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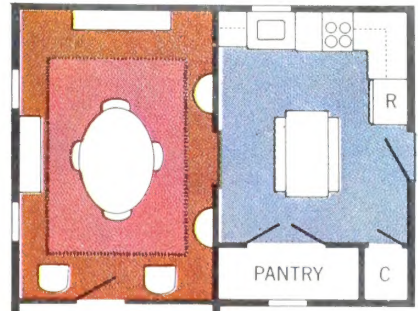
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How to get more living from the living space you've got

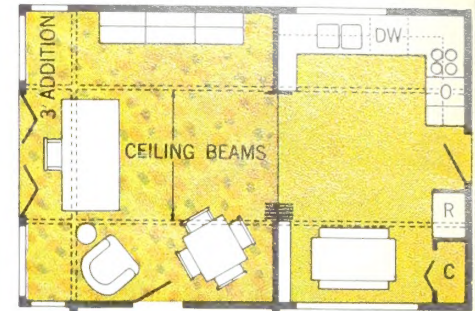
When home gets a little too cramped for comfort, it's not so easy to up and move. So most people redo, redecorate, revive. That's the challenge we gave our Armstrong interior designers. "Here are two rooms," we said, "a small dark kitchen and a drab dining room. Make the most of them!"

On these four pages, we'll show you how they combined the two small rooms into a beautiful, functional living center. How they got more out of the kitchen. And how they turned the old dining area into an ingenious convertible room.

Only part of their solution is structural change (see floor plans at right). The rest is imagination, decorative daring, and



Before: Two too-small rooms. The kitchen and dining room.



After: A beautiful living center. More space. More light. More life.

some exciting Armstrong products—floors, ceilings, carpet and Thomasville furniture.

It all starts in the kitchen with a new kind of floor that gives you a lot more than just good looks.

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For women who hate to wax

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

The result is Solarian. And its secret is a major new development from Armstrong research called the Mirabond™ Wear Surface. Because of this entirely new formulation, Solarian will retain its gloss far longer than vinyl floors.

Tested in homes like yours

Armstrong has tested Solarian floors in the busy kitchens of actual homes for two years. With just occasional sweeping, damp-mopping—and no waxing—these floors are still bright and shining.

Most waxes won't adhere to new surface

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 most spills or tracked-in dirt. Even black heel marks wipe right off this unique, new 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.

As beautiful to look at as to live with

The "Palazzo" design shown here is one shining example of the many Solarian designs and colors. Want more information? See the box at the bottom of the next right-hand page.

To create a cozy dining area in the kitchen, our designers did away with the old pantry and let the sunshine in through a big bay window. They gained counter and storage space galore, added new appliances, and cabinets. (Notice how they had the cabinets patterned after the Thomasville storage units in the family room.)

The result? A bright, airy kitchen, opening into a beautiful, functional family room.

Here is the view from the kitchen
to the new family room. More space
and light, more living.

Now,
on to Armstrong's
convertible
room



The Convertible Room: family room



d/or dining room

The old dining room spent much of its life gathering dust. A waste of valuable living space. So, our designers transformed it into a room that's always alive. Most of the time it serves comfortably as a family room, but whenever the need arises, converts easily into this elegant dining room. To add space and make their convertible room as bright and airy as the kitchen, our designers replaced one whole wall with a big window alcove.

More than just another ho-hum ceiling

Our designers knew just which type of Armstrong ceiling to use. It's one of our newest, designed for elegant rooms like this with more interesting textures and *without* the old "v-groove" joints between the tiles. Seams are less noticeable and the rich texture flows smoothly from wall to wall.

More than just another pretty carpet

In choosing a carpet, the Armstrong designers asked a good bit. They wanted family-room informality *and* dinner-party elegance. And, of course, the carpet had to be tough enough to take on the kids.

"Flower Garden" was all they asked—and more. It's a brand-new Armstrong shag, with a shag's soft, deep warmth, in a whimsical flower

More than just beautiful furniture

To furnish their convertible room, our designers chose Brandywine by Thomasville (which, by the way, is part of Armstrong now). Brandywine is Early American from its burnished, glowing patina to its antiqued brass-finished hardware. And versatile? This elegantly set table, with an armchair, doubles as the roomy desk you saw in the family room. And the rest of the

They also removed a big section of the wall between the two rooms. But for occasions like this, when no one wants to look at a messy kitchen, they installed a neat system of moving panels in the passageway. They hang from a track, concealed overhead, and slide into place in seconds.

The Armstrong products chosen for the convertible room had to be just as versatile—a lot more than just good looking.

It has a truly elegant look. We call it, appropriately enough, a "Chandelier™ Ceiling". At the same time, like most Armstrong ceilings, the Chatham design shown is *acoustical* so it soaks up family-room noise. And any reasonably handy husband can install one himself.

print. Comfortable and pleasantly informal. But this shag is much more lush, much richer in character than the usual shag. It's truly elegant. What you might call "elegantly informal". Or is it "informally elegant"? In any case, it's made of extra-bulky continuous filament nylon, so it's pretty tough for a flower garden.

chairs are more frequently found around a game table.

The three Thomasville storage units hold a lot more than now meets the eye. Conveniently out of sight behind the doors are the books, the stereo amplifier, speakers, TV, and all other clues to this lovely dining room's other life. And the conversion takes a matter of minutes.



The whole project took a lot of work, a lot of imagination, and a lot of Armstrong, but when we'd finished, we had a beautiful, functional living center. If you'd like to get more living from your living space, we've got the products and ideas to help you. Floors, ceilings, carpets, and Thomasville furniture—all from Armstrong. See the box below for some more information on how to get started.

Armstrong products and ideas can make a beautiful difference in your home. For a full package of literature covering Armstrong floors, ceilings, carpets, and Thomasville furniture, write to Armstrong, 7107 Maple Ave., Lancaster, Penna. 17604.

Armstrong

CREATORS OF



THE INDOOR WORLD

ere the view is just opposite
of the preceding page—the
y room converted for formal dining—
ng toward the kitchen.

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JULY, 1971

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TOM YEE

On the cover: Brand new, yet mellow with the patina of old wood, the kitchen in Mr. and Mrs. Serge Gagarin's country place was carefully designed to suit the antiquity of the house, which was built in 1735. Top: The central island with its "wall-to-wall" double sink. Vegetables can be washed on one side of the island while Mr. Gagarin mixes drinks on the other. He has his own faucet. Overhead, now a pots-and-pans rack, an ancient whiffletree. Center: Butler's pantry leading to the dining room. Food and plate warmers are in near cabinets. Bottom: Outside the dining-area doors, the herb garden. Designer-contractor, Philip Punzert. For information on equipment, see page 127. For more kitchens, page 36.

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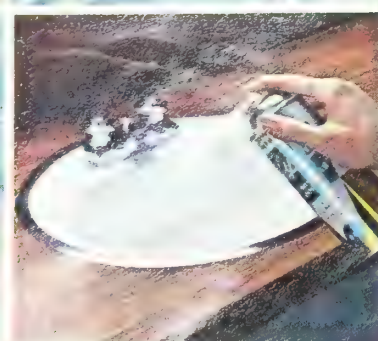
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How to bring your ROOMS up to date

By William Baldwin

Often a client of long standing will ask me to come have a look at his house or apartment. Maybe he's had it the same way for a few years and thinks it needs a fresh look. Or perhaps a new fabric or wallpaper he's seen in a magazine has caught his fancy, and suddenly his own rooms seem drab. Sometimes he will hear of nothing short of a complete overhaul. But more often, if the rooms were beautiful to start with, just a few changes or additions will completely refresh them.

Replace complexity with straight lines If the room is traditional, the key to bumping it up to date is to simplify. You might replace a butler's-tray coffee table, for instance, with one of clear or bronze translucent plastic—or with a sleek parsons table in clear lacquer red or yellow. Remove a few traditional side chairs or lamp tables and replace them with clean contemporary ones. In designing contemporary rooms, the accepted formula is to add an antique or two. What's wrong with the reverse?

Even the smallest details, like cigarette boxes and ashtrays, can make a room look old-fashioned. Replace the dreary ones with Japanese lacquer (put rounds of glass in the bottoms of ashtrays to keep the lacquer from burning) or with frosted glass.

Thin out the forest of lamps Take stock of your lamps and lampshades. Fashions in lampshades change as rapidly and radically as the fashion in skirt lengths. More than anything else in the world, an old-fashioned lamp can put a room in the dark ages. Recently I saw a room full of colossal, table-to-ceiling lamps, bases much too big, shades ridiculously oversized. They made the whole room look pretentious. Why not replace such lamps with the most contemporary ones? Or simplify the shades. The lamp shades that give the best light, I think, and the smartest looking besides, are the ones of off-white paper, either opaque or translucent. Most rooms have too many

Continued on page 130



JULY

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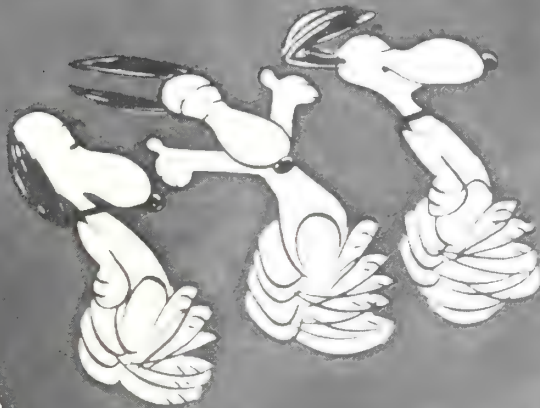
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THOUGHTS FOR THE HOSTESS

BY MARY MOON HEMINGWAY

Eating alfresco (so much prettier a word than outdoors) has delighted the human race since once upon a time. With summer now stretching out seductively before us it seems to me an admirable idea to think seriously of taking the dining room outside—of considering the garden as a dining room as well as the terrace or the patio. An attractive way of keeping one's cool, a garden dining room may be a pretty, permanent arrangement or a now-and-then *mise en scène*.

For a *lasting background*, there's the tried and true Mediterranean pergola. No need for it to be an elaborate construction but it does help set the scene and provide dappled protection against the sun. Brick pillars, cedar posts, old wood pillars salvaged from a housewrecking concern may be set in the ground to mark out a dining area and roofed with flexible bamboo or thin wood lath awnings such as are used by commercial nurseries, to be adjusted to fit the need. Although gravel underfoot is usual, Astro-turf makes a pleasantly natural looking carpet.

If your garden is big enough, a dining area for the whole season might be defined by narrow flower beds with openings at each end and furnished with weatherproof tables and chairs. The border flowers might change as the season progresses, but don't overlook the summer-long satisfaction of geraniums or impatiens. Old trellis, also from a housewrecker, can create a charming "wall" for an outdoor dining room, perhaps as a backdrop at one end of a pool, or three-sided at the end of a small garden. For less stability, there are all kinds of movable props—tubs of little trees, lantana, fuchsia, or topiary ivy, even big pots or small barrels of cut flowers and branches.

Our own garden is hemmed in by old stone walls, and when we dine there I like *to illuminate the scene* by setting votive lights here and there on the walls to flicker like will-o'-the-wisps. I'm also fond of using candles in hurricane shades atop poles (you find them in most garden centers and hardware shops) planted throughout the beds and shrubs. Plumbers' candles placed in sand in big paper bags with the tops folded into cuffs also create a never-never-land aura, marking a dining area with a wall of soft light.

Bringing the food out from the kitchen is something else. The menu must be able to take it even when you have electrical outlets or outdoor cooking facilities close at hand. Individual hibachis or fondue pots are useful but not always practicable for a large group. Hence plan the food around resistance to wilt and windfall, dishes that can stand a time and thermal lag.

Garden carts, those big two-wheeled models, when fitted with a temporary flat bottom are very helpful in moving a least once-a-month terrarium. With a plywood or similar top they become movable serving centers. We find capacious baskets smaller than trays for both bringing out and removing supplies. For taking the liquor we use an old-fashioned wicker clothes basket, for glasses, napkins et al., old rattan picnic hampers.

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RIVOLI BUMBE

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New Creme Shampoo. Gives a pet the look you're proud of.

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The flea collar. The coupons. The pet care book. You get them all for the price of the collar. Because Sergeant's always gives you more than you bargained for.



The little-known bulbs

By William B. Harris

The flowering bulbs are probably the most important group of plants with which we gardeners work. If you are doubtful, hear this: There are hundreds of species and varieties from which to choose, colors span the rainbow, many are practically permanent, they are easy to maintain, their heights range from a few inches to 6 feet, many of them like shade, they may be naturalized or displayed formally, most flourish in the same loamy, gritty, well-drained soil, many are very inexpensive, but gardeners who have the money and a deep interest can spend up to \$100 and more for a single novelty. Best of all they provide bloom from early March through October—and by forcing some genera you can have bulbs in bloom during the winter months too. What more can be asked from a group of plants? The gardener who gives all of his attention to bulbs, gives wisely.

The culture of all kinds of bulbs has a remarkable degree of uniformity. There are exceptions, of course. But a simple rule for planting depth: set your bulbs three or four times their own depth. All like to live, as well as grow, in a somewhat gritty loam, liberally enriched with humus, that contains living microorganisms and is well aerated. There are several all-time successful ones, and all need deep water. And one last word: the top of the bulb should be just below the surface of the soil.

They are dug and separated only when they crowd and bloom becomes scarce. Bulb food at planting time should be sewage sludge. (See June House & Garden.) It is hard to go wrong with these pretties.

This month we look at some of the little-known bulbs, but let's not call them unimportant, for they are not. Some are little, others tall; all are little used in this country—except for crocus and one or two others. It is a large category and wonderfully rewarding. Moreover, many are so inexpensive they can be bought by the hundreds or thousands, and in those quantities they pay the biggest dividends. The great majority of them bloom very early. These press their sharp spikes through ice. All seem enraptured by the cold. To watch the progress of this tribe in earliest spring, when snow and cold keep a gardener from doing anything but watching, fills one with admiration. How can anything so small, so tender, so lovely, be so recklessly adventurous, so intrepid?

ANEMONES (Bulbous, or more correctly, tuberous-rooted). These lovely things should be planted close to an attempt to get a spectacular display. Practically all do best in American climates that do not go below 20 F., in cold climates, treat them like gladiolus. Those noted below prefer stone blocks: a pretty, but unobtable one that has been

Continued on page 111

Do you know these 12 professional decorating "secrets"?

How plants, bold color and an unusual accessory (try a lamp post) can give your bathroom a fresh new look.

How rough barn siding can be used to create a por-to-ceiling headboard that's distinctive.

Why you should look for a perfectly fitting drawer that slides on a center track when shopping for a quality chest or desk.

How to make a room more dramatic by mixing two different periods (try a Victorian wicker settee with a modern chair).

How brightly printed no-iron sheets can move to the living room as window shades, curtains or sliding panel screens, even slipcovers.

How plywood panels with cut-out arches, shades and a counter can create a decorative kitchen-living room divider in a small apartment.

How to get the most out of a window with a few by hanging plants, wicker bird cages and baskets at varying heights instead of curtains.

How to use ordinary, painted picket fencing or a child's headboard to carry out the mood of an animal collection.

How to create a showcase for knick-knacks and plants by extending wall-hung bookshelves across an awkwardly-placed window.

How to give your bathroom instant elegance by replacing an ordinary medicine cabinet mirror with an antique one.

How a single paisley pattern can be combined with a potent color scheme to make a small room appear larger.

How to create an imaginative storage system with a lot of brightly painted ice cream tubs stapled to a wall in a random arrangement.

With professional "secrets" like these, you can make your home more attractive, more comfortable—more you!

PROFESSIONAL decorators do have "secrets". Not just 12 of them, but literally thousands of imaginative, solid techniques that make the most of every possibility.

Now, you can learn these secrets—and apply them as a professional would—through The Doubleday Home Decorating Program.

It's specially designed to help you achieve the results you want (and have fun doing so)—all within your budget. Best of all, this wonderful new program will help you gain confidence in your own taste, help you develop a decorating style and flair that expresses you!

We'll send you the introductory package described here as a free gift—and without obligation on your part. In this way, you can see for yourself the creative scope and immense usefulness of this unique program.



For example, you'll find your gift Handbook—25 Decorating Ideas under \$100—typical of those that follow; it's lively, filled with ideas, colorfully and practically detailed, thorough.

Every month, a whole package of decorating guidelines and ideas

Once you decide to continue, every month you'll receive a colorful new Handbook—each prepared exclusively for our members by an outstanding professional in the field. Each Handbook gives



you in-depth treatment of a specific aspect of home decorating. Color schemes, bath decor, window treatments, kitchen planning and accessories are just a few of the topics covered.

In addition, you'll receive each current issue of the Program's monthly Newsletter—also exclusive. It's an "insider's" report on new products and trends, on the latest decorating innovations, interviews with top decorators and more.

The price for all this expert help is just \$1.49 per month, plus a small shipping and handling



charge. And you continue only for as long as you wish. There is no obligation of any kind and you may cancel at any time.

Three valuable decorating aids are yours to keep—free of charge

You risk nothing—when you accept this special invitation to try the new Doubleday Home Decorating Program. And you begin by receiving these professional aids—free:

25 Decorating Ideas Under \$100. This 72-page introductory Handbook is typical of those sent each month to members. Filled with fresh ideas, full instructions and color photos, it has been written by the well-known decorating magazine editor, Carolyn Bishop.

Specialty Prepared Room Planning Kit. Plan any room without moving furniture, using this professionally inspired device. Shift "templates" (cut-out furniture) around on scaled paper for the best arrangement.

Exclusive Monthly Newsletter. A lively report filled with up-to-the-minute tips on new products and trends plus the latest ideas from leading decorators on making your home more attractive.

In addition, you'll receive your first monthly Handbook and Newsletter for which you'll be billed only \$1.49 plus shipping and handling. If you're not delighted, simply return the Handbook and Newsletter covered by the invoice within 10 days—and owe nothing. The introductory package is yours to keep in any case.

Mail the postpaid card today

Don't pass up this chance to make the most of your creativity. The card will bring you all you need to begin on a more beautiful home. If the card is missing, write to The Doubleday Home Decorating Program, Garden City, N.Y. 11530.

The Doubleday Home Decorating Kit—yours to keep free!



You'll find dozens of exciting, easy-to-do-yourself ideas to spark your imagination in this useful package—yours to keep as an introductory gift.

Want to lose 4 pounds fast?

Slender's nutritionally balanced program gets quick results

You, too, may lose 4 pounds the first week with Slender. Why not? Just don't backslide. Stick with 900 Slender calories a day and you'll get a thrill when you step on the scale.

Clinical study works for problem dieters

We put people, who were at least 20% overweight, on Slender for three weeks. That's four Slender meals a day, totaling 900 calories. At the end of the first week, dieters had lost an average of more than 4 pounds. During the next two weeks, losses averaged 3½ pounds a week. Many of the dieters on the program told us they were not unduly hungry and found Slender "surprisingly filling."

Low in calories, high in nutrition

Many 900 calorie diets are fad diets which emphasize one nutrient over others. But a Slender meal is nutritionally balanced. Whether it's instant Slender, mixed in milk, or Slender, chilled from the can — every glass supplies 1/4 of your daily recommended adult dietary allowance of protein. Plus the regular vitamins and

minerals you need, including vitamins C and B-complex.

Slender counts calories for you

With Slender, you don't have to get involved with measuring out tiny portions of this and that. And you avoid costly calorie mistakes which may undo your diet. Slender counts the calories, so you always know where you stand in the calorie battle.

How to slim down sensibly with Slender

If you want fast results to get your incentive up, go strictly Slender for a week. Then go back to other foods in diet proportions, but have your Slender for at least one meal. Whether you go strictly Slender again for another week later on depends on how much you want to lose. But you should ask your doctor before starting any program aimed at weight loss.

One thing's certain, you'll find Slender wears well in your diet. It's so rich and satisfying, and that's without artificial sweeteners. Slender from Carnation. Dieting without nonsense.



GOOD LOOKS & GOOD HEALTH

BY REBECCA WARFIELD

THE ART OF FECKLESSNESS

If only the Feckless would realize that they are not Losers and that winning is merely a game, especially to the serious. For one of the crucial secrets of doing something well is to be absolutely crazy about doing it. And that's the truest clue to the phenomenon of those Winners who flow through life, effortlessly good-looking, endlessly cool, knowing the answer to, the cure for, the place where, and never losing so much as one of those rotten little tickets from the shoe repair man. Organization is their game-playing, and they are wild about it. So then how can those others who are deeply allergic to the mechanics of living find happiness in getting their looks together? By doing exactly the same thing only turned around, of course. They have to keep clear of all depressing suggestions from the Organized and follow their secret hearts into systems that have an active sense of fantasy or mystery or lunacy. Even winning might follow from this. . . .

GRAB BASKETS . . . Before they leave home, Organizers usually pause on the threshold and ask themselves "What have I forgotten?" And Echo usually answers "Not one thing, dear hearts." But Others either tear out into the world without thinking, or panic at the front door. "I've forgotten everything vital but I haven't time to go back for it." So heaps of baskets piled near the door on the hall bookcases, on tables, shelves, can remind the Feckless to remember what they may have forgotten and then practically hand it to them. For instance, it's thrilling to know that an extra set of keys are handy in a tiny Irish basket half filled with potpourri (probably the only keys in town that smell like roses and lavender), that an old banana basket from New Orleans has your sun stuff (that miraculous QT, maybe) you can't tan without. A basket like a tiny steamer trunk might hold a pride of pocket mirrors and some of the tiniest Norell perfumes in the world—little packettes that arrive in a package of thirty. . . . There are Indian baskets for gloves, picnic baskets for a bunch of lip colors and such rare glosses as Clinique's Black Honey. And in case you've forgotten your make-up, the new Base Concentrate from Luzier would be a smart choice to stash by the door—you add water to taste later and invent the exact state of transparency you happen to like that day. . . . A touching little basket that children of the eighteen eighties used to take berrying could hold a raft of wands—some eyelash wands, the smudge eye color wand from Estée Lauder, Polly Bergen's Perfectionstick, and a sky blue Magic Marker. . . . Always room for at least one more basket, if it's little. . . .

Continued on page 20

At 2:35 on Thursday Afternoon, Miriam Vandevere discovered... **the sudden bliss of a little extra time.**



In just 2½ minutes, Miriam Vandevere cooked hot dogs — right in the buns on paper plates and made cocoa for the "after-school" crowd all in a fraction of the usual cooking time. No dishes — no clean-up, she has a Thermatronic Microwave Range.

The precious time she saved, she spent on her family, her home, herself. Thermatronic Microwave Magic can bring you the sudden bliss of a little extra time.

The Thermatronic is available singly or in combination with the self-cleaning oven — the ultimate in cooking convenience. All models for built-in installation.



For more details on Thermador's Thermatronic Range with

Thermador



The Biggest Difference

5119 District Boulevard, Los Angeles, California 90045, Dept. HQ



BODY

& CONDITIONING

EXPLAINED BY

BRECK

When you need body and conditioning, you need Breck. Because Breck gives you custom hair care.

Firm Body: Breck Basic[®]

Texturizer gives firm or no body to fine, thin, limp hair. Its special texturizing formula gives thicker texture for more body than you've ever had before. This no-rinse liquid gives you firm new texture you need for truly firm today, a fuller, thicker feeling. Your hair becomes easy to manage, sets hold better. Eyes look bigger!

Softer Body: New Breck

Basic Silk 'n Hold[®] gives more silkiness and softer-holding body to all types of hair. Instantly you have the perfect balance of body and silkiness, firmness and smoothness, the you-always-wanted to get from one product. Your hair has rebounded to a silky new feeling and shine.

Deep Conditioning:

Breck Satin[®] gives dry, brittle, or color-coarse hair the deep conditioning it needs. Because it brings back the smoothness and shine it's lost. Not a grease-heavy conditioner. Breck Satin gives your hair new smoothness, new sleekness, new shine. Makes your hair more manageable. Yet leaves your hair feeling clean and natural.



