# Armstrong ideas in floors, ceilings, carpets and furniture 

n these four pages you'll meet the newest ideas from Armstrong-fresh, exciting, innovative deas to help you find the house of your dreams, without leaving home.
or starters, there's an extraordinary, new kind of floor with a sparkling shine hat lasts for years-without waxing.
ou'll also find out about the new sure cure for ugly ceilings. As well as the latest ideas n carpet and furniture for the elegant rooms in your home.
hese are ideas for today's living-for these tight-money days, when most people ind it more practical to remodel or redecorate than to up and move.
head on. Find out how many new ways Armstrong has to help.

## Armstrong introduces a bright new era in floors SOLARIAN

## lt hates waxing as much as you dol

For years you've been hearing about vinyl floors that laim to keep their shine without waxing.

Armstrong has never made such a claim. We know rom experience that any vinyl floor will begin to lose ome gloss after a few months and require an occasional vaxing to restore and maintain its original shine.

## For women who hate to wax

But we also know how much you hate to wax floors. So ve set out to develop a totally new kind of floor that eally would require no wax to keep shining and less Nork to keep clean

The result is Armstrong Solarian. And it's different rom any flooring ever made. The difference lies in a najor new development from Armstrong research-the Mirabond ${ }^{\text {TM }}$ Wear Surface. This surface is an entirely hew formulation that will maintain its gloss far longer han vinyl floors.

## Tested in homes like yours

Armstrong has successfully tested this new floor in the busy kitchens of real homes like yours for two years. With just occasional sweeping, damp-mopping-and no $N$ xing-these floors are still bright and shining.

## Most waxes won't adhere to new surface

Not only does Solarian not need waxing, it hates waxing as much as you do. Just as an egg won't stick to the new, coated frypans, most waxes won't stick to the Mirabond Wear Surface. More important, neither will spills or tracked-in dirt. Once over lightly with a damp mop and Solarian comes up gleaming!

## An end to heel-mark problems

Even those ugly black heel marks are no problem. You'll have a lot fewer to begin with. And when one does turn up, you can wipe it right off the Mirabond surface.

After several years of wear, there may be a slight lowering of gloss in high-traffic areas. You probably won't find it objectionable. But if you should ever need it, your Armstrong retailer can supply a special Solarian Floor Finish which you can use in these areas to restore and maintain the shine the way you like it.

Ask your Armstrong retailer to demonstrate Solarian's remarkable qualities and show you its variety of sparkling designs and colors. For more information direct from Armstrong, see the box at the bottom of the following right-hand page.



## New sure cure for the "Uglies" Armstrong Suspended Ceilings: the beautiful cover-up

If you've got a basement ceiling with a bad case of exposed pipes, or a plaster ceiling that's cracked and peeling, or a plain, old-fashioned case of excess room height, then you should discover the beautiful cover-up -Armstrong Suspended Ceilings.

Armstrong Suspended Ceilings are the fast, economical, and attractive way to cover up anything and everything you don't want seen. Installing one is easy. You just attach a wall molding around the room, hang the metal grid on wires from your present ceiling, and then drop the ceiling panels into place. That's about all there is to it. In fact, the whole job can be done in an average room over a weekend.

The cost? You'll be pleasantly surprised. You can do a $12^{\prime} \times 14^{\prime}$ room, including the metal grid, for as little as $\$ 50$.

Armstrong makes lots of different suspended-ceiling panels to do lots of different jobs. They're all washable. Some are vinyl coated to make cleaning easier in the kitchen. And most are acoustical, so they soak up noise in the playroom or den.

There's a wide range of surface textures to choose from. For example, the Fashiontone ${ }^{\circledR}$ panels shown above have the distinctive look of textured plaster. The metal grid comes in a choice of colors-black, white, gold, aluminum, and woodtone.

The brightest part of any suspended ceiling is an Armstrong lighting fixture. There are four different styles to choose from, all prewired and easy to install.

For more information about this versatile new ceiling system, see the box on the following page.


You can install these suspended ceilings over a weekend.

One of four different ligh


Some of the many textures available in $2^{\prime} \times 2^{\prime}$ or $2^{\prime} \times 4^{\prime} p$

## Armstrong ideas in floors, ceilings, carpets and furniture

## Furnishing the elegant room New Patriarch by Thomasille

troducing Patriarch by Thomasville-new classic furnire en Español.
Patriarch combines the architectural elegance of pain with romantic undertones of the Mediterranean. he result is a fresh, dramatic approach to one of today's ost popular furniture fashions
Notice the deeply sculptured moldings on drawers nd door panels, the authentic latticework of the armoire nd scrollwork of the headboard. The hardware, with its ntiqued pewter finish, recalls the superb metalwork of le great Spanish masters of the 16th Century.
This striking new collection for bedroom, dining rom, and living room is another example of furniture esign and craftsmanship with "that Thomasville look'
For more information on Patriarch, and other fine homasville furniture, see the box below.

Carpeting the elegant room New Solitaire by Armstrong
There's a new kind of luxury underfoot. Solitaire. It's a shag carpet, with a shag's soft, deep warmth. But it's much thicker, much more lush than the usual shag. The result is a carpet that is richer in character, more substantial, a shade more formal. What a beautiful choice for any room where the aim is elegance!

Solitaire is the newest addition to Armstrong's line of fine carpet. Shags, plushes, sculptured and patterned carpets in hundreds of colors.

In choosing an Armstrong carpet, you needn't worry about which brand or type of fiber is best. We've selected the best fiber for each carpet and labelled it "Armstrong Approved". So both fiber and carpet are backed by one familiar name-Armstrong.

To find out more about Solitaire, or any other Armstrong carpet, see the box below.


## Armstrong

$\square$

## MARY JANE POOL



On the cover: Anyone searching for decorate-it-yourself ideas (and longing for sunlight in a dark room) could profit by the way color captures pure springtime in Miss Caryl-Robin Goldman's New York living room. The strategy: yellow, silver, and white wallpaper, canary yellow carpeting, yellow and white flowered sofas, white dining chairs and table. Flowers are the only departure from this sunny scheme-pretty arrangements of spring blossoms, table candlesticks in the shape of ceramic daisies, anemones, poppies, asters. Interior design by Winkler \& Patino. Flower arrangements by Ronaldo Maia. Painting by MichelHenry from the Wally-Findlay Galleries. Sterling silver by Stieff, china by Mikasa, stemware by Crest Studios. For shopping information, please see page 134.

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Discoveries: A designer rethinks the way he wants to live and designs living machines Take-home decorating zest
Kids' lib: Revolution in children's furniture

A six-level house built for only $\$ 11,200$ for materials and land by Anne Stagg

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The lure of working with your hands
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How to stencil from the floor up
Seven easy ways to sew your own slipcover tablecloths, curtains, pillows, tableskirt How to get hooked on crochet-whether you hook it yourself or not An introduction to the simple art of crochet

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by Mary Elizabeth Falter
New kitchen switched on to all-appliance cooking

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Photograph by Marie Cosindas ©1971. Helena Rubinstein, Inc.


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and a feeling for the romantic: Chantilly Rose. Elegant wrought iron poetry in a classic motif. Graceful comfort for a terrace, a sun deck, a dining room. Decorator colors. Guaranteed rust-proof.



round 1632, English furniture makers began decorating heir work with pieces of tawny tortoiseshell. But the hell was hard to come by, so the ingenious craftsman sed stains and lacquers to imitate nature by hand. And Ieritage has found that these old hand techniques are till the only way to do it. Only hands can spatter on the moky markings and smudge them into a haze of dusky hadows and golden lights, to look like the work of nature. nd only more money can buy it.

This kind of painstaking handwork, which makes our tortoiseshell chest cost $\$ 100$ more than any look-alike, goes into every other piece with the Heritage name. Surfaces are rubbed, scoured and stained by hand, because that's the best way to find the natural grain and seek out the highlights. Interiors are hand-sanded and sealed so there'll be no rough spots to snag your clothes. When we cost
a little more, you'll find we give a little more. a little more, you'll find we give a little more.


# How to enjoy your family photographs 

By William Baldwin

It seems odd that we Americans, enthralled as we are with the idea of commemorating every occasion with photographs, often wielding the camera ourselves, hardly ever, after we've got the pictures, know what to do with them. I go into a grandmother's living room and find, framed on the piano, a picture of her as a bride thirty years back, or on the wall, a row of stiff studio portraits looking unbelievably uptight. All the casual snapshots we take on vacation or during happy days with friends get stuck away in boxes or drawers waiting to be glued into albums. And that's too bad, because those little informal photographs are often more valuable than costly art-not in artistic merit, but in what they mean to us, and what they can do to make a room unmistakably ours.

> Colleet a wall aliary of life's adventures

Snapshots mix well with formal portraits of graduates or brides, with watercolors done by family members or friends, with a little child's portrait of the family dog, even with little drawings or prints you've picked up during your travels: One couple I know has collected a veritable diary of their life's adventures in the small drawings and prints on their walls-each one provokes its own set of memories, growing dearer to the couple as the years pass. In such a group you might even include some extraordinary Christmas cards or letters from friends. All are happy together because they are all very personal indeed.

As a general rule I think a group of photographs and memorabilia hung together belongs in a small intimate library or study. In a more formal living room or hall, I would put family pictures on easels on tables, or hang them very casually on the upright supports of bookcases-even a tender sprinkling of them can break the hard formality of a big room. On occasion, however, an ordered potpourri on the wall can give a small living room great depth and warmth. Such a grouping can also work very well in a narrow hallway, but never up the stairs. It's unfair to the pictures to try to appreciate their small and interesting details while balancing on one foot.

Continued on page 14

## There's nothing like a good label of wine.



B \& G. It's the label the French have been taking home or giving to friends for give or take two centuries.

B \& G. Two simple syllables that have stood for a whole vocabulary of 36 great reds and whites since 1725 .

B \& G. Just say the word and you're there.


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be improved.
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And in the Stiffel tradition of value for your money, we'll include plenty of information about our lamps, too.

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2. A brand new old fashioned wall lamp. Dark fruitwood, distressed old brass and antique dark grayed-black finish. Shade vertically adjustable-413/4" tall, $7^{\prime \prime}$ wide, $71 / 2^{\prime \prime}$ deep. About $\$ 130$. 3. Stiffel's Oval Wall Etagère. Antique oiled mahogany finish Brass trim. Glass shelves-44" high, $121 / 4^{\prime \prime}$ wide, $71 / 2^{\prime \prime}$ deep. About \$159.
3. A Stiffel clock. Old pin trimmed with brass. Gre velvet sash and mountin hardware included. Trad in every respect except f movement which is batt powered $-24^{\prime \prime}$ high, $81 / 2^{\prime \prime}$ $41 / 2^{\prime \prime}$ deep. About $\$ 115$.
4. A wall shelf! Antique mahogany with antique spindles and drawer fror brass drawer pulls. Draw lined with gold-and-whit paper It's $113 / \mathrm{h}^{\prime \prime}$ high paper. l's 11 " Prices may be higher in South and West.



Casual living, the Lenox way. Good friends, good food and the modern simplicity of Lenox China, Crystal and Candles. Dinners like these in your Vermont hideaway take you and your guests into a world where life is easier, more fun.

## LENOX <br> CHINA. CRYSTAL



## Henredon



Fill a wall with family history

Recently I worked on a house in Washington belonging to a couple who had spent most of the past ten years in diplomatic service in Europe and Asia. The house was typically Washington, with a central hall opening onto living room, dining room, and library. The first three rooms were all done in clear fresh gardeny colors, with lots of white and leaf green. But the library was to be a more masculine room, very personal and quiet, where the husband could receive his official callers. One wall was lined solid with books. There was a fireplace in an adjacent wall, and near the other two, we put comfortable sofas and good reading lights. Among the books were several large bound scrapbooks that contained part of a vast collection of photographs the family had accumulated during their assignments abroad-personal family pictures, group shots of the family with business associates, or remarkable, informal photographs of U.S. presidents the man had known or worked under. To make the room masculine, yet still related to the rest of the house, we painted it the shiny color of a well-moistened leaf plucked from one of the living room's ficus trees. To make the room personal, we turned the three bookless walls into an open photo album.

You must have a system for hanging photographs on a wall. For that room in Washington, the couple first sorted through what must have been thousands of pictures, keeping for the library only the most treasured. These we divided into groups-one of family records, another of times shared with friends, another of the events of a particular assignment, and so on. Each group became a panel of pictures-one the length of each sofa, two others to fill the spaces flanking the fireplace. The only rules we followed from then on were that all the bottom and topmost pictures were to be approximately level. For the chimney piece we saved the most public of the pictures-those magnificent ones of Churchill and the presi-dents-many of which my client had photographed himself.

Apart from subject matter and the top
Frames needn't necessarily mateh
and bottom boundaries, everything about the groups was absolutely nonuniform. The frames were a positive hodgepodge, although none was elaborate. Most were narrow strips of black, white, or dull gold. To have the frames all alike, I think, would have given them too much importance. Varying them made them seem insignificant to the point of non-existence. But don't forget they were hung on

Continued on page 18

## Burlington House for draperies.



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Well, that's fine with us. Because we make draperies in wonderful fabrics of Avisco ${ }^{\circ}$ rayon and cotton.

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${ }^{\text {ommona }}$ LeA

A DECORATOR SPEAKS HIS MIND<br>continued from page 14

a background of dark green, a color with character and deep perspective. On a white or pale-colored wall, I would try to match the frames-perhaps just simple narrow wood strips painted black or one clear color-to anchor those little pictures and give them greater definition.

$S$me of the pictures had mats, some didn't. We kept the mats with inscriptions, for that, after all, is the final magic that makes a mere photograph a treasure. Even the shapes and sizes of the groups themselves were not intended to be static. In fact, I expect those pictures to spread like espalier trees, eventually joining each other to fill the entire room.

## Use the filoor

 as your drawing boardBefore you drive a single nail, you should arrange all the pictures on the floor. I usually begin by putting the largest one near the center as a hub, then work outward from there. When they're all down, you just move them around as in some kind of giant game until you have a pleasing arrangement. I usually put high-contrast pictures or close-ups or faces at the top, and those intricately detailed group shots, and of course anything with writing, down lower where you can see them without straining. Don't even attempt to make the margins around pictures all equal. In the first place, unless the pictures are exactly the same size, it's futile, and in the second place, some pictures need more breathing space.

When you have all the pictures the way you want them, measure with a ruler from the bottom frame of the lowest picture to the hub picture, then from the sides to the hub, and transfer the measurements to the space you've planned for them on the wall. Hang the hub picture. Then, again starting from the center, hang the rest. You may find, especially if the ceiling is high, that your angle of perspective is much more acute than when the pictures were on the floor. To adjust for this, you simply allow more space between the higher ones.

## Atrick for keeping pictures straight

Can you imagine what happens to a whole roomful of featherweight photographs in flimsy little frames every time a door slams? That problem can be neatly solved by using a tiny nail at each side of the hanging wire instead of a single one in the center. I find those two little nails are better than one special picture hookthey keep everything pancake flat.

$\boldsymbol{F}$inally, after you've made all the last-minute adjustments and have stepped back to admire your work, take all the pictures down again, one by one, and number them left to right, top to bottom. I'd even make a small numbered schematic drawing to match, and keep it in the safe.


THE BEGINNING OF A BEAUTIFUL WOOD STORY


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Some future volumes of the
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## THOUGHTS FOR THE HOSTESS

BY MARY MOON HEMINGWAY

What more fitting time to sing praises to the egg, quintessential symbol of spring and new life? Herewith some eggery.

The Egg as Decoration. Eggs to look at come in all sizes and materials-amusing eggs, precious eggs. Not as dear as you might think, real onyx eggs (pale greens to burnished, bronzy browns) make a handsome holiday or anytime centerpiece piled in a shallow glass bowl and interspersed with pink, miniature roses or a few green orchids. Amethyst eggs with violets, crystal eggs with snippets of cherry blossoms, blue and white alabaster eggs with field flowers. Eggs and flowers have a lovely affinity for one another. All of the charming little egg stands, circles, tripods, fish and animal holders make egg displays very easy nowadays. When combining eggs directly with plant material, you can use green tacky tape in the container. Less elegant but lots of fun are plastic carnaval eggs: turquoise, tortoise, malachite, black and white. Most entertaining of the lot, the ones swirled in red, white, and blue. A heap of them filling a big wire salad basket or nesting in real straw in a low, attractive straw basket would bring verve to a paschal breakfast. Or a Fourth of July lunch for that matter -the egg is for all seasons.

People have been fancying up eggs for centuries-real eggs, cooked or blown. Sometimes to be found in folk art shops are those exquisite, intricate Ukrainian eggs with incredibly detailed designs, fragile heirlooms. But there's much to be said for doing your own thing. For a family party, how about portrait eggs? The portraits to be either photographs or freehand caricatures. A good camera store should be able to tell you how to soak a photograph so that the "film" may be peeled off so you can wrap it around the egg, then sprayed with a plastic coating. Fine-tip felt markers, bits of fabric, hair, jewels can turn an egg into an aunt, a friend, an offspring. Put the egg head on a trimmed collar cut from a paper tube and you have a take-home memento. And how about spraying eggs? Spray paints give them much more oomph than the traditional dyes. Pile gold- or silver-sprayed eggs in nests of greens, or in an epergne with baby ivy. Or pile them in a silver bowl with no accompaniment whatsoever.

Soft-Cooked Eggs. Boiling an egg vigorously is an insult to its delicate sensibilities. Start in cold water and simmer. Better still steam eggs, a wonderful method when there are lots to be prepared. To steam four eggs, put them in a pot and pour two quarts of boiling water over them. Cover the pot and let stand for ten minutes. Drain, put eggs in a pretty bowl, covering them again with boiling water, and send to the breakfast table to be lifted out individually by slotted spoon. Steamed to creamy perfection, they will keep warm longer for stragglers. For one egg allow eight minutes; for six, fifteen; for a houseful do two or three batches.

The Poached Egg. Double the interest in poached eggs by cooking them in stock, soups, wine, herb-flavored liquids,

Continued on page 30

## WINSTOIS DOWN HOME TASTE!




## Finish acts like a chemical brush. Now you don't have to wash your dishes before your dishwasher does.



Now there's no need to prewash dishes. Because Finish does it all. Right in your dishwasher. Spotlessly. Even in hard water.

It's our extra-active chemical loosening agent that acts like a brush. A chemical brush that scrubs away stubborn food.

You get all this. And a pretty, new box too.
Get Finish. It's the one that makes sure a woman's place isn't always in the kitchen.


## Solid oak so strong it's guaranteed.



GUARANTEED for as long as you own it. Because we make furniture for the active family room life. With frames of solid oak. Like the arm and leg of this chair that are cut by hand from solid oak over $21 / 2^{\prime \prime}$ wide by $5^{\prime \prime}$ thick. Mi-

tered and doweled by hand. We guarantee you won't break it for as long as you own it.

Howard cushions are deep solid foam wrapped in soft polyester. Reversible for longer life. Covers are zippered for removal and spot cleaning.

As any cushions and covers, they will eventually wear out. But a whole new set for a Howard chair costs less than reupholstering an overstuffed chair.
And the point is, the chair will still be with you. More beautiful, as the golden oak takes on added luster. And always oak tree strong. It proves that beautiful furniture can be built to last a lifetime. But only if you design it for strength as well as for beauty. And the price is reasonable. About $\$ 500$ for sofa, chair,
cocktail table and end table. In colorful $\boldsymbol{H}$ ERCULON* fiber upholstery with stain release built in, not added on. With the matching pieces to make one big happy family room. Table and chair sets, bars, stools, rockers, love seats, wall units for storage and occasional chairs.

For pictures and the name of your dealer send 25 c to Howard Family Room Furniture, Starkville, Mississippi 39759.

Registered trademark of Hercules Incorporated. Wilmington, Delaware, for its olefin fiber.


## Whybuycarpet the way your mother did?

What's that old saying?
Mother knows best."
The trouble is mother knew best what she knew best.
Like having and growing nildren.
Like keeping peace in the family. Like feeding you the right foods. Like helping you to help keep the ght friends.
What she didn't know best she ad trouble with.
Like what carpet to buy to match er furniture.
Frankly speaking, buying carpet one of the biggest headaches or all mothers.
Until today.
Today Magee introduces astant Decorating.
Magee is the only carpet company ut of all the hundreds that makes ou sure where your mother as unsure.
What makes us so sure so that ou can be sure?


Magee found that there are four basic ways to decorate, and then made groups of carpets to match.

So that all you have to do is pick out the way you're decorating, then match:

Early American-The Flair of 1776.
Traditional-The Splendid.
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## Simple.

Instant Decorating doesn't let you make a mistake.

And there is something else you won't make a mistake on... Magee quality.

By the way, why don't you show this ad to your mother so that we can go back to that saying "Mother knows best."
caRpet by
Magee

Instant Decorating the mistake-proof way to buy carpet.


HOSTESS NOTES
continued from page 26
tomato juice, cream. Even lemon or a bouillon cube in the water gives them more authority. So do herb vinegars and a dash of curry powder or Worcestershire sauce. When in doubt about the absolute freshness of an egg, simmer it in water in the shell for eight to ten seconds before poaching to keep the white from spreading all over.

The Baked Egg. Always set baked eggs, soufflés, or custards in a pan of hot water in the oven to prevent toughening the outside of the eggs.

The Shirred Egg. To keep shirred eggs tender, instead of cooking them in the oven, let them set a bit first in melted, hot butter, then run them quickly under the broiler. Shirr several eggs at a time on a hot, buttered steel platter, decorate with parsley and paprika.

Egg Whites. In my book, a big, 5- to 6-inch balloon whisk has an electric mixer beat for speed and lightness. Whites need an acid touch, so use a copper bowl or add a pinch of cream of tartar after the first thirty seconds of beating. Fold with a flourish, don't stir. Hostess hint: A soufflé-filled mold will keep up to an hour uncooked if covered with a big pot and placed in a draft-free place. Cuts down on last-minute preparations. For a crowd, individual souffés are time-saving and safer. Put them in the oven twenty minutes before serving.

Egg Gadgetry-an international sport. From France come one-egg oval poachers with pierced bottoms for liquid circulation, four little legs to support them in the pan, and a long handle for lifting them out of the bath. From Sweden, an egg saver, a plastic-collar-and-concealed-pin device to prick the end of the egg for noncrack cooking. From England, a handy little cup with a slot through which falls the white for perfect egg separation; also china screw-top coddlers for cooking and serving. From Germany, various sized steel rings for absolutely circular fried or poached eggs. From Japan, an egg cutter to turn hard-cooked halves into starlike decorations.

Egg Serving. For soft-cooked eggs, why not wine glasses? To dress up stuffed eggs, set them off in a new Portuguese faïence dish-a circle of little egg-holding indentations surrounding a nesting hen. The bird lifts off and the nest may be filled with a sauce or seasoned salt for dunking the eggs. White china egg dishes in the old classical shapes may now be had decorated with birds, sprigs, flowers, vegetables-a pretty change from the austere ramekins we used to know.

## Have you ever thought:

Of cutting a cola drink with quinine water for a thirst quencher that is less sweet, different?

Of offering your guests tiny individual bottles of Tabasco sauce so they may hot up their Bloody Marys to taste? You can get the little bottles through hotel suppliers.

Of using solid color paper cloths under organdy or lace to change the effect? All you'll see of the paper is the color.

Of tie-dyeing an old damask cloth in spring colors? A becoming fantasy for summer, too, and an answer to what to do with a no longer pristine cloth.


## Forget what mama liked.



Because things have changed. Mama couldn't have subtle Marquise. Smoky and sophisticated. It's brand new. On a Jewelite Chrome pedestal With matching chairs that swivel. Think of it. Getting up and down at the table gracefully. Then there's Marquise's counterpart, crystal clear Tiffany. And a smart new matching bar ensemble. Chromcraft has more exciting designs in dining and entertaining furniture than you've ever seen before. See them today at any good furniture store.

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THE PENNSYLVANIA ROYAL 20-the easy-push, $20^{\prime \prime}$ rotary. Effortless, pull-up start. Dependable $31 / 2 \mathrm{hp}$ Briggs \& Stratton engine.
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HUSTLER-Positive, front wheel drive for maneuverability. Big $21^{\prime \prime}$ cut and optional trouble-free electric start make mowing a pleasure.

ROYAL 22-the big, grass grabber gives you 22 inches of velvet cut. Has convenient throttle control on easy-store, fold down handle.

Hippie, hard hat, gourmeteverybody is doing it.

