AMERICAN HOME

75¢ APRIL 1977

PROPERTY OF THE LIBRARY
APR 6 1977
University of North Carolina at Greensboro

DON'T MOVE—IMPROVE

LIVING BIG IN ONE ROOM

SECRETS OF THE LESS WORK GARDEN

GET THE MOST FOR YOUR HOUSING DOLLAR

VACATION PLANNING GUIDE

ARE YOU TRYING TO BE SUPERWOMAN?

WHY BEVERLY SILLS ISN'T LIKE THE GIRL NEXT DOOR

SPECIAL SECTION: HOME IMPROVEMENT FOR SPRING

WALTER C JACKSON LIBR
UNIV OF NC SERIALS DEPT
GREENSBORO NC 27412
ZLBRO ZUNIE E6E97 14K14 AUG77
012 1 28

0 04
71486 02086

Name one anti-perspirant that stops wetness better than Sure, Right Guard Silver and Arrid Extra Dry sprays.

Available in Regular, Unscented and Quick Dry.

© 1977 Bristol-Myers C

"Splits, breaks, frazzles are your hair's way of telling you it needs 30 minutes with condition*."

Nicholas Moddin

"It's very easy to damage your hair. You can cause it to split, break and frazzle just by doing the things that make your hair beautiful—brushing, combing, perming, setting.

You see, all those normal things you do to your hair break down its protective coating—called the cuticle. The hair gets weak, dull and worn out, and it lets you know by splitting, breaking and frazzling.

A split.

And once hair is split, broken and frazzled, it's vulnerable—to even *more* splits, breaks and frazzles.

A break.

That's why I use condition*, the 30-minute treatment.

condition* is specially formulated for damaged hair. Its protein-rich formula sinks into the hair shaft, seeking out the damage. It fills in the empty spots, to help restore lost body.

A frazzle.

And condition* actually smoothes down the roughed up cuticle, so it helps prevent further damage.

Helps prevent any more splitting, breaking, frazzling.

It takes 30 minutes—good things take time.

At the same time, condition* gives hair fullness and bounce, plus a great, glossy shine.

Now, I can think of less expensive conditioners. And I can think of faster conditioners. But there's nothing like condition*.

If you want your hair to look really good and healthy, remember that good things take time."

condition*

The 30-minute treatment for mistreated hair.

*TM © 1971-1977, CLAIROL INC.

COSMETICS BY CLAIROL

Questions From Readers

by Marvin D. Schwartz

This secretary that I inherited has a serpentine front and claw-and-ball feet. The writing interior contains drawers with brass knobs, pigeonholes, and pilaster-fronted document boxes surrounding a central locker bearing a shell motif. Can you tell me its age?

—(Mrs.) J.D.M., Wintersville, Ohio

Your desk is based on an 18th-century model modified for mass-production at the end of the last century. The shallow balls of the claw-and-ball feet are the first sign of the later dating. Another indication is the overall simplicity of details such as the moldings and trim. If you open it and look at the undersides of the drawers you will probably find very thin sides and a roughness not seen on earlier pieces. Reproductions of this type were popular from 1890 to 1930.

Cream-colored, with gold embossed sprays of leaves and tiny blossoms, this tiny Belleek vase has been in my family for many years. The handle also has gold on it. On the underside appears a crown with a sword through it, underneath which are the letters "O & B," and above the sword the word "Belleek." How old is it?

—Mrs. A.R., Pacific Grove, Calif.

Your vase or pitcher is a rare example of American Belleek, made, as the "O & B" mark indicates, by Ott and Brewer of Trenton, N.J. Belleek is an egg shell-thin porcelain, generally ivory-colored, which was introduced in Ireland around 1865, and in this country in 1882. The bulbous shape of this piece helps show off the thinness of the ceramic body. The gold decoration was inspired by Japanese models, which were in vogue at the turn of the century. The design of your piece would suggest that it was made in about 1900, and is close to the Art Nouveau style.

I picked this brass bell up in a flea market recently. It has an inscription that reads "ANNO—1669—F. HEMONY—ME—FEGIT," and pictures of men on horseback with clubs decorate it. It appears to be handmade and is worn smooth on one side. Can you tell me if it is a reproduction?

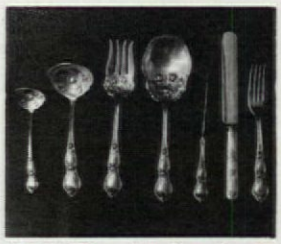
—M.C., Dyer, Tenn.

At first glance, the signs of wear would appear to confirm the date of "1669," which appears on the bell's surface. The inconsistency, however, between the head and the decoration around the main part of the bell—decoration which is itself more elaborate than the usual 17th-century example—suggests it is no more than about 80 years old, and has been made to appear much older. It is not, however, a reproduction of 17th-century design.

Can you give me some idea of what the age and place of origin of this soup tureen could be? The piece has been in our family for generations.

—E.E., Barrington, N.J.

Your tureen looks like a fine 18th-century example, but from the photograph it is not possible to determine whether it is porcelain (through which light shines), creamware (thin but opaque and off-white in color), or salt-glaze (brilliant white surface often the texture of orange rind). The melon shape was used on both sides of the Channel in the 18th century. If the piece is porcelain, it could be of English or continental origin, but, however, if it is salt-glaze or creamware, then it would be English.



I recently purchased this set of silverware. The pieces have the marking "R.C.Co." Could you identify it for me?

—W.J.M., Spring City, Tenn.

Elaborate place settings for tableware were particularly popular between about 1880 and 1930. The rich floral pattern on many of the pieces in your set suggests a turn-of-the-century date—their style is close to the Art Nouveau that was in fashion then. The mark "R.C.Co." stands for the Rogers Cutlery Company, which began manufacturing in 1871. Although the firm became part of the International Silver Co. in 1898, it continued to use its own mark.

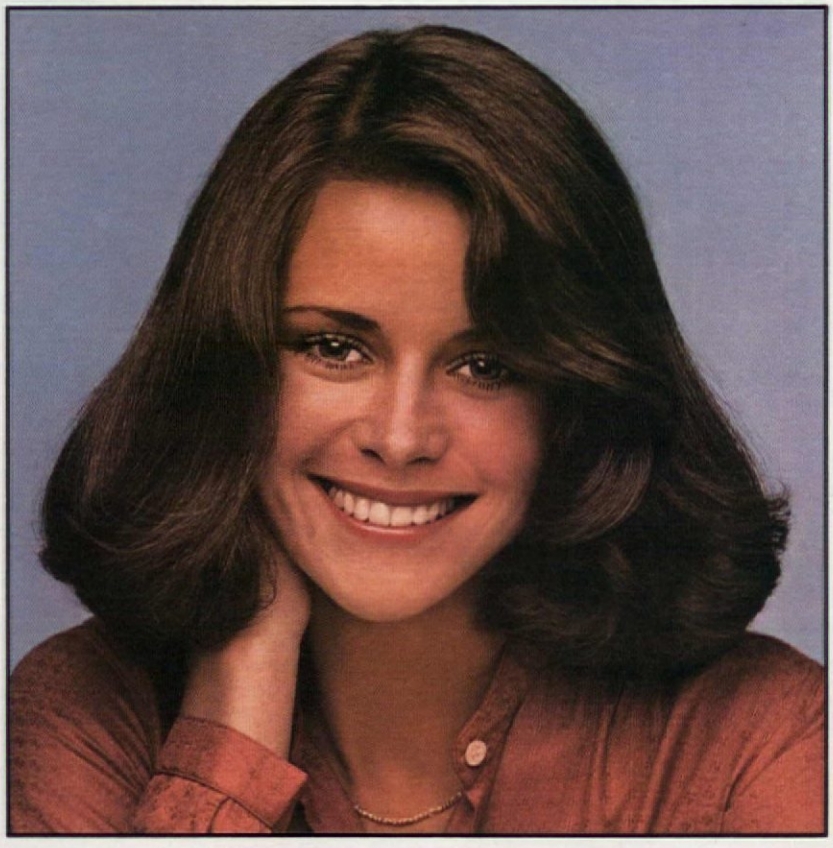
This tapestry has me puzzled. The costumes are 18th-century style, but I wonder if it is that old. My mother bought it about 40 years ago. What can you tell me about it?

—M.J.K., Manitowic, Wis.

The picture on your tapestry is an historic genre scene. An artist of the late 19th or early 20th century depicted what may be a 1740 presentation of an elaborate trophy. The dramatic perspective and attention to detail are more typical of the 19th and 20th centuries than is usually found in the earlier period. From the photograph, it is not possible to tell if your tapestry is hand- or machine-made but, if you look on the back, extreme regularity of long threads would suggest it is a machine piece. If it is hand-loomed, it may have been made by an American weaver at the beginning of this century. Baumgarten and Herter are two prominent American names that come to mind.

We can't appraise an object for you, but we can tell you about its style and origin. Send letters and clear black-and-white photographs with complete descriptions to: Questions About Antiques, American Home, 641 Lexington Ave., New York, N.Y. 10022. Sorry, we cannot return any photos or send personal replies.

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.

©1975-1976 CLAIROL INC.

THANK YOU CYNAR!

(Pronounced chee-nahr)

My lunch did taste better!

Recent research from Yale University confirms Italian studies that artichokes make whatever follows taste sweeter and better.

This is why Cynar, the zesty Italian aperitif made from artichokes, makes your food that much tastier.

Prove it to yourself! Before your meal try Cynar on the rocks with a slice of orange and dash of soda and then taste the exciting difference!

For attractive Cynar purse and Cynar recipe folder send 25 cents to cover mailing costs to: CYNAR Box515AH Riverdale Sta. NYC 10471

Aperitif Liqueur 34 Proof, Imported by Cynar Aperitif New York

CYNAR

THE TASTE MAKER

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

Every year the National Association of Home Builders (NAHB) has a mammoth show where the latest home-building products are exhibited. One can see dream kitchens and bathrooms, brand-new appliances, floor coverings, sidings, and can truly appreciate why the American home is the most advanced and envied in the world. In addition, at this year's show in Dallas, there were futuristic capsule-like shower enclosures, new designs in microwave ovens, energy-efficient products.

American Home's bathroom for two, built by the Kohler Company and featured in our February issue, was one of the main attractions, I am proud to say. We were doubly pleased because the editors of *American Home* took a stand on the bathroom exactly a year ago in our April issue. A cover line on that issue asked a rather startling question, "Is your bathroom obsolete?" We issued an advance warning signal that the time had come to turn our attention to the bathroom, a room that has been trapped in time and whose fixtures have not noticeably changed in over 50 years.

We also invited you to turn your bathroom into a place of renewal and pleasure, instead of just a function-oriented, but sterile "closet." In November, we suggested that you could expand the idea further by turning your basement into a spa through the addition of an oversized tub, a sauna, and exercise space. It was *American Home* urging Americans to consider their home environments in light of the new people they have become.

So it was with delight that we watched water power in action in Dallas and also witnessed the introduction of the first totally new home health concept in years. It was developed by Kohler, and it is called Environment.

Environment is an enclosure measuring 6′ 10″ by 3′ 2″ where the user has the choice of sunbathing, experiencing spring showers, jungle steam, tropic rain, or gentle breezes. It's all controlled by an exterior panel where you can make your selection of any combination you'd like and time it to your pleasure. No, it's not popularly priced. Right now it's $9,900 and versions will soon be available for under $4,000. (Remember how much the first television sets cost?)

The point is that Environment is a response to the times. Americans are living fuller, more intense lives and they need help unwinding. Environment offers a way to experience spring and rejuvenation all year 'round right in your own home.

Our patterns of living are changing and our home products will increasingly reflect it in the next decade.

It is time for zest and imagination American style and that's what we saw in Dallas.□

American Home is published monthly at $5.94 a year by American Home Publishing Co., Inc. 641 Lexington Ave., New York, N.Y. 10022, U.S.A. Second-class postage paid at New York, N.Y., and at additional mailing offices. April 1977, Volume 80. No. 11.

Now Endust does more than dust. It's a great panel cleaner too.

Spray it directly on your wood paneling, and Endust® will deep-clean, moisturize, and restore the natural wood luster.

That's how the great dust magnet for your furniture becomes a great panel cleaner too.

So, if you have Endust around your house, use it to clean wall paneling and cabinets too. And expose your wood for what it really is. Swirled with grain and bright with shine.

And you thought it was only great for dusting.

STORE COUPON

15¢ 15¢

Save 15¢ on Endust®

ENDM-477-A

TO DEALER: Redeem this coupon for retail customer in accordance with the terms of this offer. You will be reimbursed face value plus 5¢ for handling. Any other application constitutes fraud. Coupon is void if invoices showing sufficient purchase to cover redeemed coupons are not produced on request; if redeemed by other than retail customer; if presented by other than retail distributor; if prohibited, restricted, or taxed by law. Customer must pay any sales tax. Cash value: 1/20 of 1¢. For redemption, mail to: Evansville Coupon Redemption Center, P.O. Box 3637, Evansville, Indiana 47735. **Offer expires April 30, 1978. Limit one coupon per purchase.**

© 1977 The Drackett Products Company.

ENDM-477-A

15¢ 15¢

Spring is the time to start thinking about home improvement and self-improvement; about how to fix up your house, your garden, yourself; about how to rediscover the acres of diamonds in your own pantry and patio. Start with the right attitude, some paint, and the ideas you'll find on all of our improvement pages, including *American Home's* special Spring Home Improvement and Decorating Guide (page 85). Cover makeup by Gail Contini for Christian Dior; hair by Michael for Xavier. For clothing information see Shopping Guide page 110. Photography by Anthony Edgeworth.

April 1977 Volume 80, Number 4

AMERICAN HOME

EDITORIAL

4 **F.Y.I.** From the Desk of Leda Sanford, Publisher

DECORATING & BUILDING

51 **Don't Move, Improve**—How one family gave their house a new lease on life by adding a wing. *By Bo Niles*

59 **Apartment Living:** A Room for all Reasons—Big ideas in a small space. *By Chris Jones*

76 **At Home Anywhere**—Outdoor furniture that looks good indoors or out. *By Chris Jones*

85 **Home Improvement and Decorating Guide:** Special Section. *By Victor Chase and Jane Cornell*

FOOD & WINE

29 **Wines:** Instant Expertise—A short course in the language of wine lovers. *By Doris Tobias*

47 **Good News About Lemons**—They're plentiful, versatile, even recyclical. *By Phyllis Schiller*

60 **Go Fish**—Explore the exciting main dishes packed in a can of fish. *By Gale Steves*

62 **The Search for the Perfect Brownie**—The eight winners in our best brownie treasure hunt. *By Lynda Foster*

64 **The Original Fast Food**—Rediscover eggs, the perfect meal in a package. *By Gale Steves*

66 **The Egg & You**—How to get the most for your egg money.

69 **Get Fresh**—Vegetables for spring: on towels, to serve raw with dips. *By Pat Sadowsky/Gale Steves*

LIFESTYLES

26 **Singlehood:** No Singles Allowed—What to do when landlords discriminate against unmarried adults. *By Tina Laver*

30 **Emerging Woman:** Yes, I Can! TV hostess Reba Merrill faces her biggest challenge yet. *By Judith Halloran*

56 **Are You Trying to be Superwoman?** Exposing the new feminine mystique. *By Nancy Love*

80 **Beverly Sills Is Not Like the Girl Next Door.** *By Jane Appleton*

VACATION PLANNER

39 **Making Tracks**—America's top train trips. *By David Butwin*

40 **Canyon Fever**—Getting to the bottom of the Grand Canyon on a mule with a death wish. *By Margo Hamilton*

42 **Crafty Vacations**—Fun places to learn crafts and have a good time. *By Elizabeth O'Bryan*

FEATURES

2 **Antiques:** Answers to questions from readers. *By Marvin Schwartz*

17 **Home Front News:** People, places, and events you should know about.

32 **More than Money:** The Right Nest for You. Rent? Buy? Co-op? Condo? *By Sylvia Auerbach*

54 **Get Up and Glow**—Quick beauty tips that will revive you in an hour. *By Muriel Hill*

132 **Our Readers Write**

INFORMATION

110 **Shopping Guide**

PUBLISHER AND EDITOR IN CHIEF
Leda Sanford

EDITOR
Nancy Love

ART DIRECTOR
Richard M. Ference

SENIOR EDITOR
Janet Muchovej

ARCHITECTURE/ BUILDING
Bo Niles *Editor*
Niña Williams *Assistant*

INTERIOR DESIGN/FURNISHINGS
J. Christopher Jones *Editor*
Virginia E. Perlo *Associate*

FOOD/EQUIPMENT
Gale Steves *Editor*
Lynda S. Foster *Associate*

CREATIVE PROJECTS
Pat Sadowsky *Editor*

FEATURES
Ann Scharffenberger *Associate*
Joanne Johnston *Assistant*

COPY
Dorothy B. Humanitzki *Editor*
Phyllis Schiller *Associate*
Christine Arthur *Assistant*

ART
Stephanie Blumenthal *Assistant*

PRODUCTION COORDINATOR
Ferdinand D'Esposito

READER SERVICE
Mary L. Davis

ASSISTANT TO THE EDITOR
Lisa De Mauro

CONTRIBUTING EDITORS
Sylvia Auerbach
Catherine Bigwood
Jean Carper
Creighton Churchill
Daphne Davis
Keitha McLean
Marvin D. Schwartz
Doris Tobias
Audrey West

CONSULTANTS
Lawrence V. Power *Gardening*
Roy D. Smith, A.I.A. *Building*

MERCHANDISING EDITOR
Jane Crane

PROMOTION DIRECTOR
Wenda Leigh Harris

ASSOCIATE PUBLISHER & ADVERTISING DIRECTOR
John Rodney

EASTERN MANAGER
James E. Trask III
641 Lexington Avenue
New York, NY 10022

WEST COAST MANAGER
Suzanne Douglas
3801 Rhodes
Studio City, California 91604

MIDWEST MANAGER
Dwight Reynolds
401 North Michigan Avenue
Chicago, Illinois 60611

ADVERTISING PRODUCTION
Helen Winiski

ASSISTANT TO THE PUBLISHER
Shirley Bailey

SPECIAL PROJECTS COORDINATOR
Nancy D'Ambrosio

CHAIRMAN OF THE BOARD
RAYMOND K. MASON

PRESIDENT
LEDA SANFORD

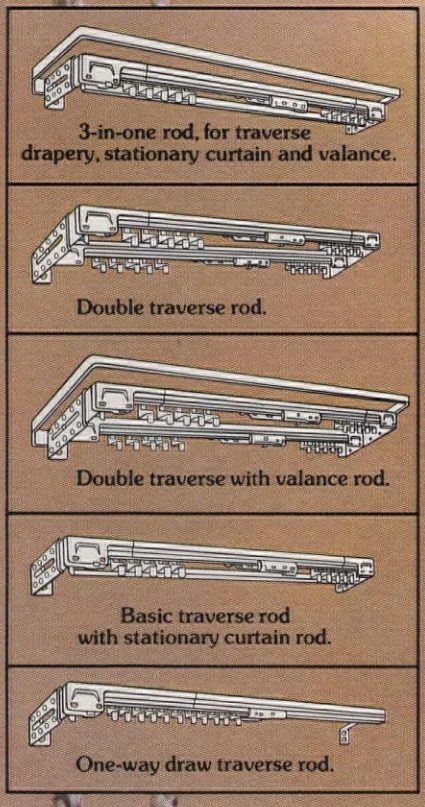
VICE PRESIDENT & ASSOCIATE PUBLISHER
ALDO IAVARONE

©1977 American Home Publishing Co., Inc., 641 Lexington Avenue, New York, N.Y. 10022. (212) 644-0300. All rights reserved. Title reg. U.S. Patent Office. Published monthly. Second-class postage paid at New York, N.Y., and at additional mailing offices. Authorized as second-class mail by the Post Office Department, Ottawa, Canada, and for payment of postage in cash. **All mail concerning subscriptions** should be addressed to **American Home**, P.O. Box 4568, Des Moines, Iowa 50306. **Subscription Price:** U.S. and Possessions: One year $5.94; two years, $9.00; all other countries: One year, $8.94; two years $15.00. Editorial and advertising offices, American Home, 641 Lexington Avenue, New York, N.Y. 10022.
Manuscripts must be accompanied by self-addressed envelopes and return postage. Publisher assumes no responsibility for return of unsolicited manuscripts or art.
CHANGE OF ADDRESS: If you plan to move, notify **American Home**, P.O. Box 4568, Des Moines, Iowa 50306, at least 8 weeks in advance. Send new and old address from recent issue. Use change-of-address coupon from recent issue. Postmaster: Send form 3579 to same address. Other subscription correspondence to: P.O. Box 4571, Des Moines, Iowa 50306

The secret behind beautiful draperies: a beautifully-designed drapery rod.

Sears Whisper Glides

Basic traverse rod.
Curtain rod socket at rear.



3-in-one rod, for traverse drapery, stationary curtain and valance.

Double traverse rod.

Double traverse with valance rod.

Basic traverse rod with stationary curtain rod.

One-way draw traverse rod.

Sears Exclusive Non-Tilt Carriers

Sears non-tilt plastic carriers are exclusively designed with a long back to keep both draperies and pins hanging straight down.

Sears Exclusive "Draw From Both Ends" Feature

Ah, the convenience of being able to draw your draperies from either side! What's more, your draperies draw on separate tracks so they can't ever jam or catch —and still meet perfectly.

Sears Exclusive 5-Step Protective Finish

To prevent rusting, chipping and peeling, even in the dampest of climates. Also, both inside edges of the tracks are rolled over and Teflon-S® coated, so the carriers always ride smoothly.

Strong Enough to Hold Up the Heaviest Drapery Treatment

Size for size, Sears Whisper Glides are built with more strong-tempered steel than competitively priced rods. No sagging. Adjustable. Lengths to 26 feet. Now at most Sears larger stores and through the catalog.

Whisper Glide Drapery Rods. Only at Sears

© Sears, Roebuck and Co. 1977

YOU'LL FIND SOME OF THE WORLD'S MOST BEAUTIFUL HOMES ALL UNDER THE SAME ROOF

A GAF® Timberline® Roof. And you'll find it on these homes for a simple reason. Quality. Uncompromising quality.

Because no other roof combines the elegant look of wood with the long life and maintenance-free performance of asphalt as beautifully as Timberline shingles.

The random butt design and extra thickness create the attractively rugged effects of traditional wood shingles—the accented shadowline, irregular roof pattern and massive appearance

that give your home a beauty unmatched by conventional roofing materials.

What's more, this rugged beauty is available in six distinctive colors. So it's easy to harmonize with practically any color scheme and virtually any roofing style. Whether A-frame, mansard or traditional.

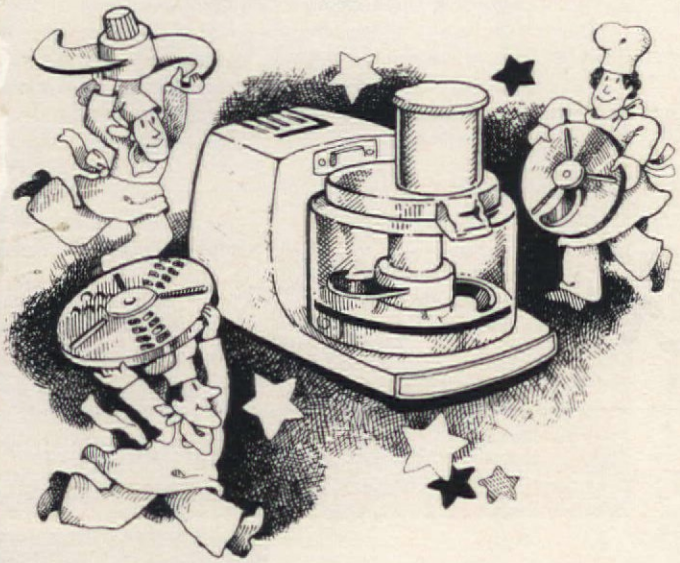
And Timberline asphalt shingles need no special treatment to keep their natural good looks. In fact, they're practically maintenance-free. With a fire-resistant surfacing and waterproofing asphalt construction that won't rot, split, crack or warp. And a special, self-sealing thermoplastic adhesive that protects against the worst nature has to offer.

Ask your nearest GAF dealer to introduce you to the roofing that tops some of the world's most beautiful homes. Timberline Roofing.

You'll find him in the Yellow Pages under "Roofing." Or write to: GAF, Building Materials, Dept. AH47, 140 West 51 Street, New York, N.Y. 10020.

GAF® **Timberline® Roofing**

HOME FRONT NEWS



SON OF CUISINART

1977 is the year of the food processor. Spurred by the success of the Cuisinart Food Processor, a second generation of do-everything food machines is bursting into the market this spring.

The new food processors all have the same "look" as the original French-imported machine, but differ in motor strength and other features. Here's a survey of some of the new machines:

The Hoan Food Processor ($225) is imported from France. Developed by two former Cuisinarts employees the machine is an improved version of the original with a curved bowl and blades for more efficient chopping and food removal. The motor is slightly more powerful and, like many of the new machines, it features a brake for added safety and control.

Waring's new food processor, coming out in August, ($180) has three blades and a motor comparable to Cuisinarts.' A special pulse process control stops the blades every second so you can monitor the progress.

The Epicurean Food Processor ($99.95) has a motor 20-30 percent more powerful than Cuisinarts' and a reset button to guard against jamming and burnouts.

Farberware's Food Processor No. 286 ($120) also features a burnout-proof motor and instant stopping of the blades.

Cuisinarts (original model, $225) has introduced two lower priced offspring of its own ($185 and $150).

UNDERGROUND MARRIAGE

Thousands of California couples are trying a new alternative wedding ceremony—the confidential church marriage. Initiated in 1972 for couples who have been living together and wanted to legalize the bond (and their children), the new marriage doesn't require standard blood tests, birth and divorce certificates, or public records, but the couple must each be 18 years old. The marriage is performed by a minister who then files a confidential record of church marriage with the county clerk. The couple pays a $7 filing fee, and they're just as married as couples who follow the usual procedure. Special marriage laws for couples living together also exist in Montana and Texas.

NATURAL LIGHT

A new look in lighting from George Kovacs: basket lamps. This lamp, 18 inches high and built into a handmade black and natural straw food basket from Thailand, is part of a lamp collection using baskets from around the world. It's $55 from George Kovacs, 831 Madison Ave., New York, N.Y. 10021.

CERTIFIED COKE

Too much ice, too syrupy, too watered down—these are a few of the most common complaints from soft drinkers who try to get Coca-Cola from vending machines. To bridge the gap between Coke in the bottle and the push-button variety, Coca-Cola is now issuing a "Seal of Quality," to be displayed on Canteen Corporation vending machines whose Coke measures up. Canteen has pledged over $1 million to the new Coke quality program, so don't kick the machine, look for the seal!

COFFEE STRETCHERS

Coffee is worth its weight in gold these days. Here are some ways to improve coffee efficiency—and save money:

What to buy: Instant and freeze-dried coffee are more economical. Two 1-pound cans of ground roast coffee equal one 8-ounce jar of freeze-dried coffee in number of cups. When using coffee in recipes, instant or freeze-dried is always less expensive. If you buy ground coffee, choose coffee in bags instead of cans—you get more for your money.

How to brew: Brewing coffee in small amounts is inefficient. Brew a whole pot and keep the leftover coffee in the refrigerator for reheating later. Don't add an extra scoop "for the pot." Double brewing is a trick used by restaurants. Use ¼ less coffee and brew it twice. It works for both percolator and filter methods.

Storage: Cans or jars should be tightly covered. All coffee keeps better in the refrigerator.

IT'S ABOUT TIME

The first men's birth control clinic, promoting birth control as a shared responsibility, opened recently in San Francisco. The Men's Reproductive Health Clinic, funded by a federal health grant, conducts free clinics to spread the word about sex and health problems. As concern increases about The Pill and IUDs, men are being instructed about what they can do to help, and reportedly that old stand-by, the condom, is enjoying a revival.

PIPE DREAMS

Design your own furniture complex with new brightly-colored tubes from Sweden. Steel tubes come in seven colors plus brass and chrome plate, and interlock with clamps to create everything from bookshelves to loft beds that support up to 500 pounds: A space-saving concept for apartments and tight places. From The Tube Shop: Fort Lauderdale, Chicago, Cincinnati and New York.

BIKEWAY BOOM

The bicycle boom is making its mark on America's roadways. Special bicycle lanes and paths exist in many parts of the country and are under construction in others through a special bikeways program funded by the Federal Highway Administration.

Last summer a 4,200-mile Trans-America trail was opened under the auspices of Bikecentennial and special 150-mile "loops" were developed for shorter trips.

• Planning a trip? Write: Bikecentennial, Box 1034, Missoula, Mont. 59801, for information and routes.

• Need a place to stay? Y hostels across the coun provide inexpensive ove night accommodations a cooking facilities, but yo have to be a member. For information write: Amer-ican Youth Hostels, Na-tional Campus, Delaplan Va. 22025

• Need biking informatio Write: Boom in Bikeways Bicycle Mfgrs. Associati of America, 1101 15th S N.W., Suite 304, Wash-ington, D.C. 20005 for a f biking newsletter.

—by Joanne Johnston

HOME MOVIES

You don't have to be a Hollywood movie mogul to enjoy screenings in your living room. Columbia Pictures has brought feature films into the realm of possibility for anyone with an 8-mm projector. Their new 8-mm film series offers selections from the Columbia film library, from black-and-white silents to full color and sound, from *Emmanuelle* to the Superbowl, all in a shortened format for home-movie buffs. Flicks sell from $3 to $50 and can be ordered from Columbia's 8-mm catalog. Write: Columbia Pictures 8mm Films, 711 Fifth Ave., New York, N. Y. 10022.

COLLECTOR' CATALOG

Fans of Art Nouveau and Deco will find "21st Cent Antiques" a collector's i in itself. A catalog filled w early 20th-century deco tive objects and furniture a great source book for b ginning or serious colle It's $2.50 from Peter Rakelbusch, 21st Centu Antiques, Box 3, Hadley, Mass. 01035.

EGGS: COLOR THEM NATURAL

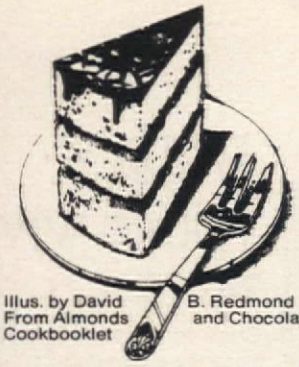
Get ready for a down-to-earth Easter. Save your onion skins (the brown papery part) and carrot tops, and by Easter, you'll have enough to color a whole basketful of eggs with natural dyes. Onion skins impart yellows, browns—sometimes a bit of red in an overall marbelized effect. Carrot tops contribute pale green.

You'll need: onion skins and carrot tops, cheesecloth, scissors, twist ties.

To start:

- Cut one 6-inch square of cheesecloth for each egg to be colored.
- Wrap onion skins or carrot tops loosely around egg.
- Place wrapped egg on cheesecloth square, bring up corners, and close with a twist tie to form a tight "bag" around egg.
- Place eggs in warm water, heat to boiling, boil 10 minutes.
- Remove from heat and run under cold water. Note: these natural dyes do not affect the flavor of the egg.

The Bettmann Archive



Illus. by David B. Redmond
From Almonds and Chocolate
Cookbooklet

BOOKLETS FOUR ON FOOD

Say it with flours. Choose one of 100 prizewinning desserts from the 27th Pillsbury BAKE-OFF Contest featured in the 96-page "The BAKE-OFF Cookbook." For a copy, send $1 (including postage and handling) to Pillsbury Cookbooks, Box 60-1532, Dept. 716, Minneapolis, Minn. 55460.

Flash in the pan. Make the most of microwave cooking with this informative booklet, "Make it in the Microwave," from Campbell Soup. Thirty-two easy-to-do recipes are included. Send a post card for a free copy to, Make it in the Microwave, Box 355AH, Collingswood, N.J. 08108.

Fishing for compliments. "A Seafood Heritage, From the Rappahannock to the Rio Grande" offers mouth-watering, time-tested recipes featuring the fish of the Southern United States. Send $1.10 per booklet, check or money order, to Superintendent of Documents, Government Printing Office, Washington, D.C. 20402, request GPO order 003-020-00118-1.

Oh nuts . . . and chocolate. Sweet-tooth lovers take note, "The Crazy About Almonds and Chocolate Cookbooklet" can fulfill your food fantasies. Send 50¢ in coin per booklet, to Almond-Choco Booklet, Dept. A, Box 15920, Sacramento, Calif. 95813.

—by Phyllis Schiller

GRASS ROOTS REPORT: RESTORATION DRAMA

During a visit to Cass County, Michigan in 1942, we passed a home, built in 1858 but left unoccupied and derelict for a generation. We learned that it was tied up in an estate, preventing its sale. Searching out the nearby trustee, we were told that we could use it on a year-to-year basis if we paid for the repair of the windows and doors.

The basic structural elements of the house were sound. The "barn frame" of 10 by 10 feet hand-hewn beams was in remarkably sturdy condition. The beams were secured with long wooden pegs and were supported by an 18-inch stone foundation. The basement stood intact under the two-story section. After two summers, the estate was settled, and we were offered the house, a barn, and 40 acres of hardwoods for $2,500. We decided to buy, and the restoration began in earnest.

Reversing the old yellow poplar siding for sheathing, we re-sided the house with redwood and added new shingled roofs. The one-story "summer kitchen" became the living room, complete with fireplace instead of the former cookstove chimney, and, on the rear roof we added two dormers to create two new rooms in the former attic-loft. Red oak flooring was laid over the well-worn plank floors. Eventually, we drilled a well and installed full plumbing and heating systems. The renovated house has given us a number of years of peaceful country living.

Leonard Olson
Park Ridge, Ill.

TELEVISION: WOMAN ALIVE!

Slowly but surely television is becoming aware of women. Mainly through their own efforts, women are moving into positions of importance and responsibility on both sides of the camera. And gradually those of us at home are being treated to more and more programs shaped by their intelligence, perceptions, and feelings.

On Friday night, April 8th at 9 P.M., the first in a series of five one-hour programs under the umbrella title of **Woman Alive!** will make its debut on the PBS network. The show is subtitled, "Job Discrimination—Doing Something About It," with questions posed by correspondent Lynn Sherr:

"What are women's legal rights to equal employment opportunity? What strategy and tactics have been successful for women in gaining their rights? What are the risks, both personal and professional, in challenging em-

PHOTOGRAPHED BY ALICE NAPIER

Harriet Rabb

ployment discrimination?"

The answers come through a combination of personal interviews with women who have experienced job discrimination in their own lives, and legal advice from Assistant Dean of Urban Affairs at Columbia Law School, Harriet Rabb. As an aid to women who may want to "do something about it," a transcript of the show will be available for $1 from: Woman Alive, P.O. Box 345, New York, N.Y. 10019. The other programs in the series are scheduled to appear on successive Friday nights at nine. Check your local listings.

—by Craig Gilbert

ART & DESIGN FORGING AHEAD

The village smithy may have disappeared, but the art of blacksmithing is still being practiced by a small, steadily growing number of American craftsmen. A traveling show featuring old and contemporary ironwork—from everyday tools to decorative objects—will be on display at New York's Museum of Contemporary Crafts until March 27 and at Washington's Renwick Gallery from June until October.

For information about local craftsmen, write: Roger Phillips, Artist-Blacksmith's Association of North America, 30 Lookout Circle, Larchmont, N.Y. 10538.

Early wrought iron: von Brecht's Bicycle, 1854.

BOOKS: YOUNG WIVES' TALES

Erica Jong's **How To Save Your Own Life** (Holt, Rinehart and Winston, $8.95) is the sequel to her best-selling *Fear of Flying*, picking up the plight of the infamous Isadora Wing, who is still trying to get off the ground and on with her life, some three years later.

At 32, Isadora is now a famous author, but despite success and plenty of fan mail from perverts, she is still afraid of "flying" and freedom. She is still bound to her husband Bennett, and an 8-year-old marriage that has "all the intimacy of a one-night stand." Isadora's afternoons are spent going to her analyst or to assignations. She takes both sexes for lovers because "if men were the question, perhaps women were the answer." They are not, however, and Isadora remains "dying of dead-locked wedlock."

What finally releases her is staid, "saintly" Bennett's confession of an old adultery. Isadora is also "reborn" through the death of her friend and fellow writer, Jeannie Morton (obviously based on the real-life suicide of prizewinning poetess Anne Sexton).

The inevitable comparisons to *Fear of Flying* will be made, but this book finds both the heroine and the author three years older, hopefully wiser, and trying to actually answer some of the questions the first novel merely raised. Whether or not the reader finds the novelist's conclusions startling or slightly mundane will depend on what has happened to her own consciousness in these same three years.

Joan Didion is a finer literary talent than Jong, but she is a less commercial, less accessible writer. Didion's thir novel, **The Book of Commo Prayer** (Simon & Schuster, $8.95) is a disturbing enigmatic look at Charlotte Dou las—an upper class, Califor nia-bred woman who had al ways "assumed" her life—and the world—would turn out all right, until the day her 18-year-old daughter, Mari bombs an airport and hijack a plane.

Charlotte leaves her husband and goes to Boca Gra de, a Central American city through which she presume her F.B.I.-pursued daughter will eventually pass. The be loved Marin never appears, Boca Grande is caught up i a staged political revolution and Charlotte is murdered. Charlotte's story is narrated by one Grace Strasser-Mer dana, an ex-anthropologist who gave up her field when she stopped "believing that observable activity defined" man, and certainly neither she nor the reader can come to any conclusions about Charlotte's character or behavior.

Uninvolved, seeing herse as a mere "witness" to Doug las' "life of delusion," she concludes "I am more like Charlotte than I thought I was." It is doubtful that many readers will make such a connection or feel a kinship with Charlotte. Didion has taken some interesting and imaginative experimental risks in constructing her book. Unfortunately, we are often more aware of her novelistic form than caught up i its emotional content.

—by Catherine Bigwood

MOVIES: INDEPENDENTS

The most rewarding and vital films made today are independent features. Produced for public television, expanding film school and museum audiences, and festival presentation, these free-form movies are invading theaters, drive-ins, and network and pay cable TV.

Kicking off Public Broadcasting System's great American short stories series and later to be seen in movie houses is director Joan Micklin Silver's flawless rendition of **Bernice Bobs Her Hair,** F. Scott Fitzgerald's sociological gem about the Midwest in the flapper era. Shelley Duvall, a gifted veteran of moviemaker Robert Altman's free-wheeling ensemble school of filmmaking is subtle and piquant as Bernice, the awkward swan who is transformed into a snappy kewpie doll with a few snips of the scissors. Crushing jelly beans to redden her lips, she takes lessons from a femme fatale cousin in how to flirt with young men from Yale and Princeton and then upstages her teacher. Silver, whose *Hester Street,* a moving tale of turn-of-the-century Jewish immigrants, had crowds lined up for months, has crafted the highly stylized Fitzgerald story into an insightful comedy of manners you won't want to miss.

Bound to be the cult movie of the year at drive-ins, **Pumping Iron** is a pulsating case study of the world wide craze for the sport of body building. Based on the nonfiction bestseller by novelist Charles Gaines and photographer George Butler, the film centers on Arnold Schwarzenegger, the 30-year-old Austrian weight-lifting champ who switched to body building and dominated muscle competitions for the past six years. Graceful, conniving, and vain without being obnoxious, he is the Muhammad Ali of the Charles Atlas set. The neo-realistic documentary examines him and a half dozen other proponents of bulging deltoids pushing to a bigger-is-better photo finish at the Mr. Olympia contest in South Africa. Even if you don't know anything about the lingo and training of body building, you will find *Pumping Iron* a throbbing, mesmerizing, even exotic film adventure, as it looks at the blood, sweat, and pain of the sport through an uncliched psychological eye.

Arnold Schwarzenegger in ***Pumping Iron***

What's new and exciting on the independent film front? An explosion of bold, experimental and offbeat movies that are turning up in places you'd least expect them.

Barbara Kopple's **Harlan County, U.S.A.** deserves praise for being a genuine pacesetter in the field of investigative documentaries. A sympathetic labor of love, it chronicles the trials of a group of miners and their battles with armed guards, the indifference of a big corporation to health and pollution, and their struggle to unionize. Kopple and a team of photographers scrupulously followed a year-long strike in eastern Kentucky. They covered union meetings with company executives; delved into the lives and homes of the miners; and, recorded their efforts to remain united. The miners' wives formed the backbone of this resistance and the movie is a testimony to the women's courage to stand up to guns, shooting (one of their sons is killed), and their husbands. Like *All The President's Men, Harlan County, U.S.A.* is most alarming and effective when it utilizes the techniques derived from live television coverage of historical events — the way cameras transmitted the immediacy of the Watergate hearings and the murder of Lee Harvey Oswald by Jack Ruby. Instead of manipulating the viewer's reaction to exploitation and injustice, Kopple's documentary seethes with power, rage, and the valor of humanity.

— by Daphne Davis

SHORT TAKES

• **CITY LIFE:** Pity poor Marlo Thomas in **Thieves,** the perplexing movie version of the Broadway anti-comedy about Manhattan apartment dwellers constantly beset by muggers and robbers. Thomas is terrific but the preposterous film could have been compressed to a half-hour episode of *Rhoda.*

• **STOP THE TRAIN:** Nothing to rejoice about, **The Cassandra Crossing** marks Sophia Loren's return to film in a terrorist train chase melodrama. Lovelier than ever, Loren is wasted as a lady novelist twice-divorced from a brilliant doctor on his way to pick up a Nobel Prize until . . . a mysterious virus breaks out on the Geneva to Stockholm express and the train is rerouted to destruction.

Sophia Loren

• **THE SECOND GREATEST STORY EVER TOLD:** Are you ready for **Mohammad, Messenger of God,** the $17 million religious western about the birth of Islam and the prophet who started it? It comes in two versions: Shakespearian English and Arabic. Neither is satisfactory because of an ineffectual script, hokey acting, and oversimplified direction of battle scenes that went out with horse operas. Arabs and Islam require more serious and artistic treatment than this. — D.D.

Take-It-Easy Gardening

SECRETS OF THE LESS WORK GARDEN

If you believe the weekends are for relaxing, read on . . .

Instant foods, easy-care furnishings, miracle fabrics, timesaving appliances—in this fast-paced 20th century "now" world, convenience is king. With our current penchant for all things quick and easy, it is only natural that landscape architects would develop labor-saving techniques for the garden.

Industry has also had a major influence in molding low-upkeep landscaping techniques. Because architects invariably specify plantings to humanize contemporary offices, businessmen took a dollarwise look at plantings. Their evaluation showed that maintenance costs exceed the initial cash outlay for plant materials and installation in less than five years. As a result, industry demanded and got good landscaping with built-in low maintenance. The solutions developed for commercial landscaping are now being applied to our residential needs and the result is a new concept in home gardening.

The following are some basic planning and planting practices which will take the toil out of your groundswork and leave you free for more summer sun and fun.

• **LAWNS.** Restrict grass to play areas, for the formal entrance, or as a foreground for a flower border. Use edging strips to avoid hand trimming. Plant ground covers in heavy shade or excessively wet soil. Remove grass from around the base of trees; replace with gravel or stones. Get rid of small, chopped-up areas of grass and sharp angles that are difficult to mow. Use ground cover on steep slopes.

• **ENTRIES AND SIDE YARDS.** Design with clean lines for a well-groomed look that requires little care. Select broadleaf (rhododendrons or euonymus) and needle (juniper or arborvitae) evergreens. In a side yard, or where there is a wide overhanging eave, mulch with pebbles, gravel, or wood chips. Result? Neat appearance, with almost no upkeep.

• **PATIO, TERRACE, SUN DECK.** Extend your house out into the landscape as far as possible to make the house seem larger and cut down on outside maintenance. Consider leaving open areas in the patio for trees, and space alongside the house and around the sides for flowering shrubs. Pots of annuals are great for movable spot color, but if you sink them in the earth, it will cut down watering.

• **SWIMMING POOLS.** Place a pool away from any trees that constantly drop leaves or seed pods; try to fit it naturally into the landscape, preferably so that your winter view from the house won't be directly into a frozen or canvas covered pool. Design wide areas of permanent surfacing around the pool for sunning and eating. Pools require maintenance but this space might otherwise be in grass, which is no picnic either.

TREES. You will probably want at least one shade tree, more if there is room, and flowering trees, too, as space permits, but avoid trees that are maintenance traps; which include any that are disease-prone (American elm), insect-ridden (black locust), or have shallow wide-spreading roots (cottonwood). Also beware of trees with large, brittle branches that may snap in a windstorm (silver maple), kinds that send suckers far out into the lawn and garden areas (some poplars), and any with smelly blossoms (female poplars, male ailanthus), or littering fruit (red mulberry).

To select the tree that will give maximum effect with minimum effort, consider: (1) reliable winter hardiness; (2) form suited to use; (3) mature size, including rate of growth; (4) any undesirable characteristics; and (5) availability in your area.

• **SHRUBS.** Plant shrubs wherever you want year-round interest—flowers, foliage, berries, and colorful bark—and no demanding upkeep. Evergreen and deciduous shrubs come in all sizes and shapes for plantings in sun or shade, in moist or dry soil, and in all climates. Depend on them for screening—dense and impenetrable or filtered and illusionary—and for hedging—low and formal or tall and billowy.

With shrubs, there is no need to have a maintenance problem. Apply a thick mulch around them to avoid weeding and cultivating. If you can't prune and trim annually, try for once every other year.

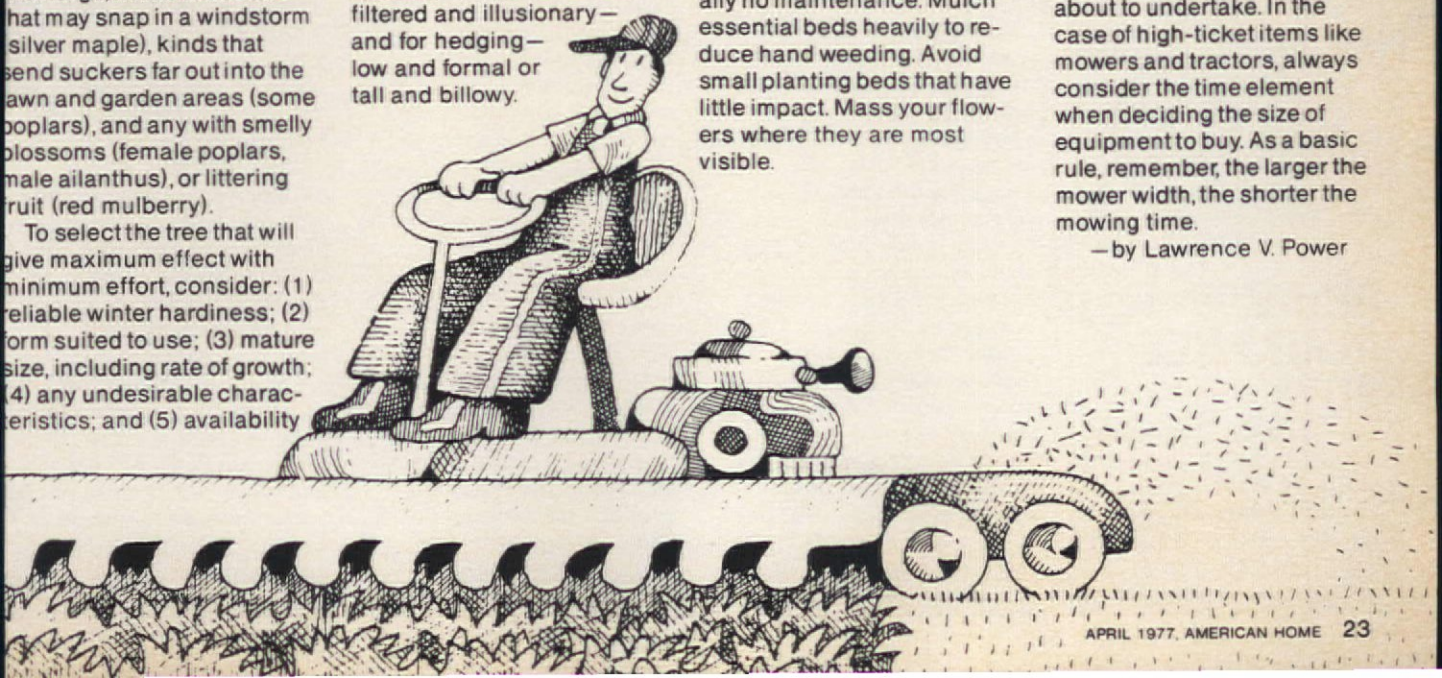
A common mistake when using shrubs as foundation planting is to crowd them, giving you a problem that grows worse every year. More and more pruning will be needed, until you finally either move some or you give in and let the shrubbery take over, literally blocking out the doors and windows of your home. For immediate impact that will not make you a yard slave, choose dwarf or slow growing foundation plantings.

Another maintenance trap with shrubs is to spot them all around the lawn and garden. This calls for intricate mowing and additional trimming time. It's better to group shrubs—even if you have only a few—in complete and well-designed beds than to scatter them all over the yard.

• **FLOWERS.** Rely heavily on easy-care flowering shrubs and trees for color and don't fuss with a big flower garden. Minimize your use of flower borders. A naturalized planting of daffodils and day lilies will give you sure-fire spring and summer color with literally no maintenance. Mulch essential beds heavily to reduce hand weeding. Avoid small planting beds that have little impact. Mass your flowers where they are most visible.

• **EQUIPMENT.** The final secret for reducing garden chores to a minimum is the use of all available mechanical help. The right equipment can cut work in half. This is especially true when it comes to lawn and garden care. Check with your local hardware store for the best hand tools for any job you are about to undertake. In the case of high-ticket items like mowers and tractors, always consider the time element when deciding the size of equipment to buy. As a basic rule, remember, the larger the mower width, the shorter the mowing time.

—by Lawrence V. Power



STREAMLINING: QUICK GETAWAYS

Getting away from it all? Don't let the dilemma of what to take along and how to pack it cast a pall on your wanderlust.

Be prepared: Before you go, take a little time to plan ahead. Lay out all the clothes for your trip in advance. Zero in on easy-care fabrics, a few basic colors, clothes that do double duty. A basic suit that can be dressed up or down is ideal for business or city tripping.

Minimize accessories: Extra shoes and purses take up room in your suitcase and add extra weight. A few scarves can do more to change the look of an outfit and weigh next to nothing.

Packing in plastic: There are several strategies for packing, depending on the type of trip, but most travel experts agree on one thing: tissue paper is out.

Folding clothes in plastic bags—dry cleaning bags are great—is the best way to fight wrinkles.

Suitcase strategy: If you're making a lot of stops, save steps. File underwear, panty hose, bathing suits, etc. by category in plastic bags. That way you can move one bag instead of a lot of loose articles from suitcase to drawer and back again. One way to pack is the roll method. Everything is rolled in plastic instead of folded flat. If you stand the rolls on end in your suitcase, each article is visible and easy to find.

Keep a toilet bag with small sizes of everything packed and ready to go. Take advantage of special offers and gift sizes of your favorite products—they're custom-made for travel and are refillable.

When you pack, be sure to put shoes and other heavy things at the bottom of your suitcase near the hinges. It keeps clothes from crushing. Always carry valuables in your purse or hand luggage.

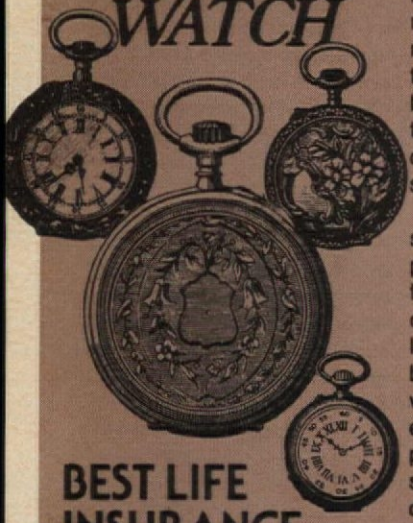
The right luggage: One rule of thumb—never take more than you can actually manage yourself in an emergency.

Even large suitcases are no longer a problem thanks to portable wheels like the Baggage Master that slip onto any suitcase. Samsonite's Cartwheel luggage comes with wheels and a built-in handle.