*the perfect balance
of body and silkiness*

*Breck
Basic
Silk
& Hold*

*Breck
Basic*

Testurizer

*Breck
Sain*

*Breck
Sain*

Beautiful Hair
BRECK®

*Breck
Basic*

3/4 FL. OZ.

Douching vs. Norforms

(Once you make the comparison, there's no comparison.)

9:04

You decide to douche to stop embarrassing feminine odor.

9:05

You collect all that douching equipment from its hiding place. (Remember, later you'll have to hide it all over again.)

9:06

You begin mixing and measuring. (Oops—you just spilled some.)

9:10

You begin douching.

9:15

You're still douching.

9:20

You're still douching.

9:25

You're still douching...

9:04

You decide to use Norforms: The Internal Deodorant.™

9:05

You insert one tiny Norforms. (Wasn't that much easier than douching?) And Norforms are the germicidal suppositories that stop odor in a way no douche can.

9:06

Doctor-tested Norforms kill germs, stop odor where it starts—internally. So safe to insert, you can use them as often as needed. And remember, with Norforms—no mess, no fuss, no equipment.

9:10

You know you'll feel clean, fresh, odor-free for hours with Norforms.



Stops odor in a way no douche can—easier, too!



For women only! Free new 12-page booklet, "Answers to Questions Women Ask Most Often." Send this coupon to: The Internal Deodorant Company, Dept. HC-07, Norwich, New York 14850.

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Send me your booklet _____

GOOD LOOKS & GOOD HEALTH

continued from page 17

MESSENGER BACK AT THE BEDROOM AND BATH... This is where all the plus of good looks really starts, where the experimenting is done, where ideas strike and where your style is set. Here too is truly one place where the Feckless can triumph over the Organized, who are apt to hurry all the new things, their pots of color, bright blue lashes, funny nail colors, anything that could feed the hungry eye with inspiration—right tight behind closed doors never to see the light of day again. Now the Feckless, naturally, spread it all around and let it all hang out on window sills, on shelves, on tables. And then when they get smarter let them brighten open baskets and put all the bottles into wine bottle holders. . . .

A BOX IS FOR KEEPING... For a long time around the turn of the century, everybody kept candy boxes because they were so glorious and used them to store secrets or love letters or just buttons. Now you may have noticed that a lot of beauty things have been coming in the most appetizing boxes. . . . For instance, if you buy something at Kenneth's, it'll come home with you in a scarlet box with a lemon-colored top that's dynamite and some of Estée Lauder's Estée-flavored things are housed in a dark blue silk box of mysterious elegance and suddenly there seems to be a wild new look at Revlon where some of their things live in white boxes splashed with blue and pink and hot yellow wildflowers. All to be treasured. So if you have no room for baskets in your front hall, you at least have a closet that could be surprised with all this brightness, for your last minute lipsticks and keys and money and those terrible little tickets from the shoe repair man. . . .

NEW THIS MONTH IN THE STORES

CHARLES OF THE RITZ . . . Five-finger exercises for summer, more of the Pommades that have made artists out of quite a few women. Four new shades to really dazzle a sun tan—a deep teal blue is called SnowBlue Ice. For smoky moods Sea Green Mist. Four little mirrored compacts hold two finger-painting lip shines each—for a real jolt try the Brandy Red and the Mocha Bronze pair, or with a new henna wig, maybe, Copper Pot and Natural Lights. There is a new shade of rouge—Bronze, and a new Blusher in a pot that's bronze, too. All \$5 each at Lord & Taylor; Neiman-Marcus; Jordan Marsh. MAX FACTOR . . . Three very trendy new friends for dry summer skin, a *Moisturizing Lotion* full of good things that absorb quickly, evenly, and thoroughly, all naturally scented. There is an Almond flavored pale green cream, a Lemon one with a power of lemon in it and Herbal cream that's coral. \$2.25 each at Bloomingdale's; The May Company; J. L. Hudson. REVLON . . . *Platinum Blonde Nails*, a super crystalline silver shine very Jean and Marilyn in four starry shades; *Shell Platinum Pale*, *Palepink Blonde*, *Bronze Platinum*, *Honey-pink Platinum*, \$1.35 each at Bloomingdale's; Marshall Field; and *Jordan Marsh Platinum II*, just when women are most nervous about their skin an infinitely light, almost weightless cream of *199mc H Wettable Cream* by Charles Reyson. For only \$7.20 instead of \$85. Saks Fifth Avenue; Sakowitz

THE SUNDAY SUNBURN



That's what happens when you try to get a whole vacation's tan in just one day. It can be the, "Don't-Touch-Me-Sunburn" the, "I-Stayed-Out-Too-Long-In-The-Sunburn," or the, "I-Fell-Asleep-In-The-Sunburn." Whatever kind it is, it hurts, and you are miserable. You want something to ease the pain, fast.

You've heard of Solarcaine and what it does for sunburn pain. Solarcaine relieves the pain, cools the burn. When you are sunburned your skin is damaged and it hurts.

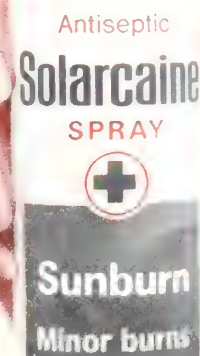
You know the sensation when your skin feels two sizes too small, and it hurts to move.

The rich moisturizers in Solarcaine ease that tight feeling, help make your skin soft and smooth, more like its natural self.

Solarcaine was designed to bring fast relief to Sunday Sunburn sufferers like you. We guess that's why it's America's number one aid and comfort for the Sunday Sunburn, no matter what day you get it. Solarcaine.

relieves the pain

cools the burn.



One gas grill that cooks like two.



Sizzle a steak on one side.

There are two controls in this Arkla Gasgrill, giving you an infinite range of heat settings for each burner—settings that you can maintain. No more lighter fluids, no more waiting for the temperature fast. You're ready to cook in minutes. In Arkla's neat self-cleaning design, the grill gives you a better deal.

Simmer a casserole on the other.

This new Gasgrill always holds the heat setting you want. In fact, it holds two levels of heat for you. So you can slow-simmer and broil, too. Get more fun out of cooking out—with Arkla's Flavor Twin Gasgrill. And soft, flattering Arkla Gaslites. They add charm to your patio and your home. See your gas company or Arkla dealer.

AMERICAN GAS ASSOCIATION, INC.



Gasgrills  Gaslites  BY ARKLA

THIS IS OLEG CASSINI'S FAUCET.



When you're a top designer, your good taste is reflected in everything around you. Your office. Your clothes. Your home.

That's why Oleg Cassini chose Delta faucets for his office. And his home. Like this beautiful Delta Fjord.

It looks like a two handle faucet. But it has all the convenience of a single handle faucet. Because one handle controls temperature. And flow. The other handle simply operates the drain.

But that's not the only reason. Delta's beautiful inside, as well as outside. Inside is only one moving part. And that means years of trouble free service.

Delta is Oleg Cassini's faucet. Because inside and outside it's simply beautiful.

Delta Faucet. Simply beautiful.

Delta Faucet Co., Greensburg, Ind.-Rexdale,
Ontario. A Division of Masco Corp.



You don't have to build a new house to have a new home

Makeover will be a great idea for anyone who has a house that is old and needs a little TLC. And building a new house is a great idea for anyone who wants to build a new home. But the best idea is to make your old house look like a new home.

With a little imagination and endless ideas that you would imagine, you can make your old house look like a new home.

And American Decors help. With furniture that doesn't cost a fortune, you can have the look of tomorrow fads. But sound styles borrowed from the best of the past.

Like these Country Colonial pieces from our Stratford House Collection designed for Debut '72.

We show you how it looks in room settings that will help you in selecting paint colors, wallpaper, draperies, rugs and the right accessories.

Maybe you'll want an entire collection for

your dining room and bedrooms. Or just a few accent pieces.

A hutch or highboy chest to add architectural interest to a bedroom or entrance hall. A tall, narrow chest.

A buffet and a set of apothecary chairs.

A set of apothecary chairs. A pedestal table that grows from card to buffet-size, with a set of matching decorator chairs.

Send for our room idea catalogs in your favorite design period.

We want to help make your old house look like a new home.

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____
 ZIP _____



QUESTIONS & ANSWERS

ANTIQUES

BY LOUISE ADE BOGER



JAPANESE INRO

My aunt, who spent much of her life in Japan, gifted me this fine piece of lacquer work. It is called an inro and is signed "Chohei Saku." Please tell me just what an inro is.

J.D.—San Francisco, Calif.

The *inro* is a miniature medicine case that Japanese gentlemen carried suspended from the obi or girdle. In its fully developed form, it is composed of a nest of from three to five tiny boxes fitted tightly into each other and held in place by a silk cord. Above the top of the *inro*, the cord passes through a sliding bead, *ojime*, which keeps the boxes secure. The ends of the cord are finally knotted into the toggle, *netsuke* (in this case in the form of a fish), which keeps the *inro* securely suspended from the girdle. Your *inro*, a collector's piece, dates from the eighteenth century.

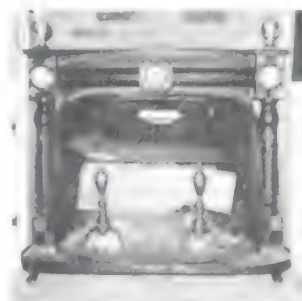
GERMAN MARKS

The mark I sketched appears on my antique porcelain. Several pieces have R. S. Germany instead of Prussia. I would like to know something about the origin of the marks as I cannot find them in any book.

L.L.—Macon, Miss.



Reinhold Schlegelmilch started a porcelain factory at Tillowitz, Silesia, Germany in 1869. His marks include the initials "R & S." An earlier porcelain factory was set up at Suhl, Prussia by Erdmann Schlegelmilch in 1861. His marks usually include the initials "E.S." However, at least one of the marks of this factory bears the initials "R.S." and "Prussia," which suggests some relationship between the two factories after 1890.



FRANKLIN STOVE

I've bought a house that had this stove and I want to know what you can tell us about it. V.J.—Wassalau, N.Y.

You have a Franklin stove. They were invented by Benjamin Franklin in 1745 to solve the heating problem. These cast-iron stoves in which the fire burns on an iron hearth over a chimney pipe that is partly made of an easily built fireplace. Found for many years, they operated very efficiently—until they could be joined with a chimney. Your model is especially attractive because of the brass pieces. It probably dates from early in the nineteenth century.

Just in case...

the order form is missing from your

House & Garden

you may order with this

coupon ▼

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SEND ME

- 1 YEAR (12 ISSUES) \$7
- 2 YEARS (24 ISSUES) \$12
- 3 YEARS (36 ISSUES) \$16

PLEASE BILL ME

MY PAYMENT IS ENCLOSED

MAKE CHECK OR MONEY ORDER PAYABLE TO HOUSE & GARDEN.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

MAIL YOUR ORDER TO

House & Garden

10000
 10000

The same gook that sticks to
your tub sticks to your skin



This substance, which can coat and mar your complexion, is visible evidence of hardness pollutants in your water supply. A Culligan water conditioner controls this and other problems, automatically.

85% of all household water supplies contain invisible pollutants such as hardness and sediment. Water hardness causes soap to form a gummy, curd-like substance which sticks to almost everything it touches. It may even cause skin infections.

Clean, filtered soft water contributes to family health and economy.

With soft water, soaps are more efficient and you can use up to 66% less; clothes may wear 50% longer; and water heating costs are reduced by as much as 25%.

Culligan water conditioners control pollutants such as hardness, sediment, rust, bad taste, odor. Your Culligan Man has fully-automatic models for rent, or on a service basis, or for purchase as low as \$198.*

*Markette model not shown. Prices optional with dealer.



Culligan

CALL AND SAY "HEY CULLIGAN MAN!" AND YOU CALL A MAN WHO CARES

Franchised dealers in the U.S. and 85 countries. Culligan International Headquarters, Northbrook, Illinois 60062. Franchises available.

Start fresh with Belair.

Just the right touch of menthol.



Coupons, too. The valuable extra on Belair Filter Kings and Filter Longs. Free Gift Catalog. Write Box 17, Louisville, Ky 40201

This issue is devoted to the kitchen—no longer just somewhere to prepare food in the back of the house but a whole new center that life at home revolves around, a center for living and entertaining, a place to work with your hands, nourish your senses.

THE GREAT NEW KITCHEN LIFE

There are several reasons why we're all headed back to the kitchen according to eminent young zoologist Dr. Lyall Watson, author of the book *The Omnivorous Ape** to be published at the end of this month. Dr. Watson says, "Almost everywhere, food and hospitality are regarded as synonymous... Man's choice of an ideal eating place is governed by all his senses. The first to come into play is sight. What we need and are looking for is a safe refuge. No single feature makes us feel more secure than a fire—and if it can be used to prepare the food, so much the better... The sight and sound and smell of food being prepared helps tremendously. We also find security in doing something familiar and few things are more familiar than patterns of eating. Eating is a group activity, it not only helps form a pair bond but assists in creating bonds between any people... The emphasis is on food sharing. The meal symbolizes friendship, cementing existing social ties and making new ones by putting strangers at their ease."

The kitchens you'll see in this issue all have one thing in common—they don't look like just kitchens. They look like living rooms, dining rooms, or garden rooms and are treated and decorated as such. They are highly beautiful, technically fabulous rooms that lure everybody in the family to spend time there, give guests a sense of well-being and welcome. One couple built a whole new wing when they decided to add a kitchen. An English couple decorated their kitchen with their antiques. Another family rebuilt a kitchen to make it literally part of a patio garden. Along with our new pleasure in the kitchen comes an awareness of its ecology, which affects not only the kitchen, but also the family, the environment in general. The following pages are filled with this great new kitchen life—facts and sound advice from experts on kitchen ecology, new ideas for entertaining, pages of delicious kitchen decorating, ways to delight your senses.

"All the senses
come into play when you cook
and arrange flowers —
your eyes, your nose
your palate, your touch"

Charles Masson, owner of the famous
La Grenouille restaurant in New York
tells this story on page 34



In the great new kitchen life

DELIGHT THE SENSES





To delight the senses

FOOD IN BASKETS



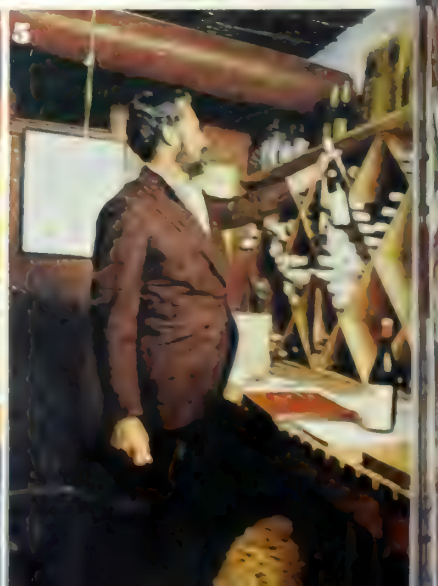
...the picnic... the best dining room around is the outdoors, and the best party around is a picnic...
 ...are more "picnic-prone," as they call themselves, than the John Lionel Warners,
 ...in a California meadow, is evidence of Mrs. Warner's picnic flair. She loves
 ...and she likes to improvise. Since her contribution to the
 ...cabbages in half, hollowed them out, filled them with curry
 ...and surrounded them with the raw vegetables—
 ...one could think of. For napkins, she cut out squares of a vivid fabric and
 ...Portuguese rug, and to amuse the children, multicolored
 ...Guests rifled their gardens
 ...and for anyone who wanted a spot of shade,
 ...Bali, char...

- MENU
- *Fruited Tuna and Mayonnaise
 - Flaked Salmon *Herbed Hollandaise Mayonnaise
 - with Champagne
 - Cold Lobster
 - Teleme Jack Cheese, Fontinella, Provolone
 - ... Raisin
 - ... Cream

To delight the senses —
 everyone
 brings something

PARTY PICNIC





...the... often as...
 ...the... and...
 ...Adriana and Dan Rowan always...
 ...very funny in "Laugh in..."
 ...an assembly of wine...
 ...Mrs. Rowan, "French, Italian, Span...
 ...and Mexican... which is Spanish without the Castilian...
 ...they are always adventurous...
 ...along with...
 ...Then to table and one of her one-dish...
 ...work: ■ In her marvelous kitchen, Mrs...
 ...the Paella in the sloping-edge pans designed for it...
 ...," she says, "but something about the...
 ...helps the distribution of heat and the ab...
 ...The dish is done, and out it comes. Since a pa...
 ...for comfort, it is handled very gingerly with beav...
 ...■ One of the first steps: Hot Italian sausages are saute...
 ...then cooled and cut into 1/2-inch slices. ■ Mr. R...
 ...Ledger in hand holds an account of supply an...
 ...which wine is in which rack. ■ The more spirit...
 ...of the cellar, mainly for the grain, rather than the grape. ■ In all...
 ...the Paella and the salad—one as pretty to look at as the...
 ...■ A recessed dining room window seat—at the moment, an indoor...
 ...den. ■ ■ The table: Mexican tin service plates, mirror bright...
 ...thenware dinner plates; clear crystal, and three pots of fl...
 ...colored tulips soaring high and carefully spaced so as not to inte...
 ...with cross table vision. "You can't talk through flowers," says M-

| MENU | |
|--------------------------------------|---------------------|
| Salted Soybean Nuts | Crudités |
| *Paella | |
| *Green Salad with Raw Vegetables | Cheese Garlic Toast |
| *Fruit Salad with Cointreau | |
| Cheeses: Gourmandise, Blue, Swiss, E | |
| Wine: Pouilly Fumé La Doucette 196 | |
| *Recipes, pages 80-81. | |

To delight the senses —
 a main course
 all in one dish

PARTY SUPPER

ICNIC



The great new kitchen life

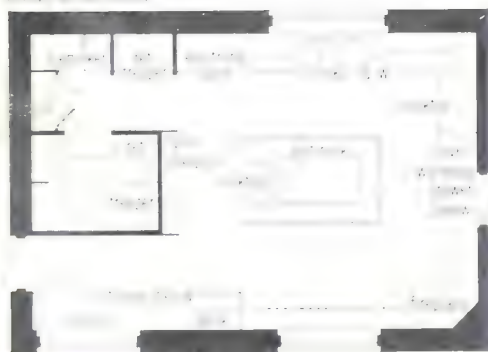
KITCHENS YOU'D LOVE TO LIVE IN

As one accomplished cook told us with a grin: "In Newport I often get dressed and go to the front rooms to receive my guests only to find they've all gone around the side of the house to the kitchen." That she has one of the most marvelous, spacious, beamed-and-bricked kitchens ever is only part of the story. We feel along with her guests that back-to-the-earth for many of us gets translated into back-to-the-kitchen—a kitchen to really cook in and live in and have the whole family and half the neighborhood in at the same time. The thirteen kitchens you see on the following pages all represent different angles on the new kitchen life.

A KITCHEN THAT IS A WHOLE-FAMILY ROOM

In a California community boasting as many horses as people, everybody lives pretty much out of doors. When the Paul Cooks remodeled their kitchen recently, they wanted a room that related to the countryside, that was cozy and would hold the whole family. "We wanted a breakfast table where everybody could spread out the section of the paper he was reading," says Mrs. Cook. The old kitchen was three tiny, dark rooms where no one came if he could help it. The Cooks pulled out walls, stripped the remaining ones down to the original adobe brick and beams, lined the floor with the same rust colored Mexican tile as the *portal*, a roofed porch running around the house, lined parts of the wall above the counters and around the fireplace with brightly glazed California tiles. In the midst of all this touch-wood charm is a no-nonsense set of appliances including an electronic oven that offers Mrs. Cook every option for family meals and informal entertaining. A Corning cooktop worked into one end of the butcher-block island in the center of the room makes it easier to keep two meals going at once, one for a 16-year-old son, and a diet meal for her husband. For large parties or business entertaining, Mrs. Cook uses a caterer, often prepares big casseroles ahead of time.

Right: a three-quarter slice of kitchen showing the skylights, counter space, and a butcher-block island that will seat up to six. *Lower left:* a view of the right side of the room looking over the dining island to the fireplace and sliding glass door that opens the entire room to the *portal* and the garden.



"The entire neighborhood is constantly in this kitchen"







THE GREAT NEW KITCHEN LIFE
continued

A KITCHEN IN THE LIVING ROOM

“Our new kitchen
pulled us out of
the rut of formal
entertaining”



When the Herman Neissens moved from Long Island to rural Pennsylvania several years ago, they picked up a whole new way of living. Thrilled with the richness of a countryside that almost seemed European, Mrs. Neissen took up cooking with a fervor. She learned to make the specialties of the region—deep-dish apple pies, peach preserves, meat casseroles. She became knowledgeable about local fruits, vegetables, and cured meats. The result was a whole new wing to their house—a kitchen that opened onto a patio deck and into a second living room. Large windows afforded lavish views of fields and a valley beyond. Architecturally, the new wing was as dramatic as any part of a big but not old house. The island counter broke up the large kitchen space, high-up windows worked like skylights. The barn siding used indoors seemed radical to many of their friends, but left the impression that whatever came out of that kitchen was country cooked. “I love all those old-fashioned cooking aromas floating out into the living room to whet everybody’s appetite,” says Mrs. Neissen who’d rather have two meals a day interrupted. “It all makes for a life with quality.” Above: The living room opens into the kitchen. Right: Large windows afford a view of the valley beyond. A full list of sources is on page 100. The counter is a laminate, and the architectural design by Miles Gorman.







The Frank McCones live on two floors of a London town house. The second floor is quite formal, just what you'd expect living within a yelp of Buckingham Palace, but the downstairs they've recently remodeled to look like a house an hour's drive from London. What you see on these pages is basically a guest floor with a sitting room, guest room, bar, kitchen, and dining room all flowing into each other and out into a garden. To begin with, Mrs. McCone stripped the walls down to old Georgian brick, added plastic bricks or painted ones when the real thing didn't exist. She also insisted on a big cruising car of a stove called the Aga cooker that has big iron doors. To emphasize its boldness, she had more bright yellow doors made to cover drawers and doors to storage space beneath the cooking counter. The table, *right*, is all set for Sunday brunch, kitchen is in the background. *Below*



DAVID MASSEY

A KITCHEN IN A BASEMENT REMADE FOR ENTERTAINING

left: inside the gallery, lots of storage space in a small area. *Below right:* a bar right off the kitchen that used to be a butler's silver safe. *Left:* satisfying combination of textures: quarry tile, brick, smoky Perspex. The perpetually heated Aga cooker, prize equipment for good cooks, allows you to start cooking in the evening, simmer the whole night. Two large hot plates handle three or four saucepans apiece. One's fast cooking, the other slower.



“We want our guests
to feel they're relatives
in a country house
for the weekend”



DETERGENTS

The facts from expert Dr. Mary E. Purchase

Dr. Purchase is associate professor of design and environmental analysis at the New York State College of Human Ecology, Cornell University. A graduate of Eastern Michigan University, Miss Purchase earned an M.A. in chemistry at Cornell and a Ph.D. in chemistry and household equipment from Iowa State. Her doctoral thesis concerned a recondite but vital point about the behavior of laundry detergents, and she is the author of *Phosphates and Detergents in Water Pollution* (recently published as Cornell Information Bulletin Number 12). "I've been working with detergents for twenty-one years," she confides, "but I've never been so popular before."

Q. Dr. Purchase, just to be sure we have our terms straight, what exactly is a detergent?

A. A detergent is any preparation that cleans—including soap, which, as you probably know, is made largely from animal fat. When the modern "test tube" detergents first came on the market just before World War II, we were very careful to call them "synthetic" detergents. We even coined a contraction—"syndets"—but it never really caught on and somewhere along the line the "synthetic" got dropped. So today even professionals use "detergent" for any household cleaner that is not soap.

