has ever processed, especially the sensational monster mash fall—recycled from the Empire State building to New York City's latest Tower of Babel, the World Trade Center.

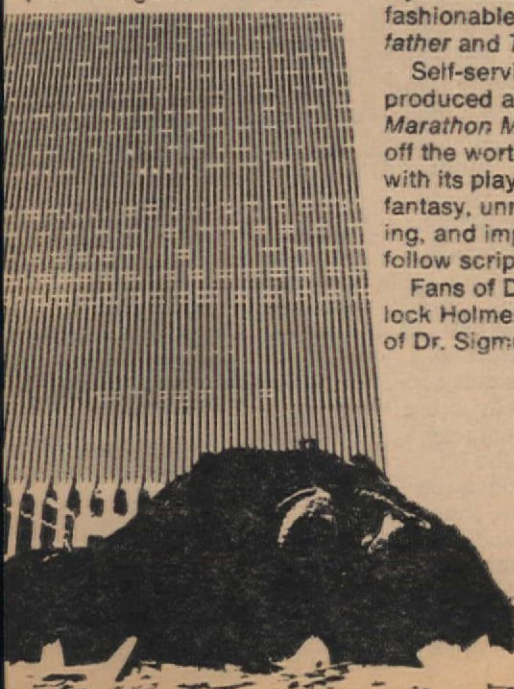
A guaranteed blockbuster, the movie and the irresistible 50-foot Styrofoam ape can't help but appeal to the multitudes who screamed with horror and delight at the mechanical shark in *Jaws*. The original Kong, who stood only 20 inches high, can be seen for free three times a year on 100 TV stations.

BOYS AND GIRLS TOGETHER

Bless the New York Film Festival and bless French director François Truffaut for giving us **Small Change**, the finest and most spirited film about children from infants to pre-teens. Due to the film's impressive reception, it will be shown around the country.

Fresh and joyful, *Small Change* captures the wonder of youth. Working with almost no plot, it traces the comings and goings of a group of children in a small French town. Bouncing baby Gregory falls from a window and lands without a scratch as his adoring mom faints . . . and an adolescent couple experiences a first kiss.

—by Daphne Davis



King Kong



ALTERNATIVE HOUSING

A growing number of architects, engineers, and students are starting to come up with startling and unconventional ways to build housing that costs less and uses less energy.

Landspan is a portable, two-level home designed to be suspended from the steep slope of a mountain-side and secured to the mountain by cables at six points. Developed by futurist architect Richard Snibbe, who believes that communities of suspended housing will free the valleys below for farming and recreation, Landspan structures using solar heating are being tested in the New York Adirondacks. For information write: Landspan, 139 East 18th Street, New York, N.Y. 10003.

Garbage House is constructed entirely of throw-away materials: cardboard tubes, No. 10 food cans,

and metal strappings. The walls are reinforced with a honeycomb of cans and mortar using recycled cotton as insulation. The house uses a unique solar heating system—a wall inset with No. 10 cans sheared off at both ends and painted black to absorb heat.

Garbage House was designed by students at Rensselaer Polytechnic Institute as an energy-efficient prototype for married students' housing. It won an award in a national student competition sponsored by the American Institute of Architects (AIA) Research Corp. and supported by the Federal Energy Administration. Write: Harry Rodman, Rensselaer Polytechnic Institute, Troy, N.Y. 12181. **Mobile Unit SX 70** is an award-winning prefabricated aluminum prototype for mobile housing, designed by architecture



Mobile Unit SX 70

student Allen Koster for a national student competition sponsored by Reynolds Metals and the AIA. The house unfolds to form a three-level, two-bedroom house using solar heating and cooling and a windmill tower to generate electricity. Write: Reynolds Metals Co., P.R. Dept., Richmond, Va. 23261.

Snibbe's Landspan

THEATER



MUSICALS BACK ON BROADWAY

Most Americans would be surprised to learn that the Broadway musical is making a comeback. For people who regularly attend summer theaters, dinner theaters, and regional repertory theaters across the country, the Broadway musical has never been away. The only place that the Broadway musical has been conspicuously absent from has been Broadway. But now that seems to be changing.

For the two decades from the opening of *Oklahoma* in 1943 until the opening of *Fiddler on the Roof* in 1964, every Broadway season produced two or three musicals that enjoyed long runs in New York before embarking on national tours.

For the last 10 years the shows of Broadway's "classic" period provided a rich repertoire for professional and amateur groups across the country. But in New York, apart from the excellent revivals Jean Dalrymple used to produce at City Center, revivals of Broadway musicals were regarded with disdain. Almost the only shows revived were of pre-*Oklahoma* vintage, like *No, No Nanette* or *Irene*.

Few of the musicals produced on Broadway in the late 60s and 70s achieved the popularity of the hit shows of earlier decades. Many of these new shows, inspired by the success of *Hair*, had rock scores, but "Broadway rock" didn't appeal to young people who could find the real

thing in more compatible environments. Moreover, the traditional Broadway audience, the middle-aged and middle-class people looking for light entertainment and tunes they could hum, were never quite comfortable with the counter-culture tone and heavy doses of social consciousness in these short-lived enterprises. The only bright spots in this dreary decade were the musicals conceived and created by Harold Prince and Stephen Sondheim.

Given the bleak outlook of a few years ago, what precipitated the comeback of the Broadway musical? The first part of the answer is money. In the summer of 1974, Broadway business in general suddenly picked up—one reason often cited was the recession and the increasing cost of foreign travel. Many Americans who could not afford to go to Europe came to New York instead and went to the theater. The extra cash in the till made the theater an attractive investment again. The safest investment seemed bringing over shows from London, which had the effect of reminding Broadway that conventional entertainment, if it was of good quality, was not necessarily a bad thing. In musicals this meant a new emphasis on the medium rather than the message.

For example, converting the white cast of *The Wizard of Oz* to a black one in *The Wiz*, was not a pretext for a statement on race relations—it was a way of enlivening a familiar story with current black dance styles and jargon. The material in *A Chorus Line*, though based on the actual case histories of hundreds of Broadway chorus people who tape-recorded their life stories for director-chore-



COLLECTING GOLDEN OLDIES

So you say you once gave away all of your old 45 rpm records, with their colorful picture sleeves and memories of adolescence? Or maybe your parents threw them out after you moved away from home? If you're lucky, a few might still be around, moldering in a basement or closet.

Well, some of those 6¾-inch pieces of plastic, which at one time sold for 98¢ or less, may now be worth several times their weight in gold. A mint copy of Elvis Presley's first single, "That's All Right" on the yellow Sun label, sells for around \$300 on the collectors' market. As for the most valuable single of all time, "Stormy Weather" by rhythm and blues vocalists The Five Sharps on Jubilee, should a 45 ever turn up it would be worth around \$2,500. Compare that to the current price of gold (\$113 an ounce as of this writing; a single weighs approximately one ounce) and you can see why collecting pop oldies has become one of today's fastest-growing hobbies.

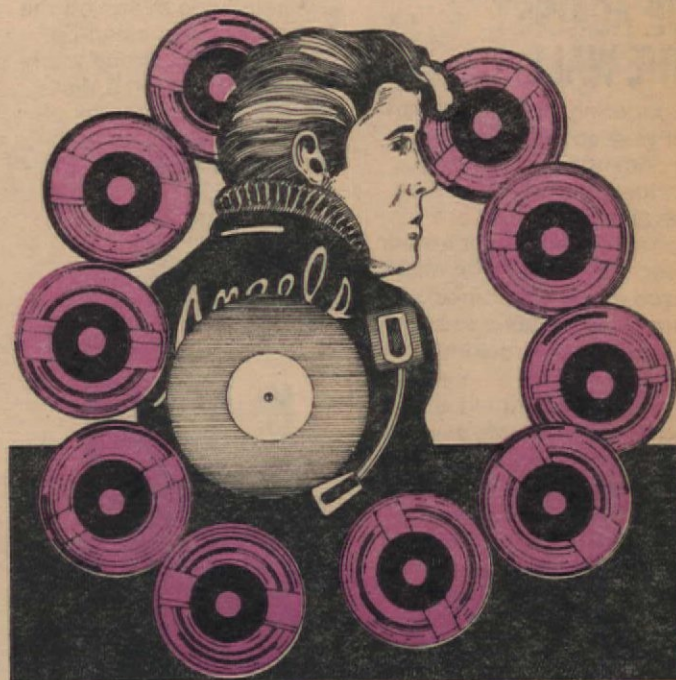
With the recent publication of a generally available 45 singles catalog, Jerry Osborne's *Record Collector's Price Guide* (O'Sullivan Woodside & Co., \$6.95), disc collecting has reached a status similar to that of stamp and coin

collecting. Would-be oldies collectors should note that most of the 20,000 records from 1950 to 1965 ("The Golden Age of the 45") listed in Osborne's large format paperback, fall in the \$2 to \$10 range for near-mint copies. This is well within the means of the most casual collector.

What is it about old 45s that makes them so alluring? Nostalgia certainly has something to do with

record warehouses, and backwoods variety stores. Though most original sources of old 45s have been exhausted, especially in major cities, on occasion a cache of rare singles does turn up.

Sources for Golden Oldies West Coast: Swap meets like the one held on the first Sunday of each month in the parking lot of Capitol Tower where early traders arrive at 5 AM are the best



their charm; hearing again the songs you grew up on, dreamt along with, fell in love by, played in their original doughnut-holed format, still holds a thrill of remembrance—as if Marcel Proust's time-spanning *Madeleine* were transferred to vinyl. But nostalgia alone can't account for the present boom in 60s and early 70s singles, nor the current interest in 50s rockabilly among collectors too young to remember Elvis' first hip-shaking appearance on TV. Love of the music, an appreciation for artifacts, the collecting instinct—these are the most common explanations given for oldies mania.

The hunt for oldies bargains has sent collectors to rummage sales, Salvation Army outlets, regional

western oldies source. East Coast: New York stores include: The Golden Disc, 228 Bleeker Street, New York, N.Y. 10014; House of Oldies, 267 Bleeker Street, New York, N.Y. 10014. Mail Order: Mail order auctions are held by such "fanzines" as *Songs and Records*, P.O. Box 863, Burbank, Calif. 91510 and *Record Exchanger*, P.O. Box 2144, Anaheim, Calif. 92804. Two mail-order dealers are Val Shively, P.O. Box B, Havertown, Pa. 19083 and Rare Records Unlimited, 1771 Lake Street, San Mateo, Calif.

— by Steve Ditlea

ographer Michael Bennett, is really not that different from the material in *42nd Street*. What gives the show its deep emotional charge is that composer Marvin Hamlisch has managed to cast his score in a style comfortably between the soft rock that is "colloquial" for the young actors whose lives it describes, and the Broadway style they want to work in.

Hamlisch has his cake and eats it, too—a song like "One" is both a satire on the conventional chorus number and a strikingly effective example of one.

The lean years produced a large number of books describing the history and development of the musical as an art form. A look at tradition has provided creators with fresh inspiration. If the evidence of the last few seasons, with *A Chorus Line* and *The Wiz* playing to SRO crowds at each performance, is any indication of a trend, the Broadway musical is back on Broadway and the ripple effect is already beginning. Stephen Sondheim's *Pacific Overtures* moved to Los Angeles early in the fall, and, in its last week there, played to bigger audiences than *A Chorus Line* before moving on to San Francisco. On Broadway a "down home" musical, *The Robber Bridegroom*, based on a Eudora Welty story is having a successful run, with a bluegrass score that seems eminently transportable to other parts of the country.

In the wings of Broadway are *The Baker's Wife*, a new musical by Stephen (Godspell, Pippin) Schwartz; *Annie*, a musical based on Little Orphan Annie with a score by Charles (Bye, Bye, Birdie) Strouse; and *Music Is*, a contemporary version of *Twelfth Night*, George Abbott's 117th Broadway show, with a score by Richard (Pajama Game, Damn Yankees) Adler.

—by Howard Kissel



easy
DOES IT

UP AGAINST THE WALL

Wondering what to do with all your cosmetic, correspondence, or cooking gadget clutter? Hang it on the wall. A Wall-All is a panel of fabric hung from a hanger or dowel with multi-sized and -shaped pockets and loops stitched in to hold all your odds and ends.

Custom designing a Wall-All to suit your own particular corner of chaos is a relatively simple home sewing project. Before you start, measure the space you need to hang your Wall-All and map out a paper pattern on brown paper.

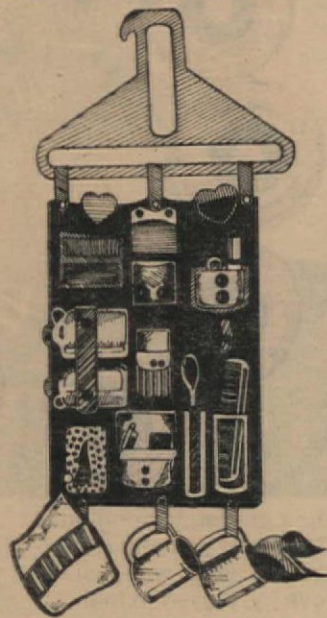
Sturdy fabrics are the best to use—canvas, sail-cloth, denim, or cotton duck. Pockets can be done in bright contrasting colors or clear vinyl. Use buttons, snaps, grommets, zippers, or large hooks and eyes as fastenings, and sew on ribbons, rickrack, and buttons as trim. To stabilize fabrics, fuse two layers together with Stitch Witchery.

By using ingenuity and translating your sewing scraps into a quilted tapestry or a Frank Stella-like graphic, your Wall-All can be not only a simple way to organize everyday objects, but also a colorful wall sculpture. Here are some ways to put this adaptable system to use:

The Kitchen Office: With a Wall-All beside the phone you will have a place for

pencils, pads, shopping lists, scissors—all those essentials you can never find. If you're cramped for space, hang your Wall-All from a bright colored plastic hanger. Make "in" and "out" pockets for mail and keep stamps in a small vinyl pocket. Hang note pads by making slits and use clips for important messages, or slip them into a clear vinyl pocket.

Kids' Room: A Wall-All will help keep things off the floor and speed clean-up. Be sure to use strong washable materials. Let a Wall-All help you keep track of small toys, using loops to hold round objects. A Wall-



Wall-All designed by Sandy Paisley for Fabrications.

All by the door for kids' boots, scarves, gloves, and outdoor equipment takes the panic out of departures for school.

Bathroom: Take some of the work load off the overcrowded medicine chest. Stuff your bathroom Wall-All with combs and brushes, hairpins, bottles, toothbrushes, cotton swabs, tissues, everything you use every day. Use buttons on loops at the bottom to hold mugs for the whole family.

—by Wanda Warner

consumer WATCH



WONDER MILK

If you haven't seen it already, you undoubtedly will soon. It's a new type of milk called acidophilus now sold in about 35 states under various labels. Some authorities predict that in several years it will be the most common milk around. The new milk contains a live bacterial culture called *lactobacillus acidophilus* that, unlike cultures in yogurt, survives and multiplies in the human digestive tract. Extensive research shows the acidophilus microorganism to be a "friendly" bacteria the human body needs.

In fact, its use in milk is more like natural reinforcement than an addition of a foreign substance. Acidophilus bacteria are present naturally in milk as it comes from the cow, but are killed, along with harmful bacteria, during pasteurization. For years scientists, recognizing the health benefits of acidophilus bacteria, have tried unsuccessfully to put the culture back into pasteurized milk without turning milk sour.

Then a little over a year ago, after five years of research, a team of scientists at North Carolina State University came up with an ingenious way to produce acidophilus milk without changing the taste, color, or consistency at all. To produce the new milk, ordinary milk is pasteurized and then inoculated with dormant acidophilus bacteria (four billion per quart) that begin to grow when they reach the digestive system. As long as they don't begin to grow in the milk itself, there is no

change in taste. You can use the acidophilus milk in all the ways you use regular milk, but if you heat it to above 110 degrees, you will destroy the bacteria.

Now for the health claims. They are many, though you probably won't see them on the labels, because under the Food and Drug Administration regulations, the milk would have to be called a drug if that information were given. Dr. Henry D. Isenberg, a prominent microbiologist at Long Island Jewish-Hillside Medical Center in New York, is one medical authority who is wildly enthusiastic about the milk. He contends that modern food processing and handling and widespread exposure to antibiotics have so upset the normal bacteria in our intestinal tract that we need the acidophilus bacteria to help restore digestive balance again. Although the new milk is not a panacea, he does believe people will notice more regulated bowel habits and "just plain feel better." Also many people with an intolerance to ordinary milk can tolerate acidophilus.

Most of the acidophilus milk is low-fat only, though a few dairies are now making it as whole milk as well. It costs from 2 to 7 cents more per quart, because dairies using the specific culture from North Carolina must pay royalties to the nonprofit North Carolina Dairy Foundation to be used for further research. However, some companies are using other cultures to avoid royalties. You can tell the difference because only the milk made directly from the North Carolina culture is allowed to carry the trademark, "Sweet Acidophilus."

—by Jean Carper

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the money you'll save! These handcrafted items would cost a lot more in a store... but now you can create your own beautiful crafts at home for just pennies!

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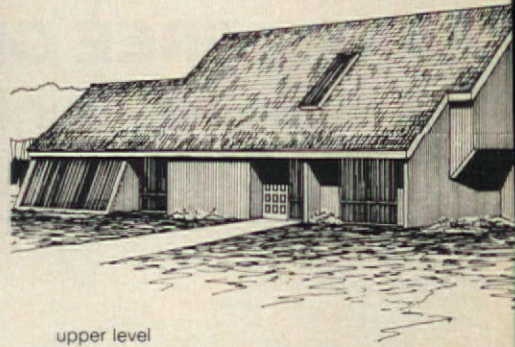
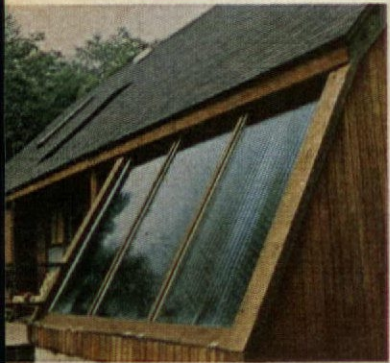
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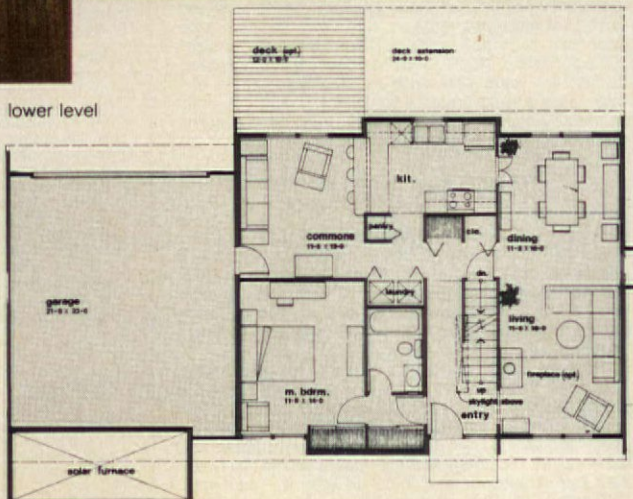
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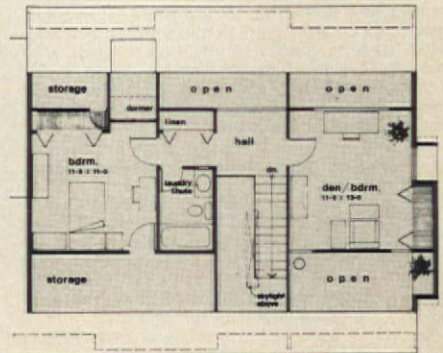
SOLAR LIVING



The house plans come in two versions, traditional and contemporary. On this page, clockwise: traditional version, Cedarwood; contemporary version, Futura; rear view of Cedarwood; solar furnace. Opposite, top: contemporary, Ultima; bottom: traditional, Rosewood.

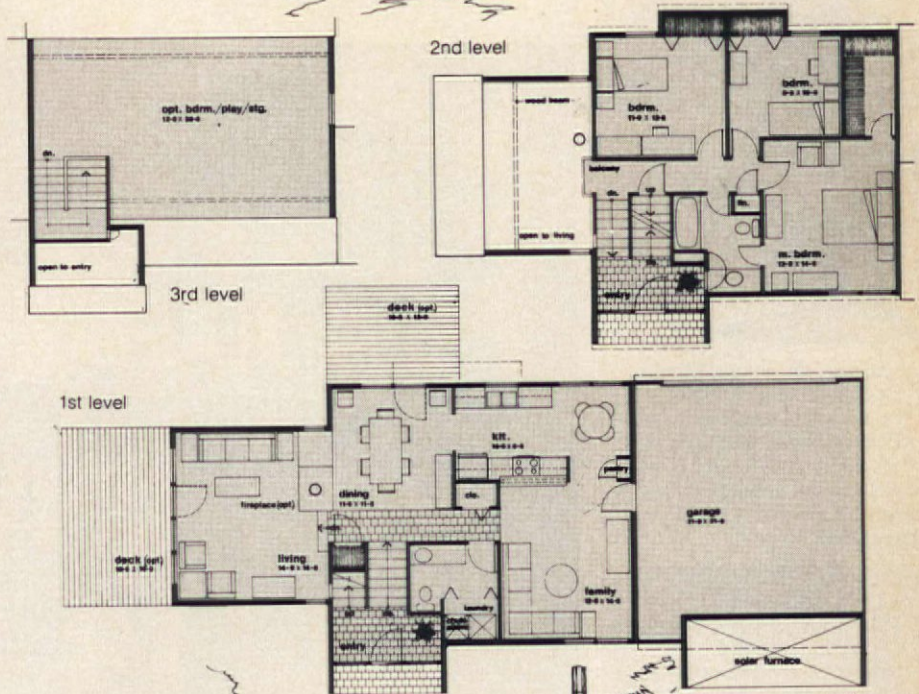
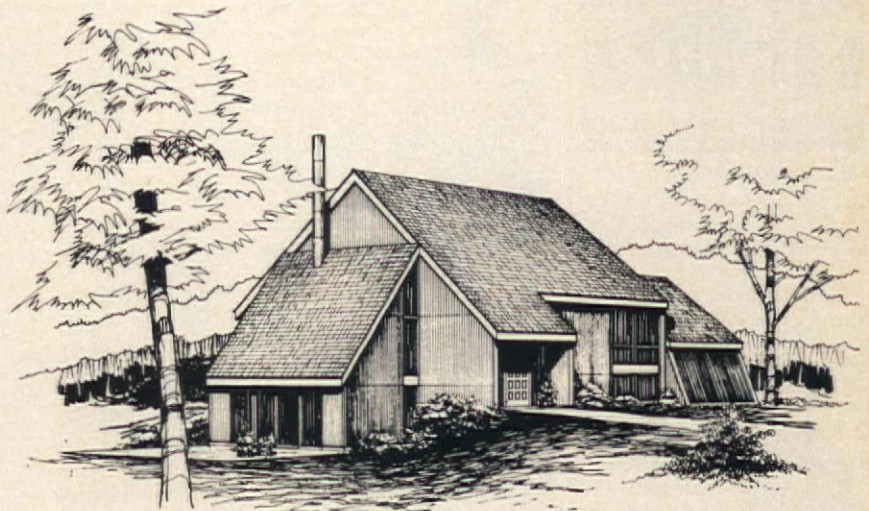


upper level



Find your place in the sun—at home! *American Home* offers two houses with a solar option. Both were developed by Solar Shelter and incorporate a solar furnace into their design. The solar furnace is a compact unit attached to the south-facing wall of the house. The furnace pulls in enough heat to provide between 60 and 80 percent of heating and domestic hot water needs. Storage area for heat for nighttime and cloudy days is contained within the unit.