# Why don't you grow your own vegetables? 

By William B. Hartis

Start your own vegetable garden this spring and the chances are, if you are under forty, that for the first time in your life you will eat really fresh vegetables all through the summer and in winter enjoy better frozen ones than you can buy. Growing one's own vegetables is not quaint, old-fashioned, or camp. Not these days. Hippie communes grow vegetables, to eat. Many families in the $\$ 15,000$ to $\$ 20,000$ range, which includes truck drivers and Ph.D.'s, are growing them to save money. And a surprising number of people, many of them young, who have discovered the goodness of gourmet cooking, grow them to get what they can't buy-fresh vegetables. Such gardens have a new name in this country-kitchen, gardens, the name the English have always used. To me they are a special sort of victory garden-victory over the supermarkets, which sell tired and tasteless vegetables that were tired and tasteless before they were wrapped so prettily in cellophane. I doubt if kitchen gardens save any money-after all one's time should be worth at least $\$ 1.75$ cents an hour-but they conserve the outflow of cash, as the economists say, which in these days is a neat trick.

I admit that the thought of starting a kitchen garden to those whose experience in growing things is limited to killing philodendron bought for a quarter at a ten-cent store is a bit frightening. My first one was. That was in the spring of 1941. It was a wartime victory garden. My only advantage, if it can be called that, was that for several years I had grown flowers -annuals and perennials-from seed. So I merely turned to the pages in my catalogues describing vegetables and plunged in. This first garden was far from being an unqualified success, but it produced an astonishing amount of vegetablesfar more than we needed or could transport to New York to give away. Also, I had too much of everything at one time. Lettuce didn't actually stack above my ears, but it was close. Because I failed to thin beets and carrots sufficiently and planted them in soil too rich, I had some strangely shaped ones later on. After that no lettuce, beets, or carrots. I had not planted in proper succession. I planted peas very early, following directions with care, and in a spell of early warm spring weather they popped up dutifully. Then the weather turned back to $20^{\circ} \mathrm{F}$., and every little pea plant lost its life for being so adventurous-or, maybe, because I did not know

Continued on page 34

## The balance of nature is predicated on the fact that one thing dies so that another may live.



DIABROTICA BEETLE is a midsummer vistor. Feeds on many flowering plants as well is vegetables. Sometimes called the Cucumper Beetle. Larvae feed on the roots of plants.


APHIDS like the juicy new growth of almost any plant. They curl leaves, stunt and destroy growth, excrete sticky honeydew. A few soon become a hoard.


THRIPS have mouths equipped to scrape and rasp. They scar and streak foliage, can deform buds so that flowers never open. Thrips are tiny, but the result of their work

MITES damage leaves and turn them pale. They can also cause the leaves of plants to turn yellow with minute, paler yellow specks. They suck sap from underneath leaves and may go unnoticed.


CATERPILLARS come in all colors and sizes, become moths or butterflies. Many are voracious leaf eaters. Some fold leaves, some build tents, some are perfectly harmless.


LEAF MINERS are the larvae of many different kinds of insects tunneling inside leaves. They come from eggs laid on top of or just inside leaves by flies, moths or sawflies.

The proposition that concerns both of us is unceasing struggle between desirable plant and destructive insects. In this particular ntext, we think you will want us to join you defending your garden.

Six of the garden's most common enemies are discussed above. There are thousands more. But don't lose hope. With broad spectrum defense like ORTHO ${ }^{\circ}$ ISOTOX ${ }^{\circ}$ Insect Spray you can repel about any pest invasion. Talk to your Ortho Dealer.


## GROW YOUR OWN VEGETABLES

continued from page 32
the date of the probable last frost. I do now. It is May 20 in these parts (Northwestern Connecticut). But it is the date of the improbable last frost that bugs me. This non-statistic has hit here in early June, and once, in 1944, it walloped the lowlands in a highly improper manner on July 4. Bush beans (these are the snap beans one buys) also gave me trouble in 1941-and I had carefully planted them in succession. The first sowing rotted in the ground. Too cold, the local experts said. Then the second sowing got clobbered by the frost that decimated the peas. Undaunted, I sowed more beans, equal in number to the first two sowings. This did not turn out to be a popular move with guests who had been invited to harvest the produce we grew. When the beans were ready for picking, guests, who heretofore had been able helpers in this victory garden of ours, said, after picking three bushels of them, that our weekend schedule was too rough; they were going home and did not plan to come back until winter, if they were still welcome. I called them unpatriotic wretches. Then we went in and had a drink.

One major fault of my first vegetable garden was that it was far too large; it consisted of two 80 -by- 40 -feet beds separated by a 5 -foot lawn. The next year we put one of the beds in summer fallow. We still had more vegetables than we could use, largely because I had better luck with succession planting. It was also a right pretty garden. Cabbages are beautiful things; the pole beans produced stunning red flowers; eggplant, which isn't a favorite food of mine, rewarded me with its dark green foliage and wonderful purple forms. And random plantings of annuals not only provided a wealth of cut flowers but tied the garden together in beauty.

The next year we planted our first aromatic herbs, generously, as was my wont. I recall wondering if six sage plants would be enough. It was. As I hate to throw away anything, including boards from a dismantled structure, we dried enough sage to take care of our friends in the country and New York, and relatives in Missouri. One said she didn't like sage, and afterward I felt you could never trust a friend who didn't like sage that you yourself had grown. We now have two plants of sage. One is a spare. Half of one is enough for a family of twelve. Regardless of what you are told about aromatic herbs by nurserymen, few of whom ever use them, a very small supply goes a long way in gourmet cooking, which seeks a delicate bouquet to titillate the senses of taste and smell, which are really one, bound up as they are, so inexorably.

The aromatic herbs that are annuals and are grown from seed or small plants are basil, dill, fennel, parsley, sweet marjoram, and summer savory. A family of four should plant three of each (one for a spare), except for parsley. Grow six to twelve of it, depending on use. The necessary number of perennial herbs for that same family are chives, two; mint, two; rosemary, one; sage, one; origanum-if summer marjoram, the real marjoram, is not planted-two; and tarragon, the leafy herb most used in French cooking, six to twelve. Garlic, a basic, is usually bought, but easy to grow and when grown decidedly cheaper. Shallots should be grown by those who have no good, inexpensive market source, which includes about everyone. The bulb's divisions should be planted on 5 inch centers, the stringy top just above ground level. If your

Continued on page 36

## ady Pepperell can do happy things for your home.

e day has to begin a little nicer when you wake up to Morning Star. Even the room looks happy. ck Morning Star in towels, Vellux blankets, and Dacron ${ }^{*}$ and cotton sheets and pillowcases.
pw with Pressline 303 -the permanent permanent press.
d morning grouch.
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# The 4 am chair: <br> <br> It's a Berkline. 

 <br> <br> It's a Berkline.}

Can't figure it out. The one who's awake is supposed to be asleep. And the one who's asleep is supposed to be feeding the one who's - well, it's far too complicated for me. So I'll just sit here and make things cozy for them. That's why they put me here, I guess. Because I can lean back and be comforting. But I can do a lot of other things, too. Like sit up straight. And lounge. And rock. And watch TV. Do you suppose they've forgotten?

Don't you forget. Stop in at the Berkline dealer near you. And write for a free brochure. The Berkline Corporation, P.O. Box 100 HG-3, Morristown, Tennessee 37814.

The magnificent impostors, Mayfair by Berkline.


## GROW YOUR OWN VEGETABLES

## continued from page 34

recipes gobble shallots, as do Julia Child's, you will need a lot of shallots. A pound of the things cost about $\$ 2.50$, which makes it about the most expensive common cooking ingredient extant, but the divisions from a pound will produce more shallots than I care to contemplate. They won't take up much garden area if planted in beds.

Enthusiastic beginners should start with really small kitchen gardens and not try to grow every vegetable in the catalogues. Teresa Zina Fabbri, our right hand in the country, has a kitchen garden about 25 -feet square from which she gives us so many vegetables that we now confine our kitchen gardening to aromatic herbs on a plot of ground 25 feet long and 3 feet wide. It produces more herbs than we can possibly use-but it is sort of pretty. Miss Fabbri is apologetic about the production from her garden; her father, she says, got twice as much out of the same ground when he was living. She plants in beds as her father did. David Smith, on the other hand, an Englishman who is director of horticulture at a local nursery, has a garden about 100 feet long and 60 feet wide that he crops in neat rows and weeds with a walking cultivator. Smith produces about every vegetable you can think of, except potatoes, which really should not be undertaken by any home gardener. He gets fine quantities of fresh vegetables for his family of five and never buys a frozen one in winter at the supermarket.

Angelo M. Pellegrini, a professor of English at the University of Washington in Seattle, gets wonderful results from a plot of land 30 by 50 feet-including asparagus, tomatoes, and corn, all of which take up considerable space. Pellegrini is also a gourmet cook and a wine connoisseur. He wrote a book about his garden, which was reviewed briefly in these pages last summer. Called The Food Lover's Garden (Knopf, $\$ 6.95$ ), it is the best thing I've read on vegetables. Diagrams show how to do the most mundane gardening chores, from sowing a row of seeds to setting out asparagus plants, a skill few acquire now that rotary tillers are available. I know how to use one of the beastly things, and offhand I can think of no enemy I'd wish it on. (Oh well, if I thought a moment. . . .)

Pellegrini says that a good garden soil should be rich in humus. Very rich. Right on! But not in plant foods. Failures in growing things can always be traced back to a deficiency in humus, the rotted stuff such as aged cow manure or compost that gives teeming life to the soil in the form of bacteria that release the nutrients so vital to plant life. Of course, Pellegrini produces his miracles in the benign climate of the Northwest Pacific Coast, but he carefully advises those of us who do not have this advantage. He also goes into considerable detail about the proper way to cook vegetables, crisp as the Chinese and the French do. There is little chance that really good cooks will learn anything much about cooking vegetables from the author, but they should enjoy reading his recipes, most of which are north-country Italian. Let them follow his gardening. Certainly the beginning gardener who plants to save money, and who has always boiled store-bought produce to a state this side of mush, can profit two ways from this book.

Pellegrini's writing, as you would expect, is precise and some of it mildly entertaining. On the medicinal use of garlic, he says, " . . stuff your nose with crushed garlic, anoint your chest with its juice, and go boldly about your business. You will be virus-proof; none shall accost you."

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# HOW TO REFINISH <br> A CHAIR LIKE AN EXPERT 

AFTER


Refinishing a chair seems scary with all its curves and skinny legs and details. The surprise twist is that professionals say a chair is easier than a flat surface to strip and refinish. A chair frame, except for the hand rests, gets little wear, so has few coats to remove, few to put on. As illustration, Thorp Brothers, a New York firm consulted by museums, the White House, and top interior designers, chose a Louis XV chair. Shorn of its dark walnut stain and given a bleach, the chair seemed to lighten even in weight as well as color. Tip: Use shoebrushes for cleaning and buffing. Caution: Rubber gloves and work apron are essential. Discard leftover solutions.


1. TAKE OFF THE OLD FINISH: Wit disposable brush, stroke on nonflamma varnish and paint remover, such as H . E len's Fire-Fly, one section at a time. W the old finish bubbles up, dip 0 steel into denatured alcohol and wash down. a wire suede brush to get into carvings crevices. Follow by a rubdown with che cloth and alcohol until refolded cheesec comes up clean. While piece is still wet, nail file or orange stick to scrape out varnish and wax from carved crevices. S piece thoroughly with number 80 garnet ishing sandpaper, and repeat with f number 120 . Unless piece is stripped 0 old varnish and wax, a new finish-whe you stain or bleach-will not penetr 2. TO RESTAIN A CHAIR LIGHTLY TER STRIPPING: Mix 1 part japan c paste ( $1 / 2 \mathrm{raw}$ sienna and $1 / 2$ burnt sie will give a light fruitwood tone) with $5 p$ turpentine in a jar. Apply with narrow inch camelhair brush. Dry with che cloth, rubbing to get a uniform color. If ne sary apply stain again when thoroughly OR
2. TO GET A NATURAL LOOK THROU BLEACHING: Use a double applica bleach. Pour a pint of bleaching solu such as Behlen's Aspen Concentrate in plastic or glass container. With a st brush, cover entire piece. Leave on minutes. Pour a pint of Behlen's Decolor into clean container. With clean brush, st chair. Wait fifteen minutes. When surf bubbles, wipe with cheesecloth. Let eight hours. If you find dark spots, res and repeat only the Decolorant proced Sand piece with number 120 finishing pa

## 4. SEAL NEWLY STAINED OR BLEACH

SURFACE: Mix a solution of $1 / 2$ white she and $1 / 2$ alcohol. With a $11 / 2$-inch camel brush apply a thin coat of this solut Shellac will raise the grain, so rub till smo with extra fine 0000 steel wool when 5. APPLY A WAX FINISH: With che cloth, apply several thin coats of paste at twenty minute intervals. Paste comes in several colors and can be used of the can. For bleached furniture, cho natural white. Be careful not to load up crevices. Let dry one hour. Buff with a g quality shoebrush that will get into crevi and into any carved surfaces of the ch


## PUT SOMnE ZEST

UO YORR a thousand new contemporary paint colors. The Colors of the $70^{\prime}$ 's. Styled to match today's carpet, drapery and upholstery colors by the color design specialists at Celanese.
So use color on the floor. Use color on a door. Use color anywhere you need a lift. Devoe colors go inside or outside. Come in any kind of acrylic, oil, or latex paint you
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## NOTES TOHELP YOU DECORATE-ITYOURSELF

BY PATRICIA CORBIN

## How can I lighten and enlarge a dark narrow hall-

 way? Use silver foil wallpaper on the ceiling as well as the walls. It will act as a light reflector and magnifier, brightening and doubling the size of the hall. For more gleam you can tile the floor yourself with shiny tile squares. They come in 12 -inch by 12 -inch sizes with adhesive backs, and are quite easy to put down. You can cut them in two or trim to any size using scissors or a linoleum cutter. The squares might be designed in a diagonal two-color pattern, such as black and white or orange and white. Or try mixing up the wallpaper patterns for a new effect: Combine a figured paper with a solid-put the pattern on the ceiling and all the doors. Use it on a narrow table to go along one wall. Then paper the rest of the hall in a silver foil. Or gloss walls and ceilings with shiny paint in a pale, delicious color like Creamy Apricot or Pineapple, then cover moldings and trim with flowersprigged fabric, using cellulose paste.
## We have a basement that needs rejuvenating. The

 floor is concrete and there's not much light. Is there a solution? To perk up the dreary atmosphere, paint the walls with a super-brilliant fluorescent paint that glows in any light. Follow with a dazzling color of concrete paint for the floor-the warmer the color, the cheerier the room. If dampness is a problem, paint with a mildewcidal additive to prevent mildew discoloration. Furniture should be kept as lively as the rest of the scene. If it's a hodgepodge of wicker, rattan, or whatever, spray it all Parrot Green and cluster lots of plump pillows in gay prints all around. You can spray basket hampers, each one in a different color, and use them for storing records, magazines, toys, and games. If you need design on the walls, consider the new supergraphics that come in targets, arrows, giant hands, which can peel away from the backing and will stick to any surface. If you want to keep the sounds of play and music in the basement, cover walls and ceiling with stick-on cork tiles. They come in light or dark cork tones, and either will snap to life with a shiny white floor, furniture sprayed the same shiny white, pin-up posters or drawings.My living room has no architectural interest at all, and the ceiling is low. What can I do to lift the whole spirit? Arrange a pair of three-panel screens, as tall as the ceiling, on either side of your sofa. Mirror the screens yourself, using 12 -inch-by-12-inch sized mirrored squares that you can buy at hardware or paint stores. They have adhesive backs, so are quite simple to work with. The mirrored screens will not only give depth and

Continued on page 42


## Was this paint job really necessary?

You're probably going to paint this year because you have to. If you'd been more thoughtful about the paint you used last time, you might have waited another year or two.

At O'Brien, we believe you shouldn't have to paint any more often than necessary. You might say we don't believe in built-in obsolescence. It isn't just the cost of the paint itself, it's your valuable time we're concerned about.

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dients. In fact, we make our own ingredients so they're always uniform in quality. Like our colorants. Like our alkyd and latex bases. Then we balance these ingredients so when we get the color the way it should be, it doesn't upset the washability, the durability, or any of its other good qualities. Or vice-versa.

You get the full advantages of a good paint anytime you dip into a can of O'Brien paint. That's a promise.

Another advantage is our dealers. Their primary business is the paint business. So they have the time and know-how to answer all your questions and make your job a lot easier. And nicer, too.

Because it'll be a long time before next time comes around again.

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## Yourtime deserves all the advantages of co'BRIEN <br> paints



## Help Mates

STRYPEEEZE Paint Remover and KWIKEEZE Brush Cleaner go together like love and marriage. Every spring cleanup needs a reliable paint remover and a dependable brush cleaner. $\square$ During the 26 Decoration Days of Spring get a quart of STRYPEEZE and KWIKEEZE for $\$ 2.49,96 \varepsilon$ off regular price. Now you can cleanup both ways. $\square$ Savogran products are available where paint is sold. Norwood, Massachusetts 02062

## DECORATE-IT-YOURSELF

continued from page 40
excitement to the room, they will also be eye-raisers, seem to make the ceiling soar. Be careful that the arrangements on the opposite side of the room match the screen in height. If there is a bookcase wall, start the books right underneath the ceiling. If there is a blank wall, paper it with pictures and drawings, hanging them on all levels, but starting as near the ceiling as you can. And for more lift: Paint the ceiling Lettuce Green or Blue Sky.

The canvas on my outdoor chairs and cushion covers is badly faded. Can I bring the color alive again? Use canvas paint, a flexible, penetrating paint that comes in electric colors and repels moisture, resists sunlight, and does not crack. It also protects against mildew and decay.

I want my bathroom and dressing room to look less clinical. Are there any inexpensive ideas? Decorate with printed sheets-use them as a shower curtain and at the windows; shirr the fabric and flounce a dressing table. Cut and paste it to cover a wastebasket and shades for the lamps. Put lots of pictures on the walls -drawings, postcards, anything colorful that amuses you. Use the no-frame frames for uniformity. If you don't like the tile floor, cover it with bright cotton carpeting, or try the squares of carpet tiles that you can lay yourself. Add a miniature chest, lacquered in a gay color, and use the extra drawer space for cosmetics, the top for a leafy fern.

Is there some trick to painting a piece of furniture so that it looks satin smooth? If it is your first experience, start off with a small piece-a T-square table, a tiny chest, or a side chair. Work in a relatively dust-free room, putting the piece on a drop cloth or newspapers. Use a creamy protector for your hands. Sand the furniture lightly, with the grain, using a medium-weight sandpaper. Wipe with a tack cloth (this is permeated with a wetting agent that lifts off lint), then clean with denatured alcohol. When the surface is dry, put on a sealer of shellac. This has to be quite dry before the first coat of paint is added. Paint in one direction, with long, firm strokes. Sand with very fine sandpaper when dry to take off any dust particles. Use the tack cloth again before applying a varnish. A piece of furniture will have a lacquered-looking finish if you apply two or three coats of flat varnish to the surface, sanding between coats.

We have very little furniture and no pictures, but I want to take my time decorating the apartment. Where shall I start? Begin in the bedroom. Make it a cozy place to be, the place to have breakfast, curl up and read a book, even have friends in for a drink. Here's how: with wallpaper, the instant decorator. It can furnish a room faster than anything else and make it warm and in-

Continued on page 44

## Everything you always wanted to know about paint* * but were afraid to ask

At last . . . a paint manual for the married couple written in frank, candid language. Those painting and decorating questions people are usually too embarrassed to ask, all answered by authoress Anne Cain in "The Naked House."

Your copy is waiting for you at your Pittsburgh Paints dealer Free, with your purchase of one gallon or more of Manor Hall - possibly the finest interior finish ever made. Your Pittsburgh Paints dealer will explain how Manor Hall enables you to paint the entire interior of your home-walls, woodwork, ceiling - with this one latex flat enamel. "The Naked House" will not only answer those decorating questions normally whispered behind closed ooors, but will tell you how to paint those closed doors in bold, sensual colors; how to flow excitement and adventure onto those sterile walls, with a piece of the rainbow from Pittsburgh Paints.
(Book may be obtained in a plain multi-colored wrapper.)
 HOUSE
by Anne Cain
Aefreshing, obesigning guide to to mantice enticang. for naiked houses and muked spins and modes

The ultianate in wall decor Ptisburgen Paits

## DECORATE-IT-YOURSELF

continued from page 42
viting. Extend the splash of the pattern by using a matching fabric for bedspreads, curtains, a squashy sofa, and a round, to-the-floor cloth for a corner dining table. The room needs little more-some lamps, end tables, a coffee table in front of the sofa, a pair of side chairs. For a room-in-the-round look the same wallpaper can be pasted on the floor, then protected with polyurethane varnish.


#### Abstract

What can I do with baseboards to jazz up a room? Try a malachite effect. Paint an underbase coat of dark green, then with a bath sponge (the real kind with Swisscheeselike holes) press on a lighter green color. The effect will be indescribable, but exciting. If you want to go on to further heights, add a third and lighter shade of green. This same technique, using one of two colors laid on with a sponge, is effective for tables and small chests. How about a tortoise look? Use Velvet Brown as the base, then sponge on Pongee and Goldenrod.


There is a "dead" corner in my sitting room, but I don't have an important piece of furniture to put there. What could I add? Disguise a card table to fill up the space. Have the carpenter cut a round piece of plywood, about $1 / 2$-inch thick to put on the top, then cover the whole thing with a round cloth to the floor. For height,
add a plant in a basket or a lamp, then arrange a collection of miniature pictures or porcelain animals, a silver bowl full of nuts, an apothecary jar full of shells, or anything at all to pretty up the tabletop.

What can I do with a narrow, railroadlike room to make it wider? Have fun with the floor: Treat it like a painting and swirl on waves of color that cross the room horizontally. For instance: On a glossy white floor, using a 4 -inch-wide roller, roll on a wave of Space Blue. Do just the center of the floor, skipping the extremities. The color waves will expand the room across, acting like arrows that cut the narrow length. The walls should be white, the ceiling Blue Sky.

> My dining room is old-fashioned and serious, and there is a chair railing around the walls. What should I do with it? Zing it up with a coat of vibrant red paint, then paint the ceiling, doors, windows, and frames, and the chair railing sharp white. And for more mileage, add red-lacquered bamboo blinds to the windows, eliminating curtains.

> I would like to get today's sparkle look into my living room. Have already bought a mirrored coffee table. What more can I do to update the rest of

## S\& No matter what, where, when or how you paintSyou'lldo it better if you paint with OREL:


the room? Add more gleam: Pipe the room with mirror moldings around windows, the ceiling, and at the floorboard level. Use mirrored adhesive tiles cut into strips with a glass cutter. Silvered lamps, a mirror framed in shiny chrome will stretch the dazzle.

There are four doors in my hallway: the front door, one to the kitchen, and a double closet door. Is there any way to minimize so many doors? Yes, if the doors are flush ones, you can camouflage them with wallpaper that matches the walls and ceiling. But if the doors have moldings, you might try this to make them more interesting: Paint each door Sun Yellow, and all the door moldings and frames and ceiling of the hall could be white; walls might be a yellow and white wallpaper, then add a grass green carpeting for the floor. A black and white hall might have the doors sparkling white, the moldings lacquered licorice black, a white ceiling, black and white patterned floor, even black and white wallpaper. Try using glass knobs on the doors, a clear plastic parsons table along one of the walls, and fishbowl glass lamps.

I have a junk-shop bombé chest that needs refinishing. Any ideas? Cover it with a printed fabric: Coat on glue with a brush, starting with the sides of the chest,
then cut the fabric to fit as neatly as possible and lay on. Work on the front next, taking off the drawer pulls first, then paste the fabric on the bureau top last. When the whole is dry, trim around with a razor blade. Sand the edges, and finally, coat the chest with flat varnish.

## Is there any quick Rx for a dilapidated kitchen?

 Do it all with paint: There is an epoxy paint that has a ceramiclike finish, will turn an old white refrigerator or a dishwasher into a shiny new number. If your kitchen is the old-fashioned kind with acres of murky tile, you can use the same paint to transform the tile into brilliant color, or you can cover with three-dimensional vinyl wall tiles that come in patterns and have sticky backs. Kitchen cabinets with glass doors can be changed into patterns of color with a new paint that will cover easily with one coat and dries overnight. You can even write on it, just like a blackboard. The same paint, which comes in a nonglare, blue-green color, can be used to make a memo board for the kitchen.Every kind of paint, vinyl wall coverings, carpet tiles, mirrored tiles, and patterned and plain vinyl wall and floor tiles can be found at hardware and paint shops. If you have any difficulties, write House \& Garden Reader Service, 420 Lexington Avenue, New York, N. Y., 10017.