When traveling light, the best bet is a soft canvas suitcase or duffle bag. They come in sizes that fit exactly under an airline seat, allowing you a quick getaway when you arrive. Many travelers find that the combination of a small duffle and a hanging bag is the best system of all.

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 Avenue, New York, N.Y. 10022.

consumer WATCH



BEST LIFE INSURANCE BUYS

Life insurance: Do you need it and if so, which type should you buy? There's bound to be new controversy over those questions as the Federal Trade Commission undertakes an extensive investigation of the life insurance industry. The primary aim: To make companies explain rates in understandable terms. Now, the FTC says, buyers can't make heads or tails out of policy costs and often end up buying expensive, needless coverage.

Logically, you need life insurance only if you have dependents who would suffer financial hardship in the case of your death. Nevertheless, policies are often bought by men and women with no dependents— and even for children. Many people continue to carry life insurance long after dependents have become self-sufficient. The usual reason is that the policy also serves as an investment—an endowment, an annuity—in other words, as a "savings account." With a "whole life" or "cash value" policy, you pay in more than mortality tables call for and let the insurance company invest the excess for you. Thus, you build up "cash value" which you can later claim. But using life insurance as a way of saving is almost always a bad investment. A preliminary analysis by FTC economists shows that the return you get on your money is usually less than you could get by investing it elsewhere.

For example, an FTC comparison of several $25,000 nonparticipating cash-value policies showed that the *best* policy yielded a return of only 4.6 percent. And most such policies yielded only between 1.5 and 3 percent. Similar participating policies (where dividends vary) yielded only slightly more, paying from 2.6 to 4 percent. These rates are quite unfavorable compared with interest yields of over 5 percent for passbook savings accounts, 8 percent or more for some savings certificates, and 11 percent for some bonds. Worse, some policies yielded a zero or minus zero return, meaning policy-holders were left with less than they put in.

A cash-value policy may be advisable if you need it to force you to save. Otherwise, you would do better to buy much cheaper term life insurance and invest the difference yourself. Term does not build up cash value, thus you can buy much more of it for the same amount of money. Term for a 35-year-old man costs on the average, $3 to $4 per $1,000 worth of life insurance, whereas cash value insurance costs about $20 per $1,000. Rates for women are usually slightly less.

Lowest cost of all, if you can get it, is *group* term insurance; it's becoming increasingly available through employers and professional societies and sometimes costs only half as much as individual term.

—by Jean Carper

Marlboro Lights

The spirit of Marlboro in a low tar cigarette.

Lighter in taste. Lower in tar. And still offers up the same quality that has made Marlboro famous.

13 mg. "tar," 0.8 mg. nicotine av. per cigarette, FTC Report Dec. '76

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

No Singles Allowed

Some landlords discriminate against unmarried adults. Here's what to do about it.

by Tina Laver

• In Washington, D.C., two women hunting for a house to rent in a residential neighborhood were rejected before they could even get in the door. "The real estate agents told us we didn't have a chance—they prefer to rent to a married couple, then to two men, and finally to two women—in that order," recalls Christin Torbet, who is still exasperated by the experience.

• In Detroit, an apartment manager turned away a single man because he had custody of his 18-month-old son. The young father, a policeman, was startled and bemused. "I never expected to come up against this kind of problem," he said.

• In Framingham, Mass., a comfortable Boston suburb of single-family homes and garden apartments, landlords trying to maintain a family-oriented image reject single mothers with children as unsuitable tenants. Comments Don Davis of the Framingham Human Relations Commission, "Landlords want to rent to families, and don't consider those with female heads-of-households 'families'."

Attitudes like these seem to belong to a difficult past when single people were considered undesirable oddities. Today, by contrast, singles are among the fastest growing portions of the population. Since 1970, the number of households made up of singles has grown by more than 40 percent. Families headed by females have nearly doubled since 1960.

Discrimination in renting to singles is not practiced everywhere, of course. Landlords of most urban apartment buildings, adults-only developments, and university housing welcome singles. In Washington, D.C., for instance, the owner of several choice apartments takes a refreshingly open-minded and practical view about renting to unmarried tenants; he's "tickled" to get what he calls "modern marriages," that is, unmarried couples. "Each person is trying to impress the other, so they keep the apartment up and pay their rent promptly. They make great tenants."

Not all landlords and resident managers share his benevolent opinion. Some object to single tenants, mainly those who live with others or with children. Management considers singles to be less stable than marrieds—more likely to pick up and move, less likely to fulfill financial obligations. To protect themselves, managers sometimes alter the rental requirements for singles. As one human

rights specialist puts it, "Nobody says, 'We don't want singles here.' The landlord just makes it very difficult for them."

One device is to tighten the noose by requiring each roommate to put up a full security deposit. Another is to increase the rent for each person above a minimum number of occupants. Some agents refuse to rent to single parents if the apartment in question doesn't have enough bedrooms to separate children of opposite sexes.

Perhaps the most common discriminatory practice is requiring single people who want to live together to financially qualify as individuals (the rule-of-thumb being that one week's salary should cover one month's rent), rather than on the basis of combined incomes, which is the custom with married couples.

Carolyn Lewis, spokesperson for the Metropolitan Washington D.C. Apartment and Office Building Association, a landlord trade organization, justifies the latter practice. "After all, what happens if you rent to three girls, one leaves, and the others can't foot the rent? Married people are legally bound to each other."

Patricia Horton, a human rights official in suburban Fairfax County, Va., disagrees. "It comes down to a matter of opinion" she says. "Rental agents have certain preconceived notions about single people—that they are more transient and irresponsible, that they feel less committed to a place, and will do more damage. But no one has come up with statistics showing that singles leave more or are in any way a higher risk." In terms of financial security, Horton believes that two single people who are both working are in a better position to meet financial obligations than a married couple with only one income. And a family with small children is more likely to damage property than are two adults.

How do landlords get away with such prejudicial practices? Part of the problem is simply that in many parts of the country it is not illegal to discriminate against singles. There is, unfortunately, no federal law prohibiting discrimination against single people. The Fair Housing Law, part of the Civil Rights Act of 1968, makes it illegal to discriminate in housing on the basis of a person's race, color, religion, or national origin. Although the law was amended in 1974 to include sex, it is left up to states and localities to adopt anti-discrimination laws relating to marital status. Surprisingly few have done so.

Of the 38 states and the District of Columbia that have their own fair housing or human rights laws, only 15 prohibit discrimination because of marital status. Among those few, some go further to limit the type of protection. A section of the Oregon law, for instance, refuses to support the rights of unmarried couples by stating that the act does not apply if the living arrangement "would necessarily result in common use of bath or bedroom facilities by unrelated persons of opposite sex."

Since local jurisdictions that do not have their own ordinances interpret and enforce the federal law independently, protection can vary quite a bit from place to place. When it comes to rental housing in Atlanta, for instance, anything goes as long as the practice is not prohibited by federal law. "If you have a consistent policy and apply it to everyone, then it's legal," says Community Relations Commisson Representative Pauline Newman.

In the absence of local ordinances, some agencies try to adapt the federal law to fit complaints from singles. In Houston, for example, Assistant Fair Housing Administrator Joan Edwards explains, "we try to construct some

omplaints as sex discrimination ases. For example, we feel that if you nt to two men or to two women, then ou should rent to a man and a oman."

The U.S. Department of Housing nd Urban Development, which investigates and mediates housing iscrimination cases, does not get involved in this issue since marital status is not covered in the federal law. owever, the Justice Department, hich enforces the Fair Housing Law rough litigation, pursues single-parent discrimination cases as a form of ex discrimination. Since 94 percent f single parents are women, Justice epartment attorneys reason that to efuse to rent to a single head of ousehold places the burden over-

Some managers consider singles to be less stable than marrieds, more likely to move on, less likely to fulfill financial obligations.

helmingly on women, and is, in effect, sex-based discrimination.

Of course, landlords must be able to afford their prejudices, especially hen it comes to turning applicants way. Human rights specialists notice at when tight apartment conditions xist the number of discrimination omplaints increases. As one investigator says, "Our job becomes easier hen there are more vacancies and andlords are more eager to rent."

Complaints also increase as single eople become aware of their rights nd resources for help in resolving ousing discrimination problems. alling City Hall is the best way to ocate your local Human Rights, luman Relations, Fair Housing, or enant-Landlord Commission. You ay find the agency takes the position f the Detroit Human Rights Department, where, says Housing Specialist ving Kempner, "Fair housing acts rohibit discrimination, period, no atter what the conditions are." The ffectiveness of Detroit's efforts are ncouraging: "The pressure of a complaint from our agency," reports empner, "is enough to catch the attention of the landlord, and we tend to et conciliatory action."

ina Laver is a free-lance writer, based n Washington, D.C., who specializes in he field of housing.

TRY NEW NON-AEROSOL MR. MUSCLE.™

IT HAS LESS FUMES THAN EASY-OFF.

Now, Mr. Muscle introduces the first non-aerosol oven cleaner spray.

It actually lets you spray your oven with less fumes than aerosol Easy-Off.

What's more, it wipes clean with less work than the daytime method. Because non-aerosol Mr. Muscle has the exclusive Mr. Muscle overnight formula.

Just spray the easy-to-use trigger at night, and while you sleep, its self-scouring foam lifts up the baked-on grime. Next day, it wipes clean easily.

Whether you use the new non-aerosol or the regular spray, Mr. Muscle is less work...and it has less fumes.

Less fumes. Less work.

© 1977 The Drackett Products Company

Grapes, like children, need love and affection.

Here in the Almadén Vineyards in Northern California we coddle and protect our children, the grapes of Almadén.
The fruit of our efforts can be seen in our versatile Grenache Rosé.
Carefully nurtured from the descendants of the famed Grenache grapes of Tavel, this Rosé is fruity, light and refreshing.
It's the perfect "goes with everything" wine.
Yes, we are proud parents.

Almadén Vineyards, Los Gatos and Paicines, California

Almadén

Instant Expertise

A short course in the language of wine lovers.

by Doris Tobias

"It's a naive domestic Burgundy without any breeding, but I think you'll be amused by its presumption." These witty words caption a now-classic James Thurber cartoon, vintage 1937, but their parody of the snobbish use of high-flown wine terms is still timely.

Certainly, to talk knowledgeably about wines adds much to the pleasures of drinking them, as well as to one's ego. Here is a selection of basic terms that will give you instant mastery of the vocabulary.

Acidity: When you speak of the wine's acidity, you're describing a freshly tart taste, almost like that of biting into a crisp, raw apple. The right balance of acidity gives the wine a fresh bouquet, and a pleasant, crisp taste, and aftertaste.

Aftertaste: The taste that lingers on the tongue and in the throat after the wine has been sniffed, swirled, tasted, and swallowed is the aftertaste. If you find it pleasant, it means you've drunk a good wine or, at least, one that you find likable.

Balance: When the components of a wine—acidity, fruitiness, tannin, and alcohol—are satisfyingly and harmoniously blended, with no one aspect being insistently obtrusive, then the wine is well balanced.

Big: Big is the word to use for satisfying, mouth-filling, and impressive wines that have full body and flavor—like a big red Burgundy or a big California Zinfandel.

Body: A combination of good alcoholic content and tannin gives a wine a full body. If it tastes somewhat watery or thin, it's light in body.

Bouquet: The characteristic smell of the wine is called the bouquet. It can be pleasant, flowery, heady, grapey, nonexistent, or unpleasant, depending on the wine.

Breed: This, or, as Thurber put it, breeding, results when noble grapes, grown in ideal soil and climate, are made into quality, well-balanced wine by master vintners.

Character: This describes a good quality wine that has full body, bouquet, and the distinctive characteristics of wines from its region.

Dry: A wine is dry when all or most of the sugar content of the grapes has been fermented into alcohol and there is no perceptible sweetness. Dry wines range from the extremely dry reds of a Bordeaux Graves to the very dry white wines of Chablis.

Elegant: A wine is elegant when it has balance and finesse—in other words, when it is at the peak of its maturity. A great Bordeaux at its peak is elegant, as is a fine Robert Mondavi Cabernet Sauvignon from California's Napa Valley.

Finesse: This term describes the aristocratic effect of a well balanced yet somewhat delicate wine. If you say, "I think this wine has finesse," no one can dispute you. That's *your* opinion.

Foxy: A rich, grapey bouquet and taste, with a good deal of earthiness, is foxy. This is especially applicable to wines made of grapes native to the eastern parts of America, such as Concord, Catawba, and Niagara.

Fruity: A young red wine, such as a Beaujolais, is fruity when the bouquet and flavor are attractively fresh and a bit like ripe grapes in the vineyard. A California Chenin Blanc is a fruity white wine.

Gunflint: When sipping a bone-dry white wine such as Chablis, there's a steely taste called gunflint. That special dryness felt on the roof of the mouth comes from the chalky subsoil in the Chablis region.

Harsh: You'll recognize a harsh wine at the first sip because of the excessive tannin that gives it a mouth-drying tartness as well as body. This young, raw quality often mellows as the wine ages, as in a young, red Bordeaux.

Insipid: This is the term to throw out when you're served a low-end inferior jug or house wine.

Light: A white wine that's light is pleasant to the palate and easy to drink—a Chenin Blanc from California, or a Muscadet from France's Loire Valley. With a red wine, however, the word usually indicates that it is low in alcohol and tannin, and generally speaking, is a thin wine.

Maderized: If a white wine has overmatured, turned a somewhat brownish color, and has an off or flat taste, it has maderized. Such an over-the-hill wine is not fit to drink. Red wines can also maderize, but this usually happens when they are at least 20 to 30 years old.

Nose: After the wine has been poured and swirled in the glass, it is sniffed to smell the "nose," a word wine buffs like to use instead of "bouquet." Sometimes experts refer to a young wine's bouquet, and an older wine's nose.

Oaky: If, when the wine is sniffed, you get a "woody" bouquet; or on sipping, there's a strong taste of wood; the wine is said to be oaky. This is derived from the oak barrels in which fine wines are aged.

Pétillant: This lovely French word means just a little bit bubbly—not champagne bubbles (the word for that fizzy-foaming degree of sparkling wine is "mousseux")—a slight, natural sparkling found in young Italian Lambruscos and Frascatis, and in some young, fruity rosés.

Robust: A full-bodied wine with character—lusty, strong, yet rounded and smooth—is robust. An Italian red Barolo is full-bodied and robust; so is a California Pinot Noir.

Smooth: A smooth wine caresses the palate and is silken in texture, without even a hint of roughness or harshness. This is used to describe fine red wines and great whites.

Tannin: This important component of wine is drawn from grape skins, pips (pits), and stems during the fermentation process. It gives character and long-lasting quality to the fine wines of the world. Some wines mature slowly, and it takes time to tame the tannin. If drunk too young, the wine is harsh.

Velvety: Velvety describes a wine in which the tannin, tempered by time, has become silky smooth but still retains an opulent firmness in its body, as with a mature red Bordeaux. □

YES, I CAN!

Reba Merrill says, "I believe you can make yourself happy or miserable wherever you are."

by Judith Halloran

Hi! I'm Reba Merrill. Welcome to SunUp." The voice, ebullient despite the hour, pushes back the studio darkness. It's 8 A. M. and Reba, 42, new co-host of KFMB-TV's morning talk show, is waking up the city of San Diego.

Five days a week, Reba beats the dawn to kibitz with celebrities, authors, artists, and other public figures in a style chummier than Barbara's but brasher than Dinah's. An animated woman, her youthful good looks put her age in limbo, her flair for interviewing belies her recent transition from housewife to T.V. personality.

Four years ago, when she was 38, Reba Wlodarkiewicz, a Phoenix, Ariz., housewife and mother of three, decided she wanted her own T.V. talk show before she was 40. Within a year, Reba Merrill had created a weekly, half-hour spot for herself on the Phoenix ABC affiliate station. Fourteen months later, she moved to the daily "Good Morning Arizona" show. Then, in October 1976, two years after beginning her first show, Reba joined "SunUp," the oldest talk show in California's second largest city.

Watching Reba on television is like seeing her through the wrong end of a telescope. Without the camera as intermediary, she has greater depth, twice the impact. It is easy to be overwhelmed by the glamour, self-confidence, and aggressiveness that account for her late success in an industry that favors youth. But all of that seems a mere patina on a warm, vulnerable woman whose heady new life has left her with a guilt hangover for breaking out of the housewife mold.

Sure she delights in meeting celebrities, feels like Cinderella being dressed, gratis, by one of the city's most exclusive boutiques, luxuriates in the daily beauty shop ritual. "Life is so pleasant right now, but I feel guilty," she laughs. It's a feeling that any woman who's cooked, cleaned, and washed diapers can understand.

Though glamorous, the job is also frequently nerve-racking and demanding. "But the ego strokes and acceptance I get more than compensate," Reba adds.

Applying an ego stroke of her own, she accounts for her achievements with honest self-praise. "I got this job because I do great interviews and I look good. I know I'm not beautiful, but I am stunning." A lavish smile makes it unmistakable.

Tempering immodesty with humor, Reba counters with a candid recollection of the years when she felt neither beautiful nor self-confident. "I was a late-bloomer all my life." Chunky in high school, Reba became fat after she married at 18. "I was miserable. All I did was eat and cry, eat and cry, until I weighed 185 lbs., and my husband walked out on me," she remembers, imparting no blame. But her mouth hardens and her body slumps with the ghost weight.

"I was lucky; I lost all the weight because I got sick and then I found out I was a pretty lady. I never knew I had bones before." She laughs with fresh delight at the discovery. A divorcee with two young daughters, Reba turned to modeling, T.V. commercials, and public relations to help support them.

"But all I really wanted out of life then was to be married," Reba confides. Four years after her divorce, she married Yon Wlodarkiewicz, her husband now of 12 years. Yon's job in computer systems kept them on the move, and Reba's career ambitions took a back seat to her role as wife and mother of a family that soon included a son, Mark.

"I believe you can make yourself happy or miserable wherever you are," Reba says talking of their many moves. When they finally settled in Phoenix, a place Reba felt no affinity with, "I decided to be miserable." To preserve her sanity as well as her marriage, Reba began casting about for something more to do with her life "than scream at the kids and complain about the desert.

"I had always wanted to be in show business," she remembers, "but I'm not a good actress and I can't sing." As a child growing up in Baltimore, she had done a stint in radio and participated in a children's experimental theater group during high school. She abandoned a college drama major with her first marriage.

"The only thing I really thought I did well was talk", Reba admits. Two years in London, mixing with people of other cultures and every strata of society had convinced Reba that she could relate to people as someone more than "Mark's mother or Yon's wife." She discovered a facility for making people feel at ease, drawing them out in conversation.

The experience she received helped formulate her goal—a television talk show. With more hope than credentials, Reba began making the rounds of Phoenix television stations. They were decidedly underwhelmed and she was, predictably, rebuffed by a "Who do you think you are?" reception.

Determined to make herself known in Phoenix, Reba started a lecture series for women on home beauty products and taught make-up and personal awareness to teen-age girls at a drug rehabilitation center. She was appointed to the Governor's Commission for Women in Arizona, the State Drug Rehabilitation Board, the American Cancer Society; her name began to appear in newspapers.

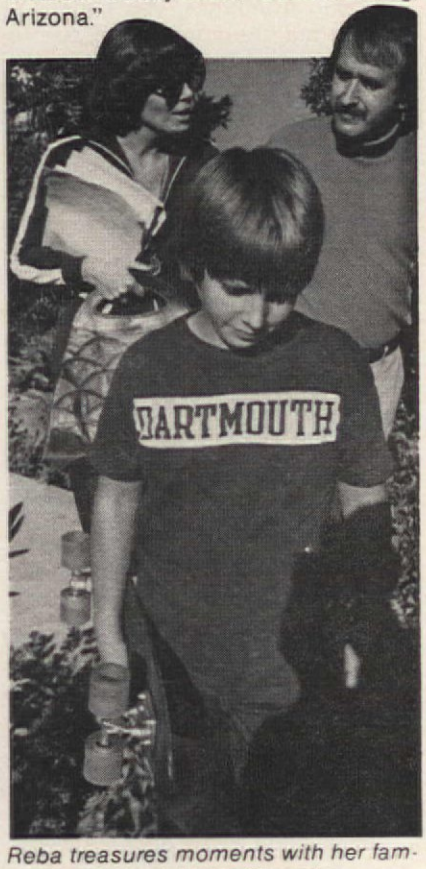
Armed with her clippings, Reba again made the rounds. Some stations were impressed, some began to mum-

ble "maybe," but the clippings didn't open any doors. Finally, one contact slipped her the key. She had to have a format, an outline of the kind of show she wanted to do.

"I didn't even know what an outline was," Reba says, laughing at her naiveté. But the one she concocted from a laundry-bag collection of news features about people she had hoped one day to interview soon became the format for her first show, "Reba."

Reba had a lot to learn: the equipment, interviewing techniques, how to relax. Her modeling and T.V. commercial experience helped her maintain a cool facade, but for months she was plagued by an eye twitch and knotted muscles in her neck and stomach.

The interviewing she learned as she went along, watching her local competition and national counterparts, asking for advice, critiqueing each of her shows—a practice she still follows. Gradually she earned a reputation for getting interviews ahead of everyone in town, and finally was promoted to a daily show, "Good Morning, Arizona."



Reba treasures moments with her family when they visit from Phoenix

Six months later, Reba's career was a shambles. A change in programming forced, "Good Morning Arizona," off the air. Reba was shattered, convinced that it was a personal failure.

Then she needed an operation to correct problems that developed as a result of breast surgery she had two years earlier. Reba minimizes the first surgery. "I didn't have cancer. It was just a precautionary measure, because my breasts were filled with cysts. Besides I ended up with more than I started with," she jokes, making light of a potentially traumatic experience.

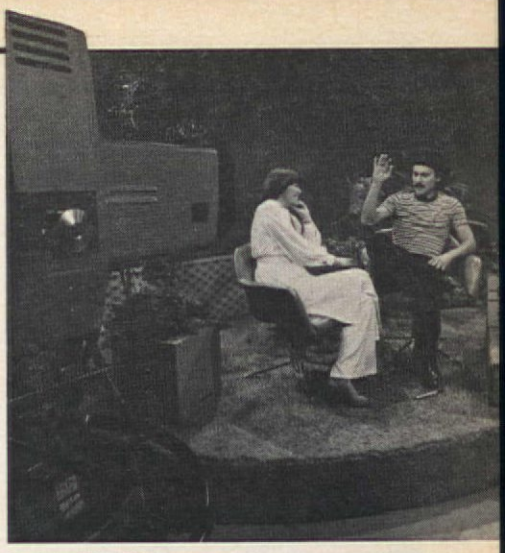
The trauma came with the second surgery, a relatively simple procedure. Because of her depression, Reba wasn't getting well. "I didn't want to," she says, "until one day, lying on my bedroom floor convinced there was no reason to go on living, I thought, 'But if I kill myself, who'll fix dinner?' "

Struck with the absurdity of her behavior, Reba pulled herself together and had launched her own public relations firm and another series of seminars, when the invitation came to audition for San Diego's "SunUp."

Accepting the show meant moving to San Diego, seeing her husband and son only on weekends. It might also have caused a permanent rift in a marriage Reba admits was already strained by her career.

A ruggedly handsome man with the gutteral remnants of a Polish accent, Yon's reserve and carefully chosen words stand in strong contrast to Reba's impulsive chatter and candor. Part of the difficulty, Yon explains, is that he feels Reba's job frequently puts him in the position of "second fiddle" as "Mrs. Merrill's husband" in social situations. "Rightly or wrongly, women have played that role for ages," he admits. "But I haven't and I'm not used to it."

Reba, weighing the personal and financial advantages of the job against her fears that she might lose her husband, decided to take the risk. "I was afraid of what it was going to be like to live alone, but I knew I had to take this job because I might never get another chance. I felt the marriage had a really good chance of surviving,



Reba Merrill became hostess of San Diego TV show after she turned 40.

and that we could work something out."

Both Yon and Reba agree that the separation has been less disruptive than anticipated and actually has many advantages. Yon and Mark, 11, spend more time together; Yon is free to pursue interests Reba doesn't share. Even Mark thinks having a mother on television is adequate compensation for not having her home. Reba's daughters Diana, 22, and Cheryl, 20, are no longer living at home so were unaffected.

For Reba, the changes have been more sweeping. Living in what she jokingly refers to as her "swinging singles apartment" furnished with "cast-offs" from her Phoenix home, Reba avoids housekeeping. A woman who took pride in her cooking, she now considers "a grilled cheese sandwich in front of the television, heaven!" But she still buys everything in the "family size" she points out sheepishly.

The really positive thing that's come out of this "is that I'm liking myself to the point that I can handle my personal life as well as I do my professional one. I had never lived alone in my life, never earned a living where I could independently support myself. Now I know that I can make it, that I can take responsibility for myself emotionally and financially," Reba says in a quiet way. Then for emphasis she excitedly rattles off a list of possibilities that have opened up for her : making commercials, traveling alone, handling her own investments, becoming involved in her new community, expanding her public relations firm.

"They don't have to happen yesterday, but I am in a terrible hurry," Reba contradicts. "I'm very much aware that I can't do television forever, because in this country we worship youth. It's not that I wish I were younger, I just wish I'd started before I was 38."□

RUNAROUND WITH A TENNIS TRIO

Get togged out in top tennis fashion with this terrific Ronrico ensemble. A stylish white cotton tennis shirt fashioned for fun and action plus a Ronrico tennis tote in sturdy denim fabric with room for racquet, can of balls and Velcro® closure pocket for gear and . . . to top it off, a Ronrico hat of denim fabric perfect for sun or shade.

Please send me ___ shirt(s) at $4.50 each add $1.00 postage and handling each.
☐S ☐M ☐L ☐XL

Please send me ___ hat(s) at $2.99 each add $.75 postage and handling each.
☐S ☐M ☐L ☐XL

Please send me ___ Tennis Tote(s) at $14.95 each add $1.75 postage and handling each. New York State residents add sales tax. Allow 4-6 weeks delivery.

SEND TO: RONRICO RUMAROUNDS
PO Box #5061, Smithtown N.Y. 11787

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

SHR/4A

RONRICO RUMAROUNDS
RONRICO REAL RUM
GENERAL WINE & SPIRITS CO., N.Y.C. 80 PROOF

The Right Nest for You

To rent or to buy? A cooperative, condominium, or mobile home? Here are the pros and cons.

by Sylvia Auerbach

Birds aren't the only ones who think of nests in the spring. It's also the traditional opening of the house-hunting season for people. Birds need only follow their instincts and build; our lives are not that simple.

We have a variety of living arrangements to choose from: homes, apartments, cooperatives, condominiums, and mobile units. Each has advantages and disadvantages, depending not only on our lifestyles, but on our pocketbooks.

Owning your own home is the most advantageous over a period of years, from a financial standpoint. Each month, as you pay off more and more of the mortgage—which is part interest and part principal—you own more and more of your house. The interest portion, plus property taxes, are deductible from your income tax. You acquire more equity until that happy day when no more payments are due—though you still have to pay taxes and maintain your property.

Many homeowners have found their home to be their most profitable investment. According to the National Association of Home Builders, the average cost of a new home has risen about 190 percent in the past 20 years or so—and prices for desirable older homes have risen correspondingly.

Of course, owning your own home can also have its disadvantages. Some homeowners are forced to sell at a loss when a local industry loses its government contract, for instance, and at least half the houses in the neighborhood are put on the market.

Cooperatives and condominiums offer similar tax advantages, though the ownership form is different. When you buy a co-op you don't have an individual mortgage. Instead, you buy shares in the corporation that owns the co-op, and with these shares become part owner of the property.

If you buy an apartment in a thirty-unit co-op, you are one of thirty shareholders, and the number of shares you own is in proportion to the size of your apartment. The amount you can deduct from your income tax for interest payments on the mortgage is in proportion to your share.

The arrangement with a condominium is more like owning a house. As with co-ops, in addition to equity and tax advantages, you benefit by shared maintenance costs, are relieved of time-consuming upkeep responsibilities, and participate in joint ownership of facilities, such as grounds and sports complexes.

Though the prices of homes have gone up by about 7-1/2 percent annually in recent years, the market for co-ops, 90 percent of which are in the New York metropolitan area, has been weak because of the city's financial dilemma. So has the market for condominiums for a variety of reasons, including an oversupply and some bad experiences with unreasonable maintenance contracts.

Mobile homes cost from one-third to one-half the price per square foot of a conventional house. The maintenance costs and property taxes are lower, and they usually come with basic furnishings.

However, in addition to the monthly payments (which recently has included an interest rate of 12-14 percent, compared to mortgage rates of about 9 percent on homes), you may pay a weekly or monthly land-rent fee. Once again, your interest and taxes are deductible.

Unlike other forms of home ownership, mobile homes deteriorate in value as *(continued on page 112)*

How to save about 50% on family products you use every day.

Products like these... PLUS Rebate Bonus... Cents off Coupons... Buying Guide... AND MORE!

Start now with a **$7.00 "Welcome Gift Package" FREE** with $1 membership

Enjoy all these exclusive benefits when you join S.A.V.E.℠

CANCEL ANY TIME. NO OBLIGATION TO BUY A THING EVER.

START SAVING NOW. MAIL CERTIFICATE TODAY!

Save about 50% on products you need and use every day. There's no "catch." America's leading manufacturers *want you* to try their fine brands so they make them available to **S.A.V.E.** members—*at far less than their value* because they know that once you try them, you'll buy them again at your favorite retail store!

Start saving now with $7.00 worth of family products . . . FREE! Just mail the certificate with $1 for your Charter Membership, and we'll rush you—postpaid—your FREE "Welcome Gift Package" filled with products you and your family will use every day.

Keep on saving as long as you want. As a **S.A.V.E.** member, you'll receive even *bigger* and *better* packages . . . a new and different **S.A.V.E.** "Shopping Bag" about every other month—worth $14.00 or more—yet you pay just $5.98 plus shipping and handling for each one you decide to keep. Examine each "Shopping Bag" *completely on approval!*

But that's not all, you'll also get . . .

S.A.V.E. Cents-Off Coupons (including Super Coupons worth far more than you usually see) that provide important savings on family and household products at your favorite store.

S.A.V.E. Buying Guide! Prepared especially for members—filled with expert advice and money-saving recipes to help you get more for every shopping dollar you spend.

S.A.V.E. Rebate Bonus! If you accept your first three regular shipments, you'll get a special *Rebate Bonus* worth a full $3.00! You can use it exactly like cash at your favorite supermarket or drug outlet for any family care or grocery products.

Try S.A.V.E. on this Money Back Offer.

If your FREE "Welcome Gift Package" doesn't convince you that **S.A.V.E.** membership is one of the best buys you've ever seen . . . just send it back, we'll refund your dollar and cancel your membership immediately.

CHARTER MEMBERSHIP

$7.00 FREE GIFT CERTIFICATE

S.A.V.E. 623 S. Wabash Ave., Chicago, Ill. 60605

Here's my $1.00 for Charter Membership. Please accept my enrollment and send my FREE $7.00 "Welcome Gift Package" of family products plus my **S.A.V.E.** Buying Guide, Cents-off Coupons and Rebate Credit. I understand that I will receive future "Shopping Bags" on approval for only $5.98 plus shipping and handling as described in this ad. I may cancel at any time after examining my FREE $7.00 "Welcome Gift Package."

Please fill out questions below to help us assemble future "Shopping Bags" with products you need, want and can use.

Age Group
☐ 18-24 ☐ 50-64
☐ 25-34 ☐ 65+
☐ 35-49

Married?
☐ Yes ☐ No

Number of children
☐ none ☐ 2
☐ 1 ☐ 3 or more

Check ages of your children
☐ Under 2 ☐ 6-11
☐ 2-5 ☐ 12-17

Do you have:
Dishwasher ☐ Yes ☐ No
Clothes Dryer ☐ Yes ☐ No

Hair Group:
☐ Blonde ☐ Silver
☐ Brunette ☐ Black
☐ Redhead

Skin Type
☐ Dry
☐ Normal
☐ Oily

Hair Type
☐ Dry
☐ Normal
☐ Oily

Do you own a pet?
☐ Dog ☐ Dog & Cat ☐ None
☐ Cat ☐ Other_____

H208

Name_____
PLEASE PRINT FIRST NAME LAST NAME

Address_____ Apt._____

City_____ State_____ Zip_____

Do you have a telephone? ☐ Yes ☐ No

LIMIT: ONE MEMBERSHIP PER HOUSEHOLD.

All enrollments subject to acceptance by S.A.V.E.

©GRI CORP.

Offer good in U.S.A. only.

The Potion of Love.

And how it began in Saronno 450 years ago.

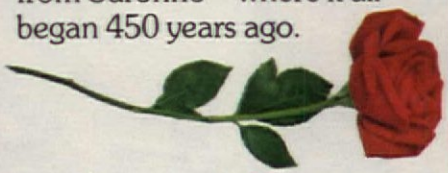
We know that she was young. Blonde. Beautiful. And that she was widowed. But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it offered as a gift to express affection for Bernardino Luini, the now famous artist whose painting immortalized her in 1525?

History has lost most of the answers—even her name—leaving us nothing but Luini's stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And...her romantic liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love.

It's something for you to wonder about tonight as you discover its intriguing flavor and enjoy its provocative bouquet. This is Amaretto di Saronno. The original Amaretto. Brought here from Saronno, the village of love.

Only the Cognac region of France can produce the finest Cognac brandy. And only the vineyards of Bordeaux can ever produce a true Bordeaux wine.

So also, the finest Amaretto liqueur comes only from Saronno—where it all began 450 years ago.



Amaretto di Saronno. We've left a rose alongside our name as a reminder of how it all began.

Discover the many other ways to use Italy's rare liqueur of love. Write for our free drink recipe booklet and food recipe booklet, "Gourmet Secrets." Address: Foreign Vintages, Inc., 98 Cutter Mill Road, Great Neck, New York 11021, Dept. 43K.

Amaretto di Saronno.®

The Original Amaretto. From the Village of Love.

56 Proof. Imported by Foreign Vintages, Inc. Great Neck, N.Y. © 1975.

Special Cookout Offer!

Stainless steak knives, carving sets, and Gourmet Sizzler Servers.

Add a festive touch to your summer cookouts with these quality accessories. We're offering a set of six steak knives by Oneida, carving and salad/serving sets by Imperial, and Gourmet Sizzler Servers by Nordic Ware®—all at special savings.

Match or complement your flatware with the stainless steak knives and carving sets. Choose from any of our six elegant patterns.

Use the insulated Sizzler Server to keep your steak piping hot. Protect your hands and table, too.

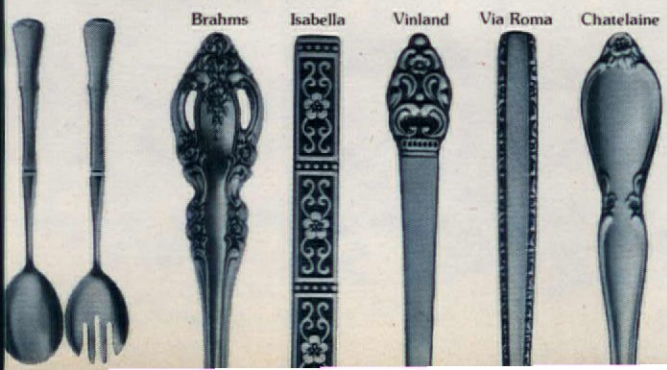
Now is a wonderful time to prepare for a festive season of outdoor entertaining with these special savings.

Betty Crocker

Patrick Henry

A set of six steak knives in Oneida Community stainless can be yours for only $8.95. Carving sets and salad/serving sets are $7.50 each. And a set of two Sizzler Servers can be yours for only $7.50 or six for $16.95.

You'd expect to pay substantially more for accessories of this quality in stores!



General Mills, Inc., Box 112
Minneapolis, Minnesota 55460

I enclose $_____ (check or money order).
Please send me the set(s) ordered below.

My Pattern Choice:

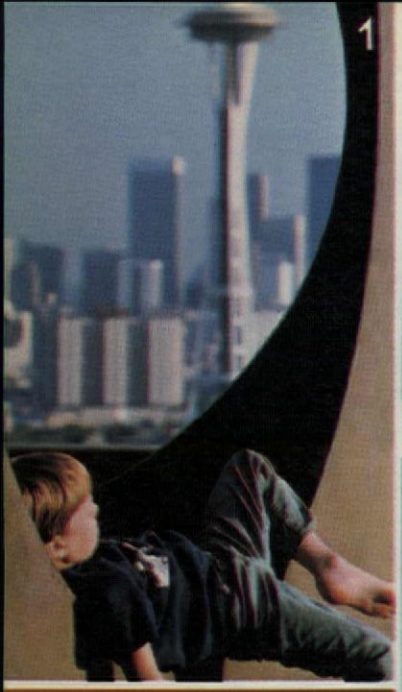
( ) Steak Knife Set(s) $8.95 _____
( ) Salad Set(s) $7.50 _____
( ) Carving Set(s) $7.50 _____
( ) 2 Sizzler Servers $7.50
( ) 6 Sizzler Servers $16.95

Name _____

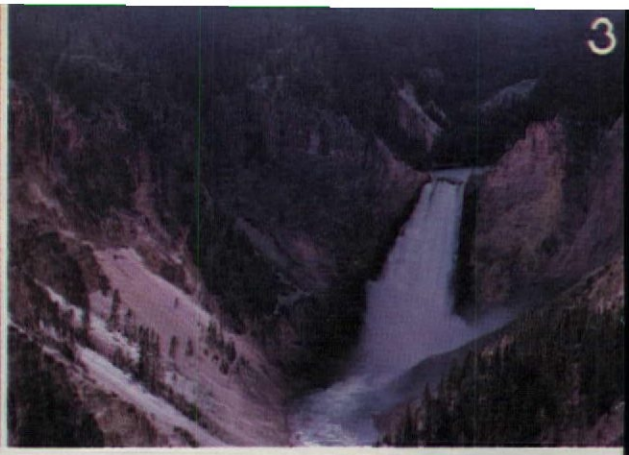
Address _____

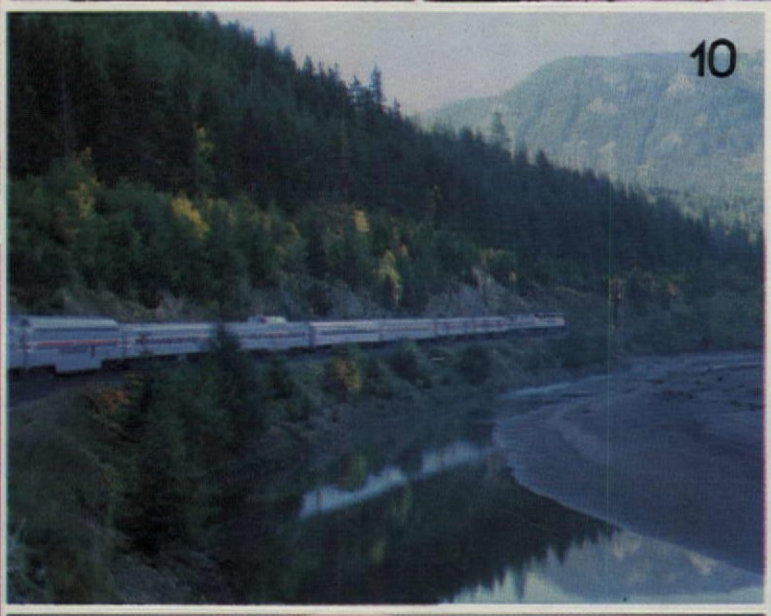
City _____ State _____ Zip _____

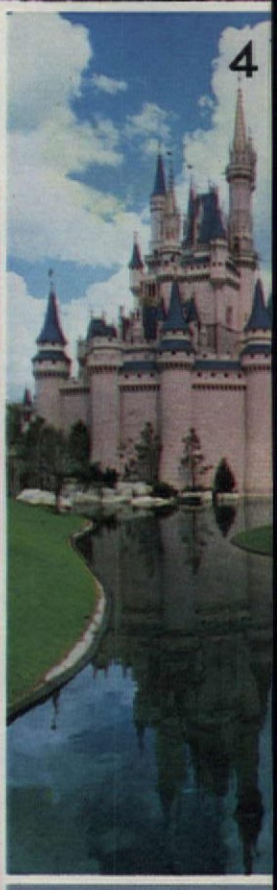
To assure delivery give zip. Offer good only within U.S.A. Offer expires June 15, 1977. Please allow up to six weeks for shipment.

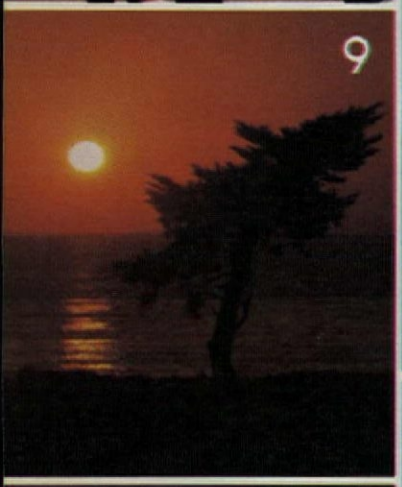

1

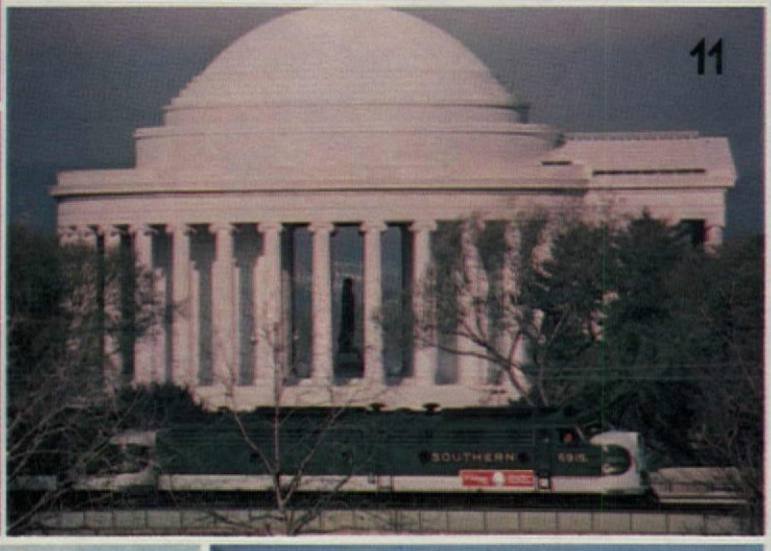
2

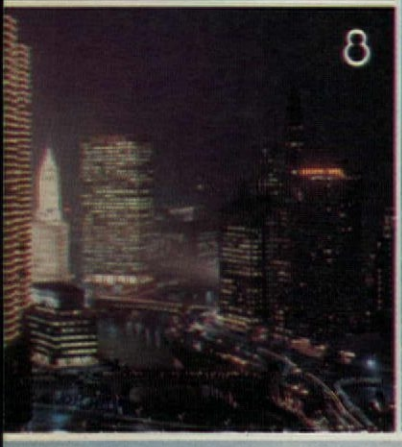

3

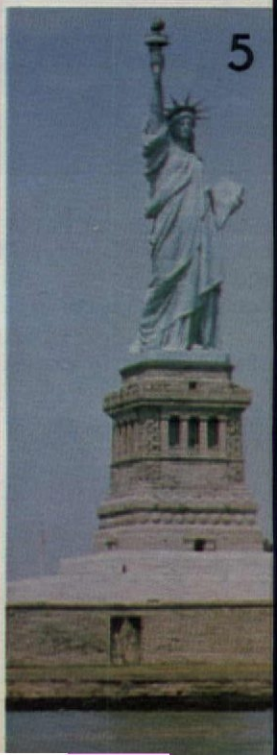

10

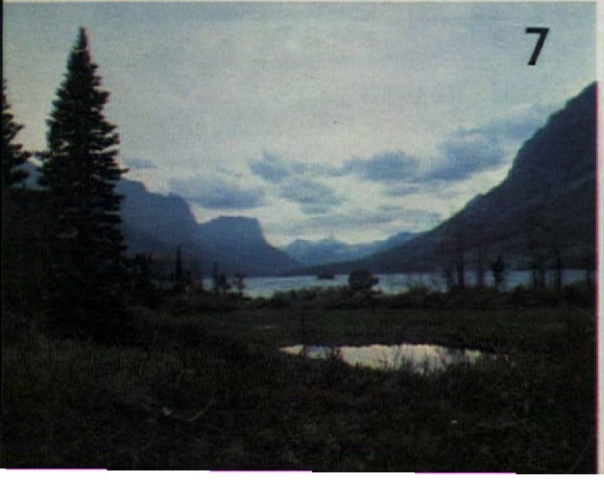

4

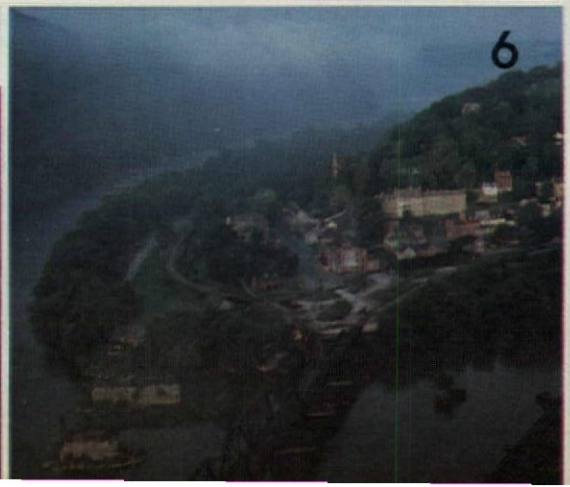

9


11
SOUTHERN


8


5


7


6

MAKING TRACKS

America's top train trips give you scenery as you go.

by David Butwin

Through the long decline of American railroads, which began roughly with the advent of the DC-3, one thing didn't change for the worse: the scenery. That and the French toast on the Super Chief. Only in recent days has Amtrak, the national railroad passenger corporation, succeeded in making the trains themselves, as the promotional slogan goes, "worth riding again." As of this summer almost every short-distance intercity train will sport comfortable, gleaming new Amfleet or Turboliner cars, and in the fall the long-haul specials will begin trading in their battered, borrowed, 25-year-old rolling stock for purring, bi-level sleepers.

These cheering developments will make summertime ridership, never slack even in the darkest years, all the more popular in the coming season. July and August are the peak, particularly on the long Western routes so favored by vacationing American families. May and June, September and October are cooler, easier times on the rails, but if you want to travel in high summer, then get on the phone (there are toll-free 800 reservations numbers for all regions).

Quick work will also get you a U.S.A. Rail Pass before summer rates send the cost upward by $100. If you buy the pass by May 15, you get 14 days unlimited travel on Amtrak and Southern Railway for $165 (21 days for $220, 30 days for $275). The pass is good for coach seats; if you want a sleeping or parlor car reservation, you can have the pass upgraded on board. Rail Pass rates will drop again in September, but even in July and August it's a bargain if you use it extensively.

Since taking control of most of the nation's passenger trains in 1971, Amtrak has sought to standardize service all across the network, but obviously certain rides are better than others. Some are especially smooth-running, some are gloriously scenic, and a few are bumpy and slow-moving. Any list of the best train trips in the land should include the following:

Here are some of the sights and cities along the tracks: 1. Seattle; 2. San Francisco; 3. Yellowstone National Park; 4. Florida's Disney World; 5. The Statue of Liberty in New York Harbor; 6. Harper's Ferry, West Va.; 7. Glacier National Park; 8. Chicago; 9. Sunset on a Southern California beach; 10. The Cascade Range; 11. The Jefferson Memorial, Washington, D.C.

PHOTOGRAPHED BY LYLE LAWSON (1, 4, 7, 9, 10); SAN FRANCISCO CONVENTION AND VISITORS BUREAU (2); DAVID LALLY (3, 6); NEW YORK STATE DEPARTMENT OF COMMERCE (5); CHICAGO CONVENTION AND TOURISM BUREAU (8); SOUTHERN RAILWAY SYSTEM (11)

Best of The West

SOUTHWEST LIMITED. Chicago-Los Angeles via Kansas City, Albuquerque, and Flagstaff. Roomette, $182.50. Formerly named the Santa Fe Super Chief, this 2,223-mile all-reserved highballer was once the favorite of Hollywood stars and starmakers. Even today Frank Sinatra and Joseph Cotten are customers. The Limited goes out of Chicago's Union Station daily at 5 P.M., reaches Kansas City in the middle of the night where it takes on the coaches of the National Limited from New York and Washington, D.C., crosses the Painted Desert the next afternoon, and pulls into Los Angeles at 8:55 the second morning. The east-bound train leaves L.A. at 7:30 P.M. and gets to Chicago at 8:55 the second morning. Just off the main diner is the plush Turquoise Room, which exudes the 1940s. If a star hasn't reserved it, have the dining car steward set it up for a private dinner party. One section of the train is strictly coach with reclining seats, where rubber-limbed passengers sit up 38 hours straight.

RIO GRANDE ZEPHYR. Denver-Salt Lake City via Grand Junction and the Colorado River. Coach, $39. This thrice-weekly train is privately operated by Denver and Rio Grande Western, which has elected not to join Amtrak. From the dome cars and rear lounge you get closeups of the Rockies, the winding Colorado, and the Utah desert that no other train, bus, or car (and certainly no plane) can touch. In ski season the Rio Grande puts on special weekend trains that go only as far as Winter Park, at the western mouth of the six-mile Moffat Tunnel. Summer vacationers like to travel as far as Glenwood Springs in central Colorado and jump off for Aspen, just 40 miles away. The circa 1949 cars are still shiny on the outside if a bit worn within. Rio Grande is justly proud of its service and dining car menu (try the breakfast steak with two eggs, $3.75).

Amtrak's San Francisco Zephyr, from Chicago to San Francisco via Denver, follows a less scenic route than does the Rio Grande Zephyr, avoiding the tallest peaks and crossing southern Wyoming, but it does hit some splendid High Sierra country the second morning west-bound or the first afternoon going east.

EMPIRE BUILDER. Chicago-Seattle via Minneapolis-St. Paul and Glacier National Park. Roomette, $182.50. When the Empire Builder, named for railroad baron James J. Hill, bowed in 1929, it had Pullman observation lounges with buffet, barber shop, shower baths, stock-market ticker, and 4 o'clock tea. You'll find no such extravagances today, but the Empire does have a dome car through which you can ogle some of the best scenery to be seen from any American train window. For starters there are the Wisconsin Dells and the river-sculpted bluffs of the Mississippi; much later in western Montana the train glides through Glacier National Park, providing an hour of matchless upland views.

An alternate route from Chicago to Seattle is the North Coast Hiawatha, which runs across North Dakota and *(continued on page 46)*

CANYON FEVER

It's great to look at a wonder of the world like the Grand Canyon, but more satisfying to get to the bottom of it...even riding a mule with a death wish.

by Margo Hamilton

In keeping with my usual vacation planning where opportunity always triumphs over reason (once I went to the Sahara in July and found it deserted), last April, on a visit to Las Vegas, I tried to "fit in" the Grand Canyon as an interesting one-day side trip. As a result, I arrived at the South Rim of the canyon in a blinding snowstorm. After slowly counting to 10 in the Bright Angel Lodge (the center of most canyon activities), I fell into conversation with one of the guides, and he offered to show me an unusual view of the canyon. Since all I could see were swirling snowflakes, I was prepared to brave the storm for any view. We reached a lower and more sheltered point on the rim, and by looking down at a stark precipice we could see the snow getting lighter until it was rain. Below that, the guide told me, the dry desert air would evaporate the rain completely; none of it would reach the canyon floor.

It was an extraordinary introduction to this natural wonder of the world, demonstrating how the lofty and sometimes unorthodox treatment of the elements created it over some 10 million years. Normal erosion has played its part—also the expansion and contraction caused by hot days and cold nights. But what makes the Grand Canyon so unique is that it is created by a sort of reverse erosion. The Colorado River maintains its level, while the land thrusts above it to form the awesome precipices and exotically shaped pinnacles and ridges.

The next day was sunny and clear, and the views from the rim were mesmerizing in their variety, the colors changing dramatically from red to gold, then to blue and purple as the day progressed. The vastness is hard to grasp. I was looking across 17½ miles to the North Rim, and that glimmer of river was one mile below. I had Canyon Fever and I realized it would not be abated by pressing my nose to the pane—I had to go down there.