Both plans may be built with either a traditional or a contemporary exterior. The Cedarwood (or contemporary Futura) is a 1600-square-foot house with three or four bedrooms. One, a study, overlooks the living room. The house has a full basement. The Rosewood (or contemporary Ultima) is a tri-level design, but the third level can be closed off until needed. The house has 1,608 square feet; the third level measures 12 by 28 feet. Both houses may be built with decks to increase space.



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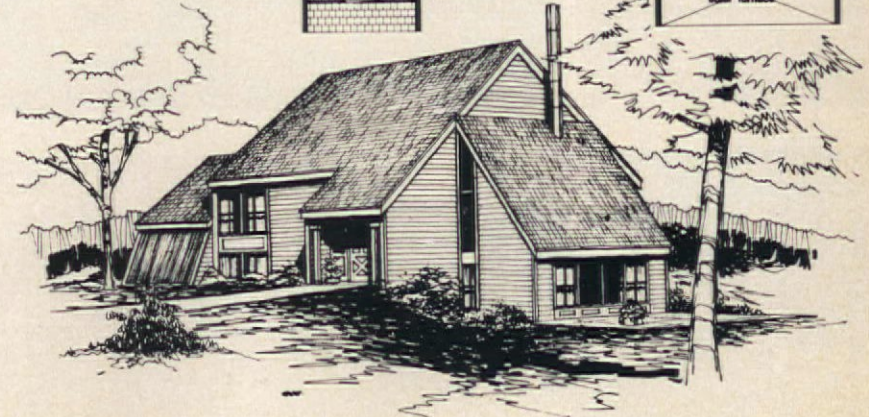
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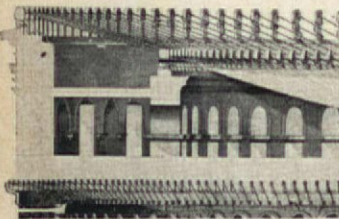
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 Total Enclosed

MODEL SELECTION:
 Cedarwood traditional Rosewood traditional
 Futura contemporary Ultima contemporary

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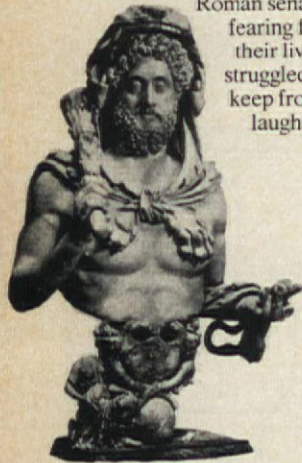
In Rome, you can see it in ruins Here, you can enjoy all its glory.



The first Astrodome! A giant awning, the *velarium*—worked with dozens of ropes—shielded the audience from sun and rain.

The clownish but dangerous emperor Commodus once shot a hundred bears during a single day's festivities. He also loved to compete as a gladiator—while

Roman senators, fearing for their lives, struggled to keep from laughing!



St. Ignatius, 2nd-century Bishop of Antioch, became the first Christian to die in the Colosseum. Persecution of Christians began under Nero in A.D. 64, and continued until 330, when Constantine made Christianity the official state religion.



Symmachus, a 4th-century Roman noble, sponsored a notably ill-fated series of gladiatorial games. Among other calamities, the German prisoners he had imported as gladiators strangled each other rather than die in the arena.

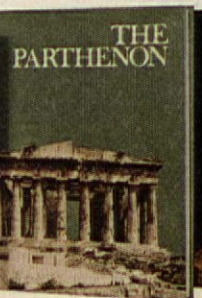
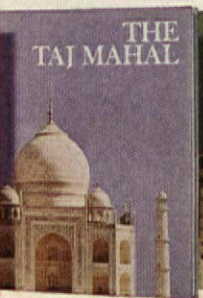
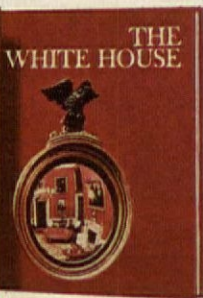
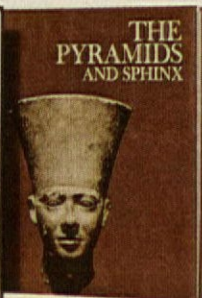
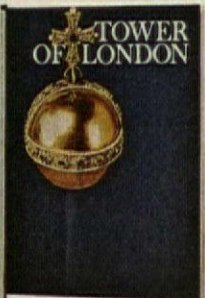
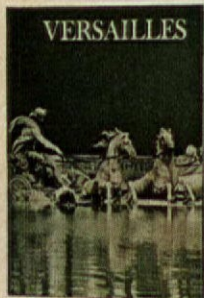


By the 19th century, the ruined Colosseum had become overgrown with more than 400 varieties of shrubs, weeds, and plants—some found nowhere else in Europe! The Italian archeologist Pietro Rosa finally received permission to strip the ruins bare in 1871.



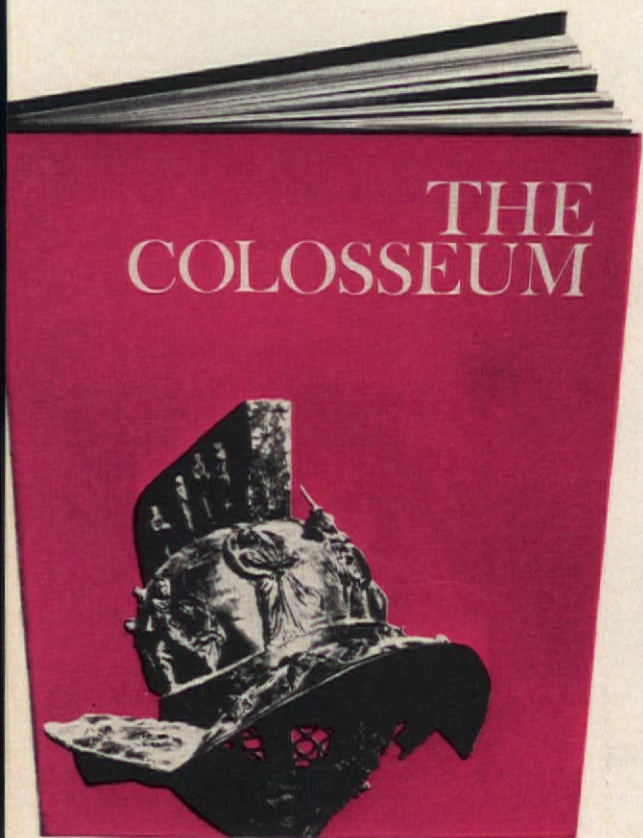
Nature and man have worked together to reduce the Colosseum to a ruin. Earthquakes and parts of its massive masonry crashing to the ground. The master architects of the Renaissance carried off many of the huge fallen stones to build the palaces and churches of Rome's present glory.

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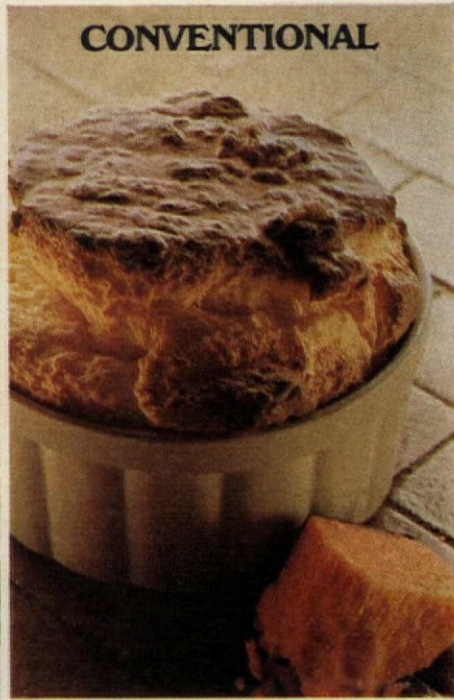
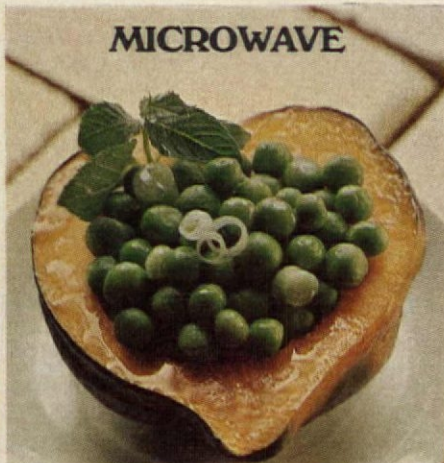
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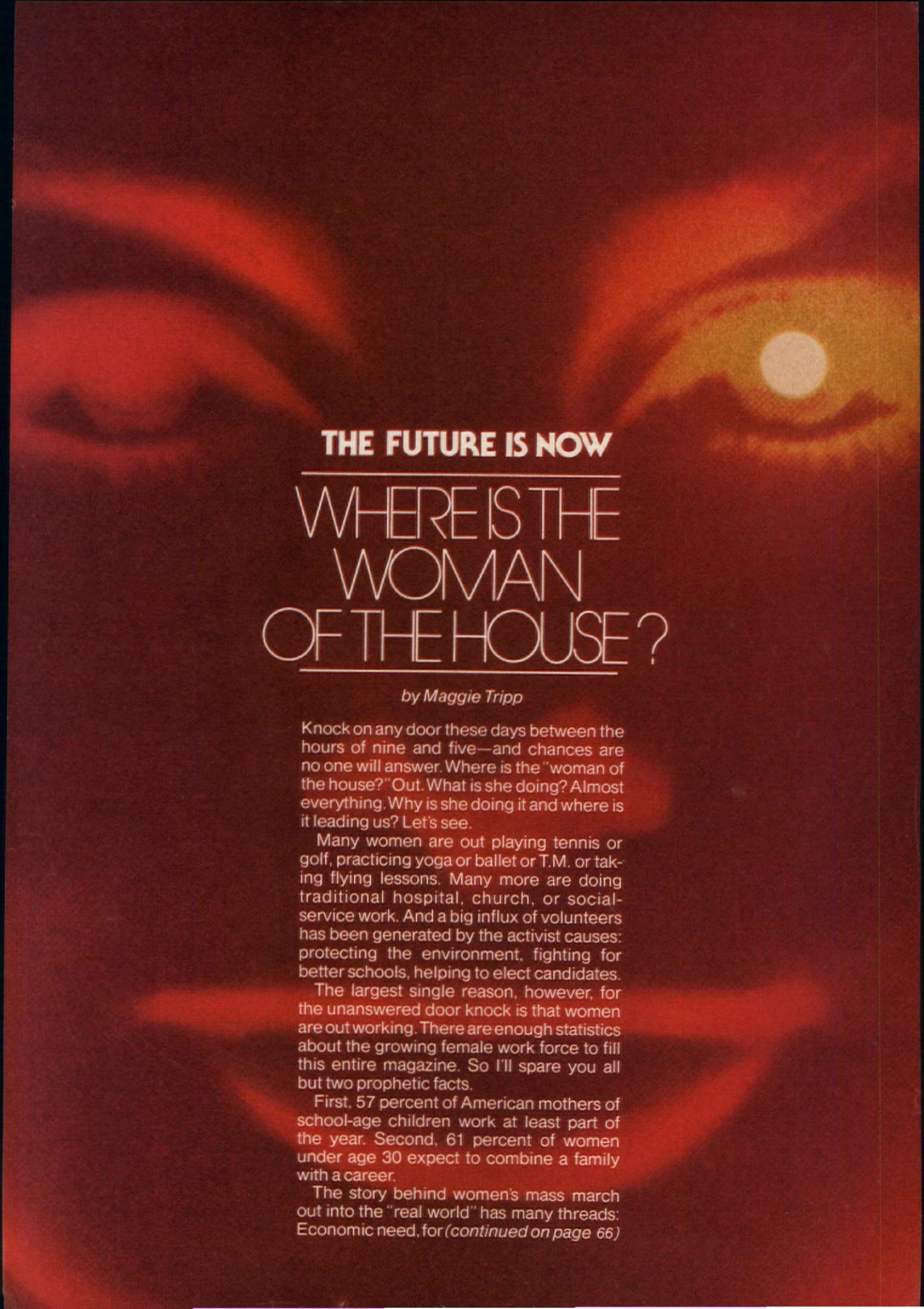
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THE FUTURE IS NOW

WHERE IS THE
WOMAN
OF THE HOUSE?

by Maggie Tripp

Knock on any door these days between the hours of nine and five—and chances are no one will answer. Where is the “woman of the house?” Out. What is she doing? Almost everything. Why is she doing it and where is it leading us? Let’s see.

Many women are out playing tennis or golf, practicing yoga or ballet or T.M. or taking flying lessons. Many more are doing traditional hospital, church, or social-service work. And a big influx of volunteers has been generated by the activist causes: protecting the environment, fighting for better schools, helping to elect candidates.

The largest single reason, however, for the unanswered door knock is that women are out working. There are enough statistics about the growing female work force to fill this entire magazine. So I’ll spare you all but two prophetic facts.

First, 57 percent of American mothers of school-age children work at least part of the year. Second, 61 percent of women under age 30 expect to combine a family with a career.

The story behind women’s mass march out into the “real world” has many threads: Economic need, for *(continued on page 66)*



SUN POWER

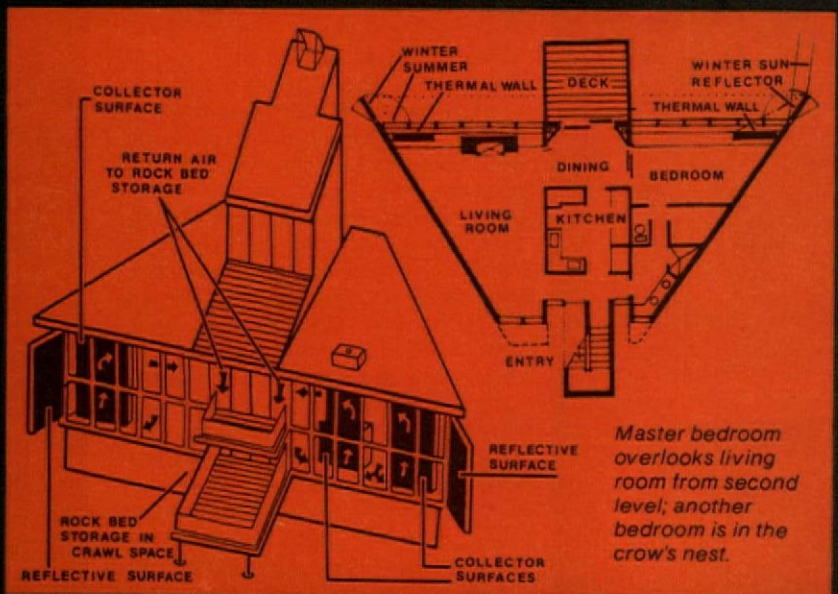
Solar energy has been a turn-on for centuries. Sun gods dominated ancient cultures; royal families traced their heritage—and their strength—to the sun. Today, we're bringing the power of the sun into our homes. All those watts that pound down on earth can satisfy our energy needs many times over. Here are houses that live by the sun.

Most Energy-Efficient House

In an investigation of energy-efficient houses in the country, the American Institute of Architects (A.I.A.) Research Corporation evaluated over 100 designs before identifying the house on these pages one of the best. A three-bedroom, two-bath house, designed by Architect James Lambeth, A.I.A., for the John Delaps in Fayetteville, Ark., cost only \$40,000 (land was \$7,500), including \$1,400 for a passive solar system. Architect Lambeth worked in harmony with the environment, considering site, climate, orientation to the sun, materials and insulation, to arrive at his design—a slant-roofed wedge (opposite, left) that splays out to receive maximum exposure to the sun. The north wall is minimized; windowless east and west walls and the sloping roof deflect winds. A huge, two-story-high wall of glass—comprising 860 square feet of solar collector surface—pulls in enough heat to satisfy 60 to 75 percent of the Delaps' winter heating needs. The back of a massive masonry fireplace (top and bottom right), which stands some six feet in front of the glass wall collector, is painted black to absorb heat from the sun. The wall of air, between the fireplace and two other black-painted walls (bottom left) and the glass, builds up heat that is circulated throughout the house (and diverted to a rock storage bed in the crawl space under the house) via convection and ducts (see solar diagram, next page). The house will remain warm for four sunless days. In plan (next page), major rooms share window wall. *(continued)*



SUN POWER



Conserve Energy

In order to make solar energy work, you need more than collectors—you need to reduce your energy needs. Here's a checklist of ideas that can help.

Earth berming around your foundation to north and east will buffer against cold winds.

Planting evergreen trees close to the house on these two sides will absorb wind's impact, too; *deciduous trees* on south and west sides will shield house from summer sun, and open house up to winter sun.

Orient the house so that it will receive benefit, not only of sun, but also of natural ventilation.

A consolidated, or compact, building mass holds heat more effectively than a spread-out design. If you can mass some of the building underground, you'll get increased savings.

Proper insulation will save you up to 50 percent of your fuel bills. Before even thinking solar, you must literally wrap your house up like a cocoon. That means at least 12 inches of insulation in the attic, 6 to 8 inches in outer walls, and 3 inches, plus a plastic sheeting in cellar to counteract moisture as well as cold.

Recessed windows allow maximum entry of sun during winter, minimum in summer. *Overhangs* do the same thing. Or use *shutters* or double-thick *draperies* that can pull to block or retain sun's heat.

Double- or triple-glazed windows act as effective insulation without sacrificing benefit of rays. If you cannot replace windows, add *storm windows* and check out *weatherstripping*.

Proper ventilation is more important than you might think. Cross-currents, ducts near ground and at roof line, will assure circulation.

Internal zoning maximizes use of heat. Cut off rooms not in use.

Adding a vestibule adjacent to exterior doors will prevent unwanted heat loss when emerging or leaving.

Radiant heat surfaces hold and radiate heat; concrete or masonry walls work best.

Most Energy-Efficient House. View from driveway (top) and floor plan. See page 35 for description.

PHOTOGRAPHY BY LARRY L. LOGAN;
WINTER VIEW BY JAMES LAMBETH

Collector Items

Rooftop solar collectors come in two system types—active and passive.

The passive system is fairly simple. In principle, it makes use of the thermal mass of the building itself, coupled with large expanses of insulated glass—much like huge skylights or greenhouse walls—angled toward the sun as the basic collector surface. (Insulated glass traps at least 50 percent more heat than conventional glass.)

Heat absorbed through the glass rises naturally, and is then diverted through ducts to a heat storage tank, usually a rock bed. Of course, much heat will be transmitted directly into the glass-walled room.

Ratio of rays to heat in this system is: One square meter of insulated glass pulls in enough heat to keep 10 cubic meters of interior air at a comfortable temperature.

An investment of around \$1,500 will buy a passive system, including installation and storage. Depending on climate, passive systems should provide 50 percent—and up—of your heating needs. Passive systems can be used to heat domestic water, too.

An active system is somewhat more complicated, as every part of the system is mechanized. Most active systems make use of a flat-plate collector, which is a kind of heat-absorbing sandwich. The heat-absorbing surface, usually painted black (some have a "selective-surface" or chemical coating that is dark gray), lies between a transparent shield, usually insulated glass, and an insulated backing.

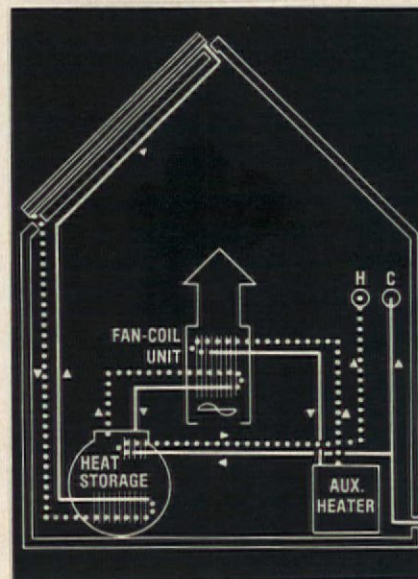
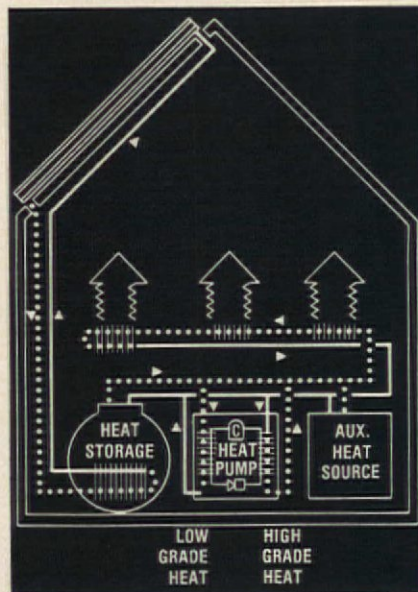
Collectors may be of the air-heat or liquid-heat type. Air-heat collectors divert hot air into the house. Liquid-type collectors have seam-welded creases imprinted into the absorbing surface, or tubing bonded to it. Liquid may induce corrosion, but, if sealed in the proper metal—usually copper—will absorb more heat by volume than air.