## NOTES OF A HAPPY HOUSEKEEPER

BY MAAIT ELIZABEETH FALTEIR

Now that it's warm enough in these parts to leave the windows open for longer than five minutes, we're off and running with our refurbishing project. I'm glad we lined up the painters months ago-they're so busy right now I doubt if they'd even talk to us. We're having the halls and the living room done professionally, but Tom and I are going to touch up the library ourselves. For that we'll wait until the pros have finished, so we'll have at least one downstairs room that isn't torn up. With all this spinning in my head, I decided to sit down and make some check lists. . .

First, what can I get rid of? Anything I can send out of the house means that much less to be pushed around from place to place and will help decrease the drop cloth-covered mountain in the center of the living room. Rugs, curtains, and slipcovers, of course, will go to the cleaners. I'm also going to send out a couple of upholstered chairs that do not have slipcovers. The cleaning people usually come and shampoo them here, but they always claim they could do a better job at their plant if only I could spare the chairs for a week. Well, now is the time. I can get rid of some wood furniture too-have the crack in the top of the lowboy repaired and the two lamp tables refinished. And the wooden Venetian blinds can go to the factory to be refinished and get new cords, new tapes, and replacements for those two broken slats. While I'm about it, I'd better take those two lampshades to be recovered. Fresh white walls have a way of making not-so-white lampshades look positively dingy. .

Second, what small jobs ought to be done before the room is painted? Tom and I considered putting up a few more bookshelves, then concluded we had enough. But we long ago decided that a bifold louvred door for the hall coat closet would be an improvement on the big single door that takes up so much space. So we've ordered the new door and are praying it will arrive before the painters. I must remember to call the telephone man and have him move the phone from the hall to the library desk where it will be so much more convenient. And while he's here I'll see if we can't get rid of some of that old paint-covered wire running along the baseboard and up over the living room doorway-I'm sure it dates back to some distant owner and serves no purpose today. Must call the electrician too, and have him put in two new baseboard outlets-one in the hall so we don't have to have an extension cord for the table lamp, and one near the piano in the living room so Tina can plug in the tape recorder when she practices. If you don't have all these little things done before the room is painted, they can make an awful mess afterward. . .

Third, what do I need from the paint store? Paint for the library, of course, plus some brushes. I'll also need plastic drop cloths. Naturally the painters bring their own-those heavy canvas ones-but I've discovered that a few extras of the plastic type come in very handy. Continued on page 48


## Enter, the natural beauty of

## Bruce Plank Floors with accent rugs

The word is out; natural is in. Nine out of every ten interior designers recently surveyed said they want freedom in floor decor. Freedom to uncover the natural beauty of wood floors here and there. No more room-by-room, wall-towall sameness throughout.

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## in random-widths, accented with wal-

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## Some have a gift for nitpicking

Maybe you have it. And that makes Some say this is a vanishing breed. you our kind of customer. You see, we happen to have a lot of nitpickers making our furniture. People infected with fussy, old-fash-

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## HAPPY HOUSEKEEPER continued from page 46

Certain pieces of furniture, especially cabinets, I like to swathe individually-keeps the plaster dust from getting inside. (I found out long ago there's no such thing as a paint job that doesn't involve some plastering.) Then I'll fix one of the plastic sheets to the top of the library doorway to keep the dust from seeping through the cracks. That will call also for a roll of masking tape, the kind that's sticky on both sides. We'll probably need some regular masking tape when we do our own painting, plus those staples for clean-up-fine steel wool,
turpentine, cheesecloth, singleedged razor blades. A roll of building paper will be good to have for "carpeting" the painters' main traffic lanes so the plaster dust won't get ground into the floor. And before I get out of the store I'm bound to become entranced with some of the marvelous gadgets they always have, like the razor-blade holder that makes the blade so much easier to use or the saw-tooth opener for paint-stuck windows.

Last time we had the painters we found out that acetone, which we bought at the drugstore, was the only thing to remove paint spatters from the telephone. It's also good, used with a razor
blade, for cleaning paint spots from the windows.

Anyone who drops by late in the afternoon after the painters have gone home and finds me vacuuming the bare floor in the dismantled living room will probably think I'm nuts. But I've found it pays to give the rooms a quick once-over every night to keep down that inevitable dust and prevent it from spreading all over.

The painters are due at the crack of dawn on Monday which means we'll have to spend most of Saturday and Sunday dismantling the hall and living room ourselves. I can think
of nicer ways to spend a spring weekend but it's well-worth doing that part. First, because we'll know where things are and can arrange them so that anything we might need will be accessible, and second, because it will save the painters' highpriced time and avoid any cor-ner-cutting rush at the end.

When we are ready to zero in on the library, our major job will be to paint two walls where we are rehanging pictures. I also bought some enamel for the doorway and the baseboards which are somewhat battered. It shouldn't take us more than a weekend if we get the room all ready on Friday night. Once the color is matched, the trick of retouching is to paint to a logical stopping point like the corner where one wall meets the other. The line of demarcation will hardly be noticeable because of the constantly changing play of light and shadow. The hardest part of the job is darkening the new paint to blend with the old. The last time we did this (in our other house), Tom used burnt umber and just a dash of Prussian blue right out of the tubes. He mixed them in a little turpentine in a small can until it was the consistency of milk. Then he added that to the well-mixed paint in the big can, stirring briskly as he did it. We have learned that it pays to go slowly in darkening because it's much harder to lighten paint once you get it too dark. A good way to test the finished color is to put some on a piece of white blotting paper which will show the color of the paint when it's dry. It should look lighter in the can than dry on the wall. It's a good idea to start painting by touching up any nicks in the woodwork that go all the way down to the wood. That shows you whether you've gotten the color to match and helps fill the spots, although the deepest may need to be patched with spackle as well. When the spots are dry, they should be sanded before you start your first coat.


## Some have a gift for relaxed elegance

Too often elegance means cold, unfriendly decorating. Not so with our Grandeur tables. True, they're handsome. And imposing, in their massive proportions. Rich with Mediterranean detailing. But there's a rustic warmth, too, in the turned spindles and gently antiqued


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oak veneers. It says sit down. Relax. Take off your shoes, maybe. This is your home. Relaxed elegance. It's a gift worth cultivating. For color folders of Lane furniture, send $25 \phi$ to The Lane Co., Inc., Altavista, Virginia 24517. Sofa by Clyde Pearson, Inc., a division of Lane.

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# GOOD LOOKS \&GOOD HEALTH 

## BY IREIBECCA WAIBFIELID

## APRIL FOOLING . . .

Why not plunge instantly into something utterly phony just for the "phun" of it. Then move right along into the seriously devious, tricking a smart eye or two into believing some untrue but terribly nice things about you. Next -when your hand's in-you might even swindle your own self into stuff you're dead set against, like exercise or giving up eating. One way or another, you could fool around this whole entire month-and high time too. . . .
apric 1. With some exactly matching cover-up foundation, eliminate one eyebrow and with an eyebrow pencil precisely the color of your own brow and a steady hand and critical eye, draw on one slightly raised eyebrow. Then go about your day with this amused and skeptical expression, noticing how you'll disconcert some people whose cool you've never before been able to crack. APRIL 2. Now follow the expert's prescription for Large Eyes. Way Bandy, the make-up mind at Charles of the Ritz, would have you put a wash of color over your whole eyelids, then feeling out the bone of your eye socket with your finger, draw a smudgy line of pinky brown shadow just below it. Fools other eyes.
april 3. Travel down Memory Lane and find an eyelash curler. APRIL 4. If you have a mental block about exercise, do stretch. It's the least you can do for yourself.
APRIL 5. When you need a month's rest but have only ten minutes to spare, take an extension course in this stretching. Lie right down on the floor in your bedroom-with Germaine Monteil's inspired eye pads on to lick those circles-and stretch every toe and finger and muscle that you can't even name but know by sight. Later, at the party, you might get that nice smug feeling that you're looking particularly well.
APRIL 6. Behave as if you'd just come back from an island in the sun. Finger-paint on an expensive bronze with Estée Lauder's Soft Cover make-up. Wonderful, tractable stuff in a little tortoisey box-the color, Country Tan.
APRIL 7. Go all day without once using the pronoun I.
april 8. Try five or ten new places to put perfume, like in between your fingers on both hands. As they move and gesture, they'll establish a beautiful, noticeable environment around you. APRIL 9. Because of the special power of their fragrance, certain soaps deserve a finer place to live than a soap dish. Today, put a rose garden in your dressing-table drawer with a marvelous soap that Caswell Massey found on the French Riviera-very rare too, because these particular flowers seldom survive the rigors involved in soap-making. However, Rosée Celeste just radiates all the deep-scented roses and the clear rain water it's made from. APRIL 10. Lots of people, even though they may have broken off

Continued on page 54


# Lose 4 pounds the first week! 

## Slender's nutritionally balanced protein formula gets quick results

When you go on a diet, one of the most important things in all this world is to get an immediate sense of success. The moment those first pounds disappear you know you're on your way at last. That's where Slender from Carnation really helps. It's one of the best programs you'll ever find for peeling off pounds sensibly -and fast.

## Slender's <br> balanced nutrition

Every nutrient of a wellbalanced meal is present in Slender, including nourishing protein. In fact, when you go strictly Slender, (four Slender meals a day) you get your full recommended dietary allowance of protein. Plus your regular vitamins and minerals, including vitamins C and B-complex.

## Clinical study reports exciting results

A group of men and women were placed exclusively on Slender for three weeks. That is, four Slender meals a day, totaling 900 calories. The dieters lost $41 / 2$ pounds the very first week. During the next two weeks, their losses dropped to an average of 3.5 pounds a week. Dieters reported they were not unduly hungry and that they found Slender "surprisingly filling".

Why is Slender so successful with problem dieters?

Rich, satisfying taste is the most important reason. Mixed in cold, fresh milk, or chilled from the can, Slender's taste is, frankly, unbeatable. And that's without artificial sweeteners.

Obviously, anything that tastes this good has to wear well in your diet plans. Freeze a can of Slender at night and take it to work with you. By lunch time, it'll be thawed, chilly and delicious! Or carry a packet of Slender powder in your purse and buy a carton of cold, fresh milk. There are lots of luscious flavors to try.

## Some suggestions for dieting with Slender

Much depends on how many pounds you want to lose. We think going strictly Slender for the first week is the ideal way to give yourself the results you need for an immediate sense of success. After that, substitute Slender for a meal or two a day. But remember, anytime you really want to get it off, with no nonsense, that's the time for Slender.

You can count on Slender. It's from Carnation.
or bitten off their nails to the quick, shy away from the idea of fake nails. Some little marvels from London-by Eylure-should convert even the most adamant. They come in a thoughty range of shapes and natural shades (you can use your own polish if you like), and if you apply a little patience in putting them on, they'll pose as your very own.
april 11. It's Easter and if you're feeling like trying one of the new-again dazzling red lipsticks but are afraid they're old making, try this trick-it'll make you smile, actually it's a way of seeming to lift up your mouth. When you put color on your lower lip, leave a small space in each corner and cover that with your foundation. As easy as smiling.
APRIL 12. This day, try not smiling at all. That's what most Oriental women don't do and they get less wrinkles than American women and an imperishable reputation for mystery.
APRIL 13. If you slip a little stick called Smile into your handbag, it will make yours sweeter. It's a moisturizer and breath freshener completely banishing a martini or garlicky Frogs Legs Meunière breath. A real secret service.
APRIL 14. Even if you didn't meet the heroine of last year's mad-Manhattan novel Gumdrop, Gumdrop Let Down Hair, you might empathize with her when she said "I have no face, I have to make mine up." And also "my nose is a blob." Fortunately for her, she knew a lot of fashion models who taught her how to make a finely chiseled nose by means of shading. If you don't know any models, Way Bandy at the New York Charles of the Ritz Salon can teach you how to do it in one interesting lesson. That's his school of continuing education.
APRIL 15. Make a note to ask the next friend who goes to Europe to bring back one of the most mysterious little foolers yet-a jewel that lies against the inside of your nose, just as though you had had it set there in India by the maharanee's jeweler. Lots of young beauties are wearing them. Strangely becoming.
APRLL 16. Get a lipstick brush. It's the models' secret.
APRIL 17. When it comes right down to dieting, and it usually does, you should listen to some active authority such as Dr. Robert Atkins who writes sternly on the subject and speaks often on the air. All you have to do is avoid starches, sweets, and alcohol. That's only everything, but for some No Sweets is the hardest cross to bear and Dr. Atkins means not even fruits. However, he does allow cheeses. Does he know, or do you know, that there's a wonderful Norwegian goat's milk cheese that looks like, smells like, and tastes exactly like forbidden peanut butter? With this little secret fooler you might keep right on dieting, right on down to size 8 .
apric 18. It has been determined (by the Minister of Determination?) that if you walk a mile a day at a fast pace, you will burn up energy equivalent to 350 calories. Which means that you'll lose three-quarters of a pound a week and that means ten pounds a year. And that ain't hay.
april 19. Another desperate Blue Monday? And you can't go out in that face? You might dupe your public with a delicious new minty mask by Estée Lauder that's the color blue of a summer sky. Slap this pliant stuff-it's like modeling clay-on your face and leave it for only three minutes (you might want to put a damp cloth over your eyes, it's so minty it stings a little). When the blue comes off, that puffy look goes with it and some rather remarkable roses bloom in those pallid cheeks. This is called

Continued on page 56


Wake-Up Mask.
APRIL 20. Wear a henna wig.
april 21. This is the month you try to use everything for a use for which it wasn't necessarily meant . . . try the dear little traveling shaker of Yardley's Lavender Talc instead of a deodorant. It's a good impersonator.
apric. 22. Now instead of a hand cream, use several drops of Love's Fresh Lemon Soothing Bath Oil. This will not only silk your hands but make them smell like a grove of lemon trees under a hot Mediterranean sun.
APRIL 23. Most women's eyes are ready to accept all the great shines of Fashion as the splendid glow of youth, but not many men get the fashion point in a shiny nose. Yardley's new little lemon-colored compact with its special Shine-Stopper powder takes care of that in a non-powdery way.
APRIL 24. If you could get large eyes by wishing, wouldn't you? There is however a little sleight of hand that almost gives you that wish if you dip a tiny, fine brush into Charles of the Ritz's silver Nightlights Eyelid Make-up and trace a line of it just inside your lower lashes on that little red edge. It will seem to continue the white of the eyeball and almost double the size of your eyes.
APRIL 25. It's almost May and that may mean that April showers have brought May head colds-and pneumonia-if you wash your hair. Breck's instant hair wash, Fresh Hair, is a perfect stand-in. Just, spray it on and save time, save face, save colds. APRIL 26. Hot pants? Anyway definitely hot lips. Try out this electricity in the delicate smash of Rainbow Red from the hot
new Eleglints collection of Helena Rubinstein's Le Lipstick.
APriL 27. Should your skin be the sort that loses the scent of perfume too swiftly, perhaps you should switch to the bath oil in your favorite scent-one oil that echoes its perfume precisely is the passionate, fruity My Own of Valentina.
APRIL 28. Think there are no more surprises on hand? On the inside tips of your long curving nails, paint a color that differs from the color on the outside. With a natural pink, try a tawny brown; with brown, a furious orange, and on and on. And no one notices you?
APRIL 29. For sensitive souls whose sensitive skins redden in the first hot spring sun, there's a nice way to fool that sumburn. On your new, painful sun tan, spread little cotton squares drenched in Shiseido's new Delicate Lotion like a masque and-you should be lying down-seal it in a layer of ice cubes wrapped in gauze. Feel better already?
APRIL 30. If your mind falls away at the very mention of exercise and yet in your heart you know it has to be, how would a Four Minute Exercise strike you? Four minutes that will get to all your muscles, jazz up your body tone, stir your circulation, improve your complexion, and give you a better outlook on life? A new theory packaged with a highly articulate text and pictures by Source of the Unusual promises all this and more. Sanasession is a series of poses-a sort of cross between yoga and gym -that take only six seconds each. While you're learning, they may take more, but they'll gradually become part of your life. You can master this beginner's course in a week and reel off the whole interesting routine in four minutes. You might even like it.


## Confessions of an EyeSpy



The Fugitives...tiny eyelashes...were all but invisible. Then our beautiful mystery woman tracked them down with the Duo-Taper Brush in her Maybelline Ultra Lash Mascara.

Exposé: As you can see, the Duo-Taper brought lots of lashes out of hiding-even some she didn't know she had! And it did the job with two kinds of bristles: short ones to color, build, lengthen.. longer ones to curl and separate.

Solution: Every stroke of the brush turned her lashes darker, thicker . . . long, longer, longest. The secret Ultra Lash formula works softly. No fuzz or fibers to stick or stiffen.

Reward: Lashes of luxurious mystery! See this beauty-happening for yourself. Brush, brush and brush again with Ultra Lash. Watch all your invisible lashes become long, dark, lovely lashes. Before your very eyes.

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Scholz is the world's largest producer of luxury homes. Over
$30,000(30,000$ !) have been built so far. Yes, we've won the architectural and design awards, and yes, we've gotten the glowing magazine write-ups.

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 Scholz Homes, Inc.
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I'd like to know more about getting more for less. Send me free information on your award-winning Scholz Home designs.

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# Now you're cookingout with gas. 



It's simple with a Charmglow gas grill. You get real outdoor flavor. With no lighter fluids, no ashes, no mess. No waiting, either. Gas reaches cooking temperature fast, then keeps the exact heat you want. Broil steaks. Grill hamburgers. Barbecue a turkey. And eat by soft Charmglow gaslight. For gas grills (single, double or portable), gaslights and torches, see your local gas company or dealer. Or write Charmglow, Box 329, Antioch, III. 60002. Gas gives you a better deal.

Idea booklet! 24 pages of patio layouts, color photos, complete details on construction materials, landscaping, accessories, and estimated costs. Everything you need to build your own "outdoor room." Send \$1 to Department B at the Charmglow address above.



## Experience is the best teacher.

No wonder KitchenAid makes such good dishwashers.

Look at all the experience we've had. We're the world's oldest and largest commercial dishwasher manufacturer.
dishwashers are still in use after 20 years. With few or no repairs.

Ifyou'd like that kind of experience with your dishwasher, see your KitchenAid dealer. He's listed in the Yellow Pages. Or send us the coupon.

We got started making dishwashers for restaurants over 80 years ago. That taught us plenty about making dishwashers for the home.

After years of research and field testing, the first KitchenAid home dishwashers went on the market 20 years ago. And women all over America started putting away their dishpans.

Some of our original KitchenAid


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1/4/" Putty Knife, flexible blade. 3" Flexible Steel Wall Scraper $3^{\prime \prime}$ Wallpaper Stripper. Double blade, steel handle, vinyl grip $2112^{\prime \prime}$ Wood Scraper, wood handle

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Heavy-duty bond for building mate paneling, flooring, stairtreads, cer tile, threskold. No more nail hea hammer dents. 14-oz. cartridge Non-flammable, 16 -oz. cartridge


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g in and pull trigger. Adjustay , built-in corrosion-proof pump, sapphire nozzle. Cleans, lubrielf. 24 -oz. unbreak-
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Concrete Patch. 9 times strong. cement. 10 lb .4 .2520 lb .6 .50 Paint. $10 \mathrm{lb}, .3 .9820 \mathrm{lb} ., 6.75$ Home Aluminum Roof Coating, $952^{1 / 2} \mathrm{gal}$. . 14.855 gal . 27.95
ite"Bridges" Plaster cks forever in walls, ceilings. ing, no mess! Invisible liquid ric combination stands stress tan rigid fillers.
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 Squirt it on and wipe away even the worst stains...pets, lipstick, grease, shoepolish, liquor. Leaves no ring, no odor. Recommended by leading carpet manufacturers. $8-\mathrm{oz}$. . 1.49 32-oz. . 3.98


Simple-to-use spray needs no rubbing or wiping. Just spray on, dry in minutes. Perfect for shutters, picture frames, all wood surfaces. All wood
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Instant Tile Grout. Ready-to-use acrylic grouts, seals all heavy tiles. Tintable, stain-resistant. $1 / 2 \mathrm{pt}$. . 90c Pt. . 1.49 Servess Latex Caulk. 11 oz. . ...... . 50c Tru-Test Acryl. Latex Caulk. 11 oz. 1.39
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Amazing filament outlasts regular bristles up to 3 times! Never gets floppy or unruly in water-base paint. Unaffected by heat or any solvents used in paint and varnish. See our full line, all sizes.


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Refinish the easy, modern way. Antique it! No need to remove old paint or finish. Kit has everything you need for 3 simple steps. Choice of 10 antique, 6 woodtone colors.
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Holds anything, even large magazines! Heavy-gauge aluminum construction, weatherproof finish in all black or black | with gold lid. Engraved name- 799 |
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[^1] Chicago, Cleveland, Grand Rapids, Los Angeles, Miami, New York, San Francisco.

## QUESTIONS \& ANSWERS

## ANTIQUES

IBY LOUISE ADE BOGER



## SILVER SUGAR BOWL

This sugar bowl, on loan from the Philadelphia Museum of Art, will be on display at our Antiques Show. It was made by Bancroft Woodcock and was owned by James Smith of Pennsylvania, a signer of the Declaration of Independence Can you pinpoint its date?
B.D.-Philadelphia, Pa.

The inverted pear-shaped form of the body suggests a date around 1770 . Woodcock, the silversmith who made the piece, selected a shape that was introduced in England around 1750about the usual time lapse before it became fashionable here.
Editor's note: The University of Pennsylvania Hospital Antiques Show will be held in the 103rd Engineers Armory, Lancaster Ave. at Thirty-third St., Philadelphia, Pa, April 20-24.

## SWORD ORNAMENTS

My son bought these small metal ornaments in an antique shop in Kyoto. The dealer said the pair was part of the fittings on a Japanese sword. Can you tell me more
 about them?
M.W.-Armonk, N.Y.

Pairs of these ornaments, which the Japanese call menuki, were placed on each side of the sword hilt. Generally a matched pair, they are held in place either by a projecting pin or by braid wound around the hilt. Fine examples of menuki worked in gold and other metals are remarkable for their jewellike quality. Judging from the snapshot, yours most likely date from the late nineteenth century.


## SHERATON <br> STYLE <br> SIDEBOARD

We inherited this sideboard from my husband's family. What is its approximate age, style, place of origin? N.T.-New York, N. Y.

Your sideboard with its brass rod-but without a candle branch in the center-is in the Sheraton style and was made in England around 1800. Sheraton's designs for sideboards are characterized by a brass rod at the back extending the entire length. The rod was used to set large dishes against and to support a couple of candle branches in the middle, which, when lighted, gave a brilliant effect to the silverware.

Continued on page 68


Insist on Beauti-Glide, the only bed frames guaranteed against damage to floors and carpets. Stop letting the casters on an old-fashioned bed frame make unsightly grooves and gouges under your bed. Get a new Beauti-Glide guaranteed bed frame, complete with modern Rug Rollers or Super Glides! And be sure to check for a Beauti-Glide frame under any new bed you buy. Beauti-Glide bed frames cost as
little as $\$ 14.95$. They fit beds of al sizes. And they are the only bed frames guaranteed in writing against damage of any kind to floors and carpets. What's more, Beauti-Glide bed frames make even a king-size bed easier to move when you're cleaning. So read our guarantee, insist on Beauti-Glide bed frames. and help stamp out groovy floors! Lear Siegler, Inc. (I) Beauti-Glide Company


ANTIQUES continued from page 66


## HALL TREE

Any information you can give me about my Rosewood hall tree will be appreciated.
G.P.-La Porte, Tex.

The small mirror centered in the openwork back of your hall tree indicates the design is of French inspiration. French hall trees of this kind are generally of cast iron rather than wood. Yours is probably English or American. It is in the Renaissance Revival style, dating around 1860-1885.

## VICTORIAN BUST

We wondered if this bust portrays some historical figure. The markings on its back read "Haseltine-Rome1872." R.C.-Jersey City, N. J.

Your portrait bust was done by the American sculptor Henry James Haseltine who was born in Philadelphia, fought in the Civil War, and settled
 in Rome in 1867. It was fashionable in those days for Americans making the "Grand Tour" to patronize American artists working abroad. They often commissioned portrait busts of themselves, frequently in the classic toga. These had snob appeal and gave status to the Victorian parlor they graced.


## PARIAN VASE

From the enclosed picture, can you tell the age and origin of my $61 / 4$-inch-high vase?
M.B.-Kittery, Maine

Your Parian vase with applied flower and leaf work appears to be English in origin, probably dating around 1855.

## CELERY HOLDER

This cut-glass vase has been in my family since before the Civil War. It has no marks. Would it be a celery glass even though it is 9 inches high? M.S. McL.-Bath, N. C.

Yes, you have a fine example of an English Georgian celery holder dating from around
 the early nineteenth century. Nine inches is a proper height, In fact, this type is often 10 inches tall. Celery holders retained their popularity throughout the nineteenth century. Now they are favored as flower holders.