Q. We understand that phosphates to soften the water are the largest single ingredient in detergents. What is the case against them?

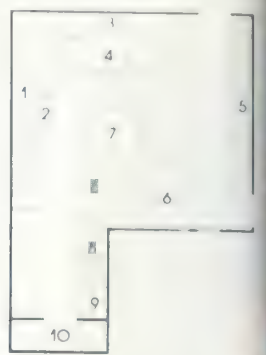
A. Phosphates contain phosphorus, an element necessary to plant life. When phosphorus and other nutrients accumulate in slow-moving water, it is fertilized, a process called eutrophication, which is natural and normal until it is speeded up by man-made wastes and we have too much, too soon. Algae grow well in the fertilized water, but after they die they may wash ashore, decay, and smell. Or they may sink to the bottom and in decaying use up oxygen needed by the fish. So the fish die, and the lake or river eventually becomes a cesspool. But the phosphates did not kill the fish, nor did the other nutrients, nor the algae. Nor do these act pollinately to themselves; they simply form a chain that goes up badly.

Q. Do all the phosphates that reach the waterways come from detergents?

A. Lots of them do. Some people claim that detergents are the largest single source of the phosphates speeding up eutrophication—and as such, presumably the cause is not solved. But we would still have to deal with the other phosphates—those that come from human waste, animal waste, and from the runoff from agricultural land treated with phosphate fertilizers. And we are worrying about that now. Federal government officials on the issue to control the growth of algae and to limit the phosphorus in the water have the sources of urban wastewater through plant using lime organic matter. There is experimental evidence to support both the phosphorus and the nitrogen theories. Quite. (Continued on page 84)

1 The Rt. Hon. and Mrs. Ernest Marples then worked on making the plan attractive. "We're both campers, and that's what gives you the basic principles of life in the kitchen." Which means if it doesn't work, it doesn't help that it looks good. They love doing things with their hands in an atmosphere of natural material—handmade equipment—another hangover from camping. So along with handsome woods and metal trim, colorful tiles, the Marples have precision-planned storage—freezer and cupboards plus the best appliances—gas and electric cooktops, rotisserie, charcoal grill. Guests invited for dinner are always given something to do that thaws them in seconds. 1. Gas and electric cooktops. 2. Ovens. 3. Banquette. 4. Table. 5. Storage cabinets. 6. Marble pastry slab. 7. Worktable. 8. Sinks. 9. Dishwasher. 10. Cold room.

A kitchen to live, work, cook and entertain in



2 When it came time to redo this kitchen, both husband and wife gave up a longstanding fascination with a "French Provincial" look and instead chose a sleek, streamlined, colorful kitchen that wouldn't always be in a shambles with five children in and out constantly. Within minutes after a Saturday morning breakfast when each child eats something different, everything can be cleared away, fingerprints wiped.

Formica and lacquered surfaces and the kitchen looks like a bright hard-edge playground with cooking facilities—ready for more projects from finger painting to fudge making. Interior designer, Angelo Donghia. 1. Refrigerator, freezer. 2. Sink set in white Formica countertop. 3. Dishwasher. 4. Stainless steel oven. 5. Cooktop. 6. Hood. 7. Grill. 8. Butcher-block counter and children's dining table.

A wipe-off, blue kitchen geared to children



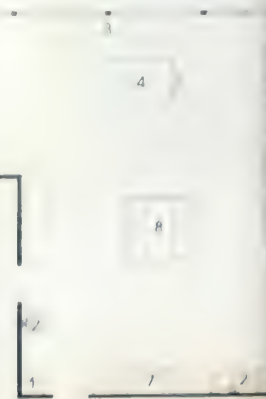
3 When the kitchen table's not set for dinner, the Edward Blanchards' children are apt to be doing homework there, and Mrs. Blanchard is apt to be working out a new pastry recipe at a special marble-topped pastry surface. An authority on pastry, Mr. Blanchard had this counter lowered to suit her height. The kitchen was done over when it was decided that the family spent more time in it than any other room in the house. The result is a cozy kind of living room kitchen with dusty blue cabinets that match the china, ceramic wall tiles that are pretty and easy to clean. Maple-block counters make no-up-keep work spaces. Builder designer, Walter R. T. Smith. 1. Bookshelves. 2. Sink. 3. Marble pastry slab. 4. Range. 5. Oven. 6. Refrigerator. 7. Storage cabinets. 8. Franklin stove. 9. Table. 10. Chairs.

Special places for pastry and homework



4 "The key to my new kitchen was given to me by my son who said, 'where are you going to sit while you cook?'" With that, Mrs. Benjamin Cook designed a whole new kitchen built right onto the backside of her house. Using the shingled surface of the house as one wall, the front of an old guest cottage as the opposite one, she bricked up the third and made the fourth sliding-glass doors onto a terrace. In addition to lowered counters that were easier for her to work at, no storage she had to bend over for, she designed a big brick grill with sides that work like tables, electric suction, a hood that doesn't obscure the view, two grills that raise or lower. 1. Refrigerator. 2. Sinks. 3. Bench. 4. Table. 5. Double ovens. 6. Electronic range. 7. Cooktop. 8. Grill.

A great cook who charms everybody with her kitchen





LADES



1



2



3



4



TRASH

How to put it to good use

By Mary Roche

Ever since paper towels made the scene in the American kitchen, "disposable" has been a magic word. Anything you could use and throw away offered a handful of bright promises. Meanwhile you must have noticed that your household trash has been growing and growing and growing. Just getting it out of the house is a production. But the disposal problem doesn't stop there. What is the trash man going to do with your trash? Burning dumps are an important source of air pollution. So are incinerators. And virtually by the minute, we are running out of sites for sanitary landfill. Many of our disposables are biodegradable (in time they decompose and are absorbed by the soil). But that doesn't help much if there is no place for them to biodegrade.

What can we do about it? The first answer is an old-fashioned one: Waste not. The old joke that started "My grandmother saved string . . ." no longer seems funny. So the first positive step we can take toward an improved kitchen ecology is to face up to our consumption habits. Without putting on hair shirts or turning back the clock to the days of sketchy hygiene, we should all train ourselves never to use more of anything than we really need—and to invent second uses for anything too good to throw away.

"Too good to throw away"—that is the new thinking behind the current campaign to stop waste on a national scale and reduce our mounting trash. It is a complex program involving scores of interests and industries, but even eight-year-olds know the name of the game is recycling. And it starts in your kitchen. You separate the materials that can be reused from those that can't, and you turn over the former to a collector (anyone from a Boy Scout to a scrap dealer) who sells them to a manufacturer who shreds or melts or crushes them into a basic ingredient for a new product. To make the system work, you will have to take on two chores that may be new to you. One is to keep your trash somewhat cleaner than you may have thought necessary before. The other is to classify it and keep each class pure (tin cans or bottles in the garbage, no lemon peels among the newspapers, no food in the cans, no residues of wine or pop in the bottles). In a recycler's paradise, your trash bins might be labeled: "Garbage; Aluminum Cans, plates, baking dishes, etc.); Other Cans; Glass Bottles and Jars; Clean Waste Paper (from the basket beside your desk); Newspapers." That would be quite a lot of bins. Trash sorting, however, is only an academic exercise unless you are sure that your classified rubbish will actually get into recycling channels and stay there. And the chances of that vary considerably from community to community as well as from material to material. So your classified bins will be automatically returned to those for materials you can count on as bypassing the town dump.

If someone in your household only uses 90%

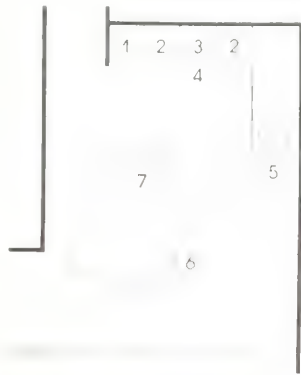
Like lots of New York apartments, the kitchen was tiny, the terrace was tiny and also very sooty. What was marvelous though was a wisteria vine that covered the whole back end of this brownstone. When Philip Cutler decided to poke out the wall between the kitchen and the terrace, glass it in, and make a skylight room, the wisteria became a green flowering shade for five months of the year. The tiny section of the terrace still outside he filled with shrubs in a planting bed. Lighted at night it makes the kitchen seem larger. The table seats four, is perfect for small dinners or as a place to have a drink before dinner served at a long table in the living room. 1. Refrigerator-freezer. 2. Raised through counter. 3. Sink. 4. Dishwasher. 5. Range. 6. Opened storage. 7. Table. 8. Chairs.

A greenhouse kitchen



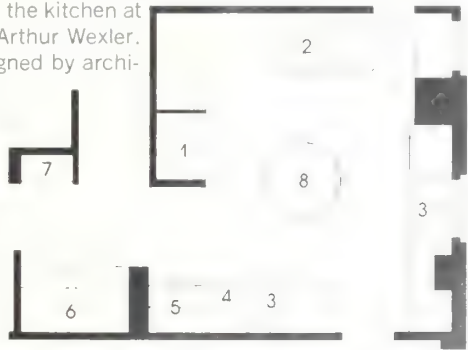
What you can't see about this kitchen is that one whole wall—sliding glass doors—opens out into a garden, and that the wall to the left screens only part of the kitchen from the living room. A sleek, highly organized, good-looking room, the kitchen's great attraction is the everything-in-one cook table, where the whole family eats. It's part of a house organized throughout with the idea of space flowing into space to fit the needs of a family surgeon, his family, their art collection. Constructed with aluminum extrusions and a wood frame sheathed in stainless steel, the cook table has gas and electric burners, electrical outlets, electrical switches, air vents, drawers. A red lacquer closet wall contains the refrigerator, dishwasher, oven. Architect, Michel Aud-Letang. 1. Refrigerator. 2. Storage. 3. Oven. 4. Dishwasher. 5. Sinks. 6. Chairs. 7. Cooktop.

A kitchen built around a stainless-steel cook table



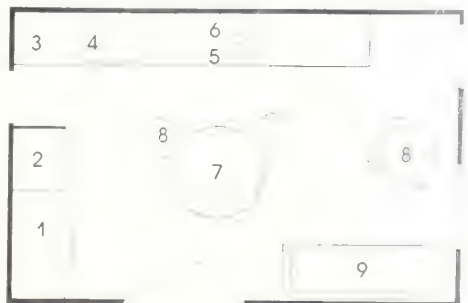
With all the kitchen she needed—one big space that pushed kitchen, pantry, workroom, deep sinks for flowers, laundry all into one—Mrs. Jacob M. Kaplan decided to organize things more efficiently. The kitchen you see here is a shell built inside the original kitchen creating a corridor outside it to conceal well-organized work areas—visible to the right and back from the range. The cabinets are English oak stained dark; the floor's painted black; cream tile lines the walls and a cabinet conceals a twin-doored refrigerator-freezer. This dark and light contrast works with Mrs. Kaplan's collection of blue and white delft and Spanish plates. The Kaplans entertain often. To cope with large family dinners, four people can work in the kitchen at once. Kitchen design by Richard D. Kaplan and Arthur Wexler. 1. Refrigerator-freezer. 2. Range with hood designed by architect. 3. Sinks, both stainless steel. 4. Dishwasher. 5. Stainless steel plate warmer. 6. Tile counter. 7. Pantry closet. 8. Table.

A kitchen made smaller to create separate work areas



"When I entertain in the kitchen," says J. Hyde Crawford, "the dining room gets set up for drinks, and then everybody comes into the kitchen for dinner. I love to serve straight from the stove." With a pantry for storage, there was no need for overhead cupboards that would block off a handsome brick wall. Instead, paintings, a stainless steel oven hood line the wall, contribute to a country kitchen look as do slate-colored floor and countertops that also don't show dirt. Two shaded hanging lamps provide the lights low. All appliances went in one row along two walls, leaving space for watching television, relaxing. 1. Refrigerator. 2. Double doors. 3. Dishwasher. 4. Sink. 5. Cooktop. 6. Sliding hood. 7. Table. 8. Chairs. 9. Sofa. The sofa can be drawn up to the table as shown.

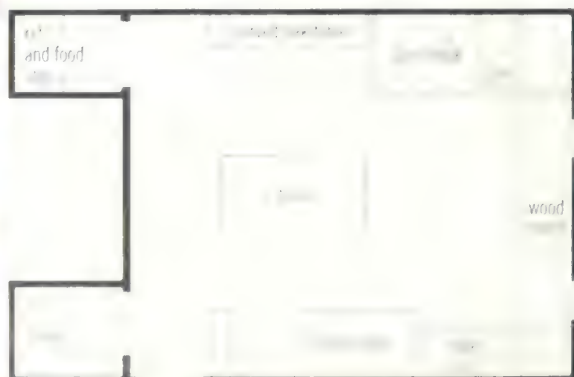
A kitchen for stove-to-table entertaining





"This was my husband's bachelor kitchen. The charm of it is that the more battered it gets, the better it looks," says Mrs. Terence Donovan who went to cooking school recently to keep up with her husband's abilities in the kitchen. "He's still much better at spicy foods than I am, but we entertain all the time and I do most of the cooking." The most difficult task for Mrs. Donovan was mastering the big catering stove, which is very powerful after ordinary stoves but has a capacity for great quantities of food. Intriguing about this London kitchen is the wonderful disregard for usual kitchen arrangements. With hardly any counter space (a sixteenth-century pay table is used), and with really no closed storage (collections of bowls and pans are stacked still-life style everywhere), the kitchen is, in fact, extraordinarily well-organized.

A KITCHEN CRAMMED WITH COLLECTIONS





1 The big catering stove's called a Moorhead Vulcan Professional Gas. Above it, a specially designed version of Benham's Hood and Fan, hung with copper pots, farm implements and other bits of gear hung close by—an old Dutch oven close to the wall, next to it a coffee grinder. **2** The Donovan way of open storage looks like a detail of seventeenth-century genre painting. To the left, along with copper pots, are old wooden baking paddles used to get bread out of an oven, a gun, and a funny old tool. On the carved oak table a defunct radio, an old tole tray, stacks of bowls. **3** Wine stowed under the counter, spice jars hung above, paella pans in the windows. **4** Ivory and horn-handled knives, plus big cleavers, are stashed against marbleized wall and behind the butcher-counter. **5** The Donovans in their kitchen, looking at photographs.

**“This kitchen
is very practical,
everything's out
in the open”**

DO-IT-YOURSELF PARTIES

By talented food authorities especially for House & Garden readers

"The food you serve for drinks should be a conversation piece," says gourmet author James Beard, "striking enough to be a topic itself and just substantial enough to balance the drinks and stimulate good conversation. You don't have to prepare more than three or four kinds of food, provided they're varied and filling enough," suggests Mr. Beard, who finds straightforward foods are more popular and more economical than lots of canapés and fussy sandwiches. He feels hunger pains should be staved, but guests shouldn't settle down and feel they've had dinner (though they can forgo it later if they wish). In summer Mr. Beard serves Sangria along with bar drinks for this menu which would also make a lovely late snack with champagne.

Help-yourself mini-meal for drinks by James Beard

MENU

- Herring in Madeira
- Eggs in Beet Vinegar
- New Potato Appetizer
- Sausage en Croûte
- Tomatoes with Vodka
- Sangria Provençale

Herring in Madeira

Cut 6 Maatjes herring diagonally into 1-inch slices. Peel and thinly slice 3 Italian red onions. Scrape and thinly slice 2 or 3 carrots, and thinly slice 2 lemons and 2 garlic cloves. Arrange in layers, topping with lemon slices and 2 bay leaves. Cover with dry Madeira and marinate 6 hours.

Eggs in Beet Vinegar

Cook 6 washed and peeled beets in 1 quart water with 1 tablespoon salt until just tender. Drain and add to the liquid 1 tablespoon sugar, 1 cup wine vinegar, and 1 tablespoon horseradish. Blend well and strain through several thicknesses of cheesecloth.

Hard cook 12-14 eggs and peel at once. Immerse in beet vinegar for several hours to absorb color. Serve in a glass container.

New Potato Appetizer

Boil 18 very small new potatoes in their jackets in water with 1 tablespoon salt until just cooked. Drain and scoop out tiny balls with a small melon ball cutter. Mix ½ cup sour cream, 1 tablespoon chopped parsley, 2 tablespoons finely chopped chives, and salt and freshly ground pepper to taste. Fill potatoes with a dab of the sour cream mixture and arrange on a platter with a garnish of chopped tomatoes and green onions. Serve warm.

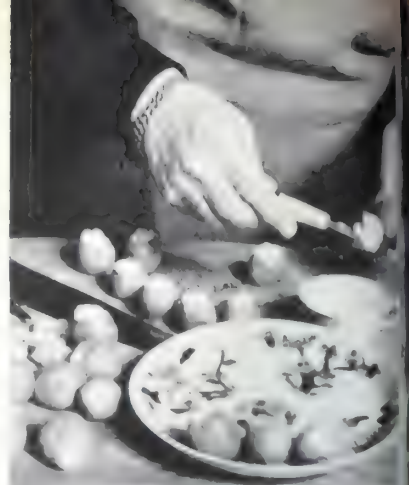
James Beard in his kitchen. Left, scoops out tiny potatoes with a melon ball cutter, to fill with sour cream.

Sausage en Croûte

Cotechino, garlic sausage, or other sausage that has not been partially precooked needs poaching very gently for 45-50 minutes. No poaching is necessary for kielbasy or other cooked sausage. Remove the skin from the hot sausage after cooking, or the precooked sausage. Cool sausage. Roll out 1 pound puff paste about ¼ inch thick. Arrange sausage on puff paste and measure so that puff paste can be trimmed to encase the sausage without too much overlap. Cut off excess pastry and reserve. Seal edges of pastry with water or egg white. Invert sausage on a baking sheet with seams underneath. Shape remaining pastry into leaves, rosettes, or strips, moisten with water or egg white, and decorate the top. Mix 1 egg yolk and 2 tablespoons heavy cream and brush pastry well. Bake in a 425° oven 15 minutes; reduce heat to 375° and bake until pastry is browned and puffy. Serve warm.

Sangria Provençale

Combine 2 bottles (fifths) red or white wine, 3 tablespoons sugar, the zest from 1 large or 2 medium oranges (cut in a spiral), 1 sliced lemon, several orange slices, 2 or 3 sticks of cinnamon, and 2 bay leaves in a glass pitcher. Add ice cubes, top with sprigs of mint and a little superfine sugar.



Mr. Beard fills potato cavities with sour cream and chives. Top, slices Sausage en Croûte, center, a pitcher of Sangria Provençale. Bottom, blooms with fresh bread and cheese.





RONSON
 "The appeal of food is heightened by the way it is served," says Mr. Beard, who has a marvelous collection of platters, china, and porcelain to show off from
 are. Mr. Beard's food for drinks, photographed in his Greenwich Village house, always includes, clockwise from bottom right, a rye bread, stuffed with
 served on a silver pig platter; a vegetable—stemmed cherry tomatoes in a pedestal bowl with small bowls of vodka, curry powder, and salt for the
 —Herring in Madeira, in a three-tiered glass dish with rye bread and Eggs in Beet Vinegar. Finally, new potatoes stuffed with sun-dried tomatoes and onions.

continued

"The advantage of a Chinese meal is that so much can be prepared in advance and refrigerated, then just brought to room temperature before cooking quickly in a Chinese wok," says Mrs. Lee, a passionate cook who since she came to America has simplified her procedures but kept the techniques pure. This seven-dish menu for ten guests can be scaled down for a smaller luncheon. To ensure that dishes are hot, guests sit down to one or two dishes, then the hostess can leave to quickly stir-fry or deep-fry the remaining ones in a wok. Famous cook book author Craig Claiborne loved Chinese food, as do so many Americans, but never thought he'd be able to master it. Now after taking lessons from Mrs. Lee, who teaches in Chinatown, N. Y., he is collaborating with her on a new cook book.



Mrs. Lee and Mr. Claiborne display dishes, clockwise from foreground. Smoked Duck, Lettuce Packages, Aromatic Spiced Beef, Chinese Chicken with Nuts, Best Fried Rice, Snow Peas and Straw Mushrooms, and Steamed Flounder, center.

Cook-as-you-go Chinese lunch

by Virginia Lee and Craig Claiborne



Chinese Chicken with Nuts

2 whole chicken breasts, split in half, skinned, and boned (4 separate pieces when ready)

¼ cup cornstarch

2 teaspoons salt

¼ teaspoon monosodium glutamate, optional

1 teaspoon sugar

1½ tablespoons dry sherry or shao hsing

2 egg whites

1¼ cups finely chopped fresh walnuts or chopped, skinned Brazil nuts

Peanut, vegetable, or corn oil for deep frying

Fresh coriander or parsley sprigs

Slice the chicken breasts at an angle into slices about ¼ inch or less thick. Set aside on wax paper.

Blend the cornstarch, salt, monosodium glutamate, sugar, and wine. Beat the egg whites lightly but not until frothy, and gradually mix them into the cornstarch mixture. Stir until smooth.

Put the chopped nuts on a plate. Dip the chicken fillets first in the cornstarch mixture, then into the chopped nuts, coating each side well. Put on wax paper and let stand until all the fillets are coated.

Heat the oil almost to the smoking point in wok or skillet and add the chicken pieces a few at a time, without crowding. Cook, stirring and turning the pieces in the oil, until golden

brown, no longer than 2 or 3 minutes. Do not overcook. Drain on paper towels. Garnish with fresh coriander or parsley, and cherry tomatoes. Serve at once. Serves 8 or more.

Snow Peas and Straw Mushrooms

1 pound snow peas

¼ teaspoon monosodium glutamate, optional

2 tablespoons dry sherry or shao hsing

Salt

1 teaspoon sugar

3 tablespoons peanut, vegetable, or corn oil

15-ounce can straw mushrooms, drained (available in Chinese groceries)

Pick over the snow peas and "string" them by pulling off stems from one end to the other.

Blend the monosodium glutamate, sherry, salt to taste, and sugar and set aside.

Put the oil in a wok or skillet. When it is very hot, add the snow peas, stirring constantly. Cook about 45 seconds, stirring, and add the straw mushrooms. Cook, stirring briskly, about 15 seconds longer. Add the sherry mixture and cook, stirring, about 15 seconds. The total cooking time should be no more than about 2 minutes, and the snow peas are done when they are still crisp and emerald green but have lost their raw taste. If they overcook, they will lose their texture and color. Serves 8 or more.

| MENU | |
|------|--------------------------------|
| | Aromatic Spiced Beef |
| | *Chinese Chicken with Nuts |
| | *Snow Peas and Straw Mushrooms |
| | *Steamed Flounder |
| | *Lettuce Packages |
| | *Smoked Duck |
| | *Best Fried Rice |
| | Wine: Shao Hsing, Beer |
| | Jasmine tea |
| | *Recipes, page 78. |



A Chinese wok, above, the most versatile of cooking utensils, used for stir-frying, deep-frying, and steaming, with a bamboo steamer.

You prepare everything in advance, but finish it up at the last minute in a wok.

Chinese cuisine is meticulously organized: "Everything is chopped, cut, organized, and put in its proper place beforehand," says Mr. Claiborne, as on the table, top left, holding a still life of prepared ingredients clustered for each dish. The final cooking often takes just a few minutes in a wok. Two center pictures, Mrs. Lee stir-fries snow peas with Chinese straw mushrooms just long enough to take away their raw taste. "Buy a large wok 16-18 inches in diameter. The design makes it easy to cook a small or large quantity and a large one prevents oil from splashing everywhere," she advises, "and two woks are better than one if you're preparing several dishes." To clean, just brush with a stiff hairbrush and water. Woks and bamboo steamers are available at the Oriental Country Store, 12 Mott Street, New York, N. Y. For Chinese Chicken with Nuts, Mrs. Lee coats chicken first with cornstarch mixture, and then nuts, using bamboo chopsticks. Crisply deep-fried chicken is garnished with coriander and cherry tomatoes, left.