Active systems can cost between \$9 and \$20 per square foot; it all depends on the type of collector and how much collector surface you need. Again, over 50 percent of your heating needs will be satisfied, de-

pending on climate, and you'll pay yourself back on fuel savings within eight to 10 years.

The storage system is an integral part of both systems. Usually water is stored in water, air in air—or, rather, rocks that air will pass through. Water takes up less space, but can leak. Rocks take up space, but are maintenance-free.

Two versions of a solar heating system (below) show how sun is absorbed through collector and how it is distributed through house, stored.



Collector Problems

Year-round efficiency:

The ultimate collector would provide 100 percent of your heating and cooling needs. Many manufacturers are testing collectors that can provide air conditioning in the hot months but solar cooling systems are still economically unfeasible.

Tracking: Because the sun moves across the sky and changes position daily and seasonally, most collectors cannot pull in the full power of the sun continuously. Directional adjustments are necessary—when they are possible at all. Some manufacturers are working to overcome this problem, either with automatic tracking devices, or by using concentrators that utilize available sun at such great intensity as to eliminate the need for tracking.

Guarantees: Most collector manufacturers haven't been in business long enough to offer long-term guarantees of their product. Usually only installation and materials are covered; maintenance is not. Be sure to ask for guarantees.

Building codes and insurance: Although more and more states are becoming aware of solar technology, laws and codes haven't necessarily kept pace with production. Standards will have to be set so that anyone installing a solar system will be protected.

For your Needs

To figure out how many collectors you would need for your house, here are some averages—they may vary according to climate—to tally against:

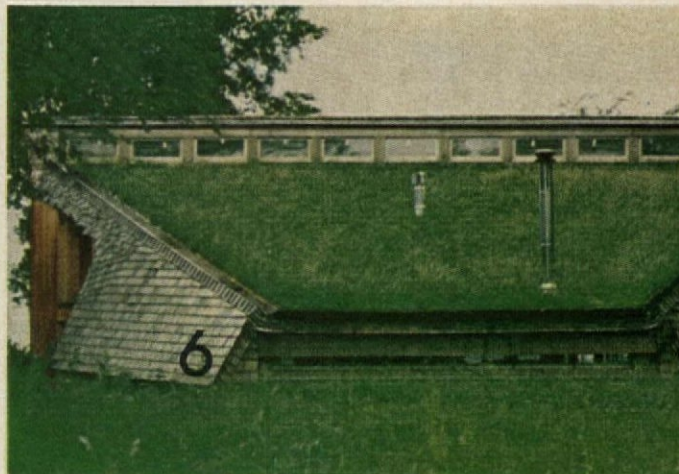
Space heating: Roughly one-third collector surface to square footage of your house.

Water heating: 50 to 75 square feet collector surface for 140-gallon tank.

Pool heating: Collector surface should equal 50 percent to 75 percent exposed pool surface.

Angle of collector: About 15 percent plus your local latitude.

Orientation of collector: 10 percent to 15 percent west of south so the collector will absorb at least six hours of sunlight. (continued)



1, 7, JON NAAR; 2, VIC HAN; 3, STEVE PIRO; 4, 5, 6, GREGORY FRANTA; 8, GRUMMAN CORP.

Places

in the Sun

There are over 1,000 solar residences in the U.S. today. That's triple last year's count—and more people are building or retrofitting (adapting) houses for solar energy every day. The Federal Energy Administration (FEA) estimates that over half a million buildings—residential and commercial—will be outfitted with solar systems by 1980. Here are a few houses that show off both passive and active systems.

1. Architect Travis Price's house in Rhode Island uses 18 air-type collectors for space heating and three water-type collectors for hot water. 2. A newly built house in Quogue, N.Y., traps sun with Owens-Illinois Sun-Pak tubular-stripped collectors. 3. In Denver, Colo., an authentically styled adobe house has a rooftop system called Sun-Grabbers by R-M Products. 4. Ron Shore built his own house near Aspen, Colo.; outfitted it with a passive solar system that uses the "Beadwall" (by Zomeworks, Albuquerque) method of introducing Styrofoam beads between layers of glass to hold heat at night.

Where to see Solar Houses

Demonstration houses that will educate you about solar products and energy-efficient design are open to the public across the country. Some have been built by architectural schools; some have been constructed by companies that want to research their own designs for specific systems.

5, 6. "Ouroboros South," Minneapolis, Minn., is an experimental solar house designed and built by Professor Dennis Holloway and environmental architecture students at the University of Minnesota. The design, named after the legendary serpent that regenerates itself by devouring its tail, expresses the philosophy of recycling. The structure incorporates a solar collector at a 60° angle into the south wall, while the north side is actually a sloping wall of grass-topped earth similar to sod roofs

used in Scandinavian countries. The earthen layer and several inches of snow during the winter provide excellent insulation for the dwelling. Other energy-saving measures include a greenhouse to trap heat and grow food, a water-conserving kitchen, and a sewage recycler to provide compost for the garden.

7. A solar "cooperative" assisted by Architect Travis Price and a prototype for rehabilitation of a city tenement is in process at 519 East 11 St. in New York. The low-income owner-residents installed rooftop collectors from Sunworks, Guilford, Conn., to provide most of their domestic hot water. Residents have also cut energy costs by installing extensive amounts of insulation throughout the building.

8. Energy House, Quechee Lakes, Vt., was planned by the Grumman Aerospace Corp., to utilize its Sunstream 50A panels in combination with a heat-pump and oil-fired back-up heating system. Heavy insulation cut heating needs substantially. Solar effectiveness is continuously monitored by Dartmouth University's School of Engineering.

Project Tech, Langley Research Center, Hampton, Va., was built by the National Aeronautics and Space Administration (NASA). This project not only explores possibilities of solar heating, but also such other areas of energy-efficiency as venting (or retaining) heat given off by appliances, and reclaiming waste water for use in flushing toilets. Every aspect of the design is tallied and assessed by computer.

New Century Solar Home, Homosassa Springs, Fla., is a project sponsored by P.P.G. Industries to study and demonstrate their collectors, which heat and cool, produce hot water, and warm the swimming pool. New Century was designed by Philadelphia Architects Burt, Hill & Associates and built by Punta Gorda Isles.

Decade 80 Solar House, in Tucson, Ariz., is a much-publicized prototype house created by the Copper Development Assoc., Inc., to demonstrate copper collectors integrated with a copper roof. A computer control set-up measures the performance of the total solar energy system.

New Century Townhouses, Vernon Hills, Ill., are presently under construction as part of a new community development. Owens-Illinois's Sun-Pak collectors provide heating needs, for space heating and for hot water. Design of the system, by Eco-sol, will be studied for two years.

Prefabs and Plans

Acorn Structures, Concord, Mass. 01742, manufacturers of prefabricated houses, offers a "solar option" for two of their Cape Cod models. Prices will range from \$80,000 to \$90,000.

American Timber Homes; Escanaba, Mich. 44829, is developing a solar home package designed by Donald Watson, A.I.A. (He is the author of *Designing and Building a Solar House*, Garden Way Publishing.) The basic plan, engineered with northern climates in mind, can be augmented with a sun deck, greenhouse, and carport/garage, with either an auxiliary, medium- or large-capacity solar system. Four models will be built this winter in Poplar Bluff, Mo., Duluth, Minn., Rice Lake, Wisc., and Kalamazoo, Mich.

Sun City

A residential development in Davis, Calif., is using solar energy to cut up to 50 percent of its heating costs. In addition to rooftop collectors, Davis houses employ many energy-conscious ideas: Each lot has a north-south orientation, and 70 percent of the window area faces south. Ceramic tile, brick, or stone are used extensively inside the houses as radiant heat surfaces to absorb and hold heat. Franklin-type stoves are encouraged for supplementary heating. All houses are well insulated, with weatherstripped doors and windows; thermal-pane glass is used throughout. Overhangs combined with deciduous trees and vines provide shade during hot months. Window placement encourages natural ventilation. Shingle or tile roofs and light-colored exterior paint reflect heat. Narrow street design minimizes heat absorbed by asphalt.—Bo Niles/Niña Williams

IS IT TRUE WHAT THEY SAY ABOUT MICROWAVE OVENS?

Everyone's talking about microwaves. Here's a sampling of what some cooks are saying. *by Barbara Heine*

Returning from a movie one night at 11:05, I had a craving for baked potato with sour cream. At 11:11 desire had become reality. I was holding a plate of perfectly cooked Idaho potato—a moundlet of steaming chunks in a delicate brown skin, topped with a dollop of sour cream. By 11:16, it was all over: I had gobbled the whole kit and caboodle, and the incident was now part of my secret history. Not 24 hours later, a friend telephoned just as I got home from the office; he wanted to tell me about his terrible craving for black bass. It so happened he had caught a majestic black bass some weeks before and it was stored in my freezer. I invited him for dinner at seven; it was then six o'clock.

How I managed to thaw, cook, and serve a seven-pound fish in an hour after a working day has something to do with the instant baked-potato gratification. The point I want to make is that in my jammed life I could not have baked a potato in four minutes for a spontaneous off-hours snack, nor could I entertain tastefully and seductively on such short notice, if I did not own a microwave oven. The fish part of this story represents (to me, at least) more than just a celebration of the microwave's speedy cooking capability. It says also that I am now able to prepare something exceptional and perhaps elaborate that would have been impossible on a working

day, at the last minute, with a fish that was frozen solid. The dinner did not come off as a quickie convenience compromise. It was a classic in taste and visually elegant. And it was easy: The fish thawed at slow cycle in its plastic freezer wrap. Then it was placed on an heirloom porcelain platter (which did very well in the microwave), rubbed with coarse salt and herbs, laced with white wine, dressed with a home-frozen mélange of tomatoes, mushrooms, and green pepper chunks. The platter was covered with wax paper and the fish was cooked at four minutes to the pound. It was a delicate *provençale* fish course that took half an hour in all.

There are many cooks who love the microwave and are using it as I did. They are busy and this gives them an option of being creative without spending a great deal of time at it. "The microwave frees people from the feeling that there are certain foods they cannot buy because there is not enough time to prepare them," says Abby Mandel, a Chicago cooking teacher. "With the microwave oven, you can use more fresh produce and get a great meal together in half an hour." It's hard to imagine, but it's true that in four minutes one beautifully cooked artichoke is ready or a mound of 15 fresh asparagus is done. Acorn squash takes only 12 minutes; fresh peaches will stew in eight minutes, ready for dessert!

Some cooks like the microwave because it is easy to

clean and it doesn't heat up the kitchen; others like it for the variety of cookware—even paper plates—that can be used. Perhaps the best thing about the microwave is the dignity it brings to leftovers, and heating leftovers is the most time-saving and energy-efficient way to use the oven. Florence Lin, author of a Chinese cookbook, says that any stir-fried dish can be reheated to wok-like freshness in two minutes. A Texas woman who buys a lot of beef claims that reheating leftover steak, roast beef, and lamb, always a delicate and difficult task because tastelessness and a leathery texture result from bad timing, is no longer a problem. "The meat plumps up in a microwave," she claims. "It tastes freshly cooked."

Many people like to make their own specialties, then freeze them on porcelain or glass serving platters for their next party. Buckwheat cakes, blini, or delicate crepes can be arranged on a plate, frozen with berries or other fruit, then reheated and served on the original plate. Lobster can be quick-cooked, frozen in a newburgh or diavolo sauce in a glass casserole and reheated; veal scallopini can be sautéed, then arranged on a shallow plate, frozen, then reheated with a slice of mozzarella placed on each piece of meat. Moussaka or eggplant parmesan can be made and frozen in serving casseroles, and reheated to astonishing freshness.

The microwave can improve the quality of living by making small but nice essentials easy. Fresh parsley, so necessary for garnishing and dusting foods, is hard to mince, but wilted for a few seconds in a microwave it becomes easy to handle. Garden herbs can be dried, and so can orange and lemon peels. Frozen butter can be made pliable; hard brown sugar that feels like a rock can be softened to the texture of soft sand; tough fruit can be quick-stewed in red wine to tenderness.

Consumers seem to be responding to microwave ovens with confidence, as evidenced by the close to one million who purchased them in 1975. Even from the point of view of safety, buyers are not voicing concern. The industry does, however, stress that users must take precautions—such as not operating it with the door open and having the seals checked periodically.

ON THE MINUS SIDE

Yet a positive attitude toward the microwave as an aid to good cooking is not expressed by some members of America's top food establishment. Some food writers object to the microwave because it symbolizes speed and convenience and thus threatens those traditional props of good cooking: the time spent to prepare and perfect a dish, the heavy old-fashioned cast-iron pots, the warm kitchens redolent with welcoming cooking odors. On a practical level, there are things the microwave just can't do satisfactorily; it can't broil to produce a crisp exterior, and it cannot produce a crust on yeast breads. Also, when cooking foods in quantity, microwave cooking can actually take longer than traditional methods.

Ask James Beard, and he will tell you that microwave cooking deprives him of the tactile joys of preparing food: "I'm a hand man," he says. "I like to poke and pinch potatoes to see if they are done; and I lift one asparagus stalk out at a time to test, and I stop and sample a sauce while it cooks. With a microwave you cannot do any of these things—you'd be standing at that door every second; it all goes so fast!" Beard says that he has tasted very few things cooked in a microwave that have sent him shouting from the rooftops, but he admits that one of his favorite desserts is a diet apple dish prepared for him by a friend, Gino Cofacci, a New York City pastry chef. It's made with fresh apples, oranges, and lemons, and it's an original microwave baby made in about 16 minutes flat (see recipe on page 60).

Julia Child likes to use her microwave oven for small

essentials, like melting butter and chocolate, and bringing refrigerated raw vegetables and fruits to room temperature, but she would not use the oven to prepare a major meal. (She has, however, gotten some excellent results with covered fish dishes.) On the whole, Child fears that microwave cooking will encourage people to eat more convenience foods. "I'm so tired of people who claim they are too exhausted to cook, so they toss some frozen nonentity into the microwave and call it food. It's not only bad aesthetically but, it is a doleful way to eat. Food is *not* medicine."

Helen McCully is one of the few members of America's haute food group who regularly uses the microwave oven. McCully writes a monthly microwave cooking column for *House Beautiful* magazine, but she still does not feel that radar cooking is any revolution in the kitchen; it's another pair of hands. She delights in being able to microwave a sauce while she is tending other foods; one of her greatest achievements is a plum pudding that was microwaved in eight minutes as opposed to the traditional hours of long steaming on a conventional range. "The results of that plum pudding," she claims, "were every bit as good as if I'd done it on the stove." Yet faced with the choice of a microwave over a conventional range, she would select the latter. "There's no substitute for long, slow hours of cooking in heavy pots; you just don't get the same blend of flavors."

THE ADVANTAGES

The most prevalent answer to these criticisms comes from busy people who are passionate cooks and claim that they could not regularly produce outstanding meals five nights a week if they did not use the microwave. Yet for the person whose daily life is not so harried and has the time to prepare more time-consuming foods, it is now evident that the microwave also has a significant claim for attention: *It does wonders with foods high in water or fat content.* The secret of microwave cooking lies in its unique steam-simmer heating that takes place *inside* the food; this interior cooking will turn out a delicate baked potato without the crusty shell; it will thaw frozen bread but will not harden the crust; it will heat the internal portion of meat but will not sear. Thus Beard, Child, and McCully's microwave favorites are *all* such foods: the apple dessert with its citrus juices and apple liquid, the fish casserole of natural sea water, the plum pudding of fruits, spirits, and suet.

Carl Sontheimer, president of Cuisinart, Inc., agrees that foods with a high water or fat level are far better when radar-cooked. "Beyond a doubt, fresh vegetables will taste better than if they were done on a surface range, and frozen foods will taste more like fresh ones."

Among the foods with high moisture content that microwave cooking does such wonders for are vegetables, fruits, chicken, veal, fish, and seafood. Foods with a high fat content include sausages and bacon.

Another trick that users have learned is that many dishes do much better when they are sautéed and browned on a conventional range before the oven cooking. One case where the preliminary sauté and the microwave prove to be a good combination is for ratatouille, that delightful eggplant, pepper, and tomato stew of the French Riviera. The classic ratatouille calls for sautéed, lightly floured vegetables, and then a cooking period. Of course, the final test is in the taste, and part of that delicate blend is derived from a combination of cooking temperatures.

Manufacturers have also been trying new tricks to solve the browning problem. Some ovens feature a separate heating element that browns food after cooking. Browning plates have been developed that give a seared appearance to the food. (*continued on page 60*)

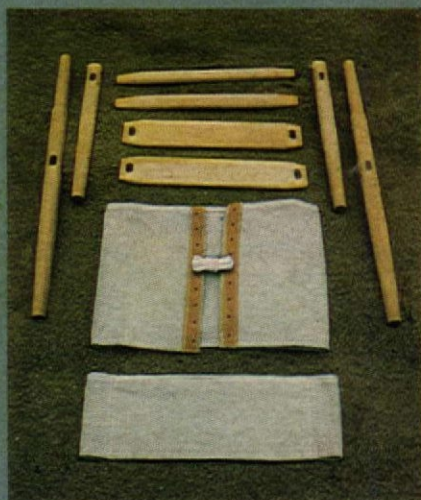


TAKE OUT FURNITURE

Buy it, take it, and make
it! Knock-down
furniture that doesn't
cost a bundle.

Instead of taking out Chinese food or a pizza, why not a chair, table, or wall hanging? There's a whole knock-down world these days that snaps, screws, staples, laces, or folds together to become furniture that's portable, lightweight, and easy to care for. It's ready-to-use furniture that's as easy to buy as a shirt. Many pieces come boxed in carry-out cartons that are smashingly designed. Practically everything from sofas, shelving systems, beds, tables, chairs, lamps, and wall hangings is available. It's an easy way to put together a whole room. Many stores carry K-D items and they can also be mail ordered . . . a real time-saver. All the items on these four pages are as close as your nearest mailbox. It's a streamlined look . . . with an eye to cost, mobility, function, and visual good looks. Best yet is the simplicity of construction, easy portability, and convenience of storage. Many items come with hardware that's specially shaped to tighten bolts or recessed screws. Most, however, are designed to be put together with a hammer and screwdriver. It's a super-streamlined and inexpensive way to decorate. No fussing with long deliveries or special orders. Buy it, take it home, and put together in one day. Left, she would give you the chair off her

back! A lightweight and portable 31-inch-tall chair that needs no nails or screws and gets it together via lacing. See inset for K-D view, and for another view turn the page. It's easy as ABC. The idea is simple and really works when put together. The chair's individual components lock under pressure when you sit on it. The frame is light, and can carry considerable weight. The seat is a piece of canvas that laces underneath in a special way that really holds. The wood pieces slip into pre-notched holes; canvas backrest slips on wood frame. Designed by Ole Gjerlov-Knudsen for Cado. (continued)



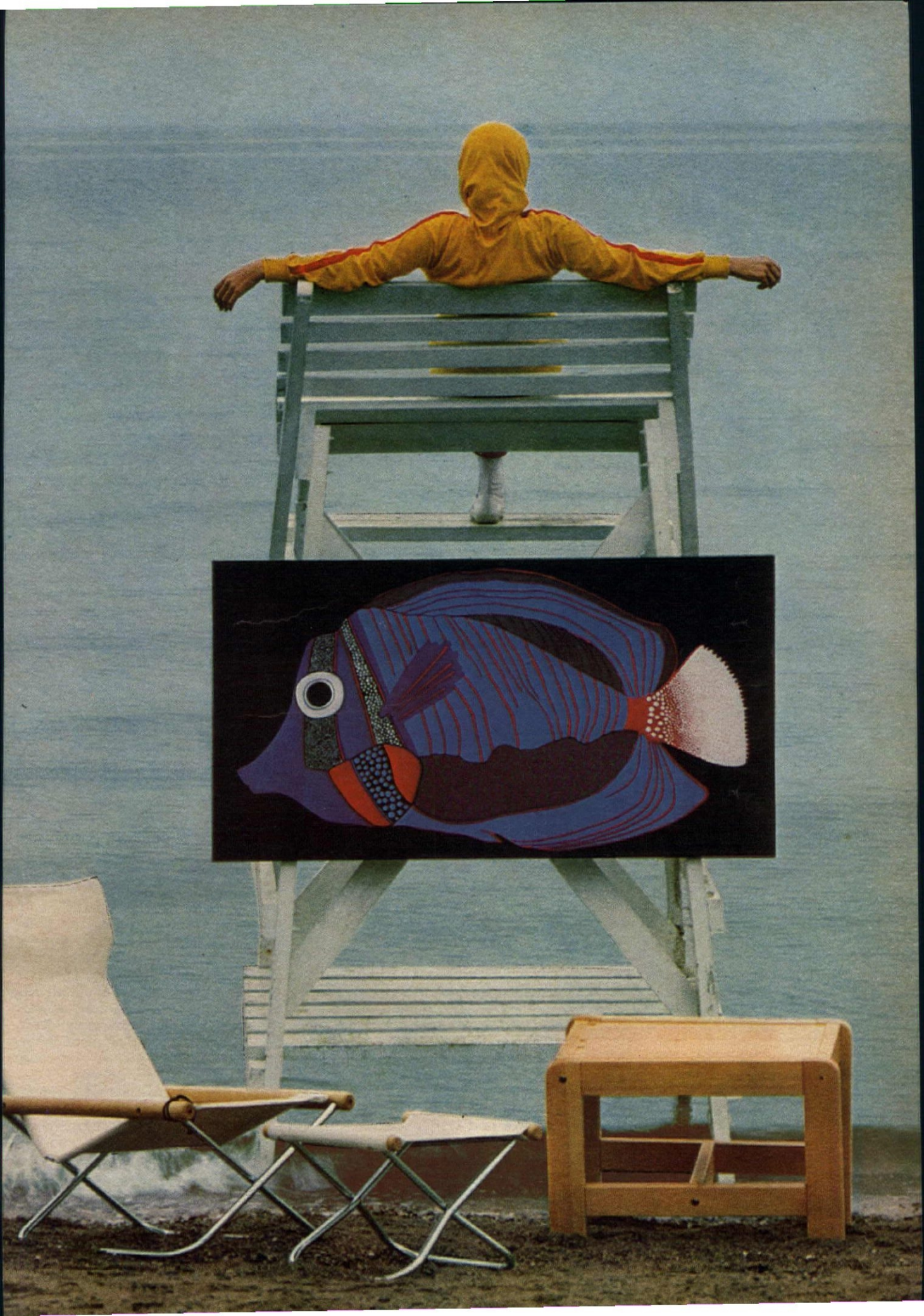
PHOTOGRAPHY BY MICHEL TCHEREVKOFF
Jumpsuit/Danskin Bike/Metro Bicycles