## ENGLISH

SIDE CHAIR
I acquired a set of four of these chairs some years ago. Each bore the customs' gold seal as authentic antiques. I would appreciate any information about them.
E.C.-New Fairfield, Conn.

Your balloon back chairs are English dating around the midnineteenth century. The cabriole legs and sinuous curves show at a glance that they are in the French Revived Rococo or Revived Louis XV style. This type of chair was especially favored for the drawing room.

$$
\begin{gathered}
\text { Kodel means } \\
\text { more carpet to the yard }
\end{gathered}
$$


his luxurious beauty is Front Row," a thick tip shear of $100 \%$ el polyester.

In your choice of 19 uoso colors. Made to sell for about $\$ 15 \mathrm{sq} \cdot \mathrm{yd}$.


## It's not only what you serve, it's how you serve it.

Gorham Sterling serving pieces can turn a meal from everyday to extraordinary. They're the artful accessories that add grace and elegance to your table. So before you select your favorite sterling pattern, ask to see the serving pieces.

From slender pickle fork to graceful gravy ladle, these Gorham serving pieces have a beauty and character all their own. Each one is a total design. Perfectly balanced in every detail. There's a perfect balance between ornamentation, shape
and function. Between all the parts of a piece and all the pieces in your table setting. And that's what makes Gorham Originals, original.

To find out how total design can make the most of your table, send for the informative booklet prepared for you by Gorham, the world's leading maker of solid sterling since 1831. It's free. Just write to The Gorham Company, P.O. Box 2823-M, Providence, Rhode Island 02907.

## Do you own a Gorham Sterling Original?

Gorham Sterling designs from left to right:
Fairfax Pickle Fork, Buttercup Cold Meat Fork, Camellia Pierced Serving Spoon, Chantilly Gravy Ladle, Strasbourg Sugar Spoon.


Pardon our pride,but ve don'tintend taking aback seat othe great namesinback of us.

Think of Burlington and probably the first thing you think of is Burlington panty hose. Or Lees carpets. Or Burlington House fabrics. Or.
But we knew that when we joined the Burlington team.
We were already making great furniture. But now the pressure was really on. So we did what any red-blooded American company would do. We decided to make furniture like nobody ever made furniture before-the greatest.
For instance, we got going on our wing chair designs, and now we've got twenty-seven different styles-a greater style selection than any other manufacturer.

Take the fabric shown here, for instance-it's a tricky pattern to work with and it means we've got to put more time into it and use more than the usual amount of fabric to get a perfect match in the seaming.

Too-we carve out giant-sized oak dovetails-real ones. And we put on the authentic hobnail trim.

We've got a lot more "for instances." When you've got a name like Burlington behind you, even the best doesn't seem good enough anymore.

Watch out, you panty hose guys!
For a look at what's been happening, see your nearest Globe dealer. And write for our illustrated booklet ... to all great furniture styles... only one dollar to Globe Furniture Company,
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our car glides by green lls and picturesque vilges where castle towers d church tops reach for e blue skies.
ou are driving to a faous «trattoria» where u'll enjoy the most detious local specialities: ong the way, you ride rough a large «piazza» ith black and white ivement where a live ess game is played by alians in classical cosmes. Another square is
host to the pageantry of medieval horse-racing exactly as it was centuries ago. The Italy made rich by history, monuments, mountains, seas and lakes is also the Italy made exciting by vivacious young people, smart fashions, lively «ristoranti», latelate night spots, international swingers and of course the beautiful people of Italy. Here, in Italy, are the racing cars that win, the small lake boats


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and the luxury yachts, the panoramic ski slopes, comfortable new hotels, «autostrade», highways designed for enthusiastic driving. Here are the fascinating streets where you may see the Pope pass by
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## "Find out

 what you grow best and grow lots of itthat's the best garden advice I know."2A CORNER GARDEN OF REX BEGONIAS, flanked by hanging baskets, lighted by fluorescent unit, fits into a corner of Miss Cruso's front porch. "Our house was built some eigh five years ago, without benefit of architect, and is full of odd angles we had to put to use son how." She designed her homemade étagère, a framework of 1-by- 2 s , to house a small collect of rex begonias that multiplied into a dynasty through periodic cuttings and repottings. The angular stand also "saves space needed for other plants and chairs" and shelters Davallia ferr Hanging plants, out for the summer, are variegated ivy, "Hedera canariensis-so much easier to grow doors than the kinds most people buy"-and spider plant, or chlorophytum. "Hanging plants are wor Miss Cruso says, "but rewarding." She recommends plastic pots instead of clay for indoor or outdoor har ing plants because plastic is lightweight, doesn't leach nutrients, cuts down on water absorption by a

$\left(\frac{20}{\left(\frac{2}{2}\right.}\right.$

A PORTABLE GARDEN OF SUCCULENTS, above right, mostly echeverias rooted in sphagnum moss, may hang for guests to enjoy in the enclosed area of Miss Cruso's porch, near a stand of massed maidenhair ferns, dracaena, and hanging pots of chlorophytum and staghorn fern. The rest of the time this echeveria panel thrives in the sun with its twin, opposite page. To make a portable plank garden: Staple fine mesh chicken wire (see sketch, left) to one side and both ends of a plank to form an envelope into which you stuff long-grained unchopped sphagnum moss, available at most garden centers. Soak sphagnum first in hot water (use rubber gloves). Line the mesh flap. Put another layer, this time of wet peat moss mixed half and half with perlite, for drainage, on plank side. When fully stuffed, draw mesh around plank's open side and staple to back. Force openings in wire and moss to insert roots or cuttings. Hook on sunny wall. Lay plank flat to water and feed evenly. Before frost, move plank indoors. Portable planks may also be made with cascade petunias or winter-hardy sempervivums.




"It was an elegant old monster," say Gloria and Wyatt Cooper of their summer house just off the ocean on Long Island, "but full of sunlight. Built in 1895 and designed by Stanford White, it actually curves to follow the path of the sun so that light streams in all day." Since Mrs. Cooper is the artist Gloria Vanderbilt, light, to her, is as essential as air. So is color, which she used in various ways to give the old house a joyousness it is unlikely ever to have known before. Three of her rejuvenators were very simple: paint, fabric, wallpaper. The fourth was the ability to coax a brilliant performance out of basic materials at anyone's beck and call.

Jordan almond colors-pink, green, lavender, blue-and the perennial charm of gingham checks make the sunny balconied living room, LEFT and ABOVE, look like the first day of spring. The old floor was given eight coats of white paint to insure oparity and a beautiful sheen; all the woodwork and new shutters are white, and clustered on every likely surface are arrangements of favorite things-all of them pretty or amusing or both.
"White paint combined with flowered fabric and gingham checks can work wonders."

 room, LEFT, a delightful eye-stopper. Designed by Mrs. Cooper, a patchworkpatterned fabric called "Log Cabin" covers everything-walls, windows, whitepainted chairs, even the table, where the fabric has been made into a ruffed cloth-over-cloth (for instructions, see page 102). At each end of the table are two porter chairs with back pads hung on little lnobs and patchwork-pattern stenciling on wings and bases. In both the chandelier and the straw swan basket: a good half-bushel of hydrangeas.
Frosted with white paint, the front porch, ABOVE, is a long gallery with the same "Log Cabin" Jabric used in the dining room brought outside to cover cushions for wicker chairs and a nice old swing. Flanking the front door in a permanent prance are two carrousel horses.

Quite a lot of over-sized, over-stuffed, ornately carved furniture came with the house, and much of it was retained-and revived. The principal transformer was white paint, which gave the swans' necks, lions' heads, and claw feet so much the rage in the 1890s a charming look of lightness-plus the go-togetherness that permitted using anything with anything practically anywhere. Everything was reupholstered or slipcovered in gingham checks or delicately flowered cotton prints or a fabric of Mrs. Cooper's design. There is an enormous amount of color and pattern in the house-sometimes one design to a room, sometimes half a dozen. Occasionally a pattern will start in one room and flow right into another, or start inside and then go outdoors - to the front porch, for example. As Mrs. Cooper says, "there's no right or wrong way. It's one's own way that matters."

## "Indoors and out,

 an extravagant use of color. can create a marvelous feeling of elation."

all sun and geranuums

## 4.widult now a fireplace facing

patchworks practically pattern in other co window seat, actically everything-shutt boys' playroom, in the two young 6. is painted the so the outside of the hous the dining room soft blue of a summer sly stered" in the fireplace, 7, is "upho room, 8, a bank of stained and in the living casts a kindly light of stained-glass windows figure with the apt legend douse and a ship's the main hall, $\boldsymbol{D}$, are legend, Gloria. Walls in fabric that also covers chairs with a flowered room (the theory of not necessars in the sitting one pattern to one room necessarily confining patchwork patterns are often). Gingham and needlepoint pillows are often topped off with 10, on the front porch, 11. Aring room, corner is a surprise: in the III. Around every trompe-l'oeil-painted chair living room, I2, a bucket for a back sitting with a daisy-filled house; out in the garden, $\boldsymbol{1 . 3}$, to an old doll. fantasy - a pagoda gazebo. in a wrought-iron room, 14. a Mexican triptych master bed. marvelous companion triptych, exotic but quilts. Geranium trees for gingham and 1.5. almost a garden, make the front porch, it cool. Piled high with pillo-gray floor keeps ner of the living with pillows, a tower cor. ing "Turkish Corner," $\boldsymbol{1 6}$, makes an amus. of white paini's power to reslossy examples old sideboard in the dining restore are a little gigantic American Renaissance $\boldsymbol{1 7}$, and a the main hall. For parties, Mable, $\boldsymbol{1 8}$, in poke a chandelier, I9, parties, Mrs. Cooper will daisies or forsythia, and rather of hydrangeas or the brick facing of her bedroor than painting 20. she covered it with bedroom fireplace, each white block stenciled wiendship quith-



## IISCOVERIES



Designer Joe Colombo rethinks the way he wants tolive and designs Living Machines


## NIGHT

For the sleeping area, above, Joe Colombo designed the Closingbed, its headboard fitted with radio, alarm clock, telephone, reading lights, cigarette lighter, and air-conditioning controls in front, a make-up table and dressing area in back. With the canopy down, it is possible to create an ideal temperature inside and sleep without covers. More on living machines on next pages.

## "IN MY HOME I HAVE ONLY USEFULOBJECTS WHICH I TAKE OUT ONLY WHEN <br> DAY

 I NEED THEM""I have always profited by using my own home for my experiments,"
 says designer Joe

Colombo. "This is my third apartment in twelve years and I hope to carry on my researches to arrive at the optimum home for the man of today. This particular apartment happens to be dimensioned for two people, but the same concept could be developed for large families or even for groups of families with new avant-garde social schemes. We began by making better use of the space within the conventional architecture, breaking down the separate rooms. The living-dining room and bedroom have been fused into one single space in which we have
nated plastic and fitted out with various equipment, they rather resemble large electrical appliances and I believe they are more in keeping with our times than current furniture. They reflect a practical reality. The living machines are designed to be used with a new multi-element chair (below left) in which we have synthesized the dining chair, the armchair, and the lounge chair. We have another chair made of a series of vertical cushions for stretching out. All the walls have been covered with panels of plastic laminate, and fitted out with shelves for all manner

When the semicircular dining table swings into acti entertaining, there is room for six to sit around it o multi-element chairs. Bottle chiller and food warmer a into its plastic surface. To the left of the Rotoliving mad opposite page, is Colombo's mobile minikitchen for or spot cooking and serving. At the end of the meal table revolves away to be replaced by the bar. Elec equipment overhead carries wires into the living mac ling in the hall; books, records in the living room. 1 am against every house made to show off prestigious riches, a jumble of status symbols, and useless objects. We must rethink our way of living. For more than a decade now ecologists have been saying that we shall create chaos

## ONE GREAT SPACE PLUS BATHROOM AND KITCHEN

created two zones, a day and a night zone. These zones can be separated or defined with flexible screens (chromed plastic, like a mirror, to reflect light) according to mood or needs. We have freed the space from conventional furnishings by designing living machines, the Rotoliving machine for day and the Closingbed for night. Made of lami-

## do Ao do

## FLEXIbLE MULTI-ELEMENT CHAIR

on this planet if we continue to amass useless things. In my home I have only useful objects which I keep out of sight, well protected in the appropriate storage and take out only when I need them. Almost everything is black, white, or gray because these colors are most relaxing. Yellow is introduced in the bed to give a warm and lively note. All floors are covered with Dralon carpeting. This home is in tune with young people, protagonists of the present and tomorrow, but will be appreciated by everyone who understands the reality of today and wants to live in an up-to-date manner."


The yellow plastic canopy of the Closingbed works $\epsilon$ trically-just like a convertible automobile hoodprovides a soundproof climate-controlled tent. Inside th is a marvelous sense of security and shelter, with ev thing at hand from reading lights to a built-in cigar lighter. Behind the headboard, the dressing area equipped with make-up table, mirror, lights, hanging ture, laundry basket, and a barometer to refer to be dressing. Tall storage cabinets, below, for clothes and o personal items are white plastic with flexible shelves ins



NGING SPACE IN THE FOYER BAR SIDE OF THE ROTOLIVING MACHINE WITH COLOMBO'S PERSONAL PIPE RACK





HOW TO STEN
e of the newest places to let your imagination run riot is on the floor, a bare floor at doesn't really contribute to what's going on in a room or a floor that's worn and abby. If you've been tempted to really liberate a floor, we've found a way to give color and pattern. All of this know-how comes in a kit based on a silkscreening chnique that really is just a more sophisticated form of stenciling. It works on the or and with some chutzpa and a little practice goes all over walls, tables, fabrics. you want a two-color design paint the floor a solid color first, then apply the pattern a second color. Adding a third color requires an extra screen. Having mastered e technique maybe you'll want to splurge the way we did on the following pages. USE \& GARDEN, APRIL, 1971


HOW TO STENCIL continued

Left: A stenciled wood coffee table brighte sleek navy blue room of Mr. and Mrs. Charles III. This sort of simple rectangular table easiest shape for matching pattern on the $t$ sides. Floor pigment works also on fur

Below left: Stenciled pillows in every col fancy invite nesting in the crisp white of a covered mattress set on a simple platform. D as a bed or great big sofa. To print fabric of these cushions, pin the yardage to a t lined with felt (if there's enough fabric, Ping-Pong table); repeat the process you us the floor. Special textile pigments recomm

Below: A little-nothing hallway can turn Secret Place, with walls and ceiling in magenta, and yellow. The first step for wa ceiling is to print blank wallpaper or wa just as you would a floor, then glue it in pl chevron border completes the linked-circl tern on a natural wood floor. Real skill ter borders are among the additional patterns av


WITHTHE SAM STENCIL KIT COLOR FABRIC, FURNITURE, WALLS, CEIIING

[^2]
ce having silkscreened the floor, there are lots of other ways to use your new skillcushions, on walls and ceilings in a small hallway, on a wall from the chair rail to the or molding, on the floor of a porch filled with painted wicker furniture, on a low screen a bedroom. All these variations are possible with the same kit and equipment plus a ange of paint according to the surface you're working on. An easy way to escalate the ttern content in a house is to start with simple furniture, then move along to fabricough to make lots of pillows, some to lean on, some to sit on, others to stack on a bed nest in on the floor. When you've become a compulsive silkscreener, take the plunge d redo a whole room in a real Moroccan frenzy with ceiling, walls, big cushions, little es, cubes, and a variety of low tables. It might take a while, and you might want to nd parts of it to a professional, but the results can be a real pipe dream of a room.

Above: A Moroccan fantasy room designed by Bill Bell, with the pattern geometrically extended to ceilings, walls, furniture. We were intrigued to see how differently one pattern looked when printed in different colors or turned on its side. An added temptation to doing it yourself is working out zany color theories just as you want them. Neither overwhelming nor outrageous, all this mix of color and patterns makes a special guest or party room, a cozy spot to have dinner and relax afterward. To do the trick on the walls and ceiling, silkscreen plain wallpaper or wallboard and glue in place. Curvy sculpture by Anthony Padovano at the Bertha Schaefer Gallery. For shopping information, please turn to page 134.

You do not have to be expert with sewing machine or even needle and thread to make exciting colorful things for your house. Without tedium or tailoring you can make a quick slipcover so handsome it won't be the temporary solution you may originally have thought it would be. A shirred ruffle or flat ribbons can transform a ho-hum tablecloth into something that gives a room your very own stamp, and gives parties a lift. Curtains can be made with dash, and in haste, and still have character; one of these ideas could be duplicated with no stitching at all. Ribbon covers for cushions take at most a few well-placed tack stitches; you weave color over and under to create your own pattern and texture. Once you have had an easy success, you may find you have acquired a new set of decorating skills, and confidence in using them-a launching pad for even greater decorating challenge and success.

## 7EASY WAYS

 TO SEW YOUR OWN...

A new slipcover for a slipper chair or armless sofa can be made without the fret of fit and tailoring. Interior designer Mario Buatta designed this one. To make: Toss an old bedsheet over your chair to get an idea of how much fabric you will need; tuck neatly around back and seat, using safety pins to gather sides. Mark at floor length, then spread sheet flat. Slipcover's shape should resemble a "barn," see diagram, below. Cut pattern and fabric evenly. If extra width is required for the skirt (the barn "eaves") sew on extra material. To finish, shape fabric over the chair and secure sides with ribbons or fabric strips tacked and tied. Trim the skirt for weight with bands of grosgrain.


A double ruffle gives a
dressmaker flourish to a round tablecloth whether you use it on a round table or over a matching skirt on a rectangular table as the Wyatt Coopers do in their country house (see page 88). To make a floorlength round cloth: You need a square of fabric the diameter of your table plus twice its height, plus hem allowance. If fabric is narrow, sides can be pieced from a second length to form a square. Fold square in quarters. Tie a piece of chalk to a length of string equal to measurement from center of table to floor. Hold end of string at center of fabric and draw an arc to round off corners. Cut and hem. To make a double ruffle: Measure circumference of cloth and make a strip of fabric four times the length and twice the width your ruffle will be. (Thirteen inches allow for a finished ruffle 6 inches wide.) Place fabric strip face down and fold long side edges to overlap at center. Stitch down center line. To shirr, run strong basting thread through center to pull and gather to desired one-quarter length. Or, easier, sew an adjustable single cord shirring tape down the center. Pin ruffle to tablecloth and stitch on underside. The cloth was made by Luis Perez from fabric "Log Cabin," designed by Gloria Vanderbilt (Mrs. Wyatt Cooper) and is available at B. Altman \& Co. and Higbee's.



## van cứlendurg

An element of surprise-whatever it may be-can, in its way, do as much for a room as the color of its walls or the view from its windows. The astonisher may be amusing, quaint, imaginative-or sometimes all three and doubly surprising because there it is, a dear old friend in a totally new context. And there is no older friend, certainly, than crochet, one of the easiest forms of needlework (even children can learn to do it very nicely), more versatile in use and design than knitting, simpler than needlepoint. The craft requires nothing but wool and one small hook, goes like lightning, and can be made into practically anything that strikes the crocheter's fancy. But it is as a decorative fillip that it becomes a surprise -as upholstery, as a new kind of pillow, as curtains. Almost anything fabric can do, crochet can do, too, plus adding its singular charm of pattern, texture, see-throughness. Here are some examples of its versatility. You can make them all yourself, or order most of them from the cited sources.

Above: Crochet-slipcovered pillow found in a Parisian boutique, effective in any combination of colors over the background of your choice. Instructions on page 140. Right: A granny-stitch crocheted afghan is a wonderful surprise to find in a room full of contemporary fabrics and French furniture. But there it is, a marvelous bedcover in wallpaper-andfabric designer J. Hyde Crawford's New York house. And it almost steals the show. Vivid as a checkerboard in red and black, it supplies the room with a strong swack of color and geometric pattern. To crochet it, see the instructions by Ray Rogers on page 142. All fabrics, which were designed by Mr. Crawford, from Quadrille. Painting by Anthony Tortora.



## WHETHER YOU HOOK IT YOURSELF OR NOT-

Above: The exact color of spring's first daf fodils, a crochet-and-knit bedspread is a delicious eye-stopper in a bedroom of Mr . and Mrs. Selig Sidney's country house. Crocheted pillow on bed by Ronaldo Maia. Interior design by Ronald Bricke of Burge-Donghia from whom similar bedspreads may be ordered.

Below: 1 Crocheted pillow to brighten a dark corner or sparkle like a jewel on a pale sofa. 14 inches squar Thad Roberts for Obelisk. 2 The afghan updated hangs like a brilliant banner over the arm of a white sofa i New York apartment of David Easton. Crocheted in squares of pungent color, the throw is as contempora design as it is traditional in stitching. Big enough for a twin bed, it may be ordered in any combination of c from Genesis, for whom it was made by Mrs. H. M. Sohn. Interior design by Michael LaRocca of Easton-LaR $\mathbf{3}$ Oblong pillow not only displays the granny stitch worked into flowerlike medallions, but wears fringe deep and blue as a gentian's. 16 by 11 inches, to order in any colors that you may fancy from Elder Crafts



ROCHET, CROCHET
e: Crochet in new roles: curtains hung ds with wooden rings; a gypsy skirt for a topped with a bright square of felt patch-All-plus the tiny crocheted pillowis Perez for the New York apartment of or designer Billy Giblin. All available in nable facsimiles from Mr. Perez himself.

Below: 4 Crocheted throw that is almost a flower bed: Each square holds a tiny, old-fashioned bouquet. (One of the rewards of crochet is the way flowers and fruit can be worked into a pattern-more easily than in knitting.) 46 by 64 inches. At Elder Craftsmen. 5 Burnt prange pillow of crochet over silver Mylar so that each opening in the pattern twinkles like a mirror. 10 by 12 inches. By Serina for John Mascheroni, and available in any size, any color. $\mathbf{6}$ Three-tiered ottoman upholstered in a crocheted 4-by-6-foot throw-a companion to the adjacent pillow in the same colors. With them, an oblong pillow in pinks, red, and white, and a luscious afghan, 5 by 6 feet, in purples and white. All by Thad Roberts, all at Obelisk-except the purple afghan, to order from Mr. Roberts. For shopping information, see page 134.



## PRESS

URSELF WITH ADY-TO-USE CORATING OWIN STORES ROSS IE COUNTRY


Instant spring tonics for your house ... furniture, fabrics in smashing patterns, wallcoverings in exhilarating new colors. Totable things . . . things that deflate to shopping-bag size for you to take right home with you. Look around . . . let your imagination off its leash. To get you started, here are four pages of finds, ready-made, to give punch and color to your rooms.

I Sleek, glass-topped tables with polished chrome bases that fold, scissor-style, for easy storage. All with lift-off tops. Show them off all the time, or bring the two 16 -inch-high ones out at cocktail time. The larger dining table is 36 inches high. Designed by Robert Kjer Jakobsen for Virtue of California. 2 Ceramic tiles to make a knockout pattern on your floor. Why not extend them upward for a supergraphic wall? By Interpace. 3 A dramatic, would-you-believe-it lamp that's wonderfully ad-justable-a floor-and-desk lamp in one. Tripod legs telescope to adjust height; shaft connecting head with base moves up or down, too. Lever at right turns top to focus light where you want it; flaps tilt to regulate rays. All pushed together, it's small enough to fit into a shopping bag. By Tsao Designs for Directional. 4 New look for an old favorite-and instant stylishness for any room: director's chair in luscious lime vinyl and shiny lacquer with a back that tilts for extra comfort. It folds into its own amusing box, ready to carry home. Also available in five House \& Garden Colors. Designed by Tom Hirai for Brown-Saltman. 5 Grown-up foam building blocks to make into chaises, chairs, ottomans-or even use alone. Buttons and loops at each end hold blocks together. Nylon, in clear primary colors, slips over each block. By Founders. 6 Ottomans to go as the party goes-clustered together or spotted about the room, used as extra seats or in place of a sofa. Of white polkadotted, slick black vinyl, four of them placed together in the center of a
room make a bold arrangement. By Selig.

Left: Inspired by an Afghan tent, ready-made appliquéd cotton panels, bedspread, canopy, and pillows turn a bedroom into an exotic yellow, blue, and white pavilion. Stripes reverse to pattern, patterns to stripes. Designed and produced by Angelo Donghia and Ira Seret in Afghanistan, imported by \& Vice Versa. At Bloomingdale's in April, later at Marshall Field, I. Magnin. HORST Shopping information, page 134.



13 Bright with tulips in pretty spring colors, a shower curtain, stools, and a wastepaper basket to give your bathroom a gay vernal freshness. Foot-high stools, acetate shower curtain. All by Jakson.