“Collect a variety of flowers in many colors—tight buds to full-blown. Before starting a bouquet separate each flower color into crocks or pails. Then let your flowers tell you what to do”

“Every morning I spray my bouquets, give them fresh water, and add some new flowers. It is not necessary to take out all the flowers and start fresh. You lose your continuity. I very seldom pull out a tired flower. I clip so as not to rustle the bouquet—for the sake of beauty do not hesitate to cut a beautiful flower. If the stems are crowded, I take a pencil to make an opening for the new flower. And, once the bouquet takes shape, I lift it up a little and let it fall open.

“Sometimes you seek perfection and you defeat yourself. You lose all naturalness. When you arrange flowers, you must give nature a chance. She is the one who made these flowers. Who are we to tell her what to do? It is nature, not I, that makes the bouquet. I merely pick. After you have mastered the basics that go into making a bouquet or a recipe, you should fly on your own.

“I use a big number of flowers in my restaurant because the room is big. But the eloquence of a bouquet does not depend on numbers. Big brandy snifters are splendid for low bouquets—you have room for the stems, the smaller rim to control the shape. To make a few flowers stand tall in a big crystal vase, you put them inside a tall glass inside the vase.

“First I start with color, then I make a pattern. Flowers in related colors make a happy family. Take red. What is mauve? A red and blue. What is orange? A red and yellow. Remember that light flowers say hello, dark colors recede. Or use contrast to make your bouquet jump. If you don't have a variety of color, concentrate on shape. If you have only rosebuds, plunge a few stems in boiling water to rush them open. A bouquet may last four days or a week, but it will mature and change. The real eloquence comes as it opens.”

“Add a few fresh flowers to your bouquet each day—it will grow more beautiful and give you more pleasure”

Tips on food:

“Herbs are the secret of cooking. Fresh rosemary is my favorite, a sturdy plant that is easy to grow—but dried, it is negative.

“Never cook pastry for more than one meal and cook it at the last minute. When we make apple pie, it is put in the oven at noon, to serve at one, warm and crusty; by four, the same pie is soggy, finished.

“A judicious use of lemon will enhance the flavor of most sauces. And a dash of lemon will improve any salad dressing.

“Use your imagination even with potatoes; purée potatoes with white turnips (take 2 or 3 turnips, boiled and cut in pieces, add to purée with salt, cream, butter), or add knob celery to mashed potatoes.

“When poaching a chicken, rub it with lemon first to keep skin white.

“Avoid repetition in a menu. If you have a pea soup to start with, don't serve a purée of peas; don't repeat colors, or starches.

“To keep copper pans clean and shining, we use a mixture of lemon, flour, vinegar, and salt.”

Tips on flowers:

“To make a bouquet that will stand against a wall, especially if you are using a wide crock, make a crescent of rolled chicken wire. Fit the open crescent inside the rim, low in front, high in back. This braces short-stemmed big flowers at the center of the bouquet and holds the long stems straight at the back.

“Put cut roses in water immediately. If you cannot, seal the stems with flame or wax so no air gets in.

“Keep a little vase handy and full of water when making bouquets. Use it for flowers whose long stems break.

“Anemones perk up if you give them one-half cup vinegar to two cups water. Lilies also like vinegar. Delphinium likes a tablespoon of alcohol, babies' breath, a teaspoon.

“Cut stems on the slant so the flowers can drink more. Crush and fray woody stems.”

“The purpose of a bouquet is to soften life a bit with beauty”

On the next two pages, two of Mr. Masson's beautiful bouquets

Flowers arranged by
Charles Masson





sense about food scares

A public health authority talks about mercury, MSG, cyclamates, saccharin, preservatives, additives, strontium 90, DDT

Dr. Eric J. Cassell is Associate Clinical Professor of Community Medicine at New York's Mount Sinai Medical School and has long been a key teacher of public health at Cornell University Medical College. A native New Yorker, he graduated from Queens College, and obtained his M. D. from New York University. His particular concern is with the interaction of science, society, and law.

Q Dr. Cassell, what is your reaction to the current controversy over the wholesomeness of our food? Do we really risk being poisoned by all these residues, additives, preservatives, and synthetic ingredients?

A There is no cause for panic. In fact I'm very optimistic, because controversy begins to create change that goes well beyond the controversy itself. People begin to look at a can and read the label, when they really hadn't looked at it before. We begin to see that there is something in a chicken besides the chicken. Any woman who has shopped here and in France, for example, knows there's a big difference between our chicken and the French—a stringy looking, scraggly bird with not nearly as much meat. And it doesn't taste as good as ours. We take for granted that our chicken is going to be a lovely chicken, but now suddenly we are beginning to look at the process by which it got to be that way. The balance that we should like to be struck is to keep that balance and at the same time not be poisoned.

What about the hormones that are injected into poultry and beef to make them grow faster?

A That's a good question and people ought to know all about such things. If you are interested in raising chickens and in the case of beef, pigs, and the food and drugs in the form of "implants." But these practices are very carefully regulated by the Food and Drug Administration. Food residues from antibiotics that are administered to animals are subject to strict limits, and implants are not to grow within a certain number of days. I think you'll be reassured from these checks and balances. There are some concerns about the use of antibiotics in agriculture by the U.S. Department of Agriculture.

culture to be sure they contain no hormone residues. For poultry injections, only one hormone is permitted—estradiol monopalmitate—and there must be no residue whatsoever. Of course federal regulations apply only to meat to be shipped in interstate commerce—for meat shipped intrastate, each state has its own laws. **Q.** But if residues aren't allowed, why do they use the hormones in the first place?

A. To produce better meat, to increase the distribution of fat, to make

a better-looking chicken

and a better looking piece of meat. What they do in beef is build up the process of making protein. We sometimes do this in humans if they've been quite sick and we want to reinforce that part of their metabolism. This makes them build more protein. It is what we call anabolic—it builds up the body. With animals it is done in such a way that there is no hormone left by the time the purchaser gets the chicken. Here is one of those cases where we want the advantage but we don't like the sound of it. Actually we get the advantage without any danger to ourselves.

Q. Some people claim that chicken carcasses are dipped in antibiotic solutions to preserve their so-called freshness until they are sold—isn't that dangerous?

A. Antibiotic dips for chickens are prohibited by law. So there's nothing to worry about there, unless, of course, you are buying local chickens and your own state laws are not on a par with federal regulations.

Q. Let's switch to some of the foods that come in cans and bottles: Are cyclamates actually as injurious as they were claimed to be when they were banned?

A. Cyclamates are really as injurious as they were claimed to be—for beagles. There is no claim, there is no statement that cyclamates cause cancer in human beings. But the famous Dr. James Watson once said that a food additive that is shown to produce cancer in experimental animals may be withdrawn from the market. That is the line—the secretary of Health, Education and Welfare has no choice but to comply. When cyclamates were given to beagles in large quantities and they were kept—they produced a certain kind of tumor. That tried under the

umbrella of the Delaney Amendment so cyclamates had to be removed from the market. They were part of a major change in American view of their own health. We no longer view upon the fat person as the well-fed person. We are no longer quite so happy to see a fat man.

The use of cyclamates and saccharin are part of

people wanting to be thin

Now cyclamates have been banned not because they are known to be bad for human beings but because they were shown to be bad for experimental animals. Still that does suggest that there is a possible danger in cyclamates. It is conceivable that taken in large quantities they can be damaging.

Q. And saccharin?

A. The same thing has come to be true of saccharin. There is evidence that saccharin in large amounts may cause some injury to animals. The questions each person has to ask himself are: What course do I want to take? Which relative risk? Am I ready to go the next step, which would be to change my diet so that the need for saccharin disappears? Am I willing to satisfy my taste for sweets with fruit? But the person who is not yet up to that and is seriously overweight is running a greater risk of being injured—by overweight, I think, than by saccharin or cyclamates. For the diabetic, the relative risks show even more in favor of the use of artificial sweeteners. And in connection with cholesterol and arteriosclerosis, we believe there are people whose body chemistry—the way their arteries build up fat—is affected as much by their intake of refined sugar as it is by their intake of saturated fats. So again, we have

the matter of relative risks

There is no safe course through this world. We are the first generation ever to believe that there is no such thing as fate. In a certain sense, let me say that food is like looking at fate.

Q. Is monosodium glutamate bad for health adults?

A. MSG does not appear to be harmful to normal adults when used in normal amounts. But there are people who seem to have an over-sensitivity to it and suffer what we call the Chinese Restaurant Syndrome.

Continued on page 5

FACTS ABOUT HEALTHY FOODS

An eminent nutritionist talks about foods to keep you healthy

Dr. Charles Glen King, eminent biochemist and nutritionist, is past president of the International Union of Nutritional Sciences, an adviser to the World Health Organization of the United Nations, past president of the Nutrition Foundation, and a member of the National Academy of Sciences. Together with graduate students at the University of Pittsburgh, he isolated vitamin C in 1932. At the Institute of Human Nutrition, Columbia University, he is Professor Emeritus and Special Lecturer.

Q Do we need food supplements like brewer's yeast, tiger's milk, wheat germ oil, serenity cocktail, black molasses, to keep well?

A The problem with all these things is that they take on a halo and a real hazard comes when you believe that one of them is going to solve all your health problems. For example, one of the biggest corporation presidents in New York came to the conclusion that by eating wheat germ for breakfast every morning he was well fed for the rest of the day. All these products may do something to assist three meals a day, but reasonably well-selected meals will provide all essential vitamins and minerals and more, too, and probably in better ratio or balance than in faddish type products. This is the part that is widely misunderstood.

Q What about supplementary vitamin and mineral pills?

A Prepared, capsulized material—and there's no significant difference between so-called natural and syn-

thetic vitamins or minerals—will not take the place of an intelligent selection of foods, which you can buy at lower prices in the supermarket. One tablet a day may give a safety factor if the diet is not adequate. The problem is, most people wouldn't know which vitamins or minerals or proteins or fats are deficient in their diet, so they wouldn't know which to take.

Fantastic doses of vitamins do not balance other deficiencies. What you actually do is throw the total vitamin intake out of balance. Each person needs a balanced intake of about 45 different nutrients. People often are not only wasting their money and misplacing their confidence, they're also running an increased risk of injury. The appeal for vitamin and mineral supplements is very largely based on the insurance argument that you might have malnutrition, not know it, and "maybe this would help." It's the "maybe" schedule that is the real appeal here—and a danger.

Q Can excessive vitamins and minerals really be harmful?

A Excessive quantities will clog the works so to speak and can be quite injurious, just as excessive quantities of anything we eat can be dangerous. Excessive vitamin D is a real risk, because you get excessive deposits of calcium phosphate and other disturbances that lead to distortion of bone structures, nerves, and other soft tissues as well. And that's not hard to do. Excessive vitamin C acidifies the urine and increases the risk of deposits that make up kidney and bladder stones. Now these stones don't happen overnight, you can go on taking great gobs of vitamin C for several months, perhaps, and not notice anything. But as soon as you've got a kidney stone or a bladder stone, you're in for serious trouble. Furthermore, a large part of vitamin C is converted to a sulphate ester which is a very strong acid and very stable. Now it doesn't hurt for a short time apparently, but no kidney knows what the hazard is, nor how serious it could be when grossly unbalancing the acid-base adjustments in his body.

Q What about liver or liver extract?

A Well, apparently we can certainly live without it or humanity would have disappeared long ago. Liver is a rich source of a lot of the heavy metals—including iron, right on down the line, copper, manganese, and cobalt—but it can become toxic if you go too far—and it can be hard to digest. Most people

can't tolerate much liver and you don't have to have it. It's a good food in small quantities and I think to serve liver occasionally is desirable, but in liver

extract, it's a portion of the animal and is not ideal. So, for the general health, also the liver is not a good source of iron.

Q But many people feel they need extra supplements because they eating a poor diet. What's the solution?

A An awful lot of people do have very silly eating habits. They put themselves up with carbohydrates, sugars and starches or white flour products to satisfy their appetites, often with an excessive caloric—but deficiency in about 20 essential nutrients. If you go far on this diet you run into increasing risk of malnutrition. We can teach the teachers, schools how to teach good nutrition. But I think the problem goes further than that. We've got to teach the mothers, because they control what the families eat. Most people can resist things that taste good; they know what they ought to do, but they don't do it. They buy food by flavor and labor-saving motivation almost entirely. Finances take third place. Health significance, being vague and apparently far away, gets a very low rating. If you eat three nourishing meals a day or prefer to have four small ones, there generally is

no justification for food supplements

Q Is it true that it's preferable to eat "raw" sugar or honey instead of white, refined sugar?

A People who make this suggestion are very close to making a hundred percent misinterpretation of nutritional facts. Honey and sugar are almost the same nutritionally. Raw sugar and white sugar are practically the same material in a practical meal. It's true that in honey you get some plant material and an excellent flavor along with a trace of vitamins and minerals, but beyond that there is no real significance. I like the flavor of honey, too, on pancakes and hot biscuits. Brown sugars have more flavor than white sugars but only minute quantities of essential nutrients. Moderate amounts of sugar are not harmful, but add pleasure and taste to food. They have a legitimate place in the diet. A major danger from overeating sweet things is that they increase the caloric intake and I'm convinced that too many calories constitute a major killing agent in middle and upper age bracket people. Our pattern of desserts is in the direction of sweets, apple pie, fruit pie, cake, cookies, and candies. They're high risk when used quantitatively because they're high in caloric and the people eat them after a protein-rich and satisfying meal with all the nutrients needed.

Q What about breads? Should we

Continued on page 59



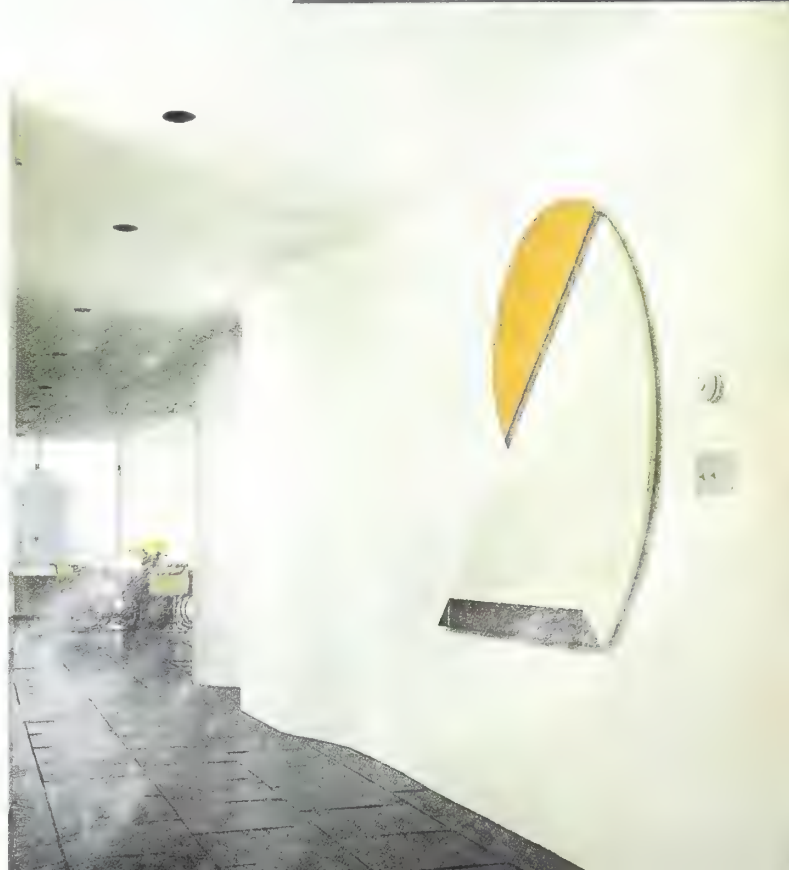
Actress Faye Dunaway's apartment is in the very midst of New York City. Wide windows frame dramatic skylines, which become changing murals day and night. Yet some of the striking things about her apartment are its deep sense of privacy, of serenity, of permanence—qualities so elusive in city life—which create a unique feeling of sanctuary. At home here after the stress of making films and traveling, Miss Dunaway is enfolded in her own world, a luxurious, serene place soothing to her eye and spirit, where she can enjoy some of the things she likes best—listening to music (one of her special loves) in every room, unwinding in a sauna in her marvelous spa bathroom, relaxing on terraces overlooking Central Park, entertaining her friends and even cooking for them herself on a special restaurant stove she had installed in her kitchen

When Miss Dunaway bought the apartment it was actually two apartments—each a hodgepodge of small rooms, exposed beams, different ceiling heights, and poky windows. The first thing architect Charles Gwathmey of Gwathmey/Siegel Architects did was to gut the entire place, then he reshaped three basic areas—a huge living-dining room; a wonderful bedroom suite, which is almost like a separate apartment; and in another area, a guest room, the kitchen, and maid's quarters. To make the apartment look as solid as a house, he thickened the exterior walls and installed windows flush with the outside to create deep window seats. On the side overlooking the park, he put in much wider, taller windows. To unify the different ceiling heights, he hung a ceiling incorporating recessed lighting. And he covered floors throughout with blue-black slate.

To preserve the glorious freedom of space, Miss Dunaway and her architect kept objects and materials within the space as simple and sleek as possible. All furniture is either built-in or has a clear sculptural shape, walls are stripped of moldings, large panels of mirror reflect spaces and views, doubling the size of rooms, multiplying the light. In the living room, *top left*, a 20-foot built-in sofa topped with black leather cushions lines one entire wall. Cube tables of polished stainless steel reflect floor. At other end of room, *bottom left*, Miss Dunaway's dinner parties are held around a massive, 6-foot-diameter, pedestal table of polished slate embedded in the floor. A curved wall on one side of dining area, *top right*, wraps around toward entrance to her bedroom—a mirror-faced sliding door, which reflects windowed living room wall and a wall hanging by Richard Lindner. In the central hall, *bottom right*, a painting by Leah Rhodes is the only decoration.

CLASSIC MODERN SETTING FOR A FASCINATING WOMAN

Tower apartment designed for Faye Dunaway



Bedroom,
bath, sauna—
quiet center
in a city —
apartment



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3

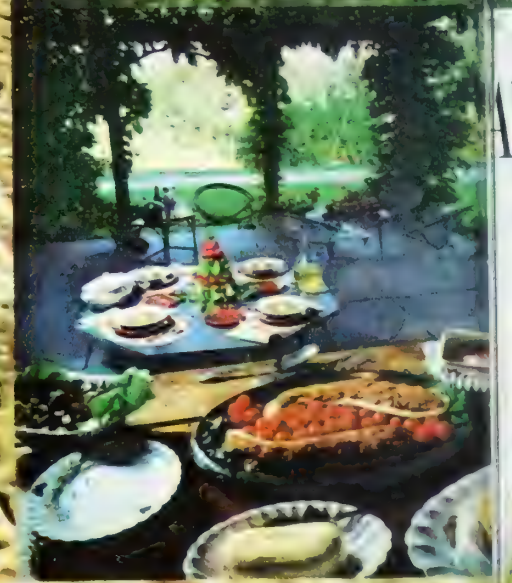


- | | | |
|--------------------|------------------|-----------------|
| 1. Entry hall | 7. Terraces | 13. Maid's room |
| 2. Entry | 8. Dressing room | 14. Bath |
| 3. Living/dining | 9. Sauna | 15. Service h. |
| 4. Master bathroom | 10. Hi fi. bar | 16. Elevators |
| 5. Master bedroom | 11. Kitchen | 17. Guest room |
| 6. Bedroom terrace | 12. Library | 18. Bath |



Most one third of Faye Dunaway's apartment is given
 entirely to her bedroom suite (see plan, *opposite page*)
 a luxurious enclave of connecting bedroom, bathroom,
 dressing room, and sauna, all meticulously plotted for the
 queen's private life in comfort, restfulness, and beauty care. In her
 bedroom, **2** and **4**, at the corner of the building, one
 is placed at an angle so that from her bed, built in
 against this wall, Miss Dunaway can look out in two direc-
 tions—over the park and onto a little terrace. Mirrors—
 built into the bed headboard, **2**, and on the sliding doors
 leading to the living room and bathroom—double the
 vision of her room and reflect back and forth a bright
 poster and a panorama of the New York skyline. The
 headboard contains books, telephone, built-in lighting,
 and headphones so she can curl up and listen to music
 in bed. Tiny terrace wrapped with a high wall for privacy
 overlooking the park, is a delightful, private spot for
 breakfast or reading in warm weather. Off the bedroom
 is a dressing room, **1**, an immaculately organized stretch
 space with masses of floor-to-ceiling closets for clothes.
 The bathroom opens off the dressing room, and is divided
 into several sections. At one end, **3**, she has a generous
 bathtub with a built-in chaise longue for sun-lamp tanning.
 At the other end, a shower stall, sauna, and washbasin.





Top: This 60-by-40-foot plot, enriched with layers of leaves and hay, gives bouquets and good things to eat from June to November.
Above: Garden fresh summer lunch on the vine-shaded terrace includes sorrel soup and stuffed zucchini.
Left: Plants started in early spring are protected by glass jugs.



The very personal garden of Harry Rogers

AN EASY-DOES-IT ORGANIC GARDEN

“My weekend garden of food and flowers requires no spraying, no chemical fertilizers, no weeding, no cultivation, and no watering if the rain gauge on the fence has good news”



- | | |
|-------------------------------------|-------------------------------------|
| 1. White beans, 'Kentucky Wonder' | 19. Sorrel |
| 2. Asparagus | 20. Boston lettuce |
| 3. Blue salvia | 21. Loose-leaf lettuce 'Salad Bowl' |
| 4. Mixed zinnias | 22. Cabbage, 'Golden Acre' |
| 5. Red zinnias | 23. Swiss chard, 'Fordhook Giant' |
| 6. White asters | 24. Beets, 'Long Season' |
| 7. Peas, 'Lincoln' | 25. Carrots, 'Pioneer' |
| 8. Sugar peas, 'Sweetpod' | 26. Leeks, 'American Flag' |
| 9. Cucumbers, 'China' | 27. Onions, 'Yellow Sweet Spanish' |
| 10. New Zealand spinach | 28. Onions, 'Ebenezer' |
| 11. Gladiolus | 29. Chives |
| 12. Yellow marigolds | 30. Parsley |
| 13. White gladiolus | 31. Sorrel |
| 14. Yellow lilies | 32. Parsley |
| 15. Tomatoes, 'Red Cherry' | 33. Curly parsley |
| 16. Tomatoes, 'Big Boy' | 34. Tarragon |
| 17. Summer squash, 'Zucchini Elite' | 35. Rhubarb |
| 18. Peppers, sweet and hot | |

“Mulch and a fence solve almost every gardening problem except raccoons”

Harry Rogers's vegetable garden is a big 60 by 40 feet. It gives him vegetables, herbs, and flowers for the table: a bounty of vegetables to can, freeze, or give away; peace of mind even when he is away. He gives it a year-round straw mulch and an average of only four hours work a week except in early April and November. “On some summer weekends,” he says, “my only job is to pick.”

His site is ideal for vegetables—level, well-drained, sunny (vegetables need a minimum of six hours sunlight daily). If he doesn't get the necessary one or two inches of rain a week he uses a hose, stretched downhill from a spring. A 5-foot fence with 10 inches of fine-mesh chicken wire underground protects the garden against rabbits and woodchucks. Insects apparently cannot get a footing here though a previous vegetable garden on this same property was besieged. Year after year this garden's layers of leaves-and-straw mulch become rich humus ready to grow almost anything.

His inspiration was a book, *How to Have a Green Thumb Without An Aching Back*, by Ruth Stout. By trowel and error he has since come up with some inspirations of his own—the California wine jugs, for instance, that he uses as miniature greenhouses to cover tender vegetables. In his part of Connecticut, frosts are a threat till late May. When he has a dozen or so empties—“my guests are encouraged to increase the supply”—Mr. Rogers gets a local glass cutter to zip off the bottoms. He keeps the caps on except on balmy days when he opens the jugs to the air, and by June the jugs are retired to the garage rafters.