There are two ways to do this (three if you include falling). You can hike or go on a guided mule trek. Since I was alone and unequipped for hiking, I chose the mules, but found to my frustration that even at that time of the year they are booked up many months in advance. I decided to take my chances on a cancellation and meanwhile soaked myself in canyon lore until even the geological whispers began to mean something. The top layer of limestone is sediment of an ocean that covered the area approximately 200 million years ago; the cream sandstone below is the remains of an ancient desert. At the Yavapai Museum and other observation points along the rim, this kind of information is presented in a comprehensible fashion, and fossils of plants and animals long extinct are on display. All the lodges show films, usually of trips into the canyon, although one film showing a geological re-creation of how the chasm was formed over the eons is particularly fascinating for the layman.

NATIONAL PARK SERVICE PHOTO

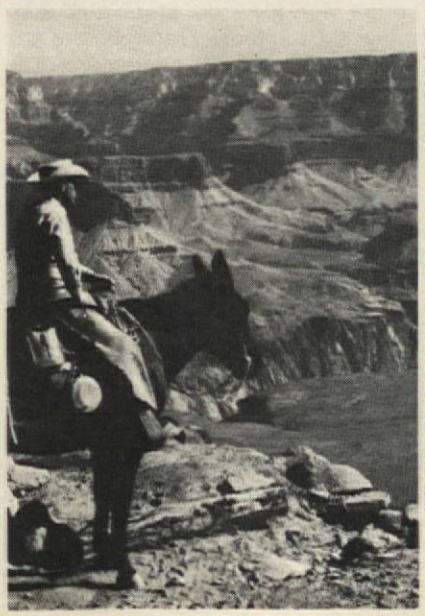


PHOTO COURTESY OF GRAND CANYON NATIONAL PARK LODGES

A briefing the evening before the mule trek established that we paying volunteers (it is $81.75 for each rider, including a cabin at the bottom and all meals) met weight and age requirements, that we were physically fit, and did not suffer from dizziness, nausea, or fear of heights. At this point I would have admitted to nothing, and sinking stomachs were not mentioned. Our baggage would be restricted to a camera (to be worn around the neck) and a small plastic bag to hold a toothbrush and a change of underwear. This was devastating news for me; I was thankful for my multi-pocketed safari jacket. Naturally, my cowboy boots, bought eight years ago in Texas in anticipation of making such a trip, were snug in my New York apartment. But since I was more attracted by the Indian influence in the West anyway, I cheerfully donned moccasins, forgetting that stirrups are hard on barely shod feet.

It was one of the rare days in my life when I happily got up at dawn and eagerly joined my fellow-sports at the mule corral. Expecting the docile donkeys I had encountered on other riding experiences, I felt some trepidation when I saw the large restless mules and, after mounting, suffered the first waves of acrophobia. I tried to overcome a feeling of being a Winston smoker in Marlboro country. The guide was reassuring. "We try to match everyone up with the right mule. Some of you ain't rode before, an' some of our mules ain't been rode neither."

To my dismay, my mule started moaning. Apparently she also had a sinking stomach, as she frequently stopped to relieve herself and then would scramble along the narrow ledge to catch up with the other mules. Can there be anything more ignominious than starting off a great adventure on a mule with diarrhea? The guide showed little concern, other than relegating us to the rear in re-

sponse to the protests of the other riders.

Her stomach condition did not deter my mule from trying to eat every blade of grass and thorn along the way. When we passed any hikers on the trail, she was wont to rear and shy toward the outer (always the outer) edge of the path, and one of her only enthusiastic moves was to join some wild burros on a nearby slope. Contrary to the guide's encouraging advice ("If you feel nervous on difficult curves, just close your eyes—your mule does!"), she would stop on curves, seemingly to admire the view. But abrupt dips of her head convinced me her real motive was to ditch me. I shrank from asking what outstanding characteristics of my personality had prompted him to match me to this erratic animal.

There are two main trails into the canyon: The Bright Angel Trail on which we descended—the longer and more gradual—and the Kaibab Trail on which we would return.

The uppermost precipice is one of the sheerest, and for a couple of hours our concentration was on the winding three-foot-wide trail and our mules' rather haphazard negotiation of it. Not until we reached the more gradual slopes leading to the first plateau could any of us really spare a glance at the spectacular views. Looking back at the towering precipice, one is for the first time struck by the immensity of it all. On the plateau, what had looked like a clump of bushes from the top turned out to be abundant 90-foot-tall trees nurtured by natural springs that hundreds of years ago had induced Indians to break out a trail this far into the canyon. Although long since abandoned by the Indians who once farmed there, it is still known as Indian Gardens.

We lost sight of the upper rim as we plunged into the inner canyon, and the changes of colors and vegetation followed each other with amazing rapidity. Although the dominant color is red as it appears from the top, we came face to face with cliffs of lime green, slate blue, purple, and sparkling pale-pink granite. The trail goes through five climatic zones, ranging from subarctic to desert, and the sparse vegetation varies from tiny alpine flowers at the top to vivid red and yellow cactus blooms on the desert floor. There were also times when we could see nothing, so thick was the red dust disturbed by our slow-moving mounts and whipped about by furious gusts of wind.

A plumb 200-foot drop to the relentless, muddy-red Colorado River obliged us to concentrate on our mules' slithering footwork on the perilous two-mile ledge along the last canyon. More rugged and ominous than what we had experienced up to then, this rock is two billion years old. It is called metamorphic rock—because the tremendous heat and pressure that pushed it up also changed its original form. This part of the trail was blasted out in the 30s and was at times so narrow I had to remove one foot from the stirrup to allow my now quiet and nervous mule to press close to the cliff. And one rider who had been calm and confident during the whole trip wailed loudly that her Valium had worn off.

> "You sure got a case of Canyon Fever," said a guide. "Had it myself for 14 years, an' every day I see somethin' I ain't noted before."

From that ledge, however, we had a glimpse of our destination—Bright Angel Creek—which gave us the needed courage to guide the skittish mounts over a shaky suspension bridge and through a dust-filled tunnel where they all acted up and every sound echoed.

Bright Angel Creek was as charming as its name implied. Huge, lush willow and cottonwood trees sheltered a brook that tumbled over smooth boulders as varied in color as the surrounding canyon walls. My mule, whom I had been expecting to drop dead at any moment, as she had been sighing and dragging for the last four hours, started galloping wildly as soon as we hit the homestretch. *Aieee.* Pain surged from points of abrasion unfelt until now.

A popular accommodation in the Grand Canyon is Phantom Ranch, a cluster of cabins tucked close to Bright Angel Creek. One is a communal bathhouse. In another, huge home-cooked meals are served family style—some are reserved solely for the mule-trekkers—and there are men's and women's dormitories for hikers. The ranch is pleasant and astonishingly well-equipped, considering that everything comes down on pack mules.

Revived by a shower, I waded down the icy, pink stream to where it joined the mighty Colorado, encountering a profusion of squirrels, frogs, and lizards along the flower-strewn banks. When I got to the river, the sun had long disappeared, but the lingering glow turned the Colorado to molten copper, vibrant against the now-black lower canyon. It was magnificent and worth every nerve-wracking moment I had endured.

The rude awakening came next morning when I had to heave my stiff body onto my less-than-enthusiastic mule. The Kaibab Trail is shorter in miles, but much steeper, and by mule more hazardous than the Bright Angel Trail. Through whirling winds we conquered the Razor's Edge, where the trail dropped precipitously on both sides and gave us the feeling of being suspended in the middle of the canyon, but at the same time rewarded us with a breathtaking panorama. Scarcely recovered from that, we had to contend with the Chimney where the mules zigzagged up a narrow semi-spiral path, loosening rocks that hurtled by the unfortunates below. For once I was in total agreement with my mule who lagged behind until the others had reached the top.

After those thrills, I even got brave enough to take photographs when my mule made what were now frequent stops to urinate. But since she had a habit of starting off again midstream, so to speak, I often suffered the extreme discomfort, not to mention indignity, of riding with my camera jammed between the saddle and my cramped thigh. I was not a rider when I started out, but I was a Master Mule Skinner when I got back, and I've got a certificate (signed by Jake, the guide) to prove it.

There were six others on the same mule train (of assorted ages and nationalities), and everyone was as enchanted with the experience as I was. Later, I felt that I had been away for weeks rather than days, so it makes an ideal short vacation. Whether you decide to go by mule (take a chance, it is uncommon for a mule to have a death wish) or hike, you must plan ahead because space at Phantom Ranch is limited. For me, trekking into the Grand Canyon was like going on a trip to another world.□

Margo Hamilton is also the author of "Don't You Come Home, Mort Gordon!" in the March 1976 American Home.

CRAFTY VACATIONS

This year plan a rendezvous with a loom, or potter's wheel—and have some fun in the bargain.

by Elizabeth O'Bryan

Eight years ago, a casual crafts hobbyist named Kathleen Moore was enrolled in a weekly ceramics class. Today, Moore is a professional craftsperson and teacher whose 800 square feet of loft working space is filled with yarn and pottery. The event that precipitated her career was a two-week stay at a summer crafts school. According to Moore, "It was really the turning point."

Although other people's experiences may have less impact on their lives, the response to crafts workshop programs has been overwhelmingly enthusiastic. Every summer, housewives and students, doctors and lawyers, teenagers and senior citizens, beginners and professionals, spend their vacations in the pursuit of creative fulfillment. In the hundreds of crafts schools across the country that offer short-term workshop courses, they dye yarn with bark and berry juices, build Indian looms, and weave, and throw bowls and pitchers on a potter's wheel. As for lovers of the outdoors, a crafts holiday can be an especially good choice, because most schools combine handiwork with fresh air and sunshine.

More often than not, workshops are located in unspoiled, scenic country. Crafts people tend to settle in beautiful spots, from seashore to mountain resorts. "After all, we need inspiration to work," chuckles Francis Merritt, who founded the Haystack School on a picturesque islet in Maine. (See list for details.)

In fact, recreational facilities at or nearby crafts schools often include swimming pools, tennis courts, and saunas. There is plenty of impromptu play—from volleyball games on a mountain top, to afternoon plunges in the Atlantic, to lawn picnics under banana trees. At North Carolina's Penland School, teachers and students link arms and square dance around the local country music scene. At Colorado's Anderson Ranch, says director Dorothy Garwood, "We don't just make pots—we get together and make pot-luck dinners, too."

Of course, the main attraction of the schools is the crafts. "They're a way to get back to quality and self-expression," says a Penland administrator trying to explain the growing interest in crafts since the 60s. Lois Moran of the American Crafts Council explains, "Since the Second World War, we've lost touch with mass-produced products. People seem to be interested in making things with their hands again."

Major schools are staffed by nationally recognized teachers and offer well-rounded programs in the popular crafts. These include ceramics, woodworking, photography, natural dyeing, spinning and weaving, metal and jewelry work. Basketry, blacksmithing, batik, glass blowing, and art courses are being introduced more and more.

Crafts in different regions of the country have their own distinctive flavors—from the Oriental influence in the Northwest, to the avant-garde California approach, to the folk crafts of Appalachia. At the Anderson Ranch, in music-loving Aspen country, the newly revived art of musical instrument making and repair is taught. The Mendocino Art Center on the California coast teaches students to create prints using the newly explored Oriental silk-screening process; and even offers boat-building courses.

For more information on Summer Workshops:

- *Contemporary Crafts Market Place,* compiled by the American Crafts Council, contains a listing of colleges and universities, crafts schools, and organizations offering courses. Available at libraries, or by mail from R.R. Bowker Co., Box 1807, Ann Arbor, Mich. 41106.
- Craft magazines—*Ceramics Monthly,* 1609 Northwest Blvd., Columbus, Ohio 43212, and *Shuttle, Spindle & Dyepot,* from the Handweavers Guild of America, Inc., 998 Farmington Ave., West Hartford, Conn. 06107. These publish crafts workshop and event information in their fields
- Local crafts groups and museums may offer recommendations.

What can vacationers get out of a crafts holiday? "Whatever they put into it," says one school director. Most take away colorful wall hangings, glass vases, ceramic bowls, and other special souvenirs of a good time. Some polish skills they already have so they can pursue their artistic endeavors with greater expertise. And a few, like Kathleen Moore, may discover, "This is the thing in life I want to do most."

ANDERSON RANCH ARTS CENTER, Box 2406, Aspen, Colo. 81611.

Right smack in the chic ski resort of Snowmass, just outside of Aspen, is a cluster of 19th-century log buildings that is now a thriving crafts school. Here in the Rockies, summer activities include swimming and saunas, as well as the famous Aspen Summer Music Festival and Snowmass' Ballet West. This summer, courses in blacksmithing, Indian tapestry weaving, loom building and painting will be added to the regular line-up of weaving, ceramics, metal and jewelry work, sculpture, the crafting of musical instruments, and woodworking. Three-week workshops run from mid-June through August. Tuition and condominium housing (with kitchen) are about $365 for three weeks.

ARROWMONT SCHOOL OF CRAFTS, Box 567, Gatlinburg, Tenn. 37738.

Founded in 1945, Arrowmont sits at the scenic foot of the Great Smoky Mountains, which every year draw streams of sightseers to its peaks and forests. Two- and three-week workshops, which run from mid-June through August, offer courses in weaving, ceramics, jewelry, woodworking, and photography. Workshoppers enjoy backpacking, horseback riding, hiking, golf, swimming, and theater presentations. They live in renovated mountain houses on the property or dorm-style in an old red barn. Tuition and room and board are about $140 a week, depending on accommodations.

THE HINCKLEY SUMMER SCHOOL OF CRAFTS, Box N, Hinckley, Maine 04944.

Ten miles from Waterville, Maine, and a special secondary school in winter, Hinckley has a summer crafts program for teenagers. Two, three-week workshop sessions, from the end of June to August, offer courses in dyeing, weaving, ceramics, jewelry, leather, glass blowing, and photography. Tuition, *(continued on page 46)*

You may have already won this Ford family van (or $10,000 cash) in the Sylvania Blue Dot™ "Double Your Family Fun" Sweepstakes!

Grand prize 1977 Ford Family Van (or $10,000 cash, whichever you prefer).

77 Second prizes "His" or "Her" Columbia 10-speed bicycles.

1977 Third prizes American Thermos one-gallon Cooler Jugs.

You could win this terrific family van, or $10,000 cash—and you have two chances to do it! *No purchase necessary.*

First, check the picture on the attached Blue Dot Instant Winner Card against the official Sylvania Blue Dot "Double Your Family Fun" Sweepstakes display at your participating retailer (displays not available in Wisconsin and Missouri—see Rule 3 for how to get winning family-member pictures in Wisconsin and Missouri).

Double your family fun. Relive happy days with pictures.

Your second chance is just as simple! Fill in and mail the "Second Chance" Sweepstakes entry blank that's attached here. All prizes not claimed as Instant Winners will be drawn from "Second Chance" entries.

So quick—see a "Double Your Family Fun" Sweepstakes display now! You might already have won this van, or any of 2,054 other fun-filled family prizes!

The name of the game is fun! Sylvania Blue Dot flash products let you relive your family fun with pictures!

GTE SYLVANIA

MAKING TRACKS
continued from page 39

Montana, passing near Yellowstone National Park and slicing through the Cascade Tunnel—at 7.79 miles the Western Hemisphere's longest—between Wenatchee and Everett, Wash.

COAST STARLIGHT. Los Angeles-Seattle via Santa Barbara, Oakland, and Portland. Roomette, $126. Amtrak has proved with the Starlight that car-happy Californians will leave their wheels at home if the view, the price, and the service are right. From Lotusland to Puget Sound, this is one of the prettiest rides in the country. The Starlight leaves L.A. at 10 A.M., hugs the coast for 113 miles from Ventura to Surf, the waves beating on one side, U.S. 1 traffic on the other. You get to Oakland at 8 that night, skirt the snowy Cacades early next morning, lunch on salmon in Oregon, and reach Seattle's King Street Station at 5:20 P.M.

Best of The East

Midwestern and eastern routes don't of course provoke the same gasps and sighs, but there are some notably good, attractive trips east of the Mississippi, such as:

ADIRONDACK. New York-Montreal via Albany and the Hudson River. Coach, $26. West Point and the misty Hudson appear grandly out the left side of the train shortly after the 10 A.M. departure from Grand Central, and at Albany a dome car is added for even finer views on this 9½ hour daylight run to Montreal. For fun, you can return from Canada on the Montrealer, a sleeper that winds through the Vermont mountains, calls at New York's Pennsylvania Station at 6:35 A.M., and gets to Washington, the final stop, at 10:59 A.M.

SHENANDOAH. Washington-Cincinnati via Harpers Ferry, Cumberland, and Parkersburg. Coach, $29. Amtrak has put its sleek new Amfleet cars on this eye-bending ride through the Blue Ridge and Allegheny Mountains, best seen in autumn and enchanting in spring. You leave Union Station at 9:25 in the morning, reach Harpers Ferry in 65 minutes and arrive in that fine old river town, Cincinnati, at 11:59 P.M. On weekends a sister train, the Blue Ridge, traces a lovely 90-minute course between Washington and Martinsburg, West Va., taking you along the Potomac and deep into Civil War country. At 12:29 you're in Martinsburg, in time to have lunch, pick up a jug of cider (for this is apple-growing territory), and catch the turn-around train to D.C. at 4:04 P.M.

SOUTHERN CRESCENT. Washington-Atlanta via Greensboro and Charlotte. Roomette, $71. Like the Rio Grande Zephyr, the Crescent is a non-Amtrak train that runs quite handsomely on its own. Every night at 7:20 the Southern Railway sends the Crescent out of Washington's Union Station for the overnight run to Atlanta (three days a week it goes on to New Orleans). This is perhaps the closest you will come to old-fashioned railroading: gracious service, a dining table with silver, napery, and crystal. One sleeping car is fitted with a master bedroom with *shower*, the only such amenity on U.S. passenger trains.

Close Seconds

There are other passenger trains worth taking, such as the three New York-Florida specials: the Champion, Silver Meteor, and Silver Star; the newly added all-Amfleet Palmetto, a day-long train from New York to Savannah; the popular L.A.-San Diego dailies (four); and the latest Amtrak member, ready to roll this summer but as yet unnamed, from Seattle to Salt Lake City through Boise and Ogden. Don't forget the Metroliner, the closest that America comes to a crack express in the style of the Japanese Bullet and the European T.E.E.'s. Turned loose hourly between Washington and New York, the Metroliner covers the distance in three hours, an hour faster than conventional trains, hitting speeds of over 100 mph.□

Travel Advice

Amtrak has a family plan by which the head of the family pays full fare, the spouse and children 12 through 21 get a 25 percent discount, kids 2 through 11 save 62 percent, and those under 2 go free. To qualify, you may not start the trip on Friday or Sunday.

Daytime travel is for scenery watching, novel reading, people meeting. But you aren't a confirmed train rider until you've spent a night on the rails, boxed in a tiny roomette or a slightly larger bedroom, rolling across the Dakota prairie or California desert, pushing up the shade to watch unnamed hamlets wink by in the dark, always waking before your time but knowing that fluffy French toast and crisp bacon are being readied. Can't you hear the whistle blowing?□

David Butwin is a free-lance writer who's ridden many miles of rails.

CRAFTY VACATIONS
continued from page 42

room/board are about $425 a session.

HAYSTACK MOUNTAIN SCHOOL OF CRAFTS, Deer Isle, Maine 04627.

Twenty-six years ago, a group of crafts people settled on Deer Isle "to get out of the rat race," according to Francis Merritt, one of the hearty crew, and Haystack's founder. Today some 75 crafts buffs gather at the school from mid-June through September for three-week workshops in weaving, ceramics, jewelry, woodworking, glass blowing, and photography courses. Tuition and room and board are about $90 a week for a dormitory room, and up to $200 a week for a private room and bath.

THE MENDOCINO ART CENTER, 540 Little Lake Street, Box 36, Mendocino, Calif. 95460.

When painter and sculptor William Zacha came to Mendocino almost 20 years ago, he fell in love with this peaceful coastal village and founded an arts and crafts school. Perched high on a Pacific bluff 150 miles north of San Francisco, the Mendocino Center operates year-round, from the end of June through August. There are more than 20 courses, including Scandinavian weaving, batik, basketry, jewelry, printmaking, blacksmithing, leather, stained glass, photography, painting, and boat building. The crafts workshops include courses for children. The tuition for week-long courses is $35. Limited housing is available on campus, and the school maintains a list of local lodgings.

PENLAND SCHOOLS OF CRAFTS, Penland, N.C. 28765

It was here in the Southern Highlands, originally settled by the Scotch and English, that the Penland School opened during the Depression with a weaving program for local women. Today the school draws students from all over the country who want to learn dyeing, spinning, weaving, batik, tapestry, stitchery, ceramics, jewelry, woodworking, glass blowing, lapidary, photography, sculpture, and graphics. Two-and three-week workshops run from June through September. Tuition, room, and board are about $130 a week for a dorm room and $180 for a private room and bath.

NOTE: Schools recommend that applications be made as early as possible. The minimum age for applicants is 18, unless otherwise noted. Lab, supply, and registration fees are often required. Call or write for brochures.□

Elizabeth O'Bryan, a former magazine editor, was the author of "Global House Swapping" in the October '76 American Home.

The Good News About Lemons

Lemons might seem like a luxury in your kitchen scheme of things, but the truth is that there's more to lemons than meets the eye. They shouldn't only be thought of as the base for cool pitchers of lemonade and other frivolous summer drinks, or an occasional adjunct to a cup of tea. Lemons are valuable aids to adding zest to other foods and to helping out with household chores. Even after the juice is extracted, the peels and pulp can go on making a contribution to your well-being. Not only that, they're a seasonless fruit that's in plentiful supply in your local market all year long. Here are some ways to help you get the most out of the lemon in your life.

BUYING BASICS

When you buy a lemon, choose firm ones that have a smooth, unmarked skin. When following recipes remember that the average fresh lemon yields about two to three tablespoons of juice and three teaspoons of grated peel. Five or six average-size lemons are needed to get a full cup.

Store lemons either at room temperature in a cool, well-ventilated area (they'll stay fresh a week to 10 days) or in the refrigerator, in a vegetable crisper, where they can last 2 to 3 weeks. If you cut a lemon in half, save the pieces in a plastic bag or wrap.

A GRATE WAY TO DO IT

Grating a lemon is easiest when the fruit is firm and whole—you can freeze the gratings in a plastic bag for later use—so grate before squeezing. Wash and dry the lemon first. Use only the colored layer of the peel, grating it over a piece of wax paper. For a set of handy lemon tools—grater, juicer, stick-in "faucet," and peeler, see Shopping Guide on page 110.

You can get the most liquid from a lemon by keeping it at room temperature and rolling it with some pressure on a counter before juicing. Cut in half, then twist the pulpy insides with a fork first to get the most juice.

MORE THAN A GOURMET'S DELIGHT

Just about the handiest little flavor package Mother Nature ever put together, lemons can perk up salads and sauces, meat and fish, vegetables, desserts, and beverages—cold, hot, and alcoholic. Those on salt-free diets can add lemon to taste as a salt substitute. A slice always lends a zesty tang to low-calorie sodas.

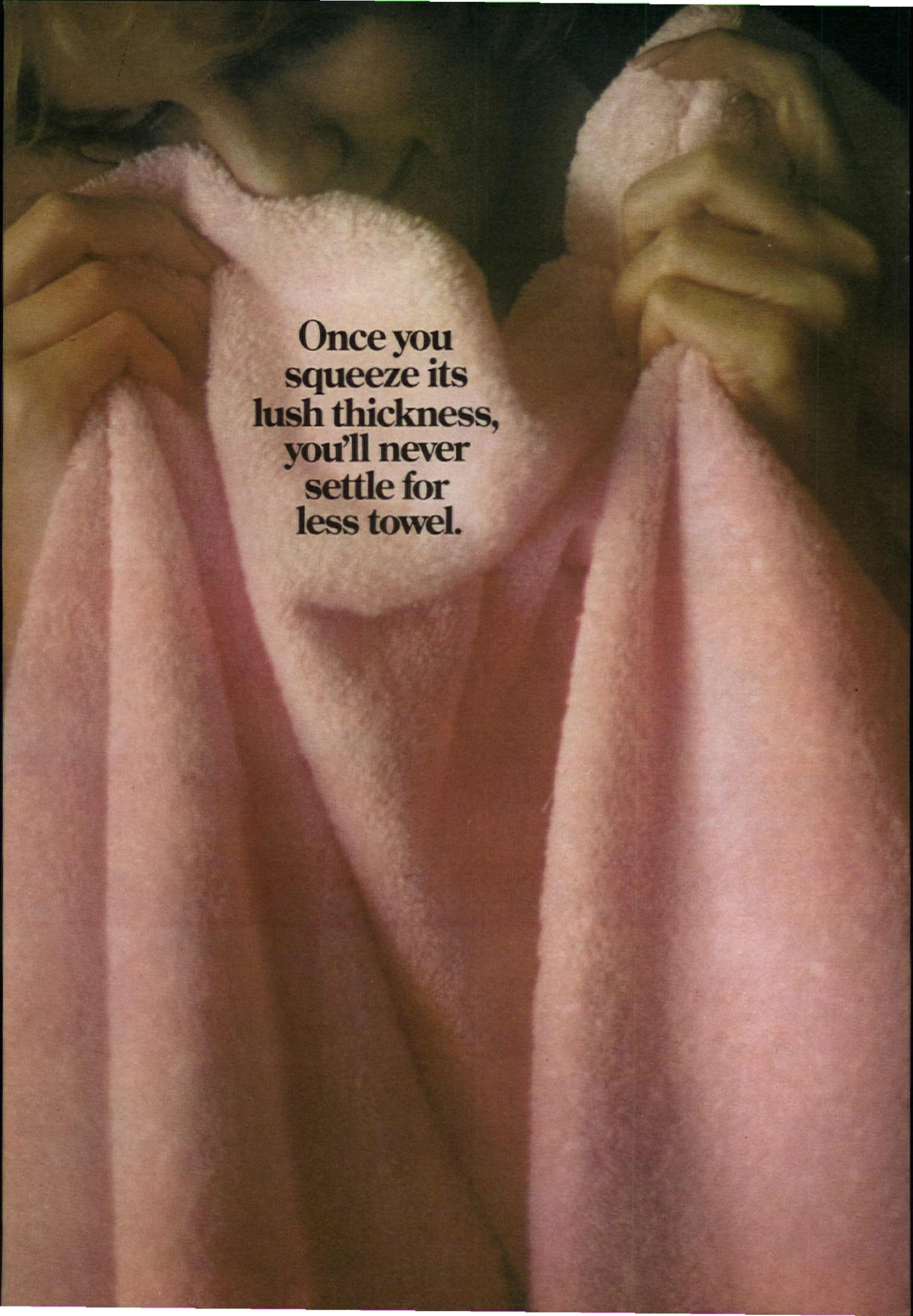
When cooking, a dash of lemon juice will help white vegetables, such as potatoes, retain their color. Similarly, dipping cut up fruits in lemon juice—bananas, apples, peaches, and pears—will help them keep their appetizing appearance.

A natural deodorizer, leftover lemons can be cut up and left in the refrigerator to impart a clean smell. They will sweeten odors if put through the garbage disposal or dropped on cold barbecue coals after a cookout. You can even rub a slice on your hands to eliminate food odors. (A half of a lemon rubbed on your elbows—or heels and toes, too—gives a beauty bonus to dry, tired skin. Rinse thoroughly.)

Lemons can be put to even further good use. Boiled, sliced lemon and water can add a shine to discolored aluminum pots. You can rub a half of lemon and some salt on the bottom of copper pots to keep them clean.

Last but not least, you can even recycle lemons—and the product is a special joy. Plant seeds in a flowerpot and place in a warm, sunny spot. Add some water and tender loving care, and life will sprout in the form of a cheerful green plant.

As you can see, any way you slice it, it's nice to have a lemon around the house.—**Phyllis Schiller**


Once you
squeeze its
lush thickness,
you'll never
settle for
less towel.

SEARS SUPERPLUSH TOWEL!

Sears brings you a towel that's super big, super soft, super absorbent. And so lavishly rich in plump terry loops, that we had to call it Sears Superplush Towel.

Super Thick

Sears Superplush Towel is Sears thickest towel. As thick as towels that usually cost much more. Both sides are crammed with fluffy terry loops. (618 loops to the square inch!) Loops that are long and dense for the deepest, thickest terry towel at Sears.

Super Big

Sears Superplush Towel is the biggest size bath towel at Sears. It measures a generous 27" x 50" to wrap you up in luscious comfort. And there's even a *bigger* size Superplush Towel that's man-sized. (Women love them, too!)

Super Absorbent

Sears Superplush Towel is Sears most absorbent towel. The terry loops are 100% combed cotton to be super thirsty, super soft. And the base frame into which the loops are woven is 50% cotton and 50% polyester. A combination of fibers that helps the edges last long and hang straight. Washing after washing.

Super Soft and More Colorful, too!

And Sears Superplush Towel is Sears softest towel. The terry is 100% *combed* cotton to make the fibers long and smooth for a deep, rich luster and downy soft touch. Unless you've been using really expensive towels (however, Sears Superplush Towel isn't), you've never felt such a delightful towel next to your skin.

These luscious fluffy towels come in up to 12 brilliant fashion colors, like Chocolate and Aztec Gold. Plus coordinating contemporary stripes and elegant two-tone woven patterns to add real excitement to your bath.

Super Price

We think Sears Superplush Towels are easily as good, if not better, than towels that usually cost much more. Once you wrap yourself up in one, we think that you'll agree!

You'll find Sears Superplush Towels now at most Sears, Roebuck and Co. larger stores and in the catalog.

Sears ✦ Best

Only at **Sears**

LONG DISTANCE IS FOR LITTLE THINGS, TOO.

Why just call Long Distance when people expect it? Little things come as surprises, and the telephone is a convenient, inexpensive way to share them. Pick up your phone the next time you have some news, and bring someone you love into your life again. Long Distance is the next best thing to being there.

Bell System

DON'T MOVE-

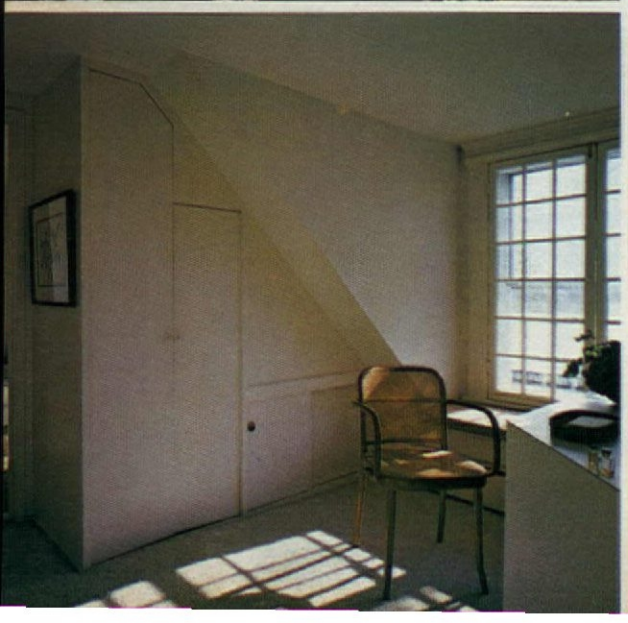
Space. Privacy. Views. Neighborhood. There are many reasons why a family decides to move or stay. The family in the home pictured here loved their waterfront property and as their needs changed, chose to expand their house by adding a wing. This issue is full of ways to rediscover the possibilities of your house and garden; rethink your vacations and menus; revive your body and pocketbook. Renew. Refresh. Rejuvenate . . . .

IMPROVE

PHOTOGRAPHED BY GEORGE CSERNA

IMPROVE

A major consideration in planning the addition to the Litwins' suburban house was how to join old and new. Architect Jay Fleischman notched the new wing into the house at an angle, above right, without disturbing dormer window or enclosed porch. New living room with music area, above and left, occupies the lower level (see plans, opposite). Sliding glass doors lead to the backyard, where eventually there will be a deck. Upstairs, a new dressing area, below left, replaces a former bedroom. A wall was knocked down between this space and the new master bedroom, below right, and a new divider with built-in make-up table installed. Closets were cleverly stepped between the dressing area and bathroom to fit the eave—and they supplement two storage walls. Old living room, right, now hall, leads to porch off to right. Interiors: Martha Rodman Stone.



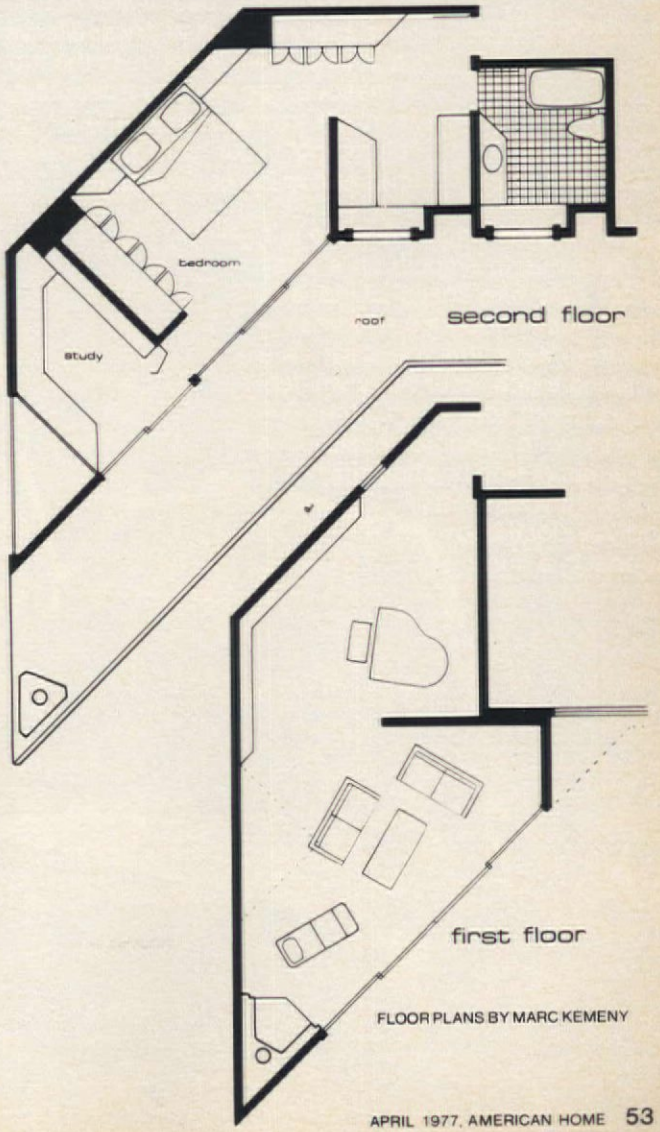
Gordon and Joan Litwin moved out of New York City to a town on the Atlantic coast in 1960, because they love the water and water-oriented activities. They found a former oyster shack that had been moved back from the water's edge and converted into a house about 100 years before. Not so long ago, the coast near the city was still a natural wilderness; in spite of commuter influx, certain parcels of land, like the Litwins' third-acre, still retain that wilderness feeling. So, when their children—now three teenagers—grew, they chose to stay in their house and expand it rather than move to a bigger house away from the water.

They called in architect Jay Fleischman, who had smoothed out some of the spaces in their house in the early '60s, to figure out how to get more room and privacy. Joan Litwin needed a place to practice the piano; the kids needed a room of their own to entertain in; and Gordon Litwin needed a study.

Because the house has no attic or basement, the only logical solution was to add a wing. The house borders on a public pathway to the water; the Litwins were granted a zoning variance so their new wing could virtually hug the path. Fleischman angled the wing to take in water views without obscuring vantage points from the rest of the house, especially from the enclosed porch.

The new wing is strongly contemporary in feeling, yet does not clash with the rest of the house because Fleischman carried rooflines and exterior materials—roofing and siding— over from old to new. The side of the house facing the path is windowless on the ground floor; above, Gordon Litwin's new study has a window with a view across the path to the water.

The new living room has a special alcove at the entry for Joan Litwin's piano where she can close herself off from the rest of the house when she plays. The master bedroom upstairs can be shut off, too; and the children's rooms in the old house are separated from each other by the hall and bath. —**Bo Niles**



FLOOR PLANS BY MARC KEMENY

IMPROVE

GET UP AND GLOW

What do you do when you've had a hectic day and there's barely an hour left to get set for an evening out? Follow these quick pick-me-up tips using tools you probably have on hand to revive yourself. You'll save the day ... and the night! —*Muriel Hill*

MASQUE REVIVAL A masque is unsurpassable when it comes to making your skin look alive. If you don't have the store-bought kind, you can whip up a simple, all-purpose one quite easily. Just mix a small amount of herbal witch hazel with enough oatmeal to create a paste. While the bath water is running, apply evenly. Let dry, and leave on your face while you're in the tub. A masque can have the beautiful-though-temporary effect of "plumping" your skin so smaller lines and wrinkles disappear.

SOFT TOUCH Once out of the tub, it's delicious to smooth on a body lotion. Use one that's bland and innocuous in fragrance unless it matches the scent you wear as a finishing touch. Your body will feel silky-smooth, and your clothes will slip on with glorious ease. This extra pampering is a heavenly way to lift your spirits and your total body appeal in a hurry.

BATHE AWAY BLUES Nothing beats a luxurious hot bath spiced with your favorite perfumed bath oil or body softener to detense and renew you. Leave a cup of herbal tea on a small stool next to the tub to sip from time to time. Prop a small pillow or rolled-up towel under your neck (well above the water), lean back, and close your eyes. Ahh.... Fifteen minutes of immersion will make you feel ready for anything. And by doing your masque and eye treatment while you soak, you can enjoy beauty spa benefits—on the strictest of time budgets.

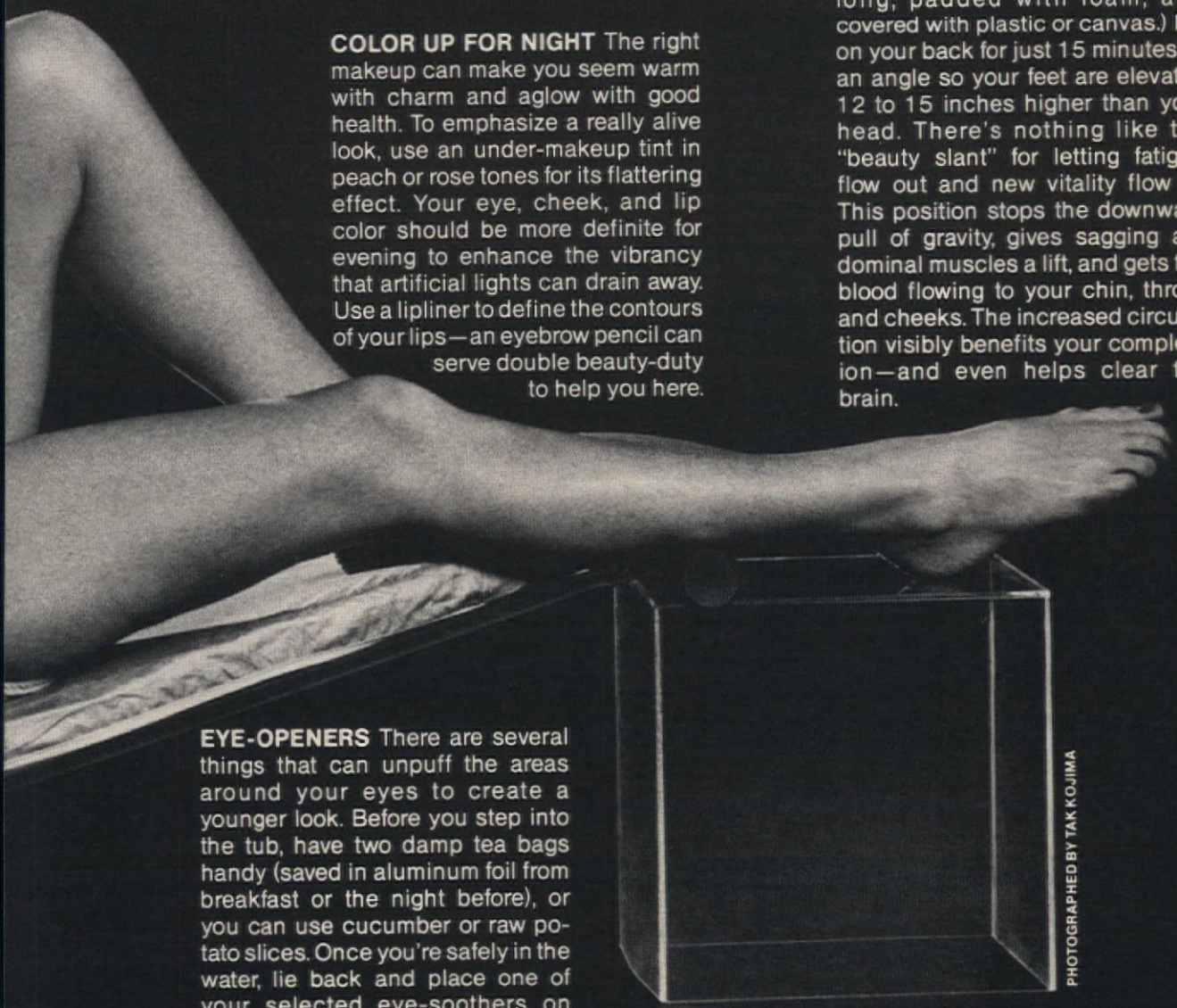
MOISTURE MAGIC A face moisturizer smooths the way for your makeup. If you don't use one regularly—though you should—try patting on a little mineral oil and tissuing off the excess. It works like a light, daytime moisturizer and you'll love the fresh, moist effect.

CLEAN START Give weary skin a fresh start by cleansing your face thoroughly. Get rid of that daylong buildup of makeup and grime. Wet your face with warm water, then lightly massage soap or cleanser into the skin with fingers. If your skin is sensitive, wash off within 60 to 90 seconds, and rinse at least twice to remove all residue.

FRESHEN UP A freshener or astringent takes cleansing one step further. If you own a freshener, use it. If not, make one by mixing one-part rubbing alcohol with four-parts water. Saturate a cloth or cotton pad and wipe skin thoroughly. The alcohol reaches in and removes the last bits of dirt and film clogging the pores—even the last traces of your cleanser—as it cools, soothes, and makes skin feel smoother.

NEW SLANT ON LIFE Here's an old slant on relaxation that works every time—Yoga devotees know all about it. You'll need a slant board—and you have one, whether you know it or not. Just prop up your ironing board securely against the wall. (For long-range planning, a slant board can be made out of a board that's 1½ feet wide and 6 feet long, padded with foam, and covered with plastic or canvas.) Lie on your back for just 15 minutes, at an angle so your feet are elevated 12 to 15 inches higher than your head. There's nothing like the "beauty slant" for letting fatigue flow out and new vitality flow in. This position stops the downward pull of gravity, gives sagging abdominal muscles a lift, and gets the blood flowing to your chin, throat, and cheeks. The increased circulation visibly benefits your complexion—and even helps clear the brain.

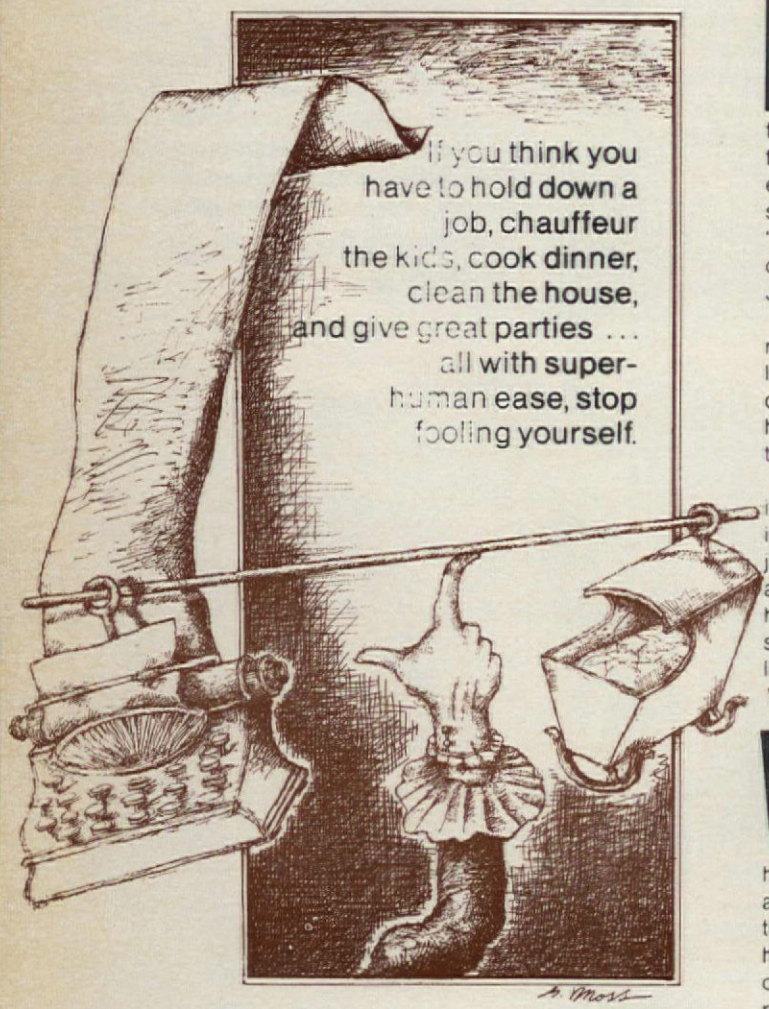
COLOR UP FOR NIGHT The right makeup can make you seem warm with charm and aglow with good health. To emphasize a really alive look, use an under-makeup tint in peach or rose tones for its flattering effect. Your eye, cheek, and lip color should be more definite for evening to enhance the vibrancy that artificial lights can drain away. Use a lipliner to define the contours of your lips—an eyebrow pencil can serve double beauty-duty to help you here.



PHOTOGRAPHED BY TAK KOJIMA

EYE-OPENERS There are several things that can unpuff the areas around your eyes to create a younger look. Before you step into the tub, have two damp tea bags handy (saved in aluminum foil from breakfast or the night before), or you can use cucumber or raw potato slices. Once you're safely in the water, lie back and place one of your selected eye-soothers on each closed lid. Leave in place until you emerge. Puffiness, tense lines, and a strained look will go right down the drain.

ARE YOU TRYING TO BE SUPER-WOMAN?



Ellen Williams felt a surge of elation: She was unloading the dishwasher, the stew she had frozen on Sunday was starting to defrost, her husband had settled at the kitchen table with the evening paper and the martini she had made for him (glass properly chilled), the reassuring slosh of the washing machine mid-cycle reminded her that her daughter Debbie's gym suit would be ready for school tomorrow, and she found herself calmly discussing her son Ned's school science project with him.

For the first time since she had gone back to work as a computer programmer a few months before, she felt she was really on top of everything—wife, mother, working woman. She really had it all together. She was the super dynamo who was the subject of books and TV interviews who could juggle all these roles and not short change anyone in the family, the superwoman who could rescue mighty financial empires from disaster all day and then step into a phone booth and emerge as the trusty mom who could protect her home from harm every night.

The only problem was that a year later Ellen Williams resented the fact that she was doing so much more than anyone else in the family and that none of them ever volunteered to help her. She was contributing an additional salary to the family coffers, enjoying being in a stimulating environment, but she felt overworked and let down at home. This wasn't the way the scenario was supposed to go, the way those other superwomen felt. She wondered whether there was something wrong with *her*?

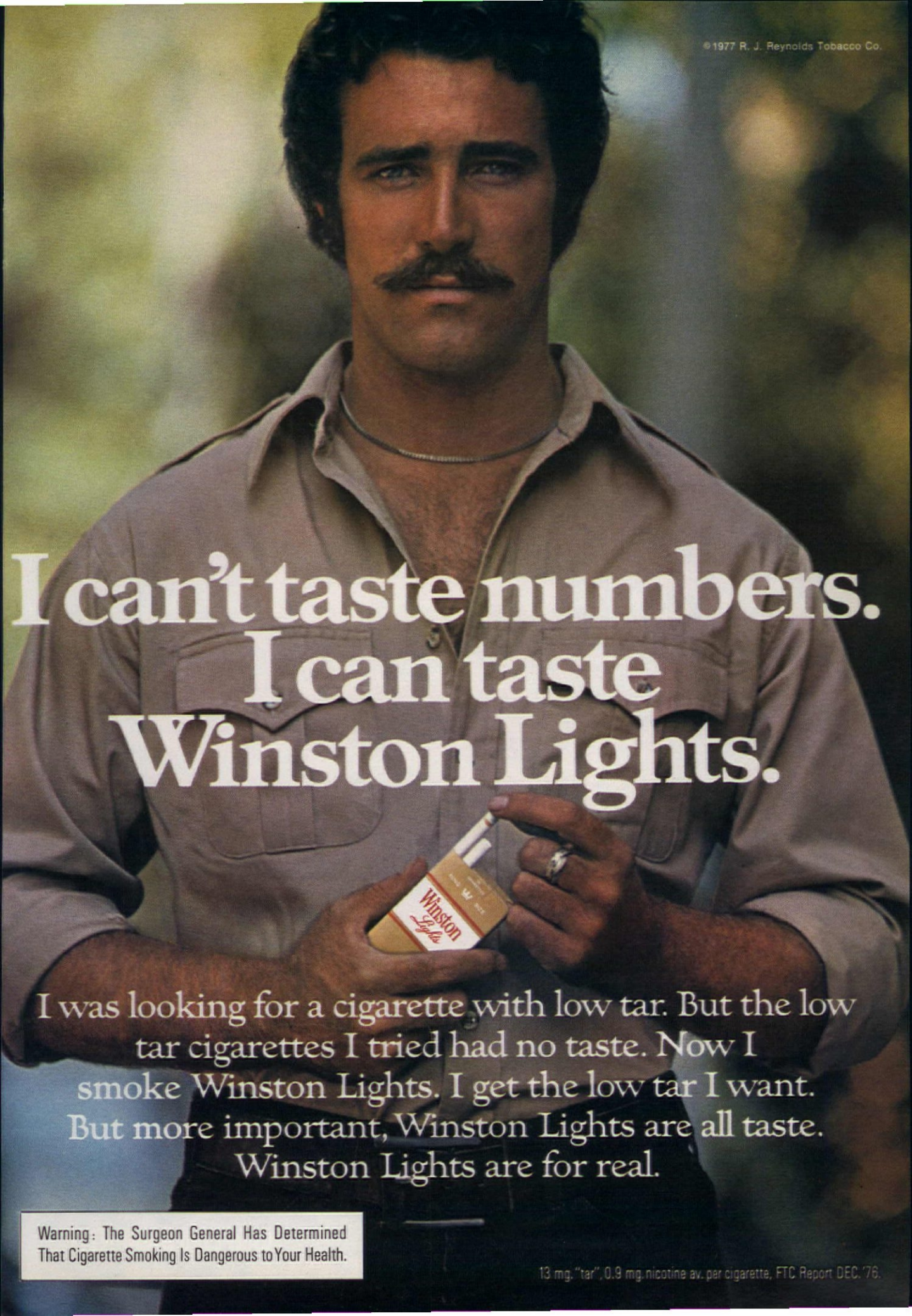
In *Juggling: The Art of Balancing Marriage, Motherhood, and a Career,* Letitia Baldrige, formerly social secretary to Jacqueline Kennedy and now manager of her own public relations firm, tells us how simple and how much fun it was for her to live all these lives. Liz Baldrige makes the point that if she and women she knows—who are also extremely successful—can do it, so can you. All you need, she says, is "self-willed energy," "self-control," and a "sense of humor." No mention of a supportive husband or children, of housekeepers, cooks, nurses, or grandparents. Just little old you.

The message is that to succeed, a woman has to accept responsibility for everything she is involved in. Even if the load is unequal—well, that's the way it is. "There is no question," Baldrige writes, "that at this point women still have to work harder, both in their careers and in holding their marriages together. It is not an equal world yet ...."

This is certainly not a new insight, but the acceptance of it and the feeling of pride in being able to live with such inequality seems curiously dated. Why are women still juggling more roles than men? Why is it supposed to be almost a virtue? No one tells you the other side—that if you have all those balls in the air at one time you might drop some, or that you might watch them so intently you miss the life everyone else around you is living. Instead, you are told: *You can do it.* You're a superwoman, too.