Knock-down furniture to make and take wherever you go . . . to a summer house, to a new home. The beige sand and the outdoors influence the use of natural canvas and light-colored beechwood and pine in a collection of K-D furniture with a back-to-basics look. Gone fishin' but no hook needed. Opposite, a whale of a wall hanging . . . a brilliant-colored silk-screened cotton giant fish will swim beautifully on any wall. Fabric by Intair; order kit of fabric and pre-notched pine stretcher bars (you get to stretch and staple it) from Fabrications. Bottom, left to right: Canvas face-up chair by Cado, also shown on previous two pages. Lounging around . . . collapsible ottoman and lounge chair with strap armrests and adjustable headrest in rugged oatmeal-color canvas on beechwood frame. No nails or screws needed . . . just fold up and stack away for storage. Designed by Lauge Vestergaard for Cado. Natural-colored hand-washable canvas chair and ottoman with chrome-finish frame and Indonesian nyatoh wood arms fold up for easy carrying. Designed by Takeshi Nii for Trend Pacific, to order from Jensen-Lewis. Carry home an end table in its own carton. Light pinewood 20-inch-high table comes unassembled with screws and its

very own wrench. From Decorion's "Penthouse Collection." Inset picture: the chair that comes knock-down. Tote it home (it weighs 40 pounds), and put it together. Included are two side units of fabric-covered pressed wood that you slip two tension rods between and pull fabric taut to give the chair its shape. Cushion buttons into place. Best part: Stuff four or five in a closet and you'll have an instant sofa. It's called Regatta by Overman. A fold-up chair with natural beechwood frame, heavy-duty wheat color canvas seat and back, and matching ottoman from The Workbench. Have a total collapse . . . with a beechwood

frame foldable deck chair. Designed by Ole Gjerlov-Knudsen for Cado. Instant greenery . . . they're people-sized plant props and no watering needed. Hand-painted and lacquered banana leaves are free-standing and come in pairs of three grouped sizes of 2, 4, or 6 feet high. You don't have to sing or talk to them either. Order from The Combine. Let there be light . . . for a view of a sensational lamp that's paper, unrolls, zips together, and comes in three sizes by George Kovacs, turn to page 74. For more information about pieces featured on these pages and to mail order see Shopping Guide, page 74.—Pat Sadowsky







GROWING UP

There's nothing especially unusual about riding a motorcycle to work in the easygoing, youth-oriented city of Boulder, Colorado. But for a corporate president and a secretary-treasurer of a million-dollar business to don helmets, jump on a bike, tuck their year-old son between them, and head for the office—that *is* a bit out of the ordinary.

Nor is there anything very remarkable about a New York couple leaving the big city to settle down at the foot of the Rocky Mountains. But when those transplanted easterners, both 32, take their \$75 stake and build a publishing business that has sold over a million volumes of poetry—then you know that the Horatio Alger story of the 70s has a new cast of characters.

The poet-illustrator team of Susan and Steve Schutz has evolved a lifestyle that may well become a viable alternative for American working couples of the future. Married since 1969, they spend 24 hours a

day together as spouses and business partners. Parents of one-and-a-half-year-old Jared, whom Susan has described in her poetry as "a precious little person/who will share/our days/and nights/our life/our love," the Schutzes keep their son with them at all times, even when they're at the office.

Susan and Steve are the enterprising founders of Blue Mountain Arts, the publishing firm that prints their love- and-nature-oriented posters, cards, and books. Their products are sold in more than 10,000 department and bookstores across the country.

Most serious poets consider themselves lucky if they sell 15,000 copies of a book of poetry.

But like Rod McKuen, Susan produces a brand of simple, sentimental verse that appeals to a mass audience. The five volumes of her work—all accompanied by Steve's soft-toned illustrations—that their company has published have sold a total of 600,000 copies. Such popularity is

a result of the Schutzes' gentle treatment of universal themes—love, personal relationships, nature, and motherhood—in words and pictures that strike a responsive chord with buyers browsing for a gift.

Susan and Steve's creative and business success, along with their unique partnership, evolved from a series of choices they made over the last seven years. The first of these decisions, all based on a mutual desire for fulfillment as a couple, was to leave "frenzied, dirty, ugly" New York City. Although Susan spent her girlhood in upstate New York and graduated from Rider College in New Jersey, her eastern roots did not keep her from yearning for the wide-open spaces of the West. And Bronx-born Steve, an M.I.T. graduate who received his doctorate in physics from Princeton, "was tired of city life."

During his second year of graduate school, Steve attended a high-level scientific conference in Boulder and "just flipped out over the



TOGETHER

When Susan and Steve Schutz head for the office in the morning, baby Jared goes, too. *by J. Sebastian Sinisi*

place." The Schutzes decided to move as soon as he obtained his PhD. When he was offered a two-year post-doctoral research position in solar physics with the National Oceanic and Atmospheric Administration there, Susan gave up her position as an elementary schoolteacher in Harlem and the Schutzes were on their way.

During their first two years in Boulder, Susan and Steve parted during the days as most working couples do. He headed for the lab, and she for the typewriter where she pursued her work as a free-lance writer. Two intensely private people who enjoy spending most of their time together, the Schutzes were unhappy being "forced to separate during the entire day." Susan made a practice of joining Steve for lunch, but even this midday respite did not assuage their feelings of loneliness. In addition, Steve had believed that "scientists were pure, but found they were politicians in a rat-race like

everyone else." Depressed and disillusioned, the couple began to search for an alternative lifestyle that would allow them to spend more time together.

During this period of questioning, the Schutzes began silk-screening posters for the walls of their home. It was the kind of creative project they had enjoyed doing together since their courtship days. Susan had always liked writing poetry and Steve's hobbies were calligraphy and illustrating. Encouraged by friends, they approached several local stores to sell their work. To their surprise, the posters they placed on consignment sold out.

The pair began to consider traveling around the country in a camper, and supporting themselves by selling posters and cards. "We took a chance when we quit our jobs," Steve, a quiet, self-contained man, recalls. "But we wanted to be together, and do what we wanted to do, namely writing for Susan and art

work for me." When they agreed to try their plan for a year, Steve did not reapply for his research position.

Despite doomsday protests from Steve's project leader and other concerned friends, the Schutzes took to the road in a pickup truck they outfitted as a warehouse and home. They journeyed west to California, east to Texas, and clear across the country to New York as they peddled their wares. When inventory grew thin, often within a month or two, they headed for home to restock.

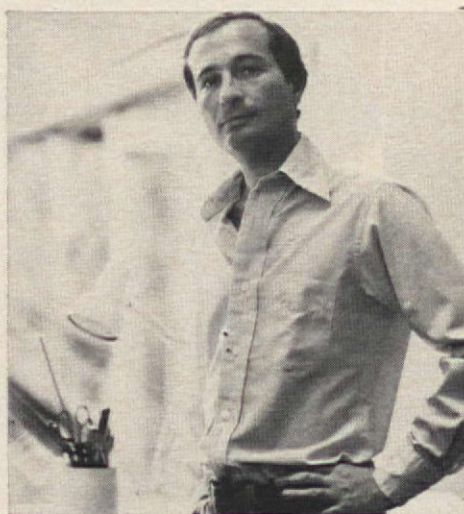
Susan and Steve were surprised and gratified by the warm receptions they often received, remembering people as the most rewarding part of their one-year adventure. "The demand for our stuff was far greater than we expected," Steve reports. "And people were really nice to us. Sometimes owners of bookstores even invited us into their homes."

As interest in their products grew, the silk-screening printing process—each color is *(continued on page 72)*



HIDEAWAY KITCHEN

Now you see it, now you don't....This functional kitchen disappears behind closed doors.

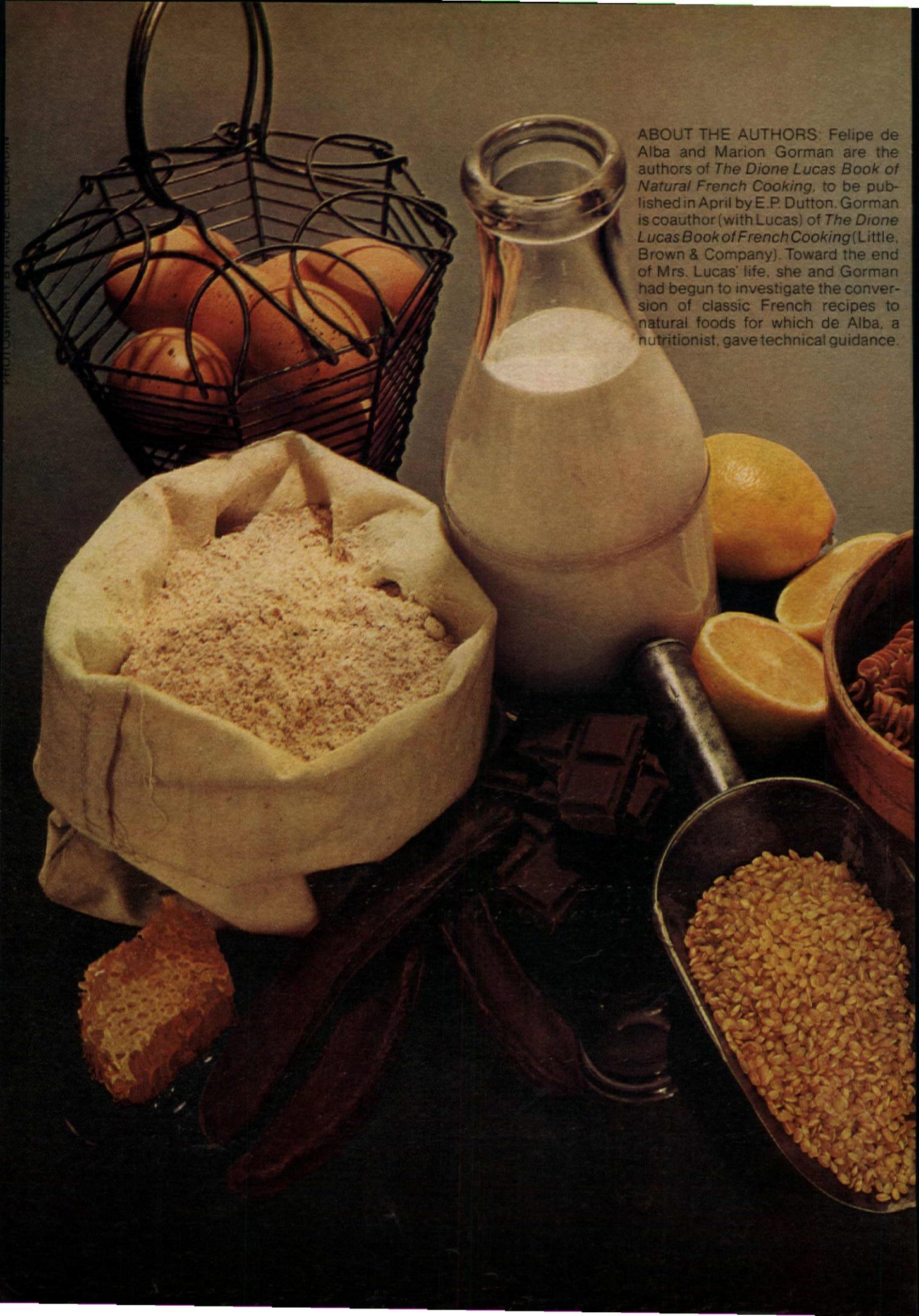


All appliances in Ronnie Katz's New Orleans kitchen are concealed behind doors for a streamlined look. Sink doors contain storage. When doors are open, breezes cool room and open to a patio and pool. Ronnie Katz stands in front of his drafting table.

Once upon a time, the kitchen on these pages was the shampoo room in a beauty parlor. The house, built in 1853 on the Esplanade in the French Quarter in New Orleans, was designed for a single family, but had been broken up and rooms reshuffled over the years. Architect Ronald Katz gutted, opened up, and then redesigned the spaces to create several apartments. His own apartment is a floor-through loft, but he kept his kitchen separate from the living area. Because the original shampoo room was so tiny, he pushed the outer wall back—beyond a slender fluted column he retained just for fun. Now he has enough space for a cooktop/serving island with ample passageways on either side. Ronnie Katz loves to entertain, and he planned his kitchen especially for buffets. Louisiana gumbos and other one-dish meals simmer right on the cooktop and can be ladled out on plates stacked alongside. Storage for plates, flatware, platters, and napkins hides under the countertop on the sink side, opposite stools. There is even enough room for a telephone. Once everyone has eaten, dirty plates can be piled up in the sink and twin doors closed on the mess. Alongside the sink and dishwasher, are two wall ovens and a refrigerator, which are contained behind doors, too. Sink doors hold storage shelves for spices and canned goods; doors concealing the other appliances are free of shelving. The floor is bleached pine with white stain rubbed in; several coats of polyurethane repel spills. All the doors lead to a patio and, beyond that, to a swimming pool in the backyard which Ronnie Katz shares with his neighbors. Rows of clear globe bulbs near the ceiling can be dimmed by rheostat control. Open boxy shelves hold special pottery and Katz's sculptures. —Bo Niles

PHOTOGRAPH BY FANFAN CHERARDON

ABOUT THE AUTHORS: Felipe de Alba and Marion Gorman are the authors of *The Dione Lucas Book of Natural French Cooking*, to be published in April by E.P. Dutton. Gorman is coauthor (with Lucas) of *The Dione Lucas Book of French Cooking* (Little, Brown & Company). Toward the end of Mrs. Lucas' life, she and Gorman had begun to investigate the conversion of classic French recipes to natural foods for which de Alba, a nutritionist, gave technical guidance.



by Felipe de Alba and Marion Gorman

Gourmet Cooking The "Natural" Way

When the American food industry, the French food establishment, and 13 million consumers find something in common, it is time for the rest of us to pay attention. What they have in common is their acknowledgment of the importance of health food (also called organic or natural food) as an alternative to the over-processed, chemical-laden, vitamin-impo- verished diet so many people eat today. The American food industry is already producing whole-grain bread, natural cheeses, and safflower oil; Procter & Gamble has a soybean and sun- flower cooking oil. Some manufac- turers are at work developing more natural food products; others are reportedly considering entering the market. Two different schools of French chefs, motivated by the goal of weight control and simplification

of traditional methodology, have cut down on their use of flour, butter, sugar, and cream, and have come up with *cuisine minceur* and *la nouvelle cuisine*, that prove health food can be gourmet food. Consumers are flocking to special food sections in supermarkets supplying carob, honey, sea salt, and brown rice. Health foods have arrived.

Natural foods will be the ingre- dients of the cuisine of the future, a

Clockwise: Fertile eggs, raw milk, fresh lemons, whole-wheat pasta, cinnamon bark, sea salt, herb salt, bay leaves, whole cloves, natural brown rice, solid carob and carob beans, honey in comb, stone-ground whole-wheat pastry flour.



Gourmet Cooking

NATURAL FOOD

continued from page 53—
result of our cultural emphasis on beauty, diet, exercise, and now, health. Each year brings further verification of the vital role of sound nutrition in both the prevention and cure of a long list of diseases. Even if one is faithful to the "balanced diet" principle, a balanced diet of

miracle cures.

Many people have been turned off by health foods because they think dishes made with them have to be drab and uninteresting. Not so anymore. Cooking with health foods does not mean compromising on taste, appearance, or convenience. Natural cooking can be as simple or as complex as you wish. If you al-

ready cook from scratch, all it involves is an exchange of ingredients, replacing those offering little food value with their more nutritious counterparts. When a recipe calls for flour, use the stone-ground, whole-wheat pastry variety. Instead of sugar, try raw sugar, honey, or molasses. Cold-pressed unrefined safflower oil works well as an all-



Crêpes aux Epinards, Sauce Mornay
(Crepes Stuffed with Spinach)



Gateau Favori Nouveau (Cream Puff Ring with Carob Pastry Cream)



Filets de Sole Bonne Femme
(Poached Fillets of Sole)

processed food can be nutritionally deficient, since processing removes essential vitamins, minerals, and fiber from foods, and the added artificial colors, flavors, emulsifiers, preservatives, chemicals, and bleaches may be harmful to your health.

Admittedly, it is not easy to convert to organic food in one day, so go slowly. Start by seeking out the freshest foods available. Read labels and avoid products with additives and preservatives. Snack on nuts, popcorn, and dried fruits instead of high-calorie, high-sugar junk foods. Add more fish to your menu. If all this agrees with you, venture into the health food store or section in your supermarket and try bran, whole grains, and wheat germ. Hopefully, as the food industry develops more products for the mass market, prices will become more reasonable. Shop around for the best buys.

Health foods have not always been as popular as they are now. Some still regard health food users as "faddists," and health food stores have traditionally been havens for old ladies looking for vitamins and

purpose fat. Sea salt and herb salt will satisfy all your salt and pepper needs. Raw milk and cream, and organic eggs perform like traditional dairy products.

You will notice a difference in the end results of this new cuisine: lighter oils and seasonings permit natural flavors to predominate. Stone-ground whole-wheat flour and raw sugar give an off-white color to baked goods and sauces, hardly a difference you can't get used to. For further explanation of natural food terminology and values, see the glossary on page 72.

Once you have become accustomed to cooking with these new ingredients, you may be ready to try what we call *cuisine santé*, or healthy French cooking, translated from the recipes of the late Dione Lucas, whose famous school and methods were based on classic French cooking. Here we offer two menus incorporating the principles of *cuisine santé* to show that organic foods and techniques can result in the most sophisticated of cuisines. Recipes begin on page 56.

Menus

Salade d'Orange et Scarole
(Orange and Escarole Salad)
Basic Vinaigrette
Soupe aux Noix (Nut Soup)*
Filets de Sole Bonne Femme
(Poached Fillets of Sole
with Mushrooms,
Velouté and Hollandaise Sauces)
Charlotte aux Pommes (Apple Charlotte)
Wine suggestion: Pouilly Fumé or
St. Veran

Salade Française
(Tossed Salad with All-Purpose
Vinaigrette*)
Potage de Céleri et Pommes*
(Celery and Apple Soup)
Crêpes aux Epinards, Sauce Mornay
(Crepes Stuffed with Spinach,
Cheese Sauce)
Gateau Favori Nouveau
(Cream Puff Ring with Carob
Pastry Cream)
Wine suggestion: Anjou Rosé

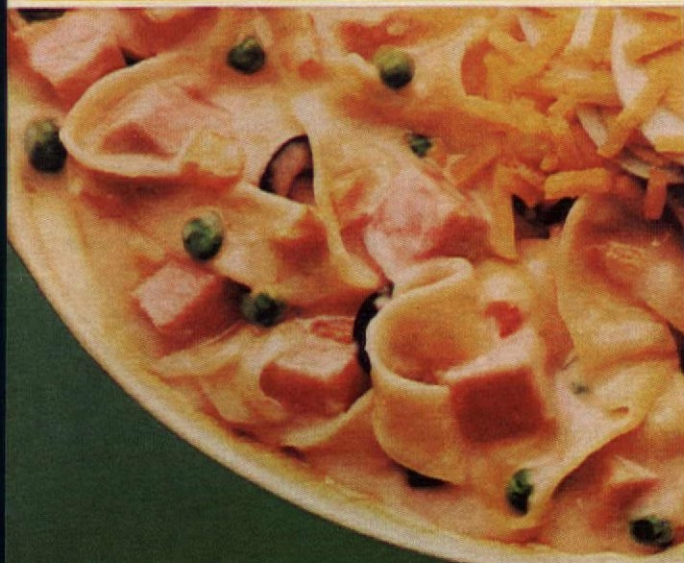
*recipes not included; available in book

Tuna Helper helps more than just tuna!

Tuna Helper with chicken



Tuna Helper with tuna



Tuna Helper with ham



Tuna Helper with turkey

Try it with chicken, turkey and ham, too!

Don't let the name fool you. Besides making terrific tuna dishes, those in cream or cheese sauces with egg noodles do delightful things with other meats as well.

On every Tuna Helper® box, you'll find easy, inexpensive recipes that help you turn leftovers into delicious meals like Ham and Cheese Soufflé or Turkey Chicken Salad.

And just to show you how really quick and easy those recipes are, here's one for Turkey Tetrazzini. Go ahead. Let Tuna Helper help you with more than just tuna.