His earlier garden had proved that his soil's pH factor did not need checking (“if beets do well you don't need to add a thing”). To start his new straw-mulched organic garden he simply measured a new site, had a farmer to spread manure one November day, then to plow and rake. With this expertise shorted out of the way, Mr. Rogers's November procedure has remained unchanged. First a layer of autumn leaves. Then a scattering of fertilizer—organic fertilizer. (He used 100 pounds each of bone meal, cotton seed meal, cotton seed hull ash, Milorganite and phosphate rock the first few years.) “Now the soil is so soft he adds only a layer of ground bone meal every two or three years. Next, the special French blanket of organic field hay, some fifty tons annually, for the garden.

Once done, Mr. Rogers simply pushes over the straw, where he wants to plant, or uses the portable sawtooth shovel to dig out a hole, or simply to dig up the soil. In the early spring a third season he plants his less desirable started at local



nurseries and protects them with a wine jug cloche or a Hotkap (for more on these, see Gardener's Notes, page 126). At the same time, he seeds crops that will be ready when the early lettuce and cabbage are eaten. Seeds must be planted “deep enough”—most vegetables like a covering of about a quarter inch of soft soil—and the neat rows left open to the light. The weathered straw keeps the ground at an even temperature, or can be tucked under seedlings' chins on cold nights. It also keeps plants unmuddy, and in summer keeps earth moist and weeds off on holiday. Mr. Rogers encourages each seed and plant with a sprinkling of his own mixture of about three quarts of fireplace ashes and organic fertilizer to a wheelbarrow of compost. His compost gets everything left over from the table or garden except meat scraps, which he puts on the hull for the raccoons, a gesture more sociable than deterring. “Mulch and a fence solve almost every gardening problem except raccoons. These rascals have made me give up on corn and cantaloupes. I put a radio out there and had an all-night talk show going; they weren't fooled. I rigged up Christmas lights to blink on and off, just made it easier for them to find the best things to eat.” If Harry Rogers has any other problem it is that the soil is now so rich that his herbs may need to be moved to a less fertile garden to build up more flavor by working harder for a living.

Planting in the L

TOP: Come spring, Mr. Rogers gets to work in what he calls “typical garden fashion.” For nursery plants—in this instance, cabbages—he pushes the hay aside, mixes the soil with a hand cultivator, then pops in the cabbage. Hay is then pushed back to form a loose collar around the plant and keep it warm. ABOVE LEFT: To install blue salvia, he follows the same procedure, using a tautly stretched string as his guide for a straight row. After about a week's development, each plant has its hay comforter tightened so that it is snug. ABOVE RIGHT: For very tender nursery plants such as eggplants, Mr. Rogers uses his gallon wine jug protectors. Bottoms are sawed off so jugs can sit over each plant like a bell jar. Caps are left on all week, then taken off on weekends. Were he a full-time gardener, he would do cap more often. “I suspect it gets a little warm in there. Still, heat's better than frost.”



**tepee and Hotkaps
for beans and tomatoes**

HOUSE & GARDEN, JULY, 1971

For string beans and tomatoes, Mr. Rogers builds a "kind of tepee shape" of long-lasting cedar poles, 8 feet long, thrust 6 inches into the ground and bound at the top with cord. Young bean sprouts are protected by Hotkaps held in place by hay mulch.



Jugs are miniature greenhouses for tender vegetables

ABOVE TOP: The wine jug "greenhouses" are hung on the garage rafters in winter. Mr. Rogers's favorite winery no longer equips its jugs with ears (very necessary for hanging), so he keeps an anxious eye on his old ones. ABOVE: Harvest reaped, our gardener prepares some of his beautiful vegetables for one of his famous garden lunches. For four of his favorite recipes, please turn to page 81.

For the great new kitchen life

A PUSH-BUTTON CUPBOARD

Revolving shelves
hold everything
you need in the kitchen

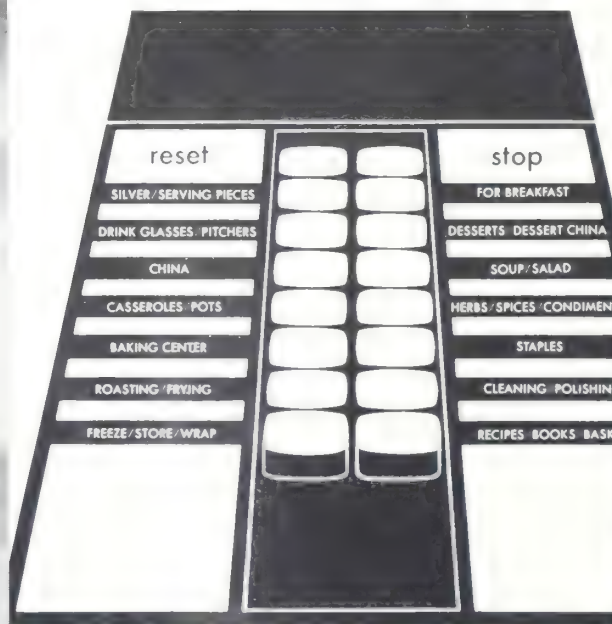
The kitchen with a silvery lining, a culinary mine of metallic glitter, stainless steel *all over*, from the ceiling down to the glinting floor paved with 12-inch tiles. And taking center stage in this brilliant production, a super storage unit, surfaced with steel, too, that brings everything straight to your fingertips at the touch of a button. Fourteen shelves inside the super storage unit are motorized, like a miniature fairground Ferris wheel, and circulate up, over, and around, electrically. They will hold pots and pans, silver, china, dry and canned foods, whatever you will. Press a button on the control panel on the steel counter in front to bring whatever you need to hand in a flash, five seconds. To close, pull down a sleek front panel and lock into the counter. Storage was never so compact or efficient.

This idea, new to the kitchen, has been adapted from an automatic retrieval system, used in hospitals and big business corporations, called Lektriever 100, by

Remington Rand. The unit works on a standard 110 volt circuit and can be paneled with almost anything, wall-paper, laminated plastic, whatever fits your kitchen. Here the unit and walls are covered in cut-to-measure panels of thin stainless steel. Twelve-inch tiles of the same thin steel sheathe ceiling, floor tiles are a heavier gauge. A butcher-block tabletop in a shiny roll-around frame, plus a stainless steel restaurant range by Garland and a stainless sink by Elkay, adds more sheen.

Below left: Storage unit closed. Counter also doubles as a work surface, can be adjusted to sitting or standing height (shown here). *Below:* The shelves hang two deep inside. To start the action, push a switch on the right side of unit (not shown), then press reset button on the control panel. This activates a dual set of safety devices that stop the shelves automatically if anything gets in the way. *Below right:* Control panel on the counter. Fill shelves to suit yourself, list contents next to each button.

For Shopping Information, see page 127.



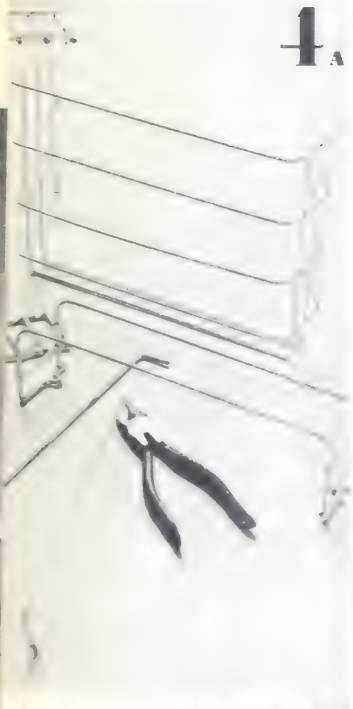
The cupboard closed, *far left*, the revolving shelves inside, *left*, and the push-button control panel, *above*.



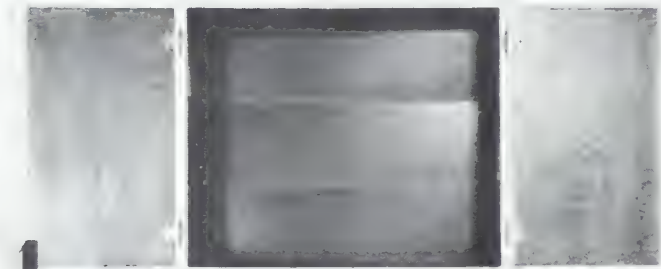


Zest for the great new kitchen life

Storage ideas plus new equipment



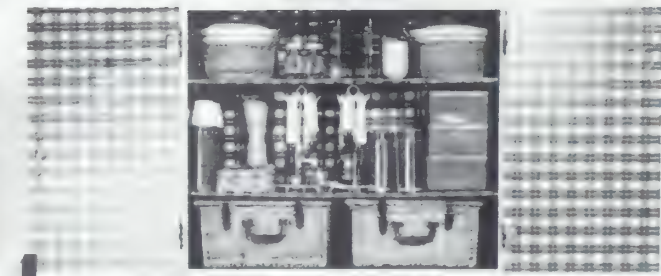
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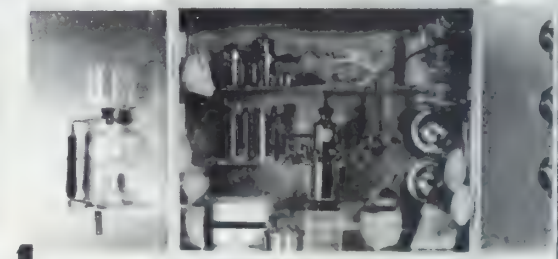
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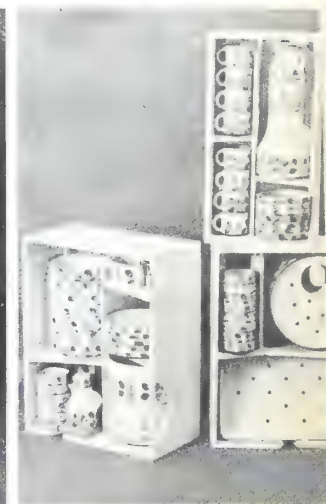
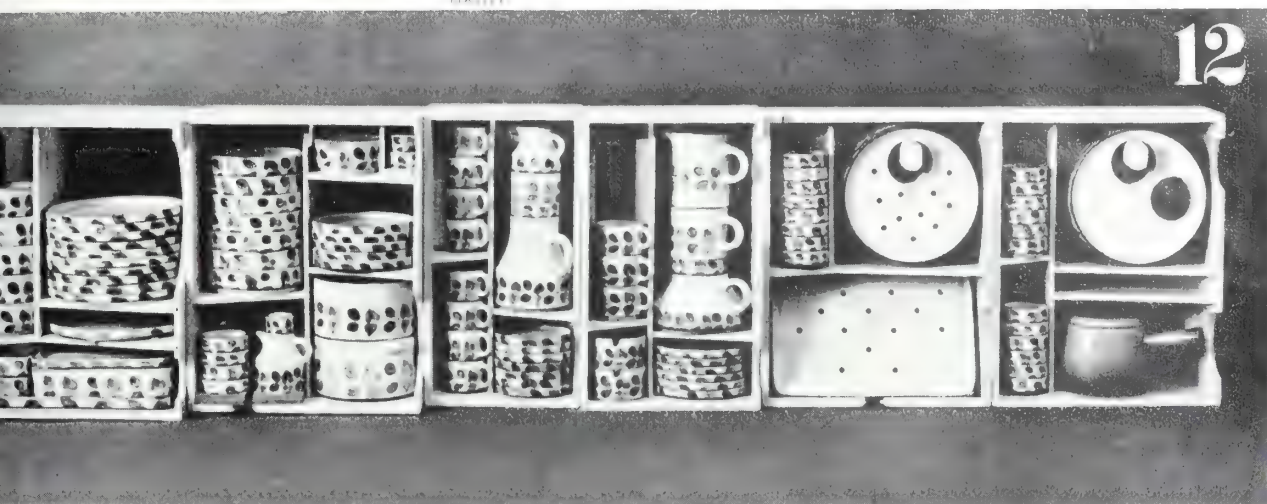
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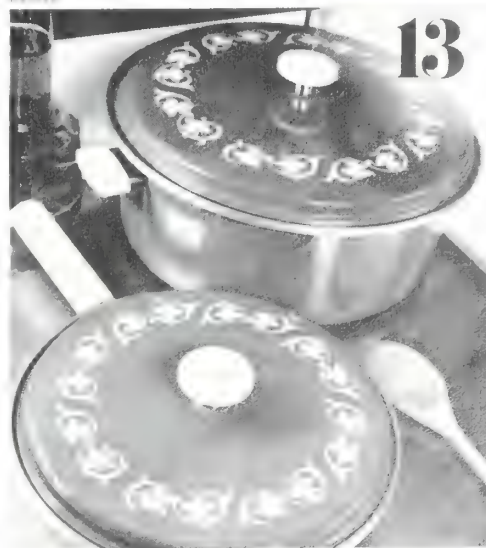
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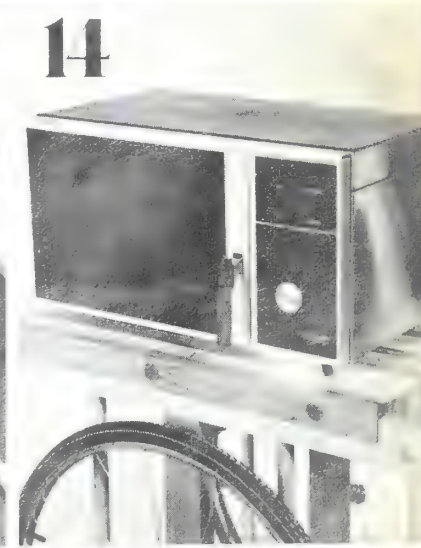
12

stone plates, bowls, platters
 fifteen pieces in all—fit to-
 gether to make a china ball. In
 red, yellow, and orange; or white,
 blue, and brown. By Villeroy & Boch.
 Electric range with glass door,
 self-cleaning oven, warming shelf
 top. By Tappan. Background,
 blue and white wallpaper by Thi-
 s. **3** A folding food file that
 works like a three-way mirror in the
 kitchen. Door at right has storage
 space on both sides. Shelves are one can
 hold. **4** Working wonders with a
 plastic kitchen cabinet and standard
 shelves to solve different storage
 problems. **4A** Plastic coated racks.
 36-inch-wide wood cabinet.
 Glass, china, silver storage:
 racks in basic racks, with clear
 plastic shelves in between, the
 racks are cut for glasses and
 silver. **4D** Everything for a gala
 party. Blue and white Marvalon
 covers walls. **4E** An airtight cof-
 fee cabinet: walls sheathed
 in stainless steel, magnets hold
 coffee cups on door. Cabinets by
 Plywood of U.S. Plywood. Racks by
 wire. **5** Shallow trays under
 a chopping block counter keep table-
 tops neatly organized in the pan-
 try of a kitchen designed by
 Jean. **6** In the preparation cen-
 ter in the same kitchen, a double-
 length knife drawer. Half-depth
 level rolls out, holds small
 knives, tools. Rack protects blades
 of larger knives. **7** Old-fashioned
 cooking updated. A 3½-quart

crockery pot, wrapped in a coat of
 red steel, simmers a stew all day.
 You just plug it in. Crock-Pot by
 Rival. **8** A sleek automated water
 conditioner that removes both
 hardness and sediment pollutants.
 By Culligan. **9** Spatter free salad,
 vegetable dryer. Pull cord, inner
 drum spins, forcing water out. By
 Langco Ltd. **10** Blue and white
 tiles cover walls, niche, an old
 tiled wood stove—flanked by two
 modern gas ranges—in a Mexican
 kitchen. Blue, white canisters hold
 coffee, spices, flour. **11** Portable
 waste compactor that electrically
 squashes a week's garbage into
 one small bundle. By In-Sink-Er-
 ator. **12** Glazed ovenproof stone-
 ware that comes in its own storage
 case—raw wood boxes to hang or
 stand. A basic set of 37 pieces
 plus sets for coffee, tea, fondue,
 and a set with drainers to fit over
 plates for serving asparagus, arti-
 chokes. Imported from France.
13 Sky blue 5-quart Dutch oven
 and 10-inch skillet. Ceramic clad
 aluminum, Teflon lined. By Ekco.
14 Portable electronic oven,
 a compact 12 inches high. By Ther-
 mador. **15** Electric range with
 smooth ceramic cooktop. Blue
 sunbursts indicate heat elements.
 By Magic Chef. **16** Refrigerator-
 freezer with cold-water tap, ice
 maker, in three sections one of
 which converts from freezer to re-
 frigerator at the turn of a dial.
 Coldspot by Sears.
Shopping information, page 127.



13



14



15



16

Lessons from 2 Great Cooking Schools

FROZEN DAIQUIRI SOUFFLÉ

From Julie Dannenbaum's buffet a Frozen Daiquiri Soufflé, *right*, with pistachios to coat the side and, *inset*, the final garnishing of candied violets, a twisted slice of lime.

| | |
|----------------------|-----------------------------|
| 10 eggs separated | 2 tablespoons plain gelatin |
| 2 cups sugar | 1/2 cup rum |
| 1/2 cup lime juice | Oil |
| 1/2 cup lemon juice | 3 cups heavy cream |
| 1/2 cup lemon zest | Crystallized violets |
| 1/2 cup lemon slices | Lime slice |
| Salt | Crushed pistachio nuts |

Beat egg yolks until light and fluffy. Add 1 cup sugar gradually and beat until smooth and light in color. Add lime and lemon juice, grated zest, and a pinch of salt. Mix until well blended. Stir over low heat until it thickens. Soak gelatin in rum and stir into hot custard until it is dissolved. Cool. Oil a 6-cup soufflé dish and wrap an oiled paper collar around top. Beat egg whites until stiff. Whip 2 cups of the cream over ice until stiff. Fold egg whites into the custard, then whipped cream. Pour into the soufflé dish and chill. Whip remaining cream. Remove paper collar. Decorate top with whipped cream rosettes, crystallized violets, and lime slice. Making a twist in palm of hand, swirl each side around. Slice off middle. Garnish with 1/2 cup crushed pistachio nuts.



A cooking lesson with Julie Dannenbaum

BUFFET FOR 20

- *SHRIMP KIEV
- *BAKED HAM STUFFED WITH WHITE GRAPES, CHAMPAGNE
- *MUSHROOM ROLL
- *ENDIVE SALAD
- *ROZEN DAIQUIRI SOUFFLE
- CHAMPAGNE

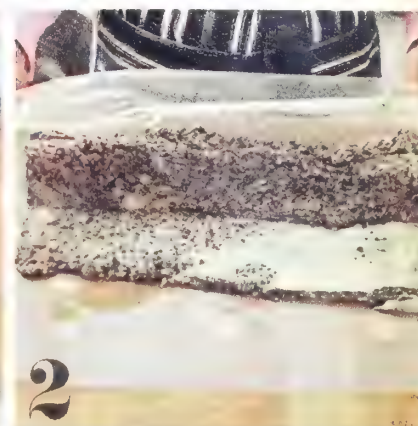
*Recipes, page 76

Julie Dannenbaum runs a thriving school in Philadelphia where housewives, and many men, can learn how to give a buffet for twenty single-handed. "I want to make entertaining as easy and glamorous as possible," she says. In the classroom, *right*, she prepares a party, the recipes for which can be doubled or tripled with ease. Many can be prepared in advance and frozen. Mrs. Dannenbaum holds classes for new and former students, a men's dinner class, and a participation class. For out-of-towners, there's a one-week crash course concentrating on menus, wine, table settings. Write to Creative Cooking, Inc., 2044 Rittenhouse Square, Philadelphia, Pa., 19103.



SHRIMP KIEV

Shrimp pounded flat is first sprinkled with white wine before being topped with butter, lemon juice, salt, pepper, and chives. **2** Flour, egg, and breadcrumb-coated shrimp are set on ungreased baking sheet, seam side down, and placed in freezer to set for up to 4 days or at least ½ hour before frying. Fry 2 extra to test as you fry to make sure they are cooked. **3** The deep-fried shrimp are arranged on an oval platter and then garnished with notched lemon dipped on one side in chopped parsley and a bouquet of watercress.



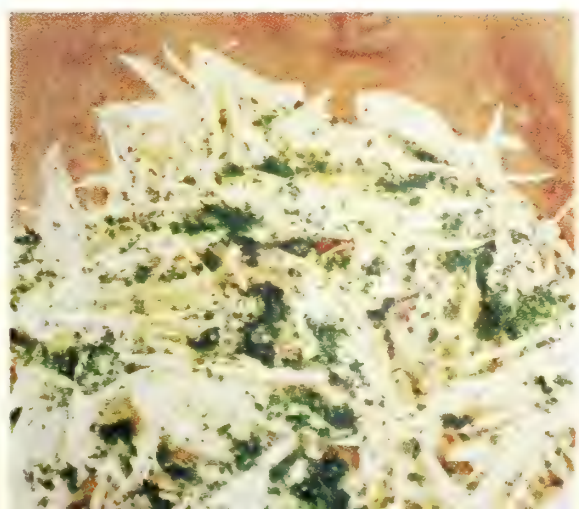
MUSHROOM ROLL

- 4-5 whole mushrooms, fluted
- Butter, lemon juice
- Parsley, chopped
- Hollandaise sauce or hot melted butter

Oil a jelly roll pan (10½ by 15 inches), line with wax paper, and oil paper. Wipe mushrooms clean with damp cloth, chop finely, and wring them in cloth to remove excess moisture. Beat egg yolks until fluffy, combine with mushrooms, butter, ½ teaspoon salt, ¼ teaspoon pepper, and lemon juice. Beat egg whites until soft peaks form; carefully fold in mushroom mixture. **1** Pour into prepared pan and smooth flat with rubber spatula. Bake in a 350° oven 15 minutes. Cool, carefully turn out onto sheet of wax paper and peel off top wax paper. **2** Roll up by holding wax paper, and put on a long narrow board or platter. It is easier to put it on serving dish on wax paper, then cut paper away. Sauté fluted mushrooms in butter over high heat 2 minutes, sprinkle with lemon juice, salt, pepper. **3** Arrange on top of roll. Sprinkle with parsley, and serve with hollandaise sauce or hot melted butter. It is good hot or cold and may be prepared in advance, reheated, served with hot melted butter. Serves 6-8.

ENDIVE SALAD

A mix of endive and chopped parsley with a vinaigrette dressing sharply dressed with Dijon mustard makes an excellent salad for a buffet table that will not wilt quickly.



A cooking lesson with Maurice Moore-Betty

Maurice Moore-Betty is an urbane Anglo-Irishman who came to New York to run a catering business, write a book, *Cooking for Occasions*, and teach cooking. His very personal lessons take place in the kitchen and dining room of his Manhattan carriage house, *left*, where students are an integral part of a dinner party that covers the ground from menu planning to table setting, culminating in a relaxed dinner with the host teacher. The secret of a good party, he feels, is "meticulous planning, careful execution, and a matter of getting the hang of what you can do beforehand and what has to be done at the last minute." A new course starts every seven weeks from fall to spring. For information write Mr. Moore-Betty at 162 East Ninety-second Street, New York, N. Y., 10028.

DINNER FOR 6

SALAD ROMANO
CHICKEN 243
PARSLEY RICE
POIRES NOIRES
RED BORDEAUX
CHEVAL BLANC '66



SALAD ROMANO

Mixture of broccolini, mushrooms, and chopped tomatoes are combined with a dressing made by Mr. Moore-Betty, which is served in a tall glass. The salad is served with a vinaigrette dressing made with olive oil and lemon juice. It is served in a tall glass before serving.