Above: A cool-as-a-breeze room that soothes the eye-and requires remarkably little care because of its natural rattan furniture and terracotta tile floor. Tops of "picnic basket" chairs by fireplace flip up to form backs, seats conceal storage. Rattan furniture by Tropi-Cal, solid blue fabric by Galey \& Lord. Everything at Lord \& Taylor



## "The two of us did everything from basement to rooftop."

When the Mosers decided to build their own house, they had little experience, between the two of them, of such an undertaking. Alexis, twenty-six, who designed the house, was in his senior year of architecture at Harvard, had a degree in engineering from Yale, and had remodeled a town house. But Margaret, twenty-five, a teacher, had no construction experience whatsoever. Nevertheless, they dauntlessly took on everythingconcrete work, carpentry, electrical wiring, plumbing, heatingwith the only outside help amounting to $\$ 42$ for excavation
"Much of our enjoyment," feels Alexis, "resulted from not having rigid schedules. We were free to be flexible, to change and add to the design as we went along For instance, when a truckload of roof decking arrived that had unusual gray growth stains, we decided on the spur of the moment to use the decking to panel the north wall of the living room.'
"There were moments," continues Margaret, "that were a real test of our will power and sanity. Nine tons of crushed stone for the septic system were dumped 20 yards from where they should have been. It took us two days to move them. After that we always tried to be on hand for deliveries.'

Their budget was tight, so they learned how to save money. They bought all un-prefinished materials, got free scraps of reinforcing steel for the foundation at a precast concrete plant, made their own lighting fixtures. And when their funds ran low, they were helped by an understanding local supplier-John Di Prizio of the Charles Di Prizio Lumber Company -who let them buy on credit.
"I am glad I had the experience of doing all the tasks," says Alexis, "but if I were to do it again, it would be more practical to contract out the furnace work, septic system, even the foundation.'


ALEXIS PREPARES FOUNDATION FRAMING for an ingenious, economical type of foundation he invented, which used two-thirds less concrete than a poured slab base. "It's a perimeter grade beam of poured steel reinforced concrete," he explains, "with a bed of crushed stone below, and a series of concrete piers or 'feet' 6 feet apart and extending 4 feet down.


ALUMINUM FOIL INSULATION, fitted between the studs of outside walls by Margaret, left, will later be covered by wallboard panels. Between natural wood rafters of pitched ceiling over living room, right, they added pine decking, which they bleached with stain, partly dried, then rubbed.


STAIRS CONTINUE TO
from kitchen-dining area sleeping extra guests. " $A$ ingeniously used 4-by-8 ter cut-offs as stair tre

"WE HAD TO BUILD A TRUSS FOR THE CLERESTORY WINDOWS to support the weight, plains Alexis, "since it's not over a supporting wall. We sandwiched double struts [left] onto rafters and wall studs to transfer the weight onto the bedroom walls. To install the ten winc [center], 70 pounds each, I roped them together, took them up a ladder in the house, then pa them out to Margaret." Second sleeping loft, right, is reached by ladder below cleres


ALLS GO UP. "After completing the foundation and the lower floor tforms," recalls Margaret, "we began the outside walls, starting h the utility room [left] which we enclosed first to live in that sumr. We built the walls on the flat platforms in manageable sections, n we'd tilt them up in position [right] and rope them to the trees.'


SHEATHING IS NAILED ONTO EXTERIOR. "It was essential to close the house to weather by mid-September. We met this deadline and continued with interior work on weekends through fall and winter, and most of the following summer."


E MADE ALL LIGHTS"-
h as one in loft-"from 4-h-diameter sections of Lucite ing we found for \$1 a pound Cambridge plastics factory.


COMPLETED KITCHEN IS EFFICIENT WORK SPACE with trim undercounter cabinets built by Alexis of fir plywood and pine with plastic tops, pegboard on back wall, vinyl tile on floor. Original kitchen was 10 feet, 6 inches wide. "But when I learned stock joists were 12 feet long," said Alexis, "I just widened the room."


UTILITY ROOM WAS HOME all through the early stages while the rest of the house grew around them. "We didn't move in until mid-December.'


RGARET TACKS WALL-
ARD. "Initially we both apd tape and joint compound Margaret quickly became ert and took over the job."


DUCTWORK IS ASSEMBLED.
"It took us each two full days to custom build a special return air duct for the crawl space at the back of the living room.'


THE HOUSE IS FINISHED. After the roof was on, the final exterior job was applying the spruce siding stained a soft silver with a good weathering stain. "Many people have a latent talent for creating their own houses or interiors," says Alexis, "and almost everyone can teach himself how to do part of it by reading manuals and by watching good professionals."

# How to ENIND 

Whether you're an energetic do-it-yourselfer or not, you'll want to try these fascinating formulas for relaxing, from a group of well-known doctors and physical fitness specialists.

By Beverly Russell



$Q$.Is fatigue all in the mind? How can you think yourself out of it?

DR. ABRAHAM WEINBERG: Many people are able to do self-hypnosis and cure themselves of tiredness. This is the technique: lie down on a couch, or sit in a chair, and focus your eyes on a spot on the wall or ceiling for just a second or so. Let the eyelids close gently and then count numbers backwards from ten to one. Try to see the numbers in your mind's eye, or repeat them quietly to yourself in rhythm with your breathing. At one, take a deep breath, let it out, and project an image of yourself relaxing-on the beach, on the boat, reading, however you like to relax. When you open your eyes, you'll find out you'll feel quite rejuvenated. Practice this self-hypnosis for three or four minutes and you'll feel as though you've had three or four hours' sleep.
 What if self-hypnosis doesn't work for you? MARIANE KOHLER: This may sound an odd experiment, but you put an apple on the table, or a flower, or anything that pleases you. Then sit down and finally prepare, with a deep sigh, to contemplate the apple or flower. Let it come to you. After several minutes, something will happen. All at once this apple will seem more beautiful. Its colors will appear more brilliant. And you yourself will find that you are happier, calmer,
more relaxed. Another exercis is to take some object and strok it with your fingertips; allow th sensation it brings to penetrat the core of your being. Orientals whose calm is legendary, habitu ally carry with them a string o amber beads which they "tell between their fingers. Each tim you manage to switch all of you attention onto a single object, th relaxation it brings spreads, lik a spot on a sheet of blottin paper, through your whole bod


Some people becom more wound up whe they're left alone. What shoul they do?
DR. MORTON BARD
Contact with anothe human being pacifies us fro birth. If we're hungry we cry t mother, we reach out for anothe person to feel better. So talkin to someone, seeking a sympa thetic human response is ver natural and has very deep root It is one of the oldest methoc and a very curative way of ur winding. Talking to someone yo respect and admire, unloading getting it off your chest, do make you more relaxed.


Why is it that so man so-called "relaxations" sewing, for instance-bring o tiredness, even though they don require much activity?

DR. DAVID BACH
RACH: Sewing ca bring on muscular strain becaus you're bending forward an you're intent. When people com to me with muscular strain, I ler ture to them about not doing a activity too long. It's easy to sa but hard to do. The problem when you get an inspiration- fc sewing or needlepoint - you ten to go at it for hours at a time an that's how you tense up. Th body must change the type activity it's doing, otherwise yo get physiological and psycholog ical tension. So if you're sittin for some while, go off and wal or stretch. If you've been usin your arms, do something tha

Abraham Weinberg, M.D., Medical Director, Morton Prince Clinic for Hypnotherapy.
Daniel Schneider, M.D., Diplomate, American Board of Psychiatry and Neurology. Morton Bard, Ph.D., Professor of Psychology, The City University of New York. Joyce Brothers, Ph.D., psychologist. Mariane Kohler, author of "The Secrets of Relaxation." David Bachrach, osteopathic physician, Post Graduate Institute of Osteopathic Medicine and Surger Nicholas Koumovsky, physical fitmess expert, author of "The Joy of Feeling Fit." Marjorie Craig of Elizabeth Arden, author of "CMiss Craig's Face-Saving Exercises."
Joseph Rottenburger, masseur. Antoniades, masseur, chiropractor.
Sachindra Kumar Majumdar, Direetor, Yoga Institute of New York.

## es them a rest

Is there anything you can do if these sedenactivities give you a backe or a headache?

ANTONIADES: The best back treatment I w is to take two large cushProp one behind your back, d your knees, and put one unyour knees. Stay in this posifor at least fifteen minutes.

MARIANE KOHLER:
Headaches, nine times of ten, are the result of proyed contraction of the muscles he nape of the neck. The tenin these muscles exerts preson the blood vessels which equently cease to carry the amount of blood necessary the proper functioning of the n. The remedy is scalp mas, breathing exercises, and a-once you have learned t to do.

Is it true that yoga will prevent fatigue?
MARIANE KOHLER:
Yoga is simultaneously liversion, a relaxation, a physical exercise. All these e remedies combat fatigue. need diversion because fa$e$ is frequently born of boreYou need relaxation which only stops fatigue but keeps om starting. You need physiexercise which concentrates the muscles and is an antito intellectual and nervous sue.

Have you failed in yoga if you don't stand on head?

SACHINDRA KUMAR MAJUMDAR: Standing he head brings blood to the part of the brain, brings fresh d to your face, nurses the s of your nervous system, is d for different glands and ans. Anybody can do it if 're taught properly-it's as as walking. But the total is not just exercising or sitand thinking. In yoga we we sing, we discuss probof life. Your whole personis involved in getting in h. Yoga is tranquilizing yourwith your own powers, findcalmness, serenity, and ogth within you.

We're back to using the mind again, to overexhaustion, aren't we? $v$ does yoga differ from selfnosis?

DR. ABRAHAM WEINBERG: Yoga re-
quires concentration, self-hypnosis is not a means of concentrating on anything. Once you have focused on the spot on the wall and let yourself go, you drift off. With practice you can learn to do it by making a one-word suggestion to yourself which will automatically trigger off a complete state of relaxation.
Q. The idea of physical effort curing some forms of tiredness is interesting; so many people tend to lie down and rest or sleep when they're exhausted. Is this a mistake?

A.MARJORIE CRAIG: Often you are tired and exhausted because you've been over-exercising one set of muscles and not exercising others. The worst thing to do then is to lie down and rest. You'll still feel tense and twitchy. Get the circulation moving evenly throughout the body again by exercising on the floor for half an hour. Don't strain, don't force it. Exercise moderately. I believe exercise is better than massage. Many people are frightened by the word exercise, but it's only movement. Like brushing your teeth or combing your hair, it should be done every day.

Q.What should you do to tone up circulation if you don't like to do exercises?
A DR. JOYCE BROTHyou find enjoyable that that physical energy and gives you a change of pace. Just remember relaxation doesn't come from doing nothing, it comes from doing some different activity. I take a daily swim. My husband plays squash.
ell go out and run 10 miles every afternoon. I don't just come back relaxed, I come back remewed," says

## Erich Segal, author of

 "Love Story," and Yale Professor of English, who lives a round-theclock life, writing, giving three lectures a week, appearing on television, and jetting here, there, and everywhere..Is there one activity that is better than others? NICHOLAS KOUNOVSKY: In general exercise must be quite physical to eliminate toxins and clear the system, what I call positive relaxation, recharging the battery while the motor is running. There must be rhythm, intensity, and respiratory expertise. But the psychological aspects must be considered too, especially if you're an energetic person. It's no good playing tennis if you worry about winning. Obviously this will intensify tension. The point is, make relaxation a pleasure of life, not a concentration. I play tennis but I find I can adjust the game so that even if I make people a little mad, it's a happy game and they finally enjoy it and relax. But you should always begin with a mild activity, limbering up. The way to do this is to stretch your body in its entirety way up, then curl down hugging the knees. Stretch up and twist to one side, twist to the other, move your head to one side then the other. Stretch and bend, stretch again and then slowly relax from the wrist, the elbow, the shoulders, the neck, spine and hips, loosening up with the eyes closed.
q. We know that sports enthusiasts follow activity with a relaxing shower. Which is best, hot or cold?

A1JOSEPH ROTTENBURGER: Any physical shock is good for unwinding, hot, cold, or a combination. In Finland, you have the sauna bath; in China, you have shocks with a needle. The German cold water foot-bath idea comes from walking in grass thick with icecold dew. I recommend this cold water treatment. You can improvise at home. Let the water run ice cold from the faucet in the bath, bend one knee and let the water run over the knee right down to the toes. Try wiggling the toes as if you were playing the piano. Do the same with the other leg. Turn around and let the water run over the back of the calf and sole of the foot. Take a towel and pat dry. It's marvelous before bed, makes you sleep immediately.

MARIANE KOHLER:
The Japanese husband never brings his office worries and fatigues of the day home with him. His hot relaxing bath does the trick. You can make do

Continued on page 186


lith a new set components at go together e a giant nstruction toy, child can range his room suit himself.

A framework of wooden blocks and dowels that offers both the challenge and flexibility of a building toy; bed platforms and mattresses; panels to make shelves and walls; bean-bag animals in chair, pillow, and throwing sizes; swings, slides, bars, and ladders; colorful felt banners and toys-the available-now elements of a new collection designed to make a child's room a child's play environment. If the child is very young, you will have to assemble the structure yourself, but after that he's on his own. And it's amazing how soon quite young children learn to take it apart and put it together again.
I The basic structural elements are wooden dowels in two lengths ( 15 and $331 / 2$ inches) threaded at both ends. These screw into $31 / 2$-inch wood blocks threaded on all sides. To enclose parts of structure, red and yellow hardboard panels in assorted sizes can attach with wood plugs to block-and-dowel frames.
2 The structure can be assembled to turn a corner, stretch the length of a wall, or stand free in the center of a room. Once you've put up the framework to suit your space, add beds, panels, and play equipment. For convenience all the elementsexcept bean-bags, banners and toys -are organized in kits. The simplest kit contains structure shown plus one bed, a swing, a rope ladder, a climbing rope, and a chinning bar. Btarting with one of the two basic kits - one bed or two beds-you add to the structure with other kits and accessories. One possible set-up, left, based on the two-bed kit, includes an extra add-on block-anddowel section and a panel kit. The desk is made with a furniture kit, a set of blocks, dowels, panels, plugs, and castorplugs that, put together differently, can make a table or bookshelves, a toy box or wagon. Chair-size crocodile bean-bag, felt lion banner designed by Gillian Bradshaw Smith, and combination teetertotter and slide are also from collection. Only swivel desk chair is not.
4 A variation on the two-bed structure with beds at right angles plus panel kit, wooden ladder, furniturekit desk on castors.
5 Another variation with doubledeck beds. Storage units equipped with heavy-duty hardboard shelf panels come in three-and four-shelf kits. Here they hold books, a television set and some whimsical cloth and vinyl toys from the collection. This exciting, complex, and flexible children's environment, designed by Stanley Selengut for the Job Start Corporation - a government sponsored program to develop industry in Appalachia-is now at The Children's Workbench, New York; Higbee's, Cleveland; Neiman-Marcus, Dallas. Shopping information, page 134.


2




## O ALL-APPLIANCE COOKING

## kitchen without a stove?

## hy not, if you can cook everything

## ou want with small appliances

11 electric appliances are having a super-sized impact on cooking and entertaining. Programed il, bake, fry, roast, and do every other kitchen task you can think of, geared to keep food warm bring it to the table, these mini-machines, specialized and multipurpose, inspired House \& len to design a kitchen party room around their talents. You might make it your only kitchen change your cooking habits to match, or switch it on as a second kitchen. For this kind of cookyou need appliances within easy reach and enough electricity so you can use several at the same When you do the wiring, consult a local electric company, but figure on having enough cirso there aren't more than two appliances per circuit. Outlets placed at strategic points-here, e back, on both ends of the counter, and on the floor-allow you to plug in where you want. osite page, below: Plug mold, a strip of outlets, for counter cooking with frying pan, Baconer, er, coffee grinder. Our basic plan consists of two 10 -foot-wide recessed areas, each with 24 -inchcounters, adjustable shelves. (Plans and building instructions on page 139.) Opposite page, $e$ : Refrigerator, dishwasher, freezer tuck under counter. China, casseroles stack on 11 -inch-deep ves. Flatware hangs in baskets. To right of sink, bar accessories with glasses. Above: Cooking er (see next page). Right: Folding doors pull across to turn the kitchen into a dining room.



## SWITCHED-ON KITCHEN continued

## HOW AN ALL-APPLIANCE KITCHEN WORK

In choosing from the vast selection of small electric appliances, keep in mind the way you cook and entertain and how you want your kitchen to work. For instance: You may need two or three casseroles and several frying pans but can easily eliminate something else. The pictures above explore some of the many possibilities. 1. Pull-out shelves, each 24 inches deep, give easy access to canned and packaged food arranged in neat rows. Shelves at left were planned for smaller items, are about 8 inches apart; those at right for bulkier things are 12 inches apart. Baskets hold potatoes and onions. 2. Electric appliances-here, a cooker-deep fryer and a broiler-oven-pots, and baskets are stored on the 16 -inch-deep shelves. On the counter, an electric teakettle waits its turn while three fry pans prepare an entire meal. Note: Plug mold is placed several inches above the counter to avoid wet sponges. 3. Steak poised for its session in the broiler-oven. French fries sit ready in the deep fryer; carrots are being prepared to go into a pressure cooker. 4. Two 4 -foot-wide, 22 -inch-deep counters pull out for company buffet. With the top and bottom sections of the door shut, counters can be used for serving as well as cooking (see opposite page). First in line, a bun warmer; next to it a delicious lamb stew savory with turnips, leeks, garlic bubbles in a 5 -quart kettle, which cooks, roasts, or deep fries. A hot tray keeps plates and a nonelectric coffee server warm. 5. Floor outlet at the table enables you to move appliances-here, a
waffle baker-to the table without the usual extension of cord from counter. A copper cover slips over the outlet when it is not being use 6. Dutch doors over both sections make it possible to close off on Part of the meal is being prepared at the counters; at the table, waffe cook while coffee perks. Gaily painted chairs have blond rush seats. high gloss enamel paint shines on ceiling, storage units, walls. Floc is sheet vinyl. "Butcher-block" plastic laminate covers countertop

## Kitchen into dining roomjusta matter of closing doors

Opposite page: With its storage and work centers hidden behind close doors, and the table wearing its party quilt, our switched-on kitche turns into a dining room-ready for guests. Lined up on the pull-ou counters are three kettles; one for risotto, one cooking broccoli, an the other ratatouille. Lamb chops sizzle in the broiler-oven; a baske waits to receive buns from the warmer. Double outlets on either end o the counters dispense with wires reaching under closed doors, hav plastic covers for not-in-use protection. A centerpiece of crudités fo premeal nibbling sits on a lazy Susan that is made from a butcher bloch

For shopping information, see page 13

House \& Garden Cook Book

Great recipes for small appliances


Did you know that you can make a perfect cheese souffé in an electric skillet and whip up a sensational cheese cake in blender? There's enormous variety to the dishes that can be added to your repertoire if you adopt our idea of an "all appliance" kitchen or add to your cooking equipment several small appliances. Here's a roundup of the best ideas anc recipes from a skillet chocolate cake to blender whipped cream that can save time and effort with the flick of a switch

# SWITCHED-ON COOKING Nevrecipes, neer techmiques 

## QUICK TRICKS

## With blender:

Grind coffee-run about 1 cup of coffee beans on a low speed to desired texture.

Make coconut milk as TV's Julia Child does. She grates coconut in the blender, then adds very hot water, allows to sit about I hour, and whirls again. Finally squeezes liquid through potato ricer or cheesecloth.

Make bread crumbs (dice bread first), grate the zest of lemons, oranges (freeze strips first) ; powder sugar (put $1 / 2-1$ cup granulated sugar in container, run on high speed until pulverized), whirl sugar and equal amount of water for sugar syrup; grate cheese (especially hardened pieces), whip cream (make sure cream is very cold first), and dissolve gelatin (whirl gelatin first with cold water, then add hot liquid).

Make butter and nut butters in a blender: Put 1 cup heavy cream (it is best to use cream that is two days old) in blender container. Run on high speed until whipped. With motor still running, pour in $1 / 2$ cup cold water and 2 cracked ice cubes. Run on high speed until butter has formed. Put butter in a strainer, drain well, and knead with hands or back of a wooden spoon to force out all liquid. Pack into a small crock, cover, and chill.

Nut butters: Put $11 / 2$ cups of shelled, salted nuts in blender
container. Run on a medium speed until chopped, then turn to high until smooth. Stop motor to push mixture down as necessary. Add 1-2 tablespoons unflavored salad oil for all nut butters except peanuts or cashews. (Remove bottom of container if possible and push mixture out.)

## With meat grinder:

Grind the bread, celery, and onions for stuffings; chop mushrooms finely for duxelles; use salad attachment to slice potatoes thinly for Potatoes Anna or to shred carrots or grind up peppers and other vegetables for relishes.

## With casserole or skillet:

Bake potatoes, keep rolls warm, crackers crisp, pop corn, or cook frozen biscuits.

## With griddle:

Cook vegetables in the Oriental manner: Heat griddle to $350^{\circ}$ $375^{\circ}$. Melt butter or oil, adding more during cooking if necessary. Cook vegetables such as onions, mushrooms, zucchini, yellow squash, red and green peppers, and potatoes, sliced $1 / 2$ inch thick, turning frequently until cooked as desired. Season and serve immediately.

Make small triangular grilled sandwiches: Fill with a mixture of minced mushrooms sautéed in butter until dry, seasoned with nutmeg, salt, pepper, and mixed with chopped chives or parsley and a little grated

Gruyère. Grill on buttered griddle until golden.

Heat plates on the griddle set at low.

## With deep fryer:

Cook Scotch eggs quickly. Enclose hard-cooked eggs in a coating of sausage meat. Roll in beaten egg and then fresh bread crumbs. Heat oil in fryer to $375^{\circ}$, then deep fry eggs until golden brown and sausage is cooked.

## With mixer:

Make crumb topping for baked fruit desserts, coffee cakes: Mix together $2 / 3$ cup sugar, $1 / 2$ cup flour, 2 teaspoons cinnamon, and 6 tablespoons butter or margarine until crumbly. Sprinkle on top of a 9-inch cake or pie plate filled with fruit before baking.

## With broiler rotisserie:

Foil-broil frozen vegetables on broiler rotisserie grill: Wrap a $101 / 2$-ounce package of frozen vegetables in heavy-duty foil with 2 tablespoons butter, $1 / 2$ teaspoon salt, and freshly ground pepper to taste. Place on grill in high position. Roast 30 40 minutes, until tender.

## With toaster oven:

Prepare hot hors d'oeuvres quickly. For Cheese Puffs, combine a 3 -ounce package softened cream cheese, 1 teaspoon (or more to taste) grated onion, 1 egg yolk, salt, and a dash of cayenne pepper. Toast bread
rounds on 1 side, spread chees mixture on untoasted side, sprin kle with paprika, and brown is toaster oven until puffed an lightly browned. To make $P a r$ mesan Sticks: Trim crusts off slices of bread and cut each int 4 strips. Brush with melted but ter and roll in 1 cup freshl grated Parmesan cheese. Bake i toaster oven at $425^{\circ}$ for 7 min utes, until cheese has melted an sticks are golden.

## With microwave oven:

Soften ice cream (in less than 1 seconds), defrost meat ( 2 min utes per pound), warm up lef overs, and cook bacon (it doesn curl up; fat doesn't splatter) Make delicious Salami Chips Put half slices of a hard salam on paper towels on a glass pi plate. Cook at high speed for minutes, turning after $11 / 2 \mathrm{~min}$ utes, or until crisp. Serve with dip made of cream cheese, sou cream, and horseradish, thinne with a little cream.

## With electric knife:

Slice cheese (in cubes or ju lienne), ice cream bars, ved scallops, thin slices of beef fo Chinese or Japanese dishes note: Even with an electri knife, it is easier to slice ra meat that is partially frozen.

## With dishwasher:

In an emergency, you can poac, fish. Wrap salmon or bass, etc in 3 layers of heavy-duty foil an put through 1 or 2 cycles, de pending on the thickness.

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## FONDUE POT

## Fresh Lemon Fondue

1 cupsugar
$1 / 2$ cup cornstarch
$1 / 2$ teaspoon salt
4 cups water
2 tablespoons grated lemon zest
$1 / 2$ cup lemon juice
8 tablespoons butter
Combine sugar, cornstarch, and salt in fondue pot. Gradually mix in water. Set heat control at a high setting. Stir constantly until mixture thickens and reaches a boil, about $5-6 \mathrm{~min}$ utes. Heat 1 more minute. Reduce heat to a low setting. Add the lemon zest, lemon juice, and the butter and stir until well blended.

To serve, spear cubes of gingerbread, brownies, fruit cake, or small meringues on fondue fork and dip into fondue. Serves 10 to 12.