Turkey Tetrazzini

- 1 package Tuna Helper® main dish mix for noodles, cheese sauce 'n tuna
- 2½ cups hot water
- 1 package (3 ounces) cream cheese, cut into cubes
- 2 cups cut-up cooked turkey
- 2 tablespoons sliced green onions
- Tomato wedges or slices, if desired

Heat oven to 400°. Heat Noodles, Sauce Mix, water and cream cheese to boiling in 3-quart saucepan, stirring constantly; remove from heat. Stir in turkey and onions. Pour into ungreased 2-quart casserole. Cover and bake 30 minutes. Garnish with tomato wedges. 5 servings.

® Reg. T.M. of General Mills, Inc.

Recipes

continued from page 54

SALADE D'ORANGE ET SCAROLE (Orange and Escarole Salad)

- 2 bunches escarole
- A few tender spinach leaves
- 4 fennel stalks and leaves
- 1 cup basic Vinaigrette (see below)
- 2 tablespoons raw sour cream or plain yogurt

Grated rind of 1 orange

Skinned sections of 6 oranges

1/2 cup chopped fresh parsley

1 tablespoon chopped fresh dill

Thoroughly wash and dry the escarole, spinach, and fennel. Combine the Vinaigrette, sour cream or yogurt, and rind in screw-top jar; shake well.

Pour the dressing into a nonporous salad bowl. Arrange the escarole and spinach on top of the dressing, breaking the leaves into bite-size pieces. Chop the fennel stems and leaves and scatter them on top of the greens. Arrange the sections of orange on top of the fennel. Scatter the parsley and dill over salad. Chill until ready to eat; then toss and serve. 4 to 6 servings.

BASIC VINAIGRETTE

1/4 teaspoon sea salt

1/4 teaspoon herb salt

1 teaspoon raw sugar

1 teaspoon dry mustard

2 tablespoons fresh lemon juice

2 tablespoons cold-pressed virgin olive oil

1/2 cup cold-pressed unrefined safflower oil

1 organic egg, raw (or 1/3 cup raw light cream)

1 teaspoon finely chopped fresh garlic

Combine all of the ingredients in a 1-pint screw-top jar and close it tightly. Shake the mixture very well, until it emulsifies. Store in the refrigerator. Note: You can triple or quadruple the recipe; it keeps indefinitely in the refrigerator. Approximately 1 cup.

FILETS DE SOLE BONNE FEMME (Poached Filets Of Sole)

Duchess Potatoes (see below)

4 to 6 filets gray sole

2 tablespoons plus 1 teaspoon fresh lemon juice

Sea salt

2 tablespoons cold-pressed unrefined safflower oil

8 large firm fresh mushrooms (slice 4 and leave 4 whole)

1/4 cup water

1/2 cup dry white wine (or additional water)

1/3 cup finely chopped fresh parsley
Hollandaise Sauce

Yolks of 2 organic eggs

1/4 teaspoon herb salt

2 tablespoons fresh lemon juice

2 tablespoons raw heavy cream or raw sour cream

1/2 cup cold-pressed unrefined safflower oil

Velouté Sauce

5 tablespoons cold-pressed unrefined safflower oil

3 tablespoons stone-ground

whole-wheat pastry flour

1 cup strained stock from the fish

1/2 cup raw light cream

Herb salt

Fill a pastry bag fitted with a #9 star tube with the Duchess Potatoes and pipe a border of scallop shapes around the edge of an oval au gratin dish. Brown the potato border lightly under broiler; set the dish aside.

Preheat the oven at 350°. Wash the filets of sole in water and 2 tablespoons lemon juice and dry them between paper towels. Season the skin side with a little sea salt, fold them lengthwise with the flesh side showing, and arrange them on a large baking dish brushed with safflower oil.

Heat 2 tablespoons safflower oil in a small sauce pan. Add the sliced mushrooms and 1 teaspoon lemon juice and cook briskly for 2 minutes. Add the water and wine and bring to a boil. Spoon this mixture over the fish. Cover the fish with a piece of oiled wax paper and set it in the preheated oven to poach for 12 minutes.

Hollandaise Sauce: In a small bowl combine the egg yolks, herb salt, lemon juice, and cream, and mix well. Set the bowl in a small frypan half-filled with hot water, over low heat. With a small wire whisk beat the yolk mixture until it is thick. Very slowly add 1/2 cup safflower oil, beating constantly. Remove sauce from heat, cover with plastic wrap; set aside.

When the fish is cooked, remove it from the oven, and immediately, with great care, transfer the filets to the au gratin dish with potato border. Strain stock; reserve it and mushrooms.

Velouté Sauce: Heat 2 tablespoons safflower oil in a sauce pan. Off the heat blend in 3 tablespoons flour. Add the strained fish stock. Return the sauce to moderate heat and stir until it comes to a boil. Add the light cream and bring to boil again. Stir in another 2 tablespoons safflower oil, little by little, and season with herb salt.

Quickly sauté the 4 whole mushrooms in a little safflower oil and a few drops of lemon juice.

To serve, scatter the reserved sliced mushrooms over the fish. Spoon the Velouté Sauce over the fish, completely coating them but not the potato border. Then carefully spoon a wide ribbon of Hollandaise down the center of the dish—on top of the Velouté Sauce. Brown lightly under the broiler (not too long, or the sauce will separate and scorch). Set row of whole mushrooms down center, sprinkle with chopped parsley if desired. 4 to 6 servings.

POMMES DE TERRE DUCHESSE (Firm Potato Puree For Rosettes)

4 large Idaho-type potatoes, scrubbed

1 teaspoon sea salt

2 organic eggs

3 tablespoons cold-pressed unrefined safflower oil

Herb salt

For rosettes: 1 organic egg, beaten

Cut the potatoes in halves (do not

peel; this preserves nutrients), put them in a pan, cover with cold water, add 1 teaspoon sea salt, and bring them to a boil. Continue cooking until the potatoes are soft through the center. Drain the potatoes through a strainer over a bowl (reserve water for future use for vegetable stock; it now contains vitamins and minerals). Remove the skins from the potatoes and put the potatoes in the electric mixer. Beat the potatoes until they are completely smooth. Beat in the 2 eggs, then the safflower oil, and season with herb salt. To pipe border, see instructions with fish recipe. For individual rosettes: brush with beaten egg; brown lightly under broiler. 2 to 3 cups.

CHARLOTTE AUX POMMES (Apple Charlotte)

4 tablespoons cold-pressed unrefined safflower oil plus additional oil to sauté the bread and oil the pan

3/4 cup granulated raw sugar, plus additional sugar to dust the mold

1 loaf stone-ground whole-wheat bread, sliced

4 pounds green apples, skinned, cored, and cut into thick slices

Grated rind of 2 lemons

1 1/2 cups natural apricot preserves

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon ground ginger

Sour Cream Sauce (see below)

Brush the inside of a Charlotte mold or 7-inch springform cake pan with safflower oil and dust it with granulated raw sugar. Preheat the oven at 375°. Trim the crusts off the bread (saving them to make into bread crumbs). Cut each slice into 3 equal strips. Heat some safflower oil in a frypan and fry the strips on one side only. Drain the fried side of the bread on paper towels. Completely line the mold or cake pan with the fried bread, placing the fried side against the pan. You should have about 1/4 bread strips left, which will be used to cover top after pan is filled with apple mixture.

Put the apples in a heavy pan, sprinkle them with a little water, cover, and steam them until they are soft but not mushy. Then add to the apples the grated lemon rind, apricot preserves, safflower oil, nutmeg, ginger, and raw sugar. Mix well and continue cooking over low heat until the apples are quite soft (not a puree) but still a little chunky. Spoon the apple mixture into the lined mold. Cover the top with the reserved strips of bread. Set the mold on a baking sheet and bake it in the preheated oven for 40 minutes. To serve the Apple Charlotte, warm or cold, let it stand for a while after removing it from the oven. Then slide a thin-bladed knife around edge and turn the mold out onto a flat serving plate. (The sides will bulge when the Charlotte is turned out of the mold.) Or, you may store the Charlotte in the refrigerator and remove it 30 minutes or so before you plan to serve it, turning it out of the mold as described above. Serve the Sour Cream Sauce, well-chilled, separately. 6 to 8 servings.

(continued on page 58)

WINNING TAKES MONEY

We already have the things money can't buy. The athletes. The skill. The determination.

What we need is what money does buy. The coaching. The training. The traveling.

And we need you to help us get them. Unlike the ski teams of other countries, ours receives no government subsidy and is supported by private donations.

Won't you send your contribution today? To the U.S. Ski Team Fund, Box 100M, Park City, Utah 84060. It's tax deductible.



The U.S. Ski Team
needs help.



Enclosed is:

- \$5. Send me the U.S. Ski Team decal and patch.
- \$10. Send me the U.S. Ski Team patch and pin.
- \$25. Send me the U.S. Ski Team decal, patch and pin.
- \$50. Send me the U.S. Ski Team decal, patch, pin and newsletter.
- \$100. Enroll me in the U.S. Ski Team Club. Send special club pin and newsletter.
- For larger contributions send me details of program offers.



NATURAL FOOD

continued from page 56

SAUCE SMITANE (Sour Cream Sauce for desserts)

- 1/2 cup raw heavy cream, whipped
- 1 cup good creamy raw sour cream
- 1 tablespoon natural honey
- Grated rind of 1 lemon
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon ground ginger

Fold the whipped cream into the sour cream. Then fold in the honey, lemon rind, nutmeg, and ginger. Chill thoroughly before serving. 2 cups.

CREPES AUX EPINARDS, SAUCE MORNAY (Crepes Stuffed with Spinach)

Crepes

- 1/2 cup stone-ground whole-wheat pastry flour
- 1/8 teaspoon sea salt
- 1 organic egg
- Yolk of 1 organic egg
- 2 tablespoons cold-pressed unrefined safflower oil, plus additional oil for crepe pan
- About 3/4 cup raw milk

Spinach filling

- 1 pound fresh spinach, well-washed
- 4 tablespoons cold-pressed unrefined safflower oil
- Sea salt
- 6 ounces firm fresh mushrooms, coarsely chopped
- 1 teaspoon fresh lemon juice
- Herb Salt
- Yolks of 4 organic eggs
- 1/2 cup natural ricotta cheese
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon finely chopped fresh garlic
- Mornay Sauce (below)
- 2 tablespoons stone-ground whole-wheat bread pulverized in a blender
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon cold-pressed unrefined safflower oil

Crepes: Combine the flour, sea salt, whole egg, egg yolk, 2 tablespoons safflower oil, and 4 tablespoons of the milk in a small bowl. Beat the mixture with a small whisk until it is smooth. Add additional milk to make the batter the consistency of light cream—it should just coat the back of a metal spoon. Cover the bowl with plastic wrap and let it sit in the refrigerator for at least 30 minutes or longer.

When you are ready to make the crepes, heat a small frypan or crepe pan until it is smoking hot. Near the pan arrange the crepe batter, some safflower oil, a ladle, and spatula. If the batter has thickened, add more milk. Wipe the inside of the hot pan with oil, using wax paper. Ladle enough of the batter to just cover the bottom of the pan, turning the pan to spread it evenly. Brown the crepe on one side, turn it over with the spatula, and brown it on the other side (called the under side). Pile crepes on wire rack.

Filling: In a saucepan, combine the spinach, 2 tablespoons safflower oil, 1/2 teaspoon sea salt, and 2 tablespoons water. Cook over high heat 4 to 5 minutes, just until it wilts. Drain

the spinach through a colander, pressing it dry with a small plate, cool it a little and chop coarsely. Heat 2 tablespoons safflower oil in a frypan. Add mushrooms and lemon juice; season with herb salt, and cook briskly for 2 minutes. Beat the egg yolks with the ricotta cheese and add to the spinach. Mix in the mushrooms, nutmeg, and garlic, and season with herb salt.

To serve, spread 2 tablespoons of the filling on the under side of each crepe. Roll up the crepes and arrange them on an au gratin dish or serving platter. Spoon over the Mornay sauce, sprinkle the bread crumbs and grated cheese over the sauce, and dot with 1 tablespoon safflower oil. Brown lightly under the broiler, and serve. 4 to 6 servings (8 to 12 crepes).

SAUCE MORNAY (Cheese Sauce)

- 3 tablespoons cold-pressed unrefined safflower oil
- 3 tablespoons stone-ground whole-wheat pastry flour
- 1 teaspoon dry mustard
- 2 cups raw milk
- 1 sprig fresh celery leaf
- 1 bay leaf
- 1/2 teaspoon herb salt
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup freshly grated Gruyère or natural Swiss-type cheese
- 1/3 cup raw light cream or sour cream

Heat the safflower oil in a saucepan. Blend in flour and dry mustard, and cook for 1 to 2 minutes. Off the heat stir in the milk. Return the pan to moderate heat and continue stirring until the sauce comes to a boil. Add the celery leaf, bay leaf, and herb salt. Lower the heat and let the sauce simmer gently for 5 minutes, stirring occasionally. Remove celery and bay leaves; stir in cheeses and cream. Cook over low heat for 2 or 3 minutes.

GATEAU FAVORI NOUVEAU (Cream Puff Ring With Carob Pastry Cream chocolate flavor)

Cream puff dough, chilled (below)

- 1 cup organic almonds, shredded
- 1 cup raw heavy cream
- 1 tablespoon natural honey
- 1 teaspoon pure vanilla extract
- Pastry Cream au Chocolat (below)
- 1/4 cup raw sugar

Preheat the oven at 375°. Set a 7- or 8-inch-diameter lid or plate on a dry baking sheet and mark a circle around it with the point of an ice pick or other sharp pointed tool. Put the chilled cream puff dough in a pastry bag fitted with a #8 or #9 plain tube and pipe out a ring of dough on the circle (using half of the dough). Then carefully pipe another ring of dough on top of the first one. Gently brush the top of the dough with the remaining beaten egg (from the cream puff dough recipe) and sprinkle the top with the shredded almonds. Allow the dough to stand at room temperature for 30 minutes. Bake in preheated oven for 45 minutes. Remove ring from oven; cool.

Beat cream over ice. When almost stiff, add honey and vanilla. Continue to beat until it holds its shape.

Pulverize the raw sugar in an electric spice grinder. (This will give you powdered raw sugar.)

Slice the cream puff ring in half horizontally and set the bottom on a serving plate. Fill one pastry bag fitted with a #8 or #9 plain round tube with the pastry cream. Fill another pastry bag fitted with a #6 or #7 star tube with the whipped cream. On the bottom half of the ring pipe mounds of pastry cream all around the circle. Between the mounds of pastry cream pipe rosettes of whipped cream. Carefully set the top half of the ring on top of the filling. Dust the top with the powdered raw sugar. Store the Gateau Favori Nouveau in the refrigerator until it is to be served. 6 to 8 servings.

PATE A CHOU (Cream Puff Dough)

- 1 cup water
- 1/2 cup cold-pressed unrefined safflower oil
- Sea salt
- 1 cup sifted stone-ground whole-wheat pastry flour
- 4 organic eggs

Combine the water, safflower oil, and a pinch of salt in a sauce pan and slowly bring to a boil. Then throw the flour into the boiling liquid. Stir with a small whisk until the mixture is smooth and comes away from the sides of the pan. Transfer the dough to the electric mixer and beat in 3 eggs—one at a time. Beat the fourth egg in a cup and add half of it to the dough. Continue beating until the dough is shiny. Refrigerate for at least 30 minutes.

CREME PATISSIERE AU CHOCOLAT (Chocolate-flavor Pastry Cream with carob)

- 4 ounces carob nuggets or solid bar
- 2 tablespoons instant decaffeinated coffee dissolved in 3 tablespoons hot water, and cooled
- 1 organic egg
- Yolk of 1 organic egg
- 3 tablespoons stone-ground whole-wheat pastry flour
- 3 tablespoons granulated raw sugar
- 1 tablespoon unflavored gelatin
- 3/4 cup raw milk
- Whites of 2 organic eggs
- 1/2 cup raw heavy cream, whipped

If you are using bar carob, cut it into small pieces. Over low heat, melt the carob with the dissolved coffee and stir until it is smooth. Let carob cool until ready to add to pastry cream.

Combine 1 whole egg and 1 egg yolk, the flour, and the raw sugar in a bowl and beat well with a wire whisk. Then mix in the gelatin. Bring the milk to a boil slowly in a sauce pan and pour it into the egg mixture, stirring all the time. Pour the egg and milk mixture into the sauce pan and stir over low heat until it comes to a boil. Remove the pan from the heat and set it over a bowl of ice. Continue to stir the mixture with the whisk until it cools and thickens. Add the cooled melted carob. Beat the egg whites to soft peaks and fold them into the pastry cream. Last, fold in the whipped cream by spoonfuls. About 2 cups.

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MICROWAVE OVENS

continued from page 41

That fresh, outdoor flavor that typifies the best of microwave cooking is especially welcome during the winter. The following recipes have an honest, robust country flavor. Their simplicity may be deceiving, but, remember that "less is more," and pay attention to the timing. Microwave cooking produces delicate flavors, but the timing is a matter of even greater delicacy.

YUCATAN CHICKEN IN PAPER

Parchment paper is perfect for microwave cooking, and it's a different way to serve food for a party. This recipe is from Jack Denton and Maria Luisa Scott's Mastering Microwave Cooking, \$1.95, published in paperback by Bantam Books.

(In Yucatan this boned chicken would be cooked wrapped in banana leaves.)

- 1 cup olive oil
- 1/2 cup lemon juice
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon hot red pepper flakes
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 4 garlic cloves, crushed
- 2 whole chicken breasts, cut in halves and boned
- 4 chicken thighs, boned
- 8 sheets of parchment cooking paper,* each large enough to completely encase a chicken piece

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In a large bowl, blend the olive oil, lemon juice, salt, black pepper, red pepper flakes, oregano, cumin, and garlic. Marinate the chicken pieces in this mixture 8 hours, turning several times. Do not drain the chicken, but remove from the dish well coated with the marinade. Wrap each piece in a sheet of the cooking paper, envelope fashion, completely encasing it. Arrange the wrapped chicken pieces in a glass casserole in one layer. Cover and cook 10 minutes. Turn the chicken over. Cook 10 minutes. Let set, covered, 10 minutes. Serve in the paper for guests to unwrap. Serves 4.

*Parchment paper now comes in a kitchen roll. You can find out where it is carried in your area by writing to Brown Company, Service Product Division, Kalamazoo, Mich. 49004.

CHICKEN WITH FORTY CLOVES OF GARLIC

Don't be alarmed at this recipe: it's gutsy, provincial, and not as strong as all that garlic suggests. Long cooking time subdues the strength of the garlic and turns it into a delicious butter to spread on crusty French bread.

- Two broilers, each weighing 3 1/2 pounds, quartered
- 2-3 heads of garlic, peeled
- 2/3 cup olive or peanut oil
- 4 ribs of celery, thinly sliced
- 8-10 sprigs of parsley
- 1 generous tablespoon of salt
- Freshly ground pepper, and a dash of nutmeg

On a surface range, parboil garlic for 10 seconds, and drain under running water so that the outer skin will slip off easily. Set aside for later use. Pour oil into a large casserole with a lid. Turn the chicken pieces in the oil so they are well coated. Remove half the pieces, and scatter half the celery, parsley, and garlic on the chicken pieces. Add pepper and nutmeg and half the salt. Repeat with the remaining layer of chicken and vegetables. Cover the casserole with a layer of parchment paper or a linen towel and add the cover, to prevent steam from escaping. Microwave for 49 minutes at high heat and allow to stand for 7 minutes. Serve straight from the casserole with fresh bread or pumpernickel, spreading the bread with the garlic. Serves 6.

PEASANT STYLE RED CABBAGE

This is a hearty dish adapted from Perla Meyers' The Peasant Kitchen. Harper and Row, \$12.95. While it involves several steps in the preparation, the cooking time does not have to be exact, but the dish should be checked during the cooking period.

- 3 tablespoons brown sugar
- 1/2 cup vinegar
- 2 tablespoons vegetable oil
- 2 tablespoons all-purpose flour
- 6 frankfurters or 6 smoked sausages
- 1 pound slab bacon, cut in 3 chunks
- 3 tablespoons butter
- 2 large onions, finely minced
- 2 large cloves garlic, minced
- 2-3 pounds red cabbage, finely shredded
- 3 large baking apples, peeled and cubed
- 2 cups dry red wine
- 2 whole cloves
- 2 cups chicken bouillon
- Salt and freshly ground pepper
- 1 two-pound piece smoked pork butt
- Garnish: 8-10 small new potatoes

Have ready: Combine brown sugar and vinegar in a bowl; whisk until sugar is dissolved. Heat oil in a small skillet; add flour and cook, stirring until the flour turns nutty brown. Bring water to boil in 3-quart saucepan, and cook the sausages for 5 minutes.

In a two-quart saucepan, bring water to a boil and cook the chunked bacon for 3 minutes. Drain. Melt butter in a saucepan on a surface burner and cook the bacon until almost crisp. Remove to a side plate. Discard all but 2 tablespoons of fat from the saucepan and add onions and garlic, cooking briefly until lightly brown. Transfer to a microwave or clay casserole with high sides, adding cabbage, apples, wine, cloves, and bouillon. Cover; microwave at high heat for 15 minutes. Uncover, adding salt, pepper, nutmeg, and stir. Then add the vinegar-sugar mixture and the browned flour. Finally, add the smoked pork butt, chunked bacon, and parboiled sausages. Cover again, and microwave at slow heat for 30 minutes, or until the flavors have blended. (The cooking time of 30 minutes is to blend since the meats have been precooked. So if the dish tastes "done," subtract a few minutes on each side.) Serve with new potatoes, microwaved for 12 minutes in 1/2 cup of water at high heat. Serves 6.

GINO COFACCI'S APPLE DESSERT FOR JAMES BEARD

- 8 green apples, peeled and uniformly sliced
- Juice of 1/2 lemon, or more, depending on layers of apple
- Juice of two juicing oranges, or blood oranges

Arrange the apple slices at the bottom of a square microwave casserole, with medium to high sides. Sprinkle with some of the lemon juice, and add another layer of apples, adding a bit more of the lemon juice. Repeat the apple layers and lemon juice until three or four layers are complete, and sprinkle the juice of two oranges on top. Cover with wax paper and microwave for 8 minutes. Remove the paper and stir with a wooden spoon, and return to microwave for 8 more minutes. Serve hot, lukewarm or cold.