1 CHICKEN 243

1 Mr. Moore-Betty cuts up chicken for Chicken 243 (a sautéed chicken dish with a mushroom, wine, sour cream sauce and named after the street address where he concocted it); 2 inspects sautéing chicken pieces; and 3 prepares to serve finished dish topped with sour cream sauce and parsley. Recipe on page 78.



POIRES NOIRES →

Fragrant poached pears with a glossy chocolate coating, 1, look most effect served on a pristine white compote.

- 1 cup sugar
- 4 cups water
- Juice of 1 lemon
- 2 cinnamon sticks
- 4 whole cloves
- 6 pears (preferably Anjou or Comice), with stems intact
- 4 squares (4 1/2 ounces) unsweetened chocolate
- 2 ounces (2 squares) semisweet chocolate
- 4 tablespoons unsalted butter, softened
- Fresh or crystallized mint

Dissolve sugar in water. Add lemon juice and spices and simmer, tightly covered for 10-15 minutes. 2 Peel the pears carefully, leaving stems intact, and cut a slit off bottoms so they will stand upright. 3 Poach pears in the gently boiling syrup until tender, 30-40 minutes. Cool pear syrup and chill thoroughly, overnight.

Melt chocolate in a bowl over warm water. Add butter and stir until it is melted and mixture is smooth. Remove pears from syrup and dry gently with paper towels. 4 Dip pears in the melted chocolate coat evenly. (Use a spoon, if necessary, to dip pears in chocolate and coat evenly.)

Decorate the top of each pear with a sprig of fresh or crystallized mint. Pears will keep without weeping for 36 hours.





1



Recipes from menus of distinguished cooks seen in this issue

JULIE DANNENBAUM
(pages 72-73)

Baked Ham Stuffed with White Grapes, Champagne

- 1/2 boneless ham, about 8 pounds
- 3/4 cup green seedless grapes, washed and dried
- 1 egg, beaten
- 1 tablespoon chopped fresh tarragon
- 2 tablespoons melted butter
- 1/4 cup bread crumbs
- 1/2 teaspoon freshly ground white pepper

- Salt
- Melted butter
- 2 3/4 cups champagne
- 1/4 cup brandy
- 1/2 cup heavy cream
- 1/2 teaspoon chopped fresh tarragon
- Frosted grapes (see recipe below)
- Watercress

Hollow out the ham with a sharp chef's knife, making a hole 4-5 inches in diameter and about 3-1 inches deep. After removing fat from this center piece, chop it finely or grind coarsely. Mix well with grapes, egg, tarragon, melted butter, bread crumbs, and pepper. Taste carefully and add salt if necessary. Pack tightly into hollowed out ham, pressing in firmly. Press a few extra grapes into stuffing to give mosaic appearance. Leave for 2 hours at room temperature or in the refrigerator to set the stuffing. Tie a large sheet of aluminum foil over stuffed ham and place the ham, stuffing side down, in a baking pan. Brush with melted butter and pour over 2 cups of champagne. Bake in a 325° oven for 10 minutes per pound. Baste with the champagne 2 or 3 times.

If possible, allow ham to stand before serving. Put on a platter on its side and carefully remove foil. Pour off excess fat from pan, and de-laze with brandy. Add cream and tarragon.

Bring to a boil and add remaining champagne. Reduce sauce slightly and correct seasoning. Surround the ham with Frosted Grapes and watercress, and serve it with the sauce. Serves about 16.

Frosted Grapes

Wash and dry thoroughly small bunches of grapes. Beat 2 egg whites until soft peaks form. Dip grapes into egg whites. Sprinkle heavily with crystal sugar.

Shrimp Kiev

- 12 large raw shrimp
- Dry white wine
- About 4 tablespoons unsalted butter, cut into 1/2 inch lingers, and frozen
- Juice of 1/2 lemon
- Salt, freshly ground white pepper
- 1 tablespoon finely chopped fresh chives
- Flour
- 2 eggs, beaten with 1 tablespoon oil
- Bread crumbs, preferably fresh
- Solid shortening for deep frying
- Lemon slices
- Chopped parsley
- Watercress

Remove shells from shrimp and cut lengthwise along concave side, but not all the way through and open out. Sprinkle a sheet of wax paper with white wine and spread the shrimp on the paper. Lay another sheet of wax paper on top and pound shrimp with flat side of cleaver until thin. Remove top paper. Sprinkle and brush each shrimp with white wine. Lay a finger of frozen butter in the center of each. Sprinkle with lemon juice, salt and pepper to taste, and 1/4 teaspoon chopped chives. Roll up, tucking in ends. From the wide side of the shrimp. Arrange 3 plates, 1 with flour, 1 with the beaten egg and oil, and 1 with bread crumbs. Dip the shrimp first in flour

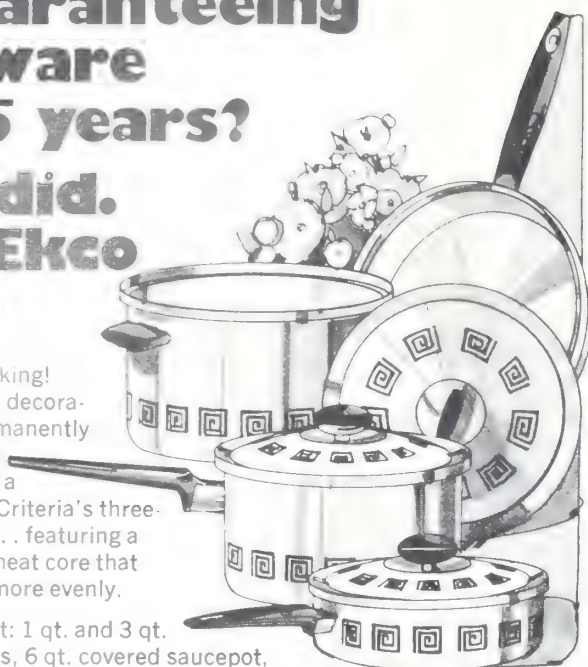
Continued on page 7

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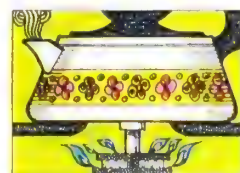
(IN TWO CONTINUOUS-CLEAN OVENS)



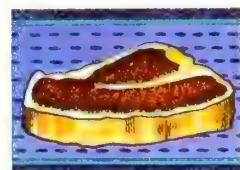
Rotisserie. In upper oven



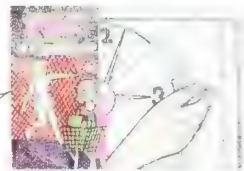
Two complete ovens. With separate thermostats. Bake and broil on both levels



Pot watcher. Thermostatic burner prevents boilovers



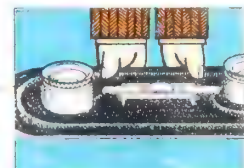
Smokeless broiler. In lower and upper ovens.



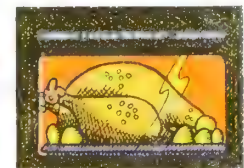
Cook and Keep Warm. Auto. Holds dinner at a gentle 170°



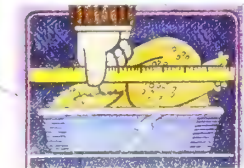
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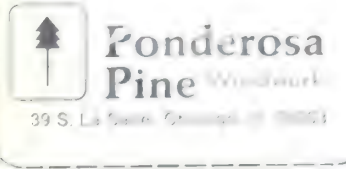
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State _____

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RECIPES

continued from page 76

making sure the ends are covered. Pat gently to remove excess flour. Then dip in egg, and finally in bread crumbs. Put on an ungreased baking sheet, seam side down, and put in the freezer to set for at least 1½ hour. (They may be frozen up to 3 or 4 days.) Remove and fry a few at a time, seam side down, in 2 inches of fat at 375° for 5 minutes if they are solidly frozen, 3 minutes if unfrozen, until golden brown. Serve immediately. Serves 6 as a first course, or 4 as an entrée.

MAURICE MOORE-BETTY (pages 74-75)

Chicken 243

- 2 tablespoons unsalted butter, more if necessary
- 2½-pound broiler, cut into 8 pieces
- 3 tablespoons brandy
- ½ ounce dried mushrooms, covered with boiling water and steeped 1 hour
- 1 tablespoon finely chopped onion
- 2 cloves garlic, finely chopped
- 1 teaspoon meat glaze (or Bovril)
- 4 teaspoons tomato paste
- 3 tablespoons flour
- 1 cup chicken stock
- ½ cup dry white wine
- Salt, freshly ground pepper
- 1 cup sour cream
- ¼ cup finely chopped parsley

Preheat oven to 350°. Melt the butter in a skillet and brown the chicken pieces, a few at a time. Add more butter if necessary. Transfer the chicken to an oven-proof casserole with a cover. Add the brandy to the skillet and scrape to loosen all the brown bits. Drain the mushrooms, reserving the liquid, and chop finely. Add mushrooms, onion, and garlic to the pan juices. Stir in the meat glaze, tomato paste, and flour and mix thoroughly. Gradually add mushroom liquid, chicken stock, and white wine. Cook slowly until thickened, stirring constantly. Season to taste. Pour over the chicken, cover, and bake for 35 minutes or until tender. Remove chicken from oven and stir in the sour cream.



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Serve in casserole or on a hot serving platter. Arrange chicken on platter and pour sauce over. Sprinkle with parsley. Serves 4-6.

CRAIG CLAIBORNE (pages 52-53)

The Best Fried Rice

- 5 cups cold cooked rice (cooked at least 1 day in advance)
- 1 cup small, raw shrimp, shelled and split in half lengthwise
- 1 teaspoon baking soda
- Salt
- 5 tablespoons peanut, vegetable, or corn oil
- ½ cup cubed Chinese sausages (2 small) or cooked ham
- 3 eggs
- ½ cup fresh cooked or frozen green peas
- 2 tablespoons oyster sauce
- 1 cup fresh bean sprouts
- ½ cup chopped scallions

Flake the rice so that the grains do not stick together and set aside. Combine the shrimp with baking soda and 1 teaspoon salt and let stand 15 minutes or longer. Rinse well in cold water.

Heat the oil in a wok or skillet until it is almost smoking and add the shrimp. Cook, stirring quickly, until they turn pink, about 30 seconds. Remove to a sieve over a mixing bowl. Drain well. Return the oil to the wok. Add the sausages to the wok and cook, stirring, just 1 heat through. Add rice, stirring rapidly, and cook until well heated without browning.

Do the following quickly. Make a well in the center of the rice and add the eggs, stirring constantly. When they have soft-scrambled consistency, start incorporating the rice, stirring in a circular fashion. When the rice and eggs are blended, add the peas and about 1 tablespoon salt, stirring. Stir in the oyster sauce and cooked shrimp, tossing the rice over and over, blend everything. Stir in the bean sprouts and cook, stirring and tossing, about 30 seconds. Add the scallions and serve immediately. Serves 8 to 12.

Continued on page 78

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Lettuce Packages

- 1 large head iceberg lettuce
- 6-8 dried mushrooms
- 1/2 cup finely diced bamboo shoots
- 12 to 16 water chestnuts, preferably fresh, finely diced (if fresh are used, peel and run under cold water before slicing)
- 3/4 pound coarsely ground pork
- 1 egg, lightly beaten
- 1/2 cup sugar
- 1 tablespoon plus 1 teaspoon cornstarch
- 2 tablespoons dry sherry or shao hsing
- 1 1/2 teaspoons sugar
- 1/4 teaspoon monosodium glutamate, optional
- 2 teaspoons salt
- 1/2 cup chicken stock
- 3 1/2 tablespoons peanut, vegetable, or corn oil
- 1 cup finely diced celery

Cut the lettuce in half with a knife. Peel off the largest of the leaf halves and arrange on a serving dish. Set aside.

Soak the mushrooms in hot water to cover for 20 minutes. Drain and squeeze to extract most of the liquid. Trim off the stems and discard, and shred the mushrooms finely. Combine the mushrooms, bamboo shoots, and water chestnuts and set aside.

Mix the pork, egg, soy sauce, and 1 tablespoon cornstarch together well. Combine the wine, sugar, monosodium glutamate, and salt and set aside. Blend the remaining teaspoon of cornstarch with half the chicken stock and set aside.

Heat 2 tablespoons oil in a wok or skillet and when almost smoking, add the pork mixture, stirring quickly and constantly to separate the pork. When the pork is cooked, add the mushroom mixture and cook, stirring, about 4 minutes. Add the sherry and sugar mixture and the remaining chicken stock and cook about 15 seconds, stirring. Stir the remaining mixture to make certain it is properly blended and stir this into the pork, stirring rapidly for about 10 seconds. Add the celery and mix just until the celery is heated

through. Add the remaining oil, stirring to distribute it. This will glaze the dish. Turn into serving platter, accompany meat with platter of lettuce leaves.

To serve, each guest fills a cold lettuce leaf with a spoonful of the pork mixture, then wraps it between the fingers and eats the lettuce package while pork is hot. Serves 8 or more.

Smoked Duck

- 5-6 pound duck
- 1 tablespoon whole peppercorns
- 2 tablespoons salt
- 1 cup dark tea leaves
- 1 cup raw rice
- 3/4 cup sugar
- Oil for deep frying
- Greens for garnish

This dish should be done in a well-ventilated room, preferably with circulating air because of the smoke it creates.

Pull out any excess fat from the duck and discard or reserve it for another purpose.

Put the peppercorns and salt in a skillet and cook, shaking the skillet occasionally, until the peppercorns smoke. Remove immediately and cool.

Rub the duck inside and out with the peppercorn mixture. Wrap tightly in wax paper or plastic wrap and put the duck on its back in a container. Place a heavy weight on the duck and let it stand 24 hours. Rinse well.

Put the duck backside down in the top of a steamer and put over boiling water. Cover and steam 1-1 1/2 hours, depending on the size of the duck.

Line a large wok or other steaming device with heavy-duty aluminum foil. Combine the tea, rice, and sugar and sprinkle over the foil. If using a wok, arrange 4 chopsticks in crisscross fashion, or use a fairly high rack to elevate the duck to at least 1 inch above the tea mixture. Put the duck on its back and cover the wok or other device closely with foil or a large lid covered with foil. Seal as tightly as possible.

Put the wok over high heat,

which will bake the tea mixture and cause smoke inside to flavor the duck. Smoke the duck over high heat for 10 minutes, then reduce the heat to medium high and smoke for 20 more minutes. If the duck is not dark brown, smoke it 10 minutes longer. Transfer the duck to a platter and cool for at least 2 hours.

The duck may be served at room temperature, or it may be heated in hot oil as for deep frying. If the hot oil method is used, put the duck backside down in hot oil and spoon the oil over the breast as it cooks, about 5-10 minutes. Remove and drain on paper towels.

Garnish the cavity of the duck with greens, or carve the duck and serve it garnished with greens. Serves 6 to 10.

Steamed Flounder

- 2 large dried mushrooms
- 1-1 1/2 pound flounder (you may use 2 if the steamer is large enough)
- Dry sherry
- 1/3 cup finely shredded pork, approximately 1/2 pound
- 2 tablespoons chicken fat
- 1/4 cup finely shredded ginger
- 4 cloves garlic, finely shredded
- 1/3 cup shredded bamboo shoots
- 3 tablespoons dry sherry or shao hsing
- 7 tablespoons peanut, vegetable, or corn oil
- 3 tablespoons light soy sauce
- 1 1/2 teaspoons sugar
- 1 1/2 teaspoons salt, or to taste
- 1/4 teaspoon monosodium glutamate
- 3 scallions, trimmed
- Chinese parsley (cilantro or fresh coriander)

Soak the mushrooms in hot water to cover for 20 minutes.

Traditionally in Chinese cooking, the head and fins are left on the fish. Remove the gills and scales. Rub the flounder inside and out with a little dry sherry and pat dry.

Select an oval or round plate with a rim large enough to hold the fish and fit inside the steamer. Put the flounder, dark

skin side up, on the plate (if steaming 2 flounders, place them side by side). Bring an ample quantity of water to the boil in the bottom of the steamer. The water level should be close to the steamer top.

Mix the shredded pork, chicken fat, ginger, garlic, and bamboo shoots. Drain the mushrooms, and squeeze them to extract most of the liquid. Cut off and discard the stems and shred the mushrooms thinly. Add them to the pork mixture and scatter the mixture over the fish.

Put the plate in the top of the steamer and put on the steamer cover. Steam 10 to 15 minutes, until the fish is tender when poked with chopsticks or a fork.

Meanwhile, combine the sherry or shao hsing, oil, soy sauce, sugar, salt, and monosodium glutamate in a small skillet. Cut the scallions into 2-inch lengths, then shred each piece.

When the fish is cooked, carefully pour off the liquid that has accumulated in the plate. Scatter the scallions over the fish. Bring the sauce to a boil and pour it over the flounder. Garnish with sprigs of Chinese parsley. Serves 4 to 8.

MRS. DAN ROWAN
(pages 34-35)

Paella

This recipe fits a paella pan 10-12 inches in diameter. A shallow (about 2 inches deep) fire and ovenproof casserole, preferably one whose sides slope out slightly, may also be used.

- 1 hot Italian sausage link
- 1 fryer chicken (about 1 1/2 pounds), cut into small pieces
- Olive oil
- 2 teaspoons salt
- 1/2 teaspoon each freshly ground pepper and paprika
- 6 ounces lean pork, cut into 1/4 inch cubes
- 1/2 cup finely chopped onion
- 1 clove garlic, finely chopped
- 1 red pepper, cut into very thin 1-inch strips
- 1 large tomato, peeled, seeded, and finely chopped

1 cup rice (Avorio Italian rice or a good whole grain rice is best)
 1 teaspoon saffron
 5 coriander seeds
 2 cups boiling water
 3 scampi, with shells on
 10 shrimp, with shells on
 6 clams, in shells
 1/2 pound fresh peas, blanched for 2 minutes in boiling water

Sauté the sausage until well browned. Cool and cut into 1/2-inch slices. Sauté the chicken in olive oil until golden brown and season with 1 teaspoon salt, pepper, and paprika. Sauté the pork, onion, garlic, red pepper, and tomato in 1/4 cup olive oil in the paella pan. Stir constantly over high heat until most liquid has evaporated and thickened. This may be prepared in advance.

Preheat oven to 350°. Heat the pork and vegetable mixture until it bubbles. Stir in the rice, saffron, 1 teaspoon salt, and coriander seeds and sauté a few minutes. Add the boiling water, return to the boil, stir quickly, and remove from the heat. Taste for seasoning. Arrange the chicken, sausage, scampi, shrimp, and clams on rice. Scatter the peas on top.

Bake uncovered on the lowest shelf of the oven until all the liquid is absorbed (about 30-40 minutes). Do not stir while cooking. Remove from the oven and leave covered with a clean towel about 10 minutes.

Serve from the paella pan. Tie cloth napkins around handles of the paella pan to prevent burned fingers. Provide finger bowls, sturdy napkins, and a plate for the seafood shells. Serves 4.

Green Salad with Raw Vegetables

Put 3/4 cup safflower oil and 1/4 cup red wine vinegar in a large salad bowl (tossing a salad is easiest in an oversize bowl) and stir well with a wooden spoon. Add 2 tablespoons prepared mustard (or 1 teaspoon dried), 1 teaspoon salt, a pinch of freshly ground pepper, 1 teaspoon dried

sweet basil, and a pinch of herbs. (Mrs. Rowan likes oregano, chives, or dried parsley, or all three. She feels almost any aromatic is good in salad, and that tarragon has a distinctive smell and flavor, to be used alone.) Stir well until thoroughly mixed. (Or make the dressing in a jar to store in the refrigerator.) Just before serving, stir the dressing and toss it well with torn salad greens and chopped raw vegetables—green onions, celery, cucumbers, radishes, tomatoes, peppers, hearts of palm, garbanza beans, zucchini, endive. Serves 6 to 8.

Fruit Salad with Cointreau

For 6 people, use 1 apple, 1 banana, 1 peach, 1 pear, 1 cantaloupe, 1 orange, 10 seedless grapes, and 6 strawberries. Peel fruit or wash and leave skins on.

As close as possible to serving time, cut the fruit into bite-size pieces and toss with 1/4 cup cointreau or kirsch.

NOTE: If you make salad more than 1 hour in advance, sprinkle juice of 1/2 lemon over fruit to prevent discoloring.

HARRY ROGERS (pages 64-67)

Beets and Greens

1 bunch of Burpee white beets (about 6 medium size) with greens (red or yellow beets can also be used)

1/4 cup chicken broth
 2 tablespoons butter, softened
 Pinch of powdered cloves or cinnamon

Cut greens off beets, leaving 1 inch of stem. Cook in a pressure cooker or in boiling water until easily penetrated with a sharp fork. Drop into cold water and rub off skins and stems. Cut into 1/2-inch cubes and keep warm. Cook greens in chicken broth for 10 minutes, or until tender. Drain and chop coarsely, adding butter and cloves or cinnamon. Toss cubed beets and greens together lightly, serve. Serves 4.

Continued on next page



Tiny May San is safe now.

But only a short time ago, she was shivering with cold—hungry—crying. She had been abandoned, left during the night on the front porch of our Pine Hill Babies Home, in Hong Kong.

Why? We may never know. Hong Kong is full of desperate people—a mother too poor to feed her little daughter . . . a father too ill to work . . . orphaned children with no relatives at all . . .

We do know that little May San needed us. Our housemother gently picked her up and took her inside. May San had a bath and a warm bottle of milk. Dressed in a fresh nightgown she fell asleep in a clean comfortable crib. Yes, May San is safe for now.

Will you help keep her safe?

May San and thousands of others like her need American sponsors to help provide shelter and care. May San will stay at Pine Hill (a new babies' home, built and supported by American contributions) until she is six. Then she will move to a CCF

cottage-plan Home where she will have "brothers" and "sisters" and a cottagemother. But all this depends on her American sponsor.

Will you help? For only \$12 a month you can sponsor a child like May San. You can choose a boy or girl from the countries listed below, or you can allow us to select a child for you from our emergency list.

In about two weeks you will receive a photograph of your child, along with a personal history, and information about the project where your child receives help.

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Henri Fayette

DETERGENTS *continued from page 44*

possibly phosphorus is the culprit in some areas and carbon leachings.

Q. What about the foam that has turned up in some lakes and in some people's wells?

A. Foam has nothing to do with phosphates and it is not a problem that has been for the most part eliminated. Solutions of most surfactants—the dirt removing ingredients of detergents—are foamy. If the surfactant does not foam, it is usually because it has been mixed with other wastes into the water. When it will foam, the surfactant is replaced by a hard insoluble surfactant, such as calcium carbonate. The amount of foam is usually controlled by foam inhibitors, which are added to the detergent. (Continued on next page.)

land where there is a unique set of circumstances: a sandy soil, an exceptionally high water table, and an almost total lack of community sewage systems.

Q. Is the only reason for putting phosphates in detergents to soften the water?

A. No, there are four other factors that are important: 1) to increase the efficiency of the dirt-removing surfactant; 2) to make the washing solution alkaline and keep it that way after the soiled clothes are added; 3) to emulsify oily and greasy soil; 4) to keep dirt particles in suspension. Unless these functions are performed, the clothes will not be washed by well.

Q. But aren't there some other chemical mixtures that do the job?

A. There are, but they are not as effective as the softening effect of phosphate. (Continued on next page.)

RECIPES *continued from preceding page*

Sorrel Soup

- 2 cups (lightly compacted) sorrel leaves, stems and midribs removed
- 1 medium onion, coarsely chopped
- 4 wash-room caps, coarsely chopped
- 3 cups chicken broth, fresh or canned
- 1 egg yolk
- ½ cup medium cream
- 2 dashes Tabasco sauce
- 4 small, whole boiled potatoes, peeled, cooked in advance, and kept hot

Cook sorrel, onion, mushrooms, and chicken broth at a slow boil for 10 minutes. Remove from heat and when slightly cooled, whirl in blender at medium speed for 30 seconds. Pour into a heavy saucepan or the top of a double boiler. Beat egg yolk lightly with cream and Tabasco and slowly stir into soup mixture. Heat gently (preferably over hot water), stirring from time to time until mixture thickens slightly. Do not allow it to boil. Chill overnight. Serve in chilled soup plates with a small hot boiled potato in each plate. Serves 4.