"Working wives happy in roles," said a headline in the *Long Island Press* this fall. The good news it reported was: "A new survey of families with working wives indicates that superwoman, her husband, and their children, are generally happy with the arrangement. A lot has been written recently about the tensions developed by women who try to juggle home, husband, children, and an outside job without short-changing any of them. Statistics from, and individual responses to, the survey by the Mark Clements research firm for *Family Circle* magazine, suggest the situation isn't as bad as it has been pictured." It's okay. Everyone is juggling nicely.

A survey of women physicians *(continued on page 82)*


©1977 R. J. Reynolds Tobacco Co.
I can't taste numbers.
I can taste
Winston Lights.
Winston
Lights
I was looking for a cigarette with low tar. But the low tar cigarettes I tried had no taste. Now I smoke Winston Lights. I get the low tar I want. But more important, Winston Lights are all taste. Winston Lights are for real.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
13 mg. "tar", 0.9 mg. nicotine av. per cigarette, FTC Report DEC. '76.

IMPROVE

STORAGE CUBE

CARPETED BANQUETTE

A ROOM FOR ALL REASONS

Even a one-room apartment does not have to be confining if it is planned carefully. This apartment, designed by Cindi Mufson, A.S.I.D., of Coral Gables, Fla., illustrates how the clever use of platforms—all luxuriously carpeted—and of sheets in a single design theme for upholstery, bed covering, and window shades can add the feeling of comfort and spaciousness to a small room.

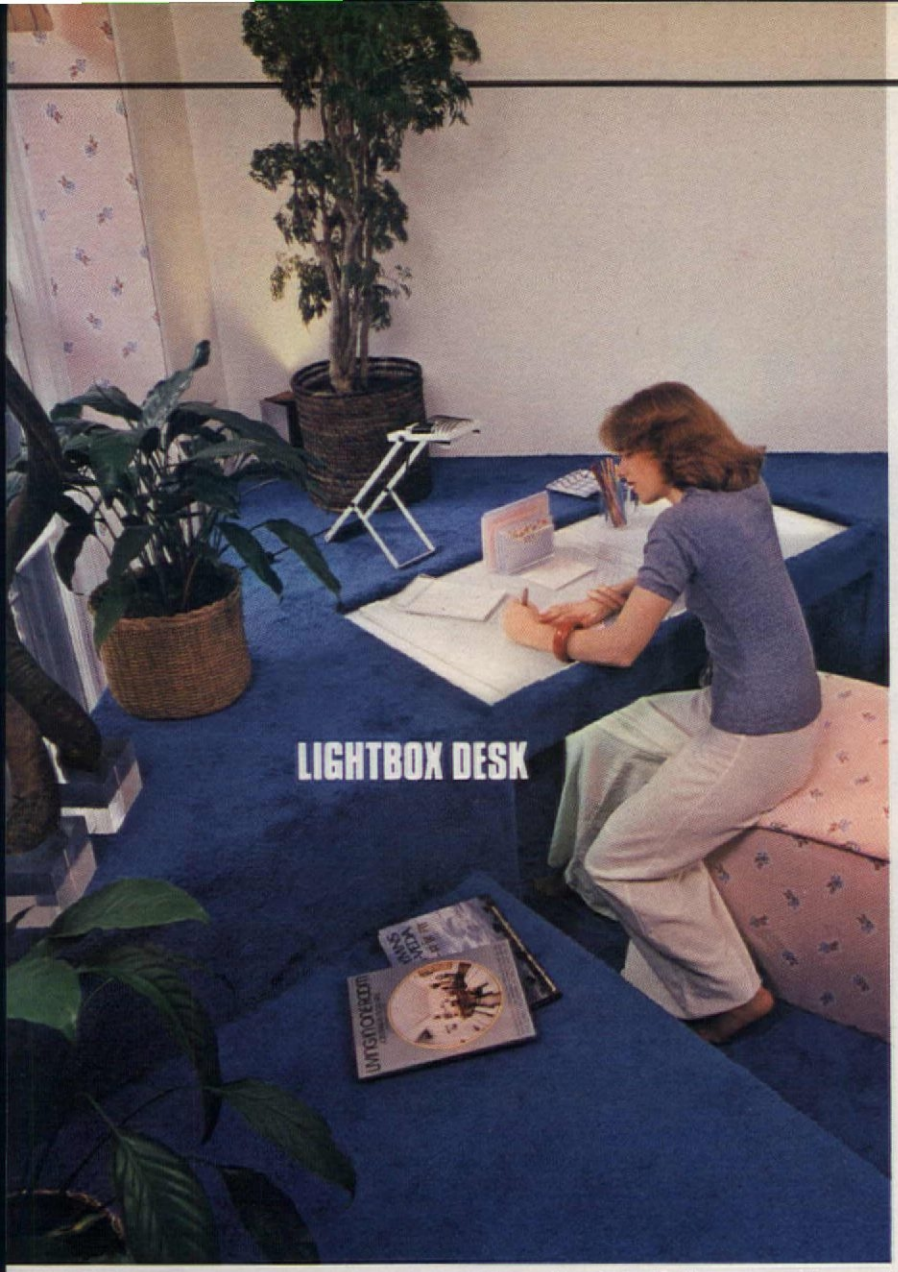
Two platforms—one a desk and one for sitting and sleeping—are juxtaposed at angles to each other, and virtually eliminate the need for extra furniture—a boon if you don't want to plan a major furnishings investment until you move into larger quarters. The platforms are punctuated by a softly quilted island bed and by a desk made from a lightbox. Sleek, contemporary dual-purpose bunching tables serve for cocktails or dining.

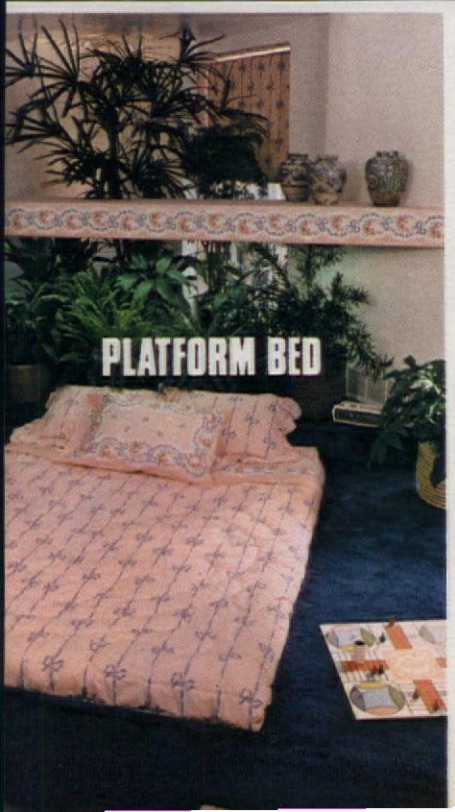
Storage cube, wrapped in sheets, not only conceals bulky items that can't be slipped into a drawer, but it also pulls easily from the desk over to the bed platform for extra seating. Stacking pillows flop wherever they are needed.

Lightbox desk, inset into its own carpeted platform, is easy to write on, and great for working on hobbies that require detailed viewing or sorting.

Carpeted banquette, plumped with sheet-covered pillows, forms a cozy dining corner. One end is raised and indented to create a planter/divider.

Platform bed, padded with a comforter, provides cushy extra seating. Lighting was set into an overhead shelf for reading, and to shine on plants behind the bed. **C.J.**



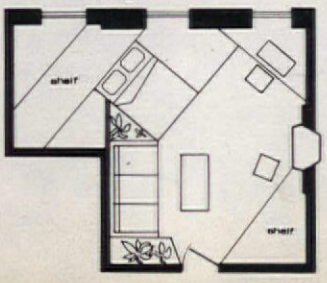


Opposite, top: *Pull up a cushion and make a platform into an impromptu game table. The floor and all levels are carpeted with "Sensuale" by Sweetwater, a Celanese Fortron 50 fiber.*

Upper right: *A closeup of the desk area shows the illuminated top and the storage ottoman seating pedestal.*

Opposite, bottom: *The banquette is separated from the bed by a planter. White tables are from Thayer Coggin.*

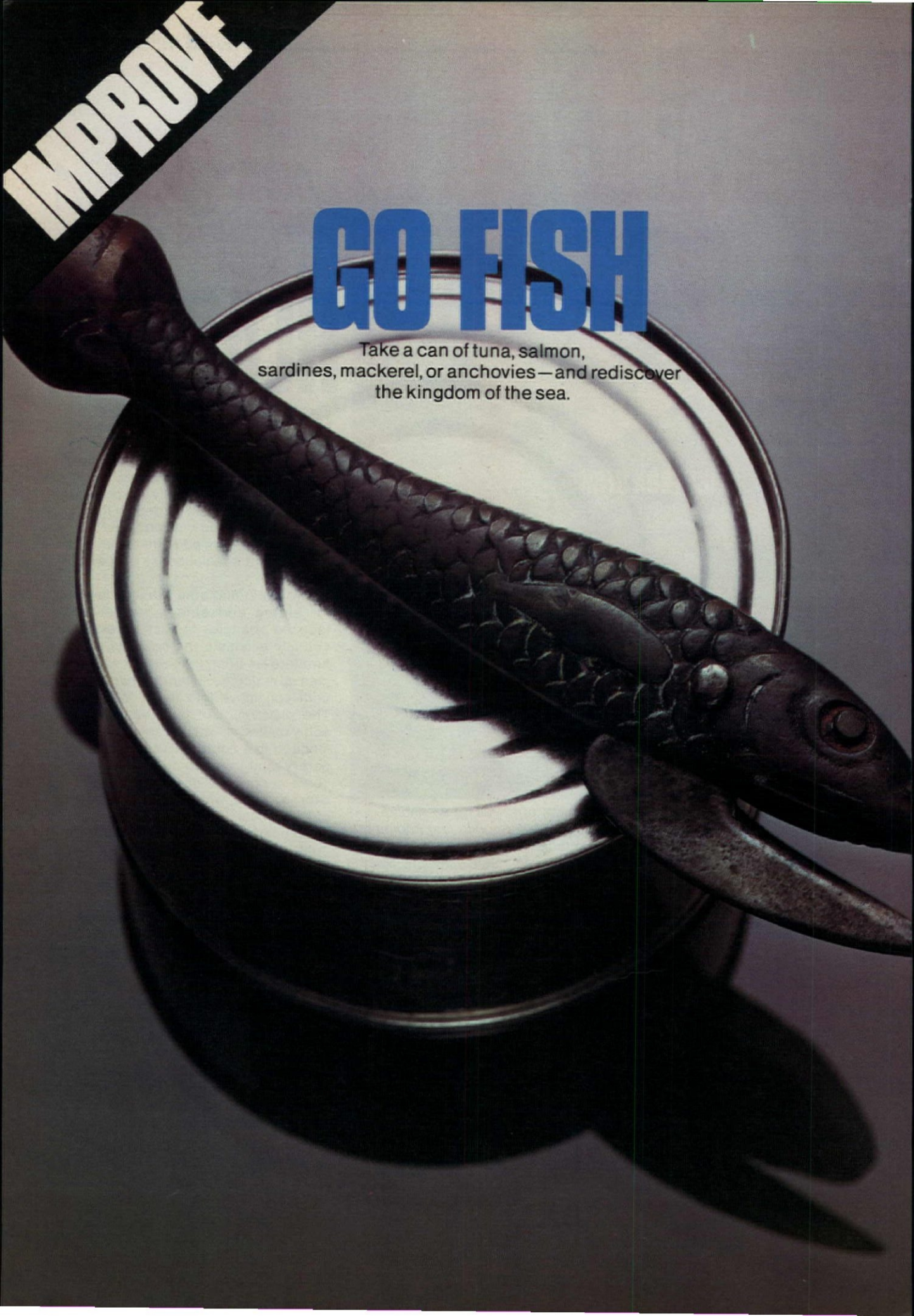
Right: *The mattress and foundation are set deeply into the platform. Sheets, pillowcases, shams, and bedspread are from Cannon Mill's Oscar de la Renta Collection. Named "Garland," this floral print is an easy-care Celanese Fortrel polyester and cotton blend.* *See page 110 for Shopping Guide.*



IMPROVE

GO FISH

Take a can of tuna, salmon, sardines, mackerel, or anchovies—and rediscover the kingdom of the sea.

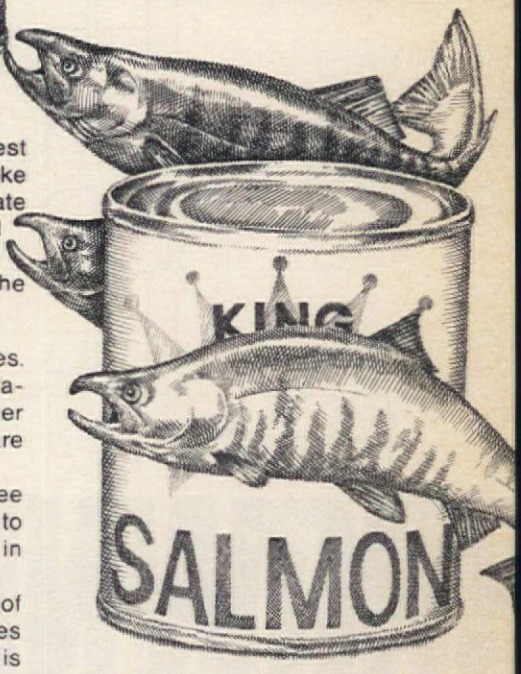


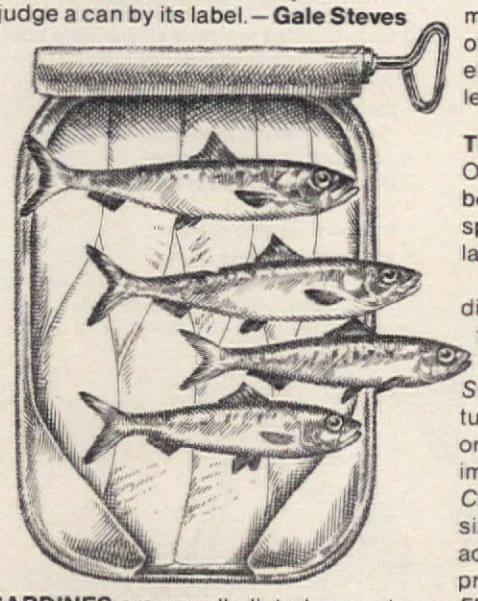
When you open a can of fish, you can open the door to an eating adventure. Everyone knows just how convenient and easy to store canned fish is, but these fish also go a long way. You can feed your family with a pound or less of canned fish with a little help from rice, potatoes, spaghetti, crescent rolls, or even hamburger rolls. There is no fat to trim off, no throw-away heavy bones—just lean, protein-rich fish.

Discover seven glamorous ways with fish (recipes begin on page 114). Our tips, below, will show you how to judge a can by its label.—**Gale Steves**

MACKEREL is packed on the West coast and has a very strong fish-like flavor. To counteract this flavor, mate mackerel with garlic, onion and other pungent seasonings. Mackerel, available in 15-ounce cans, is the least expensive of all canned fish.

ANCHOVIES, like sardines, are mostly imported and come from Italy, Spain, or Portugal. Anchovies may be purchased in two ounce cans as flat fillets or as fillets wrapped around capers; they also come in a paste.





SARDINES are usually listed according to country of origin. Most sardines imported to this country come from Norway and Portugal. The Maine sardine is a cousin of the herring family and can be used as you would other sardines. Sardines come in 3¾-, 4-, or 15½-ounce cans; some are packed in tomato or mustard sauce as well as oil.

TUNA is a family with several species. Only albacore is permitted to be labeled "white meat" tuna. All other species (bluefin, skipjack, etc.) are labeled "light meat."

Canned tuna is available in three different styles of pack, according to the difference of size of pieces in the can, not a difference in quality.

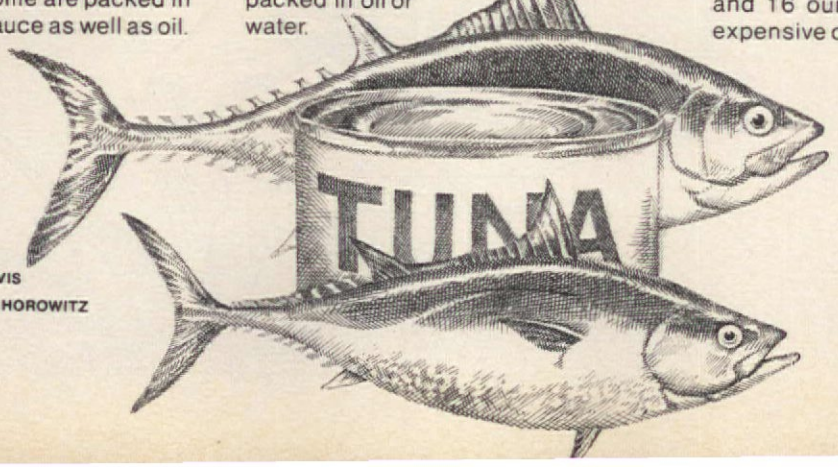
SOLID: Contains 3 or 4 large pieces of tuna. This pack is ideal for cold plates or for recipes where appearance is important. It is the most expensive.

CHUNK: Tuna is cut into convenient-sized pieces and is adaptable to salads and casseroles. It is moderately priced.

FLAKED: Tuna is cut into pieces smaller than chunk. Good for sandwiches or appetizers where tuna is blended, this is the lowest-priced pack.

Tuna may be purchased in cans that contain 3¼, 3½, 6, 6½, 7, 9¼, 12½, and 13 ounces. It also comes packed in oil or water.

SALMON canned on the Pacific coast are of four distinct varieties usually sold by their names, since there are major differences in color, texture, and flavor. The higher the price, the deeper the color and the higher the oil content. In descending order according to price, the varieties of salmon are: red or sockeye, chinook or king (medium red), coho or silver (pink), and chum or keta salmon. All varieties may be purchased in cans that contain 3¾, 7¾ and 16 ounces. Salmon is the most expensive of all the canned fish.



ILLUSTRATED BY ALAN DAVIS
PHOTOGRAPHED BY IRWIN HOROWITZ

IMPROVE

THE SEARCH FOR THE PERFECT BROWNIE

"Of all the cases I have pursued, the most elusive has been the search for the perfect brownie," said Sherlock Holmes looking back over his career. Fact or fiction? We don't know, but we can only assume that if Mr. Holmes were a connoisseur of brownies, his quest must have been a long and very tasty one. The *American Home* staff conducted its own investigation and discovered not only one but eight "perfect" brownie recipes in the effort to satisfy every taste—from purist to iconoclast. Test our finds yourself, and watch the brownie lovers follow the scent.—**Lynda Foster**

MOCHA OATMEAL BROWNIES

The cakiest brownie.

Working time: 20 minutes
Baking time: 30 minutes

1 package (6 ounces) semisweet chocolate baking pieces, about 1 cup
1 1/2 cups unsifted enriched all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1 1/2 cups firmly packed brown sugar
1/2 cup butter or margarine, softened
1 tablespoon instant coffee (not freeze-dried)
2 eggs
1 cup quick-cooking oats, uncooked
1 package (6 ounces) semisweet chocolate baking pieces, about 1 cup
1/4 cup chopped nuts

Melt 1 package semisweet chocolate pieces in top of double boiler over hot (*not boiling*) water; set aside. In small mixing bowl, combine flour, baking powder, and salt; set aside. In large mixing bowl, combine brown sugar, softened butter, and instant coffee; beat until creamy. Beat in eggs. Blend in melted chocolate, mixing well. Gradually stir in flour mixture and oats. Spread into greased 13x9x2-inch baking pan. Preheat oven, 375°F. Bake for 30 minutes. Remove from oven, and sprinkle second package of chocolate pieces over top. When chocolate pieces have softened, spread evenly over top with spatula. Sprinkle with chopped nuts. Cool completely on wire rack. Cut into 1x2-inch bars. *Makes 4 dozen bars (96 calories per bar).*

BUTTERSCOTCH BROWNIES

Winner of the blonde brownie award.

Working time: 15 minutes
Baking time: 30 minutes

2 cups unsifted enriched all-purpose flour
2 teaspoons baking powder
1 1/2 teaspoons salt
1 package (12 ounces) butterscotch-flavored baking pieces, about 2 cups
1/2 cup butter or margarine
2 cups firmly packed brown sugar
4 eggs
1 teaspoon vanilla extract
1 cup chopped nuts

In small mixing bowl, combine flour, baking powder, and salt; set aside. Melt butterscotch pieces and butter in top of double

boiler over hot *(not boiling)* water. Transfer melted butterscotch to large bowl. Stir in brown sugar, mixing well. Cool at room temperature 5 minutes. Beat in eggs and vanilla extract. Gradually add flour mixture, mixing well. Stir in nuts. Spread evenly in greased 15x10x1-inch baking pan. Preheat oven 350°F. Bake for 30 minutes. Cool completely on wire rack. Cut into 2-inch squares. *Makes thirty-five squares (183 calories per square).*

FROSTED RAISIN BROWNIES

Tops in the surprise category.

Working time: 30 minutes
Baking time: 30 minutes

2 squares (1 ounce each) unsweetened baking chocolate, or 2 envelopes premelted unsweetened baking chocolate flavor product
1/2 cup butter or margarine
1 cup granulated sugar
1 teaspoon vanilla extract
2 eggs
1/2 cup unsifted enriched all-purpose flour
1/2 cup dark seedless raisins
1/2 teaspoon baking powder
1/4 teaspoon salt
Brownie Frosting (recipe follows)

In large saucepan, melt chocolate and butter over low heat. Remove from heat. Stir in sugar. Add vanilla extract and eggs, one at a time, beating well after each addition. Stir in remaining ingredients except frosting. Spread in greased 8-inch-square baking pan. Preheat oven 350°F. Bake for 30 minutes or until set in center. Cool completely on wire rack. Cover with frosting. Cut into 1½-inch squares. *Makes 3 dozen squares (95 calories per square).*

BROWNIE FROSTING

Working time: 15 minutes

1 square (1 ounce) unsweetened baking chocolate
2 tablespoons butter or margarine
1 cup sifted confectioners' sugar
1 teaspoon vanilla extract
2 tablespoons light cream

In small saucepan, melt unsweetened chocolate and butter over very low heat. Cool slightly. Beat together in large mixing bowl confectioners' sugar, vanilla extract, and light cream until mixture is smooth. Gradually add melted chocolate, mixing well. *Makes about 1¼ cups frosting (891 calories for total recipes).*

DOUBLE FUDGE BROWNIES

For chewy brownie lovers.

Working time: 25 minutes
Baking time: 50 minutes

1 1/2 cups unsifted enriched all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups granulated sugar
2/3 cup butter or margarine
1/4 cup water
1 package (12 ounces) semisweet chocolate pieces, about 2 cups
2 teaspoons vanilla extract
4 eggs
1 cup chopped nuts

In small mixing bowl, combine flour, baking soda, and salt; set aside. Place sugar, butter, and water in a small saucepan. Bring just to a boil. Remove from heat. Add chocolate pieces and vanilla extract, stirring until chocolate pieces melt and mixture is smooth. Transfer to large mixing bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in nuts. Spread into greased 13x9x2-inch baking pan. Preheat oven 325°F. Bake for 50 minutes. Cool completely on wire rack. Cut into 1½-inch squares. *Makes 4 dozen squares (120 calories per square).*

LISA'S BROWNIES

American Home*'s all-round, all-time favorite.*

Working time: 30 minutes
Baking time: 60 minutes

2 squares (1 ounce each) unsweetened baking chocolate
1/2 cup butter or margarine
1 1/2 cups granulated sugar
1 teaspoon vanilla extract
3 eggs
3/4 cup unsifted enriched all-purpose flour
3/4 cup coarsely chopped walnuts
1/2 6-ounce package semisweet chocolate pieces, about 1/2 cup
1/2 teaspoon baking powder
1/4 teaspoon salt

In large saucepan, melt chocolate and butter over very low heat. Cool slightly. Stir in sugar. Add vanilla extract and eggs, one at a time, beating well after each addition. Stir in remaining ingredients, mixing well. Line bottom of greased 8-inch-square baking pan with wax paper. Carefully spread batter evenly over the wax paper. Place pan in slightly larger baking pan filled with 1 to 1½ inches water. Preheat oven 350°F. Bake for 60 minutes. Cool completely on wire rack. Remove from pan, and peel off wax paper. Cut into 1-inch squares. *Makes 64 squares (61 calories per square).*

RIBBON BROWNIES

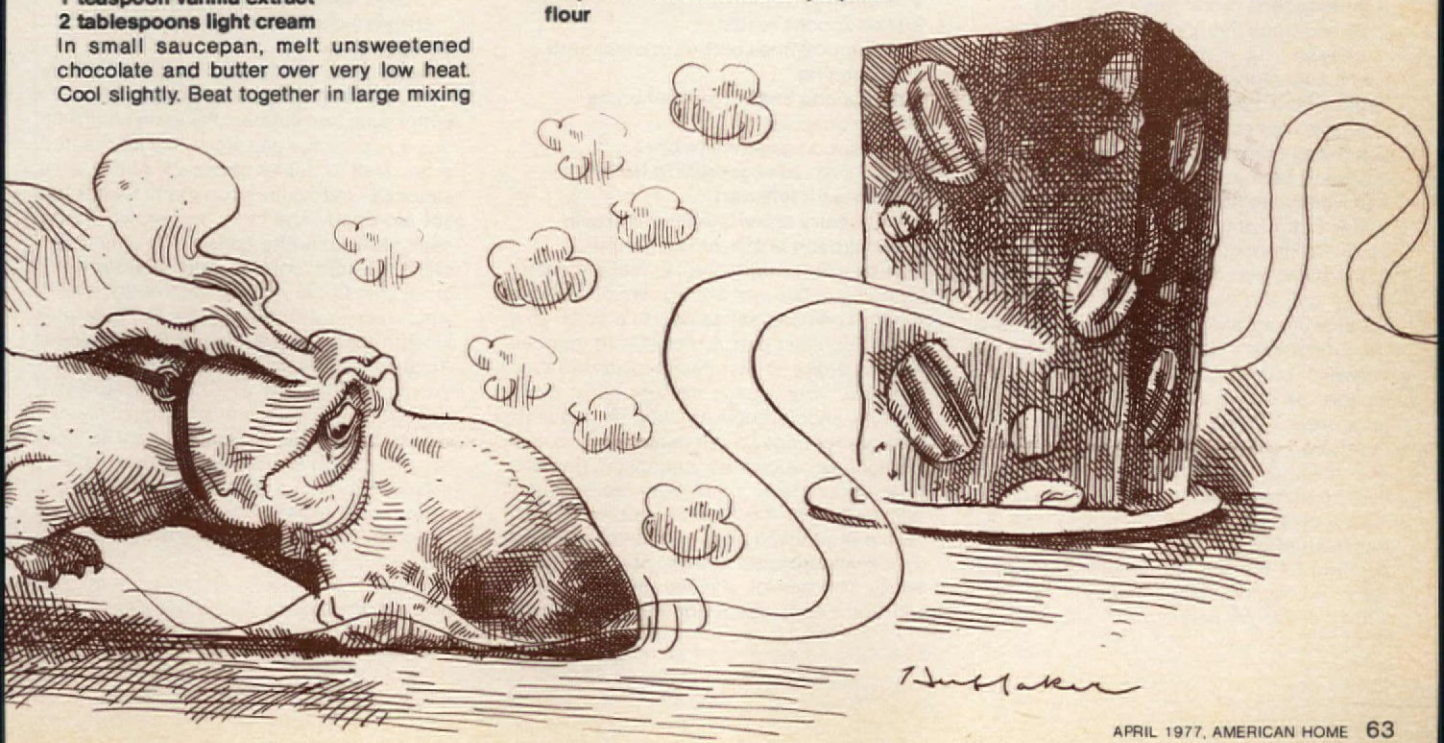
The most delicate-flavored brownie of all.

Working time: 20 minutes
Baking time: 35 minutes

1 cup sifted enriched all-purpose flour
1/2 teaspoon double-acting baking powder
1/4 teaspoon salt
1 package (4 ounces) sweet cooking chocolate
2 packages (3 ounces each) cream cheese, softened
1 cup granulated sugar
2 eggs
1/4 teaspoon orange extract
1 teaspoon vanilla extract

In small mixing bowl, sift flour again with baking powder and salt; set aside. Melt sweet chocolate in small saucepan over very low heat; cool slightly. In large mixing bowl, gradually add softened cheese to sugar, beating until light and fluffy. Add eggs, flour mixture, and orange extract. Measure ½ cup batter and set aside. Add melted chocolate and vanilla extract to remaining batter. Spread about ½ chocolate batter into greased 8-inch square baking pan. Drop measured cheese batter from a

(continued on page 112)



IMPROVE

THE ORIGINAL FAST FOOD

The all-purpose, all-perfect, all around meal. Ready, get set, go!

Rediscover eggs—they're the perfect food for busy people who cook by the clock but want speedy and taste-tempting meals. Versatile eggs may be served in dozens of ways—cooked in the shell, baked, poached, scrambled, fried and as an omelet. Pair them with cheese, meat, herbs, tomatoes, and other vegetables. Here are half a dozen egg-citing recipes that can be prepared in minutes. They make the base for a quick-fix complete meal—morning, noon, or night. Enjoy nature's first convenience food in all its amazing variety.—**Gale Steves**

FRITTATA DI ZUCCHINI

Working time: 5 minutes
Cooking time: 6 minutes

1 cup thinly sliced zucchini
4 slices of onion
1/4 cup butter or olive oil
6 eggs
6 tablespoons water
1 teaspoon salt
1/4 teaspoon pepper
4 tablespoons diced fresh tomatoes
2 tablespoons freshly grated Parmesan cheese

Sauté zucchini and onion slices in 1 tablespoon of the butter in a 10-inch omelet pan, or skillet with rounded bottom, until tender. Combine remaining ingredients in a mixing bowl and beat just until the egg yolks and egg whites are blended. Melt the remaining butter in the same pan, just hot enough to sizzle a drop of water. Pour in the egg mixture and work with the side of a fork and lightly pull the thickened edge away from the side of pan, allowing the still soft parts to flow underneath. Cook until bottom is lightly browned but the top is still moist, then loosen the edges and place a 10-inch or larger round platter on top of the pan. Very carefully, holding one hand on the platter and the other on the pan handle, flip the pan over so that the platter with the egg mixture is now on the bottom. Very quickly, slip the egg mixture back into the pan and continue cooking till the bottom is lightly browned. Serve on heated platter. *Makes 4 servings (284 calories per serving).*

EGGS IN CURRY SAUCE

Cooking time: 10 minutes

2 yellow onions, finely chopped
4 tablespoons butter or margarine
1/4 cup all-purpose flour
2 teaspoons curry powder
1 1/2 cups milk
1 medium apple, diced
1 tablespoon dark seedless raisins
1 teaspoon salt
8 hard-cooked eggs
1 tablespoon chopped parsley

Sauté the onions in the butter until onions are tender but not browned. Add the flour and curry powder, mixing well. Stir in the milk all at once and cook, stirring constantly, until smooth and thickened. Add apple, raisins and salt. Slice or quarter the eggs. Place eggs on platter or serving dish, cover with the sauce, and sprinkle parsley on top. *Makes 8 servings (132 calories per serving).*

DELICATE HERB OMELET

Working time: 5 minutes
Cooking time: 10 minutes

4 large eggs
2 tablespoons water
1/2 teaspoon fines herbes or other herb seasoning
2 teaspoons instant minced onion
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
3/4 cup cooked vegetable (if frozen or warmed if leftover)
1/4 cup dairy or imitation sour cream
1 tablespoon butter or margarine

Combine first 6 ingredients; beat well. Combine vegetable and sour cream in a small mixing bowl and set aside. Heat butter in a 10-inch omelet pan, or skillet with rounded bottom, until just hot enough to sizzle a drop of water. Pour in egg mixture all at once. Mixture should begin to cook immediately at the outer edges. With the fork, lift cooked portions at edges so uncooked portions flow underneath. Slide pan rapidly back and forth over the heat to keep mixture in motion and sliding freely to avoid sticking. When mixture is set, the egg no longer flows freely. The omelet is moist and creamy on top. Let it cook about one minute to brown the bottom slightly. Place vegetable mixture on one-half of the omelet. With a pancake turner, fold in half, turning out onto a warm serving dish. Serve immediately. *Makes 2 servings (290 calories per serving).*

Editor's note: To serve 4, repeat 2-serving omelet again. The vegetable filling will be enough to use 1 package (10 ounces) frozen chopped broccoli or other vegetable. This recipe is also great with leftover vegetables.

EGGS FLORENTINE

Working time: 10 minutes
Baking time: 30 minutes

2 packages (10 ounces each) frozen patty shells
2 packages (10 ounces each) frozen chopped spinach, cooked and squeezed dry
2 tablespoons butter or margarine
1/2 teaspoon salt
1/4 teaspoon nutmeg
3 tablespoons butter or margarine
1 tablespoon finely chopped onion
4 tablespoons all-purpose flour
2 cups milk, scalded
1/2 cup (2 ounces) grated Swiss or Gruyère cheese
12 eggs, poached

Prepare patty shells according to package instructions. Mix together cooked spinach, butter, salt, and nutmeg. Fill each shell with 1/8 cup spinach. Keep warm in a low heated oven. Melt 3 tablespoons of butter in a saucepan. Add onion; cook until tender but not browned. Add flour, mixing well, and cook slowly, stirring constantly, until it just starts to turn golden. Add scalded milk gradually. Cook, stirring vigorously with a wire whisk, until the mixture is thick and smooth. Add cheese, stirring till combined. Remove from heat; cover to keep warm. Poach 12 eggs one at a time. Bring water about 2 inches deep in a lightly oiled saucepan to boiling point. Reduce heat to hold temperature at simmering. Break eggs, 1 at a time, into sauce dish; then slip egg into water, holding dish close to water's surface. Or, for the more *(continued on page 112)*

Frittata, the Italian version of an omelet, can be made in minutes. Time yourself!

Fabric by Fabrications. To mail order see Shopping Guide page 110

PHOTOGRAPHED BY IRWIN HOROWITZ

6:05
6:10
6:16

THE EGG & YOU

Here are some tips on choosing and using eggs . . . all you need to know about what they can do for you and what you should do for them.

Keep eggs cold. They are very temperamental about temperature. A day at room temperature will age eggs more quickly than a week's storage in the refrigerator. Also, store in original container with large ends of eggs facing up. Plan to use eggs within seven to 10 days; after that there is some loss in appearance. However, they will be just as good in taste and nutritive value.

Eggs separate best when they are very cold. Yolks are much less apt to break. But for most baking or cooking, it is best to have eggs at room temperature. Solve this problem by separating ahead of use, and let separated eggs come to room temperature.

Eggs whip best at room temperature. This is one of the secrets for high volume in recipes calling for beaten egg whites. Use a clean wire whisk, rotary beater, or electric mixer; never use a blender.

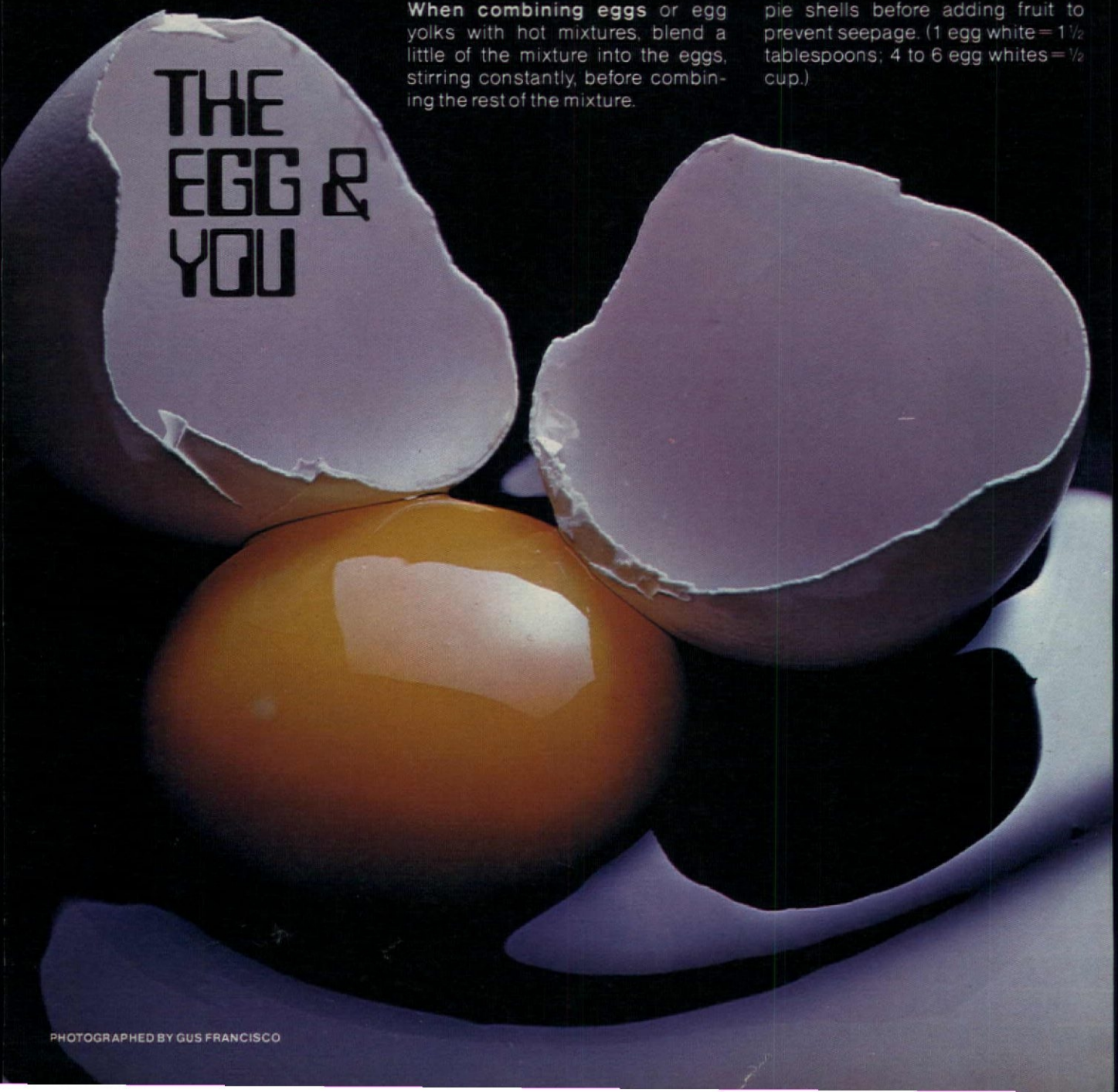
Select a deep bowl with rounded bottom and sides that flare only slightly. A ½ teaspoon vinegar or lemon juice (or ⅛ teaspoon cream of tartar) added to whites after beating to foamy stage will produce greater volume.

Don't overcook eggs. Like other protein foods, eggs (and dishes made with eggs) like low or moderate temperatures.

When combining eggs or egg yolks with hot mixtures, blend a little of the mixture into the eggs, stirring constantly, before combining the rest of the mixture.

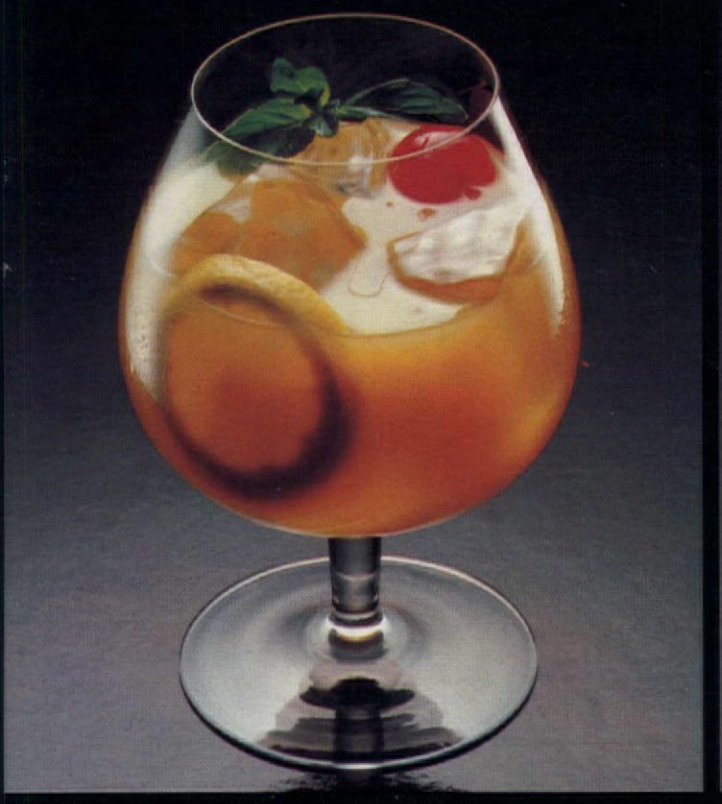
Save leftover egg yolks. Store in a small jar with water or vegetable oil to cover. Cover tightly and refrigerate. Use within three days, draining water or oil before using. Use 2 egg yolks instead of 1 whole egg in salad dressings, custards, and pancake batter; use 2 egg yolks plus 1 tablespoon water for 1 whole egg in yeast dough and cookie recipes. You can also hard-cook extra egg yolks by simmering in hot water 10 minutes. (1 egg yolk = 1 tablespoon; 6 to 7 yolks = ½ cup.)

Don't throw away leftover egg whites. They will keep up to 10 days if stored in tightly covered jar in refrigerator. Use them in meringues, frozen desserts, macaroons, and angel food cakes. Use extra egg whites to brush insides of pie shells before adding fruit to prevent seepage. (1 egg white = 1½ tablespoons; 4 to 6 egg whites = ½ cup.)

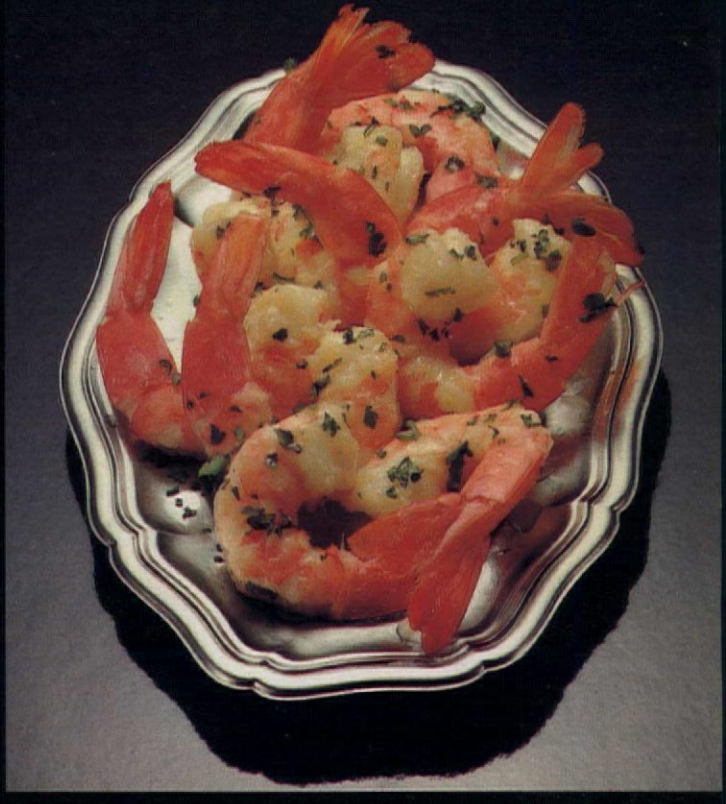


PHOTOGRAPHED BY GUS FRANCISCO

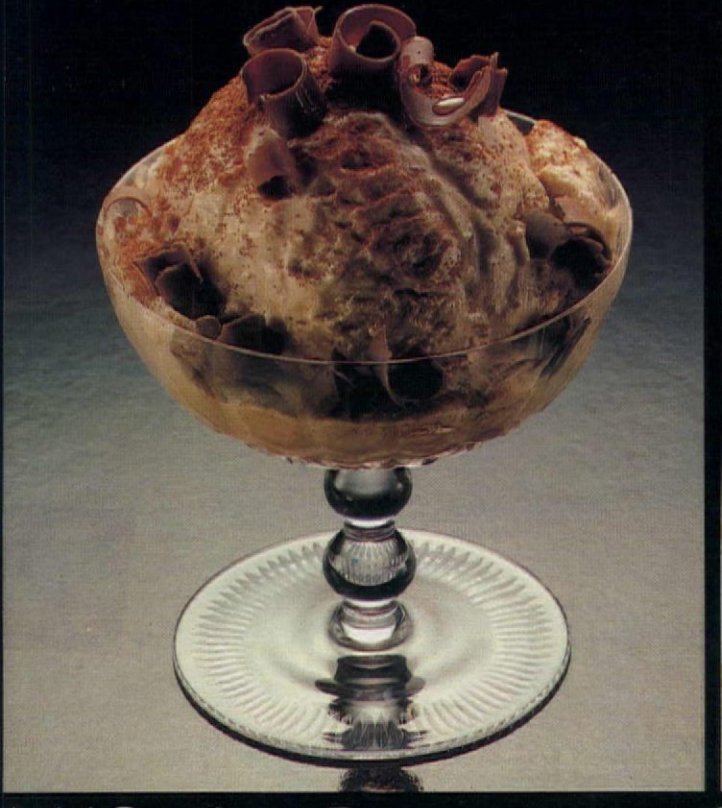
ADD SAMBUCA ROMANA FOR A SUNNY SAM.
1½ oz. Sambuca Romana, 1½ oz. vodka, 3 oz. orange juice.



ADD SAMBUCA ROMANA FOR SCAMBUCA.
2 oz. Sambuca Romana to ¼ lb. butter, 2 tbs. oil, garlic clove and parsley. Pour sauce over cooked shrimp.



ADD SAMBUCA ROMANA FOR A SAMOCHA.
1 oz. Sambuca Romana over coffee ice cream, and chocolate curls.



ADD SAMBUCA ROMANA FOR CON MOSCA.
1 oz. Sambuca Romana, float 3 roasted coffee beans, light prior to serving.

Add Sambuca Romana to your favorite recipes or write for ours

New recipe booklet for Sambuca Romana, Italy's fabulous liqueur. 84 proof. Imported by Palmer & Lord, Ltd., Dept. GI, Syosset, N.Y. 11791.

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

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette. FTC Report DEC. '76. LONG LIGHTS: 12 mg. "tar", 0.9 mg. nicotine av. per cigarette, by FTC method.

Salem Lights

Salem Long Lights

At last. Enjoyment in a low tar cigarette.

Salem Lights and Salem Long Lights.

©1977 R.J. REYNOLDS TOBACCO CO.

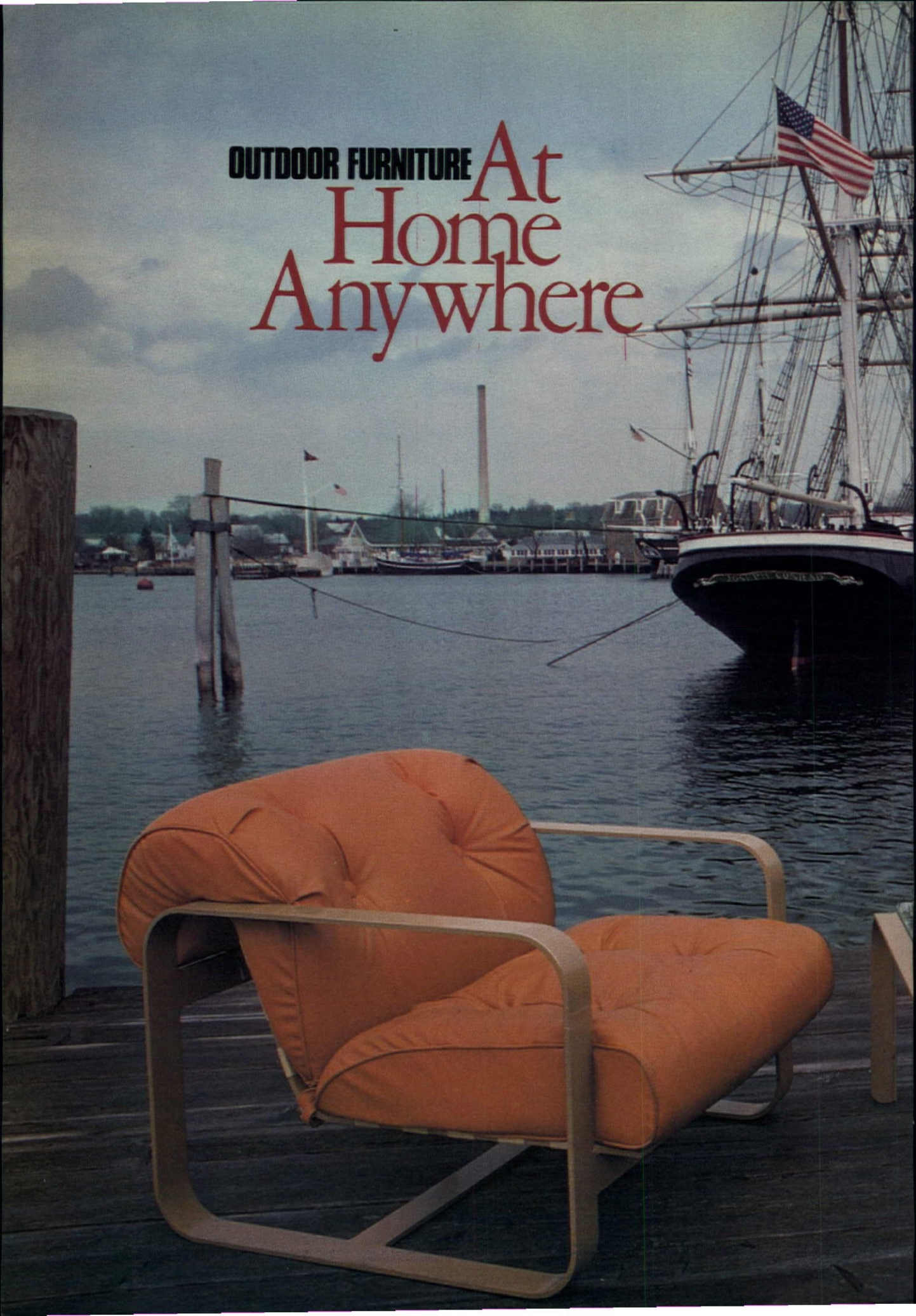
GET FRESH

PHOTOGRAPHED BY CARMEN SCHIAVONE

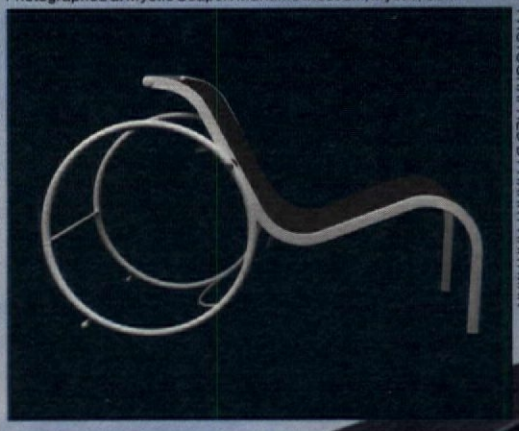
Rows of vegetables grow on a cotton duck print straight from the farmers' market that's stitched into a pinafore apron (top of opposite page) and into a casserole clutch (left)—an ingenious potholder that wraps around and holds tight. The terry-cloth tea aprons (across both pages) are printed with their own veggies-in-the-raw message—all part of the Martex "Seasonal Kitchen" collection. To serve your crudités (see page 69), save baskets from the greengrocer like the mushroom basket at top of page holding peapods. All clothes are available through Sears Spring/Summer Catalog. Bowls by Rosti for Copco, Copco pot. Makeup from Yardley. Hair by Marcel; makeup by Margaret Nagy, both of Cinandre. For more information about products mentioned here, see Shopping Guide page 110.

Leeks

Wax Beans


OUTDOOR FURNITURE At Home Anywhere

Photographed at Mystic Seaport Maritime Museum, Mystic, Conn.