Barbara Heine, formerly an editor at Esquire, is a New York based freelance writer who specializes in science and food.

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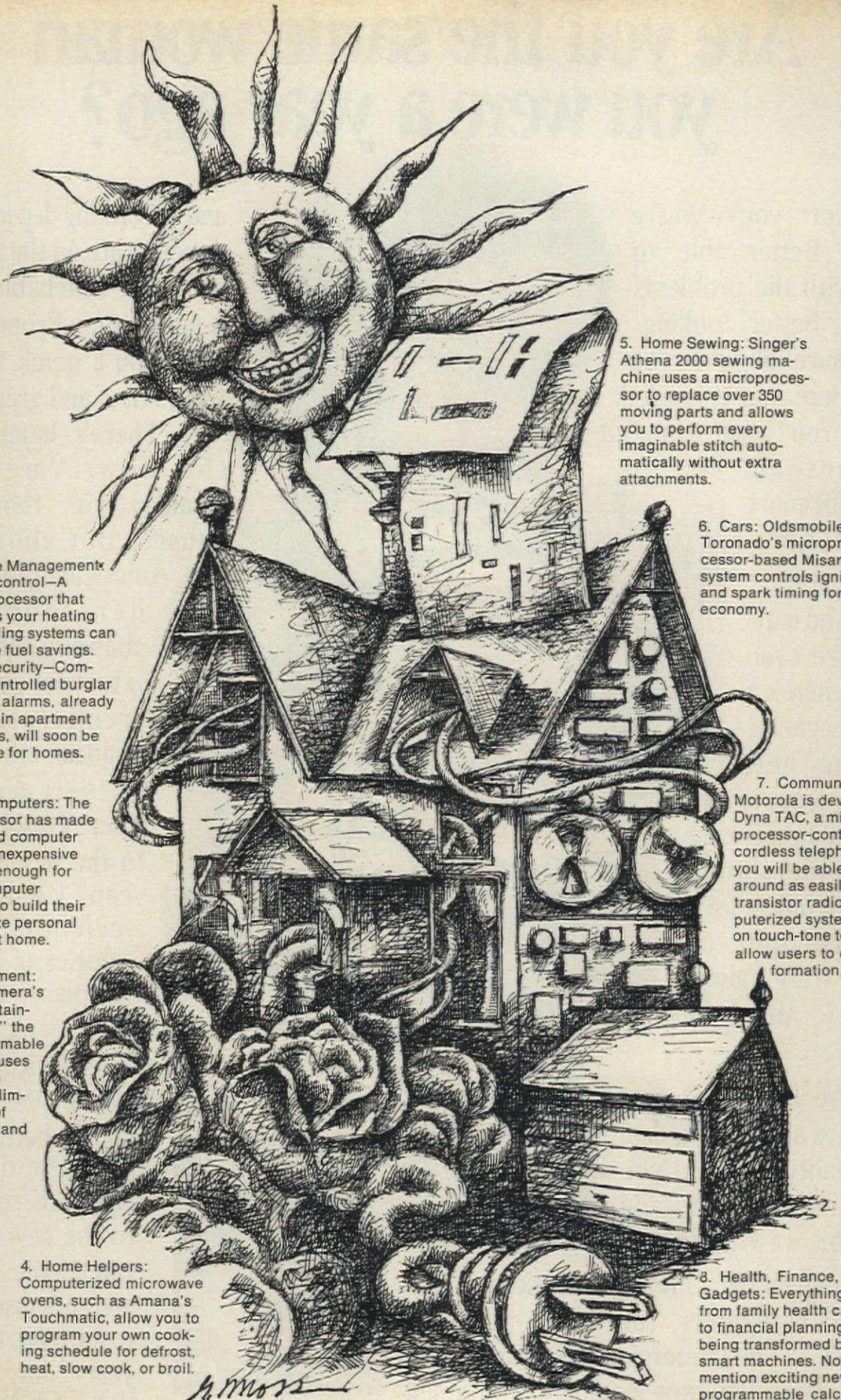
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1. Home Management: Energy control—A microprocessor that monitors your heating and cooling systems can increase fuel savings. Home security—Computer-controlled burglar and fire alarms, already working in apartment buildings, will soon be available for homes.

2. Home Computers: The microprocessor has made sophisticated computer technology inexpensive and simple enough for amateur computer enthusiasts to build their own desk-size personal computers at home.

3. Entertainment: Fairchild Camera's "home entertainment center," the first programmable video game, uses cartridges to create an unlimited variety of video sports and games.

4. Home Helpers: Computerized microwave ovens, such as Amana's Touchmatic, allow you to program your own cooking schedule for defrost, heat, slow cook, or broil.

5. Home Sewing: Singer's Athena 2000 sewing machine uses a microprocessor to replace over 350 moving parts and allows you to perform every imaginable stitch automatically without extra attachments.

6. Cars: Oldsmobile Toronado's microprocessor-based Misar system controls ignition and spark timing for fuel economy.

7. Communications: Motorola is developing Dyna TAC, a microprocessor-controlled cordless telephone that you will be able to carry around as easily as a transistor radio. Computerized systems based on touch-tone telephones allow users to obtain information, pay bills

8. Health, Finance, Gadgets: Everything from family health care to financial planning is being transformed by smart machines. Not to mention exciting new programmable calculators and gadgetry.

the SMART HOUSE

Get ready for a revolution. The microprocessor, a tiny "computer on a chip," has launched a whole generation of time-saving, inexpensive "smart machines" that promises to rocket you and your home into the electronic age. *by Ann Scharffenberger*

The "microprocessor" may not yet be a household word, but if you own a pocket calculator or a video game, you already have some experience with a simple form of microcomputer technology. A microprocessor is a tiny computer on a silicon chip about the size of a fingernail. In its most sophisticated form it can perform over 100,000 calculations per second and costs only a few dollars.

Because this tiny processing unit with its computer super-power capacity combines low cost, simplicity, and flexibility, its applications are unlimited. It can fit into existing machines to replace conventional mechanical parts or even older computer circuitry and do a better job. But even more exciting is the potential for a new generation of smart machines that this tiny new computer on a chip is inspiring.

For the lay public, the simplicity of the microprocessor means access to computer power on a large scale for the first time. "By the year 1980 it is possible to expect more than half a dozen microprocessors in a typical home," predicts Andrew A. Perlowski, manager of applications for Honeywell's Solid State Electronics Center. Here's a taste of what you can expect:

1. Home systems management is one of the most logical uses for microprocessors. Eventually, a computer will monitor all the systems in your home—heating, cooling, burglar alarms, fire and smoke detectors. Alarm systems will be connected directly to fire and police departments. A microprocessor-run lawn sprinkling system will be out sometime late this year, the first of many "timed systems" to come.

2. Home computers are already a reality for thousands of computer hobbyists who are building their own microcomputers from kits using the Altair 8800 or the IMSAI 8080 systems. Home computers can do all your personal accounting, income taxes, text editing, keep mailing lists and other household records, helping people cut down on household expenses through computerized effi-

ciency. Artists are using home computers to create spacy computer graphics and musicians are composing electronic music.

3. Equipment such as Fairchild Camera's "home entertainment center" will eventually work on a component system with cartridges for everything from tic-tac-toe to Russian novels. Another probable advance is interactive television, which could work as a subscription service like cable TV. Viewers could select their own show, movie, news, weather, or stock market report, and program back responses to consumer preference polls, or even order products directly.

4. The first computer in the kitchen is in the new microwave oven that you can program to perform automatically a whole series of cooking steps with complicated timing. Other smart kitchen appliances are soon to follow.

5. Singer's new computerized sewing machine is a perfect example of how microprocessors can transform conventional machines into smart ones.

6. The automobile industry has been quick to see the applications of microprocessors for the electronics systems in car engines. The Misar, which makes continual adjustments in ignition timing for maximum fuel economy and drivability is only the beginning. GM President Elliot M. Estes sees many other possible applications: digital readouts for drivers, more sophisticated engine controls, such as computerized anti-skid brakes and simplification of the electrical wiring system.

7. Communications is another area that is wide open for microprocessor-based products. Motorola already has a computerized car telephone, the Pulsar II, that operates via the existing car radio frequency. The portable Dyna TAC will be a further development of the same concepts.

The touch-tone telephone will be the basis for many computerized communications systems, such as Chester, the free computerized li-

brary service in operation at Bellevue Community College in Bellevue, Washington. Each week the school publishes a list of what is available and you push the right configuration of buttons to listen to a cassette.

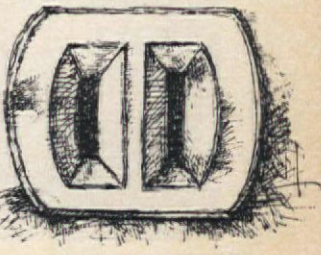
Computerized bill-paying via the touch-tone telephone is in effect at the Washington Mutual Savings Bank in Seattle. Through the Passcard Plus service, in effect at 23 branches, customers pay \$2 per month to pay bills directly to over 1600 merchants and credit-card companies.

8. Health care will be transformed by the microprocessor revolution. Microprocessor-based diagnostic machines, like Dioptron, which is being used to fit eyeglasses and contact lenses, are the first step. In the works are a microprocessor device that will allow blind people to "see" electronically, a brain pacemaker that will be used to treat cerebral palsy, and a whole group of home diagnostic instruments for testing blood pressure, temperature, and other body functions.

The most common use of tiny computers on a chip is in pocket calculators. New programmable calculators like Hewlett-Packard's HP-67 or Texas Instrument's SR-52 cost several hundred dollars and do the same job as a desk-size \$5,000 computer did 10 years ago.

The Apple, a complete microcomputer in an attaché case, is the flashiest and most sophisticated in a whole line of computer gadgetry. On the market already—everything from a computer on a pen to a digital jump rope. Microma's Chronograph watch has six different timing modes. Two other watches, Uranus and Pulsar have tiny computers that you work with the tip of a ball point pen.

Even children have joined the microprocessor revolution. One hot gift item for Christmas was a \$29.95 computer kit for kids. □



THE WOMAN OF THE HOUSE?

continued from page 33

example. Raising and educating a family today—let alone keeping up with the Joneses—often require two incomes. Young women who have acquired an education want to use it, not lose it. Millions of divorced women have found that alimony is an illusion and work a salvation. And many a married woman has gone back to work because a world centered on comparing laundry with a neighbor can leave a person feeling washed out, too.

Yet, to some degree, all of these motivations existed long before the present Great Daytime Exodus.

What brings the threads of this story together is the changed attitude of women toward their own individual development. It's not that women no longer care about homes (indeed, even single women are buying houses of their own these days)—it's just that women have decided it's time to take care of *themselves* as well.

Behind the wide variety of apparent reasons why women are moving beyond the boundaries of the home lies what I call, "the search for the possible self." Women are asking, themselves, "Who am I, really? What am I capable of doing? What exactly does it take to make me feel sat-

isfied at the end of the day?"

In *Woman in the Year 2000*, I wrote that a woman who can define herself as an individual, over and above her relationship to her husband, has a better opportunity of cementing her marriage. Twenty-five talented writers contributed to that book and they tell how, in every aspect of their lives, women will see themselves differently and thus change how the world will see them.

Meanwhile, in today's world, events are happening that make it evident that the prophecies about women's rocketing launch into the space outside the home has already passed the point of no return. Here is some interesting evidence to consider:

1. Not only is the female work force burgeoning but the kinds of opportunities for women are changing radically. In factories, women are beginning to get jobs as foremen and supervisors. In the corporate world, women are now functioning as brand managers and as factory managers, as insurance salespeople and as purchasing agents, as bankers and as top company officers. While women still constitute only about five percent of middle management, three times that number are now starting up the management ladder. The male-dominated American Manage-

ment Association is giving seminars to train women to make the transition from worker to manager. And in many companies, men are being given a "sensitization" course in how to relate to upcoming women executives as *people*. They are being warned: "Don't ask the first woman who comes into the meeting room to get you coffee. She may be your new boss!"

2. Rather than climb up the organization, some women choose to start their own businesses. So great is the demand from women for guidance on launching a business that there are at least five new books on the subject; the Association of Women Business Owners is planning a national convention for 1977; and the government has recently begun compiling important statistics to show exactly what women are doing in business.

Equally dramatic and irreversible is the trend for daughters to go into the family business. Sometimes it's a sequel to a son rejecting the role, but mostly it happens because young women can see themselves filling Dad's shoes one fine day. Thus, family traditions are being carried on by young women selling everything from Chevrolets to ships, making everything from silk fabric to steel girders. (*continued on page 71*)



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EMERGING WOMAN

continued from page 8

Then, coming to the aid of an elderly neighbor, she suddenly changed her mind.

A woman in her 70s, a Dutch Jew who had survived the horrors of a World War II Nazi prison camp and had numbers tattooed on her arm to prove it, appealed to Sandra for help with an unresponsive city hall. The woman spoke with a heavy accent and was unable to obtain past tax records to settle a current dispute. Sandra made the trip to the center of town with her, obtained the documents, and then drove the woman home.

"When I dropped her off," Sandra recalls, faltering in her usually cheerful, headlong pace, "she took my hand and kissed it. Kissed it! All I did was help her get her own tax records, something she had a right to see! I went into my living room and sat still for a very long time, knowing that I was going to do it. I was going to run for mayor."

Sandra attributes her 1973 victory to grass-roots hard work that included months of door-to-door neighborhood tours. "There's no substitute for getting out and meeting the people." She endured countless jibes for being a "loud-mouthed broad"; once she was chased off by a man with a broom.

In retrospect, Sandra Shenfeld's government career seems a natural evolution when she reviews her life before coming to Evesham. She has always been very much a part of her particular community. In the home of her parents, the Peter J. Mannos of Ventnor, N.J., she grew up in a busy, loving environment. "The children were part of everything," she remembers. "We met important guests; I always had a lot of attention." Because of her father's position as a well-known labor consultant, she was exposed to people "who could make a difference," and learned "what makes business and government work." Her concern for people, outgoing personality, and self-assurance bloomed.

After college, Sandra became a member of the convent of the Society of the Holy Child Jesus. Her three-year experience as Sister Peter ended before she took her final vows, but helped her focus on human values. At the time, she considered following the religious vocation the perfect way of serving one's neighbors and also living a rich inner life. When she found the rituals were beginning to overshadow the contemplative aspects, she returned home.

Sandra believes her convent experience was valuable preparation for



Mayor Sandra Shenfeld leads a lively discussion on vital issues concerning Evesham Township, N. J.

politics. "Religious life fosters an awareness of what's important. You get used to looking inward, making evaluations in quiet contemplation. And you get strong, assured, tenacious, willing to make sacrifices."

After several months of relaxation and travel, she met Gary Shenfeld and decided to marry. As soon as her first home was decorated, she cast about for something new to absorb her nearly boundless energy. With Gary's help, she landed the radio job with Voice of America. Assigned to cover the Philadelphia and South Jersey area, she got another glimpse into "how things work" and her first exposure to New Jersey politics.

This experience has intensified Sandra's philosophical bent. "Government is a creation of man, so it should be people helping people. That's why I'm in it, to serve the public. Especially on the local level, government touches them where they live, in their work, their homes, their schools.

"In this job, you learn all about human nature and the propensity for pride, selfishness, not caring about the next person. And at the same time you realize that you're not on your own—you have to rely on others to get the work done and back you up. You're always in debt to someone, and conversely, what others do often reflects on you."

A reformer, she says she is learning to accept the necessity for compromise—as long as principles are not involved. "You have to learn to tolerate politics in order to make government good."

Sandra's administration is simultaneously tightening fiscal controls and increasing services. Competitive bidding is now required for every contract, no matter how small; every expenditure is reviewed, right down to long-distance telephone calls. Municipal employees are more helpful, town hall is open before and after normal business hours, and a bus system for senior citizens was recently set up.

Such civic devotion requires some personal sacrifices, and in Sandra's case, they have been numerous. Because of the stringent schedule she set up for herself to tackle a backlog of work "left by the previous administration," she's cut back on leisure activities like golf and reading. In addition, she's curtailed her performance of certain household chores and delegated others to professional helpers.

Husband Gary tries to take it all in stride. A public relations consultant and former television news editor, he is supportive in spirit but stays out of his wife's political life as much as possible. By mutual consent, he attends no meetings, afraid that he might "do something rash" when controversy rages. "You don't like to see someone you love under attack," Mayor Shenfeld explains. Dimples punctuate her ever-present smile.

Like many professional couples, the Shenfelds make time to be together. Eating out frequently is one convenient and pleasurable way to save time and avoid the jangle of telephones. Postponing parenthood—for now—is another.

Sandra cites the reduction of local taxes and a cut in the annual budget increase as her major accomplishments—so far. She's met with some resistance, but thrives on the challenge of prevailing against all obstacles. "When change is needed, you have to pay the price. When you try to move the bureaucracy, you end up stepping on people's toes."

That's the way the mayor sees it, and the majority of Evesham's citizens concur. She's hoping to broaden her constituency, but realizes, "If I fail in my long-term goals, it will mean I wasn't political enough."

But Sandra Manno Shenfeld, one of a new breed of women in politics, doesn't expect to fail. She hopes to run for office on the state level and win. From there, it's one rung up to her long-term goal.

"I expect to be the first woman governor of New Jersey," she says. □

Lillian Bregman, former editor of Metropolitan Magazine in Philadelphia, writes on subjects of local as well as national interest.



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HEALTH AND BEAUTY

continued from page 12

have difficult periods. Although few doctors support Short's evolutionary theory, many (including Harvard's Dr. Robert W. Kistner and Dr. Louise B. Tyrer of the American College of Obstetrics and Gynecology) do believe that there is no reason for a woman to have a period if she doesn't want to have a baby.

The developers of the birth-control pill originally devised it to eliminate periods. They restored the menses when it was suggested that women would be frightened by not having a monthly period and would fail to understand that it was not unhealthy.

THE USE OF HORMONES

Hormone treatments are usually prescribed for altering or eliminating menses. Many doctors recommend birth-control pills for this process. They often reschedule periods for brides who do not wish to menstruate during their honeymoons. Athletes sometimes use a drug called Provera to delay menstruation, a practice that is not against the rules. (Warning: Consult your doctor before changing your pill cycle.)

Another method used to produce the same effect is an IUD with a hormone coating. However, many doctors are reluctant to prescribe this treatment because it increases the possibility of cancer and may make pregnancy more difficult after the IUD is removed.

Menstrual extraction is beginning to be discussed as a viable alternative to having a period. The same suction vacuum method used in abortion is employed to remove the lining of the uterus. Because there is a risk of perforating the uterus, most doctors resist using the procedure, and agree with Dr. John Burger of the East Nassau Medical Group in New York that "early abortion" is one of its few uses. As the procedure is refined, women may willingly endure the expense and minor discomfort to eliminate their periods.

WHAT CAN YOU DO ABOUT CRAMPS?

Many women mistakenly believe that sterilization, which will end their birth-control worries, also ends menstrual flow. Only the removal of the uterus, a hysterectomy, ends flow. Tubal ligation or removal of an ovary does not affect the menses.

Menstruation is the only bodily function in which some discomfort is considered normal. The back of a popular over-the-counter pain reliever package says the product is good for curing the "normal distress associated with menstrual periods." It has become very difficult to decide

where dysmenorrhea begins and normalcy ends, and cures for cramps range from a cup of tea to complicated drug prescriptions.

A recent study by Dr. Karen Paige, a psychologist at the University of California, finds that the experience of dysmenorrhea is influenced by social and cultural factors. Thousands of years of cultural taboos against menstruating females make women feel embarrassed when they have their periods. When combined with very real biological changes, these feelings may create serious problems for many women. The study found that reduced flow, as with the use of birth-control pills, results in reduced anxieties, clearly underlining this negative social conditioning. Dr. Paige asserts that changing hormonal levels, once deemed the cause of menstrual distress, has nothing at all to do with the problem of dysmenorrhea.

The study of biorhythms proves what has long been suspected: All bodies have rhythmic and cyclical changes, the female menstrual cycle being just one of them. Premenstrual tension may be due to a collision of various "down" cycles. Research shows that a high percentage of suicides, viral infections, mental breakdowns, and accidents occur during the week preceding menstruation.

Darvon, the number-one prescribed pain killer, is only slightly more effective than a sugar pill for relieving menstrual discomfort, according to a Mayo Clinic report. Aspirin was found to be more effective than Darvon or codeine. Some doctors suggest that patients take Darvon and aspirin together—the results are more satisfactory.

Many women found the wonder drugs of the 1960s, such as Daprizil or Edrisal, highly effective for premenstrual tension and/or dysmenorrhea. For those who bemoaned the FDA ruling that took these drugs off the market, there is encouraging news. The same ingredients can be combined through separate prescriptions. Check with your doctor.

The development of new ways to alter the biological aspects of womanhood—aspects once considered to be absolute—is a welcome trend. These new therapies and insights are making women less anxious about their bodies, and helping them to relax about the once "forbidden zone." As more solutions to problems connected with menstruation are offered, women will enjoy a greater sense of mastery over their lives. □

Suzy Kalter is a contributor to Cosmopolitan, Harper's Bazaar, New West, and other magazines.

MONEY

continued from page 7

companies estimate that property priced at \$30,000 in 1970 sells for more than \$44,000 today. Does your homeowner's policy cover this? Look into "inflation guard" insurance that automatically increases coverage.

Your use of credit: Surveys do show that even in the same city or area some banks charge higher interest than others. The differential can be as much as 10 percent vs 14.4 percent; for a \$3,000, three-year-loan the dollar difference is \$225. So shop around for credit bargains. Some key questions to ask: Is there a charge or transaction fee? For a small loan, \$1,000 or under, must you use your credit card or check overdraw account, with 18 percent interest? How is the interest computed?