Carrots in Sauce

- 4-6 carrots (depending on size)
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup chicken broth, fresh or canned
- 2 dashes Tabasco sauce
- ½ cup grated Swiss or other mild cheese
- 2 tablespoons finely chopped mint leaves
- ½ white crème de menthe
- 4 whole mint leaves

Scrape carrots and cut into match-stick lengths. Steam over boiling water for about 15 minutes, or until just tender. Melt butter in a heavy saucepan or the top of a double boiler. Add

flour and stir over low heat until blended. Raise heat to high and add cool chicken broth all at once. Stir rapidly with a wooden spoon until smooth and thickened. Add Tabasco sauce and grated cheese, stirring over medium heat until cheese is melted. Just before serving, stir in chopped mint and a few drops of crème de menthe. Pour sauce over hot carrots and garnish with mint leaves. Serves 4.

Stuffed Zucchini

- 1 large zucchini (usually one that has overgrown in the garden and is getting coarse)
- Salt
- ½ cup kasha
- ½ cup coarsely chopped onion
- 4 tablespoons butter
- ½ cup coarsely chopped cooked smoked ham
- ¼ cup bread crumbs
- Paprika
- Cherry tomatoes
- 2 tablespoons olive oil

Boil whole unpeeled zucchini in 2 cups salted water until just tender. Drain and cool. Slice zucchini in half lengthwise and scrape out center pulp, leaving a shell about ½ inch thick. Chop enough pulp to make ½ cup.

Boil kasha in salted water until tender, about 10 minutes, and drain. Sauté onion in 2 tablespoons butter until translucent, but not browned. Stir in chopped ham, kasha, and finally the chopped zucchini pulp and mix well. Melt remaining butter and mix with bread crumbs.

Fill zucchini with ham mixture and sprinkle with buttered bread crumbs. Dust lightly with paprika and carefully place in a buttered baking dish. Bake in a 400° oven for 20 minutes. Roll cherry tomatoes in olive oil, place around zucchini in baking dish, and bake for 10 more minutes. Serves 4.

Manuscripts

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called NTA. But that's already out of the picture. Late last year the United States Public Health Service expressed some qualms about the long-term effects of using NTA on such a massive scale. So the detergent makers who were experimenting with it in their products agreed to abandon it until or unless further study proved it safe.

Q. Have any other substitutes for phosphates been tried?

A. Yes—carbonates and silicates. They do some of the jobs of the phosphates but they're much less effective in softening water and suspending soil. Also, detergents containing a high percentage of silicate are highly alkaline. They have to be used with care and stored out of children's reach.

Q. Would it help any just to cut down the percentage of phosphates in detergents?

A. Theoretically, it might. But if only slightly less phosphate is present the cleaning power can be reduced considerably. And I suspect that the average housewife gauges the amount of detergent she should use by what it does for her clothes. If they don't seem very clean on the first try, she uses more the next time, automatically increasing the amount of phosphates. After all, it's not the percentage of phosphates in the box that counts, but the actual amount that goes into the washing machine and ultimately out in the waste water.

Q. But already some phosphate-free detergents have come out. What do they substitute?

A. Unfortunately, the manufacturers of these new products have a great deal to say about what is *not* in the box, but tell you almost nothing about what *is*. So you just have to try out each new detergent as it comes along and see how it works with your water, your clothes, your washing machine.

Q. What's wrong with going back to soap?

A. Not a thing—as long as you have soft water. Soaps do a good job of cleaning. They provide some of their own alkalinity and are reasonably good at suspending soil. But in hard water, which you'll find in about two-thirds of the households in the U.S., soaps form soap curd, which is a nuisance, often impossible, to get out of the clothes.

Q. But there is a way of making hard water soft, isn't there?

A. Yes. The most convenient way

is by means of an ion exchange water softener, an appliance about the size of a drinking fountain. From time to time, it must be regenerated. You can rent one or buy one—they cost from \$100 to \$500, depending on how automatic the regeneration process is.

Q. In the old days, didn't they add water softening compounds directly to the wash water?

A. Yes, but the most effective water softener today is high in phosphates. Some people have tried washing soda, an alkaline material that also softens water by precipitating the calcium and magnesium ions. But when the soap is added, the hardness ions are released from the precipitate and form soap curd. So you're right back where you started.

Q. You seem somewhat pessimistic about the chances of our ever having non-polluting detergents that really clean clothes. Are you?

A. Not at all. The big soap companies are all working on the problem and I feel sure that eventually they will come up with the answer.

Q. Most of the talk you hear from ecologists is about laundry and dishwasher detergents. What about the products we use to wash the floor and clean the sink—aren't they detergents too?

A. They are. But some of them—not all—are very low in phosphates. The purposes for which they are used just don't demand the functions that phosphates are designed to fill.

Q. If phosphate detergents are banned, will dishwashers and washing machines become obsolete?

A. Our dishwashers might, since current models cannot tolerate the amount of suds produced by soap. But eventually, the appliance industry and the detergent industry would probably get together and come up with solutions. That's what they did after World War II when synthetic detergents first became popular.

Q. Some of our readers have asked us about those lists showing the percentages of phosphates in the detergents now on the market. They've been puzzled by the many variations from list to list.

A. I know. A friend of mine collected seven lists—from her school-age children, from the garden club and from civic groups—and they were all different. When the lists first came out

about a year ago, they were a fairly sophisticated mix of heavy-duty laundry detergents, mild detergents, enzyme pre-soak, and dishwasher products—all mixed up together, often listed alphabetically, rather than grouped by purpose or recommended use. Some of the marketing was rather casual and unattractive. It was made to identify the specific phosphate compound represented by the percentage. Subsequent lists were somewhat more reliable but all of them are out of date by now, because recently the manufacturers have been changing their formulas frequently and using different formulas for different parts of the country. The *light-duty* detergents recommended for delicate fabrics and hand dishwashing have always contained little or no phosphates.

Q. You mentioned earlier today that you thought people sometimes worried about the wrong things. What did you mean by that?

A. Well let's take a woman who has a well-designed, well-functioning septic system. There's no reason at all for her to worry about using phosphate detergents. The phosphates will simply help to fertilize her lawn. But take another woman whose septic system is not working as it should or whose house is connected to a community sewage system. She may well have something to worry about, but if she's worrying about the wrong thing. What she should be worrying about is sewage treatment. For we do have an alternative to removing phosphates from detergents and that is to remove phosphates, whatever the source, from the waste water. The technology is already available. Yet much of our sewage enters the waterways without adequate treatment, some domestic wastes even going untreated directly into rivers and lakes. In some cities wastes are subjected only to primary treatment which is its simplest form allows solid materials to settle out and chlorinates the water. A growing number of communities have added secondary treatment in which bacteria eat up the wastes to decompose them. The latest advance is tertiary treatment, which involves chemical treatment and further filtering. Phosphates can be removed in any of these three treatment

steps. If you are worried about your own waste water disposal, biological problems need to be localized and unless you know exactly what yours is, you can easily go off the track.

1. Find out all there is to know about your own waste water disposal. Biological problems need to be localized and unless you know exactly what yours is, you can easily go off the track.

2. If your water is soft, try laundering with soap.

3. If your water is hard, experiment with the new phosphate-free detergents. You might find one that is quite satisfactory for your particular needs.

4. Having done these things, do not congratulate yourself for doing your all. Until you get out and work actively for the only measure that can help in the long run, you are just fudging on the fight against eutrophication. Advanced sewage treatment will take time to achieve and an enormous amount of money. But we should have learned by now that we will have a healthy, beautiful environment only if we are willing to pay for it.

Is your water soft or hard and if the latter, how hard? [You can get the answer from your local water company or municipal water department, which may be under the department of public works, or if you have your own well, from the local County Agent of the U.S. Department of Agriculture.]

If you have a septic system, is it working the way it should? [It may well be overloaded if you have recently added a bathroom or otherwise increased your use of water. A septic system should be checked every two or three years by a reliable septic contractor.]

If you are connected to a sewerage system, what kind of treatment does it include? How old is the treatment plant? Into what waterway is the sewage finally discharged? [Your local water department can answer all these.]

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of breads of whole grain or stone-ground flour instead of white, which some people call a foodless food?

A. There is some justification for eating whole-grain-type breads. Dark breads and whole-grain-type breads have a higher content of vitamins and minerals and they have an advantage in protein. It's quite true that in the processing of whole-grain patent flour many nutrients are lost, and that in the enrichment program, only four, iron, thiamine, riboflavin, and iron are restored. But you probably remember that there were reasons in the beginning why bakeries developed this processing of flour. Flour is sifted in part to reduce the risk of rancidity, to get rid of weevils, insect eggs, and other contaminants. There is a good reason to consider doubling or tripling the iron enrichment formula and adding vitamin B-6. More can be done and should be done in this area. On the other hand, bakers find it difficult to sell brown or dark products, and to break down the prestige of white bread. People have a distorted sense of something that is "pure"—they believe something white is cleaner. This is a set pattern for food—it's wrong. The same thing holds true with rice. Brown rice is more nutritive than white rice, but few people will eat it. Taste and appearance dominate.

Q. Brown rice is the staple ingredient in the macrobiotic diet. Can one live on this, as the macrobiotic enthusiast claims, for many days, and is it the "complete" food it's cracked up to be?

A. Apparently there are people alive and well on this diet, but it just goes so slow that the human body is pretty rugged. A ten-day brown rice diet to get the stomach of toxins is just pure nonsense. The claim that brown rice is a marvelous "complete" food because it contains the same ratio of potassium to sodium as there is in the blood, is also nonsense. Most plant foods are a good source of potassium; they tend to run a little low on sodium, so you make the diet better by putting a bit of salt with them. The macrobiotic diet does not make reasonable adjustments in sodium. The claim that brown rice is a complete food and provides a good working diet for the care of the body because the body has a reserve of potassium and sodium is also nonsense. Again, the

body does have some reserves, but in a matter of a few weeks they gradually get depleted. It is better to keep up a regular diet of mixed commodities. I could go into all kinds of specifics, but basically extreme macrobiotic diets can be completely lacking in vitamin C, the protein quantity can be inadequate. The value of the rice diet for a week, such as it is, is that rice doesn't taste good enough to tempt you to overeat.

Q. Should sea or vegetable salt be substituted for refined salt?

A. The material that's in ordinary table salt to make it flow and keep it from clogging up the salt shaker is perfectly harmless with many reasons. It's simply not true to say it's a dangerous chemical. All salt can be toxic if taken in large quantities. As a matter of fact, sea salt loses most of its iodine in the process of evaporation, so that iodized table salt is really better than sea salt. But we should watch salt intake—we tend to eat more than is needed, catering too greatly to flavor.

Q. What about milk—is raw certified milk better to drink than pasteurized, homogenized milk?

A. The normally used process of pasteurization makes no significant difference to the nutritive quality of the milk, and when people say pasteurized milk is not as good as raw milk they're just making one horrible mistake. Homogenizing has a good many points to be considered. It keeps the milk uniform for the family, so one person isn't scooping up all the cream; and in cooking, too, there is a great advantage in having a uniform product. Before we had proper pasteurization, many people regarded milk as dangerous. And it was dangerous. In fact, the only reason you could save it from getting dangerous was to let it sour, and this is why you got into the pattern of yoghurt types of milk. After pasteurization came in, a new standard of certification was set up for sanitation of cows and milking equipment, but when all the statistics were examined, there were more outbreaks of septicaemic fibrin, per capita among those consuming milk from raw certified milk than from pasteurized milk.

Q. About yoghurt, does it have a special effect on the digestion?

A. There often is an overemphasis in terms of the health value of yoghurt. In relation to the average human condition, I cannot possibly recommend diet. The intestinal flora function is normal

so no correction is needed. But yoghurt is a low-calorie snack or dessert, so it helps in avoiding excess body weight. It is a good, wholesome food, relatively high in nutritive value. So in that sense, more power to yoghurt.

Q. Should we replace the saturated animal fats, butter and lard and so on, with the polyunsaturated fats like sunflower oil, sesame seed oil, safflower oil?

A. Well, once again the main danger of fats in the diet is their contribution to excess calories. And this combined with too little physical exercise and not enough of the right foods, tends to pitch in and knock people down. It's a cumulative effect of not keeping things balanced. We can tolerate butter in our diet as long as we keep it within reason. Most margarines on the market have an advantage in their higher content of linoleic acid, which is an essential nutrient. When using oils in cooking, the polyunsaturated ones have some preference on the same basis. These include most any of the salad oils—the cheapest ones are soybean oil, corn oil, and cotton seed oil. If we were up against limited supplies of these, then sesame, safflower, and sunflower oils would have comparable value. But too much is claimed for little clabs of things that sell at a high price. The important ingredient in polyunsaturated fats is the linoleic acid, an essential nutrient just as a mineral, an amino acid or a vitamin is. The quantity needed is greater, however, than for the individual vitamins and minerals. You need about 2 percent of the total caloric intake. This is where most nuts come in—they have a high percentage of it generally, along with good protein.

Q. Is it necessary to drink bottled mineral waters?

A. Claims for bottled mineral waters are very misleading. No cities of any size in America have drinking water that is a serious risk. There is heavy chlorination, it's true. About the only value in bottled water is the flavor.

Q. Should we make a point of having whole meals for breakfast rather than flake cereals?

A. Oatmeal cereal has a higher content of minerals and vitamins than many flake products, but there's the question of taste. Most people prefer to eat meat, fish, eggs, and cheese to pick up the mineral nutrients. The most significant thing that takes the edge off the present criticism of animal

commercially prepared breakfast foods is when they are combined with milk—the protein, vitamin, and mineral content contributes substantially toward a good meal. With fruit, melon, or fruit juice there is a further gain. Of course, I agree, it's better to start with a good product. But if people aren't going to buy oats, don't say the other food is poison.

Q. How should we make careful selection of foods in the supermarket and resist buying products that won't do us any good?

A. One way is to look for highly (and naturally) colored foods. The association of color in fruits and vegetables, I think, should be urged in nutrition education work. There are some exceptions, but in general, intense color indicates good nutritive value. The deeper the green in leafy vegetables, the greater the mineral and vitamin content. In the case of fruit, there are exceptions but often the higher the color, the more vitamin A value it has. There are other exceptions—blueberries for example are only moderate in vitamin content, though they are good food. These fruits and vegetables, along with red meats, whole grains, and seeds are the things that tend to prevent anemia. And this seems to be a real health problem today because as people work less they should consume less, but unless the foods they consume have a reasonable amount of iron per calorie, it's hard to pick up.

Q. What should we eat every day to keep healthy?

A. You should eat three good meals a day or four small ones. And these should include commodities from the four basic groups of foods—the milk group, the meat group, the vegetable-fruit group, and bread or cereal group, as alternates for potatoes, etc. Preferably, I suggest four or more servings from the vegetable and fruit group; a citrus fruit or tomatoes, for vitamin C; a dark-green or deep yellow vegetable for vitamin A and minerals. There should be two servings from the meat group, beef, veal, pork, lamb, poultry, fish, or eggs—or alternately beans, peas, or nuts—and about three or four servings from the bread, cereal or potato group.

This is the diet I've been following all my life, and I've never had to worry about weight. Occasionally I get on the scale to see if it still works properly.

BY BEVERLY RUSSELL

community has organized a collection drive on up bottles or paper bottles at house calls and even happens to be unrecyclable. Recycling drives have swept the country and success stories abound, but poorly conceived campaigns, as you might expect, lead only to frustration and more trash. If you want to launch a recycling drive, you couldn't make a better start than to read *Trash is Cash*, a nine-page bulletin prepared by New York's Environmental Action Coalition. Although designed originally for communities in and around New York City, these recommendations would apply almost anywhere in the U.S. They tell you things you need to know to start a drive including the numerous problems and how to cope with them. You can obtain a copy by writing to the Environmental Action Coalition, Attention "Trash is Cash," 235 East Forty-ninth Street, New York, N. Y., 10017.) Also helpful, if more limited in scope, is a pamphlet, *Guidelines for Glass Recycling in Your Community*, that is put out by Owens-Illinois. Write to "Guidelines," Owens-Illinois, P.O. Box 1035, Toledo, Ohio, 43601.

Here is a rundown of the recycling prospects for the contents of your bins plus notes on some of the more widespread drives about the country.

Garbage. As everyone must know by now, the classic use for garbage or any other organic refuse is in garden compost. But unless you have a rather large garden, the amount you can use in that way will certainly be limited. The best you can do is turn over food scraps to the trash collector in a paper bag as possible, uncontaminated by oils, glass, plastics, or any other materials that might cause problems for your gardener.

Cans. You probably have already found out that there are two kinds of cans—aluminum and steel—with aluminum tops. Of all the cans, the aluminum ones are the most valuable and are also the most easily recycled. Aluminum is expensive to produce, and the recycling process is more costly than most. Recycling the cans this way can pay the collector 10 cents a pound for

about ½ cent per 12-ounce can. (The production of aluminum also requires a great deal of electric power so in salvaging aluminum, you help indirectly to cut down on air pollution from the burning of fossil fuels.) You can tell an aluminum can because it is seamless, is not magnetic, has no separate bottom piece, is light in weight, easy to crush. (For an up-to-date country-wide list of aluminum can reclamation centers, write Aluminum Association, 750 Third Avenue, New York, N. Y., 10017.)

Along with the aluminum producers, "The Can People," who use the metal to make the cans, have set up about 200 collection centers, located in almost every state. Since they make all kinds of cans, they collect all kinds of cans—aluminum, tin, tin-and-aluminum—and they say that one way or another all can be recycled.

Bottle glass. Glass, like aluminum, is practically indestructible (that is, not biodegradable) but easily recycled, and it has been recycled for many years. Scrap glass or cullet is crushed, then melted and added to the mix for new bottles or other products.

Who will buy your old glass? Two groups: One comprises the glass manufacturers, specifically those who belong to the Glass Container Manufacturers Institute, which has set up over ninety collection centers at glass plants in twenty-five states. (Bottle collecting is feasible only within a certain radius of a glass plant.) The going rate at reclamation centers is 1 cent a pound—\$20 a ton—about ½ cent a bottle. (For a list of the centers, write to GCMI, 330 Madison Avenue, New York, N. Y., 10017 and ask for the booklet: *Q & A About the Reclamation and Recycling of Glass Containers.*)

The other people who will buy your old bottles are the soft drink bottlers who, as a rule, will pay 3¢ a bottle. A lot of those who have set up collection centers are the Coca-Cola Bottling Companies of New York and its counterparts in Baltimore, Albany, Phoenix, Birmingham, St. Louis, Kansas City, Bloomington, and Madison, Wis. The Dr. Pepper Bottling Company has set up centers which will pay 3¢ a bottle, a cent for returning cans and bottle.

Whatever happened to that returnable bottle? Although it may not seem so from where you sit, the returnable bottle is still very much with us. Two-thirds of all soft drinks in the U.S. are sold in returnables. (For C&A the national average is 70 percent. But a returnable is not just a bottle stamped "5¢ deposit." Behind it is a complex system that involves climate, traffic, truck space, shelf space, drivers' time, parking regulations, machinery for washing and sterilizing, etc., etc., etc. The whole thing worked beautifully back in the days when one bottle made as many as thirty to forty return trips between the bottler and your refrigerator. The system is healthy, economically, at around twenty trips, breaks even at about ten. But some years ago the trips fell off to as few as an average of 3½ in New York City, and dwindled similarly in other high-income urban centers like Philadelphia, Washington, Seattle, Los Angeles. Finally it reached the point in those areas where the bottlers ran out of bottles. A bottler could buy a new supply, of course, for around \$5,000,000. Was it worth it? The consumer, by his purchases, was saying very clearly, "Don't bother. We prefer cans or one-way bottles." Even today thousands of returnables are turning up at glass plants for recycling. Meanwhile the retailers, who had gone along with the returnable system as long as they had no choice, were, for very understandable reasons, overjoyed to be rid of it.

If you are dedicated to returnable bottles, however, you can do three things to give them a boost: 1. Buy them wherever you see them. 2. Rinse out your empties. (Sugary residues attract roaches, complain chain store managers.) 3. *Return them.* But if returnables have disappeared from your area, you are probably knocking your head against a stone wall if you try to persuade a retailer or bottler who have given their up to be back to them. Save your energy for recycling.

Paper. By far the largest proportion of our solid wastes consists of paper—scrap paper, wrapping paper, newspaper, paperboard. Most of it is recyclable, it can, and has been used for some time (along with some

virgin fibers) to make other papers, many of which you would be hard put to identify as containing reused material. Two pilot programs for collecting old newspapers, one in San Francisco, one in Madison, Wis., have been highly successful. But on the whole the industry is not actively encouraging the collection of additional quantities of newspapers and other paper scrap. As one spokesman put it, "All of the mills are receiving all the supplies of these items that they can use to manufacture that which they can sell at this time." Again, the situation may be different in your community. The best way to find out is to talk to your local waste paper dealer—he'll be listed under "Waste Paper" in the Yellow Pages.

The final lap in recycling, of course, is when your one-time "trash" arrives back in your kitchen in the form of a new product. Almost all industries involved—especially the paper makers—claim they cannot expand their recycling programs unless consumers prove willing to buy products containing recycled material. That may not be quite as easy as it sounds. Sometimes you have little choice: over 70 percent of the waste paper that is recycled goes into folding cartons, rigid boxes, and other containers but as a rule you have to settle for whatever box your purchase comes in. And often you have no way of knowing which box contains recycled material and which doesn't. But attempts are being made to clarify that. The Container Corporation has a symbol that it puts on all its cartons made from used fibers. From the National Association of Secondary Material Industries, Inc. (330 Madison Avenue, New York, N. Y., 10017) you can get a list of companies using reclaimed waste in various types of paper, bags, and boxes, but you will have to write to the individual companies to find out exactly which of their products they are using it in. The Association, which represents dealers in all kinds of reusable scrap, is also promoting the use of a symbol to be used on any product containing recycled material.



THIS WOMAN IS REDUCING HER WAIST, TUMMY, HIPS AND THIGHS

with the Fabulous New **SAUNA BELT™**

TRIM-JEANS

The Amazing Space Age Slenderizer that is so sensationally effective it is...

GUARANTEED TO REDUCE YOUR WAIST, TUMMY, HIPS AND THIGHS A TOTAL OF FROM 6 TO 9 INCHES IN JUST 3 DAYS OR YOUR MONEY REFUNDED

THIS SUPER PRODUCT IS PRODUCING SUPER NEW SLENDERIZING FOR A HOST OF WOMEN. HERE ARE JUST A FEW:

PENNY DIX:

"Incredible! I lost 7 full inches from my waist, hips and thighs the very first day I tried trim-jeans. Altogether I used them just 3 times and lost a total of 11¼ inches. The inches melted off so rapidly and right where I wanted to lose them: 2 inches off my waist, 2¼ inches off my tummy, 2 inches off my hips and 2½ inches off each thigh. No dieting— and thanks to my trim-jeans I now have my perfect measurements."

Mrs. Jean Wennerstrom:

"I lost 7¼ inches in just 30 minutes the very first time I ever tried the trim-jeans and in just 3 days I lost 4¼ inches from my waist, 3¼ inches from my tummy, 2¾ inches from my hips and just under 3 inches from each thigh for a total loss of 16 inches. The overall improvement in my appearance has been absolutely dramatic!"

Mrs. Linda Saatsaz:

"In just 3 days my waist went from 29 inches to 25 inches— my hips from 39½ inches to 37 inches and my thighs from 24 inches to 21 inches with a total overall loss of 14½ inches with these wonder working trim-jeans—and all without the need for dieting."