PHOTOGRAPHED BY HARRY HARTMAN

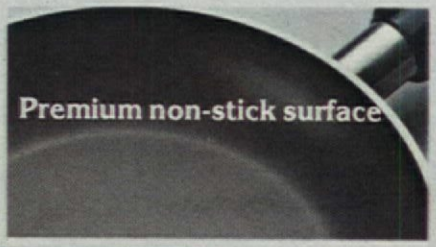
Outdoor furniture has grown up and filled out. In the process of becoming more substantial, it has made itself a candidate for interior as well as exterior decorating. The pieces pictured here and on the following page are good examples of outdoor furniture that look good in any room in the house, as well as patio, poolside, and deck.—**Chris Jones**

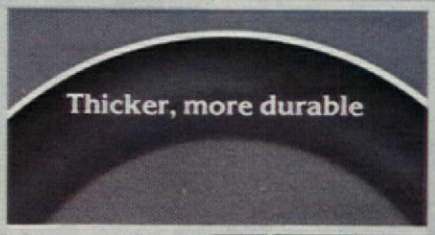
Right: from Landes, adjustable-height lounge chair from the Fontana group. Below: Linear Collection lounge chair and corner table from Brown Jordan (turn page for prices).

SILVERSTONE.*

You may pay more for it, but you get more from it.

SILVERSTONE is the new premium non-stick surface from Du Pont, the people who brought you TEFLON.® Though cookware with SILVERSTONE may cost a bit more, here are some good reasons why you are likely to get more from it.





SILVERSTONE. Its thicker, three-layer surface is fuse bonded to heavy aluminum at over 800° F, which is why it is more durable. It is highly resistant to scratching, chipping, and peeling. And because it is more durable, it is likely to keep its good looks for a long time to come.

SILVERSTONE is easy to care for, because as a non-stick, easy-clean cooking surface it is unsurpassed. It is exceptionally smooth. And it has the dramatic looks of burnished pewter. So it's beautiful to look at, as well as beautiful to cook on.

SILVERSTONE. Its distinctive new Quality Seal is found only on the finest cookware by manufacturers licensed by Du Pont for their strict standards of quality control.

Available from top manufacturers
SILVERSTONE is available now on fine cookware by Mirro, Nordic Ware, Regal, Wear-Ever, and West Bend. Once you own it, you're likely to wonder why it cost only a little more.

SILVERSTONE
The first non-stick surface good enough for the finest cookware.

DU PONT
REG U.S. PAT. & TM. OFF.

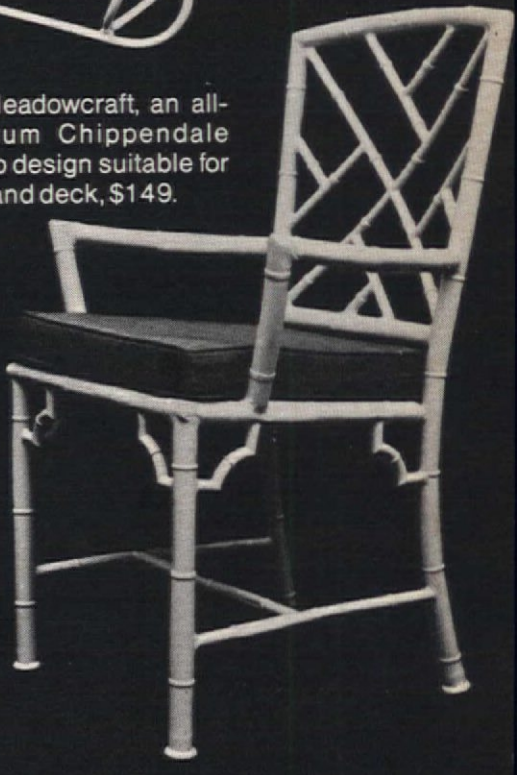
*SILVERSTONE is Du Pont's trademark and the SILVERSTONE Quality Seal is Du Pont's certification mark for premium non-stick surfaces.

At Home Anywhere

Preceding page: Brown Jordan lounge chair, $398; table, $210. Landes lounge chair (inset), $264.

Lounge chair from Landes Mariposa collection, $70.

Circa dining/lounge chair from Brown Jordan, $132.



From Meadowcraft, an all-aluminum Chippendale bamboo design suitable for dining and deck, $149.

Cushionaire from Samsonite: the love seat, $140; the ottoman, $48.

From Brown Jordan's Nomad group, lounge chair, $75; ottoman, $62; tray top, $29, converts ottoman to end table.

BEVERLY SILLS IS NOT LIKE THE GIRL NEXT DOOR

She may try to pass herself off as just another kid from Brooklyn, but don't you believe it.

by Jane Appleton

Jenny Lind did it. Nellie Melba did it. And so did Ernestine Schumann-Heink, Geraldine Farrar, and Grace Moore. They were among the handful of stars who "went public" and reached not only a select audience of opera-goers, but the masses as well. Each did it in her own way, but none of them did it like the current reigning diva of the Western World, Beverly Sills.

Sills has brought opera into the lives of millions who ordinarily wouldn't know an aria from a yodel. She is the darling of the Met, the New York State, San Francisco, Boston, Dallas, Houston—almost any opera company you can name *and* she is the darling of TV, the biggest showcase in history. Long a popular guest on TV talk shows, she is now the hostess of her own program, "Lifestyles with Beverly Sills," soon to be nationally syndicated. This bouncy redhead from Brooklyn has transcended the limited appeal of Grand Opera and become America's sweetheart, the girl next door. We embrace her, identify with her, we truly feel she is "one of us." It's a lovely conceit but don't be fooled, it isn't true. What she reveals on those TV shows is the tip of the iceberg. She lets us see the June Allyson part of her personality and keeps the Madame Curie hidden. Besides talent Sills has a discipline, a steel will, and style rarely found in the girl next door.

It is her homey charm and naturalness that get to you first. It did when we became friends. I'd met her briefly in 1968 in Boston where she was living at the time. On a trip to London, someone told me Sills was in the city. I called her hotel. As soon as the hellos were over, she said, "Why don't you join us for dinner tomorrow?" Who could refuse?

The next evening I went into the restaurant while my husband Bill parked the car. Peter Greenough, Beverly's husband asked, "And what is your husband's name again?" Just for fun, I said, "Frank." Beverly and Peter called my husband Frank all night. I had my little joke and Bill was too polite to correct them. At the end of the evening I told them the truth, but they continued to call Bill "Frank" for years. It was like an old Jack Benny motif. I liked Beverly right away because you could do silly things with her. Levity is a delightful trait for an opera singer and it's one of the reasons she's so successful on television.

Most prima donnas who try to mix it up with popular entertainers come off either as lovable bathtubs or condescending prigs. The nobility and elegance of the art they serve seem to inhibit them. Some opera lovers got a kick out of Helen Traubel singing "Bill Bailey Won't You Please Come Home" with Jimmy Durante, but a number of others were shocked. The great Brunhilde and Isolde of the Met playing second banana to the banana-nose comedian seemed sacrilegious. Yet, when Beverly put on a blonde banana curl wig and warbled "Indian Love Call" with Johnny Carson à la Jeanette MacDonald and Nelson Eddy, no one was offended. The audience laughed *with* Sills and Carson, not *at* them. More recently, when Sills tap-danced and torch-songed with Carol Burnett on TV, she didn't appear to be the least bit "out of place." Sills can fool around as much as she likes because an innate, unself-conscious dignity never leaves her.

Part of the secret is the casual package she presents to the world—genius in bright cheery wrapping paper. Her staggering talent and dedicated, intelligent mastery of the art of singing are understated. A small aside, a mere suggestion of "yes, I worked on this role for awhile" are the meager indications of years and years of study. She does not belabor her labor and it makes the audience feel they could do it, too.

Don't even consider it. Beverly Sills has dozens and dozens of roles in her repertoire. The discipline her art requires is staggering. She practices every day usually for two or three hours in the morning. While you and I are sleeping or drinking our second cup of coffee, Beverly Sills is at the piano accompanying herself as she vocalizes.

When learning a new role, she does extensive research into the character, especially if the opera is based on fact. As a result, she knows more about certain facets of history than many bona-fide historians. We were with her in London when she was preparing for the role of Elizabeth I in "Roberto Devereux." My husband gave her an old book on Elizabeth he found in a London book stall. It was one of the few she didn't have and it was like giving her gold. She took it with her when she journeyed to the museum at Cambridge to see a famous portrait of Elizabeth. There Bev immersed herself more deeply into the role. She stood in front of Elizabeth and the truth is, I didn't know who was more regal, the woman in the painting or the one who was looking at the picture.

Even the story of her life, while it touches a few recognizable bases here and there, is "bigger than life." The legend is in the great American tradition. Brooklyn-born child of immigrant parents, raised by an effervescent *ne plus ultra* of Jewish mothers who instilled in her daughter a self-esteem Henry VIII might proudly have passed on to his little girl, Elizabeth. The upbringing still shows. Sills is not arrogant but she is extremely self-confident and you don't get that way overnight. Beneath the easy-going, quick-to-laugh, fast-talking facade, there is a will of iron tempered by years of study and work. After all, she was standing in front of a microphone at an age when most little girls are on their knees scooping up jacks. She trained with a light opera company when she was 15, and by the time she was 17 years old she had sung more roles than many artists actually sing in a lifetime.

Charles Dickens could not have dreamed up a more satisfying marital alliance for any of his heroines than the one between Beverly Sills and Peter Greenough, a wealthy Boston Brahmin, who is a descendant of John Alden. He was a financial writer when they met, but when they moved to New York in 1971 Greenough began to keep a close Yankee eye on his wife's career.

At that point, Beverly Sills had what most people would consider everything—family, money, position, and though not an international reputation, a cozy modicum of fame. But at 36 Beverly Sills topped it off by becoming a superstar. After her appearance as Cleopatra in the New York State Opera's performance of Handel's "Julius Caesar," she suddenly became famous. "Overnight"—after some 25 years—Beverly Sills was a star, the subject of numerous articles, a cover girl. Even the Greenoughs' personal sorrows—a son who is severely retarded and a bright, attractive teen-age daughter, who because of deafness has never heard her mother sing—became, in a poignant, bittersweet way, part of the Sills saga.

Luckily, Beverly had Peter Greenough watching over her when fame struck. After the success in "Julius Caesar," she was in her own words, "so happy people liked me" she wanted to take on more bookings than she could handle. Peter was there to step in and stop her when it was necessary, and to keep everything running smoothly. Even now, Beverly says she often doesn't know where she's having lunch the next day, but she knows where she's singing in 1980.

Above all else, Sills is a worker. The "work ethic" most often associated with the Puritan heritage of this country was and is very much part of her character. However, she also knows how to relax and have a good time—an unpuritanical and very endearing quality.

By the time Beverly went into television, her provenance was well known. What the public didn't expect was her antic nature. She is a natural comedienne. It did not surprise me because Beverly's sense of humor was always evident in her private life. Lucia di Lammermoor, Manon Lescaut, and Anna Bolena can't cut up on stage, but Belle "Bubbles" Silverman—her real name—was always good for a laugh.

I recall one time in London, Peter had had to return to New York and we were left with four tickets for the Royal Opera. I decided to invite Nigel R. to join Bev, my husband, and me. He was a rather repressed, pleasant gentleman, as English as overcooked mutton. I thought he'd be a perfect phlegmatic companion for Bev who was working hard at recording sessions and needed to relax. Was I wrong!

When Nigel saw Beverly he began trembling and never stopped. I had no idea he was a fanatic opera nut and would react like a groupie. It is difficult to describe the manner in which this normally sedate man danced attendance on Beverly. He literally bounced in his chair through the first act of "La Boheme" and never took his eyes off his companion. We remained in our seats for the first intermission and Bev smiled, laughed, and talked, and all the while Nigel was gazing at her saucer-eyed, mouth agape.

During the second intermission, after another St. Vitus-like performance from Nigel, we walked to the foyer. Nigel rushed to get us some lemonade and when he returned, spilled it all over Beverly. It was like a scene from a Marx Brothers movie. Poor Nigel grabbed his handkerchief and bent over to brush the sticky soda from the opera singer's dress. As he scrubbed away, Bev looked at me over his bowed head and said softly, "Thanks for the date, Jane."

It is not only Beverly's sense of humor that helped to get her through a situation like the evening with Nigel. It is also her extreme professionalism, her "show must go on" attitude.

This is most evident, of course, in performances. Once, in Italy, she was scheduled to appear at La Scala in three performances of "Lucia di Lammermoor" with a young Italian tenor. On opening night, the poor tenor had stage fright and could barely sing. He was so bad some members of the audience threatened to kill his dog if he appeared again. He fled. Another tenor was brought in and got sick after his one-night stand. On the third night, tenor number three showed up. Sills ended up singing opposite a different tenor each night, but the audiences never detected any inconsistencies. Madame Sills sang as if nothing had happened.

The show must go on, but singers don't always have the voice when it comes time to appear in public. Like pitchers, they aren't always at the top of their form and have to reach into their hip pockets. Sills never takes the easy escape by bowing out. She goes on and gives the audience the best she is capable of. No one ever knows the effort it costs her. The face she presents to the public is uniformly cheerful, relaxed, uncomplaining . . . and down to earth.

Listen to her on one of those television talk shows. Invariably the subject of Brooklyn comes up: the Dodgers, a delicatessen, an aunt, an uncle, brothers, a barrel of pickles. She's in the spotlight, but she's always herself.

The ancient Romans were aware of the dangers in great fame and when their heroes took triumphal tours around the city, a slave was put in the chariot behind the man of the hour. The slave's sole function was to say over and over into the victor's ear, "Remember, thou art but a man." Beverly Sills doesn't need that. She rides around in her chariot shouting to everyone, "I'm just a lucky kid from Brooklyn!" Further back than the Romans, the Delphic Oracle told the Greeks, "Know thyself." This Beverly does, and the classic integrity that America's Sweetheart reflects is what makes us feel we know her. She's just a kid from Brooklyn . . . Yeah, and Joan of Arc was just a kid from Lorraine. □

Jane Appleton is currently at work with her husband Bill on a book on marriage to be published by Doubleday.

continued from page 56

in the Detroit area revealed that three out of four took care of all their families' cooking, shopping, child care, and money management in addition to their patients' health. Two-thirds said they had domestic help one or two days a week to assist with laundry and cleaning; the remaining one-third did all their own housework. No one would have to survey male physicians. Everyone knows that since being a doctor is a full-time occupation, they wouldn't try to have all those balls in the air. Then why do women?

Six P.M. and Jean Curtis is in her Boston kitchen stirring a pot de creme with one hand and holding the phone receiver to her ear with the other. Her eye is roaming from the bottles of red wine that should be opened soon to breathe (before the guests arrive so she won't forget in the flurry after), to the chess board where her son is waiting for her to make her next move.

The editor who is calling from New York is confirming details of the interview Curtis is doing the next day in Tennessee. She makes a mental note that she will have to put her husband in charge of the guests and excuse herself after dinner for half an hour to pack her bag so she can get out of the house in the morning in time to catch an 8 A.M. plane.

Another superwoman scenario? Curtis says no. She's reformed. She's given up fancy entertaining, for instance, except for rare occasions like that evening. It's taken her six years to work out a 50-50 sharing arrangement for household and parental responsibilities with husband Michael Curtis, an editor at the *Atlantic Monthly*. Jean Curtis, 37 and the mother of three children ages 6, 11, and 13, the author of the book *Working Mothers*, is a free-lance writer and consultant. She says that she can walk out the door the next morning and be gone for a few days or a week without fixing mountains of food and typing schedules for everyone in advance. Mike can and will take over for her. And she doesn't suffer from maternal guilt anymore either because she has taken the time to work out a close relationship with her children and their schooling.

Not being superwoman has meant learning what to give up. She has given up all other community volunteer work except what has to do with her kids, for instance. Some of what she's had to sacrifice hasn't been as easy. One of the things she misses most is close friendships with women, but she finds she no longer has the time that requires. Another is the real satisfaction she used to get out of taking care of her house. The first step away from doing it all herself was to try to involve the whole family. "In the early '70s, I thought we'd all clean the house together as a family. I was deeply committed to the women's movement and it was a political decision as much as anything else. We did it on Saturdays, one of our two days together." It was exhausting, though, and after awhile the family agreed to hire someone else to do the cleaning and spend their time together engaged in something more enjoyable.

Jean Curtis says she has learned to keep her work life in proportion, too. At one point a year and a half ago, she was writing a book and also working full time as a consultant. Mike was doing all the cooking. She rarely had time for her children. Mike was asking her to cut back. A son was flunking math, and when one of the children asked her, "When are you going to join the family again?" she realized it was time to re-evaluate what she was doing. She stuck with the book and gave up her other job. Then she took time out to zero in on her child's math problem. He's now making straight As.

Not that Jean Curtis doesn't have conflicts still. "When things get rough I think of how easy it would be to give up work and go back to being just a mother and housewife. In our early training we were told that our role was to be a good wife and mother and a good hostess. I've had to give up that psychic gratification. I tell myself it would be okay to stop working. But later on I'd hate myself."

> "Women feel that if they don't go home at 5 o'clock and get the socks washed and the dinner cooked, they will lose their men."

She counts up the plusses of working: A better relationship with her husband, the money her work brings, a career to fall back on when her children are no longer as dependent on her. So instead of retiring from the working world, she keeps reordering her priorities. As she puts it, "Fancy cooking is piddling stuff to give up."

It all seems to start with being honest about your limitations and needs. If you have to give up something, what will it be? Where will you draw the line? Social critic Marya Mannes, says that her only regret is that she didn't spend more time with her son when he was growing up. She *(continued on page 84)*

Come on over to your nearest Ethan Allen Gallery:

ALABAMA
BIRMINGHAM—Danley's Manor House
DOTHAN—The Village Carriage House
HUNTSVILLE—Bragg's Ethan Allen Gallery
MOBILE—Gulf Carriage House
MONTGOMERY—Country Manor

ARKANSAS
LITTLE ROCK—Joe Bass Carriage House

FLORIDA
DANIA—Georgetown
FT. MYERS—Carriage House of Fort Myers
FT. WALTON BEACH—Danley Furniture Co.
GAINESVILLE—Cox's Carriage House
JACKSONVILLE—Carriage Hse., Inc. of Jacksonville
Carriage House
LAKELAND—Burgess Carriage House
MAITLAND—Carriage House
MIAMI—Georgetown
ORMOND BEACH—McFarland's Carriage House
PANAMA CITY—Danley's
PENSACOLA—Danley's Carriage House
PINELLAS PARK—Carriage House
POMPANO BEACH—Georgetown
SARASOTA—Carriage House of Sarasota, Inc.
TALLAHASSEE—Danley's Carriage House
TAMPA—Carriage House Interiors, Inc.

GEORGIA
ALBANY—Gerst Carriage House
ATHENS—John Thurmond Furniture
ATLANTA—Carriage House Furniture, Inc.
AUGUSTA—Greene Manor, Inc.
COLUMBUS—Carriage House of Columbus, Inc.
DECATUR—Carriage House
MACON—Carriage House
MARIETTA—Carriage House
MORROW—Carriage House
SAVANNAH—The Savannah Carriage House

LOUISIANA
BATON ROUGE—Grand Gallery
HOUMA—Quality Furniture House, Inc.
LAFAYETTE—Weimer's Carriage House
METAIRIE—Lafayette Carriage House
NEW ORLEANS—Lafayette Carriage House
SHREVEPORT—Carriage House

MISSISSIPPI
COLUMBUS—Mauldin's Carriage House
JACKSON—Rice's Manor House

NEW MEXICO
ALBUQUERQUE—Homestead House

NORTH CAROLINA
ASHEVILLE—Shipley's Carriage House
CHARLOTTE—Carriage House
GREENSBORO—Houston's Ethan Allen Gallery

OKLAHOMA
ARDMORE—C. P. Hall Furniture
ENID—Loomis Carriage House
MIAMI—Home Furniture & Appliance Company
OKLAHOMA CITY—Village Carriage House
STILLWATER—Shepherd's Carriage House
TULSA—Rich's Carriage House

PENNSYLVANIA
YORK—York Carriage House

SOUTH CAROLINA
CHARLESTON—Carriage House
COLUMBIA—Greene Manor
GREENVILLE—Carriage House of Greenville, Inc.

TENNESSEE
BRISTOL—Gurley's Homestead House
HIXSON—Carriage House of Chattanooga
KNOXVILLE—Woodruff's Century House
MADISON—Henshaw Furniture
MEMPHIS—Carriage House
NASHVILLE—Henshaw's, Inc.

TEXAS
ABILENE—Phillips Carriage House
AMARILLO—Concord House
AUSTIN—Phillips Tradition Manor
BEAUMONT—Georgetown Manor
CORPUS CHRISTI—Carriage House
DALLAS—Coach House
DENTON—Thomas Furniture
EL PASO—Charlotte's Carriage House
FT. WORTH—Plymouth House
HOUSTON—Black's Carriage House
Georgetown Manor
HURST—Manor House
LUBBOCK—Concord House
LUFKIN—W. H. Johnston Co.
ODESSA—Casstevens Furniture Co.
RICHARDSON—Fowler's Carriage House
SAN ANTONIO—Georgetown Manor
WICHITA FALLS—Spears Carriage House

VIRGINIA
ROANOKE—Kweller's Ethan Allen Gallery

Ethan Allen Galleries

It's on the house!

For your free copy of the 1977 Ethan Allen Treasury, come on over to our house.

Once again, we've put our most beautiful decorating ideas into one great big (392 pages 9"x 11") beautiful book, "The Treasury of Ethan Allen American Traditional Interiors." You'll find 323 full-color photographs to help you visualize exactly how you want to furnish every room in your house, whatever your lifestyle. We've packed every page with stimulating ideas and down-to-earth advice to make your decorating decisions easier.

This $7.50 decorating guide, created by our experts, is yours free at any Ethan Allen Gallery, no purchase required. Just fill in the coupon and bring it to any of the Galleries listed on the left. Or send the coupon with a check or money order for $7.50 to Ethan Allen, Box 1066, Danbury, CT, 06810, and we'll mail you a copy.

To get your free 1977 Treasury (it's a house gift!) bring this coupon to any Ethan Allen Gallery.
If you can't come over, *send this coupon with a $7.50 check or money order to:* Ethan Allen, Box 1066, Danbury, CT. 06810

Name_____

Address_____

City_____ State_____ Zip_____

*In some states, the collection of a small sales tax may be required

Ethan Allen Galleries

COME ON OVER TO OUR HOUSE

SAKRETE® Concrete and Mortar Mixes are made for the do-it-yourselfer. Ideal for outdoor living projects like this wall, edging, footings or repairing concrete surfaces. SAKRETE® Cement Mixes are inexpensive, easy to use and take the guess work out of cement projects. **FREE** . . . A booklet of easy professional rules. Ask your neighborhood SAKRETE® Dealer for our step by step instruction booklet featuring basic projects.

Insist on SAKRETE®

Concrete and Mortar Mixes
The brand the pros use

SAKRETE is a registered trademark of SAKRETE, INC. © 1977

SUPERWOMAN

continued from page 82

knows how unfair the myth of superwoman is. In her autobiography *Out of My Time* she makes a plea for a better sense of perspective for women:

> "Married, even single, we have to handle the entire mechanism of daily existence—food, cleaning, bills, buying, social duties, a dozen other preoccupations quite apart from rearing young—and all this *besides* . . . whatever demands a chosen art or profession makes on us. Now I profoundly hope no woman will accept this crazy imbalance, just as no man worth his humanity will accept the daily competitive grind of sole provider at the expense of loving and knowing and *being* with his wife and children, sharing the whole of life."

Feminist writer and lecturer Maggie Tripp sees women suffering from the superwoman syndrome in her classes at the New School for Social Research in New York, and wherever she lectures in other parts of the country. They are over their heads, but they are afraid to ask for help. Tripp believes they are afraid because "women feel that if they don't go home at 5 o'clock and get the socks washed and the dinner cooked, they will lose their men. They are afraid to put the relationship to the test by confronting the issue."

In her experience, however, "When women ask for help they begin to work out better relationships with the people they live with. Men are delighted to be included. It gets them involved in something helpful. Most marriages get perfunctory as they go along. This starts something positive in the relationship."

Marriage and family counselors like Terrance D. Olson at Brigham Young University in Utah say that a working wife is more apt to get help if she asks for it straightforwardly. He is quoted as saying in an interview: "She could say, 'I'm sick and tired of doing all this on my own. I need your help.' Maybe this will start a fight, but it could have a positive effect. It's a risk, but it ends up being worth taking."

The first step, of course, is being able to allow yourself to feel that someone else *should* lend a hand, Women like Ellen Williams, whose attempt to be the do-everything woman left her bitter and frustrated, are trapped as surely as the pre-Feminine Mystique women who were told how noble and satisfied and talented they were because they could bake cakes, repair the roof, mow the lawn, and still look like Lana Turner at the New Year's Eve dance. Today you add the supposedly glamorous role of working woman, give an extra pat on the back, and instant superwoman.

For some women it is very difficult to let go of any roles. A man in his late 30s with a job at the U.S. Interior Department in Washington where he works 8 to 4 tried to get his former wife, who also works, to let him cook dinner for the family (which included three young children). She refused. In her book, cooking is the woman's job. She kept them all waiting until 7 or 7:30—or as long as it took for her to prepare the meal herself. His present wife is delighted to let him do the honors. The women who have most successfully combined the jobs of wife, mother, and working woman seem to be able to let go of some responsibilities. But this has been a closely guarded secret in the rush to prove everything was all right on the liberation front. What would clear the air is some exposure to de-romanticized role models who understand priorities, compromise . . . and alternatives. Family responsibilities can be shared in many ways, depending on the cast of characters. When sharing won't work, there is always the option of giving up or deferring children, work, or even marriage. The important thing is to get out the word that superwoman doesn't exist. **—Nancy Love**

SPRING '77

Spring is traditionally the time to clean out the house. Time to make a fresh start—time when many homeowners think of home improvement.

The notion of home improvement, however, often conjurs up images of major renovation—gutting, adding on. In this edition of our semi-annual Home Improvement and Decorating Guide, we at *American Home* have devised some simple projects you can do yourself that will improve your home, yes, but without a big hassle. To us, home improvement really means things you can do yourself to make you feel better about your home, live in it more comfortably, efficiently, enjoyably.

Some projects are to build, and some are decorative. And some are merely encouragements to rethink furniture and spaces for a summery look. —THE EDITORS

HOME IMPROVEMENT AND DECORATING GUIDE

PHOTOGRAPHED BY ANTHONY EDGEWORTH

this 5-lb. roast cooked in just 35 minutes!

ROPER

COMBINATION MICROWAVE RANGE

Beautifully browned roasts . . . cooked just the way your family likes them at super speeds . . . is *only one* of the remarkable things your new Roper does. Combination cooking for all foods with regular heat *plus* super-fast microwave energy at the same time cooks up to 75% *faster* . . . saves costly energy, too! The Roper Combination Microwave Range does everything your way . . . in one big oven . . . with no special dishes, no extra elements, no extra finishing. No special recipes needed . . . no complicated time or temperature conversions for combination cooking. The *newest* from the *oldest* name in cooking is so different, so advanced and so easy that you'll just have to try it to believe it.

three cooking choices!

1. Combination Cooking with regular heat and Microwave at the same time . . . you can even cook a complete meal at one time . . . and up to 75% faster!
2. Super-fast, energy-saving Microwave Only in a big oven . . . plus separate Defrost Cycle.
3. Regular roasting, baking or broiling with regular heat.

PLUS: Self-Cleaning Oven with automatic cycle to clean itself completely. Roll-out Storage Drawer for utensils.

ROPER SALES
KANKAKEE, ILLINOIS 60901

1874 ROPER 1977

An American Tradition of Quality for over a Century

SEE THIS NEW RANGE AT YOUR LOCAL ROPER DEALER OR RETURN THIS COUPON AND WE WILL SEND YOU A FREE BOOKLET WHICH GIVES ALL THE DETAILS ABOUT THIS EXCITING NEW ROPER RANGE.

ROPER SALES,
P.O. Box 201
Bradley, IL 60915

(name) _____

(street address) _____

(city) _____ (state) _____ (zip) _____

A-4-77

HOME IMPROVEMENT & DECORATING GUIDE

BUILDING HOW-TO'S

by Victor D. Chase

INSTALL A SLIDING DOOR

Could you use more space in your dining room, family room, or kitchen? If the answer is "yes" (and few of us can say "no"), then there is a solution for you short of adding on—namely, taking off.

Take off some of a wall and put in a sliding glass door, or even just a large fixed pane of glass. The method for installing these is basically the same. If you opt for a door, you will in effect be adding a room because easy access to the outdoors will probably motivate you to serve and entertain more outside than you ever have before. Any large expanse of glass will also give the inside of your home a more open look and create the appearance of added space.

A reasonably handy do-it-yourselfer can put in a sliding glass door in about three weekends—one for planning, another for doing the inside work, and the third for cutting through to the outside and installing the door.

Check construction

The first step: Consider how your house is built. Most homes have wooden frames covered with any one of a variety of siding materials such as aluminum, wood, or asbestos shingles. If yours is this type, you can handle the whole job of installing the door yourself.

If you have either a brick exterior with frame construction, or brick and block construction, it's a different story. Most homes that have brick exteriors also have wooden frames. If this is the case with your home, you will want to call in a professional familiar with masonry work to break through the outside wall for you.

Houses in which brick and block are used have no wood structural frame. The exterior is brick. Behind the brick is an air space, then cinder block. The inside wall is attached to wood furring strips secured to the block. If your home is constructed this way, don't put in a door yourself. The masonry work must be done by a professional.

If your home has a brick exterior and you are not sure what the rest is, take a look from the basement at the above-ground walls. If you see cinder blocks, it's brick and block; wooden 2 by 4 studs indicate a wood frame house.

The next step is to decide where you want to put the door. It's best to start where a window or door already exists.

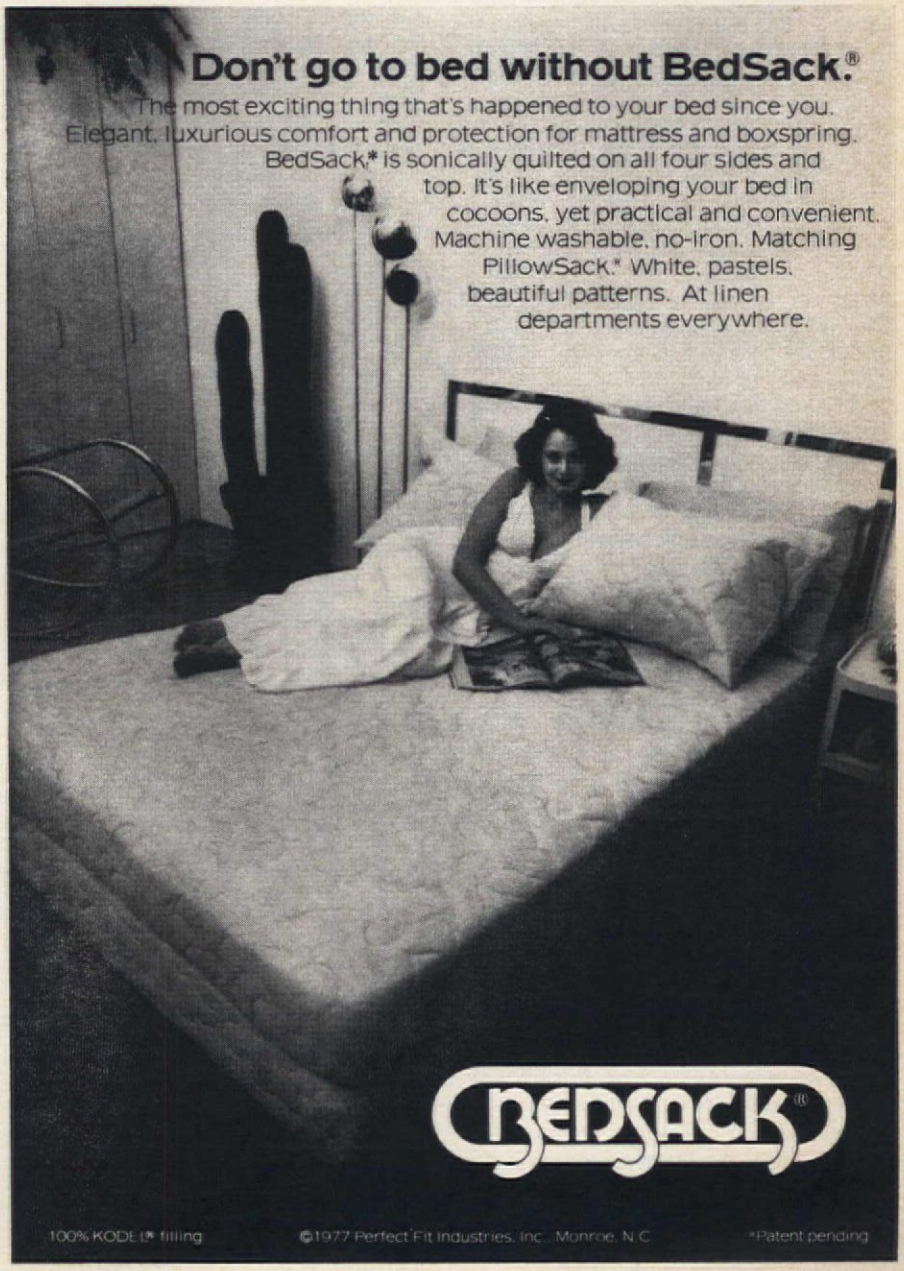
The orientation of the large expanse of glass is also important. Improperly positioned, it can cost you precious fuel dollars, while good orientation can minimize heat lost in the winter and gained in the summer. The best direction to face is south, to make good use of solar energy. Since the sun is low in the southern sky during the winter, this allows light to shine in through any glass oriented in that direction, and helps heat the home. During the summer, the sun is higher in the sky, and an overhang from the roof will shield the glass from direct sunlight.

Also, check to make sure no ducts or pipes run through the wall you will be cutting into. Ducts and pipes usually do not run through exterior walls. You can check the duct and pipe configuration in the basement and figure how they run throughout the house. If there is an electrical box in the way of your project, it can easily be moved either by you (if you know something about electricity) or an electrician.

What kind of door?

After finding a suitable location, you must make some decisions about the door itself. What size do you want? Virtually any size can be specially

Victor D. Chase is a free-lance writer who specializes in the field of home building.



ordered, but you will save money by choosing stock sizes in widths from five to 12 feet. Standard door height is 6 feet, 8 inches. You will also want to decide whether you want the movable part of the door to slide from left-to-right or right-to-left. With some models you must state your preference when ordering the door; others are interchangeable.

Next, determine what kind of door you want to purchase. This decision will substantially affect the total cost of your project. For example, you can purchase a 6-foot-wide aluminum sliding glass door with a single sheet of glass for about $150. The same door with insulated glass (two sheets of glass with an air space between them) will run $200. A wood frame door of the same size with insulated glass can cost between $400 and $500. In any part of the country insulated glass is considered a good energy-saving investment. Also, be sure the door you purchase comes with safety glass.

From a cost standpoint, the lumber you will need to frame in either a door or a large window will be inconsequential. For example, you can probably purchase the lumber necessary for installing a 6-foot-wide sliding glass door for about $20.

Before heading to your lumber dealer to place your order, there is one more thing you should do, and that is measure the thickness of the wall in which you plan to install your door. If there is an existing opening there the job is easy. If not, you'll have to punch a small hole in the wall from inside. Your wall may be thicker than the door frame that comes from the manufacturer. If this is the case, you will have to either special order a jamb with the door, or construct one yourself.

Framing the door

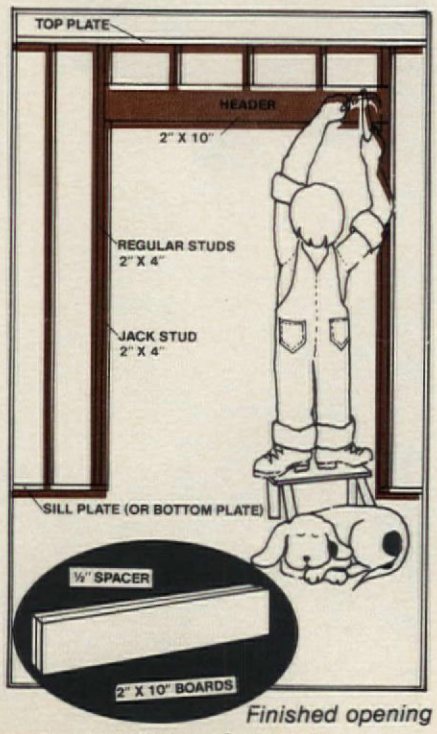
Once your sliding glass door and all the peripheral materials have been delivered to you, you are ready to begin the indoor portion of the project.

First, you should provide some sort of support between the floor and ceiling so that no sagging occurs while you are working on the wall, which is a load-bearing section of the house. This can be done with floor-to-ceiling jacks that can be rented for a few dollars a day, or with 2 by 4 or thicker boards running from floor to ceiling. In either case, put a board several feet longer than the opening you will be cutting flush along the floor, and another against the ceiling. Place 6 inches from wall, and span the distance between with jacks or boards.

Now you are ready to cut the hole in the wall. Give yourself plenty of working room in the wall by marking your cutting lines about 6 inches from either side of where the door frame will be, and by going all the way up to the ceiling with your hole. Cutting a larger than necessary hole may cause you to have to do a little extra patching in the end, but the ease with which it will enable you to work makes the extra patching worthwhile.

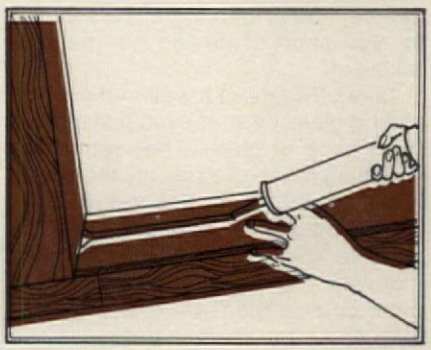
After you've cut through to the frame, take out the existing window or door, its header, and the framing studs in your way. When cutting studs near the top and the sill plates watch for nails that have been driven through the plates into the studs.

Now, it's time to lay out the frame of the door. Perhaps you can use one of the existing wall studs for one side of the frame. If not, you will have to toenail another 2 by 4 stud into place between the top and sill plates. Be sure the stud is absolutely plumb. Now, measure the exact width of the door frame you received from the manufacturer, along with any jamb you may have to install. Add 3½ inches to the total, and draw a line on the top and bottom plates that distance from the stud you just installed. The stud outlining the other side of the opening will sit on the outside of that line. Cut it to the proper length and toenail it between the plates as you did with the first stud.



Finished opening before installation of glass door

The studs you have just installed are referred to as regular studs. The 3½ inches extra you allowed between the regular studs provide room for two additional 2 by 4 studs (which are really 1½ inches thick) to be put in for extra support, plus ¼ inch on each side for adjustment of the door frame itself. The two additional studs, which you will be adding later, are known as jack studs.



Caulk sill plate before setting door into place

To prepare the header (horizontal support beam), first measure the height of the door frame, add ¼ inch to that, and measure the total distance from the floor (not the sill plate); mark the appropriate height on the regular studs. The bottom of the header will be placed against this line.

To make the header, take two 2 by 10 boards cut to fit between the two regular studs, and nail them together with a ½-inch spacer between them. The spacer can be cut from scrap lumber. The two boards and the spacer will make the header exactly as thick as the 2 by 4s are wide (3½ inches.) Nail the header in place.

Now, you have to install the jack studs. To do this, cut two 2 by 4 boards to fit between the header and sill plate, and nail them to the regular studs you installed on either side of the opening. Cut some additional 2 by 4 pieces to span the space between the top of the header and the top plate. Nail one of them to each of the regular studs, directly above the jack studs. Then, place additional 2 by 4 supports between the header and top plate at an

The Story of the Ugly Chair.

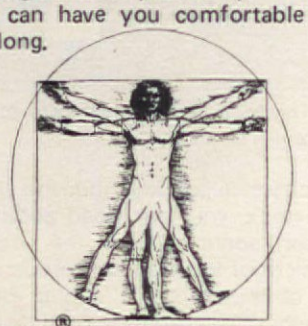
Contour® THE CHAIR LOUNGE THAT HELPS PEOPLE FEEL BEAUTIFUL!

Not that everyone thinks the Contour Chair Lounge is ugly, mind you. Folks across the country have been buying them for, maybe, twenty-five years. And there must be a million families now who bought them because they liked their looks. . .and later discovered they had bought not just another pretty piece for the living room or den. . .but almost a new way of life.

How important can a mere chair be to your life style? For the answer to that, you'll have to look beyond the usual ideas of what a chair should look like. What you really must consider is what it was made to do for you.

Picture that conventional easy chair in your living room or den. Then try to figure out how you can rest your head. By slouching down so you're resting the bulk of your body weight on your spine? That's not going to be comfortable for very long.

What do you do with your legs? Cross them? Then recross them? Rest them on the cocktail table? On another chair? Or on an ottoman? All of these positions tend to restrict circulation or result in the concentration of an undue proportion of your weight on a single area of your body. None of them can have you comfortable for very long.



CONTOUR® IS THE WORLD'S ONLY "YOU" SHAPED CHAIR.

Man has been making chairs of every description for thousands of years. But not until recent times has anyone thought of making a chair that will conform to the contours of the human form. Not until Contour Chair designed its chair lounge with you in mind was there any form of seating that takes into account the way nature had fashioned your body.

Contour® provides full support to your head in any position.

Because the Contour Chair Lounge is available in a size that is compatible with your height, because it curves to provide gentle support for your head and neck, there is no longer the need for tensing your neck muscles while you're trying to relax. And this support is maintained in any chair position – upright, fully reclined . . . and in all positions in between.

Contour® provides gentle support for the small of your back.

In addition to relieving you of the usual body weight pressures on the lower back and thighs, the "kidney roll" design feature provides gentle support for the small of the back.

In Upright Position – only 31.4% of body weight supported by hip area.

In Semi-Upright Position – only 32.8% of body weight supported by hip area.

In Reclining Position – only 23.8% of body weight supported by hip area.

Contour® elevates your knees in a "floating" position, raises and supports your legs.

In a Contour Chair Lounge, the legs are always fully supported and comfortably raised. . .even above the body level. . . and for as long as you may desire.

Choice of single or two-seater Cuddler® models available with automatic push-button position changer, automatically changes your body position from "head high" to "feet-up" without effort.

Contour Chair Lounges come in your choice of a wide range of colors, fabrics and styles.

SPECIAL OFFER

If you purchase a Contour® Cuddler® or Contour® Power Slide® Push Button Positioner when installed on purchase of any new Contour chair, you will receive a $50 U.S. SAVINGS BOND.

Offer void after June 19, 1977.

MAIL THIS COUPON TODAY!

Get a FREE illustrated booklet and full information, PLUS a $50 U.S. SAVINGS BOND Application Certificate.

CONTOUR SALES, INC., Dept. AH-177
5200 VIRGINIA AVE.
ST. LOUIS, MO. 63111

☐ Send me your free booklet, "How to get the most out of sitting." No obligation, of course.

☐ Send certificate entitling me to $50 U.S. Savings Bond as advertised above.

Name _____

Address _____

City, State, Zip Code _____

interval of every 16 inches, and toenail them in place. Next, cut the sill plate away from the opening. The frame delivered with the door comes with its own threshold.

Cutting through

To cut through to the outside, drill small pilot holes at the four corners of the frame from the inside. Then, go outside and use a chalk line connected from hole to hole to mark straight lines between the holes; cut along the lines.

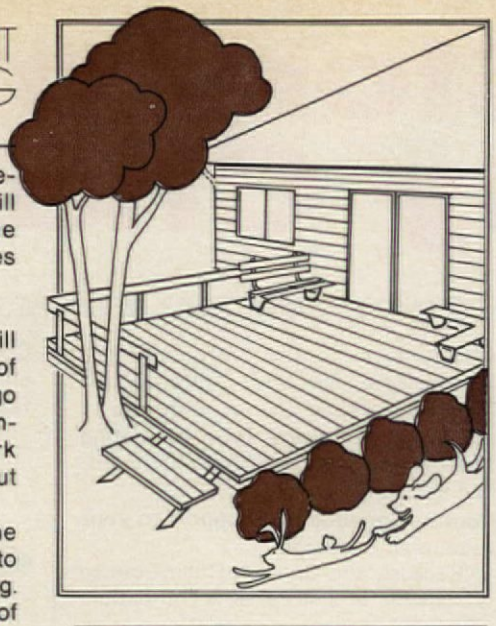
If the door is narrower than the thickness of your wall, you will have to install that jamb around the opening. Now, you are ready to fit the frame of the sliding glass door in place. First, apply a liberal amount of caulking compound on the floor where the door sill will fit. This helps provide a tight weather seal. Now, slip the frame into the opening and make sure it is level and plumb before proceeding. Use shim shingles between the sides of the frame and the jack studs or jamb to help level the frame, then secure it in place.

Some sliding glass doors come with manufacturer's instructions. If yours doesn't, ask your dealer how your particular model should be secured. If the sill protrudes from the building, a

Make sure sill plate is level

wooden sill support should be nailed in place under the sill.

Now, slip the door panels into place and align if necessary, according to manufacturer's instructions. Next, repair the hole on the inside wall, trim around the door frame outside and in, caulk around the outside trim, and you are finished. The only thing left to do is sit back and enjoy that feeling of satisfaction that comes from having done-it-yourself.



RAISE A DECK

Raised decks are the modern-day version of the porch, and can adjoin an above-ground doorway (see project on page 87), or can be freestanding or abut a building where there is no opening. In these latter cases you will need a stairway from the ground to provide access to the deck.

When deciding where to place your deck, consider obstructions such as trees or other buildings, and give some thought to the amount of sunlight and shade the location receives.

Consider, too, the type of lumber you will be using. When wood is to be exposed to the elements, it is best to select either wood that has been treated to resist decay, or wood that is naturally resistant to rot, such as redwood. You will pay more for the treated or naturally resistant lumber, but the difference is well worth it.

Also, each kind of wood comes in different grades (and prices) for different purposes. For example, wood that will be either touching or within six inches of the ground should be of higher quality than that used for other parts of the structure. Find a knowledgeable lumber dealer, ask about price and longevity of lumber; see what he suggests, then make your decision.

Planning the deck

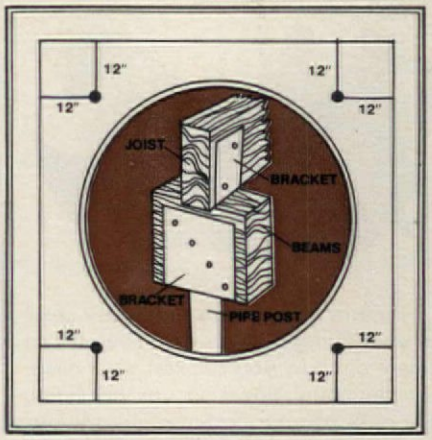
While planning your deck, consider the kits available that make the job somewhat easier. At least one of these kits includes metal brackets for joining the various kinds of structural lumber used in a deck and calls for the use of black or galvanized pipe as support posts for the deck. Large timbers can also be used as support posts. If you select the metal pipes for posts you should paint them with a rust preventive before setting them. It is also a good idea to either stain or treat all the lumber you will be using in the deck with a waterproofing agent. This should be done before construction begins so areas that will be covered over will receive the benefit of the protection.

You can figure that materials for a 6-foot-by-8-foot deck will cost about $200, an 8-foot-by-10-foot raised deck about $250, and a 16-foot-by-16-foot deck about $700.

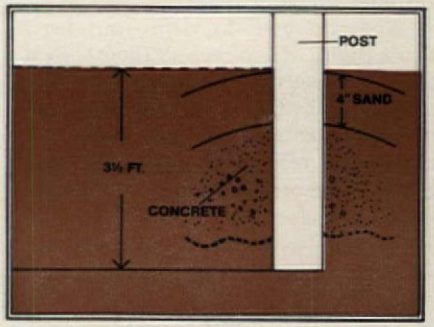
Staking it out

The most critical phase of building a raised deck is laying out the job and setting the support posts. First, drive stakes into the ground at all four corners of the space to be occupied. Make sure the corners are square by equalizing diagonal measurements from one corner to another. Then tie a string from one stake to the next at the approximate level of the deck.

Once the site is staked out, measure in 1 foot from each corner, making sure you maintain the precise square you have already marked out. This spot, 1 foot in from each corner, is where you will plant the corner sup-



Post-hole location is 12" in from side



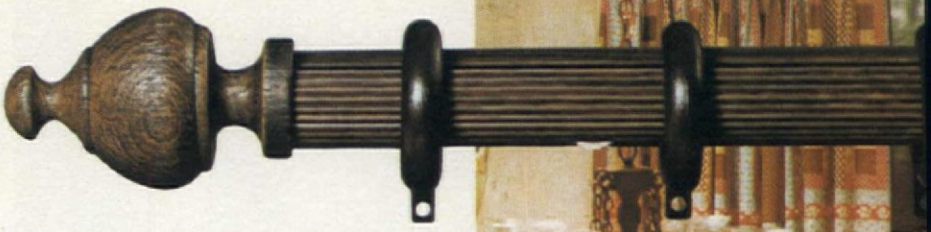
Post rests in bed of concrete topped with earth

port posts. Depending upon the size of your deck, you may need additional support posts between the corners. Check your local building code; as a rule of thumb, posts should be no more than 7 feet apart.

Fixing the posts

Use a post hole digger, which can be rented for a few dollars a day, to dig a hole for each post 1 to 2 feet in diameter, and about 3½ feet deep. If you live

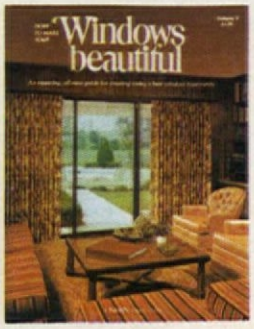
with Kirsch you can...



...capture the look of wood with the strength of steel. Kirsch Sherwood® traverse rods.

...match your pretty paneling. Use Kirsch Superfine® conventional rod with a wood-like finish. Many Kirsch traverse rods feature Teflon-S® coating.

...decorate on a budget. Can't afford painting, new furniture, carpeting? Change your Kirsch window treatment. Nothing does more for a room—for less money.



...get hundreds of ideas. In "Windows Beautiful." Only $1.50. From your Kirsch dealer. Or send check or money order to:
Kirsch Co., Dept. A-477
Sturgis, Mich. 49091.

Kirsch

in a warmer climate you may not have to go that deep; an extremely cold area may require a deeper hole. Find out exactly what the frost line level for your locale is, and go somewhat below that to avoid heaving during freeze/thaw cycles.

After the holes are dug, you are ready to mix the concrete and set the posts. You will need a full 90-pound bag of concrete for each post. Mix the concrete according to the instructions on the bag. Set the posts in the hole and drop in some earth or gravel to provide for drainage before pouring the concrete.

If you are using pipe for your posts it is a good idea to insert a small board in the bottom of the hole before placing the pipe in it. This allows the weight the pipe will be bearing to be spread over a larger area than the relatively thin walls of the pipe itself. Now, pour the concrete to within 4 or 5 inches of the ground level. After the concrete sets you can fill in around the posts with earth.

Make sure the posts are plumb, and provide some sort of support to keep them that way while the cement is drying. One way to do this is to take some scrap lumber and build a grid that will fit around the post and keep it from tipping in any direction.

Let the posts stand untouched in the cement for two or three days to make sure it is well set before proceeding with construction.