On the job: One of the best ways to cope with higher prices is to earn more money. But sometimes getting a company-paid fringe benefit, especially when you're not due for a raise, is a good anti-inflation measure. Look for a group insurance plan for legal services, tuition for courses that will help you advance. Ask for cost-of-living adjustments in salary and pension plan.

If you're a wife planning an eventual reentry to the business world start now to keep records and proof of the skills you're acquiring as a volunteer: reports you write, publicity, letters of recommendations from professionals you work with.

Appliance shopping: Look for appliances that require a minimum of repair. Check warranties as carefully as you do price and quality. It may be cheaper to buy from a local dealer, if you know he gives good and prompt service.

General shopping: Take advantage of bargains. January is traditionally a slow month for sales. Now is the time to get the best price from a contractor for home-improvement work to be done in the spring. A snowy or rainy day, when showrooms are empty, is a great time to win concessions from a car dealer. Retailers clear out merchandise in January—carry around a list of your family's sizes and you can stock up on savings.

Family finances: Explain your anti-inflation strategy to your children. Encourage them to develop their own strategy; developing homemade games, for instance, instead of buying them.

Some fringe benefits from raising your IRQ: You save money. You improve your control over your budget—the aim of good financial planning. You teach your children about money management. And that's worth more than money. □

WHERE IS THE WOMAN OF THE HOUSE?

continued from page 66

3. Women are hardly confining themselves to the business world. Predictably, record-breaking numbers of women are going through law school, dental school, veterinary school, and other professional training. Less expected, and more shattering to the stereotypes, are women filling such jobs as coal miners, plumbers, park rangers, jet pilots. All of the service academies (West Point, Annapolis, Air Force, and Coast Guard) have now admitted women in substantial numbers. And the drop-out rate for these women has been level with that of the men.

4. As a result of the many new roles into which women are flinging themselves, the attitudes of society and its institutions are changing. Some tell-tale examples: The Episcopal Church has recently voted to admit women to the priesthood; two women dining out alone no longer rate a raised eyebrow from the maître d'; listening to the chatter on a CB radio in one's car, one is no longer surprised to find that the "good buddy" in that 18-wheel truck comes back with a woman's voice; and the updating of "Dick and Jane" to show Jane climbing a tree or playing doctor is changing the outlook of *both* schoolchildren and parents.

Where are all the changes leading? A wide variety of life patterns for women is becoming socially acceptable. For instance, married couples are increasingly including single women in their dinner parties without trepidation. Many women are enjoying much more reciprocity and sharing with the men in their lives. At the end of their working day, they massage each other's egos as they recite their day's happenings.

In Maine, for instance, a state trooper told me his wife goes out on patrol with him several times a week, has learned to operate the radio equipment and fill out the report forms when they get home. He says they've never been so happy—and that troopers who have been divorced in recent years were almost exclusively those whose wives neither shared an interest in their work nor participated in work of their own.

Because the adult world is changing, some children are growing up with refreshing new outlooks. The young people who receive less "s'mothering" often get more love in the form of intensive interest and help in early growth toward independence. Moreover, these kids also usually see more of their fathers than did children of any other generation.

Even now new support systems are being developed so that households can run with the least possible work. (See Smart Machines That Can Run Your House, page 64.) Business and industry are helping to make shopping, cooking, cleaning, and maintaining a household less of a chore for any one person. Everyone shares the chores as well as the pleasures. The table is set by whoever gets home first.

On the evidence of today's rapid advance into the future, I believe that even in the Year 2000 a house will still be a place where people who love each other can share their lives. It will be a full partnership home, a balanced arrangement in which a woman can develop her talents, for psychic reward or for money, so that a man can take pride in what she does equal to the pride that she feels for him.

Knock on any door between nine and five in the Year 2000—and if a man answers, just ask *him*, "Where is the woman of the house, anyway?"

Maggie Tripp is a teacher and lecturer specializing in women's studies and editor of Woman in the Year 2000 (Arbor House and Dell).



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GROWING UP TOGETHER

continued from page 49
added by hand—became impossible. The Schutzes shopped for a mechanical method that would retain the same delicate handmade quality. When they decided to have their designs lithographed, Steve was thrilled with the results—and the efficiency. "We were amazed to see the machine print 2,000 posters an hour when it would have taken us many weeks to produce the same quantity by hand."

Encouraged by their financial success, the Schutzes printed a volume of Susan's poetry toward the end of 1972, their first year in business. The initial run of 6,000 copies of *Come Into the Mountains, Dear Friend* was expected to be a lifetime supply. To their amazement, the slim tan paperback of honest, tender verse about nature was completely sold out in three months. To date, the book has sold 250,000 copies, making it the company's best-seller. Their list includes 12 books of poetry by several authors other than Susan.

Just as the Schutzes began to thrive as a couple and a creative team, Susan discovered that she was pregnant. At first, this woman who exhibits a quality of deer-like shyness was "petrified and unsure." As she wrote in her fourth book, "How will a/child fit in/with us/We keep late/hours and/eat sporadically/We are selfish/catering only/to each other's/whims/We live with/and for each other/How will a third/person fit in?"

Then when Jared arrived in the spring of 1975, Susan was awed by her intense feelings of motherhood. She expresses them this way in one of her poems: "I never dreamed/how much I/could love/my little son/When we rest in the grass/his thin arms/hold on to me/so tightly . . . I look at him/and I cannot stop/kissing him/I never dreamed/how much I/could love/my little son."

For the first six months, the couple took Jared everywhere—to the office, studios, TV stations—and found his presence posed no problems at all. After he began crawling, however, they were unable to work because of his constant demands for attention. "It wasn't fair to Jared," Susan says, "so we hired a part-time governess to look after him at least some of the time."

When the Schutzes are in the office, which is approximately three days a week, Jared uses his play area in his parents' spacious office. Susan and Steve enjoy having a 24-hour-a-day family, and realize most people are unable to spend their days with their children. So that em-

ployees of Blue Mountain Arts can also enjoy having their own youngsters nearby, a company day-care center was recently opened in a renovated building at the back of the property.

Jared attends weekly staff meetings and retires to an adjoining room only for naps. Susan and Steve feel very strongly that their creative endeavors are enriched by the presence of their son. They have therefore refused to curtail their activities during his infancy. Susan continues to work, and the couple continues to travel.

Still, the Schutzes do experience conflicts now and then. "When Jared was five months old, he caught the flu while we were out of town on business," Susan recalls. "I felt badly about it for two weeks afterward."

On the other hand, Steve, unlike many contemporary fathers, is very involved with his son. "To my surprise, I love being a parent. Sue and I watch him and play with him together. One division of labor is that Sue feeds him and I diaper him." A quiet grin emerges. "I definitely get the worst end of that!"

The attitudes that have shaped the Schutzes' lives have also formed the foundation for their publishing company that employs 65 people and occupies a three-floor office building and warehouse in downtown Boulder. The plant and editorial offices hum with a sense of purpose and a bubbling air of camaraderie not common to many work situations. "With accounting, order-processing, and shipping," Susan reports, "there's a lot of routine-type work here, but we still try to make it a pleasant place to work."

The Schutzes' booming business evolved from the social climate of the 60s that promoted the quest for alternative lifestyles among young adults. Susan and Steve speak of their success as a counter-culture triumph. Still, their decision to escape the corporate power structure they deplore resulted in . . . a new corporation!

According to Steve and Susan, creative fulfillment is unquestionably their greatest reward. Steve asserts, "If we weren't together, we probably wouldn't be creating. Where many artists create out of loneliness, we create out of happiness." And Susan writes: "Together/we are/strength/truth and/nature/in a world of/love." □

J. Sebastian Sinisi, Denver-based Fairchild Publications bureau chief for the Rocky Mountain area, takes his son skiing, but not to the office very often.

Glossary

NATURAL FOOD continued from page 58

Natural or organic foods are those which have been grown, produced, or processed without artificial elements and contain no chemical additives. Here is a guide to those health foods used in the recipes beginning on page 56.

Brown rice and other whole grains: Brown rice contains the nutrients removed during the milling and polishing of white rice. Grains such as buckwheat, millet, bulgur, and barley are rich in fiber and protein.

Carob: A powder from the pod of the carob tree which can be used as a chocolate substitute. An edible portion of carob contains 180 calories and 1.3 grams of fat, compared to 507 calories and 35.7 grams of fat in the same-size portion of semisweet chocolate.

Lemon juice: Freshly squeezed, it is the perfect natural sour agent and a lighter seasoning than vinegar.

Organic eggs: Eggs from chickens fed on a ration rich in essential vitamins and minerals without antibiotics, arsenicals, sulphadiazine, or pesticides.

Organic nuts: These are nuts in the natural state: unbleached, undyed, unsalted; neither roasted nor treated with acids or chemicals.

Raw milk and milk products: These contain the maximum nutrients of whole milk and the bacteria necessary for digestion. These products have not been heated, pasteurized, or cooked, but when the label says "certified," they have been produced under strict medical supervision.

Raw sugar, honey, and molasses: If you must, use as sweeteners instead of white (refined) sugar, but all sugars have little food value, contribute to tooth decay, and should be used sparingly. Honey is more easily digested, molasses has more minerals, and raw sugar has more fiber (and is the easiest to work with of the three) than white sugar.

Safflower oil: It has the highest ratio of essential fatty acids and the lowest of saturated fats. In general, use safflower and other vegetable oils (corn, soybean, peanut, and cottonseed) as all-purpose fats instead of highly saturated animal fats.

Sea salt: Made from sun-evaporated sea water, it doesn't have chemicals used in the production of commercial salt. Use herb salt, made from sea salt and organically grown herbs, as a flavor enhancer instead of pepper, which can be a digestive irritant.

Stone-ground whole-wheat pastry flour: Contains all the nutrients removed during the refining of white flour. Enriched white flour has only one-third the nutrients replaced. Use for thickening and baking.

Tamari soy sauce: A high grade, pure soy sauce with which to make soy stock (1 teaspoon Tamari soy sauce to 1 cup water; add ½ teaspoon herb salt) to use in place of a meat or poultry based stock.



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 Workbench, Dept. AH-1, 470 Park Ave. South, New York, N.Y. 10016

Cover: See below.

Pages 42 & 45: All the knock-down furniture can be mail ordered. Allow approximately 4-6 weeks for delivery (particularly if you order during the holidays). If you have any questions regarding shipping and handling charges and method of delivery, write to each company before sending money. Light beechwood lightweight chair, (also shown on cover and page 46), comes completely unassembled. No nails or screws are needed to put it together. The wood pieces slip into pre-notched holes and the canvas backrest just slips on the frame. Canvas seat is laced underneath and should be tightened a few times at beginning as both laces and canvas can stretch. The individual components lock under pressure when chair is sat upon. All canvas is 50% flax/30% rayon/20% cotton, dry-clean only. Approximate dimensions of chair are: 31" H X 18½" W X 18" D, #145, \$90 (\$10), designed by Ole Gjerlov-Knudsen. Send \$1 for packet of 4 brochures. All from Cado/Royal System, Inc. Model is wearing a red acrylic/polyester/cotton knit warm-up jumpsuit, #1150, white zippered front opening, white trim on collar, shoulders and pockets, fleecy self-lining and D-ring at elasticized waistline. Sizes: small, medium, large, \$39.50 (\$2.50) by Danskin, mail order from Tantara. Check or money order only, allow 3 weeks for delivery, N.Y. residents add sales tax. Bicycle is a "Panasonic" sport ladies' 10-speed, \$139.95, from Metro Bicycles.

Pages 46, 47: inset picture, left: "Regatta" chair, a modular unit, comes unassembled. Covered in a rough-textured natural-color linen; chair has side units made of pressed wood covered with linen fabric. The chair is assembled by slipping two tension rods between the sides, and pulling fabric taut. One-piece back and seat cushion is filled with shredded foam and buttons on. Buy several units and create a modular sofa, love seat, or L-shape seating arrangement. Approximate dimensions are: 26½" H X 29½" W X 33" D per unit, \$89, plus shipping and handling, by Overman USA, order from B. Altman & Co. (write for individual shipping charges). Natural beechwood and wheat-color heavy-duty canvas "Sol" chair and matching ottoman are collapsible with solid brass nuts and bolts. Suitable for indoor/outdoor use. Chair, 34½" H X 21½" W X 19" D; ottoman, 16½" H X 17" W X 14½" D, \$45 (\$10)/set. Write for 36-page illustrated catalog, \$2 postpaid. Order all from Workbench. **Far right:** Light beechwood deck chair, #140, with canvas seat and back, collapsible frame, comes completely unassembled. Needs no nails or screws to put it together. The pre-notched wood pieces slip together and a rope "stretcher" holds it. The individual components lock under pressure when sat upon. Canvas is 50% flax/30% rayon/20% cotton, dry-clean only. Chair measures approximately 34½" H X 21¼" W X 19" D, #140, \$160 (\$10). Designed by Ole Gjerlov-Knudsen for Cado/Royal System, Inc.

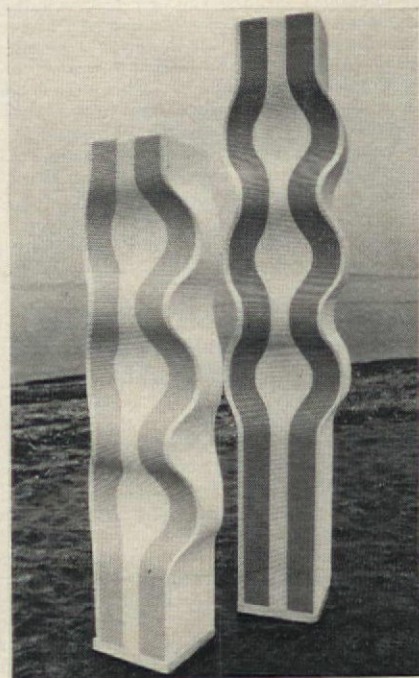
Background: Hand-painted and lacquered wood "Banana Leaves" sculpture. Leaves are free-standing with easel backs and come in pairs of 3 different sizes: #8410, 2' high, \$38 (\$6)/set of 2; #8411, 4' high, \$75 (\$8)/set of 2; #8412, 6' high, \$112 (\$10)/set of 2; or all 3 sizes (two of each), #8413, \$225 (\$18), order all from The Combine. **Bottom, left:** Canvas lace-up chair, #145, by Cado (see listing for pages 42 & 45). Light beechwood frame canvas lounge chair and matching ottoman. Canvas for both is 50% flax/30% rayon/20% cotton, dry-clean only. Both are collapsible and fold-up for easy mobility and storage. Lounge chair, #139, \$300 (\$10), 31½" H X 26¾" W X 43" D has an adjustable headrest and strap arms. Ottoman, #139f, \$95 (\$10), 13" H X 24" L X 17" D. Both designed by Lauge Vestergaard for Cado/Royal System, Inc.

Page 47: Natural-colored 100% cotton canvas "Ny" lounge chair and matching ottoman with chrome frames and armrests of natural-finish Indonesian nyatoh wood. Both fold for easy carrying. Lounge chair, \$70 (\$4), is 34" H X 34½" W X 26" L; ottoman, \$30 (\$2), is 19½" W X 14½" L. Both by Trend Pacific, Inc. Order 8-page illustrated catalog of casual furniture, 50¢ postpaid. Mail order all from Jensen-Lewis Co. Inc. Solid pine and natural finish end table, #4-4224, comes unassembled in a carry-home carton, 20" H X 26½" W X 20" D. Comes with complete instructions and Allen wrench. From the "Penthouse Collection" by Decorion Division of Stratford Co., \$70 (\$3.50, postage and handling), will be shipped via parcel post, mail order from The Hecht Co.

Page 47: Fabric "Big Fish" 100% cotton fabric panel for you to stretch and frame. Silk screened bright colored fish design on black ground fabric. Finished stretched size is 34" X 56" (unfinished: 38" X 60"). Available in a kit that includes: 1 "Big Fish" panel, two 34" and two 56" pre-notched pine stretcher bars (each is 1¾" wide) and stretching instructions. Fabric panel by Intair, kit is \$32.50 postpaid, fish panel alone is \$25 (75¢), order both from Fabrications.

TAKE-OUT FURNITURE

continued from page 47



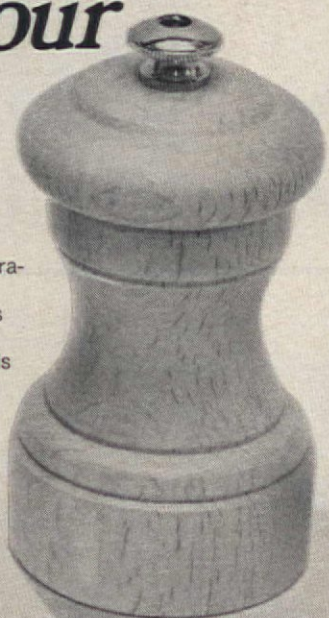
A quick assembly lamp that zips up in seconds, it's available in three sizes Mommy Mummy, Poppy Mummy, and a Mini Mummy (not shown).

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AMERICAN HOME, JANUARY 1977

A Cook's Tour



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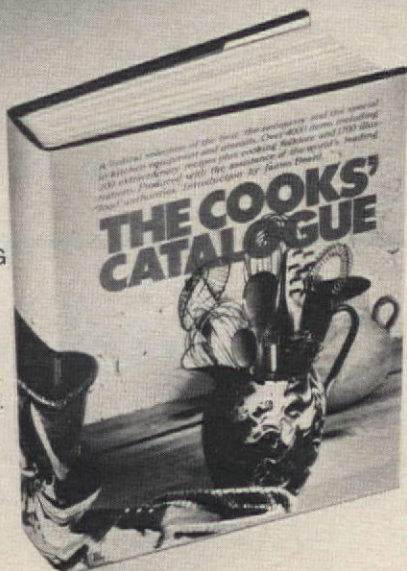
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CARBORUNDUM STONE lets you sharpen blades. Draw edge along coarser side, then across finer. Stone measures 1 by 2 by 6 inches; \$10.



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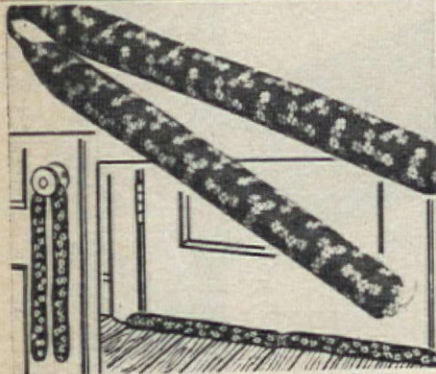
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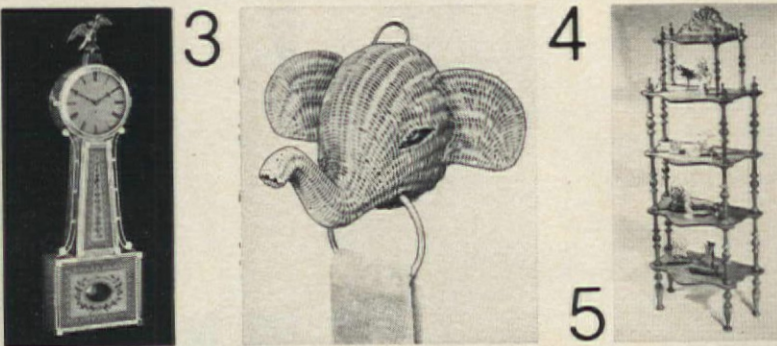
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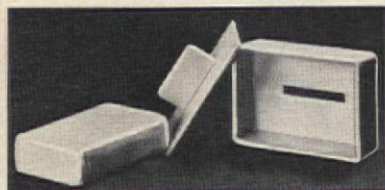
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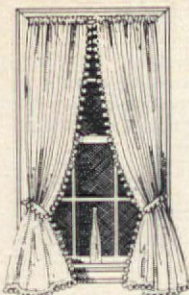


Seed of an idea!

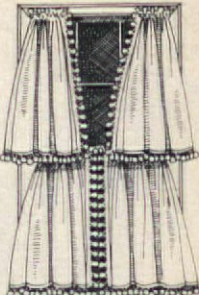
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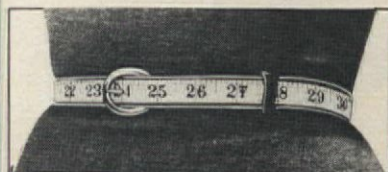
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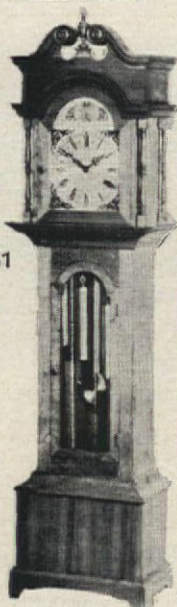
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Is the DIFFERENCE!



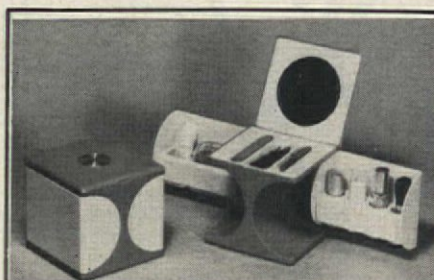
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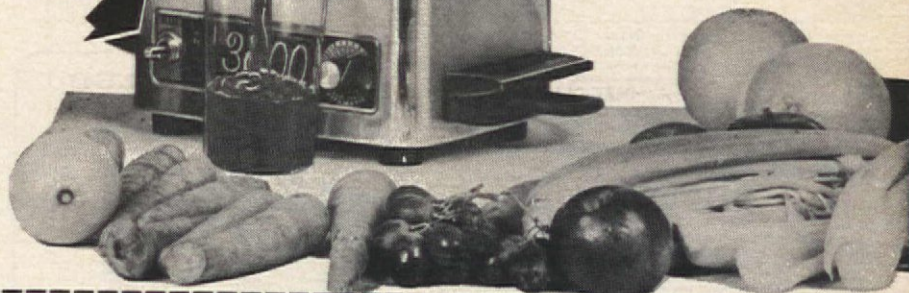
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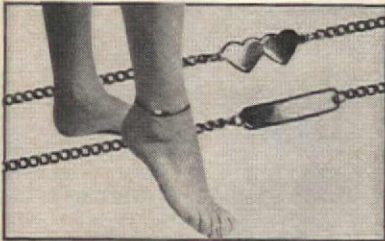
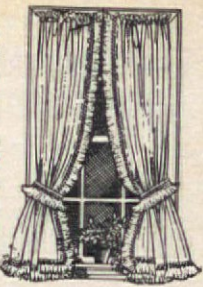
cover and sip-opening, 3 1/4". \$3.25 each, 2 for \$6. Bruce Bolind, Dept. AH-1, Boulder, CO 80302.