## UBLENTDEIR

Almond Hollandaise<br>$1 / 2$ cup butter or margarine 3 egg yolks<br>2 tablespoons lemon juice<br>1/4 teaspoon salt<br>Freshly ground white pepper $1 / 4$ cup blanched almonds

Heat butter in a small saucepan until melted and bubbling. Put egg yolks, lemon juice, salt, and pepper to taste in blender container, cover, and run on a low speed for about 5 seconds. Continue to run on same speed and add butter in a very slow, steady stream until blades are covered; then turn to a high speed and add remaining butter. Add almonds, cover, and run on a medium high speed until almonds are finely chopped. Serve with vegetables or fish. Makes about 1 cup.

## Sardine Pâté in Lemon Shells

2 tablespoons lemon juice 1 thin slice onion
4 sprigs parsley

8-ounce package cream cheese, cubed
2 4-ounce cans sardines in oil, drained
Tabasco sauce
6 medium lemons
Chopped parsley for garnish
Put the lemon juice, onion, parsley, cream cheese, sardines, and Tabasco to taste in the blender container in the order listed. Cover and run on a high speed until smooth but do not overblend, if necessary stopping and scraping down sides with a rubber spatula. Makes about 1 cup.

Cut a slice off the stalk end of the lemons and scoop out all the pulp. Cut a thin slice off the other end so the lemon shells stand upright. Fill shells with sardine pâté, and sprinkle with chopped parsley. Serve with hot toast.

## Cheese and Bacon Pie

## 30 soda crackers

$1 / 4$ cup or more if necessary butter or margarine, melted
$1 / 2$ pound bacon, fried crisp
$13 / 4$ cups light cream
$1 / 2$ medium onion, coarsely chopped
3 eggs
1 teaspoon W orcestershire sauce $1 / 2$ teaspoon salt
Dash cayenne pepper
$3 / 4$ pound Swiss or Gruyère cheese, cubed (about 3 cups) $1 / 4$ cup freshly grated Parmesan cheese

Preheat oven to $350^{\circ}$. Break 4 or 5 crackers into blender container, cover, and run on a low speed until crumbled. Empty into a measuring cup and repeat until you have $11 / 2$ cups crumbs. Mix crumbs with butter and set aside 2 tablespoons of the mixture. Press the remaining mixture onto the bottom and sides of a 9-inch pie plate. Bake for 10 minutes, and remove the pie from the oven.

Reduce oven temperature to $325^{\circ}$. Crumble bacon over bottom of pie shell. Put cream, onion, eggs, Worcestershire sauce, salt, and cayenne into blender container and run on a high speed until smooth. With blender still running, slowly add
cubed cheese and run until smooth. Pour into pie shell and sprinkle with Parmesan cheese and reserved crumbs. Bake 50 minutes or until pie is set in center. Let stand 10 minutes before serving. Serves 6 to 8 .

## Braised Chickens with Cashew Stuffing

1 cup cashew nuts
3 tablespoons butter or margarine, melted
3 tablespoons dry sherry
1 clove garlic
$1 / 2$ medium onion, cubed
2 stalks celery, cut into 1-inch pieces
4 sprigs parsley
$1 / 2$ teaspoon freshly ground pepper
1/4 teaspoon ground ginger
$1 / 4$ teaspoon mace
$1 / 8$ teaspoon thyme
2 cups steamed brown rice
22-pound frying chickens
Flour
Salt, freshly ground pepper
$1 / 2$ cup butter or margarine
$11 / 2$ cups dry white wine or chicken broth

Put cashew nuts in blender container, cover, and run on a low speed until chopped. Empty into a bowl. Put butter, sherry, and garlic in blender container, cover, and blend on a high speed until garlic is liquefied. Add onion, celery, and parsley, cover, and run on a low speed just until vegetables are chopped. Add to chopped nuts with pepper, ginger, mace, thyme, and rice. Toss lightly to mix.

Stuff chickens lightly with cashew mixture. Skewer openings closed and truss and tie the legs. Dust with flour seasoned with salt and pepper. Melt butter in a large Dutch oven or heavy casserole, and brown chickens on all sides. Add $1 / 2$ cup of the wine, cover with waxed paper and lid, and simmer about 1 hour until tender. Baste occasionally, adding remaining wine or broth as needed. Transfer chickens to a hot platter, and remove skewers and string. Thicken juices with a tablespoon flour if sauce is desired. Serves 4 to 6 .

## German Cheese Cake

18 pieces zwieback
$1 / 4$ cup melted butter
2 tablespoons sugar
2 eggs, separated
$1 / 2$ cup sugar
1 tablespoon lemon juice
Zest of $1 / 2$ lemon
$1 / 2$ teaspoon vanilla extract
1 pound cream cheese, cubed 1 cup sour cream
1 tablespoon sugar
1/2 teaspoon vanilla extract
Preheat oven to $300^{\circ}$. Plac pieces zwieback in blender c tainer, cover, and run on a speed until crumbled. Empty to a bowl and repeat with maining zwieback. Mix in me butter and sugar and press i the bottom of a 9-inch spri form pan. Bake 5 minutes. C Put egg yolks, sugar, len juice, lemon zest, $1 / 2$ teasp vanilla extract, and half cheese into blender contair cover, and run on a medi speed until smooth. Add rema ing cheese and continue to ble until very smooth. Beat whites with a whisk or rot beater until stiff. Fold che mixture into egg whites, p into pan with crust, and b 45 minutes. Put sour cre sugar, and vanilla into blen container, cover, and process a low speed until smooth. Spr evenly over top of cake and turn to oven for 10 minu Cool cake, remove rim of before serving. Serves 6 to 8 .

## Chilled Avocado Son

2 ripe avocados
1 cup chicken broth
4-6 tablespoons sour cream 4-6 tablespoons heavy cream Juice of $1 / 2$ lemon $1 / 2$ teaspoon salt Finely chopped shallot or onion Chopped cilantro or thin lemon slices for garnish
Scoop out avocado flesh, coarsely, and put in blender 1 broth, sour cream, heavy cre lemon juice, salt, and chop] shallot to taste. Whirl u puréed. Check seasoning, add salt if necessary. Serve small chilled bowls and sprin with cilantro. Serves 4 to 6 .

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## Strawberry Buiter

10-ounce package frozen strawberries, thawed $1 / 2$ pound unsalted butter, softened
I cup confectioners sugar
Put all ingredients in blender container in order listed; cover and blend at high speed until smooth. If necessary, stop blender during process and scrape down sides of container with rubber spatula. Chill, and serve on toast, muffins, or waffles. Makes $21 / 2$ cups.

## Parsley Salad Dressing

$3 / 4$ cup olive oil
$1 / 4$ cup lemon juice or white wine vinegar
$1 / 2$ teaspoon Dijon mustard or
$1 / 4$ teaspoon dry mustard
$1 / 2$ teaspoon salt
$1 / 4$ teaspoon freshly ground pepper Small bunch parsley, stems removed
Put all ingredients in blender container and whirl until parsley is chopped. Taste, correct seasoning if necessary. Makes l cup.

## MEAT GIRINDEIR SALAID MAKEIR

## Cole Slaw

1 medium cabbage 1 small green pepper $1 / 4$ cup tarragon vinegar $1 / 4$ cup sugar
Salt, freshly ground pepper 2 tablespoons finely chopped chives
$1 / 4$ teaspoon caraway seed
$1 / 2$ cup mayonnaise
$1 / 2$ cup sour cream
Cut cabbage into chunks and shred it, using thin slicer attachment of salad maker. Put in a bowl of ice water for $1 / 2$ hour to crisp. Drain and dry thoroughly on towels. Change to coarse shredding attachment and put through green pepper.

Combine vinegar, sugar, salt, and pepper in a salad bowl. Add shredded cabbage, toss well, and marinate 1 hour. Add green pepper, chives, and caraway seed and toss lightly. Combine mayonnaise and sour cream and
pour over salad mixture. Toss lightly, correct seasoning, and serve. Serves 4 to 6 .

## Meat Loaf

1 medium onion
4 tablespoons butter
1 pound beef chuck or round
$1 / 2$ pound veal
Enough dry bread to yield 1 cup crumbs
2 eggs, lightly beaten
1 cup milk
2 teaspoons salt
$1 / 4$ teaspoon freshly ground
pepper
$1 / 4$ teaspoon nutmeg
2 tablespoons flour
1 cup heavy cream
1 cup beef stock
$1 / 2$ teaspoon dill seed
Grind onion, using fine attachment of meat grinder. Sauté in 2 tablespoons butter until soft and transparent. Grind beef and veal 3 times, using fine attachment. Grind bread and add to meat mixture with onion, eggs, milk, salt, pepper, and nutmeg. Mix thoroughly. Melt remaining butter in a shallow oval ovenproof dish and form meat mixture into a loaf in the center. Bake in a $350^{\circ}$ oven for 1 hour. Remove meat loaf to a heated platter. Pour off all but 3 tablespoons of the fat in pan. Add flour, mix well, and cook 2 minutes. Add cream, beef stock, and dill seed. Cook until thickened, stirring constantly. Pour over meat loaf and serve immediately. Serves 6 to 8 .

## Carrot Pudding

## Butter

1 cup sifted flour
1 teaspoon baking soda
1 cup sugar
I teaspoon ground cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
4. medium carrots, cut into 1-inch

## pieces

2 medium potatoes, peeled and cut up
I cup seedless raisins
1 cup walnuts
2 eggs
2 tablespoons soft butter
Generously butter a $11 / 2$-quart mold. Sift flour, baking soda,
sugar, cloves, cinnamon, nutm into a mixing bowl. Put carr through fine attachment of me grinder to make 1 cup firm packed ground carrots. Repe process with potatoes to make cup firmly packed potatoes.

Put raisins and walnt through medium coarse atta ment. Mix raisins and nuts w dry ingredients. Whirl eggs a butter in blender until smod and stir into dry ingredien Stir in carrots and potato Pack into prepared mold, co tightly with waxed paper, a place in steamer. Fill with 1 water to the level of half mold. Steam, covered, for $11 /$ hours or until done. Serve w hard sauce or whipped crea Serves 8 to 10 .

## DEEP FIRYEIRCDOKERE, CASSEIROI

## Seafood Méditerrane

3 cloves garlic, minced $1 / 2$ cup olive oil 6 lobster tails, cut in thirds 1 cup dry white wine 2 cups Italian plum tomatoes 1 teaspoon oregano 2 bay leaves
$11 / 2$ teaspoons salt
$1 / 2$ teaspoon freshly ground

> pepper

18 cherrystone clams
1 pound raw shrimp, peeled and
deveined, with shell left on ta 1 cup chopped parsley

Preheat the deep cooker sauté the garlic in oil for 1 m ute. Add lobster pieces and co stirring, for 3 minutes. wine, tomatoes, oregano, leaves, salt, and pepper. Cov lower heat to a simmer setti and cook 5 minutes. Add cla bring to a boil, cover, lower h to simmer, and cook $4-5 \mathrm{~m}$ utes. Add the shrimp, cover, cook for another $4-5 \mathrm{minu}$ until they have turned pink all of the clam shells h opened.

Stir in the parsley and se in soup bowls with Free bread. Serves 4 to 6 .

## urried Egg roquettes

cup finely chopped mushrooms cup unsalted butter teaspoon curry powder cup flour cup milk
teaspoon W orcestershire sauce easpoons minced onion
teaspoon salt
ush cayenne pepper
hard-cooked eggs, finely
chopped
gg, lightly beaten
esh bread crumbs
anut oil for deep fat frying
uté mushrooms in butter until der and lightly browned. Reve mushrooms and set aside. remaining butter (add 2-3 ispoons if necessary) cook rry powder over very low heat 2 minutes. Stir in flour and ok 2 more minutes. Add milk d cook, stirring constantly, til smooth and very thick. Add orcestershire sauce, onion, $t$, and cayenne and mix well. $r$ in mushrooms and chopped
eggs. Cool in refrigerator at least 1 hour.

When ready to serve, preheat oil in cooker to $400^{\circ}$. Shape teaspoonfuls of the chilled mixture into balls. Dip balls into beaten egg, then roll in bread crumbs. Deep fat fry until golden brown.

Serve as an hors d'oeuvre or as a main dish with rice. Makes about 3 dozen croquettes.

## SKHLLETFRY PAN

## Cheese Soufilé

3 tablespoons butter or margarine 3 tablespoons flour
1 cup milk
1 teaspoon salt
Dash cayenne pepper
$11 / 2$ cups grated sharp Cheddar cheese
4 eggs, separated
Butter
Finely crumbled crisp bacon for garnish

Preheat skillet to $240^{\circ}$ (an 11 -by-7-inch Teflon-lined skillet is good, but one of slightly different proportions will suit). Melt butter, stir in flour, and cook 2 minutes. Add milk, salt, and cayenne. Cook, stirring constantly until thickened and smooth. Stir in cheese until melted. Beat egg yolks lightly and add cheese mixture slowly, stirring rapidly. Wash and dry skillet. Preheat to $240^{\circ}$ and butter generously. Beat egg whites until stiff but not dry. Gently fold in cheese mixture and pour into skillet. Bake, covered with vents closed, for 20 minutes or until cake tester or toothpick inserted in center comes out clean. Sprinkle with crumbled bacon, chopped parsley, or fines herbes, if desired and serve immediately. Serves 4.

## Fried Mozzarella with Anchovy Sauce <br> 1 pound mozzarella cheese $1 / 2$ cup flour

2 eggs, lightly beaten
$1 / 2$ cup fine, dry, fresh bread crumbs
2 tablespoons unsalted butter Anchovy sauce (see recipe below) Parsley

Cut mozzarella into $1 / 4$-inch slices. Preheat skillet to $400^{\circ}$. Dip each slice of cheese into flour, then the egg, and finally the crumbs. Melt butter in skillet. Sauté cheese for about 2 minutes on each side or until nicely browned. Add more butter if necessary. Serve immediately with Anchovy Sauce, garnished with parsley. Serves 4 to 6 .

## Anchovy Samee

8 tablespoons unsalted butter 4 anchovy fillets, finely chopped 1 tablespoon finely chopped Italian parsley
2 teaspoons lemon juice
Freshly ground black pepper
Melt butter and stir in anchovies, parsley, lemon juice, and pepper to taste. Keep warm until served.

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SWITCHED-ON KITCHEN continued

## Roast Chicken

3-4 pound roasting chicken Bread stuffing or $1 / 4$ cup unsalted butter mashed with 1 teaspoon dried tarragon and salt and freshly ground pepper to taste
1 small onion, sliced
Salt and pepper
1 cup water or a mixture of chicken stock and dry white wine

## Melted butter

Wipe the chicken dry inside and out and put either the stuffing or the tarragon butter in the cavity. Put in skillet, add onion, salt and pepper to taste, and liquid. Close cover and open vents. Set at $425^{\circ}$ until steam emerges from vents. Reduce heat to $225^{\circ}$. Turn chicken as necessary and cook 30 minutes per pound or until tender. Do not add more liquid, reduce heat if necessary. When chicken is cooked, brush with melted butter and place under broiler for a few minutes to brown and crisp if desired. Make gravy from drippings in skillet.

## Choeqlate Cake

Butter
$1 / 2$ cup cold water
$1 / 2$ cup cocoa
2 cups sifted flour
1 teaspoon baking soda
$1 / 2$ teaspoon salt
$3 / 4$ cup butter or margarine
$11 / 2$ cups brown sugar, firmly
packed
3 eggs
1 teaspoon vanilla extract 3/4 cup buttermilk
4 1-ounce milk chocolate bars, divided into squares
Grease bottom and sides of cold skillet (one approximately 11 by 7 inches) with butter. Add water to cocoa gradually to make a smooth paste. Sift together flour, baking soda, and salt. Cream butter and sugar. Add eggs one at a time, beating well after each. Mix in cocoa mixture and vanilla. Beating well, alternately add buttermilk and flour mixture. Pour batter into skillet. Arrange chocolate squares on top. Cover, with vent open, and bake at $275^{\circ}$ for $45-50$ minutes, or until cake is dry on top.

## MIXERE

## Stovepipe Bread

$31 / 2$ cups sifted, unbleached, all-purpose flour
1 package active dry yeast
$1 / 2$ cup milk
$1 / 2$ cup water
$1 / 2$ cup salad oil
$1 / 4$ cup sugar
1 teaspoon salt
2 eggs
Butter
Put $11 / 2$ cups of the flour into large bowl of mixer. Add yeast and blend at a low speed $1 / 2$ minute. Combine milk, $1 / 2$ cup water, oil, sugar, and salt in a small saucepan and heat until just warm. Add to dry ingredients in mixer bowl and beat at a low speed until smooth. Add eggs and beat at a medium speed until blended. Gradually add 1 cup flour at lowest speed, and beat until smooth and well blended. Scrape beaters, remove bowl from mixer and stir in remaining flour with a wooden spoon to make a soft dough. Spoon into two well-buttered 1-pound coffee cans. Cover with the plastic lids and let stand in a warm draft-free place. When dough has risen almost to top of cans, remove lids. Bake in a $375^{\circ}$ oven for $30-35$ minutes or until browned. Let cool about 10 minutes in cans before removing to a rack. Makes 2 small loaves.

## Mustard Mayommaise

3 egg yolks
2-3 tablespoons lemon juice or
white wine vinegar
$1 / 2$ teaspoon salt
$1 / 4$ teaspoon dry mustard
$11 / 2-2$ cups olive oil or salad oil or
a mixture of each
3-4 tablespoons Dijon mustard
Warm the mixer bowl with hot water. Dry it. Put in the egg yolks and beat at medium speed for $1-2$ minutes. Add the lemon juice, salt, and dry mustard and beat 30 seconds. Start adding oil, drop by drop, at a moderately high speed, until the sauce has thickened. Oil may now be added in a slow thin
stream, pushing the sauce in ward the beater with a rubb scraper. When all the oil $h$ been added, blend in the Dij mustard. Taste and correct se soning if necessary. Mak about $21 / 2$ cups. Serve with ar chokes, sliced tomatoes, or for celery root rémoulade.

## Puréed Celery IRoot and Potatoes

2 pounds celery root Salt
4 tablespoons butter
$1-11 / 2$ cups chicken stock or wat Salt, freshly ground pepper
5 large hot boiled potatoes $11 / 2$ cups milk, hot
Peel the celery root, cut in inch slices, and blanch in bc ing salted water 5 minu Drain and put in a heavy sau pan with 2 tablespoons but enough liquid to barely cot and salt and pepper to ta Cover and boil slowly for 20 minutes, until tender. Drain, serving liquid for soup, etc.

Warm bowl and beaters hot water; dry. Put boiled po toes and celery root in bowl break up with a fork. Turn at a low speed and beat, gra ally increasing speed, u smooth. Add milk, butter, salt and pepper to taste and crease speed gradually, beat until fluffy. Add more m cream, or stock if necess Serves 8.

## IBOTISSEIRIE OVEN

Spit-IRoasted Duckli
5-6 pound duckling
2 tablespoons soy sauce
$1 / 4$ cup butter
1/2 teaspoon ground ginger,
fenugreek, or curry powder
$1 / 2$ cup orange juice (frozen concentrate)
2 ounces Triple Sec or brandy
Dry duckling inside and out rub with soy sauce and 3 ta spoons butter. Truss and tie securely. Fold wings and close to body, tie ends of legs gether, bring cord under over breast, and tie tightly.
ost important to truss thighs se to body. Insert spit rod rough center of body cavity, lancing carefully. Be sure 1 of skewers is inserted firmly o the legs before tightening rews to hold bird. Roast for $4-2 \frac{1}{4}$ hours or until meat ermometer registers $190^{\circ} \mathrm{F}$. mbine remaining butter with sired seasoning and orange ice and baste duckling freently with this mixture, rmed in drip pan. When ready serve, warm Triple Sec or andy, ignite, and pour over ckling. Serves 4.

## ITOILEEIE

 DTHSSEIRIE
## oasted Carrots

carrots, peeled
inch length of heavy-duty aluminum foil ablespoons butter
ablespoons sugar
t carrots into 1 -inch pieces.

Place on foil, dot with butter, and sprinkle with sugar. Fold foil over and seal tightly. Place on grill, using high position. Roast 1 hour, turning frequently until tender. Serves 6.

## Broiled Lamb Shanks with Vermouth Marinade

6 baby lamb shanks
Vermouth Marinade (see recipe below)
Marinate lamb shanks in Vermouth Marinade overnight in refrigerator or at room temperature for 4 hours. Turn several times, spooning marinade over.

Broil about 30 minutes, turning frequently and basting with marinade. Chicken or other cuts of lamb may be used with this marinade. Serves 6 .

## Vermenth Marinade

1 cup dry vermouth
1 cup olive oil
1 tablespoon lemon juice
3 shallots or 1 medium onion, chopped

2 cloves garlic, minced 1 teaspoon chopped tarragon 1 teaspoon chopped basil 1 teaspoon salt
10 peppercorns, crushed
Combine all ingredients.

## CDOKING STIRIREIR

## Chocolate Crème

1 cup ( 6 ounces) semisweet chocolate morsels 2 tablespoons sugar $3 / 4$ cup light cream 3 egg yolks
1 teaspoon vanilla extract Sweetened whipped cream
Put chocolate morsels, sugar, and cream into cooking stirrer. Stir on medium speed until chocolate melts and sugar is dissolved. Turn off heat. Beat egg yolks with a little of the chocolate mixture, then pour into chocolate mixture, stirring constantly. Add vanilla and stir until well blended. Pour into pots de crème or small custard
cups and chill. Garnish with whipped cream. Serves 6.

## TOASTER OVEN

## Applesauce Brulée

4 cups fresh, well-seasoned applesauce or apple slices 1 pint commercial sour cream, chilled
$1 / 2$ to $3 / 4$ cup light brown sugar, sieved

Fill 6-8 individual custard cups $2 / 3$ full of applesauce. Spread sour cream evenly on top. Generously sprinkle with brown sugar, being sure to cover all the sour cream. Using top brown setting, cook 1-3 minutes, until sugar has melted and caramelized. Serve immediately. Serves 6 to 8.
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## COIRKSCREW

## TI ow to make switched-on drinks

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Witil a blender: You can whirl marvelous drinks for the family, breakfasts in a glass, frothy cocktails.

For a nutritious pick-me-up, try Carrot Milk-pour 2 cups milk into blender with 3 medium carrots cut into 1 -inch pieces, cover, and run on high speed until carrots are liquefied. Makes 4 drinks.

Or zip up tomato juice with cucumber:
$1 / 2$ small cucumber, peeled
$11 / 2$ cups tomato juice
1 teaspoon prepared horseradish
2 tablespoons lemon juice
1 small green onion with top, cut into 1 -inch pieces
$1 / 2$ teaspoon salt
$1 / 8$ teaspoon freshly ground pepper
1 cup crushed ice
Cut 4 thin slices from cucumber and set aside. Dice remaining cucumber, removing seeds, and put in blender with remaining ingredients. Cover and run on high speed until liquefied. Garnish with cucumber slices. Serves 4.

Or give tomato juice a lift with vermouth.
$1 / 2$ medium green pepper, seeded and cut up
1 slice onion
$1 / 2$ cup dry vermouth
2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
Dash Tabasco sauce
$1 / 4$ teaspoon celery salt
$2131 / 2$-ounce cans tomato juice, chilled
$4-6$ thin lemon slices
Put green pepper, onion, vermouth, lemon juice, Worcestershire sauce, Tabasco, and celery salt in blender container, cover, and run on a high speed until smooth. Pour through strainer into pitcher, and stir in tomato juice. Chill. Pour over ice into tall glasses and garnish with lemon. Serves 4 to 6 .

To make an excellent breakfast in a glass, combine $11 / 2$ cups orange juice, 2 egg yolks (add whites if you wish), 2 tablespoons wheat germ, and 2 teaspoons honey in blender container, cover, and blend 25 seconds. Serves 2, about 200 calories each serving.

Or start a meal with a cool clam drink:
133/4-ounce can chicken broth
7-ounce can minced clams with liquid
$1 / 4$ cup minced onion

1 cup light cream
Salt, freshly ground pepper
Paprika
Put the chicken broth, clams and liquid, onion, cream, and salt and pepper to taste in blender container. Cover and blend 30 seconds, until smooth. Pour into mugs. Sprinkle with paprika. May also be served hot. Serves 5 .

For a refreshing hot weather lift, a Lime Mintade.
1 cup mint leaves
1 cup sugar
1 cup boiling water
1 quart cold water
$11 / 4$ cups crushed ice
1 cup lime juice
$1 / 4$ cup lemon juice
Lime slices or mint leaves for garnish
Put mint leaves, sugar, and boiling water in blender container, cover, and run on a high speed until mint is chopped. Cool and strain into a large pitcher. Add cold water, crushed ice, and lime and lemon juices and mix well. Pour over ice and garnish with lime slices or fresh mint leaves. Serves 8 .