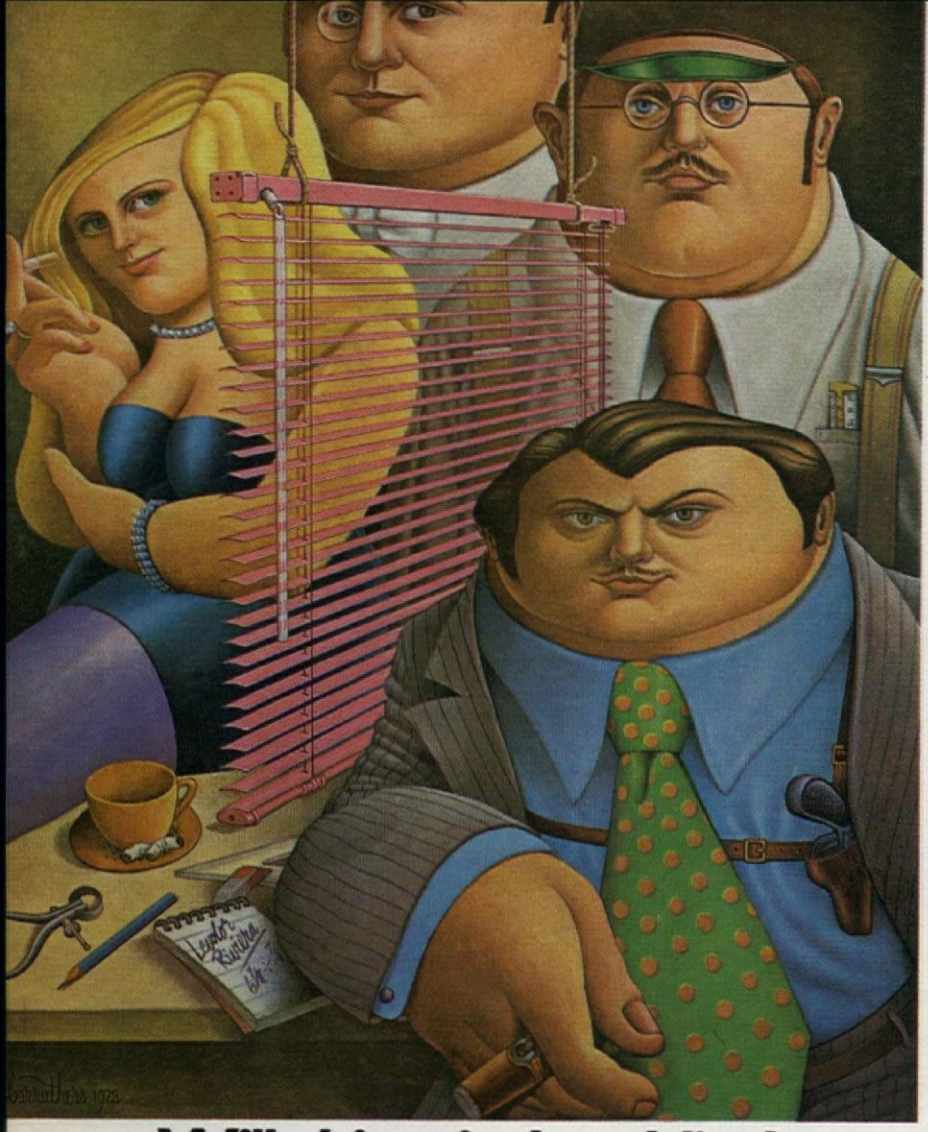
Cutting the posts

The next step is to trim the posts to the proper height. Of course, they can be cut to size before they are set in the concrete, but for the weekend do-it-yourselfer the safest way is to have plenty of excess on the posts and trim them down after they are set in the concrete. Pipe posts can be cut with a rented pipe cutter. A power saw will make the trimming of timber posts much easier.

If you are bringing the deck up to a doorway, first measure and cut the posts adjacent to the house, then use them as a guide to cutting the outer posts. Plan for the deck to be about 1 inch below the floor of the house. This will allow the deck to be tucked in under the doorway to prevent the infiltration of rain, snow, or dirt.

To determine where to cut the posts subtract from the level you want the deck to come to, the width of the beams and the joists, and the thickness of the decking. This will work out to be between 13½ and 15½ inches.

Once you have cut an inside post,



Will this window blind ever be faked successfully?

The blind is the most functional of all window coverings. But it took the Riviera to prove, in thousands of homes, it could also be discreetly slim and beautiful.

Then came the knock-offs, as they're called in the trade. The fake blinds that looked like Rivieras but weren't built like Rivieras.

Today the counterfeits are so widespread, we feel compelled to tell you how to spot them. Of course, this also gives us the opportunity to emphasize three of the many Riviera points of superiority, and may even discourage the counterfeiters.

1. Slats less than 1" wide can be copied. But the copies don't come in more than 100 lead free colors like the Riviera. Many of these are available with a neutral white on the outside.

2. The Riviera's installation brackets feature a unique safety-hinged latching so even an energetic youngster simply will not be able to pull the blind down.

3. The patented Guardian Tilter and the other moving parts in the head of the Riviera are guaranteed for the life of the blind.

We seriously doubt whether there will ever be a completely successful imitation of the Riviera. That would require a manufacturing philosophy like Levolor's: quality before all else. And that isn't the way counterfeiters think about their business.

Riviera™ Blinds

Unsuccessfully imitated the world over.™

To find your nearest Riviera dealer call (800) 447-4700
In Illinois, call: (800) 322-4400

Good-bye, wax. Hello, easy·care™

New from Flintkote: Easy•Care, the no-wax Peel and Stick reinforced vinyl tile!

What a combination! Flintkote puts its new no-wax surface on its popular easy-to-install Peel and Stick tile. The name? Easy•Care. For obvious reasons!

Designed to help you say good-bye to waxing chores, Easy•Care gives you more time to enjoy life while your shiny floor keeps smiling back at you. Let family, pets, children's friends submit it to the toughest wear—you'll smile back, too. With new Easy•Care, you just wipe up the messiest soils, stains and spills and damp mop occasionally to keep your floor sparkling bright.

After a while areas subject to heavy traffic may begin to lose some gloss. Your Flintkote dealer can supply you with our special Easy•Care floor finish. A quick touch-up will put back the shine in minutes.

Today, see your Flintkote dealer—and discover why this beautiful Peel and Stick floor tile is called Easy•Care. Let an Easy•Care floor help make living easier for you.

FLINTKOTE / peel and stick® FLOORS

480 Central Ave., East Rutherford, N.J. 07073

take one of the deck boards, lay it on top of the cut post, and hold it out to the next post. Using a level make sure the board is straight and mark its level on the next post.

After the posts are cut, lay a ground cover below the deck to prevent foliage from growing up under it. First apply a weed killer, unroll black plastic (polyethylene) over the soil, then spread wood chips or crushed stone over the plastic, to hide and hold it.

Set beams and joists

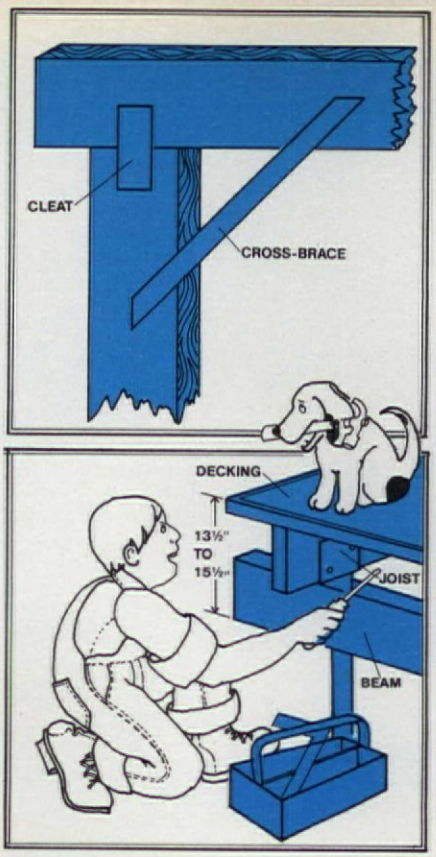
Beams should be made of two 2 by 6 or 2 by 8 boards. If you are using a kit, U-shaped brackets with ends that slide over or into the pipe posts may be provided. You can then position the beams into these brackets.

If you are using timber posts you will have to devise some way of securing the beams to the posts. You may be able to get metal connecting brackets, or fashion a wooden cleat (bracket) and cross-brace configuration.

Once the beams are in place, the joists are mounted on top of, and secured to the beams. As with the support posts, the spacing of the joists depends on the size and configuration of your deck. Generally, they should be no more than 3 feet apart. Some kits provide special brackets for securing the joists to the beams. Otherwise, joist hanger brackets are a common hardware item.

Laying the decking

With the beams and joists in place you are ready to lay the decking. Buy oversized deck boards so they can be trimmed after laying. With boards cut



Decking boards rest on beams and joists. Strengthen outside boards with braces and cleats.

with a vertical grain, both sides are the same. But if the lumber is cut with a flat grain, the bark side (rings arch toward this side) should be up since it is the smoother side, and a lot of splinters can be avoided.

Another thing to remember when laying a deck is that where there is a knot is also a weak spot. Therefore, whenever possible, try to place knots directly over joists to help carry the load.

The best way to position the decking is to lay it all out before you begin nailing it to the joists. This allows you to align and reposition boards as necessary.

When nailing the decking in place leave a small space (about the width of a good-sized nail) between the boards for drainage and so dirt won't collect on the deck.

After nailing the decking in place, do the final trimming of the deck board ends, and nail fascia boards to the end.

Because your deck is raised you may want to put a railing around it, and you will need steps. Anchor step footings in the ground with concrete, much as you did with the deck posts, to prevent the steps from sagging.

If you're extra ambitious you can also build deck benches and planters. Or, you can sit in your chair and enjoy—you deserve it.

This is a Kwikset deadlock.

Kwikset Deadlocks available in single cylinder #880 and double cylinder #885.

Maybe it should be called a lifelock.

Ask anybody in the burglary business—policeman or burglar—and he'll tell you that this kind of lock is the single most important thing you can have to help protect your home and family against break-in, looting—and worse.

It's a Kwikset cylinder deadlock with a 1-inch deadbolt. It's made of steel and brass and it's the toughest lock we've ever built. A revolving steel-rod insert helps deter hacksawing. Heavy-duty steel reinforcing rings resist pulling and prying. Tapered steel cylinder guard revolves with any attempt to twist or pry off.

Just the sight of one on your door could be enough to make a burglar go somewhere else. This Kwikset deadlock will cost you less than $20.00* where ever you buy good hardware.

The way burglaries and violent crimes are increasing these days, this could be the buy of your life.

ANOTHER QUALITY SECURITY PRODUCT FROM KWIKSET
America's Largest Selling Residential Locksets
KWIKSET SALES AND SERVICE COMPANY
A Subsidiary of Emhart Industries, Inc. Anaheim, CA.

*Based upon our suggested retail price.

INSTANT PATIO OR PATH

Pre-assembled squares of slatted wood can be used to put together a patio, a walkway, or garden border. Available from most lumber dealers, these squares come in varying sizes (19 by 19 inches, 2 by 2 feet, and 3 by 3 feet), and run from $1 to $2 per square foot.

Regardless of what you are building, the method of installing the squares is the same. Find out what size your lumber dealer carries, and try to size your project so that you can use exact increments of blocks without having to do any trimming.

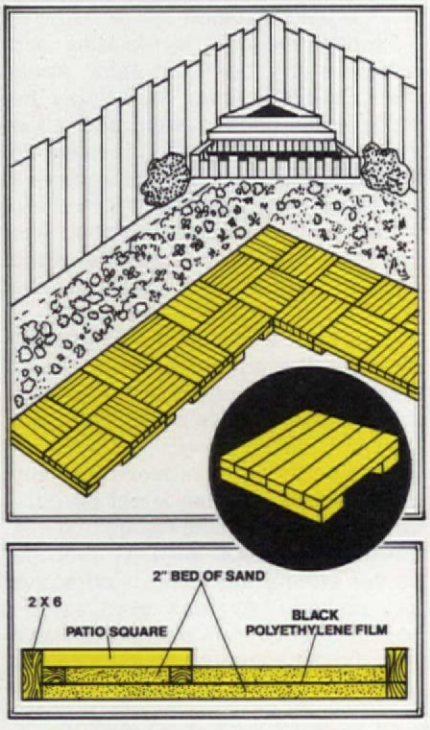
The first step is to stake out the area to be covered. Make sure the corners are perfectly square. To check, measure diagonally from corner to corner. If the two measurements you get are identical, the layout is square. If you are planning a walkway and wish to turn a corner, stake out a right angle turn, not a gradual one. After all the stakes are in place, tie a string from stake to stake to completely outline the work area.

If there is grass growing in the area you are going to cover, it should be removed. Lift carefully and you can use it for sod elsewhere in your yard. If there is no grass where you will be putting down the squares, it's a good idea to recess the area an inch or two by peeling off earth with a shovel.

While it is not essential to the success of the job, you may want to take some 2 by 6 boards, turn them on end, and, for aesthetic purposes, set them along the perimeter to outline the edge of the site to be filled in with squares. If you plan to do this, don't forget to include the 1½-inch thickness of each of these boards in your calculations when staking out the job.

Once you have set the perimeter boards in place, use a rake to level the ground on which the squares will sit. Next, place a layer of black polyethylene film (an $8 roll will be more than enough for most jobs) over the ground, and then cover the film with about a 2-inch layer of sand.

Level the sand with the rake, and you are ready to set the squares in place. Start at a corner and fit them tightly against each other, working each square firmly into the sand. For a parquet effect, alternate the way the slats are turned as you set them in.



Parquet walkway is also border for flower beds. Set patio squares in sand then to stabilize.

LANDSCAPE WITH TIMBERS

Perhaps you would like to put in a raised garden area by using steps and the foundation of your home as two sides of a triangle, and closing off the third with the timbers. Or, maybe you have a slightly raised area in your yard adjacent to a walkway or driveway where erosion is taking place and some timbers would be the ideal thing to stop it. Or, you may want to contour a flat yard and add timbers as a retainer.

It broils! It bakes! It toasts 4 slices automatically! It's the Toast 'N Broil Toast-R-Oven® toaster from GE.

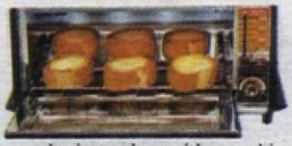
If you want a toaster oven that does everything this toaster oven does, get yourself a GE.

It's a 2-steak broiler.

This GE toaster oven has a separate broil setting that lets you broil steaks, hamburgers, hot dogs—easily and conveniently. And because it broils, GE's toaster oven makes more than two hundred dishes you can't make in most other toaster ovens! The high-wall broiler pan helps protect the interior from spatters—and it pops into the dishwasher for easy cleaning.

It's a great oven.

GE's toaster oven handles the dozens of small cooking jobs you'd hate to heat up your big oven for. Like top-browning sandwiches, baking casseroles, warming leftovers. And it



works in tandem with your big oven when you want to cook foods that require different temperatures.

It's an automatic toaster.

It takes the place of a 4-slice toaster. It toasts odd-size breads and rolls, both sides at once, and shuts off automatically. A bell rings when toast is ready.

Features! Features!

The thermostatically controlled oven has settings from 200°F to 500°F. Automatic Top Brown setting is great for melting, crisping and browning. And a signal bell rings when food is ready. Removable rack, oven tray, broiler pan and swing-open crumb tray make cleaning easy.

Only GE gives you so many models to choose from.

See them all at your GE dealer's now. The model featured here is the T26. The T23 broils, bakes and toasts 2 slices. Non-broiling models include the Deluxe 2-slice Toast-R-

Oven toaster (T93B) as well as the King Size 4-slice Toast-R-Oven toaster (T97). There's a size for every family, a price for every budget.

Whichever model you choose, once you own a Toast-R-Oven toaster from GE, you'll wonder how you ever managed without it.

TEFLON II

Other items made by General Electric use DuPont Teflon® non-stick coatings.

GENERAL ELECTRIC

Many people use old railroad ties for landscaping, or purchase treated timbers of equal size (6 by 6 inches in 8-foot lengths). Railroad ties run between $4 and $6 each, treated lumber usually costs from $9 to $12.

If you are going higher than 2½ feet with a retaining wall, the use of timbers of this size is essential, but for the smaller retainer, there is another alternative: "peeler cores," as they are known in the lumber trade. They measure 4 by 6 inches or 3 by 5 inches, and come in 8-foot lengths. These logs—left when wood has been peeled to make plywood—are easier to work with, and at about $3 to $5 apiece, are generally less expensive than railroad ties.

When deciding where to place the first timber of your retaining wall, bear in mind that for proper structural support, these timbers should be stair-stepped. The lowest log will be set farthest from the area to be defined by the wall. Each log should be indented up to, but no more than, one half of its contact surface with the log below it.

When you are ready to begin building, dig a trench about the height of one log, and about 2 inches wider. Pour an inch or two of gravel into the trench, place the log in the hole, and then fill in behind it with some additional gravel. The gravel will provide drainage to prevent water from collecting around the wood.

Now, cut away the earth for the next log allowing for some gravel to be placed in behind it as well, then place the next timber on top of the bottom one, and secure it.

Secure these timbers to each other by toenailing them along the length of the logs.

After you nail the second timber to the first, cut away the grade for the third course, and so on, until you are finished.

WHERE TO GO FOR HELP

Our building projects were discussed with the do-it-yourselfer in mind. If you like our ideas, but want to call in professional help, you have a couple of alternatives:

Check out the National Home Improvement Council members who work in your area. The NHIC's membership consist of professional home remodelers; they also have a booklet that will tell you how to choose and work with a contractor.

You can also check out your local Better Business Bureau, or even just the Yellow Pages for a reputable builder who can do these jobs easily. Talk to other people who have used his services, and be sure to get a written contract.

HOME IMPROVEMENT & DECORATING GUIDE

DECORATING HOW-TO'S

By Jane Cornell

SUMMERIZE PATIOS AND PORCHES

Start by planning how to make your outdoor space function better. It's easier to work it all out first on paper. Make a floor plan on graph paper (scale: ¼ inch equals 1 foot). Put in permanent elements such as the house entrance, path exits, stationary benches, plantings, water sources, outdoor electrical outlets, and windows overlooking the area.

Next, make cutouts, to scale, of the furniture pieces you have or plan to get. Use these to work out arrangements both for parties and for private pleasures.

Chart traffic patterns

Organize the elements according to usage, such as cooking, serving drinks, shady seating, and sunbathing. Separate them by logical traffic paths (paths from doorway to pool, potting shed, major seating area). Comfortable traffic paths are at least three feet wide. Keep drink making and cooking separate, and set both off from seating. Allow ample room, a minimum of three feet, in front of a portable bar or caddy. Safety dictates at least a 4-foot clearance in front of a barbecue grill.

Flexible furniture arrangements

Arrange your shady seating for easy conversation (8 feet maximum between conversers). Provide plenty of tables for stashing drinks and ashtrays. If you have a view, take advantage of it with the seating arrangement.

Make sure your outdoor "kitchen" is efficient. Provide plenty of counter space in the form of portable caddies, lightweight movable tables, or build a permanent center. If you cook outdoors a lot, invest in a stationary light for the cooking area, or investigate battery-operated lights. You'll also need a unit for flatware, plates, napkins, and the like, although these need not be near the cooking center.

A chef who likes to mix drinks might want easy access to the bar. If self-service is your preference, allow for standing room, and plan a unit to hold all of the necessary accouterments.

Finally, have enough space for the positioning of sunning lounges, since you will want to move them to follow the sun. Make sure there is a shaded area to which overheated sun worshipers can retire.

Jane Cornell is a free-lance writer who specializes in home furnishings, and is the author of a soon-to-be published book on successful family recreation rooms.

DECKING DRAMA

You'll double the visual size of an indoor room by extending the floor color outdoors onto deck or patio. One way is to use outdoor carpeting for both, or use paint as an inexpensive means of achieving much the same effect.

Color it outdoors

Use the color guidelines for outdoor furniture in choosing flooring. Unless your deck is in shade most of the time, avoid dark colors that will be uncomfortably hot underfoot. If matching isn't your mood, use indoor furniture or accessory colors as a guide.

Dull, dreary decks lend themselves to any number of painted decorative treatments. Use the structural lines of the boards to create multicolored striped effects or checkerboard patterns. Or, create your own freeform designs on either concrete or wood.

How to make a stencil

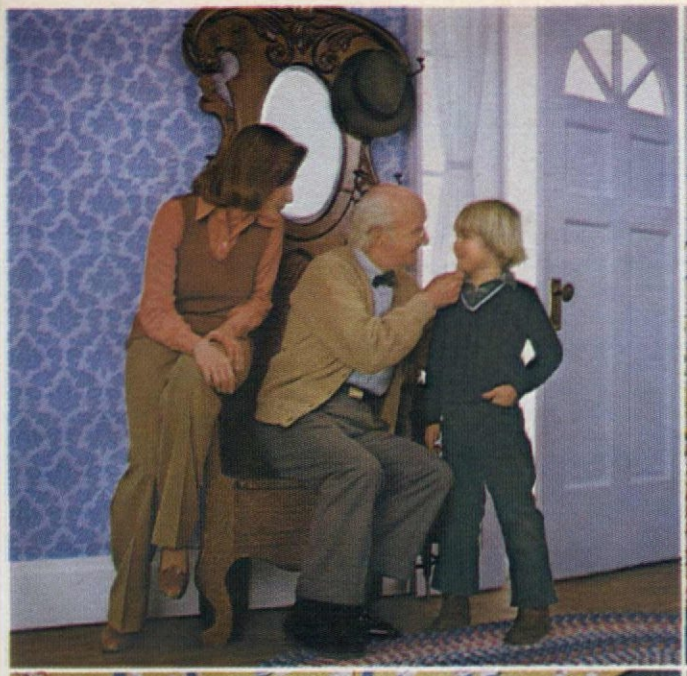
Prepare the area by sanding and removing any loose old paint. Apply the suggested primer. Then, apply the basic color used overall, and allow ample time for it to dry. Use masking tape to mark off the areas to receive a contrasting color coat. To make sharp lines, use an up and down motion with your brush next to the tape. Allow the paint to dry partially, then remove the tape.

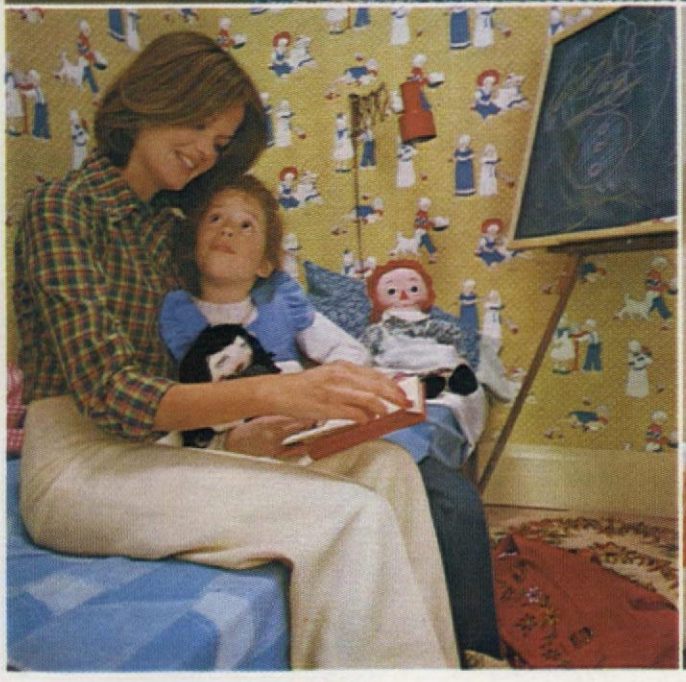
Wait for the old paint to dry completely before adding a new color. For a final touch, cover the entire job with a clear finish that is compatible with the paint you are using.

Be sure to highlight steps and any other protrusions that might be difficult to see at night. Painting them in a contrasting color, with a matched border around the deck, is attractive and unifying. You can even extend your paint job out along walkways from the deck area, on border rocks or planks.

LIGHT UP THE NIGHT

Spotlights that show off the first greening of trees give pleasure inside and out. These are usually installed





These rooms look this beautiful because these people wouldn't accept anything but the genuine Wall-Tex® brand.

It takes a lot more than artistic flair to make a room look beautiful. Making sure you get the right wall covering is just as important. That's why you should always insist on Wall-Tex® brand vinyl wall covering from Borden. We've been making people's walls look beautiful for over 50 years.

And because we've done such a good job building a name for ourselves, some people think all vinyl wall covering is Wall-Tex. That's just not true. There's only one Wall-Tex brand. And the only way to make sure you're getting real Wall-Tex quality is to insist on it by name.

You see, Wall-Tex is high quality vinyl wall covering that's really easy for you to put up, and even easier for you to care for. What's more, Wall-Tex has over 1000 beautiful designs for you to choose from. Which means, there's a pattern that's perfect for any decorating look you're after. And should you ever feel like changing that look, Wall-Tex is even easy to take down.

So the next time you're trying to turn an ordinary room into something really beautiful, be sure to insist on genuine Wall-Tex® from Borden.

BORDEN®

Wall-Tex®

For walls you can live with.

under the eaves by a professional and are controlled with an indoor switch. Be sure lights don't create a glare on your deck, and are placed within relatively easy reach for bulb changing.

Local lights

Next comes local lighting for the outdoor living area. Start by considering safety first, with good lighting near doorways and steps. Poolside lights are a must for late night dips without disastrous slips.

Permanent outdoor fixtures should be installed by professionals unless you are very knowledgable.

Lights, specifically for use outdoors come in many designs. Select those that coordinate well with the style of your home.

Party additions

Expand your usual illumination with temporary lights for parties. Torch lights can be moved around the lawn at will, in most cases, and add a touch of glamour. They can be adequate, inexpensive substitutes for permanent fixtures.

Twinkling strings of small Christmas lights can grace mostly bare trees now and bedeck shrubs throughout the summer. Use outdoor extension cords to plug them in almost anywhere. Tape down cords that cross walkways.

Lumières

Lumieres are great, inexpensive light additions for parties. These simple decorations are easy to make with sand, grocery-size bags, and candles. Start by folding bag top over twice and then fill it with sand halfway up. Center and anchor a short candle in the bag, light the wick, and that's it.

UPDATE OUTDOOR FURNITURE

A dash of bright paint and a splash of new fabric make the humblest outdoor furniture look excitingly new.

Color tricks

Start by planning a color scheme for your furniture that is specifically geared to outdoors. Keep these thoughts in mind in developing the scheme:

- Your furniture plays off blue sky, green grass, and your flower colors.
- Make sure furniture colors look good with the color of the house and outdoor flooring.
- For furniture in direct sunlight, light colors resist fading most, and stay fresh looking longer.

Painting pointers

Check over furniture before painting, and tighten nails, bolts, or screws. Use a wire brush and sandpaper to remove rust and loosen old paint. Use the prescribed primer; it equalizes expansion differences between the new paint and old surface so that a good bond is maintained. Both spray and brush-on paints are available in almost every color to use on outdoor furniture. Make sure to mix a batch big enough to paint all furniture to eliminate the possibility of any matching problems arising later on.

Sheet makeover

Revamp webbed aluminum chairs with freshly painted frames and webbing upholstered with sheets.

To make: Unscrew webbing, and cut strips of sheeting 1 inch wider than webbing circumference (for 2½-inch webbing, cut strips 6 inches wide). Cut strips 8 inches longer than horizontal webbing. Fold fabric lengthwise right side in and stitch with a ½-inch hem. Turn to right side and press with seam to back.

Cut quilt backing to webbing size and staple to webbing. Slip sheeting over webbing and reattach to chair. Tuck the extra fabric under sides and seat back. Fold under raw edge and tack to webbing. Just one twin sheet covers two chairs with extra fabric for pillows to match. A full flat sheet covers most lounge chairs.

To cover arms, cut extra webbing 4 inches longer than arm. Staple on quilt backing cut to arm size. Cut sheet strip 1 inch longer than webbing, and sew Velcro strip to back before you finish and slip it over the webbing. Glue matching Velcro to chair arm.

Jiffy pillows

Puffy harem pillows make soft new accents for sofas, or, in larger sizes, for floor seating. Use either sheet or towel fabric, string, a zipper, and stuffing to

Puttering made easy.

Fix engines.

You are the Great American Putterer, and VISE-GRIP® locking pliers were made for you. They make spring fix-it jobs easier because VISE-GRIP is almost as versatile as your own hand. They're practical too, because they're a locking pliers, pipewrench, clamp, and more.

When you're fixing things, your tools should do most of the work. That's why you need VISE-GRIP locking pliers. They make puttering easier.

Available at hardware, discount, department and auto stores.

Handy for car and camper.

Screw in hooks for plant hangers.

Speed wrench for removing wheels.

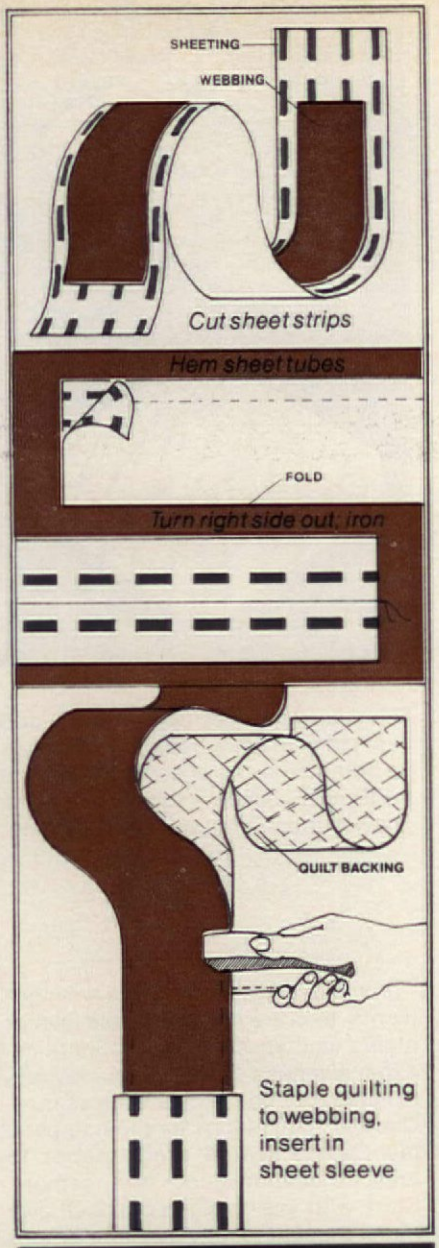
Pipewrench for leaky plumbing.

Assemble outdoor furniture.

If you own only three hand tools, one of them should be a VISE-GRIP locking pliers.

VISE-GRIP®

VISE-GRIP is a trademark of Petersen Mfg. Co., Inc., DeWitt, Nebraska 68341 ©Copyright 1977 Petersen Mfg. Co., Inc.



Bill Blass' "Classic Lines" sheets and "Falling Waters" towels from Springmaid make bright summer cover ups.

create this decorating project.

Cut two squares of fabric, placing right sides facing, inserting a zipper centered in one side. Zipper must be 5 inches shorter than the seam.

Bunch fabric at corners and tie

Before you spend $50,000 on a new house, spend 50¢ on our new book.

If you're building a new house, you owe it to yourself to find out about ceramic tile. Just send 50¢ for a full-color book of tile facts and ideas.

It could very well be one of the smartest investments you'll ever make.

Name _____

Address _____

City _____ State _____ Zip _____

Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 700, Princeton, New Jersey 08540

When we mention rattan, if all you think of is "The Road to Morocco," you better come see what's new.

Sure, we've got the kind of rattan furniture films made famous. Including things from the days when they told gags about sarongs. But we have all kinds of contemporary designs, too. For every room in the house. These chairs, for example—many with matching loveseats and sofas—are just a few of the dozens of different styles we can show you. Come see them soon. Or send $2.00 for our catalog, which will be refunded with your order. You won't find a better collection anywhere from here to the Casbah.

Deutsch, Inc.

Dept AH, 196 Lexington Ave. at 32nd St., New York, N.Y. 10016. MU 3-8746.
426 South Robertson Blvd., Los Angeles, Cal. 90048. 273-4949.

Full warehouse stock at both locations. Through decorators, dealers and architects.
Custom finishing and cushioning. Coast to coast and overseas shipping.

Look for the National Home Improvement Council Member in your community

If you are planning to renovate or improve your home, use a responsible and reliable remodeler who is a member of the National Home Improvement Council. Council members take an active part in their professional associations affiliated with NHIC, striving to offer courteous service, fair prices and quality workmanship. They are pledged to observe a Code of Ethics for your protection.

Your present home represents a big investment—perhaps the largest of your lifetime. Properly maintained and improved for better living, your home is likely to increase in value as time goes on, by more than the cost of the improvements. At the very least, its value will be maintained.

Responsible home improvement contractors are ready to assist you in making prudent decisions commensurate with your income.

So, look for and do business with members of NHIC where you live. And to help you plan your remodeling work, let us send you a copy of our booklet: "How To Start Your Home Improvement Project With The Help of a Reliable Contractor." Send stamped and self addressed envelope to:

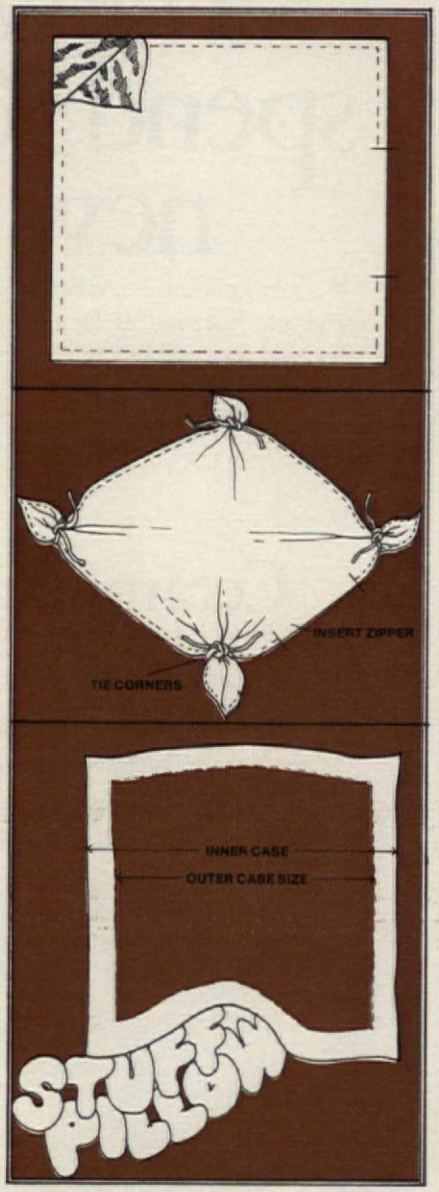
National Home Improvement Council, Inc.
11 E. 44th Street
New York, N.Y. 10017

Better Your Living NHIC

HOME IMPROVEMENT & DECORATING GUIDE

string securely around gathered material, about 2 inches in from the tip. Turn case right side out.

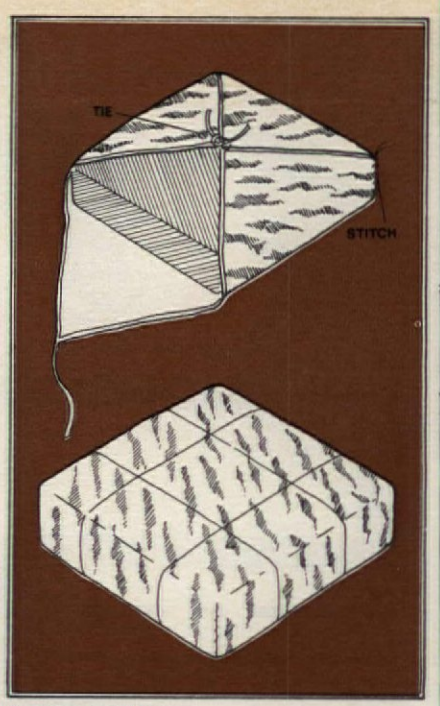
Sew a pillow from a plain sheet, 2 inches larger than the outer case. Do not tie corners. Sew seams, leaving an opening to insert shredded foam or polyester fiberfill from fabric stores. Close up seam after stuffing. Insert pillow into case—since the pillow is larger than the case, the resulting harem pillow will be delightfully plump.



Instructions for jiffy pillows (above) *begin on page 98*

Terry cover ups

Terry cloth towels are great cover ups for thick outdoor cushions. One simple cover is patterned on fitted sheets. Use towels large enough to wrap around to pillow back, creating flaps of at least 5 inches on all sides.



Terry cover ups

Miter corners like fitted sheets, and hem sides of back flaps. Attach tapes on both flap sides at each corner and tie. If covers become sun-lotion soiled, just pop them in the washing machine.

SUMMERIZE YOUR LIVING ROOM

Intimate and cozy furniture arrangements that are ideal for cold winter nights limit your sense of springtime expansiveness. Open up your layouts to make your house match the season. Use the suggestions for plotting patio layouts on scaled graph paper to create a snappy indoor arrangement. Start with the living room, but give equal thought to new furniture groupings elsewhere in the house.

Orient toward the outdoors

Change your major seating groupings so that the center of interest is the outdoors, with a view through windows or sliding doors. There's no point in clustering everything around an empty, unused fireplace once the warm weather comes.

If your seating won't work well in any new arrangement, bring the outdoors right to your center of interest with a mirror. For instance, you can replace a heavy painting over your fireplace with a mirror carefully angled to reflect the outdoor scene from windows on the opposite walls.

Changes in the traffic patterns through your house should figure in your rearrangement schemes. In spring your patio entrance may become as important as the front door. Make sure that no major pieces of furniture are blocking the natural walkways to it.

Maybe he should wish for a new power plant.

Wishing won't make it so. But if he had an adult's understanding, and could take a peek at his future, a power plant is what he might wish for.

He'd see that some parts of the U.S. face serious shortages of electricity as early as the late 1970's.

And that we have to continue building power plants, as rapidly as possible—because they take 8-10 years to complete.

He'd also wish for a new plant so that new offices and factories will have power to operate by the time he's ready for a job.

Finally, he'll need it to benefit from all the electrical things to come. The electric car he'll drive. The electric buses and trains. And all of tomorrow's electric miracles—entertainment, time-savers, labor savers, and conveniences.

To make his electric future come true, construction must go on. Your electric company has the know-how and is ready and willing to get the job done.

The time to build power plants is now.

Edison Electric Institute
for the electric companies
90 Park Avenue, New York, N.Y. 10016

HOME IMPROVEMENT & DECORATING GUIDE

Create more space

Make your rooms seem cooler and fresher by allowing more space around your individual furniture pieces, and between groupings. To do so, you may find it best to retire some furniture for the season. You store furs and woolens, so why not winter furnishings?

Next, eliminate the claustrophobic effect of clutter. Open up space in stuffed bookcases, creating miniature shadow boxes for cool accessories such as glass objects. Remove unnecessary accessories on tabletop surfaces as well. Fewer is cooler when it comes to accessories.

Cool your color scheme

You can change your entire color scheme with slipcovers and such, or merely modulate existing schemes by replacing hot accent colors with cool ones. Cool colors include yellows and violets, plus all the blues and greens. Lighter, softer tones of all hues are cooler than their bright and dark counterparts.

If such radical changes won't work with your basic scheme, consider some of these cooler counterparts of your favorite warm hues:

- Use straw and wheat colors instead of deep golds.
- Use palest peach instead of hot terra cotta, warm browns, or oranges.
- Trade in strong purples and hot pinks for paler pinks and lavenders.
- Replace avocado tones with light celery greens.
- White, of course, cools elegantly, and coordinates with everything.

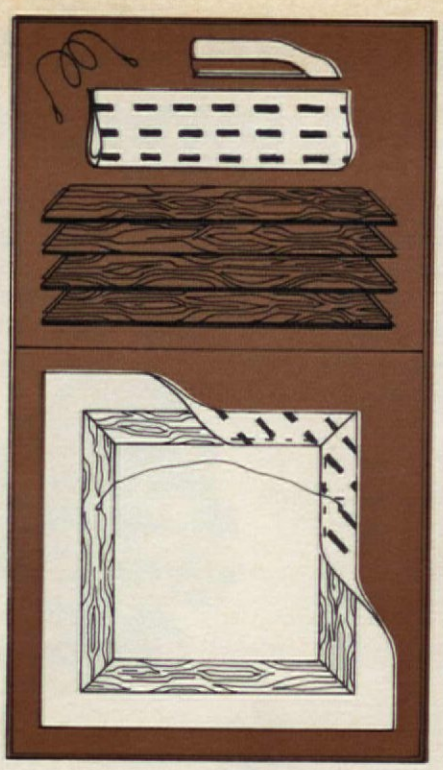
Repositioning your plants

Houseplants that greened your window all winter hide a spring view, so find the plants new locations. In a grouping, they will look like an indoor garden. A logical place to display them is before the fireplace, since the hearth provides a waterproof base. To give dominance to plants, provide them with a good background.

Plan a plant backdrop

Make a plant backdrop with fabric mounted on stretchers. Pre-mitered stretch bars push together, and are pre-cut in art stores. Plan to cover either your entire mantel or merely the opening of the fireplace proper. You can use the same effect in another part of the room as well.

To cover the stretcher bars, center them on the wrong side of the fabric and cut a 2-inch hem. Wrap hem to back and secure with push pins while you check positioning. Then staple fabric to frame, doing top edge first. Stretch and staple bottoms, then either side. Work from the center toward the corners on each side. Attach your backdrop with picture hooks and wire for easy removal.



Top: materials—staple gun, picture wire, stretcher bars, and sheet. Bottom: miter corners; staple, attach wire.

Seatcover strategy

Update straight chairs with new seatcovers in towels or sheets. Remove the seat and make a pattern 3 inches larger on all sides. Cut polyester fleece and fabric to pattern, then staple the fleece to underneath of the chair seat, clipping and fitting as needed. Remove excess from corners.

Repeat with fabric, stapling ends first, then the sides. Leave excess at corners but staple securely, and then replace the seat.

Place mats and napkins to match

A matching place mat is made by cutting fleece and 2 fabric pieces 12 inches by 18 inches. Place fabric right sides together with fleece on top, pin, and machine stitch a ½-inch seam all around, leaving a 6-inch opening. Trim excess fleece from seam allowance and corners then turn right side out. Close opening with fusible web.

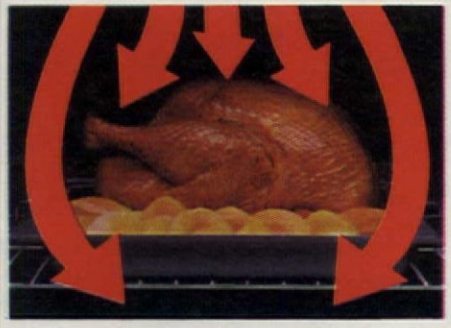
How to hem lined place mats

Finished place mat and napkin

Tear 18-inch fabric squares to make coordinating napkins. Use a machine zigzag stitch to finish hem.

Sheets and towels will create a light, airy mood indoors. This season's choices include a wide range of patterns that can blend with almost any decorating scheme. Remember, full sheets can cover almost everything, while pillowcases and towels are good for small accessory pieces.

Cook up to twice as fast. Save up to half the gas.



Tappan Convectionaire®. It sends high-speed hot-air currents right into the food.

Here's a totally new way for you to cook. A new gas range from Tappan, with a new

better taste

kind of oven. High-speed hot air currents penetrate food immediately. You don't even have to preheat. You save up to half the time, up to half the gas. Your food even tastes better—browns beautifully but retains the flavor and juices. Doesn't dry out. Your steak tastes as though you grilled it outdoors. You can bake an oven full of potatoes in 30 minutes. Biscuits in eight minutes. There's pilotless ignition, too. An automatic timed broiler at handy waist height. An automatic and self-cleaning oven. If it's time to replace your old gas range, then it's time to see the Convectionaire® gas range. You can see it at your Tappan dealer. It's a product of gas

no preheat

industry research and one more way to use gas wisely. AGA American Gas Association

TAPPAN
Appliances

Spending big money on dirty clothes, that's not Pearl's idea of a thrill.

Basically, there are two kinds of washers – the top loaders that everyone else makes, and the front loaders like this that White-Westinghouse makes. They're the new generation, and these kids are real savers.

They're tighter with my money than I am.

Look what my front loader saves me when stacked up against four major top loaders. This stingy rascal used 34% less water, took 67% less detergent, used 67% less bleach . . . and that's for a big 14-lb. load.

Sure beats getting agitated.

With my washer, clothes get naturally tumbled, lifted up and dipped in and out of that sudsy water at least 52 times a minute. And they get deep rinsed not just once but an extra time. These clothes come clean – permanent press, knits, everything a top loader can do. It's even got a built-in scale to weigh each load for you.

They build them like they used to.

To stand up over the years and not give you grief. And they back them with their Sure Service* wherever you live in the U.S.A. So if you want laundry equipment to last, you listen to Pearl. Did I mention the matching dryer in white, goldtone, coppertone or avocado?

*For warranty information see your White-Westinghouse dealer.

White-Westinghouse

We still build them like we used to.

One of the White Consolidated Industries. WCI

GET FRESH

continued from page 69

All these dips are easily made ahead; their flavors improve with standing. Place an avocado pit with the Avocado Dip before chilling; it helps avoid discoloration.

AVOCADO DIP

Working time: 5 minutes

4 small avocados (or 2 large avocados), mashed or pureed
1/2 cup plain yogurt
1/4 cup chopped scallions
2 teaspoons seasoned salt
Dash garlic powder

Combine all ingredients in a large bowl, and mix until smooth. Cover with plastic wrap and chill until serving time. *Makes about 3 1/2 cups (8 calories per teaspoon).*

CURRY DILL DIP

Working time: 5 minutes

1/2 cup mayonnaise
1/2 cup dairy sour cream
1 teaspoon freshly squeezed lemon or lime juice
1 teaspoon grated onion
3/4 to 1 teaspoon curry powder
1/2 teaspoon dried dill weed
1/2 teaspoon dry mustard

Combine all ingredients in a small bowl, mixing well. Cover with plastic wrap and chill until serving time. *Makes 1 cup (23 calories per teaspoon).*

TUNA-BLUE CHEESE DIP

Working time: 5 minutes

1 carton (1 pound) or 2 cups creamed cottage cheese
1/4 cup milk
1 can (6 1/2 or 7 ounces) tuna in vegetable oil
1/2 cup (2 ounces) crumbled blue cheese
1 tomato, peeled and chopped
2 tablespoons chopped chives
1/2 teaspoon salt

Combine cottage cheese and milk in container of electric blender, cover and whirr at high speed until smooth and creamy. Transfer to large mixing bowl. Add remaining ingredients, mixing well. Cover with plastic wrap and chill until serving time. Garnish with additional chopped tomato and chives. *Makes about 3 cups dip (28 calories per teaspoon).*

HOT BEAN DIP
(In more ways than one)

Working time: 10 minutes

4 slices bacon
1/2 cup chopped onion (about 1 medium)
1 tablespoon chili powder
1 can (16 ounces) pinto beans in tomato sauce
2 to 3 tablespoons taco sauce

In a large skillet, cook bacon until crisp. Drain bacon on paper towels and crumble. Pour off all but 3 tablespoons drippings. Cook onion with chili powder in drippings until tender. Add beans and taco sauce, mixing well. Mash beans with potato masher or back of large spoon. Cook 5 minutes over medium heat, stirring frequently. *Makes about 1 1/2 cups (18 calories per teaspoon).*

There are at least 10 good reasons to buy an Amana Ice 'N Water Refrigerator-Freezer.

The ice and water dispenser is only one of them.

Push the water dispenser bar for cold water—glass after glass. Push the ice dispenser bar—get enough ice for one person or a whole party.

Model SDI-25W

Two Automatic Independent Cold Controls.

The Amana "Refrigerator-within-a-refrigerator" meat keeper has its own temperature control.

Exclusive Amana 3-position Energy Saver Control saves electricity.

You get a lot more than ice and water with an Amana 3-Door Ice 'N Water Refrigerator. You get the kind of solid features and excellent craftsmanship Amana is famous for. Count the features that really count—day in, day out. And you'll select an Amana Ice 'N Water 3-Door Refrigerator-Freezer.

1. Amana placed the ice and water dispenser in a solid panel—separate from the doors.

2. The Amana "Refrigerator-within-a-refrigerator" meat keeper (with its own temperature control) keeps meat fresher longer than "ordinary" meat pans because super cold air surrounds the outside of the pan without drying out the meat.

3. 3-Door design for maximum convenience. One freezer door is at eye level—ideal for frequently used foods. The lower freezer is perfect for storing bulkier items and lesser used foods. And two freezer doors help save energy—because while using one section, the other door remains closed, sealing in the cold.

4. No defrosting ever. Totally Free-O'-Frost freezer and refrigerator sections.

5. Exclusive Amana 3-position Energy Saver Control lets you adjust to the humidity level in your home—and that saves energy!

6. 2-Automatic Cold Controls—one for the refrigerator—one for the freezer. You can set one control independently of the other.

7. Adjustable tempered glass cantilever shelves in the refrigerator section let you arrange your own storage pattern—change shelves around to accommodate special situations.

8. Stor-Mor® door has spacious storage area—deep enough to handle half-gallon milk cartons.

9. 3-position butter conditioner. Keeps butter the consistency you like.

10. Amana Hi-Humidity Compartment keeps delicate vegetables up to three weeks.

Amana Ice 'N Water Refrigerator-Freezers come in three sizes—19, 22 and 25 cubic foot models. See your Amana Retailer—or write for complete details to Ann MacGregor, Dept. 608, Amana, Iowa 52204

Amana®

SOLD AT FINE RETAILERS THROUGHOUT THE WORLD.
Amana Refrigeration, Inc., Amana, Iowa 52204

A Raytheon Company

GP 22

LP 31

GRP 28

ON 32

PA 33

GA 34

OP 19

AP 16

PP 13

CI 37

PE 35

LPE 40

KKF 800

Plaques from The Vegetable Patch,™ Plains, Ga.

LK 772

BC 5

BC 1

LC 3

PC 2

PE 36

Warm and winning as a presidential smile! Mellow hand-stained pine bedecked with natural dried flowers and vegetables. Beribboned with crisp calicos, solids and ginghams. Handcrafted, ready to hang on your wall. Order for yourself, for gifts. Priced for practically peanuts! Each plaque complete with a Plains, Ga. sticker. Ribbon colors may vary. **$7.75 ea. 2 for $15.**

As Usual, We Guarantee Complete Satisfaction

THE VEGETABLE PATCH
P.O. Box 389
Plains, Georgia 31780

Enclosed please find $ _____ in payment for _____ plaques at $7.75 each ($7.50 each for 2 or more) plus $1.25 each plaque for postage & handling. Georgia residents add applicable sales tax.
Allow 2 to 4 weeks for delivery.

Name _____

Address _____

City _____ State _____ Zip _____

OR CHARGE TO:
☐ BankAmericard ☐ Master Charge
acct # _____ Exp. Date _____

Quantity

___GP 22 Green Pepper
___LP 31 Lemon
___GRP 28 Grapes
___ON 32 Onion
___PA 33 Parsley
___GA 34 Garlic
___OP 19 Orange
___AP 16 Apple
___PP 13 Pear
___CI 37 Cinnamon
___PE 35 Round Green Pepper
___LPE 40 Long Pepper
___KKF 800 Corn Basket
___LK 772 Owl Knothole, approx. 4 x 9"
___BC 5 Barrel Corn
___BC 1 Corn Bouquet
___LC 3 Line Corn
___PC 2 Corn Pot
___PE 36 Round Red Pepper

All plaques approximately 5-1/4 x 9-1/2" except as noted.

© 1977 The Vegetable Patch

Electronic Invention Turns House Wires into Giant TV Antenna

MAKE THIS ONE MINUTE TEST
of an amazing new kind of TV antenna!

Connect!

Plug in!

Enjoy!

Check these Super Features!

- Latest Model
- Safe! Improved!
- No Tools Needed!
- No Shock Hazard
- No Rabbit Ears!
- Installs in 1 Minute
- Works on New TV'S
- Works on Old TV'S

If worn, damaged, roof-top antennas or malfunctioning rabbit ears give you muddy, jittery TV reception, don't junk your old, worthy TV set! Restore its **RECEPTION POWER** with the latest, improved, **SUPER 77 ANTENNA** by Convertamatic. This invention, tested and proven in homes all over America, pulls in your favorite local programs, so sharp and clear, you won't believe your eyes and ears. **YES!** Crisp black and white, or vibrant color reception — without those frustrating rooftop or rabbit ear antennas!

HIGH RECEPTION POWER!