Light fantastic

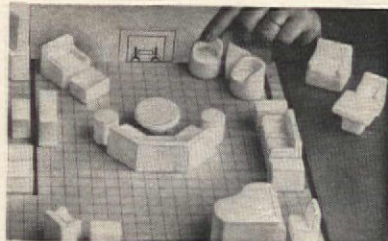
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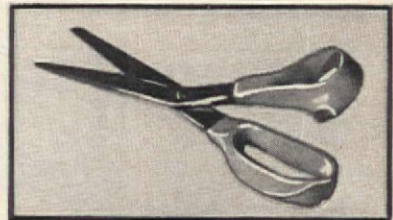
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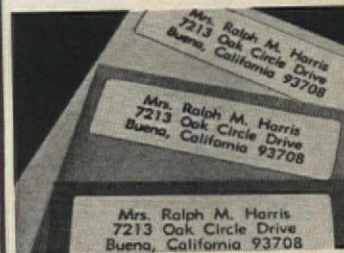
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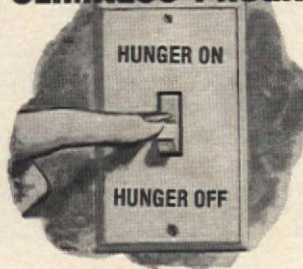
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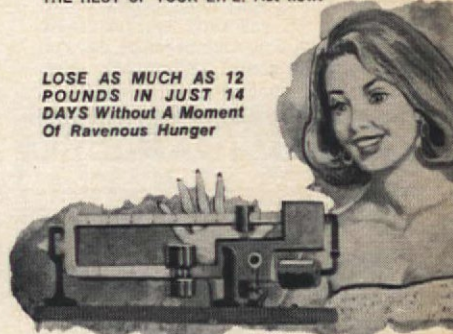
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This collection is made up by us from new and superior varieties. If bought by name they would cost 75¢. Colors range from white to purple, pink, orange, yellow, lavender, rose. This year we added Red Beauty—one of the brightest glads known. Big bulbs, 1 to 1 1/4 inches across. Will bloom this summer.

Free Catalog

Spring 1977. 84 colorful pages packed with values.

INTER-STATE NURSERIES

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- I enclose 25¢ for 1 set of 7 Glads
- FREE 84-page SPRING CATALOG

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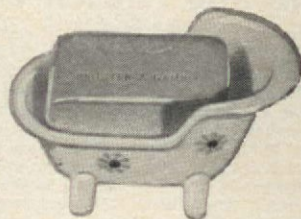
Glads will be shipped at proper planting time

THE AMERICAN HOME MAILER



Strong message
"Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle." These inspirational words serve as a fine reminder on an 8"x6" wooden plaque. Full color scroll border.

Laminated for performance. Ready to hang. \$1.98 plus 50¢ p&h. Cadlyn's, Dept. AL-1, 10250 N. 19th Ave., Phoenix, AZ 85021.



Aww, how cute!

And handy. Bathtub soap dish sparkles gleamy white and is dotted adorably with a bright floral decor. Air-dri soap perch sits in tub. \$1.25 plus 50¢ p&h. Hedenkamp, Dept. 359, 361 Broadway, New York, NY 10013.

3000 VARIETIES!

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More than 100 large pages with lavish use of nature's color illustrate and describe them. Seeds, Bulbs and House Plants. Vegetables and Growing Aids, too. It's packed with proven how-to-do-it gardening information to assure success. Contains Culture Directions, Index, Germination Table. Millions depend on its wealth of information and best seeds obtainable.

124 PAGES IN FULL COLOR

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Please send Park's Free Flower Catalog

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It fits!

Here's the print for the room! Put this sepia-tone print in your bath or powder room as a chuckle charmer! Nice to frame, it's 11x14" on fine quality paper. Little boy is a lithographed reproduction of Mary Llewellyn's great-grand-

mother's favorite antique figurine. \$3 each ppd. Mary Llewellyn's, P.O. Box M3771, Mansfield, OH 44907.



It's clear to see

Studio quality wallet photos in color or black and white make ideal gifts! Nice to tuck into holiday cards—yet are inexpensive. 2 1/2" x 3 1/2". Color: 20 for \$1.98; 32 for \$2.98. Send color negative, photo or slide. Black and white: 36 for \$1; 76 for \$2. Send photo or negative. Add 40¢ p&h. each order. Philips Foto Co., Dept. 1A, Elmsford, NY 10523.

TAKE 4 HOUSEPLANTS AS A GIFT JUST FOR YOUR OPINION!

We are one of the world's largest nursery specialists . . . and we desperately need the answers to some of our most puzzling market research problems. You can help us . . . and we're willing to reward you handsomely for your cooperation.

Simply fill out the questionnaire, send us your answers, and we'll send you, for just one dollar, our sensational YEAR ROUND INDOOR ROSE — a regular \$3.00 retail value — PLUS yours as a gift, the 4 other magnificent houseplants you see pictured on this page.

In other words, 5 of the most glorious indoor plants you've ever laid eyes on . . . a total retail value of up to \$10.00 . . . yours for a mere \$1 PLUS YOUR VALUABLE OPINION.

Each of the spectacular varieties you see pictured comes to you already planted in their own pre-sown, pre-treated starter pots, (the same as used by professional nurserymen and florists). So all you do is add a few sprinkles of water and a little loving care for the most breathtaking display of year 'round flowering beauty you've ever set eyes upon. Results guaranteed or money promptly refunded.



GIFT #1: PALM TREE
(Phoenix Canariensis)
Year 'round tropical beauty for inside the home



GIFT #2: YEAR 'ROUND CARNATIONS
(Dianthus Cultivar)
Fresh-cut flowers all 12 months of the year

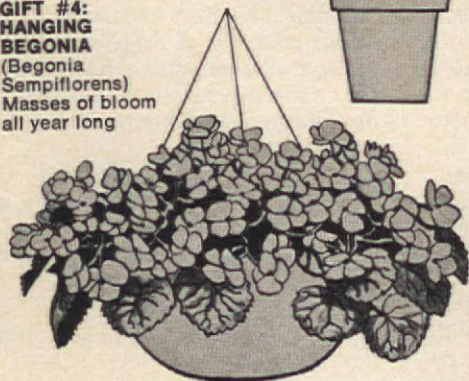


YEAR-ROUND ROSES
(Rosa Chinensis)
pick fresh roses all 4 seasons of the year.

GIFT #3: INDOOR ORANGE TREE
(Citron Cinensis)
real oranges inside your home



GIFT #4: HANGING BEGONIA
(Begonia Sempiflorens)
Masses of bloom all year long



MAIL NO-RISK COUPON TODAY

MARKET RESEARCH QUESTIONNAIRE

(Must be returned completed to qualify for GIFT PLANTS)

Question 1. Where do you normally buy houseplants?

- Super Market Department Store
 Hardware Store Nursery or Florist

Question 2. Which type of houseplant do you favor most?

- Small Trees Hanging Plants
 Window/ill Plants

Question 3. Which do you prefer for indoor plants?

- Foliage Plants Flowering Plants

Question 4. Do you prefer to grow your indoor plants from seeds or seedlings (plantlets)?

Question 5. I would I would not be interested in participating in a further research program you are considering, whereby I would receive from you on a monthly basis FREE houseplants to test-grow and give my opinion. (Should I be selected for such a program, there would be no obligation on my part, of course . . . and naturally all plants you send would be mine to keep, FREE.)

6303-002

AMERICAN CONSUMER, Plant Research Dept. JHP-33
Caroline Road, Philadelphia, PA 19176

I have included my completed questionnaire. Please rush me my complete Decorator's Houseplant Collection — Year 'Round Roses plus the 4 FREE GIFT pre-planted varieties pictured above on money-back guarantee (except postage & handling).

\$1 plus 35¢ postage & handling for one complete 5-plant collection

\$2 plus 50¢ postage & handling for two complete collections . . . (10 plants in all)

Total enclosed \$_____ (Penn. residents add 6% sales tax).

Check or money order, no CODs please.

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Canadian customers, please send orders to:
Dominion Mail Order, Dept. JHP, 312 Rexdale Blvd.
Toronto, Ontario M9W1R6

NOT ONLY THE LONELY

Keitha McLean's article on Loneliness (Oct., 1976) struck a chord in my life and undoubtedly in the lives of other readers. But I wonder if loneliness has to be accepted as inevitable? I have known many people who seem to be almost free of loneliness—they're busy creating a family life, or working, or active in some organization, or involved in some stimulating, worthwhile activity. Some have resorted to therapy to find a way out. Perhaps the catch lies in the word 'seem'. From where I sit, they look like they are going great guns and will continue so for a long time. These are the people I look to. However, when I have to face the crashing loneliness of my own life, I may have to eat my words.

Lois Nelson
Santa Barbara, Calif.

I'm sure that we all wonder what to do about loneliness and your answer coincides with mine. After 20 years of wondering when it would go away, I have finally agreed to just accept it, as it comes. It doesn't help to alleviate my problem, but it seems somehow reassuring that it is not a constantly permanent state of life. It is only one of the valleys before you start up the next hill.

(Ms.) Virginia McConnell
Smyrna, Ga.

BEDTIME STORY

The article "How to Buy a Mattress" (Aug., 1976) seems most incomplete for the true shopper wishing to purchase a mattress. Having been in the furniture business all my life, working for a number of different dealers and selling a number of brands of mattresses (which each manufacturer stated as the best) and now in my own business, I feel I know the needs of that shopper. If you shop every manufacturer, after a while they all take on a sameness. But each does have what he calls his best and very best. After that he also makes five or ten other less expensive models. Some dealers will choose to buy one model in three different covers with three different prices. The covers and prices are the only difference. These are mainly discount operations.

If you shop the furniture stores and department stores, you'll get a truer picture. The salesman knows more and is able to show you a sample of what is inside. More important, he

can express an opinion as to why he feels or the manufacturer feels that that set is the best. (Remember a set for less means something has to be omitted to make it less expensive than the best.) Sit down hard; see if your bottom is hitting the box spring. Pick up the mattress; squeeze it between your hands. Is it firm, or does it go in too far?

Don't worry about the queen size; it will fit a full-size bed. There are adapters available, and a fitted sheet is the only real changeover you'll need at first. (Your flat full-size sheets will work.)

And don't buy a mattress just because it is reduced \$40 or \$60. You don't sleep on the savings. Never make a purchase unless you can lie down and test the mattress first. Make that salesman convince you. Don't be in a hurry and attempt to buy a mattress on your own. You need a salesman's help, not a friend's advice.

Richard Winter
Emporia, Kan.

A WOMAN'S WORK

I fought a silent battle with Betty Friedan in the '60s but the time has come for me to speak up! I am going to make an outrageous and preposterous statement—I liked being a mother! I had fun. I had the freedom to explore my creativity, to play my own game, to be master of my fate and captain of my soul. I had an enormous sense of achievement. When I bounced into the business world, which I did on a regular basis during my child-rearing years, I felt like I was a slave in chains. I did well there, taught myself all the skills I needed, was desired and well paid. But I had already established my identity, and so for me a paycheck was only something I could use to buy more things.

I grieve that homemaking has become a lost art and art it is, make no mistake about that.

There simply has to be someplace in between Total Woman and Gloria S. I feel that people should be able to choose their lifestyles, their work, and their politics without having to be put down and patronized.

Sure mothering is tough, hard work and when you are poor it is a real challenge, but I chose it, I love it, and I'm proud of my product. I feel no guilt, no shame, and no fear. My background has so equipped me that I need have no terror in coping with the future. I can cope and I learned

it the hard way, with no teacher and no classroom, no money, no status, and little approval. I'm going to look around now and see what new world I can conquer!

Jacqueline G. Newman
Scottsdale, Ariz.

GOOD SAMARITANS

The August, 1948 issue of American Home magazine contained an article which has had a profound and lasting effect upon our community. In the summer of '48, just after World War II, 12 Michigan City women discussed the need for a local service project—something to replace their wartime volunteer activities. One of them had read an article in American Home, "The Closet of the Good Samaritan." The story described a sickroom loan closet established by a group of women in Silver Spring, Md. The dozen local women decided to try the same thing.

The idea was to gather an inventory of sickroom equipment and make it available, free of charge, to people who needed it when they were discharged from the hospital. The first few acquired pieces included canes, crutches, and a bedpan. Headquarters for the group, which called themselves The Service League, was a storeroom behind the local Red Cross office.

Of course, since this is a success story, the organization grew to one of the most effective and efficient volunteer services in the state of Indiana. Today, The Service League is located in a two-story brick building (a donation) and has an inventory of more than 900 pieces of equipment. As an additional service, members also make and dispense hospital dressings, absolutely free, to any housebound patient with a Michigan City physician.

Funds are provided by dues (\$10 annually), donations, and a once-a-year whopper of a rummage sale.

Since The Service League came about because of American Home I thought you would like to know about us. I hope 28 years later, you will feel that we're worth mentioning in your magazine.

Mrs. John Neal
Michigan City, Ind.

Address letters to editors to: Our Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022. Be sure to include your signature and address.

If it looks like real meat



and dry dog food,



it can only be Chuck Wagon.

When Chuck Wagon® dog food was introduced, it had two different colored pieces.

Since then, Chuck Wagon has become a big success.

Why? Because each of Chuck Wagon's two types of pieces is made of different ingredients. And we cook them separately. Naturally, each has its own flavor and texture. After all, dogs like a variety of flavors and textures.

And when you add warm water to Chuck Wagon, you'll see something very special. The red chunks become soft

with a meaty flavor and a special texture that dogs love. The crunchy brown nuggets stay crispy and a delectable gravy is formed. So when your dog takes a mouthful of Chuck Wagon, he'll find a lot more to like than in any other leading dry dog food.

So do your dog a favor and remember: other leading dry dog foods may look somewhat like Chuck Wagon. But no other dog food offers your dog the same variety of tastes and textures that Chuck Wagon does.



For your pet's health...
See your veterinarian regularly.

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TASTE THE GOOD TIMES. RALEIGH



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

You'll remember Raleigh. The genuine tobacco flavor. The valuable gift coupons.

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Sunny Designer Solarian[®] by Armstrong.

The only no-wax floor
with the richness of Inlaid Color.

What keeps Solarian shining so bright? The Mirabond[®] wear surface. It keeps that sunny shine, without waxing or buffing, far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines. Just sponge-mop with detergent and rinse thoroughly. Black heel marks come up easier, too.

What gives Designer Solarian such richness of color and depth of design? Inlaid Color. Beneath the Mirabond wear layer is a unique dimension we call Inlaid Color. You see, Armstrong makes Designer Solarian the same way we've always made our finest-quality floors: with a buildup of thousands of varicolored granules . . . in much the same way beautiful materials are created in nature.

Compare the depth and realism of Inlaid Color in Designer Solarian side by side with all the other no-wax sheet floors, with their "printed-on" designs. You can't miss the difference.

Even our best no-wax floors may eventually show some reduction in gloss where foot traffic is heaviest. So, if you ever need it, your retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine.

To find a nearby Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized "Floor Fashion Center[®]" retailers, offering the best in selection and service. Here you'll find the full assortment of Armstrong floors, beautifully showcased in a bright, inviting sample display area designed for your shopping convenience. Another service you'll find helpful is color-coordination assistance from salespeople specially trained by Armstrong Interior Designers. And be sure to ask for details of your FFC retailer's guaranteed installation service and Armstrong's guarantee of the flooring material. Clip coupon below for free Solarian literature and floor-care information.



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Please send me your free brochures illustrating Solarian color and design selections, a special booklet *How to Keep Your Armstrong Floor Looking Its Best*, and names of my nearest Armstrong retailers.

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Armstrong

CREATORS OF



THE INDOOR WORLD[®]

**Which
is the new pan?**

**Which
has been used
127 times?**



**Twinkle® keeps copper
looking almost new.
Even if you cook
with it daily.**

We cooked in one of the pans above 127 times. It collected all the stains, marks and tarnish that most pans do. But it got regular care with Twinkle.

Look closely. Can you tell which pan we used? (The pan at the bottom was used 127 times.)

Twinkle makes copperware look like new because it contains a unique blend of cleaning agents that dissolves the stains, marks and tarnish that make your copper look old in the first place.

Twinkle. It can keep all your copper looking almost new. And that's a good feeling.

Twinkle keeps stainless steel bright and spotless, too.



—with exclusive shine-protecting Chronite

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**F.Y.I. FROM
THE DESK
OF LEDA
SANFORD
PUBLISHER**



Love makes the world go 'round (*sometimes*). Love is the answer (*sometimes*). All you really need is love (*sometimes*).

Who will argue against the power of LOVE. No one. We all need it, want it, search for it, find it, lose it, and wonder about it. Children wonder if their mothers and fathers really love them and how much. They test that love throughout their lives and if they're fortunate the answer will always be positive.

Lovers wonder why LOVE is such an up and down sort of thing. Why is it so fragile? Why do those who say they LOVE us do such unlovable things? Why can't we make romantic love last or at least be consistent? Of all the ingredients in our homes, love is the most important and the one without which the rest is hollow.

In this issue we offer a variety of views on LOVE and its sometime companion, sex.

People who are caught today between their worldly aspirations and personal contentment cannot help but agonize over the imbalance that has crept into many lives and cost them LOVE. Women are realizing this in growing numbers and that may be the reason that today they instigate divorce more often than men do. One of the important historically different attitudes between men and women that really has not changed is that women desire romantic LOVE in their home life. Today, however, when romantic LOVE is absent, a woman will probably disrupt house and home for the opportunity to find it.

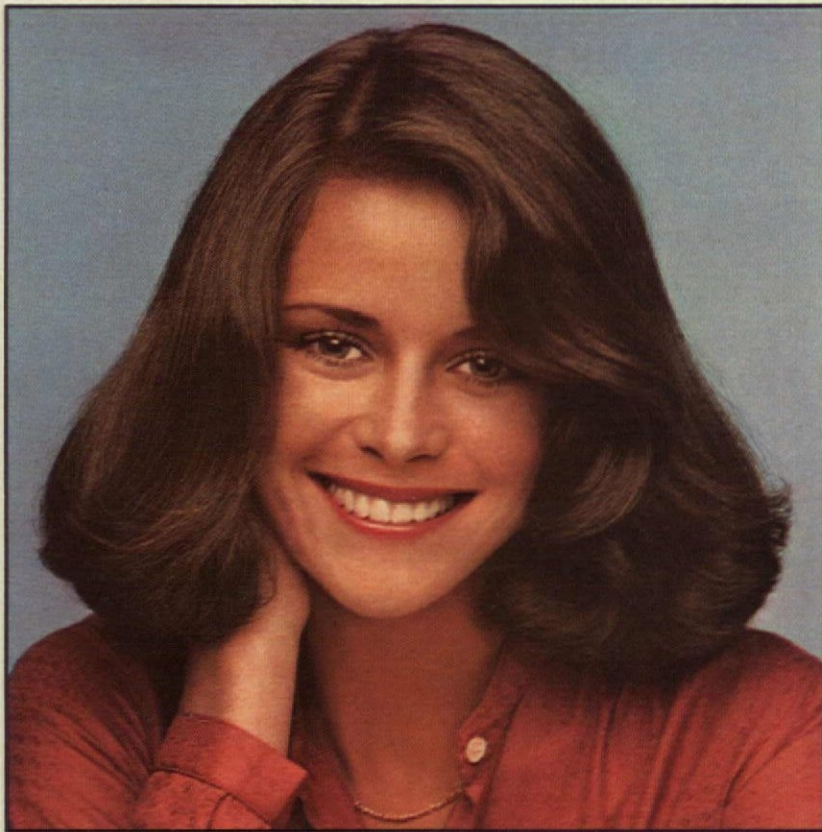
How can we help each other to comprehend the normal inconsistency of our emotions, the perversity of our sex drives, and the real death of love?

More honesty between friends can help as we share our experiences and learn from each other. It will also help if we stop believing fairy tales fabricated either by well-intentioned families, Hollywood, or the media about the way it should be and face up to the way life is.

The Bible said it long ago, "To every thing there is a season and a time to every purpose . . ."

Sometimes we love our lovers, sometimes we love our children, sometimes we love our work, but we must begin by loving ourselves. □

When is a haircolor not a haircolor?



When it's a beauty treatment.

That's right, a beauty treatment.

Happiness is the haircolor that does *lots* of lovely, luxurious things for your hair — all at once.

First, it's a gentle, no-peroxide haircolor that works magic on dull, fading hair. Adds highlights, glossy gleams and rich color kicks that pick up, perk up your natural haircolor.

And, at the same time, Happiness is busy conditioning your hair. Adding bounce and fullness. Leaving hair shinier. Healthier-looking. And just plain more beautiful.

Treat yourself to Happiness regularly. It does lots of lovely, luxurious things for your hair — all at once.



Happiness® Foam-In Haircolor.
Highlights. Conditions.
It's a beauty treatment for your hair.

**WHEN FRIENDS ARE FAR AWAY,
LONG DISTANCE IS THE NEXT BEST THING
TO BEING THERE.**



They just moved to the other side of the country and you miss them. You had a lot of good times together. You laughed and talked and listened to each other. You had a good thing going and you still can. Just reach for the phone. Long Distance is the next best thing to being there.