To make your own Cappuccino: Put 1 cup boiling water, I cup boiling milk, and 2 tablespoons instant espresso coffee in blender container, cover, and blend on a high speed for 4 seconds. Pour into tall cups. Sprinkle with cinnamon or nutmeg. Serves 2 to 4 .

Or to whirl a gingersnap confection quickly for returning schoolchildren: Put 12 gingersnaps, 2 cups milk, $1 / 2$ pint vanilla or chocolate ice cream, and $1 / 4$ teaspoon vanilla extract into blender container. Blend on a high speed about 40 seconds, until smooth and frothy. Serves 2.

For a sherry drink with punch, combine $1 \frac{1}{2}$ cups orange juice, $1 / 2$ cup lemon juice, I cup dry sherry, $1 / 2$ cup sugar, and 1 egg in blender, cover, and run on high speed until foamy and well mixed. While blender is running, add 6 ice cubes one at a time. Serves 8 .

A spicy concoction from Jamaica consists of 1 ounce dark rum, 1 ounce coffee, 1 ounce honey, and $1 / 2$ cup crushed ice, blended in covered container for 15 seconds on high speed. Serve in a cocktail glass. Serves 1.

Or for a refreshing gin drink add $1 / 2$ pint lemon-lime sherbet to 2 jiggers gin and $1 / 2$ cup crushed ice or 2 whole ice cubes and blend, covered, at a high speed until smooth. Serves 4 (3-ounce drinks).

To have a peach daiquiri, combine a 12 -ounce package frozen peaches, partially thawed, 6 tablespoons lime juice, 1 cup light rum, and 10-12 ice cubes in blender container, cover, and run on a high speed until it is of sherbet consistency. Serves 6.

WHTH A MIXER AND BLENDEIt: Make a delicious eggnog spiced with apple.
2 eggs, separated
$1 / 2$ cup heavy cream
$1 / 4$ cup sugar
$1 / 2$ teaspoon salt
$1 / 2$ teaspoon cinnamon
Dash nutmeg
Continued on page 138

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## $\mathbf{S}_{\text {hopping }}$ information

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cover
"Whitehall" translucent china dinnerware by Mikasa, 5 -piece place setting $\$ 6.50$. "Forget-me-Not" sterling silver flatware by Stieff, 4-piece place setting $\$ 62$. Ceramic flower candlesticks, $41 / 2^{\prime \prime}$ high, $\$ 5 ; 61 / 2^{\prime \prime}$ high, $\$ 7 ; 8^{\prime \prime}$ high, \$9. Handpainted water goblets and wine glasses, set of 6 assorted flower designs \$18. All at Ronaldo Maia.

## how to stencil

Page 98:
Bill Bell's screen printing kit, $\$ 150$ At Bloomingdale's in New York by special order. For dealer in your area, write Bell Designs, 37 E. 50th St., New York, N. Y., 10022.

Page 99:
Screen printed tables, $12^{\prime \prime} \times 13^{\prime \prime} \times 20^{\prime \prime}$ high, $\$ 75$ each at Bell Designs. Wicker chairs, $30^{\prime \prime}$ wide $\times 28^{\prime \prime}$ deep $\times 30^{\prime \prime}$ high, $\$ 135$ each, unpainted, at Walter's Wicker Wonderland.
Sofa upholstered in plaid fabric by Brunschwig \& Fils, $75^{\prime \prime} \times 32^{\prime \prime} \times 28^{\prime \prime}$ high, $\$ 870$. Glass collection (on table), $\$ 10$ to $\$ 30$. Hall bench, bamboo with cane seat, $\$ 170$. All at Altman's.

Page 100:
Top:
Screen printed coffee table, $34^{\prime \prime}$ square $\times 16^{\prime \prime}$ high, $\$ 300$ at Bell Designs. "Just Ducky" cotton pillows, $14^{\prime \prime}$ square, $\$ 5$ each at Altman's.

## Botom:

Screen printed cotton pillows, $10^{\prime \prime}$ square, $\$ 20 ; 18^{\prime \prime}$ square, $\$ 40 ; 34^{\prime \prime}$ square, $\$ 80$. At Bell Designs. Cotton quilted coverlet, $54^{\prime \prime} \times 75^{\prime \prime}$, $\$ 115$ at American Needlecrafts.*
Digital alarm clock by Caslon, white plastic case with black face, $\$ 20$ at Lucidity.
Adjustable arm lamp with baked enamel finish, $\$ 28$ at Superior Lamp. Ottoman of natural woven palm from Mexico, 18" diam. x 14" high, \$18 at The Gazebo
Reprocessed wool rug, $9^{\prime} \times 6,^{\prime} \$ 50$ at Altman's.

## Center right:

Hexagon table, $10^{\prime \prime} \times 11^{\prime \prime} \times 17^{\prime \prime}$ high, $\$ 50$ at Bell Designs.

## Page 101:

Half-moon tables, $34^{\prime \prime}$ square x $16^{\prime \prime}$ high, $\$ 300$. Large Parsons table, 22"
x $46^{\prime \prime} \times 22^{\prime \prime}$ high, $\$ 175$. Small Parsons table, $24^{\prime \prime} \times 28^{\prime \prime} \times 14^{\prime \prime}$ high, $\$ 125$. Storage chest/end table, $31^{\prime \prime} \times 151 / 2^{\prime \prime}$ $\times 12^{\prime \prime}$ high, $\$ 100$. Hinged box (on storage chest), $1 \overline{2^{\prime \prime}}$ square, $\$ 35$ Screen printed cotton pillows (see page 100). All at Bell Designs.
Baskets, $\$ 25$ to $\$ 165$, at Museum of the American Indian.
"Grill" stainless steel flatware with handpainted china handles, $\$ 6.50$ each at Rosenthal Studio Haus. Large blue worry beads, $\$ 20$ at Greek Island, Ltd.
Antique Chinese hexagon bowl, $\$ 500$ at Altman's. All china shown in table setting is from Altman's collection of one-of-a-kind Imari china, $\$ 3$ to $\$ 150$.

## HOOKED ON CROCHET

Page 106:

1. Crocheted pillow, $14^{\prime \prime}$ square, $\$ 35$ at Obelisk.
2. Afghan, $\$ 95$ to order from Genesis.
3. Crocheted pillow, $16^{\prime \prime} \times 11^{\prime \prime}, \$ 18.50$
at Elder Craftsmen.

## Page 107:

1. Crocheted throw, $46^{\prime \prime} \times 64^{\prime \prime}, \$ 65$ at Elder Craftsmen.
2. Crocheted pillow, $10^{\prime \prime} \times 12^{\prime \prime}, \$ 45$ to order at John Mascheroni.*
3. Crocheted throw, $4^{\prime} \times 6^{\prime}, \$ 120$. Oblong pillow, $\$ 35$. Both at Obelisk.
Crocheted afghan, $5^{\prime} \times 6^{\prime}, \$ 150$ to order from Thad Roberts.

## READY-TO-USE DECORATING

Page 108:
King size bedspread, lined draperies, bed canopy, pillows at Bloomingdale's this month. Later at I. Magnin, Mar shall Field, Burdine's, and Higbee's. Jean Michell Frank table, 32" wide x $171 / 2^{\prime \prime}$ deep x $22^{\prime \prime}$ high, $\$ 600$ at Karl Springer.* Rattan armchair with upholstered pad, $22^{\prime \prime}$ wide x $24^{\prime \prime}$ deep x $36^{\prime \prime}$ high, $\$ 248$ at Bielecky Brothers.* Bedside lamp of polished chrome, $9^{\prime \prime}$ high $\times \overline{12^{\prime \prime}}$ long, $\$ 70$. White plastic clock with black face, $\$ 35$. Both at $\overline{\text { Georg Jensen. "Cloverleaf" filigree }}$ hardboard window panels by Masonite, $4^{\prime} \times 8^{\prime}$ panels, about $\$ 8$ each. Sisal carpeting, $9^{\prime}$ widths, about $\$ 6$ square yard at Gimbels.

## Page 109:

1. Cocktail table, $36^{\prime \prime}$ diam. $\times 16^{\prime \prime}$ high, $\$ 118$. Dining table, $36^{\prime \prime} \times 60^{\prime \prime} \times$ $29^{\prime \prime}$ high, $\$ 188$. Cocktail table, $24^{\prime \prime} \times$
$48^{\prime \prime} \times 16^{\prime \prime}$ high, \$94. At W \& J Sloane. 3. Tripod lamp, 860 at W \& J Sloane. 4. Kona folding chair, $20^{\prime \prime} \times 191 / 2^{\prime \prime} \times$ 31 " high, $\$ 100$ at Luten-ClareyStern.*
2. Foam blocks, $28^{\prime \prime} \times 14^{\prime \prime} \times 14^{\prime \prime}, \$ 33$ each at Suburban Furniture.
3. Ottomans, $30^{\prime \prime}$ square $\times 15^{\prime \prime}$ high, $\$ 120$ each. By Selig.

## Page 110:

1. Wobble lamp, $\$ 16$ at George Kovacs.
2. "Enchantment" bedspread, $\$ 60$ for twin. Matching curtains, $90^{\prime \prime}$ long, $\$ 30$ pair. At Altman's.
3. Cube table/bed, $32^{1 / 2 \prime 2} \times 331 / 2^{\prime \prime} \times$ $17^{\prime \prime}$ high, opens to $78^{\prime \prime}$ long, $\$ 376$ at Euster Assoc.
4. Side chair, $16^{\prime \prime}$ square $\times 32^{\prime \prime}$ high, $\$ 115$. Blanket chest, $32^{\prime \prime} \times 19^{\prime \prime} \times 25^{\prime \prime}$ high, \$195. At Lord \& Taylor.
5. "Raindrops" Con-Tact, 18 " wide, 49c yard nationally.
6. Puff-up lounge chair, $24^{\prime \prime} \times 28^{\prime \prime} \times$
$34^{\prime \prime}$ high, $\$ 200$ at Euster Assoc.
7. Mushroom stools: $12^{\prime \prime}$ high $\times 12^{\prime \prime}$ diam., $\$ 19 ; 15^{\prime \prime}$ high $\times 14^{\prime \prime}$ diam., $\$ 20 ; 18^{\prime \prime}$ high x $18^{\prime \prime}$ diam., $\$ 25 ; 15^{\prime \prime}$ high x $20^{\prime \prime}$ diam., \$30. At Theodore's. 8. "Straight Arrow" Dimensional, $\$ 25$ at Macy's, New York and Jordan Marsh, Miami.

## 9. "Check-Mates" cubes, 16 " square

 x 171/s" high, \$52. By The Lane Co. 10. "Forest" environmental graphic, $\$ 30$ from Pandora Productions. 11. "Sultan" fabric, 54 " wide, 27 " repeat, Zepel finish, $\$ 4.50$ yard at Rich's. "Persian Garden" fabric, 54 " wide, $27^{\prime \prime}$ repeat, Zepel finish, $\$ 4.50$ yard at Woodward \& Lothrop.12. "Tropicana" bedspread with Fortrel filling, $\$ 100$ for twin. Matching curtains lined with sateen, $49^{\prime \prime}$ to $72^{\prime \prime}$ widths $\mathrm{x} 90^{\prime \prime}$ long, \$46. Matching headboard cover, $\$ 100$. All by Nettle Creek.
13. "Cleo" shower curtain of Celanese acetate, $6^{\prime} \times 6^{\prime}, \$ 13$ at Gimbels and Lord \& Taylor.

Page 111:
Woven rattan sofa, $82^{\prime \prime}$ long x $33^{\prime \prime}$ deep x $26^{\prime \prime}$ high, $\$ 585$ COM. Matching armchair, $36^{\prime \prime} \times 32^{\prime \prime} \times 29^{\prime \prime}$ high, $\$ 280$ COM. Matching ottoman, $36^{\prime \prime} \mathrm{x}$ $30^{\prime \prime} \times 15^{\prime \prime}$ high, $\$ 110$ COM. Campaignstyle peel chest, brass fittings, $20^{\prime \prime}$ square, $\$ 145$ set of 2 ( $17^{\prime \prime}$ square not shown) . Basket chair, $17^{\prime \prime} \times 18^{\prime \prime} \times 11^{\prime \prime}$ high, \$30. "Java" Belgian cotton fabric (tablecloth) by Hannett-MorrowFischer, $48^{\prime \prime}$ wide, $13^{\prime \prime}$ repeat, $\$ 15$ yard. Bench upholstered in velvet, $18^{\prime \prime}$ square, $\$ 180$. Antique pine table imported from Sweden, $301 / 2^{\prime \prime} \times 621 / 2^{\prime \prime}$ x $31^{\prime \prime}$ high, $\$ 895$. Chest imported from Italy, walnut with fruitwood inlay, $17^{\prime \prime} \times 43^{\prime \prime} \times 31^{\prime \prime}$ high, $\$ 395$. Antique blue platter from Japan, $\$ 35$. Antique bowl from Japan, $\$ 55$. Oval box from Japan, $\$ 30$. Pulkari throw from India (on sofa), $\$ 95$. Adjustable floor lamp of polished brass, \$145. All at Lord \& Taylor.

Ceramic fireplace tiles, $\$ 640$ at Edwin Jackson. Glazed stoneware tile, $8^{\prime \prime}$ hexagon $x 1 / 2^{\prime \prime}$ thick, from Structural Stoneware.
Wooden curtain rods and fittings by Kirsch.

## KIDS' LIB

Page 118:
Basic structure with 2 beds, $\$ 495$. Accessories: Teeter-totter $\$ 20$; desk $\$ 110$; casters $\$ 12$. Crocodile beanbag couch in green or snake vinyl, $\$ 60$. Swivel chair, $\$ 45$. Felt panel, $\$ 25$. At Children's Workbench, Higbee's, and Neiman-Marcus.

## Page 119:

4. Variation of basic structure with 2 beds, $\$ 395$. Wooden ladder/monkey bars, \$25. Bean bag chair, \$50. At Children's Workbench, Higbee's, and Neiman-Marcus.
Luxo adjustable arm lamp, $\$ 28$ at Superior Lamps.
5. Storage shelves, $\$ 200$. Crocodile and frog vinyl pillows, $\$ 20$ each. Orange vinyl octopus bean bag, $\$ 10$. Lion pillow, $\$ 12$. Wildcat and kittens, \$12. At Children's Workbench, Higbee's, and Neiman-Marcus.
Hop Scotch rug, $3^{\prime \prime} 6^{\prime \prime} \times 6^{\prime} 4^{\prime \prime}, \$ 75$. By Regal.
Show 'N Tell Phono-Viewer by General Electric, $\$ 30$ at Abraham \& Straus.

SWitched-on kitchen
Page 120:
Shelves:
"Red Poppy" glazed earthenware from Italy, 5 -piece place setting $\$ 18$, sugar and creamer $\$ 13$, coffee pot $\$ 13.50$, chop plate $\$ 13.50$, oval platter $\$ 19.50$. At Mayhew.
"Cherry" glazed earthenware from Italy, 5-piece place setting $\$ 14$, teapot $\$ 10$, sugar and creamer $\$ 8$. "Paris" stainless steel flatware with plastic handles, $\$ 1.25$ each. All at La Cuisinière. Finel cobalt blue enamel-on-steel bowl, $91 / 2^{\prime \prime}$-diam., $\$ 5.50$ at Design Research.
Ovenproof pottery lidded casseroles in woodgrain pattern, 3 -qt., $\$ 22 ; 1^{1 / 2}$. qt., \$14. At La Cuisinière.
Yellow Haitian palm baskets: softdrink caddy, $101 / 2^{\prime \prime}$ long x $61 / 2^{\prime \prime}$ wide x $3^{\prime \prime}$ high, $\$ 7$; round basket, $8^{\prime \prime}$-diam. $x 4^{\prime \prime}$ high, $\$ 9$; oval basket, $13^{\prime \prime}$ long $x$ $8^{\prime \prime}$ wide $\times 3^{\prime \prime}$ high, $\$ 5$. All at Bloomingdale's.
Corning Ware baking dishes, $\$ 5$ to \$6. By Corning Glass at Macy's.
"Rouen" crystal water goblets, $\$ 5.50$ each, and wine glasses, $\$ 4$ each. Crystal Old Fashioneds and highballs, $\$ 2$ each. All at La Cuisinière.
"Automatic Timer" stand mixer by Hamilton Beach, 1- and 3-qt. stainless steel bowls, 9 push-button controls, $\$ 50$ at Macy's.
Clear plastic canisters, $\$ 7.50$ to $\$ 12$, and recipe holder, $\$ 4$, to mount on the wall, at Gimbels.
Wooden mortar and pestle, $5^{\prime \prime}$ high, $\$ 4$ at Bazar Français.

Wooden cooking utensils, $\$ 1$ to $\$ 8.50$ at Altman's.
Natural Haitian palm wine carrier (holding utensils), $5^{\prime \prime}$ high, $\$ 7$ at Bloomingdale's.
Woven wood hanging baskets with clear plastic lining, $13^{\prime \prime}$ wide $\times 63 / 4^{\prime \prime}$ deep, $\$ 5$ at Nancy's Fancy.
"Linear" yellow and white plastic ice bucket, 4 -qt. capacity, $\$ 10$. Matching tray, $12^{\prime \prime}$ diam., $\$ 18$. Both at Bloomingdale's.
Thinline electric ice crusher, $\$ 25$ by Swing-A-Way.
Lucite assemble-it-yourself wine rack for 9 bottles, $131 / 2^{\prime \prime}$ wide $\times 9^{\prime \prime}$ deep x $91 / 4^{\prime \prime}$ high, $\$ 35$ at Tablerie.
Deluxe automatic blender by General Electric, 8-speed solid-state control, 32 -oz. blending capacity, $12^{\prime \prime}$ high, $\$ 45$ at Jordan Marsh, Boston.
Stainless steel sink by Eikay. "Butcher Block" plastic laminate on countertops by Nevamar. Slatetone Coronelle vinyl Corlon flooring by Armstrong. Bifold doors by U. S. Plywood.
Compact refrigerator with freezing compartment by Amana, $4.3 \mathrm{cu} . \mathrm{ft}$. capacity.
Undercounter dishwasher by Frigidaire.
Freezer by Norcold, $5 \mathrm{cu} . \mathrm{ft}$. capacity.

## Table:

Corning Ware 10 -cup electric percolator, $\$ 30$. Pyrex 2 -qt. serving pitcher, \$3. By Corning Glass at Macy's. Deluxe waffle baker/grill by Toastmaster, Teflon coated, $141 / 2^{\prime \prime}$ square, $\$ 35$ at The May Company, Los Angeles.

## Page 121:

Shelves:
"Nesco" electric deep fryer by Hoover, 4 -pint capacity, self-draining fry basket, $81 / 2^{\prime \prime}$ high, $\$ 30$ at Woodward \& Lothrop.
Electric 2-burner portable range by Presto, $\$ 32$ at Macy's.
Finel yellow enamel-on-steel cookware: 8 -cup percolator, $\$ 15 ; 2^{1 / 2-q t}$. casserole, $\$ 9 ; 11 / 2$-qt. saucepan, $\$ 7.50$; 2-qt. saucepan, $\$ 8.50$. All at Design Research.
Electric cooker/deep fryer by Sunbeam, Teflon interior, fry basket, $71 / 2^{\prime \prime}$ high, 5 -qt. capacity, $\$ 35$ at Marshall Field.
Deluxe portable broiler-oven by Ronson, $\$ 55$ at Macy's.
Gourmet electric frypan by Sunbeam, Teflon interior, $93 / 4^{\prime \prime} \times 12^{\prime \prime}, \$ 30$ nationally at True Value and $V$ \& $S$ hardware stores.
Round stainless steel eloctric frypan by Sunbeam, $111 / 2^{\prime \prime}$ diam., $\$ 35$ at Marshall Field.
Deluxe Toast-R-Oven by General Electric, $15^{\prime \prime}$ long $\times 81 / 2^{\prime \prime}$ wide $\times 71 / 2^{\prime \prime}$ high, $\$ 39$ at Jordan Marsh, Boston.
Electric multi-cooker frypan by Sunbeam, Teflon interior, $111 / 2^{\prime \prime}$ square, $\$ 32$ nationally at True Value and V \& S hardware stores.

Continued on the next page


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Stainless steel electric teakettle by Toastmaster, $21 / 2$-qt. capacity, $\$ 14$ at The May Company, Los Angeles. Baconer grill by Westinghouse, Tef-lon-coated grid, $\$ 20$ at Abraham \& Straus.
Wooden cutting board, $12^{\prime \prime} \times 18^{\prime \prime} \times 2^{\prime \prime}$ thick, $\$ 17$ at Bazar Français.
Electric citrus juicer by Braun, $\$ 21$ at Bloomingdale's.
Electric coffee mill by KitchenAid, $\$ 28$ at Hammacher Schlemmer.
Portable radio by Hitachi, works on batteries or house current, $5^{\prime \prime}$ high, $\$ 23$ at Macy's.
Baskets on top shelves from the Greenery. Yellow Haitian palm basket on cutting board, $8^{\prime \prime}$ diam., $\$ 4$ at Bloomingdale's.

Lower right:
Butcher-block table, $48^{\prime \prime}$ diam. x $29^{1 / 2 \prime \prime}$ high x $2^{\prime \prime}$ thick top, $\$ 173$ at The Butcher Block.
Spanish Colonial high back chairs with natural wood finish (shown painted) and rush seats, $\$ 20$ each at The Door Store.

Page 122:

1. Woven wood baskets, $10^{1} / 2^{\prime \prime}$ diam. $\times 71 / 4^{\prime \prime}$ high, $\$ 4.50$ each at Basketville.
2. "Cosmopolitan" Superb hot tray by Salton, $29^{\prime \prime}$ wide x $151 / 4^{\prime \prime}$ deep, $\$ 48$ at Bloomingdale's.

COOKBOOK COVER
Page 123:
Table:
Patchwork quilt, $\$ 175$ at Ronaldo Maia.
Butcher-block lazy Susan, $18^{\prime \prime}$ diam. x $\quad 1^{1 / 2 \prime \prime}$ thick, $\$ 25$ at The Butcher Block.
Swedish crystal bowl, 11 $3 / 4$ " diam. x $31 / 2^{\prime \prime}$ high, $\$ 18.50$ at Seabon Scandinavian Imports.

Serving shelf:
Deluxe bun warmer by Salton, $\$ 9$ at Bloomingdale's.
Electric 5-qt. Country Kettles by West Bend, Teflon interior, $\$ 30$ each at Gimbels.

ADDRESSES OF STORES mentioned throughout this issue
abraham \& straus, 420 Fulton St., Brooklyn, N. Y., 11201
altman's, Fifth Ave. at 34th St., New York, N. Y., 10016
basketville, Putney, Vt., 05346
bazar français, 666 Sixth Ave., New York, N. Y., 10010
bloomingdale's, Lexington Ave. at 59th St., New York, N.Y., 10022
burdine's, 22 E. Flagler St., Miami, Fla., 33101
the butcher block, 298 Bowery, New York, N. Y., 10012
children's workbench, 470 Park Ave. South, New York, N. Y., 10016
design research, 53 E. 57th St., New York, N. Y., 10022
the door store, 210 E. 51 st St., New York, N. Y., 10022
edwin Jackson, 315 E. 62nd St., New York, N. Y., 10022
elder craftsmen, 850 Lexington Ave., New York, N. Y., 10021
euster associates (Modern Furniture Barn), 430 Bedford Rd., Route 22, Armonk, N. Y., 10504
the gazebo, 1369 First Ave., New York, N. Y., 10021
genesis, 1049 Madison Ave., New York, N. Y., 10028
george kovacs, 831 Madison Ave., New York, N. Y., 10021
georg jensen, 601 Madison Ave., New York, N. Y., 10022
gimbels, Broadway \& 33rd St., New York, N. Y., 10001
greek island, ltd., 215 E. 49th St., New York, N. Y., 10017
hammacher schlemmer, 147 E. 57 th St., New York, N. Y., 10022
higbee's, Public Square, Cleveland, Ohio, 44113
I. Magnin, Union Square, San Francisco, Calif., 94108
jordan marsh, Washington \& Avon Sts., Boston, Mass., 02107
jordan marsh, 1501 Biscayne Blvd., Miami, Fla., 33132
la cuisintère, 903 Madison Ave., New York, N. Y., 10002
lord \& taylor, 424 Fifth Ave., New York, N. Y., 10018
lucidity, 959 Second Ave., New York, N. Y., 10021
macy's, Herald Square, New York, N. Y., 10001
marshall field, 111 N. State St., Chicago, IIl., 60690
the may company, Broadway, Hill \& 8th Sts., Los Angeles, Calif., 90014
mayhew, 509 Park Ave., New York, N. Y., 10022
museum of the american indian (The Museum Shop), Broadway at 155th St., New York, N. Y. 10032
nancy's fancy, 900 First Ave., New York, N. Y., 10022
neiman-marcus, Main \& Ervay Sts., Dallas, Tex., 75201
obelisk, 133 E. 56th St., New York, N. Y., 10022
pandora productions, 117 Vicksburg Lane North, Wayzata, Minn., 55391
rich's, Broad \& Alabama Sts., P. O. Box 4539, Atlanta, Ga., 30302
ronaldo maia, 27 E. 67th St., New York, N. Y., 10021
rosenthal studio haus, 584 Fifth Ave., New York, N. Y., 10036
seabon scandinavian imports, 54 E. 54th St., New York, N. Y., 10022
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woodward \& Lothrop, 11th \& F Sts., Washington, D. C., 20013

## uilding facts

## MATEIRIALS ANID EQUIPMENT USED IN THE \$11,200 HOUSE (page 112)

contractor: Alexis Moser materlals supplier: Charles Di Prizio Lumber Co.
SIZE of HoUse: 1,300 square feet SIZE OF LOT: 90 by 165 feet

## STRUCTURE

Foundation: Concrete piers and steel reinforced concrete grade beam.
Framing: Wood frame balloon wall construction (2-by-4-inch studs) ; bolted wood truss roof construction (4-by-8-inch rafters, 2 -by-6-inch and 2-by-4-inch struts).