SUPER 77 ANTENNA is quite different from regular antennas — even the rotating type selling for $50.00 or more! Plug the **SUPER 77** into any outlet and it instantly changes your house wires into a **GIANT ANTENNA hundreds of feet long!** Yet it doesn't interfere with your electric current and never presents any shock hazard. It doesn't use up a penny's worth of electricity.

LASTS A LIFETIME

POWER 77 costs nothing to install . . . nothing to operate. Has no moving parts to wear out. **Lasts a lifetime.** Yet costs less than a carton of cigarettes!

INSTALLS IN SECONDS!

No tools needed. Connect and plug into the nearest outlet and it's ready to operate instantly! This **IMPROVED MODEL** is perfectly **SAFE.** Plug has a **NEUTRALIZER** that effectively **BLOCKS OUT** electric current. It gets attached **OUTSIDE** the set. A shock is **impossible.** Yet it works fine!

SHARPER PICTURES! RICHER COLOR!

Even older, functioning sets work better with a **SUPER 77 CONVERTAMATIC!** This invention harnesses hundreds and hundreds of feet of house wiring — converting it instantly into a **GIANT TV ANTENNA!** Naturally this gives you better reception on all local channels. Better pictures! Better sound! Richer, more brilliant color! So don't throw out your old reliable TV, just replace the old, antenna with a genuine **SUPER 77 CONVERTAMATIC!** The moment you plug it in, you'll see the amazing difference!

TRY IT 30 FULL DAYS WITHOUT RISKING 1¢

Why let an old, defective antenna spoil your TV fun? Send only **3.88** plus 60 cents postage and handling. When it arrives, get ready for a thrilling surprise! Suddenly fade-outs, streaks and ghosts are gone. All replaced by gloriously beautiful pictures! Even color and sound improve. Say **good-bye** to dangerous outdoor antennas and the high cost of needless antenna repairs! Enjoy **SUPER 77** for 30 days at our risk. Complete satisfaction guaranteed or your money back. **CAUTION:** Avoid cheap imitations! Get **guaranteed**, high quality **Super 77** today! Send handy coupon below for fast service!

Convertamatic Division 5774-C
2425 Colee Sta.,
Fort Lauderdale, FL 33303

Convertamatic Division 5774-C
2425 Colee Station Fort Lauderdale, FL 33303

Rush improved **"77"** deluxe model antennas as checked below on **30 DAY HOME TRIAL** — With satisfaction guaranteed or money back at once. (Sorry, no COD's on this offer. Please remit check or cash.)

CHECK AMOUNT WANTED

- ☐ **ONE** for **$3.88** plus 60¢ shipping. Total: **4.48**
- ☐ **TWO** for **$6.75** plus 70¢ shipping. Total: **7.45**
- ☐ **THREE** for **$9.20** plus 80¢ shipping. Total: **10.00**
- ☐ **FLORIDA RESIDENTS:** Add 4% Sales Tax.

Print Name _____

Address _____

City _____ State _____ Zip _____

© 1977 by: Convertamatic Division

Custom Home Plans

Choose your home plans from a company that's backed by actual building experience. All the plans that we offer are of homes that have been built. They're not just theories.

Our plans include two stories, ranchers, split-levels, bi-levels, cape cods, and A-frames.

If you've made the big decision to build your own home then we'd like to help.

AMH-SP-77

BRIAN R. SCHLAPPICH INC.
The Better Builders
Box 46, R.D. #6
Sinking Spring, Pa. 19608

Custom Home Plans Portfolio $5.00

Pa. residents please add Pa. sales tax.

Enclosed is $ for my Custom Home Plans Portfolio.

Name _____

Address _____

City _____

State _____ Zip _____

Shopping Guide

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

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

SHOPPING GUIDE ADDRESS DIRECTORY

Bing & Grondahl, Dept. AH-4, 111 North Lawn Ave., Elmsford, N.Y. 10523

J&D Brauner, Dept. AH-4, 298 Bowery, New York, N.Y. 10012

Brown Jordan, P.O. Box 1269, 9860 Gidley St., El Monte, Calif. 91734

Copco, Dept. AH-4, 11 East 26 St., New York, N.Y. 10010

Ekco Housewares Co., Public Relations Dept. (AH-4), 9234 W. Belmont Ave., Franklin Park, Ill. 60131

Fabrications, Dept. AH-4, 146 East 56 St., New York, N.Y. 10022

Famous-Barr Co., Towel Dept. (AH-4), 601 Olive St., St. Louis, Mo. 63101

Landes, P.O.Box 2197, Gardena, Calif. 90247

Martex, Publicity Dept. (AH-4), West Point Pepperell, 1221 Ave. of the Americas, New York, N.Y. 10020

Meadowcraft/Birmingham Ornamental Iron Works, Highway 79, Pinson Valley, Ala. 35201

New Man, 9 West 57 St., New York, N.Y. 10019

Pottery Barn, Dept. AH-4, 231 Tenth Ave., New York, N.Y. 10011

Samsonite Corp., 11200 East 45th Ave., Denver, Colo. 80239

Sigma Marketing Inc., Dept. AH-4, 225 Fifth Ave., New York, N.Y. 10010

Wear-Ever Aluminum Inc., Public Relations Dept. (AH-4), 1089 Eastern Ave., Chillicothe, Ohio 45601

COVER

Woman's white short sleeve shirt, about $36; plaid short-sleeve shirt, about $28; denim jeans, about $54. Men's jeans, about $54. All from New Man.

THE GOOD NEWS ABOUT LEMONS

Page 47: The handy "Lemon-Aid Kit," consists of a specially designed citrus grater, a plastic hand juicer, a "faucet," that you can insert into a lemon to get a quick easy "squeeze" of juice, and two Snacker peelers to create lemon twists or peel oranges. To order, send $2, check or money order payable to Sunkist Lemon-Aid Kit, P.O. Box 38, Dept. AH, Lomita, Calif. 90717

A ROOM FOR ALL REASONS

Pages 58-59: *All sources in New York City unless otherwise noted.* Room and built-ins designed for Celanese House by Cindi Mufson, ASID, Coral Gables, Fla. Sheets, pillowcases, shams, bedspreads, ruffles, comforters, window-shade fabric, all "Garland" in Peach, 50% Fortrel/50% cotton, from Cannon's Royal Family by Oscar de la Renta, Cannon Mills. Carpet, "Sensuale" of Fortron 50, Sweetwater; laminated window shades, Window Shade Assoc.; white tables, Thayer Coggin; paintings, Karl Mann. Red T-shirt dress, G-Wheels; blue T-shirt, off-white gauze pants, bead necklace, all from Greek Island Ltd; bangles, Cathy & Marsha for Catherine Stein; light blue gauze pullover and pants, Van Baalen, Los Angeles, Calif. 90015.

ORIGINAL FAST FOOD

Page 65: *Both Marignan fabrics are available by mail order from Fabrications (minimum order one yard for each): rust ground with white graph plaid print, 100% cotton, #54852, color #4, 51" wide, $6.75 ppd. per yard. All-over white floral print on rust ground, 100% cotton, #54853-1, 51" wide, $6.75 ppd. Wear-Ever Chef Style, 10-inch aluminum omelet pan, $7.99. Round brown buffet plate, $22, and matching salad plates, $6.50 each in "Ruska" pattern by Arabia; wooden-handled stainless dinner forks, $7.25 each, dinner knives, $7.25 each in "Palisander" pattern by Lauffer; clear glass wine carafe, $1.95, and all-purpose wine goblets, $3.70 each by Libbey—all available from Pottery Barn.

GET FRESH

Page 69: For information on T-shirt and cotton duck "Vegetable Patch" print pinafore apron see listing for page 74. Melamine plastic 5" bowl, 2502, $3, designed by Count Sigvard Bernadotte and Acton Bjorn for Rosti for Copco. Country Kitchen 2" thick butcher block top table, $146. Send for 49-page illustrated catalog, $1, both from J&D Brauner.

Pages 74-75: All vegetable motif printed merchandise is part of the Martex Kitchenware Collection, "The Seasonal Kitchen" by Perla Meyers. Shown across both pages are tea towel aprons in 86% cotton/14% polyester terrycloth with vegetable motifs, 18" x 28," $4.50. Bottom of left-hand page: Casserole clutch in "Vegetable Patch" cotton duck print, $6.50. Top of right-hand page: 100% cotton duck "Vegetable Patch" print pinafore apron, $13. Not shown: terrycloth kitchen towels (16" W X 26" L) in 86% cotton/14% polyester with single large vegetable motif (same as on aprons) printed on one side, $2.75 each. All Martex items available at Famous-Barr Co., or write to Martex for store nearest to you. Red 100% cotton knit (shown on page 69) roll-up sleeve T-shirt, round neck, sizes 8-18, #7713, $7. Left-hand page, bottom: orange cap-sleeved polyester/cotton knit T-shirt, round neck, sizes 8-18, #7587, $5.99. Shown across both pages: green polyester/cotton polo T-shirt, cuff sleeve, 3-button closing, shirt collar, sizes 8-18, #7575, $8.99. With green polyester knit fly front pants, sizes 8-16, #2576, $12. Right-hand page, top: yellow polyester/cotton T-shirt, 3/4 sleeve, placket front, pointed collar, sizes 10-20, #7610, $7.99. With yellow stretch polyester knit pull-on pant, sizes 8-20, #1739, $9.99. All clothes are available through the Sears Spring/Summer Catalog. To order a copy of the catalog write: Sears, Roebuck and Co., Public Relations Dept., W-5 (AH-4), 1633 Broadway, New York, N.Y. 10019. Left-hand page, bottom: porcelainized enamel on cast-iron yellow 2½-quart casserole pot, #D-2, $40 by Copco. Shown across both pages: melamine plastic 5-quart salad bowls, #2040, $13 each, all by Rosti for Copco. Right-hand page, top: melamine plastic 6½" bowl, #2102, $4.50, by Rosti for Copco.

AT HOME ANYWHERE

Pages 76-77: (bottom) Lounge chair and corner table, Linear Collection, Brown Jordan.

Page 77: (top, right) Lounge chair from Fontana group, Landes.

Page 79: (clockwise) Lounge chair from Landes' Mariposa collection; all-aluminum chair from Meadowcraft; lounge chair and ottoman with tray top, Brown Jordan; Cushionaire love seat from Samsonite; Circa dining/lounge chair, Brown Jordan.

GO FISH!

Page 114, top: *100% cotton two-tone rust floral motif batik fabric: #Kutch Batik, 38-40" wide, $5.75 ppd. Minimum mail order one yard from Fabrications. Wooden-handled serving spoon in "Palisander" pattern by Lauffer, $13, available from Pottery Barn. Blue enameled paella pan from Copco, $45. Terra-cotta and white pattern fabric napkin in "Samburu" pattern from The Design Works of Bedford-Stuyvesant for Sigma Marketing, Inc., $2 each.

Page 114, middle: Handmade lead crystal 12½-inch plate in "Furu" pattern by Hadlund of Norway for Bing & Grondahl, $21.25; blue and white dishcloth, $.90 and stainless steel salad fork in "Variation V" pattern by Dansk, $4—both available from the Pottery Barn.

Page 114, bottom: Teak cutting board by Nissen, $12.50, .available from Pottery Barn. Ekco "Baker's Secret" pie plate, $1.59.

To change or correct your address

Attach label from your latest copy here and show new address below—include zip code. When changing address, please give 8 weeks' notice.

All correspondence relating to your subscription should be accompanied by your address label. If you are receiving duplicate copies, please send both labels.

Send address changes to:
American Home, P.O. Box 4568
Des Moines, Iowa 50306.

Subscription prices:
U.S. and Possessions: One year $5.94; Two years $9.00
All other countries: One year $8.94; Two years $15.00

Name _____

Address _____

City _____ State _____ Zip _____

Postmaster: Send form 3579 to American Home, P.O. Box 4566, Des Moines, Iowa 50306

Now, for only $7.98, the ultimate body shaper. TRIM X.

Firm up your bustline (even add inches). Slim down your waistline. (Lose inches.) Shape and firm your hips, legs, total figure. All in just 10 minutes a day. And all in the privacy of your own home!

TRIM X IS ECONOMICAL. Just $7.98. Who needs expensive gyms to get into shape?

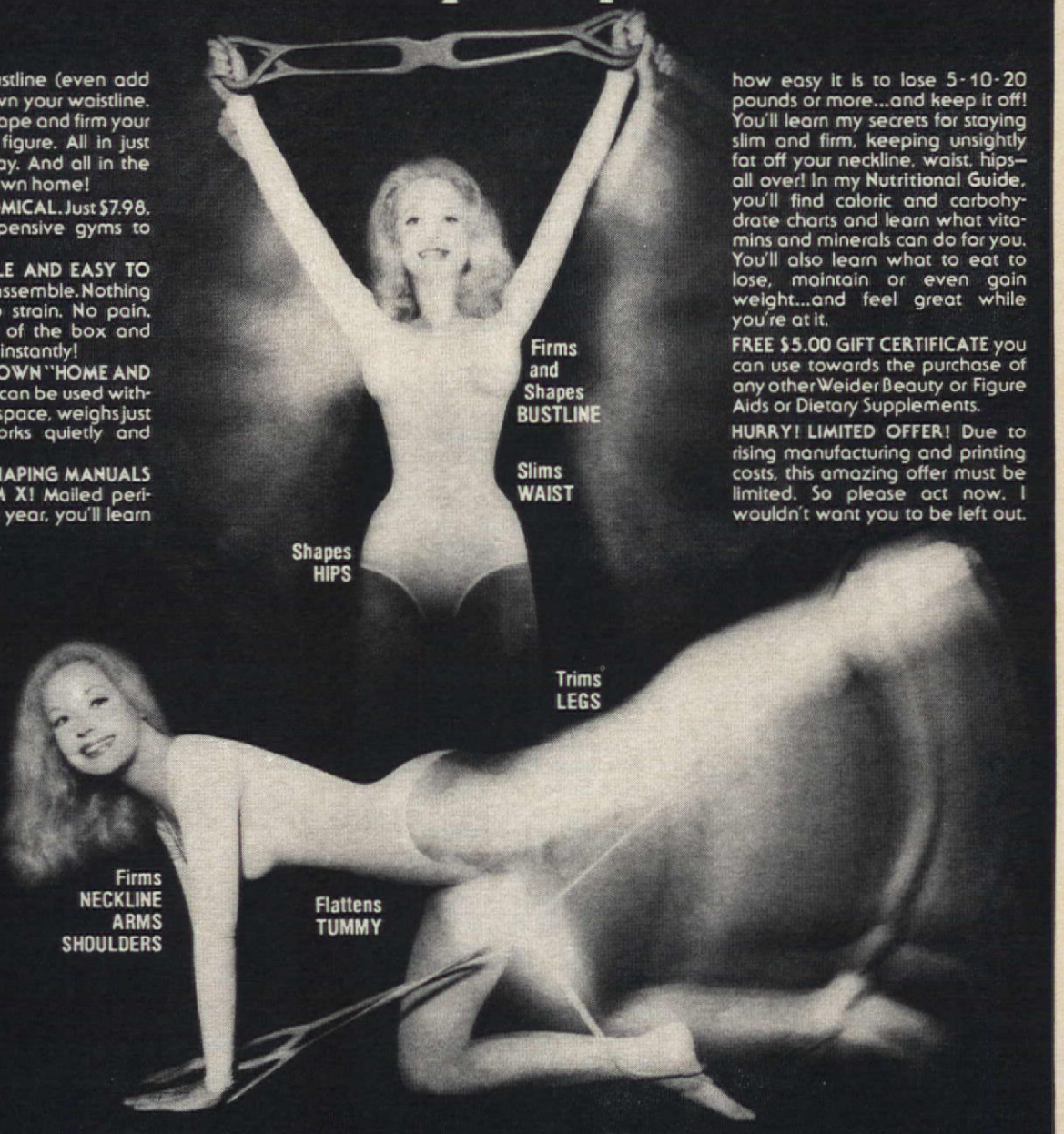
TRIM X IS SIMPLE AND EASY TO USE. Nothing to assemble. Nothing to maintain. No strain. No pain. Just take it out of the box and start shaping up instantly!

TRIM X IS YOUR OWN "HOME AND AWAY" GYM. It can be used within a few feet of space, weighs just ounces and works quietly and efficiently.

FOUR FIGURE SHAPING MANUALS FREE WITH TRIM X! Mailed periodically thru the year, you'll learn how easy it is to lose 5-10-20 pounds or more...and keep it off! You'll learn my secrets for staying slim and firm, keeping unsightly fat off your neckline, waist, hips—all over! In my Nutritional Guide, you'll find caloric and carbohydrate charts and learn what vitamins and minerals can do for you. You'll also learn what to eat to lose, maintain or even gain weight...and feel great while you're at it.

FREE $5.00 GIFT CERTIFICATE you can use towards the purchase of any other Weider Beauty or Figure Aids or Dietary Supplements.

HURRY! LIMITED OFFER! Due to rising manufacturing and printing costs, this amazing offer must be limited. So please act now. I wouldn't want you to be left out.



"I have a Weider body. Don't you want a Weider body, too?"

FREE! Figure Shaping Manual, Nutritional Guide and $5.00 Gift Certificate will be sent with your Trim X body shaper.

Slimming, Firming Happens Faster With Betty Weider

Betty Weider Dept. CC/74CWX *Send Only $7.98 for my Trim-X Body Shaper Kit*

380 MADISON AVENUE NEW YORK, NEW YORK 10017

Dear Betty: I don't see how you can do it — But here's my $7.98 (plus $1.00 for postage and handling.) Rush me my complete "Trim-X" kit including the "Trim-X" body shaper plus the Nutrition Manual, which shows me how to eat for slimming, gaining, or maintaining weight, plus the first issue of your giant "Slimming and Shaping" Figure Manual, and a FREE $5.00 Gift Certificate; I understand I will receive 3 additional Figure Beauty Manuals during the year. Please allow 3 weeks for delivery.

I enclose $7.98 plus $1.00 postage and handling. (Calif. res. add 6% sales tax.)

____ Check ____ Money Order

Charge my ☐ BankAmericard ☐ Master Charge Exp. Date ____

Account No. ____ Bank No. ____

Name ____ Age ____

Address ____

City ____ State ____ Zip ____

(Please print clearly)

A Product of Fitness and Nutrition, Inc. / Patent Pending © Copyright Joe Weider 1977

In Canada: Weider Institute, 2875 Bates Rd., Montreal, Quebec H3S 1B7

MORE THAN MONEY

continued from page 32

they get older. Check insurance costs: Premiums can be more than double those on conventional homes because fire hazards are greater, and property losses, and serious injuries or deaths, have been higher.

Renting a home or apartment means you have no tax advantage; your landlord gets the deductions. You're not acquiring any equity either. At the end of five years, you will have nothing to show but canceled rent receipts.

Does this prove that buying is always the best deal? Not necessarily. You may want to be able to move without having property to sell, or may wish to acquire a nest egg that will hatch into a good-size down payment when you do opt for more permanence. Renters have one great advantage: flexibility.

The right choice for you has to be an individual one. Consider your job, the present and/or future size of your family, your preferred lifestyle, and your current income and future prospects. One banker's rule of money-thumb: Your total housing expenses should be no more than 25 percent of your after-tax (net) income. This figure should include utilities, insurance, and other fixed housing expenses.

When making your choice, here are some key points to keep in mind:

1. Shop for housing "off season"—during the winter months or around holidays, for instance—when people are reluctant to move and good opportunities may go unclaimed. Landlords may be more apt to give rent concessions, condo developers may waive charges for property owned in common for a given period, and homeowners may be willing to bargain.

2. Shop around for mortgage money because mortgage lenders compete. If you have a good credit rating and few buyers are looking in the same area, you may benefit if you comparison-shop.

3. Before making a commitment to buy, get a professional appraiser to check the property for structural soundness, plumbing, and the like. His fee is usually based on the selling price of the house—and it's worth it.

4. Don't sign any contract without having it checked first by a lawyer, preferably one who specializes in the kind of property and the area in which you are buying.

5. Finally, in estimating your costs, allow five to six percent annual inflation. This financial cushion, and the knowledge that you've done your homework, will reassure you that you've made an intelligent choice—and that confidence is worth moore than money.□

THE PERFECT BROWNIE

continued from page 63

teaspoon over chocolate batter in pan, spreading carefully with a spatula to form a thin layer. Carefully spread remaining chocolate batter from the bowl over the cheese batter. Preheat oven 350°F. Bake for 35 minutes or until top springs back when lightly pressed in center. Cool completely on wire rack. Cut into 2-inch squares. *Makes 16 squares (165 calories per square).*

DOUBLE ALMOND BROWNIES

The subtlest, most sophisticated variation.

Working time: 30 minutes
Baking time: 45 minutes

1 cup or 1 can (8 ounces) almond paste (at room temperature)
2 squares (1 ounce each) unsweetened chocolate
2 cups sugar
1 cup butter or margarine, softened
4 eggs
2 teaspoons vanilla extract
1 cup all-purpose unsifted flour
1 teaspoon baking soda
1 cup chopped, toasted almonds
4 squares (1 ounce each) semisweet chocolate

Between two pieces of wax paper, roll almond paste into a 13x9-inch rectangle; set aside. Melt unsweetened chocolate in top of double boiler over hot water. Cream sugar and butter together in large mixing bowl; add eggs, one at a time, beating well after each addition. Add melted chocolate, vanilla, flour, and baking soda; mix well. Fold in almonds. Put half of batter in greased 13x9-inch rectangle pan. Cover with sheet of almond paste; spread with rest of batter. Preheat oven 325°F. Bake 45 minutes. Melt semisweet chocolate in top of double boiler over hot water. Cool. Spread melted chocolate over top. Cut into 1x2-inch bars. *Makes 32 bars (182 calories per bar).*

COCONUT BROWNIES

The gutsiest brownie—spicy, rich, crunchy.

Working time: 20 minutes
Baking time: 25 minutes

2 squares (1 ounce each) unsweetened baking chocolate
1/3 cup butter or margarine
2/3 cup unsifted enriched all-purpose flour
1/2 teaspoon double-acting baking powder
1/4 teaspoon salt
2 eggs
1 cup granulated sugar
1 teaspoon vanilla extract
3/4 cup flaked coconut

In small saucepan, melt chocolate with butter over very low heat; cool slightly. Combine flour, baking powder, and salt in small mixing bowl; set aside. In large mixing bowl, beat eggs well; gradually beat in sugar. Add chocolate mixture and vanilla extract, mixing well. Gradually add flour mixture, stirring until well mixed. Stir in coconut. Spread into greased 8-inch square baking pan. Preheat oven, 350°F. Bake for 25 minutes for moist, chewy brownies. (Add another five minutes baking time for cake-like brownies.) Cool completely on wire rack. Cut into 2x1-inch bars. *Makes 32 bars (74 calories per bar).*

EGG-O-MANIA

continued from page 64

experienced, break eggs right into the water. Simmer 3 to 5 minutes, depending on degree of doneness desired. When done, remove eggs with a slotted pancake turner or spoon. Place poached egg in each spinach-filled patty shell. Cover with sauce and serve warm. *Makes 12 servings (396 calories per serving).*

SPANISH EGGS WITH VEGETABLES

Working time: 15 minutes
Baking time: 30 minutes

1 package (12 ounces) cooked smoked sausage, coarse grind, or 1 pound chorizo, cut in 1/4 inch slices
1/3 cup sausage drippings or vegetable oil
1 small yellow onion, diced coarsely
1 clove garlic, crushed
3 cups frozen hashed brown potatoes
1 teaspoon salt
1/4 teaspoon pepper
3 medium tomatoes, coarsely diced
6 large eggs

Fry the sausage in a large skillet. Remove meat and drain all but 1/3 cup of the drippings or oil. Set meat aside. Saute onion in the drippings. Add the garlic and the potatoes. Stir once and cover for 8 minutes over medium high heat. Add the salt and pepper. Remove from heat and stir in the tomatoes and sausage. Divide mixture in 6 individual-size ovenproof dishes. Make an indentation in the center and break an egg into it. Cover with foil and bake in a preheated 350° oven for 30 minutes. *Makes 6 servings (610 calories per serving).*

CREPES HUEVOS RANCHEROS

Working time: 12 minutes
Baking time: 7 to 9 minutes

Topping:
1 medium avocado, peeled and coarsely chopped
1/3 cup dairy sour cream
1 tablespoon grated onion
1/2 teaspoon salt
1/4 teaspoon garlic powder
Generous dash of hot pepper sauce

Filling:
6 eggs, slightly beaten
2 tablespoons milk
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup butter or margarine
8 crepes (6 inches in diameter, made ahead, recipe follows)
1 can (4 ounces) whole chilies, drained, seeded, and chopped
1 cup shredded Monterey Jack or Cheddar cheese

In a small bowl, combine all topping ingredients. Set aside. Combine eggs, milk, salt, and pepper, mixing thoroughly for uniform yellow, or mixing slightly if yellow and white streaks are preferred. In skillet, melt butter until just hot enough to sizzle a drop of water; add egg mixture. As mixture begins to set, gently draw pancake turner completely across bottom, forming large, soft curds; continue until eggs are thickened. Avoid constant stirring. Cook over medium-low heat until eggs are thickened throughout but still moist. Spoon scrambled eggs equally down center of each crepe;

(continued on page 117)

A great meal with a great deal.

You and
our cat can't miss
ith Tender Vittles. Delicious Tender Vittles
t food has a great taste cats love. And each
ouch contains a completely balanced meal. So
s got all the nutrition a cat needs.

But Tender Vittles isn't just great for your cat.
here's a choice of two money-saving coupons below
at make it great for your pocketbook too.

15¢ OFF

On any two boxes of Tender Vittles Cat Food. **15¢**

Dealer: For payment of face value, plus 5¢ handling, send to Ralston Purina Company, P.O. Box 1107, St. Louis, Missouri 63188. Coupon will be honored only if it was honored by retailer consistent with the terms hereof submitted by a retailer of our merchandise or a clearinghouse approved by us and acting for, and at the risk of such a retailer. The obligation to redeem this coupon is expressly conditioned on the retailer showing on request invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption. Any other application constitutes fraud. This coupon is nontransferable, nonassignable and redemption is limited to one coupon per specified product and size. Any sales tax must be paid by customer. Offer void where prohibited, taxed, or otherwise restricted. Cash redemption 1/20 of 1¢. Limit one coupon per purchase of Purina Tender Vittles.® Any other use constitutes fraud. Unauthorized mechanical reproduction of this coupon is prohibited. **Coupon expires April 30, 1978.**

Purina® Tender Vittles®
Cat Food

STORE COUPON

For your pet's health see your veterinarian annually.

7¢ OFF

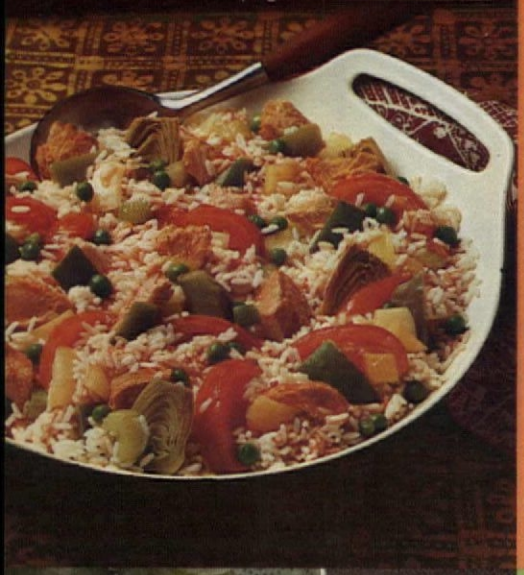
95 TV 95

7¢ **On any one box of Tender Vittles Cat Food.**

94 TV 94

GO FISH

(continued from page 61)



SALMON VEGETABLE PAELLA

Working time: 5 minutes
Cooking time: 45 minutes

1/2 cup butter or margarine
1 medium onion, chopped
1 green pepper, chopped
2 stalks celery, chopped
1 clove garlic, finely chopped
2 cups sliced summer squash or zucchini
2 packages (10 ounces each) frozen artichoke hearts
3 tomatoes, quartered
1 can (1 pound) whole tomatoes, drained
1 1/2 cups raw long-grain rice
1 can (15 1/2 ounces or 1 pound) red salmon
3 cups water or chicken broth
1 teaspoon garlic salt
1/4 teaspoon fresh ground black pepper
1 package (10 ounces) frozen peas

In a large heavy skillet, melt butter. Add onion, green pepper, celery, and garlic, and sauté for 5 minutes or until onions are tender but not browned. Add summer squash or zucchini, artichoke hearts, and tomatoes, gently mixing. Cover tightly and cook over low heat for 5 minutes. Add rice, and stir until rice is well coated with pan juices. Drain salmon, reserving juice, and flake salmon. Add reserved juice, water, or chicken broth, salt, and pepper. Bring liquid to a rapid boil. Cover tightly and turn heat to low. Cook for 25 minutes. Add salmon and frozen peas. Cover again and cook 5 more minutes. Transfer to serving dish. *Makes 6 servings (477 calories per serving).*

Microwave version

Working time: 5 minutes
Cooking time: 33 minutes

In a 13 x 9-inch baking dish, melt butter on high temperature for 1 minute. Add next 4 ingredients. Sauté 5 minutes. Add rice and liquid. Cover and cook at high temperature for 5 minutes then set temperature to defrost cycle and cook 20 minutes. Stir in remaining ingredients; cover and cook for another 2 minutes. Serve warm.

MARINATED SARDINES

Working time: 15 minutes
Chilling time: 2 hours

3 cans (3 3/4 or 4 ounces each) Norwegian or Maine sardines
3/4 cup dairy sour cream
1/4 cup tarragon vinegar
2 tablespoons freshly squeezed lemon juice
1 clove garlic crushed
1/2 teaspoon prepared white horseradish
1/2 teaspoon seasoned salt
1/8 teaspoon freshly ground black pepper
1/2 cup very thinly sliced onion
6 lettuce cups
Marinated Cucumbers (recipe follows)
Paprika
6 slices firm, thin-sliced pumpernickel bread, buttered (optional)

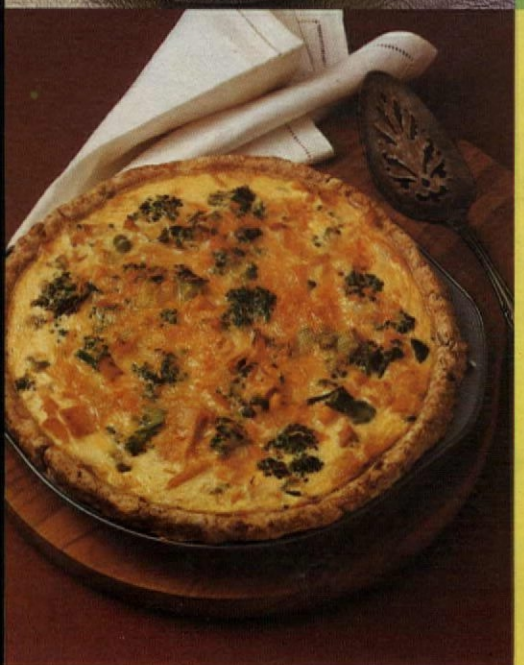
Drain sardines and arrange in a single layer in a shallow baking dish. Combine next 7 ingredients in small mixing bowl. Separate onion slices into rings. Add onion to sour cream mixture, mixing well. Spread over sardines. Cover and chill at least two hours to blend flavors. Arrange in lettuce cups, garnish with cucumbers, and sprinkle with paprika. Serve on slices of buttered pumpernickel bread, if desired. *Makes 6 servings (166 calories per serving, without bread).*

MARINATED CUCUMBERS

Working time: 5 minutes
Chilling time: 2 hours

2 to 3 medium-size cucumbers, sliced thinly
1/4 cup tarragon vinegar
1/2 teaspoon salt
1/2 teaspoon sugar
1/8 teaspoon freshly ground black pepper

Combine all ingredients in small mixing bowl. Cover and chill at least two hours to blend flavors. Drain before serving. *Makes 6 servings (14 calories per serving).*



HEALTHY TUNA PIE

Working time: 30 minutes
Baking time: 60 minutes
Standing time: 10 minutes

For crust:
1 package (10 ounces) piecrust mix
1/3 cup sunflower seeds, chopped
1/3 cup wheat germ
1/3 cup cold water

In a large mixing bowl, combine dry ingredients, mixing well. Gradually add cold water. Form mixture into flat pancake. Press firmly onto bottom and sides of 9-inch pie pan. Make rim on edge of crust. Preheat oven 425°. Bake for 10 minutes or until lightly browned. Cool on wire rack.

For filling:
3/4 cup milk
5 eggs
2 cans (6 1/2 or 7 ounces each) chunk tuna in vegetable oil or water, well drained
1 package (10 ounces) frozen chopped broccoli, thawed and well drained
1 cup shredded Swiss cheese
1/2 cup coarsely shredded carrots
1 teaspoon onion salt
1/4 teaspoon freshly ground black pepper

In a large mixing bowl, beat milk and eggs. Add remaining ingredients, mixing well. Pour into baked pie shell. Reduce heat to 350°. Bake for 50 minutes or until tip of knife inserted in center comes out clean. Let stand 10 minutes before serving. *Makes 6 servings (710 calories per serving).*

Microwave version

Working time: 30 minutes
Cooking time: 29 minutes
Standing time: 5 minutes

Prepare piecrust and bake on high temperature for 7 minutes. Pour in filling and cook on bake cycle for 22 minutes. Let stand for 5 minutes before serving.

Batik fabric by Fabrications; to mail order see Shopping Guide, page 110

SAUCY SALMON CRESCENT SWIRLS

This recipe is from Mrs. Joan Groat (Marysville, Wash., a contestant in the 1976 Pillsbury BAKE-OFF. We added our own mustard sauce to top the crescent swirls.

Working time: 15 minutes
Baking time: 15 minutes

2 cans (8 ounces each) refrigerated crescent dinner rolls
1 can (15 1/2 or 16 ounces) pink salmon, drained and flaked
1 can (4 ounces) sliced mushrooms, drained
1/4 cup dairy sour cream
1 tablespoon chopped chives or 1 teaspoon freeze-dried chives
1 teaspoon freshly squeezed lemon juice
Mustard Lemon Sauce (recipe follows)

Separate one can crescent dough into two large rectangles. Overlap long sides to form 13 x 8-inch rectangle; firmly press edges and perforations to seal. Repeat with second can of crescent dough. Overlap long edges of two rectangles to form 13 x 16-inch rectangle; firmly press edge to seal. In medium mixing bowl, combine remaining ingredients except Mustard Lemon Sauce; mix well. Spread salmon mixture over dough. Starting at longer side, roll up in jelly-roll fashion; seal edge. Cut into 16 1-inch slices. Place cut-side down on one large or two small ungreased baking sheets. Preheat oven 375°. Bake 15 minutes or until golden brown. Meanwhile heat sauce. Spoon over pinwheels. (To make ahead, prepare, cover, and refrigerate up to two hours; bake as directed.) *Makes 16 sandwiches (154 calories per serving.)*

MUSTARD LEMON SAUCE

3/4 cup dairy sour cream
1 1/2 tablespoons spicy brown prepared mustard
2 teaspoons butter or margarine
1/2 teaspoon parsley flakes
1/2 teaspoon grated lemon rind
1/4 teaspoon salt

Combine all ingredients in a small saucepan. Cook over very low heat, stirring occasionally, until sauce is warm *(Do not boil). Makes approximately 1 cup sauce (17 calories per 1 tablespoon serving).*

SEA BURGERS

Working time: 10 minutes
Cooking time: 10 minutes

1 can (1 pound) mackerel
1/2 cup chopped onion
1/4 cup finely chopped green pepper
1/4 cup butter or margarine
1 cup seasoned dry bread crumbs
2 eggs
2 teaspoons spicy brown prepared mustard or Dijon mustard
1/2 teaspoon salt
3 tablespoons vegetable oil
6 buttered, toasted hamburger rolls or English muffins

Drain liquid off the mackerel. Break the mackerel into small pieces in a mixing bowl; set aside. Saute onion and green pepper in butter until tender but not browned. Add mackerel, 1/2 cup bread crumbs, eggs, mustard, salt, mixing well. Shape into 6 round burgers. Roll in remaining 1/2 cup seasoned bread crumbs. Fry in oil over high heat for 3 to 4 minutes or until brown. Turn carefully. Fry 3 to 4 minutes more or until brown. Drain on paper towel to remove excess grease. Put burger on bottom half of each roll. Cover with top half of roll. *Makes 6 servings (422 calories per serving).*

SPAGHETTINI WITH ANCHOVY SAUCE

Working time: 5 minutes
Cooking time: 20 minutes

1 pound spaghettini
1/4 cup olive or other vegetable oil
1 large onion, chopped (about 1 cup)
3 large cloves garlic, chopped
2 cans (2 ounces each) flat anchovy fillets, well drained and chopped
2 cans (15 1/2 ounces each) seasoned sauce for sloppy joes
2 teaspoons oregano
1 cup pitted ripe olives, sliced
1/2 cup chopped parsley
2 tablespoons drained capers
Freshly grated Parmesan cheese

Bring a large saucepan of salted water to a boil. Add spaghettini, stirring with a wooden spoon to moisten all strands. Cover, bring back to boil, and cook briskly until *al dente,* tender but still firm. Meanwhile heat oil in large skillet. Add onion, garlic, and anchovies. Cook over medium heat until anchovies are completely dissolved into a paste. Add sauce and oregano, and simmer 5 minutes. Stir in olives, parsley, and capers. Cover and remove from heat. Drain spaghettini; place on heated platter. Pour anchovy sauce over, tossing gently. Sprinkle liberally with Parmesan. *Makes 6 servings (637 calories per serving).*

(continued on page 117)

Look into Betty Crocker® Snackin' Cake®.

They're extra moist and full of special things.

Banana Walnut is just one of eight great Snackin' Cake flavors. Each one's rich in real ingredients and extra moist. And it's so easy. Just add water, mix, bake and serve in the same pan. And try the easy recipes on all Snackin' Cake packages.

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

True slashes tar in half!

Only 5 MGS. TAR

The one ultra-low tar cigarette with taste.

Regular: 5 mgs. "tar", 0.4 mgs. nicotine, av. per cigarette, FTC Report October 1976.

©Lorillard, U.S.A., 1977

O FISH

ontinued from page 115

SALAD NIÇOISE

Working time: 20 minutes

cups diced cooked potatoes
package (10 ounces) frozen cut green beans, cooked according to package directions and drained
2 cup Vinaigrette Dressing (recipe follows)
2 teaspoon salt
4 teaspoon freshly grated black pepper
large clove garlic, peeled and cut in half
can (6½ or 7 ounces) solid white albacore tuna in vegetable oil or water, drained
medium tomatoes, cut in eighths
hard-cooked eggs, quartered
2 cup pitted ripe olives
to 12 flat anchovy fillets

oss potatoes and green beans with Vinaigrette Dressing in a large mixing bowl. eason with salt and pepper; cover and frigerate. Rub inside of a large wooden alad bowl with cut clove of garlic; discard ove. Place potatoes and beans in the bowl. reak tuna into large pieces and add to otato mixture; toss gently. Garnish with matoes, eggs, olives, anchovies. *Makes 6 ervings (455 calories per serving).*

VINAIGRETTE DRESSING

4 cup olive oil or other vegetable oil
3 cup wine vinegar
2 teaspoon dry mustard
2 teaspoon salt
4 teaspoon freshly ground black pepper
teaspoon fines herbes

ombine ingredients in small deep mixing owl. Beat vigorously with wire whip or tary beater till well mixed. *Makes 1 cup 50 calories per 2½ tablespoon serving).*

GG-O-MANIA

ontinued from page 112)

p with chilies. Sprinkle with 2 tablepoons of cheese on each crepe. Roll up nd place seam side down in an ungreased, hallow baking dish. Preheat oven 400°F. ake for 7 to 9 minutes until heated rough. Spoon topping over crepes. *Makes servings (528 calories per serving).*

CREPES

Working time: 5 minutes
Standing time: 2 hours
Cooking time: 15 to 20 minutes

eggs
3 cup milk
tablespoon melted shortening
2 cup all-purpose flour
4 teaspoon salt
teaspoon sugar

eat eggs thoroughly. Add milk, shortening. ft flour with salt and sugar; add to the egg ixture; with hand beater or electric beater, eat until smooth. Cover, and let stand in frigerator for two hours. In a 6-inch crepe an or frypan, heat 1 teaspoon of oil until ry hot. Pour in about 2 to 3 tablespoons of e batter, and tilt pan in a circular motion to pread the batter evenly and thinly over the ottom of the pan. Cook crepe for about 1 inute, or until top is dull and set; turn, own other side. Turn crepe out onto wax aper; repeat till all batter is used. *Makes 8 epes (81 calories per crepe).*

Announcing

HISTORY IN THE MAKING

ORIGINAL COLLECTOR'S

JIMMY CARTER WRISTWATCH

FROM PEANUTS TO PRESIDENT

Actual Size

LIMITED EDITION 2-YEAR GUARANTEE

The most talked about watch of this decade! A real collector's item. This original Jimmy Carter Wristwatch is a strictly limited edition, created in a full color likeness of our newest President.

Highly crafted Swiss movement with attractive leatherette wristband. One size fits all. The perfect gift for men, women and children.

Be "in" with Carter for the next four years.

For faster delivery on BankAmericard, Master Charge, American Express or Diners Club orders, you may phone in your order to our toll-free WATS line (from all states except Calif.): **800/423-2608**

AMERICAN WATCH CO.
12164 Ventura Blvd.• Studio City, Calif. 91604 • (213) 980-8845

ORDER NOW–as supply is limited!

AMERICAN WATCH CO., Dept. AH-1 12164 Ventura Blvd., Studio City, Calif. 91604

You may charge this order on your BankAmericard, Master Charge, American Express Card or Diners Club.
☐ BANKAMERICARD
☐ MASTER CHARGE
☐ AMERICAN EXPRESS
☐ DINERS CLUB

Account No.

Expiration Date

Enclosed please find $_____ in payment for:

_____ Jeweled Movement at $19.95 each, plus $1 postage & handling.

_____ 17-Jeweled Movement at $29.95 each, plus $1 postage & handling.

SAVE! Order 2 or more watches and we pay the postage. Calif. residents must add 6% sales tax.

Name:_____

Address:_____

City/State/Zip:_____

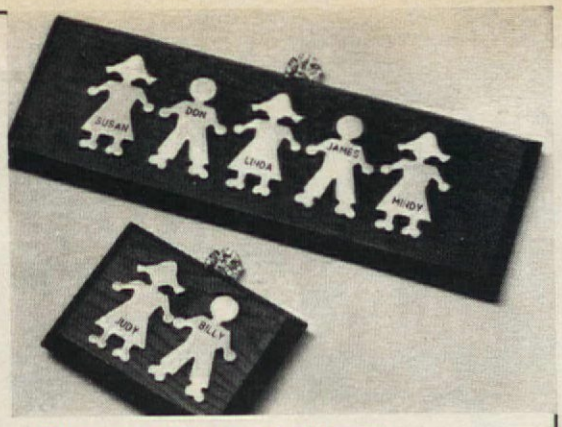
Dealer Inquiries Invited

FOR MOTHER ON HER DAY!

Loving gift—a personalized plaque, custom engraved!

Adorable boys and girls to count the children — all lifetime solid brass, custom engraved! Solid wood plaques are richly stained, beveled, with a handsome hanger. 1- or 2-child plaque is 3x3⅞", 3-4 is 3½x7½", 5-6 is 3½x9½", 7-12 is 3½x14½" long. 10-12 is arranged vertically.

#1390—1 child	$1.98
#1391—2 children	$2.98
#1392—3 children	$3.50
#1393—4 children	$3.98
#1394—5 children	$4.98
#1395—6 children	$5.50
#1397—7 children	$5.98
#1398—8 children	$6.50
#1389—9 children	$6.98
#1376—10 children	$7.50
#1377—11 children	$7.98
#1378—12 children	$8.50



PRINT names, specify boy or girl for each add 75c post. & hdlg., N.Y. res. add taxes

LILLIAN VERNON

Dept. A42, 510 So. Fulton Ave., Mt. Vernon, N.Y. 10550

RED BARN SAMPLER

Early American scenes come to life in easy-to-do cross-stitch samplers. Framed size 10" x 10". Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions.

Red Barn Kit (shown)	$2.50
Covered Bridge Kit	$2.50
Old Mill Kit	$2.50
Little Red Schoolhouse Kit	$2.50
Lighthouse Kit	$2.50
Spirit of '76 Kit	$2.50
Minute Man Kit	$2.50
Pilgrims Kit	$2.50
Town Crier Kit	$2.50
Frame, mahogany finish. 10"x10"	$1.50
Frame, maple finish. 10"x10"	$1.50

PLUS 75¢ POSTAGE & HANDLING

Pa. Res. Add 6% Sales Tax. Sorry No COD's.

VICTORIA GIFTS

12-A Water Street, Bryn Mawr, Pa. 19010

ARE YOU A RECIPE CLIPPER?

Do you love to clip recipes from newspapers or magazines—and than have no place to put them? We have the answer! Our pretty recipe book has clinging, transparent cover sheets. Simply cut or tear out recipes, and slip them under the magic-grip sheets. No glue or tape needed! Pages measure 5¾"x8" and have 20 sides to store recipes for quick, clean, easy reference.

$3.50 each; 2 for $6.50. Add 95¢ postage.

FERRY HOUSE Dept. AH 477 Briarcliff Manor, N.Y. 10510

COMFORT CUSHION

New **Twin-Rest Seat Cushion** gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids side-rocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarassing "ring cushions", it fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheelchair. Handsome vinyl 16x17" **$6.95.** Green percale zipper cover—**$2.49** extra. We pay postage & ship in 6 hours. N.J. residents add 5% tax.

Send Check or Money Order to:

Better Sleep Inc. BOX AC

New Providence, New Jersey 07974

MONEY BACK GUARANTEE

EARLY American and Traditional Wallcovering catalog features 59 sheets of pre-trimmed washable papers—38 have related fabrics—10 are pre-pasted. Send $2.95 check or money order only.

WALLCOVERINGS BY MAIL, Dept. CM

P.O. Box 120, Paoli, Pa. 19301

Model shown: 12 foot Crystalaire® $144.95

GREENHOUSES

Send today for my FREE fact filled, informative COLOR CATALOG. Full size, quality REDWOOD home greenhouses.

FREESTANDING MODELS, LEAN-TO AND DOMES! From **$98.95**

Peter Reimuller THE GREENHOUSEMAN®

980 17th Ave. Dept. 28-D, Santa Cruz, Ca. 95062

100 WORLDWIDE STAMPS only 10¢

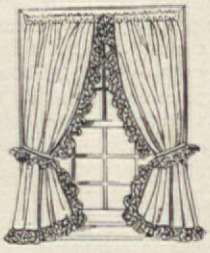
GET this valuable collection of 100 different stamps from the world over. Scarce Kennedy stamp shown plus Red China, Viet Nam, many more colorful new, old issues—birds, beasts, commemoratives, topicals, pictorials. Also stamp selections to examine. Buy any or none, return balance. Cancel service anytime. Rush 10c today.

GARCELON STAMP CO., Dept. AH4A Calais, Maine 04619

THE AMERICAN HOME MAILER

Open toe huaraches

There's just something extra special about wearing huaraches—especially with an open toe! Comfortable, of course, and the look is casual elegance. Handwoven of supple steerhide leather with long-wearing sole and heel. Natural. Sizes 5-10. $8.90 plus $1.50 p&h. Vicki Wayne-A4H, 600 S. Country Club Rd., Tucson, AZ 85716.



Flower ruffles

Permanent press natural color tiebacks of 50% cotton and 50% polyester, are "pleasantly surrounded" with a tiny flower print in basic brown, blue, red, green or gold. 78" wide pair with 2" ruffles. Lengths: 25" 30", 36", 40", $8 a pair; 45", 54", 63", $11 a pair; 72", 81", 90" $13.50 a pair. 10"x70" valance, $3.75 each. Add $2 p&h per order. Free catalog and swatches. Country Curtains, AH4, Stockbridge, MA 01262.

Press on address labels

Identify possessions, correspondence, too. Black ink on white, blue, pink, yellow, silver or gold. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. Alike: 225 for $3; 450 for $5; 1,000 for $10 ppd. Useful 80-pg catalog, 50¢. Bolind, AH-4, Boulder, CO 80302.

The

Moss Rose Brewmaster quickly boils up to 4 cups of water for coffee, tea or soup. Glazed ceramic pot is adorned with a cheerful red design on both sides. Ideal for home, travel or office. 6½" high. Comes with 4 ft cord. $4.98 each plus 70¢ p&h. Stratford House, Dept. AH-47A, P.O. Box 289, Stratford CT 06497.

FINAL TRIUMPH OVER THE BASIC CAUSE OF OVERWEIGHT

Now! THE DOCTOR'S PILL THAT HELPS YOU CONQUER FAT FOREVER!

Called the "Total Contentment" pill — it's safe as a cough drop, gentle as a vitamin pill . . . yet so effective it helps shut off your appetite for hours at a time. Meaning: instead of gorging yourself . . . instead of yielding to hunger . . . instead of battling those constant urges for snacks . . . you simply reach for a pill instead of fattening foods, and lose up to 6 pounds of fluid and fat the very first weekend alone.

Even more significant as long as you follow this medically proven lifetime slimness program, you'll never again suffer embarrassing fat build-up for the rest of your life — **even if you've been hopelessly overweight for the last 25 years.**

YES! NOW LOSE 20, 30, EVEN 40 — OR MORE POUNDS, AND KEEP IT OFF FOREVER!

Yes, just 60 seconds from now you're going to discover how medical science now makes it possible for you to lose 10, 20, 30, even 40 pounds — or more AND NEVER GAIN IT BACK FOR THE REST OF YOUR LIFE. That's right! Lose up to 12 pounds in just 14 days . . . shrink your waistline up to 3 inches in a mere 2 weeks' time . . . and even more important, discover the way to make yourself ENJOY PERMANENT SLIMNESS FOR THE REST OF YOUR LIFE! In other words, PERMANENT LIFETIME SLIMNESS — FINALLY YOURS. Thanks to this doctor's brilliant program and the TOTAL CONTENTMENT PILL.

NOW! A LIFETIME OF SLIMNESS WITHOUT THE TORTURE OF HUNGER

How can medical science make this lifelong dream come true? It's simple. Because doctors have developed a remarkably easy way for you to TURN OFF EVEN A RUNAWAY APPETITE any time you want JUST LIKE YOU TURN OFF A LIGHT SWITCH! Yes, actually command hunger to STOP in just minutes . . . and make excess pounds and inches disappear from sight so fast . . . that in a matter of weeks you may actually need a brand new wardrobe.

NOW COMES MEDICAL SCIENCE'S INCREDIBLE "MEAL-IN-A-PILL"

The secret is a brilliant new development called the TOTAL CONTENTMENT PILL — that according to medical experts is so effective, just one pill has the same hunger-satisfying potential as a serving of bread, mashed potatoes, or any of these filling foods you would normally heap on your plate. Yes, one single pill that gives you virtually the same "fully satisfied" feeling as a main dish of a delicious Sunday dinner . . . even on people with runaway appetites.

In other words, even before you have those first pangs of hunger . . . that maddening urge for food . . . **you simply put your appetite to sleep with this amazing "meal in a pill".** Just like water turns off thirst, this incredible TOTAL CONTENTMENT PILL turns off hunger AUTOMATICALLY . . . any time you want!

PERMANENT LIFETIME SLIMNESS ONCE A DREAM — FINALLY A REALITY!

Best of all, the TOTAL CONTENTMENT PILL is not only as safe and mild as a vitamin pill, but so gentle that the only sensation you experience is that of total satisfaction. And the only change you'll feel or see is in the smaller size of your clothing!

YOUR TUMMY FEELS LIKE YOU FEASTED — BUT, YOUR WAISTLINE LOOKS LIKE YOU FASTED!

What does this mean? Simply that from this day on, depending on how overweight you are, any time you want to melt away 10, 20, 30 — or even more pounds . . . any time you want to . . .

LOSE up to 4 to 6 inches off your waistline
LOSE up to 3 to 4 inches off your hips
LOSE up to 3 inches off your thighs
LOSE up to 4 inches off your buttocks
LOSE up to 4 inches off your stomach . . .

instead of torturous diet . . . instead of brutal exercise . . . instead of battling your will-power . . . you just take medical science's new TOTAL CONTENTMENT PILL as part of this "lifetime slimness program" and SHUT DOWN YOUR OLD ENEMY, HUNGER — SHUT OUT FAT-BUILDING CALORIES . . . actually make yourself DEFEAT FAT BUILD-UP FOR THE REST OF YOUR LIFE — as long as you take an oath to faithfully follow this proven road to LIFETIME SLIMNESS!

PROVE EVERY LOST OUNCE ENTIRELY AT OUR RISK!

So . . . if you want to see pounds and inches vanish from sight forever faster than you ever dreamed possible . . . take advantage of the no-risk offer described below.

No one ever again need be even a single pound overweight! Why not take THE FINAL STEP and get rid of all those excess pounds, excess inches FOR THE REST OF YOUR LIFE. Act now.

VITAL NOTICE:

Even though the TOTAL CONTENTMENT PILL turns off your appetite just like you turn off a light switch YOU CANNOT GO ON FOR LONG PERIODS EATING NOTHING. You must eat at least two meals a day . . . even if you have to force yourself. And the doctor provides you with a way to stimulate yourself so you have a balanced caloric intake . . . no matter how little you care to eat. We urge you to show this entire program to your own family physician and see if he doesn't agree that this is a medically-sound approach to the problem of obesity.

MAIL NO-RISK COUPON TODAY

Mead-Wilson Pharmacal, Dept. JTCM-101
Caroline Road
Philadelphia, PA 19176

Yes, I want to lose weight fast and permanently with this doctor's amazing program featuring the TCP Pill. Please rush the offer I have checked below. If not delighted, I may return it in 10 days and you will refund the full purchase price (except postage & handling).

☐ (# 000) Full 60-Tablet Supply only $6.95 plus 35¢ postage & handling
☐ (#1018) Full 90-Tablet Supply only $8.95 (Save $1.50) plus 50¢ postage & handling
☐ (#026) Full 120-Tablet Supply only $11.95 (Save $2.00) plus 65¢ postage & handling

Total amount enclosed $_____ PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one) Exp. Date _____.
☐ BankAmericard ☐ Master Charge
☐ American Express BANK NUMBER ____ ____ ____ ____

Credit Card # _____

Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

7214

Div. of American Consumer, Inc.

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

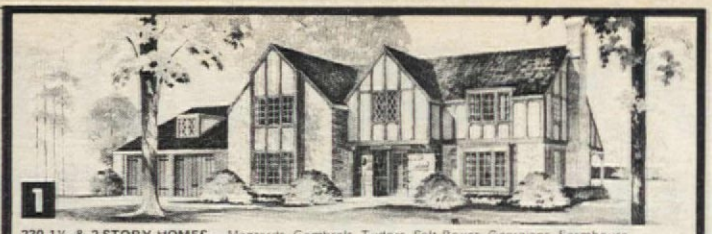
OVER 1000 HOUSE PLANS

A Great Collection of Home Designs For Your Reference Library

Your Family Will Have Hours Of Fun Picking It's Favorite Design

Charming Exteriors And Practical Convenient Living Floor Plans

ORDER TODAY



1

230 1½- & 2-STORY HOMES — Mansards, Gambrels, Tudors, Salt Boxes, Georgians, Farmhouse adaptations. Also Contemporaries. 3, 4, 5, 6 bedrooms, libraries, family rooms.

CHOOSE YOUR HOME DESIGN BY EXACT CATEGORY!
—Richard B. Pollman, Designer

$2.50 Blueprints Available At Low Cost

2

185 ONE-STORY HOMES — Over 2000 Sq. Ft. Contemporary, Traditional, Ranches, L-shapes, Atriums, Mud rooms, Family rooms, Separate dining rooms.

3

250 ONE-STORY HOMES — Under 2000 Sq. Ft. All Styles, shapes, budgets. Family rooms, extra baths, Brick veneer, frame, Flat and sloping roofs.

4

180 MULTI-LEVEL HOMES — Split-Levels, Hillsides, Bi-Levels, Traditionals, Contemporaries. Exposed lower levels. Balconies, terraces. All sizes.

5

223 VACATION HOMES — A-Frames, Chalets, Hexagons, Angular Cottages, "Cluster" designs. From 500 to 3000 Sq. Ft. 176 pages, 80 in full color.

SAVE $3.55
Get Complete Collection — over 1000 Designs 2700 Illustrations 912 Pages
only - $8.95
In Canada, Mail to: Home Planners, Inc. 772 King St. W. Kitchener, Ont. N2G 1E8

home planners, inc. Dept BK 16310 GRAND RIVER AVE. DETROIT, MICHIGAN 48227

CHECK CATEGORIES DESIRED
☐ (1) 230 1½ & 2 Story Homes $2.50
☐ (2) 185 One Story Homes $2.50
☐ (3) 250 One-Story Homes $2.50
☐ (4) 180 Multi-Level Homes $2.50
☐ (5) 223 Vacation Home Plans $2.50
☐ SEND ALL 5 CATEGORIES at $8.95 AHM74MN

NAME (please print)
ADDRESS
CITY STATE ZIP

HOME PLANNERS, INC.
Dept. BK 16310 Grand River Ave.
Detroit, Michigan 48227

Total Amount Enclosed $

Mich. residents please add 4% sales tax.

OPPORTUNITY MART

For ad rates—Classified, 100 E. Ohio, Chicago 6061

OF INTEREST TO ALL

★ **GENUINE INDIAN JEWELRY WHOLESALE!** Det $1.00. (Refundable). Lange-AH, 6031 N. 7th Phoenix, Ariz. 85014.

BISSELL RUG BUG SWEEPER. $19.95. Alman House, 8205, Montgomery, AL 36110.

RAPE! MURDER! PROTECT YOURSELF! Order Offi Police Whistle, $2.00. Keepsafe, Box 4257-AH3, Torra Calif. 90503.

★ **NOTEPADS GALORE! PERSONALIZED.** Free S Guide. Knopp, Box 276B, Glen Riddle, Pa. 19037.

OF INTEREST TO WOMEN

★ **SAVE TIME. MONEY.** Non-electric, automatic Ca lator adds, subtracts, multiplies, totals 99,999 5½"x5"x4". Home, office uses. $7.95 plus $1.50 handli Blue Gator Enterprises, Suite 18-D, Box 551, Earle FL 32631.

HOMEWORKERS NEEDED PAINTING NOVELTIES. land, Box 56-M, Hammonton, N.J. 08037.

BUSINESS—MONEY MAKING OPPORTUNITIES

★ **HOME IMPORT** Mail Order Business. Free rep Mellinger, Dept. E1974, Woodland Hills, CA 91367

HOW TO MAKE MONEY writing short paragraphs. In mation Free. Barrett, Dept. C-18-D, 6216 N. Clark, C cago 60660.

MONEY-SAVING/TAX-SAVING

ANGERED AT HOUSE PRICES. Property Taxes, h rents? Read "Exposing the Conspiracy" by former Real Savings 35%. $2.95. Newcomb, 532-AH Wickham Rd Melbourne, FL 32901.

SONG POEMS—MUSIC

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

CLASSIFIED'S GUARANTEE

CLASSIFIED, INC. guarantees refund of any initial mo sent in direct response to the above advertisements. AH

NEWEST COIN PENDANTS

Classic holders for you favorite coin. Available i either Gold or Silver plat with a fine quality 24 heavy plated rope chain These are unconditionall guaranteed, first quality attractively gift boxed. Per fect holder for your favorit coin.

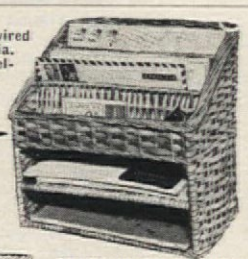
For the silver dollar $4.0
For the half dollar..... $3.7
For the quarter..... $3.5

Send check or money order plus 25¢ postage and handling to:

MARKEN INDUSTRIES
Dept. A-4, P. O. Box 2609, Elmwood Station
Providence, Rhode Island 02907

Send for price schedule discounts on orders for dealers or distributor wholesalers.

WICKER WALL LAMP
Handwoven completely wired with on/off switch. 10" dia. x 9". Painted white, yellow, green, orange, blue, pink or black add $2.00.



$13.95 plus $1.00 postage SEND 25¢ FOR CATALOG

STATIONERY BASKET
Handwoven of natural willow. It has two shelves and three partitions for keeping letters, bills, stamps, etc., organized neatly. 11½" W. 11" H x 6½" D. $7.95 plus $1.00 postage. Painted white, yellow or green add $1.00.

FRAN'S BASKET HOUSE
Route 10, Dept. AH4 Succasunna, N.J. 07876

CLOCK LOVER'S HEADQUARTERS - USA

Largest selection of kits, movements, hardware for grandfather, grandmother, wall, shelf, school and novelty clocks.
UNIQUE 100 PAGE CATALOG
Send 50¢ today for Clock Catalog
CRAFT PRODUCTS COMPANY
Dept. 12 St. Charles, IL 60174

INDIAN MADE RING

Hand-crafted by the Navajo Indians. Quality made from sterling silver and genuine natural turquoise. Sizes 4-10. $18.50 + 50¢ postage. Send for free color Indian Jewelry Brochure.

Hutch's - Dept. AH-5
2704 Bel Air N.E.
Alb. N.M. 87110

Solid Mahogany
VICTORIAN TABLE
with Italian marble top.....$39.95
New way to save on fine furniture. Shipped from the factory, direct to your home. Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send $1.00 for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 on your first purchase. MasterCharge, BankAmericard
MAGNOLIA HALL (Dept. AH-47)
726 Andover, Atlanta, Ga. 30327

TRIM YOUR THIGHS IN ONLY 3 DAYS

ONLY $6.95 PER SET

Shrink thighs without fa diets, appetite appeasing pills or strenuous exercise SAUNA TRIM BELT, unique in flatable thigh belt made o durable, washable vinyl plas tic . . . feather-light and ad justable . . . covers thig area, causing it to perspir with the slightest exertion Tones, tightens, slims - actually firms sagging thig muscles. Send only $6.9 for 1 set. SPECIAL! 2 set only $11.95.
No CODs. MONEY BAC GUARANTEE.

AMERICAN IMAGE INDUSTRIES, INC., Dept. PP-424-
276 Park Avenue South, New York, N.Y. 10010

Make This Sturdy, Handsome

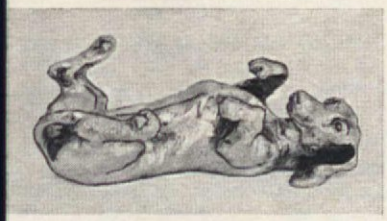
RUSH STOOL
size 12" x 16½" x 13¾" high
PEERLESS RATTAN Estd. 1900

4 handsomely turned hardwood legs, fibre rush, glue, complete easy step - by - step instructions . . .
only $9.95 + 1.85 pack. & shpg.

COMCRAFT® CANING KIT
restores chairs to former elegance. 250 ft. natural fresh-cut cane, awl, pegs, easy instructions with 25 photos . . . only **$3.95 ppd.**
Addl. cane for extra chair seats, **$2.00 lot.**
N.J. res. add 5% Sales Tax
Dept. IAH 45 Indian Lane, P.O. Box 8, Towaco, N.J. 07082

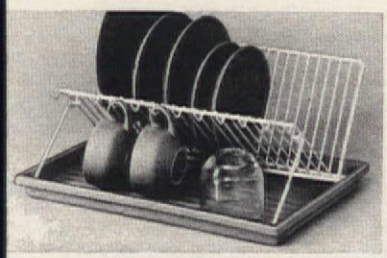
Get the point!

"Taste Makes Waist" piggy to needlepoint. Wiggles its way into your heart *and* mind as a cute reminder not to nibble! Kit: design on imported canvas, Paterna Persian wool, needle, backing, magnets, instructions. 7½x9", $5.95. Walnut-finish wood frame, 8x10", $2.25. Add 75¢ p&h. Classic Corner, 12A Water St., Bryn Mawr, PA 19010.



"Roll Over" pewter pup

Floppy eared dachshund pup is captivating and impressive with authenticity of detail. The hefty feel of genuine, solid pewter makes him a great addition to a coffee table or shelf. 3½" long. $15.98 plus 75¢ p&h. Ferry House, Dept. H-47, Briarcliff Manor, NY 10510.



Counter-action!

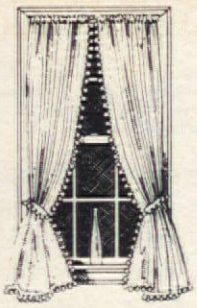
Great is the word for this fold-away rack and tray. Rack adjusts to 8 different angles. When you need counter space, it folds up into its 16½x11¼" tray—slips into a space just 1¼" wide! White vinyl-coated steel and tough orange plastic. $7.98; 2 for $14.98. Add 75¢ p&h. Country Gourmet, A4E, 510 S. Fulton, Mt. Vernon, NY 10550.

Throw away extra pillows!

Foam-Slant gives an even, gradual slope for more restful, healthful sleep. Light, buoyant foam wedge is 27" long. Washable zipper cover. Order 4" high for 2-pillow users, $15; 7½" high for 3-pillow users, $17; extra high 10" is $20, or 12½" at $23. Better Sleep, Dept. AH4, New Providence, NJ 07974.

COUNTRY CURTAINS

Ball Fringe on Permanent Press
Natural or White



TIERS
20", 25" ..... 6.50 pr.
30", 36", 40" ..... 7.00 pr.
TIEBACKS
45", 54", 63" ..... 9.00 pr.
72", 81", 90" ..... 11.00 pr.
VALANCE
10" x 80" ..... 3.00 ea.

SEND FOR FREE CATALOG

Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe is carefully stitched onto our 50% cotton/50% polyester blend . . . like real muslin but truly carefree. 90" wide per pair.

Please specify natural or white. Send check, money order, or use Mastercharge or BankAmericard. Sorry no COD's. Postage and handling: orders under $10 add $1.10, $10 and over add $2.00. Mass. res. add 5% sales tax. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 41, Stockbridge, Mass. 01262

ADDRESS LABELS with NICE DESIGNS

Any Initial, U. S. Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose, Texas Flag, Maple Tree, Treble Clef, or Palette. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold-gummed labels. Two sizes. . . . 1½"x½" for $2.50 or Deluxe size 1¾"x⅝" for $3.50. Via 1st Class mail, add 35¢. Specify Design, size, and color desired. Useful 80-P. Gift Catalog 50¢. Bruce Bolind, 164-L Bolind Bldg., Boulder, CO 80302. [Since 1956, thanks to you!]

COSMETIC CUBE

New design cosmetic case keeps all your beauty aids neatly organized. Lift-up top reveals mirror and tray. Two swing-out compartments hold lipstick, brushes or nail polish. Opens to 12" long. Snaps closed to a compact 4-1/4" cube—just right for office, home or travel. **$3.98** each plus 70¢ post. Ct. res add 7% tax. Catalog 35¢

STRATFORD HOUSE, AH-47
P.O. Box 289, Stratford CT 06497

SAVE HALF on WALLCOVERINGS

Get new 1977-78 Catalog bulging with 85 different selections! 47 actual sample sheets of waterfast, trimmed, vinyl-bonded wallcoverings—only 95¢ to $1.35 single roll! Also Fabric-Backed Vinyls only $5.10 single roll (matching fabrics available)—Strippable Flocks only $5.95—Scrubbable Vinyls only $3.10. Colors, designs for every room! Send 35¢ today for your big catalog. You'll be delighted!

MUTUAL WALLPAPER Dept. 36, 812 W. Main St. Louisville, Ky. 40202

THE SOLVANG CLOG

Great anywhere fashion & comfort count. Lightweight, no-nail construction in genuine perforated leather & buoyant cork-like wedge laminated to a bouncy rubber-like sole. **Red, White** or **Camel.** Full & half sizes 6½-10 N, 5-10 M, 5½-9 W.

$14 plus $1.50 P&H Satisf. Guar.

VICKI WAYNE—A4C
600 S. Country Club Rd. Tucson, AZ 85716

TRY A BURKE ELEVATING CHAIR FREE FOR A WEEK.

The Burke Chair helps you all the way to a standing position—safely and gently. Send for a free catalog. Then, if you desire, select the recliner, rocker or contemporary of your choice. And try it free for a week in your own home.

ASK ABOUT MEDICARE COVERAGE!

BURKE Inc.
P.O. Box 1064, Dept. AH-477
Mission, Kansas 66202
CALL TOLL-FREE
1-800-255-4147

STRETCH YOUR TRAVEL $

Off-Season Buys

With summer approaching, most of us are beginning to dream happily about vacations. But inflation has hit hard where travel costs are concerned, so even the most enthusiastic travelers are seeking new ways to save.

Fortunately, a bit of investigating and some flexibility about timing will stretch travel dollars. By traveling off season, you can take an exciting trip on a limited budget. Here are a few of the kinds of bargains you will find:

• If you want to visit Cape Cod or the California coast during July and August, you will pay dearly for the privilege. Why not go in June or September instead? In La Jolla, one of southern California's most beautiful beach areas (and one where the temperature varies only about 10° all year) you can save as much as $10 per night at a choice hotel like the La Valencia during those months.

• Many East coast beach lovers actually prefer to wait until after Labor Day for their vacations. Though the days are a bit shorter and the evenings cooler, the sun is still hot, the water retains its summer warmth, the crowds go home—and the rates go down 30 to 50 percent.

• The Caribbean islands are delightful all year round thanks to the trade winds, and the off-season lasts for almost eight months. From May to December, you can enjoy the poshest resorts at discounts as great as 50 percent. Aruba's Talk of the Town resort, $50 to $55 double in winter, is $30 to $32 in summer. The Curaçao Hilton is $64 to $69 double in winter, and $39 to $44 in summer. The Upper Deck in Montego Bay is $40 per person in winter, $26 in summer.

• Springtime packages operated by Whiteface-Lake Placid Tours in New York feature fishing or riding with instructions, accommodations, and two meals daily for $145 a week until mid-June. In the summer, the same tours cost $215. Late May-early June weather is often in the high 60s and low 70s, perfect for active sports. For more information, write to Whiteface-Lake Placid Tours, 72 Arthur Ave., Staten Island, N.Y. 10305.

• If Pennsylvania-Dutch Country is on your list try waiting until November. There's plenty of scenery left after the leaves fall and the rates really plunge. At the Cherry Lane Motor Inn, in Ronks, Pa., for instance, double rooms with breakfast, during off season, drop to $12 to $16 from the summer $28 to $34 rates. —**Eleanor Berman**

AMERICAN HOME *Travel Planner*

If you are planning a vacation, we'd like to help. Listed below are some major vacation areas. Just simply check the travel information you would like and circle the corresponding numbers listed above the space for your name and address. To guide us in providing more useful travel information for you, please answer the questions on the return coupon.

1. **THE OLD COUNTRY—BUSCH GARDENS,** Williamsburg, Va. The best of England, France and Germany on this side of the Atlantic. European rides, shows and attractions 5 miles east of Williamsburg. Send for free color brochure.

2. **MEXICANA AIRLINES:** Excellent service to Mexico from many U.S. cities; a wide choice of packages to 19 of the most popular resorts, including Mexico City, Puerto Vallarta, Mazatlan, Guadalajara, Cozumel, Cancun, Merida, Ixtapa. Send for free brochure.

3. **LOUISIANA . . . for the fun of it!** 16-page color brochure vacation planner.

4. **LOUISIANA ALL OUTDOORS.** Information on hunting, fishing, camping.

5. **HISTORIC LOUISIANA:**—A guide to plantation homes and historic sites.

6. **MASSACHUSETTS.** This full-color vacation guide and poster is the perfect family vacation planner. And this year, more than ever, Massachusetts has a special place for you.

7. **SARATOGA IS EXCITING!** Visit historic Saratoga County. Send for free brochure. Nineteen color photos show this diversified vacation area; Saratoga National Battlefield, Performing Arts Center, racetracks, spouting geysers, mineral water baths, camping, golf, Petrified Seagardens.

8. **THE SULLIVAN COUNTY CATSKILLS**—Unbeatable scenery, clean air, great fishing, hunting, golf, tennis, swimming, horseback riding. Superb American Plan resorts, motels, night life, accredited childrens' camps. 90 miles from New York City.

9. **HERKIMER COUNTY.** Information on "Herkimer Diamonds," outlet stores, canoe routes, motels, fishing, boating, campgrounds, World Famous African Violet nurseries, historical sites, state parks, Central Adirondack Mountains, Mohawk Valley, restaurants, friendly people and clean fresh air.

10. **TRAVEL RHODE ISLAND.** This vacation kit has brochures detailing the boating, swimming, clambakes, saltwater fishing, camping and golf facilities, music festivals and house tours—plus a tourist guide and map.

11. **FRIENDSHIP INNS.** Motels coast-to-coast. For our National Travel Directory, send your name and address and $1.00 to cover postage and handling.

12. **VIRGINIA.** Williamsburg, Mt. Vernon, Monticello, historic plantations, Skyline Drive, Shenandoah National Park, Cumberland Gap, Jamestown, Yorktown, Appomattox, Busch Gardens, Kings Dominion, Virginia Beach, Shenandoah Valley caverns, and other attractions. Free 36-page color vacation guide.

13. **S/S EMERALD SEAS . . .** The largest, grandest cruiseship from Miami on 3 and 4 night cruises to Nassau and Nassau/Freeport. Spacious suites and staterooms with private bathrooms. Entertainment, parties, dancing, theatre, gift shop, casino aboard. Fine food and service. Free color brochure.

14. **PLYMOUTH COUNTY . . .** A special part of New England . . . "the" rock, Mayflower II, Plymouth Plantation, 350 years of history. Beaches, camping, boating, and golf . . . antique shops, walking tours, and seafood at its best. Send for free information.

15. **VISIT KENTUCKY.** A 72-page color booklet lists Kentucky's state and national parks, shrines and monuments, with detailed information about each.

16. **ICELANDIC AIRLINES**—"Welcome to Europe" folder offers a variety of conducted and independent tours to make your trip memorable. With lowest fares of any scheduled airline to Europe, Icelandic also has low-cost tours.

Mail to: American Home
Travel Planner
P.O. Box 8586
Philadelphia, Pennsylvania 19101

PLEASE SEND ME THE ITEMS CIRCLED.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

name_____

address_____

state _____ city _____ zip ____

- Did you or any member of your family take domestic vacation trips in the past 12 months? Yes ( ) No ( ) How many? _____
- Did you or any member of your family take international vacation trips in the past 12 months? Yes ( ) No ( ) How many? _____
- What means of transportation did you use on your domestic vacation trips? _____
- What means of transportation did you use on your international vacation trips? _____
- What domestic accommodations did you use? Hotel _____ Motel _____ Other _____
- If you traveled internationally on a vacation trip in the past 12 months, what countries did you visit? _____
- Do you plan to take a domestic pleasure trip in the next six months? Yes ( ) No ( ) If so, where? _____
- Do you plan to take an international pleasure trip in the next six months? Yes ( ) No ( ) If so, where? _____

Fill out this coupon and save a child

Just by completing this simple questionnaire, you can befriend a needy child through Save the Children Federation. For only fifty-two cents a day, your money, combined with that of other sponsors, can breathe new life into an impoverished village... help hard-working people in their fight for dignity... turn despair into hope for a child who has known only disaster. Fifty-two cents may not buy much where you live. But for the poorest of the poor where the need is so desperate, it can work miracles.

AH 4/7

My Name is: _____

Address _____

City _____ State _____ Zip _____

Tell us how you want to help, by answering these questions:

1. What geographical area are you interested in?

Urgent need exists in all the areas listed below. Select an area, or let us assign a child where the need is greatest.

- ☐ **Where the need is greatest**
- ☐ Appalachia (U.S.)
- ☐ Bangladesh
- ☐ Chicano (U.S.)
- ☐ Colombia
- ☐ Dominican Republic
- ☐ Honduras
- ☐ Indian (Latin America)
- ☐ Indian (U.S.)
- ☐ Indonesia
- ☐ Inner Cities (U.S.)
- ☐ Israel
- ☐ Korea
- ☐ Lebanon
- ☐ Mexico
- ☐ Rural South (U.S.)

2. Any sex or age preference?

If so, our personnel who are familiar with conditions in the area you have chosen will select a child in accordance with your wishes.

☐ Boy ☐ Girl ☐ No preference

Age ☐ 4 to 7 ☐ 8 to 12 ☐ No preference

3. Would you like a picture of your sponsored child?

Shortly after assignment is made, we can send you a photograph and brief personal history, if you desire.

☐ Yes ☐ No

4. Would you like to correspond with your sponsored child?

If desired, correspondence can help build a meaningful one-to-one relationship. Translations, where necessary, are supplied by Save the Children Federation.

☐ Yes ☐ No

5. Would you like information about the child's community?

Several times a year you can receive detailed reports on the activities and projects being undertaken in the community to benefit your sponsored child. Would you like to receive such information?

☐ Yes ☐ No

6. How do you wish to send your payment?

- ☐ Monthly, $16
- ☐ Quarterly, $48
- ☐ Semi-annually, $96
- ☐ Annually, $192

Enclosed is my first payment: $_____.

7. Do you wish verification of Save the Children Federation credentials?

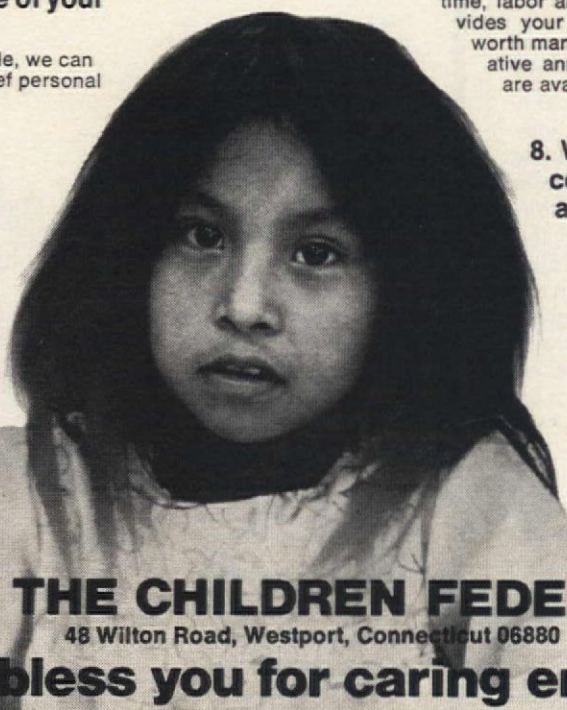
Save the Children is indeed proud of the handling of its funds. An exceptionally large percentage (78.1%) of each tax deductible dollar you donate is used for direct aid and supporting program services. Due to volunteered time, labor and materials, your donation provides your sponsored child with benefits worth many times your total gift. An informative annual report and audit statement are available upon request.

☐ Yes ☐ No

8. Would you rather make a contribution than become a sponsor of an individual child at this time?

- ☐ Yes, enclosed is my contribution of $_____.
- ☐ Check here for general information about our unique programs for aiding impoverished children.

YOUR SPONSORSHIP PAYMENTS AND CONTRIBUTIONS ARE INCOME TAX DEDUCTIBLE.



Mail to:

SAVE THE CHILDREN FEDERATION®

48 Wilton Road, Westport, Connecticut 06880

God bless you for caring enough!

Member of the International Union for Child Welfare and the American Council of Voluntary Agencies for Foreign Service.

STRETCH YOUR TRAVEL $

Charters & Clubs

Charter flights, once limited to those who belonged to "affinity groups" for at least six months, are now available to everyone. You can book a charter flight as long as the ticket is purchased 30 days in advance for United States travel, and 45 days for foreign destinations. Two very popular trips are eight-day junkets from the East coast to Hawaii for as little as $399, and long weekends to Las Vegas for $199.

Ask your travel agent or keep up with charter news by subscribing to Good Deals, 1116 Summer St., Stamford, Conn. 06905. This bimonthly publication lists thousands of charter flights from dozens of U.S. cities. A subscription is $3.

Travel clubs are best for planned vacations, because they take advantage of charter flights and buy up hotel space in bulk. One of the oldest travel clubs is Matterhorn, which has a nationwide membership of 35,000, that offers group discounts to skiers. Spring offerings include a week in Russia for $699; Rio for $499; and Copenhagen or Switzerland for $399. In the planning stages are summer trips to Portugal, Africa, Yugoslavia, and Peru. For information write to Matterhorn Sports Club, 3 West 57th St., New York, N.Y. 10019. Membership is $20 plus a one-time initiation fee of $10.

Another club to consider is the $10 A Day Travel Club, an off-shoot of the well-known "$10 A Day" travel books. Publisher Arthur Frommer now schedules charter tours leaving from New York, Philadelphia, Hartford, Boston, Chicago, and St. Louis for destinations such as London, Amsterdam, the Canary Islands, and Brazil. The club newsletter keeps you up to date on the latest Frommer tours, but it also gives a great deal of other valuable information about opportunities to save on travel, and reviews publications of interest to travelers. Club members write about good buys they have discovered, and offer hospitality to others visiting in their areas. Membership is $8 per year; information is available by writing to: $10 A Day Travel Club, Inc., 70 Fifth Ave., New York, N.Y. 10011. —**Eleanor Berman**

Eleanor Berman, a free-lance writer who has frequently written on travel, is the author of The Cooperating Family *to be published by Prentice-Hall in September.*

There really is a place where steamboats glide along silver rivers.

A place that throbs to Dixieland. Where you can idle an afternoon away in a cool courtyard, dine in elegance, shop in style. There is such a place, and we wish you were here.

Let us share Louisiana with you. There is so much to see and do, we hate to keep it all to ourselves.

Louisiana Tourist Commission • Dept. A
P.O. Box 44291 • Baton Rouge, La. 708

Please send me your new 16-page color brochure on the taste, charm, spo romance and fun of Louisiana.

Name _____

Address _____

City _____

State, Zip _____

LOUISIANA ...for the love of it

Rare! Exotic! (Antherium)

Sweetheart Flower

This rare, exotic flower is the living Hawaiian symbol for love. It is believed to arouse the passions of Hawaiian Gods and men alike.
Now you can grow these beautiful **Sweetheart Flowers of Hawaii** in your own home all year around.
It grows out of a log. All you do is put it in a pot and watch it grow into a beautiful emerald green plant up to 24 inches tall. Soon after it starts to grow, it will burst into bloom. It bears beautiful heart-shaped flowers in red, pink, or white. Once it starts to bloom, **it blooms almost all the time** - month after month year after year.
Not only does this plant grow and bloom like magic, but its **flowers look bright and fresh for over two months** - even when cut.
So fool proof that we **guarantee it to grow** or replace it free! **Order today** and receive a **Free Hawaiian Happiness Plant** as nationally advertised for $1.00 **with each order.**

GUARANTEED TO GROW

Hurry! Take advantage of this special offer while the supply lasts!

One for $1.00 Three for $2.50

Please enclose 35 cents for handling and postage.

ROBERTA'S Dept. AMS-1 P.O. Box 630, Shelbyville, Indiana 46176

SMOKEHOUSE® SATURDAY NIGHT

Company's coming. The fire's going nicely. There's plenty of ice. You take one last look around the room before your friends arrive, snitching a Smokehouse® almond from the bowl on the table. Remember what a hit those almonds were the last time? Everytime you turned around, the dish was empty. Fantastic flavor! No wonder they say, **"One Nibble is Never Enough."** It's true.

Smokehouse® Almonds, one of seven different snack almonds from

the Almond People®

California Almond Growers Exchange
P.O. Box 1768, Sacramento, CA 95808

5

Decorative Delights for INDOOR GARDENERS

Display your indoor plants with pride on elegant crystal clear plastic étagéres. Available only as shown, each shelf tray is 16 in. square and ⅝ in. deep, constructed to prevent water spills on floor or carpet. Can be lined with capillary watering mat or lined with pebbles as a humidity tray. Single unit (1) is 16 in. high; five-level unit (2) is 5 ft. tall. Each component is sturdy and precision built of styrene. Easy to assemble stackable units snap firmly into place. Posh plastic planter (3) with the status look of tortoiseshell holds five 3 in. pots. Tray is 3 in. wide with leak-proof rim and can be displayed handsomely on a windowsill or hung from wall screws. Sleek smoked plastic corner shelf (4) could double as a magazine rack, is 7½ in. high, 9¼ in. deep and 16½ in. wide at front. Assembles in a jiffy. Tortoiseshell-look plastic flower pots (5) are 8 in. diameter, including matching snap-on saucers. Nylon hangers are supplied. Three pots per set.

1

2

3

4

L.H.J. Sales, Inc., Ladies' Home Journal Gardeners' Aids,
Dept. 7795 **1419 West Fifth Street, Wilton, Iowa 52778**

Fill out coupon—enclose check or money orders. Sorry no orders outside U.S.

___#7719 Square Whatnot	@ $13.99 plus $ 2 post. & hdlg.	$_____
___#7720 Etagere—5 level	@ $32.99 plus $ 3 post. & hdlg.	$_____
___#7721 Window/Shelf Garden	@ $ 4.99 plus $.50 post. & hdlg.	$_____
___#7722 Hanging Pots—set of 3	@ $ 4.99 plus $.75 post. & hdlg.	$_____
___#7723 Corner Shelf/Rack	@ $ 7.99 plus $.75 post. & hdlg.	$_____
	Sales Tax (N.Y. & Iowa)	$_____
	Total enclosed	$_____

Name_____ Address_____

City_____ State_____ Zip_____

$1 REWARD

Send us 10 Carnation® or Breast O'Chicken® Brand labels. We'll send you a $1 refund.

We know how often tuna shows up on your table. So we're offering this $1 refund to encourage you to choose one of our brands.

Even without our offer, your choice of Carnation® or Breast O'Chicken® Brand Tuna is a wise one. They're loaded with protein. And they're all prime fillet.

Protein never tasted better.

Here's our offer. Take home 10 cans. Send the labels with our order form and you'll get $1 back.

It's a good way to watch your budget while you're watching your weight.

© Sun Harbor Industries, 1977.
Trademark Licensee for Carnation Tuna.

SUN HARBOR REFUND OFFER.
P.O. Box NB908, El Paso, Texas 79977

Please send my $1 refund. I'm enclosing 10 Breast O' Chicken® Brand or Carnation® Tuna labels.

Name_____

Address_____

City_____

State_____ Zip_____

Labels must be accompanied by this order form, and must be received by 12/31/77. Good only in the U.S.A. Void where taxed, restricted, or prohibited. Limit 1 refund per family or organization.

Most outfits won't hide ugly fat.

If you really want to take weight off, you want Prolamine.™

You can't really hide ugly fat, but you can take it off. And one of the most effective ways is with Prolamine Time Capsules and Diet Plan.

Prolamine is the continuous action diet aid capsule containing one of the most effective formulations available without prescription. Works 3 ways to help you diet successfully: (1) an effective *appetite suppressant* helps you control your appetite hour after hour, (2) a *mild stimulant* helps keep you feeling fresh, alert and alive, (3) a *gentle diuretic* helps you eliminate excess water.

Prolamine continuously releases its effective medication hour after hour after hour for 12 full hours when taken as directed.

And you eat. The Prolamine Diet Plan included in every package lets you enjoy 3 good meals and 3 delightful snacks every day on just 1,200 calories. So, you lose pounds and inches without fad dieting and without going hungry.

Don't try to hide excess weight. Take it off with Prolamine Time Action Capsules and Diet Plan. Start Prolamine today. See how soon you are wearing smaller sizes, smarter fashions—how light and alive you feel as you lose unhealthy excess weight.

Read and follow all label information.

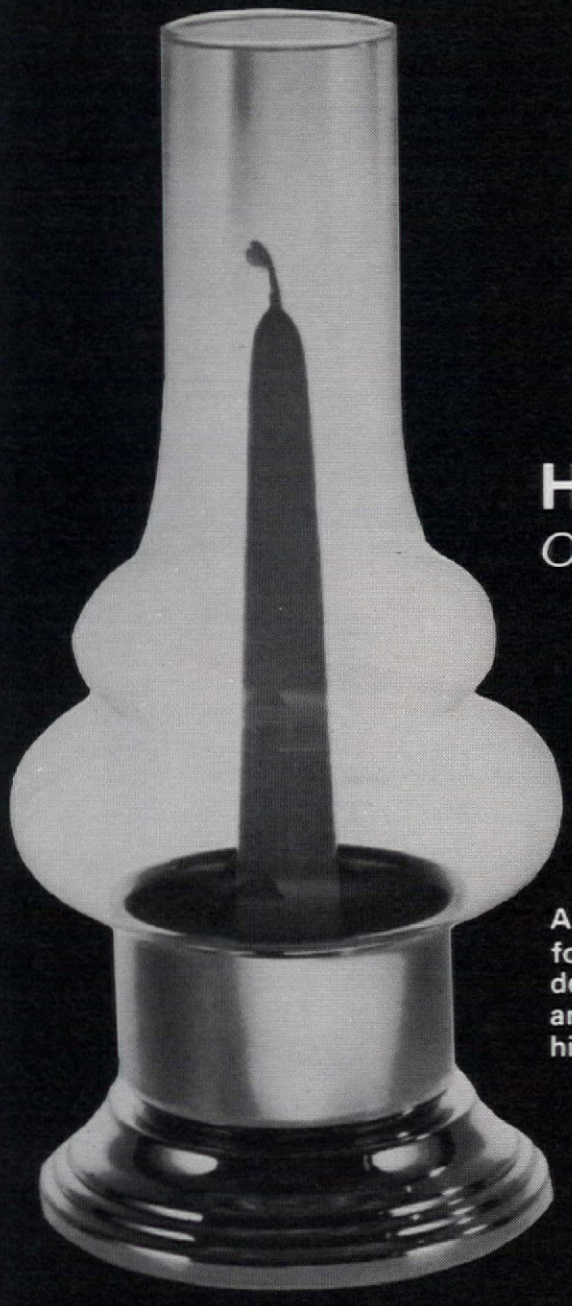
Thousands of Prolamine users have written, praising their successful weight losses, like:

"Really curbed my appetite and was pleasantly surprised when I got on the scale. Lost 10 pounds in only weeks. Prolamine really made the difference."
L. M. C., Garden City, N.Y.

I lost 9 pounds and really feel great. I can now wear the clothes I've always loved.
B. T., Baltimore, Md.

"78 pounds ago people used to tell me what a pretty face I have. With the help of Prolamine, I lost all that fat. Now I'm working as a model. But best of all, I feel healthier and happier now."
E. P., Gibsonia, Pa.

Available At All Leading Drug Counters. © 1977 Thompson Medical Co., Inc.



HURRICANE LAMPS

ON SILVER-PLATED BASE

A glow of warmth and soft candlelight, perfect for festive and together moments. The newest design in Hurricane Lamps are created in silverplate and glass. Candle not included - lamps 10 inches high.

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

_____ Hurricane Lamps @ $24 a pair ..... $_____
Post. & Hdlg. $1.50 ..... _____
N.Y. add sales tax ..... _____
Total enclosed ..... $_____

Fill out coupon and enclose check or money order. Please allow at least 4 weeks for delivery. Sorry no C.O.D. Orders. Canadian residents pay by international Money Order (U.S. currency), available at Canadian post offices.

name

address

city state zip

Easy Does It with Supergraphics

Put your feelings up against the wall, with a big, bold, colorful supergraphic. Carry the design around corners, down stairs, and on ceilings. You won't need a professional draftsman to transform ordinary walls. It's easy and inexpensive with this kit, which includes yardstick, compass materials, design selector, and instructions for eight different designs. All it takes is a little bit of your time and some imagination. The estimated cost of doing one wall—kit plus paint—is approximately $20. For apartment dwellers, strippable paper placed underneath the design allows for easy removal when moving time comes. To complete the graphic you need one quart of paint for each of the two contrasting colors, a brush or applicator pad, and masking tape. All items, except paint and paintbrush, can be mail ordered—see coupon. Kit is $7.95.

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

American Home General Store, Dept. Graphics,
641 Lexington Ave., New York, N.Y. 10022

____Supergraphic Kit(s) @ $7.95 plus $1.50 post & hdlg. ____
____Super Strippable Paper (60 yds., enough for one design) @ $9.98 plus $.50 post & hdlg. ____
____Applicator pad @ $2.49 post. included ____
____Masking tape @ $.98 post. included ____

N.Y. residents add sales tax ____
Total enclosed ____

name

address

city state zip

Examine now in your own home

FREE

a complete set of

24 Safari Cards™

and receive as a gift this handy

Free Filing Case

Keep everything if delighted
for only $1.89 (plus P&H)

PLUS FREE a second set of **24 Cards** If you answer within 5 days

Now in a giant card file all the great animals of the wide, wild world.

SAFARI CARDS™

If you love animals... If you want to know more about their lives, their amazing behavior... you can now do it like professionals do: Build your own comprehensive card file.

Naturalists, zoologists, game wardens, animal photographers... almost all those whose work involves the study of nature's marvels keep notes on index cards. They know that this is the best, most convenient method of adding to their knowledge and of being able to locate rapidly and easily, information whenever they need it. For any animal lover keeping such a card system provides endless joy.

Each Safari Card presents to you on the front a beautiful full color photograph of an animal and a simple index system for it. Its back is devoted to a clear, stimulating and authoritative description of the animal, its habits and its life.

FOR YOUR ENTIRE FAMILY THE MAGIC OF SAFARI CARDS

- For the young, Safari Cards mean active involvement—teaching the advantages of a logical filing system and developing visual memory.
- Each member of the family can consult the cards at the same time, take them along on trips to zoos, museums and safari parks.
- Whichever system of classification you choose, information is always at your fingertips.

HOW TO CLAIM YOUR FREE GIFTS

Return the gift coupon below and we'll send you the complete starting kit described above. And so that you will be able to get an even better idea of the beauty and value of Safari Cards we'll enclose a second complete set of cards—all without any purchase obligation whatever!

If after examining it all you are not satisfied that you want to start collecting Safari Cards, you simply return everything and owe nothing. Otherwise you get to keep it all: * TWO Sets of Safari Cards * the filing case * all the filing cards you need and all accessories—and you pay only for ONE set of Cards, that is $1.89 (plus postage and handling). Yes, everything else—a $5.00 value—is yours free and you'll then receive—for just as long as you wish—new Safari Cards at about monthly intervals under the convenient subscription plan described in the gift coupon below. You are free, of course, to cancel your subscription at any time simply by writing.

The important thing now is to get to know this exciting new nature project. Send in your Gift Coupon today. There's no purchase obligation.

4 clever filing systems to file your cards

* alphabetically
* by zoological order or species
* by habitat
* by geographical region

Each card a full 22 square inches: 4⅞" x 4⅝"

SAFARI CARDS are a product of Cards of Knowledge
201 Lincoln Blvd., Middlesex, N.J. 08846

SI02

FREE GIFT COUPON

Safari Cards, 201 Lincoln Blvd., Dept. W436
Middlesex, N.J. 08846

Please send me prepaid, without purchase obligation the first two sets of 24 Safari Cards each (48 in all) plus the free filing case with all accessories.

I may return the Cards within 10 days and owe nothing. But if delighted with my Safari Cards and I decide to keep them the first complete set of 24 cards, plus the beautiful filing case and all accessories are mine free and I will only pay you $1.89 (plus postage and handling) for the second set of Cards. You may then send me on approval new sets of Safari Cards as they become available one set each the next two months and three sets per month thereafter.

For the sets I decide to keep, I need pay only the low subscribers price of $1.89 per set of 24 cards (plus P&H).

I am free to ask you in writing, at any time, to terminate my subscription.

Name_____
please print clearly
Address_____ Apt. No._____
City_____
State_____ Zip_____

CANADA: send in coupon for servicing directly from Toronto.

MO4

"Where Are the Children?" Daniel Durso asked in January's Men at Home column, lamenting the fact that his children were being raised by a housekeeper while his wife pursued her career. Here is a sampling of letters from readers commenting on his controversial point of view.

DANIEL DURSO, GO HOME

You pompous creep! You'd secretly love to tell your wife to give up her career and stay home with the kids, but you can't possibly give up your job because you are so important!

It's a vicious circle: The woman should stay home with the kids because she makes less money. But she makes less money, because she's the one who always stays home with the kids!

If you're so concerned about your children, you stay home with them. Your wife did more than her share by having the children for you.

G. Balay
Rochester, Mich.

That article was the most disgusting combination of self-pity and cop outs I've ever read. Everything is someone else's fault: His wife's, her friends', or society's.

Nancy Wade
Johnson City, N.Y.

Mr. Durso's problem appears not to be that his wife works, but that he and his wife do not talk to each other. Something is very wrong which would not be remedied by his wife staying home.

Beverly Talladay
Kenmore, N.Y.

I wonder why Mr. Durso's children are confused in their ethnic identity. Children who participate in cultural and religious activities with their parents are unlikely to become confused to any unusual extent.

All parents, employed or not, at some time need to seek substitute care for their children. Hence, we must work for quality child care programs.

Judith L. Elkin, C.S.W.
Cornell University, N.Y.

DANIEL DURSO, RIGHT ON

I was once a working mother, and my husband felt the same as Mr. Durso. Being a wife, mother, and homemaker are very important careers. It is such a shame that so many women are being brainwashed into believing they should have a career outside their homes.

Stella Wilson
Diamond, Ohio

The number of women who leave their children to housekeepers is frightening. As Mr. Durso wrote, most women do not consider the effect that withholding love, knowledge, and guidance has on their children.

Mothering is a full-time privilege, more important than any socially accepted "trend" to hold a job. I just wish Mr. Durso was brave enough to express his feelings to his wife.

Please, more articles of this caliber in American Home.

Robin Breedlove
Hanford, Calif.

I was so incensed by the suggestion that government or industry is somehow responsible for the care of young children of just any mother who chooses to leave the home. What has happened to us in this country, which was built by independent people, that parents can even consider an alternative to being "on their own" when it comes to caring for their children?

Mrs. R.A. Allen
Pine Bluff, Ark.

TIES THAT BIND

I have some comments to make regarding Publisher Leda Sanford's December, 1976 editorial about women not doing so much at Christmas.

A close and loving relationship was formed between my grandmother and me while she was "proving her expertise at holiday time."

Yes, I do all the work and preparation today as Grandma did so many years ago. I do it with a very strong hope that my children will have the same secure feelings I had because she was always there, putting her heart and soul into it, and not off pursuing a career.

Mary Jane Zuknick
Sarasota, Fla.

SAVING WITH MICROWAVES

"Is It True What They Say About Microwave Ovens?" in the January, 1977 issue was very interesting. My husband gave me one for Christmas, and I'm still experimenting with foods.

One thing that you failed to mention was that microwaves use less electricity than conventional ovens. For us, this was a deciding factor—we have an all-electric house and bought it to save on escalating rates.

Mrs. Eleanor Stofford
Willsboro, N.Y.

MARRIAGE TODAY

TD Allman's "Why We Can't Stay Married" (February, 1977) is the best article I have ever read on the state of marriage today. I wish that I had had access to it a few years ago. It could prove helpful to couples who are struggling, together, to understand what it all means.

Ms. M. A. Baxter
Oceanport, N.J.

VALENTINES FOR FEBRUARY

Janet Muchovej's article about Ann Person, "Success is Sweet and So Is Love," (February, 1977) is sensitive, believable, and will certainly encourage many who need a nudge to get started. This is one of your best issues.

Mrs. June Thaw
Moraga, Calif.

Very recently I wrote expressing my desire for American Home *to return to its older format. Well, in the February issue, the editorial is impressive, the decorating ideas good, and there are informative features galore. I like it.*

Mrs. N. Gouvis
El Toro, Calif.

MOTHER NATURE KNOWS BEST

In regard to "Are Periods Still Necessary?" (January, 1977), the medical profession continues to find that messing around with normal body functions has proved unwise. I feel the area of menses should be considered a normal function of the healthy female body, and therefore should be left alone in the absence of disease.

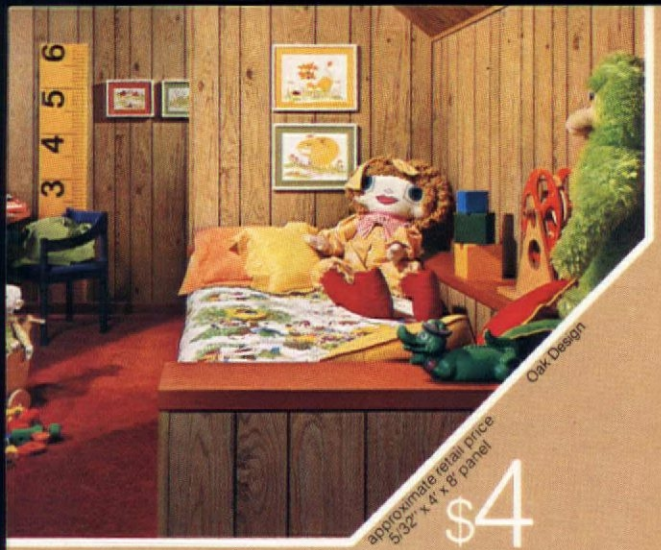
Mrs. P. Gerbeling, R.N.
Cincinnati, Ohio

CLARIFICATION

In the November, 1976 Health and Beauty column on steambaths and saunas, in discussing the need to replace the water and minerals lost through perspiration during heat baths of this type, American Home *incorrectly stated: "At the Health Club for Women in New York, where no doctor's prevention to the contrary exists, the recommendation is to drink mineral waters, but to alternate between two or more to get a variety of trace minerals." The sentence should have read: "At the Health Club for Women in New York when no doctor's prevention to the contrary exists. . . ."*

Josette Paquet
The Health Club for Women, Inc.
New York, N.Y.

Should fathers be more active parents? *American Home* would like to hear your views. Send these and all letters to Our Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022. Be sure to include your signature and address.



onitor® Paneling: A wood look at a less-than-wood price.
eorgia-Pacific's Monitor paneling is warm, good looking,
asy to clean and inexpensive. It's ideal for a "rec" room or
hildren's bedroom–wherever you want the look of wood.
ut don't want to pay the price. The wood fiber core is surfaced
ith several handsome, simulated woodgrain designs.
onitor paneling gives you a lot, for very little.

Gatehouse™ Paneling: Only you'll know the difference.
The simulated woodgrain finishes of Gatehouse paneling are certain to bring compliments–they're so beautiful, look so real. Still, Gatehouse paneling is easy on the budget
So, don't bother to tell friends that Gatehouse Sand, Nutmeg, Cinnamon, Mocha, and Antique are woodgrain designs.
That's just between you and your pocketbook.

xford™ Paneling: The elegance of traditional English woodcraft.
xford paneling has a real birch face veneer with a unique
appled look–truly different and charming. And it comes in hues
ivy, burgundy, and heather. You can tell its quality immediately.
ill, the price is surprisingly low. Oxford paneling is the
al plywood paneling everyone can afford.

Bridgeport™ Paneling: Gives you the look of real wood planking.
Each simulated plank looks like it was installed one piece at a time.
The real sliced pine face veneer has a natural board look.
And a richness that only real wood veneer provides.
Of course, Bridgeport paneling costs a little more. But then, real quality always costs more.

WHAT'S THE DIFFERENCE?

Georgia-Pacific
REGISTERED DEALER
Home of quality building products and service

Look for Georgia-Pacific's complete line of paneling wherever you see this sign. You'll find a paneling that's right for your lifestyle. Your mood. Your needs.
And you'll get your money's worth. no matter what you buy.

Georgia-Pacific Corporation
Portland, OR 97204

Congoleum

Seamless flooring: elegant, wall-to-wall beauty; a durable no-wax, seamless surface that's easier to keep clean. And seamless installations are easier to do yourself. Only Congoleum offers this, in widths that range from 6 to 15 feet. High quality, high fashion, seamless flooring—in a spectacular variety of no-wax colors and patterns.

From the company who's been setting flooring trends for over 90 years. Look at Congoleum first: for colorful, *seamless* beauty.

A no-wax floor stays fresher looking longer, usually with just sponge mopping. In time a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred. (Complete maintenance and warranty information available through your local Congoleum retailer, in the Yellow Pages under "Floor Materials", or by writing Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.)

Only Congoleum® gives you seamless flooring in rooms as wide as 15 feet. Seamless flooring that looks prettier, cleaner, newer longer.

Pattern shown #45000, available in 6' & 12' widths.