## EXTERIOR OF HOUSE

Exterior walls: Rough sawn, tongue and groove, vertical 8-inch spruce boards over diagonal 1 . inch planking.
Exterior finish: Silver gray weathering stain by Samuel Cabot, Inc.
Roof: Black asphalt shingles over $5 / 4$-inch tongue and groove decking.
Insulation: In exterior walls, 3 -inch-thick, foil-backed, glass fiber batts by Atlas Co.; on roof, 1 inch, rigid, insulating board by JohnsManville Corp.
Windows: Wood frame, horizontal sliding sash by Andersen Corp. and Caradco, Inc. Insulating glass clerestory sash by Shaw Glass Co. Doors: Exterior, solid core, flush mahogany doors; interior, hollow and solid core flush doors.

## INTERIOR OF HOUSE

Interior walls: Dry wall "Sheetrock" gypsum board by U.S. Gypsum Co. and "Gold Bond" gypsum board by National Gypsum Co. In living room, tongue and groove horizontal pine boards on one wall.
Ceilings: In all major rooms, V. joint, tongue and groove pine boards. In bathroom, "Sheetrock" gypsum board by U.S. Gypsum. Floors: In living room, oak strip flooring by E. L. Bruce Co.; in kitchen, vinyl tile; in bathroom, ceramic tile; in bedrooms, carpet tile.
Lighting fixtures: In living room, three 150 -watt floodlights; other fixtures made by owners.
Fireplace: Cast-iron Franklin stove.
Hardware: Brass finish by Eaton, Yale \& Towne, Inc.
Kitchen cabinets: Wood, built by owners.
Kitchen and bathroom countertops: "Textolite" plastic laminate by General Electric Co.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Range by General Electric Co., refrigerator by Westinghouse Electric Corp.
Hot water heater: 40 -gallon capacity by Day \& Night Mfg. Co. Heating system: Oil fired, forced warm air system. Furnace by Sears, Roebuck \& Co.

# Who ever heard of guaranteeing cookware for 15 years? 

 Ekeo did. And Ekeo does*Exclusive and striking! Jet black ceramic decora. tions bonded permanently to stainless steel.
Fry, bake, boil up a beautiful feast in Criteria's three. ply construction . . . featuring a special sealed-in heat core that cooks faster and more evenly.
Shown, 7 -piece set: 1 qt . and 3 qt . covered saucepans, 6 qt . covered saucepot, $103 / 4$ " skillet (saucepot cover fits). Price $\$ 44.95$. A most-welcomed gift item. Also available in 6 and 10 piece sets. 16 open stock items priced from $\$ 8.95$.
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[^4]

Especially for a lady
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## Pennsylvania House $\mathrm{C}_{\mathrm{a}} \mathrm{a}$

SWITCHED-ON DRINKS continued from page 133

2/3 cup apple juice

## 3 cups scalded milk

Beat egg whites with mixer until stiff. Whip cream in blender and set aside. Put egg yolks, sugar, salt, cinnamon, nutmeg, and apple juice in blender, cover, and run until sugar is dissolved. With motor running, add milk slowly. When well blended, pour over egg whites and quickly fold together. Serve hot, topped with whipped cream. Makes 1 quart.

IN A MICROWAVE OVEN: Make hot chocolate right in the mug. Fill a large mug with your favorite hot chocolate mixture. Heat in microwave oven $11 / 2$ minutes.
in a cooking stirieir (Teflon-coated electric saucepan with its own stirring rod) : Make hot buttered rum. Set cooking stirrer at $250^{\circ}$. Put 1 teaspoon sugar and $3 / 4$ cup water in pan and stir on medium speed until dissolved. Remove from heat. Add $1 / 2$ cup dark rum, stir, and return to heating unit. Pour into whiskey glasses or mugs and put $1 / 2$ tablespoon butter and freshly grated nutmeg on top of each. Serves 2.
in a Juice extractor: Make a Russian Mary. Use a juice extractor to make beet juice-one pound cooked beets will yield about 1 cup juice. Combine 1 cup beet juice with 3 ounces vodka, 2 teaspoons lemon juice, 2 tablespoons sour cream, and 2 ice cubes in blender container and blend until smooth. Strain into glasses. Serves 2.

In a Coffee makert: Make Hot Mulled Party Punch.
$11 / 2$ quarts cranberry juice
2 quarts apple cider or juice
$1 / 2$ cup brown sugar
$1 / 2$ teaspoon salt
4 cinnamon sticks
$11 / 2$ teaspoons whole cloves
Rum (optional)
Pour fruit juices into 36 -cup coffee maker. Place sugar, salt, cinnamon sticks, and cloves in basket. Plug in and perk. When perking cycle is completed, remove basket assembly. Serve hot, spiked with rum if desired. Makes 40 punch-cup servings.

IN A CHAFING DISH: Make Café Brûlot.
6 sugar lumps
8 whole cloves
1-inch piece of cinnamon stick
Zest of 1 lemon, slivered
Zest of 1 orange, slivered
6 jiggers cognac
4 demitasse cups strong coffee
Put sugar, cloves, cinnamon stick, lemon and orange zest in chafing dish. Warm the cognac and ignite, pour into chafing dish, and stir until well blended. After 1 or 2 minutes, gradually pour in coffee and stir briefly. Strain into demitasse cups or traditional Brûlot cups. Serves 4.

WITH AN ICE CRUSHER: Make liqueur frappés. Crush ice and shape into mounds in parfait or compote dishes. Saturate each mound with cream sherry, Kahlúa, crème de menthe, or an orange liqueur. Serve with almond wafers.


## What you will

 need to builda
## switched-on kitchen

Stock sizes, ready-made equipment, simple construction techniques make closets easy to build anywhere, any size.


House \& Garden's switched-on kitchen (pages 120-122) can be built in almost any space, but the two closets, above, are both 10 feet long, 25 inches deep. They were added to the room by building two new walls 25 inches out from existing ones. Building materials, hardware, and other equipment are all stock designs and in sizes available from any well-stocked lumberyard and hardware store.

## What gou will need to <br> duplicate the closets

To frame new walls: eighteen 2-by-4s, 8 feet long; four 2-by-8s for headers for door openings. To cover framing: four sheets of $3 / 4$-inch-thick Sheetrock. For closet doors: in each closet, two
sets of 5 -feet-wide bifold doors. These must be rehinged to work in a 10 -foot-wide opening. You will need five sets of new hinges to match those on the doors. For the small appliance closet, see sketch, left, bifold doors are cut Dutch-door fashion. For lighting: in each closet, a 4 -foot-long fluorescent ceiling fixture hung from the original ceiling. To diffuse light, in each closet a panel of translucent plastic, 20 by 40 inches, inserted in the new closet ceiling. For countertops: in each closet, 3-by-10-foot "Butcher block" pattern plastic laminate. In pull-out serving counter, one 3-by-10-foot sheet of white plastic laminate and two sets of 20 . inch-long drawer slides. For construction of lower section of small appliance counter with pull-out sections: for counter-tops-five sheets of 3 -inch plywood; slide-out trays; and dividers. For each of three undercounter slide-out trays-one set of 20 -inch drawer slides. Vents in new ceiling: two small, bath-room-size vents to clear away cooking fumes. (We placed the small appliance closet on an outside wall to simplify venting by cutting through outside wall.) Shelves in small appliance closet: one, 9 feet 10 inches long; the other two, 3 feet long. All 16 inches wide. Shelves in other closet, with sink: one, 9 feet 10 inches long; one, 4 feet long; two, 2 feet long. All, $111 / 2$ inches wide. 1 -foot shelf brackets held up by 3 -foot-long standards.

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*EKCO FLINT CUTLERY GUARANTEE: If this product fails due to defects in workmanship or material within 15 years, Ekco will replace or provide equivalent substitute at no charge.


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[^5]
## Anintroduction to the simple art of crochet

For this craft, you will need only hook, yarn, and a few repetitive stitches that will soon go like lightning.


Instructions for duplicating the antique crochet pillow cover from Paris, page 104 and the old-time granny afghan, page 105 , were devised by needlework designer Ray Rogers. To follow them, beginners will need to familiarize themselves with crochet's signs and vocabulary. For instance, read right past a first asterisk; the second one signals you to hark back to the first one and to repeat the directions that follow it. Information in parentheses is a method of checking, shows what you should have if you have followed directions correctly. To "break off" is to cut off old color and tie a knot; to "tie in" is to knot-in a new color.

## CROCHET ABBREVIATIONS

beg $=$ beginning
$\mathrm{ch}=$ chain $\mathrm{dc}=$ double crochet dec $=$ decrease rep $=$ repeat
rnd $=$ round
$\mathrm{sc}=$ single crochet slst $=$ slip stitch $\mathrm{st}=$ stitch yo = yarn over hook

## BASIC CROCHET STITCHES

Chain (eh): Make a slip knot, insert hook, yarn over hook (yo), draw yarn through. Repeat (rep) if indicated.
Slip stiteh (sl st): Insert hook through chain (ch) or stitch (st), yarn over hook (yo), and draw through 2 loops.

Simgle erochet (sc): Insert hook through chain (ch) or stitch (st), yarn over hook (yo), draw yarn through, yo, and through the remaining 2 loops.

Double crochet (de): Yarn over hook (yo), insert hook through chain (ch), or stitch (st), yo, draw yarn through, yo, and through 2 loops, yo and through the remaining 2 loops.

Note: For this pillow and afghan, you will always begin a round (rnd) with a ch 3 , which will substitute for the first dc in the first group of $4 d c$. ( 1 ch $3+3 d c=4 d c$.) Always end round with a sl st in the third ch of the ch 3 at beg of rnd unless otherwise specified.

## HOW TO CROCHET A PILLOW COVER

Materials: Sport Yarn Weight, four 2-ounce skeins, one for each of four colors, hereafter known as colors A, B, C, and D. Crochet hook, aluminum or plastic size F or steel $\# 5$.

Size: Approximately 15 inches.

Direetions: Starting with color A ch 6. Join with a sl st to form a ring. Rnd 1: Work 14 dc in ring. Rnd 2: Break off color A and tie in color B. Work " 3 dc , ch 1, skip a st, rep from "around ( 7 groups of 3 dc ). Rnd 3: Break off color B and tie in color C. * Work 2 dc in ch 1 of previous rnd. Ch 1, work 2 dc in middle of st of 3 dc of previous rnd, ch 1 . Rep from * around ( 14 groups of 2 dc, ch 1). Rnd 4: Break off color C, tie in color D in ch 1 space of previous rnd. "Ch 4 loosely. Work 1 sc in next ch 1 space of previous rnd. Rep from * around forming 14 loops. Rnd 5: Continuing with color D, work 1 sl st in each of the next 2 sts of chain. This will bring you to the center of the loop." Ch 4 loosely and work 1 sc in center of the next loop. Rep from * around. End with a sl st in base of first loop ( 14 loops in all). Rnd 6: Break off color D, tie in color A in center of loop of ch 4 of previous rnd. Work 4 dc over each loop around ( 14 groups of 4 dc ). Rnd 7: Break off color A, tie in color B at center of group of 4 dc of previous rnd. " Ch 6 loosely and work 1 sc at the center of group of 4 dc of previous rnd. Rep from * around ( 14 loops).

Rnd 8: Work 1 sl st into each of the first three sts of ch 6 of the previous rnd to get to center of ch 6 loop. "Ch 6 loosely and work 1 sc at the center of loop of ch 6 of previous rnd. Rep from * around ( 14 loops). Rnd 9: Break off color B, tie in color C over loop of previous rnd. "Work 5 dc , ch 1 . Rep from " around. Rnd 10: Break off color C, tie in color D in ch 1 space of previous rnd. * Work 3 dc in this ch 1 space, then work 1 dc in spaces between the 5 dc of previous rnd ( 4 dc in all). Rep from * around ( 98 dc in all).

Rnd 11: Continue with color D. "Ch 6 loosely, skip 2 sts and fasten to third st with a sc. Rep from * around ( 32 loops). Rnd 12: Continue in color D. Work 1 sl st in each of the next 3 sts (to center of loop). *Ch 6 loosely and work 1 sc at the center of loop of ch 6 of previous rnd. Rep from * around ( 32 loops). Rnd 13: Break off color D, tie in color A over loop of the previous rnd. Work 5 dc in each loop around. Rnd 14: Continue in color A. Work 1 sl st in each of the next 2 sts of previous rnd (to center of group of 5 dc ). * Ch 6 loosely and connect with a sc into the center of the next group of 5 dc . Rep from " around ( 32 loops). Rnd 15: Break off color A, tie in color C. "Work 5 dc in each loop of previous rnd. Rep from * around ( 32 groups). Corners: Break off color C, tie in color $B$ between the first and second dc of previous rnd. "Work 1 de here and in between each of the next 14 dc ( 15 dc in all). Ch 2 and turn. Work back along row with dc and make double decreases (see note below) at each end of each row until one dc remains ( 6 rows). Tie off. Skip 5 groups of 5 dc of previous rnd, tie in color to begin second corner. Rep from *until all 4 corners are made.

Continued on the next page


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> BEFORE \& AFTER ROOM CONTEST CASH PRIZES WINNERS' ROOMS PICTURED NEXT ISSUE ENTRY blank INSIDE

House \& Garden's REMODELING GUIDE, Spring-Summer 1971, is your opportunity for national recognition of all the thought, hard work, time and money you're investing to make your home more attractive and convenient.
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## INTRODUCTION TO CROCHET <br> continued from preceding page

Note: Mr. Rogers suggests double decreases for corners as follows. To decrease at beg of row: ch 2, yo, insert hook into next st, pull yarn through, yo, insert hook into second st, pull yarn through, yo, pull yarn through 3 loops, yo, pull yarn through remaining 3 loops. To decrease at end of row: Work to within the last 2 sts of row, yo, insert hook into next st, pull yarn through, yo, insert into last st, pull yarn through, yo, pull yarn through first 3 loops, yo, pull through last 3 loops. Ch 2, turn and make decrease for beg of row.

HOW TO CROCHET A GRANNY AFGHAN


Materials: Knitting Worsted, six 4-ounce skeins of red, and four 4-ounce skeins of black. Crochet hook, aluminum or plastic size F or steel \#5.

Size: Approximately 40 by 60 inches. Afghan is made with ninety-six 5 -inch squares. Each square is made with 3 rnds of red yarn and a fourth rnd of black yarn.

Directions: Starting with red yarn ch 6 . Join with a sl st to form a ring. Rnd 1: Work 16 dc in ring. Rnd 2: Work * 4 dc , ch $1,4 \mathrm{dc}$, ch 1 , in same space between 2 dc of previous rnd. Skip 4 dc, rep from * around ( 8 groups of 4 dc ). Rnd 3: Work * 4 dc, ch $1,4 \mathrm{dc}$, ch 1 , in same space of ch 1 of previous rnd. Skip 4 dc . Work 4 dc, ch 1 , in next space of ch 1 of previous rnd. Skip 4 dc. Rep from ${ }^{*}$ around ( 12 groups of 4 dc ). Rnd 4: Break off red yarn, tie in black yarn in corner space between 2 groups of 4 dc . Work ${ }^{*} 4 \mathrm{dc}, \mathrm{ch} 1,4 \mathrm{dc}, \mathrm{ch} 1$ in this space to form first corner. Rep from * in next two ch 1 spaces of previous rnd to form first side. Rep from * around to form remaining 3 corners and sides ( 16 groups of 4 dc ).

Finishing: Sew, weave, or sl st squares together to form an afghan 8 squares wide by 12 squares long.

## CROCHET ABBREVIATIONS

| beg=beginning | rnd=round |
| :--- | :--- |
| ch=chain | sc=single crochet |
| dc=double crochet | sl st = slip stitch |
| dec=decrease | st =stitch |
| rep $=$ repeat | yo = yarn over hook |

beg=beginning ch=chain $\mathrm{dc}=$ double crochet dec $=$ decrease rep $=$ repeat
rnd $=$ round
$\mathrm{sc}=$ single crochet
st $=$ stitch
yo $=$ yarn over hook

## THESE TWO WOMEN ARE REDUCING THEIR WAISTS, TUMMIES, HIPS AND THIGHS

Miss Carol Arrighi: "I used your marvelous trim-jeans a few minutes a day for 3 days in a row and reduced my waist from 26 to 24 , my tummy from 31 to 29 , my hips from 36 to 34 and my thighs from 23 to 21. My new measurements are just perfect for my height and it is just unbelievable that it took so little time and effort."

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trim-jeans.
 moments - about 10 minutes or so - doing movements. Penny is movements, Penny is now relaxing for an adwhile keeping her trim while keeping her trim there is to it there is to it.


Penny now slips her trim-jeans off and checks her 'after' markable! Penny. Iost 1 inch from waist inches from tummy 1 inches from tummy, inches from each thigh for a total measurement loss of 7 inches in just oss of 7 inches in jus

PENNY DIX
"Incredible! I lost 7 full inches from my waist, hips and thighs the very first day I tried trimjeans. Altogether I used them just 3 times and lost a total of $111 / 4$ inches. The inches melted off so rapidly and right where I wanted to lose them: 2 inches off my waist, $21 / 4$ inches off my tummy, 2 inches off my hips and $21 / 2$ inches off each thigh. No dieting, no discomfort and thanks to my trimjeans my figure has never looked better."

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without grease. Heat without grease. Heat pan
place meat on ribbed bot place meat on riwbed bot
Drippings drain away-flavo sealed in. Measures 11 im across top.
No. 190 - Broile

Malling $\$ 1.85$

I KNOW YOU BELIEVE YO UNDERSTAND WHAT YOU THIN I SAID, BUT I AM NOT SURE YO REALIZE THAT WHAT YOU HEAR IS NOT WHATI MEANT. 。

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Your most hastily arranged flowers will look as if they just placed first in the Garden Club Show. Use one for dramatizing a treasured figurine. Black resewood bases are hand-carved in traditional Oriental motifs. Low base, $4^{\prime \prime}$ inside diam., $\$ 2.50$. Footed base with $4^{\prime \prime}$ inside diam., $\$ 6.75$. Ppd. Other sizes available. Send for free brochure. (Quantity Discount Allowed)
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STRAWBERRIES COMING Climbing strawberries are amaz-ing-plant in early Spring and 90 days later-say, July-you can be eating luscious juicy berries. Easy to plant and grow they produce until frost. Train on trellis or pole. Four plants $\$ 1$, ten $\$ 2$. Add 25 c post. Not available anywhere else in U.S. Climbing Strawberries, Dept. AX-38, Car bondale, IL 62901.

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Expandable steel shelves on firm locking legs give extra storage space in kitchen, tool shop or laundry; are great on a desk for books. Expand from $14^{\prime \prime}$ to $26^{\prime \prime}$ wide and are $6^{\prime \prime}$ high, $9^{\prime \prime}$ deep. Stack or use as half shelves between crowded larger ones. \$1.98 ea.; two, $\$ 3.49$ ppd. Walter Drake, HG-08 Drake Bldg., Colorado Springs, CO 80901.


GOLF GAG
Your golfer friends will get a chuckle out of this plaque. $61 / 2^{\prime \prime}$ by $53 / 8^{\prime \prime}$. In walnut wood-tone, it's a fun kind of trophy for the trophy-less. Ready to hang in playroom or den or keep as a spoof in clubhouse locker. \$1.98 plus 25 c post. Anthony Enterprises, HG4, 585 Market St., San Francisco, CA 94105.


STOP, LOOK, TRUMPET
Sure to get a smile-and we could all use one. Hang it near your bar where the pink ones gather or plant it on lawn or driveway. Yellow with raised black lettering sturdily made of heavy cast iron. $93 / 4^{\prime \prime}$ by $6^{\prime \prime}$. $\$ 2.98$ plus 50 c postage. Order from J. P. Darby, HG4, 2463 Engel St., Hicksville, NY 11802.


STYLE SETTER
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With self-stick address labels on your correspondence! Old Glory in red, white and blue glorifies return address or any message up to 20 letters per line, four lines printed in blue on white. $1 / 2^{\prime \prime}$ by $13 / 4^{\prime \prime}$. Plastic slide dispenser. $225, \$ 4 ; 450$ (alike), $\$ 6$; 1000 , \$12. Ppd. Order from Bruce Bolind, HG4, Bolind Bldg., Boulder, CO 80302.

18TH CENTURY QUARTET Ornate gilt plaque of intricate open work leaves is a treasure in the French manner. The full color reproductions include Marie Antoinette and Louis XV and Don Manuel Osorio. These are under glass and may be replaced by your own family pictures. $15^{\prime \prime}$ by $8^{\prime \prime}, \$ 3.98$ plus 75 c post. Harriet Carter, HG4, Plymouth Meeting, PA 19462.

HI HO TIGER
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Lap desk rests securely on chair arms and is perfect for writing, keeping books off aching knees, cards, needlework. Top is birch, sliding leg, pine with screws to adjust for comfortable height Folds to $32^{\prime \prime}$ by $24^{\prime \prime}$ by $2^{\prime \prime}$. Hand finished in honey or maple, antique pine or walnut. $\$ 20.25 \mathrm{ppd}$. Add \$1 w. of Miss. Yield House, HG4, No. Conway, NH 03860.

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SHOPPING AROUND
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## Gardener's notes

BY JAMES FANNING



FOIR A SUMMEEIE-LGNG DISPLAY OF FLOWEIRS, start your pot plants early. One that should be started now for rich rewards in July and August is Achimenes, a member of the gloxinia-African violet family with many shades of coloring, handsome leaves, and a very agreeable disposition. Achimenes grows from tubers like tiny pine cones. These should be planted at the rate of a dozen to an 8 -inch pot, in a fairly loose soil containing plenty of humus. Set the planted pots where the temperature will stay around sixty degrees, and keep moist but not wet until the sprouts appear. Then move them to where they will be warmer and brightly lighted, and don't stint on feeding and watering. They flower best in bright light as long as it is not scorching hot sunshine. Without actually trailing, the stems arch gracefully, so this is a good plant for hanging baskets and window boxes. Blue, pink, red, white, and yellow are available, but most floriferous of all is the species grandiflora, ABOVE, sometimes labeled Purple King, which describes the color. Pots should dry out when blooming season ends, then be kept cool but not freezing until time to start them growing again. Tubers and seeds may be ordered from George W. Park Seed Co., Inc., Greenwood, S.C., 29646.

A SACCER OF BEER MEANS CERTAIN DEATH to slugs if set on the ground in an area infested by the slimy pests. Not, let us hasten to add, that the beer itself is toxic. It's simply that the slugs craul into the sancer to slake their thirst, fall in, and drown.The great advantage of this method of slug eradication is that it doesn't involve amy danger to any other living thing.

DIVERSIFICATION MAY BE THE ANSWER to a lot of garden problems. The reason for this is that a large group of a single kind of plant makes it easy for pests attacking that particular plant to get a foothold and stage a really damaging assault. Plants in smaller groups interspersed with different species make it difficult for the insects and disease to build up a concentrated attack. This is one of the points made by Hamilton Tyler in Organic Gardening Without Poisons (Van Nostrand-Reinhold, \$7.50): Mr. Tyler says he uses no pesticides of any kind in his own garden but he is broad-minded enough to recommend some of the safer kinds (pyrethrins, etc.) to gardeners who feel they must have them. The book is also a first-rate garden primer, with lucid talk about soils, water, fertilizer, and other basics.


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