Mrs. Gerry Rose:

"Trim-jeans actually remade my figure in just 3 days. Imagine, in just 3 days, I lost 2¼ inches off my waist, 2 inches off my tummy, over 3 inches off each thigh and 4 inches off my hips! This adds up to a total loss of 14½ excess inches. Trim-jeans have given me a trim and shapely figure of which I am truly proud!"

TRIM-JEANS—THE SPACE AGE SLENDERIZER WITH RESULTS THAT ARE OUT OF THIS WORLD. The trim-jeans are a marvel of ease, comfort and efficiency. Once you have slipped them on, you are ready for the most astounding experience in rapid slenderizing you have ever known.

Only trim-jeans has the unique features of design, including the exclusive super sauna-lock that permits the constant snug fit and solid support in all 4 areas—waist, tummy, hips and thighs—without which truly sensational results are not possible. We recommend that the trim-jeans be used a few minutes each day for 3 days in a row when you first receive them and then several times a week until you have achieved your maximum potential inch loss. After that, for maintenance you can use the trim-jeans about twice a month or as often as you feel the need.

THE MOST REVOLUTIONARY GUARANTEE IN SLENDERIZING HISTORY. So many users of the trim-jeans obtain 'instant reducing'—are inches slimmer, inches trimmer in from just 1 to 3 sessions with this super slenderizer—are actually losing as much as a total of 7 or more inches from their waists, tummies, hips and thighs in just 1 session and up to 16 or more inches from 3 sessions. This principle produces really fantastic results. There may be variations of speed and/or degree of results due to individual differences in metabolism and body response. Not everyone may lose 7 inches in just 1 session and 16 inches in 3 days but remember this: No matter what your metabolism, no matter what your body type, if you do not lose a total of from 6 to 9 inches from your waist, tummy, hips and thighs in just 3 days, you may return the trim-jeans and the entire purchase price will be immediately refunded.

THE AMAZING TRIM-JEANS TAKE OFF INCHES WHERE THEY NEED TO COME OFF. Your trim-jeans are designed to give you just the reducing effect you need where you need it... and the price of the trim-jeans is just \$13.95 and each pair carries a FULL MONEY BACK GUARANTEE. Here is the slenderizer supreme—trim-jeans—which we sincerely believe to be the easiest, fastest, most convenient, most sensationally effective waist, tummy, hip and thigh reducer ever discovered—with the most revolutionary guarantee in slenderizing history. So if you want trimmer, slimmer, sleeker measurements and you want them now, send for your trim-jeans today.

Here is how it works:



Miss Penny Dix has slipped into her trim-jeans and is inflating them with the handy little pump provided. She is now ready to perform her 'Magic Torso' movements, an exercise program designed specially for trim-jeans.



After a few pleasant moments—about 10 minutes or so—doing her 'Magic Torso' movements, Penny is now relaxing for an additional 20 minutes while keeping her trim-jeans on. That is all there is to it.



Penny checks her 'after' measurements. Remarkable! Penny lost 1" from waist, 2" from tummy, 1" from hips, 1½" from each thigh for a total measurement loss of 7" in just 1 brief session.

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TRIM-JEANS, P.O. Box 3984, Dept. HG-14, San Francisco, CA 94119
Please send me _____
off my waist, _____
TRIM-JEANS and _____
For each Sauna Belt trim-jeans _____
Cash Check Money Order (No COD's)
If you desire Air Mail, add \$1.25 for each trim-jeans.
Woman: Waist size _____ Hip size _____
Man: Waist size _____ Hip size _____
Name _____
Address _____
City _____ State _____ Zip _____

MUSICAL WALL PLAQUES

Reproductions of famous paintings being made in European countries. Beautifully mounted on hand-carved oval plaques. Unbreakable gold frames. A choice Swiss picture. Each picture boxed from \$8.00 to \$12.00. Satisfaction Guaranteed.

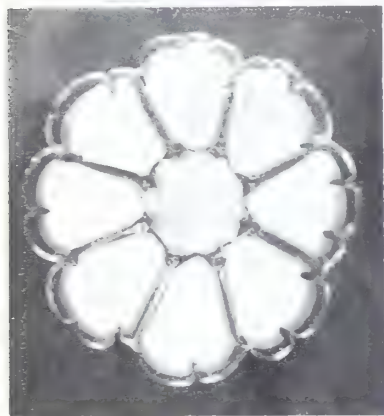


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Your most hastily arranged flowers will look as if they just placed first in the Garden Club Show. Use one for dramatizing a treasured figurine. Black rosewood bases are hand-carved in traditional Oriental motifs. Low base, 4" inside diam., \$2.50. Footed base with 4" inside diam., \$6.75. Ppd. Other sizes available. Send for free brochure.

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Diamond prices are ridiculous. What you really want is a gemstone that sparkles like a diamond and looks as if it were a diamond. These are called simulated diamonds. They are made of synthetic materials and are just as beautiful as the real thing. Only a trained jeweler will be able to tell them from the real thing. All Caribbean Gemstones are 100% guaranteed. We have simulated diamonds with these brilliant colors.

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BRASS BONANZA

Hooks with looks are hard to find, we find. Herewith three handsome and hefty models in solid brass. Authentic copies of antique hooks, they're sized from 3" to 4½". Lion, owl or cherub, \$2.25 each. All three are \$6.50. Add 25c post. each. Clymer's of Bucks County, HG7, Point Pleasant, PA 18950.



PEANUTS PATCHES

Are you Peanuts people? Pick a patch of Snoopy, the home run king; Charlie Brown and "I need all the friends I can get;" or Linus and "To know me is to love me." Sew on jeans, sneakers, bags. Mesh-back washable cotton twill. 2¾" dia. \$1.25 each ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

THREE TO GO

Ready set for wonderful weekender! Quick change turns pants out to get you ready for a weekender. I in brown or navy with white mesh-lined jacket. pants and shirt (one size fit three). Great wardrobe. Washable? Yes. \$19.95. Dressing. 12345678901011121314151617181920. Dealers: 12345678901011121314151617181920. Traders: 12345678901011121314151617181920. Tucson, AZ 85716.



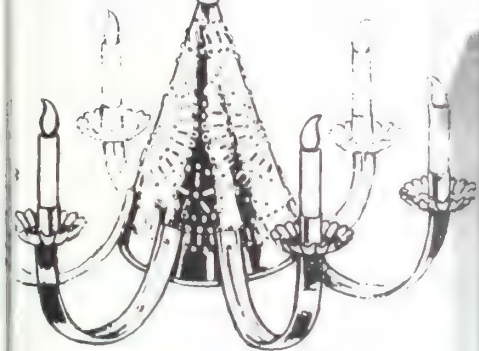


TIN TYPE

Handmade antique tin chandelier from an early American original. In black finish, too, pierced cone has light, three-way switch; six arms are for bulbs or candles. 26" dia. \$50. Electrified with seven lights, \$74. Shipping charges collect. Flame-shaped bulb, 65c ea. William Spencer, HG7, Rancocas Woods, NJ 08060.

FRENCH SEMAINIER

A reproduction, of course, but isn't it a beauty? French femmes used the seven drawers to hold lingerie for each day of the week! Perfect for a narrow wall in dining room, hall, bedroom. 18" by 12" by 52" high. Autumn fruitwood on elm. Solid brass pulls. \$129.95. Exp. coll. Catalogue, 25c. Bryan Robeson, HG24, Box 757, Hickory, NC 28601.



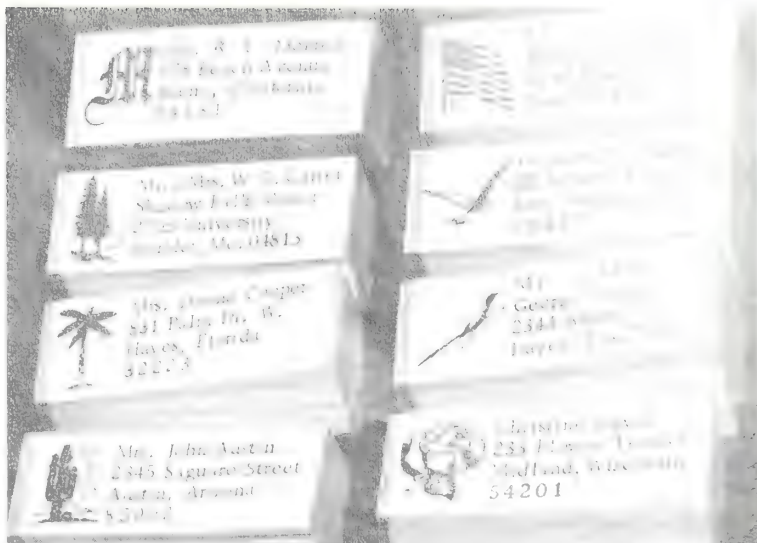
FOR THE FOURTH

And for fashion flair when nothing but red, white and blue will do. Signature scarf by Vera in banner colors is 23" square. In superb silk and rayon blend. With antique silver American eagle scarf ring that's 1 1/4" square. Scarf and ring, \$4.95 ppd. Sturbridge Yankee Workshop, HG8, Sturbridge, MA 01566.



CORDLESS GRASS SHEARS

No more yawn or brawn to lawn trimming. Cordless electric teflon shears let you zip under fences, around trees, along hedges. Push-button unit comes with recharger that plugs into socket. One charge trims the perimeter of a football field! \$29.95; plus \$1 post. With 44" handle, \$34.95 plus \$2. Ashby Dean, Ltd., HG7, 289 Thayer St., Providence, RI 02906.



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Any Initial, American Flag, Blue, Gold, Palm, Roadrunner, Rose, (Other designs are Texas Flag, Maple Tree, Treble Clef, and Palette.) Up to 20 letters per line, 4 lines. Printed in black ink on a quality premium paper. 100 per when ordered in quantity. Or on DELUXE size 1 1/2" x 3" and 2 1/2" x 3 1/2". Initial or Design desired. Via air, add 33c per order. Bruce Bolind, 27-L Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!



SALE

LEATHER WING CHAIR

Luxurious in top grain leather, this handsome Chippendale wing chair has a fruitwood finished hardwood frame, full web base, hand tied coil springs, foam and Dacron cushion, size W 31" D 41" H 41". Choice of oxblood, merschaum or black leather. Swatches available.

\$219.00 shipping charges collect. No return (Special sale price, for limited time only)

Send 25c for catalog & reproduction

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Fantasy designs stand out from Fun Tree creating a new 3-D look. 11" x 15", everything incl. Kit 877



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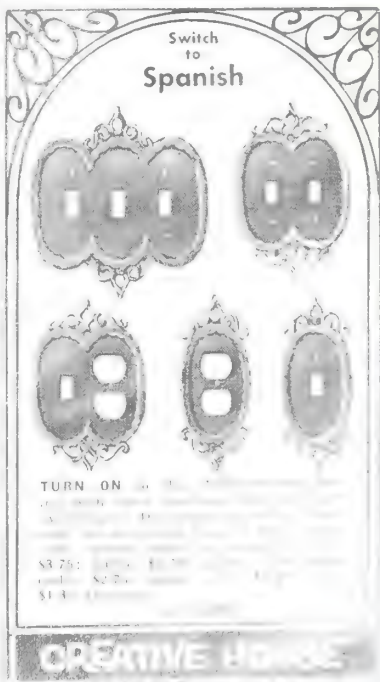
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Crystal Salad Bowls

Superb thick hand blown crystal colorful salads, crepe, citrus, fresh fruits or ice cream... even do duty as finger bowls with a dash of dinner etiquette. Graceful enough for the most distinguished dinner table, perfect for breakfast for the morning cereal. If you're short of shelf space, you'll like the way they stack neatly. Set of 4; 5" dia.

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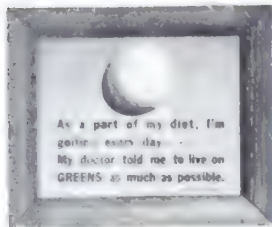
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47 Exciting new ideas for gifts and better living



Special Award for the Golfer
Who Hits a Long Ball.



Golfer's Diet Plaque.
Wood Frame 5 1/4 x 6 1/2"

GOLFER'S GAGS

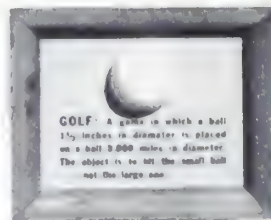
No. 146—Long Ball Hitter Award

No. 132—Golfer's Diet Plaque

No. 157—Definition of Golf Plaque

No. 170—Nude Golf Tees

\$1.98 Each + 30c Mailing Each



Definition of Golf Plaque.
Wood Frame 5 1/4 x 6 1/2"



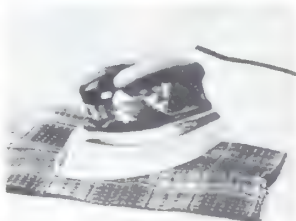
12 Multi-Colored, Plastic,
Nude Golf Tees.



CARPET TAPE

Carpet tape is a new, easy-to-use, adhesive tape that holds down loose ends of carpeting, rug, and floor covering. It is made of a special, non-toxic, adhesive material that is safe for use on all types of carpeting. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 169—Carpet Tape \$1.49
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STEAM IRON COVER

Protect your steam iron from dust and dirt with this easy-to-use, flexible cover. It is made of a special, non-toxic, adhesive material that is safe for use on all types of steam irons. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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Soft, flexible, adhesive tape that holds down loose ends of carpeting, rug, and floor covering. It is made of a special, non-toxic, adhesive material that is safe for use on all types of carpeting. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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Protect your eyes from glare and bright sunlight while playing tennis, golfing, motorboating, or walking. Adhesive sport visors are available in a variety of colors and styles. They are easy to use and are completely re-usable.

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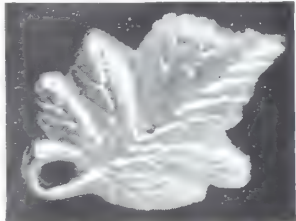
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Mailing \$1.50 Each



SPRING POST BOOKENDS

Spring post bookends are a new, easy-to-use, adhesive material that holds down loose ends of carpeting, rug, and floor covering. It is made of a special, non-toxic, adhesive material that is safe for use on all types of carpeting. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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CLEANS SILVER FAST

Keeps silver shining bright and tarnish-free. It cleans engraved and embossed surfaces. It is made of a special, non-toxic, adhesive material that is safe for use on all types of silver. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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Keeps you sleeping peacefully through the night. It is made of a special, non-toxic, adhesive material that is safe for use on all types of sleep masks. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

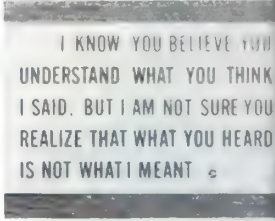
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An explanation of the magical principles of magic. Available in a variety of colors and styles. They are easy to use and are completely re-usable.

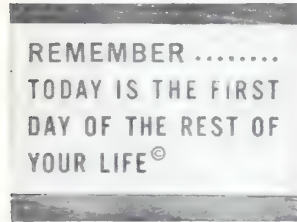
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COMMUNICATION GAP

How's that again? A wall plaque that helps you understand what you think, what you said, and what you heard. It is made of a special, non-toxic, adhesive material that is safe for use on all types of communication gaps. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

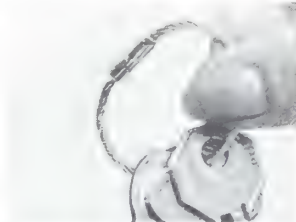
No. 185—Communication Plaque \$1.98
Mailing 30c Each



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TODAY IS THE FIRST
DAY OF THE REST OF
YOUR LIFE®

A new day, a new life. It is made of a special, non-toxic, adhesive material that is safe for use on all types of first day plaques. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

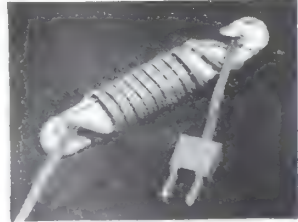
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Mailing 30c Each



UNIQUE TWISTY KEY RING

Keeps your keys from falling out of your pocket. It is made of a special, non-toxic, adhesive material that is safe for use on all types of key rings. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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Mailing 30c Each



CORD SHORTENERS

Keeps your cords from getting tangled. It is made of a special, non-toxic, adhesive material that is safe for use on all types of cord shorteners. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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EYEGLASS NOSE PADS

Keeps your eyeglasses from slipping off your nose. It is made of a special, non-toxic, adhesive material that is safe for use on all types of eyeglass nose pads. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 127—Eyeglass Pads \$1.00
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WORK WHILE YOU TALK!

Keeps your telephone from falling off your desk. It is made of a special, non-toxic, adhesive material that is safe for use on all types of telephone holders. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

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Mailing 30c Each



CORDLESS MASSAGER

Keeps your muscles from getting sore. It is made of a special, non-toxic, adhesive material that is safe for use on all types of cordless massagers. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 196A—Massager \$1.98
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CORN & CALLUS REMOVER

Keeps your feet from getting sore. It is made of a special, non-toxic, adhesive material that is safe for use on all types of corn and callus removers. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

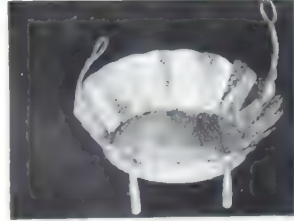
No. 197—Callus Remover \$1.98
Mailing 30c Each



PEN SIZE TELESCOPE

Keeps your eyes from getting sore. It is made of a special, non-toxic, adhesive material that is safe for use on all types of pen size telescopes. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 149—Spy Scope \$1.98
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VEGETABLE STEAMER

Keeps your vegetables from getting soggy. It is made of a special, non-toxic, adhesive material that is safe for use on all types of vegetable steamers. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 187—Steam Basket \$1.98
Mailing 30c Each



ELIMINATE WET FLOORS

Keeps your floors from getting wet. It is made of a special, non-toxic, adhesive material that is safe for use on all types of curtain holders. It is available in a 1/2" wide, 100' long roll. It is easy to use and is completely re-usable.

No. 188—Curtain Holders \$1.29
Mailing 30c Each

HUMOROUS DESK PLAQUES

It's hard to be
humble when you're
as great as I am

Gold-colored metal Desk Plaques in black lettering on stained wooden stand, 2 1/2" x 4".

Titles:

- It's hard to be humble when you're as great as I am
- Nobody's Perfect... but me
- Sales Mangler
- Silence! Genius at work
- Stupidvisor
- Ulcer Dept.
- Order Mistaker
- Big Boss
- Chairman of the Bored
- O# Duf
- Please! I'd rather you did it yourself
- Temporarily out of service
- I'm new here myself
- What makes you think I work here
- No Spika Da English
- Inquire next Desk Please
- I'm Still on my lunch hour
- I never get lost, everyone tells me where to go
- Tell it to my Psychiatrist He gets paid to listen
- This Section Closed
- Be reasonable—Do It my way

\$1.98 Each — 25c Mailing Each

Call orders add 5% sales tax.

Anthony Enterprises

Dept. HG-71

585 Market St., San Francisco, Calif. 94105

VIENNESE BENTWOOD ROCKER

\$79.95



Romantic, warm bentwood is enjoying a well-deserved renaissance. An ancient art produced by steam-bending in hand made forms, resulting in rugged beauty. Ornamental frame is walnut finished, with superbly hand cased seat and back. 40" high, 22" wide, overall depth 38".

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Basket House Dept. HG7
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GLAMOROUS ISLAND SANDALS

From Hawaii in two great versions
—all gold, or white with gold trim

Wonderfully comfortable—beautifully made. Stretch straps with gold brocade trim are linked together by a telescoping gold chain. Heel strap stretches too. Cushioned inner sole tops a graceful carved wedge heel. Crepe rubber soles. All gold or white with gold trim—state when ordered.

Medium width. Sizes 6-7-8-9 **\$10.75** ppd.

Immediate shipment—will gift wrap—no COD.

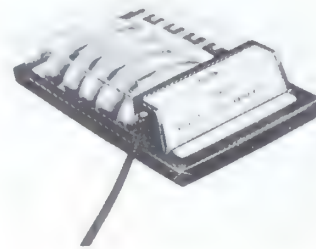
NICHOLSON IMPORTS OF CARMEL
P.O. Box 4335, Carmel, Calif. 93921

SHOPPING AROUND



STRAP SAFETY

Lingerie guard keeps straps together and on your shoulder. Pin fastens to dress or blouse, holds straps securely. No slipping! Order several pairs so you won't have to do a switch each morning. Two pairs are just \$1 plus 15c postage. Write Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



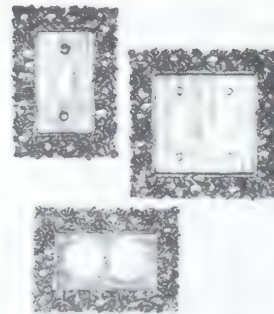
HOT DIGGETY

Hurray for the hot dogger with the big weekend 4th on the horizon. And think what a wonder for serving summer lunches to the vacationing horde! Just 60 seconds and six franks cook to perfection—juicy, moist, tender and no shrinkage. Electric hot dogger cleans easily. \$9.95 plus 75c post. The Gallery, Dept. 9373, Amsterdam, NY 12010.



FOOL THE PROS

Whale of an idea for the amateur: True-Putt sunglasses enable player to see a bright line on the putting surface between the ball and the hole. Eureka! He sinks hard putts. Famous eye doctor thought this one up. More power to him from us. Instructions included. Regular or clip-ons \$12.95 ppd. Moser & Moser, HG7, 100 Chatham Dr., Greenville, SC 29605.



WHICH SWITCH?

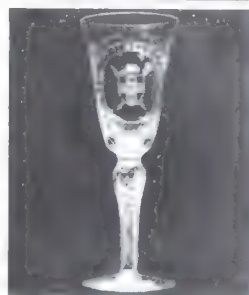
Why, any and every with these decorative dandies! Bright gold, antique gold, antique silver, bright silver or white to enhance the decorative scheme. Three convenient sizes: single, \$2; double, \$4; double outlet plate, \$2. Ppd. Order from Fairyland Decorators, HG7, 891 Bergen Ave., Jersey City, NJ 07036.

The York Toasting Goblet, made by the famous English Crystal factory of Webb Corbett, has been produced in a limited edition of 500 only, to commemorate York's 1900th Anniversary of its founding by the Romans in AD71. The hand made crystal goblet (height 10 1/2") has a beautiful twist stem and is engraved with the Coat of Arms of the City and the inscription 'York AD71-1971.' Each goblet is individually numbered and is accompanied by a correspondingly signed certificate.

Price: \$63.00 ppd. from

MULBERRY HALL

Dept. HG3, York YO1 2AW, England



PETITE SEAT

Portable folding seat is a boon for parents of tots in the process of toilet training or too small for a regulation seat. Patented seat fits into glove compartment of a car or in mamma's hand bag. Pink or blue and washable, with a travel case of its own. \$2.98 plus 45c postage. Nel-King Products, HG-71FT, 811 Wyandotte, Kansas City, MO 64105.



RETRACTING BRUSH

Pet brush massages, brushes and cleans itself thanks to its 120 retractable bristles. It works with a simple twist to extend bristles, another twist retracts them. Frequent use gives your pet a smooth, glossy and healthy coat. \$1 plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.

"AMERICANA ON PINE"



A. Pitcher & Plate

These beautiful pieces are made of pine wood and are perfect for your home or office. They are available in two sizes and colors. The price is \$19.95 for the pitcher and plate set, and \$8.95 for the pitcher only. The price is \$19.95 for the coffee pot and pumpkin set, and \$8.95 for the coffee pot only. The price is \$19.95 for the coffee pot and pumpkin set, and \$8.95 for the coffee pot only.



B. Coffee Pot & Pumpkin



C. Pitcher & Plate

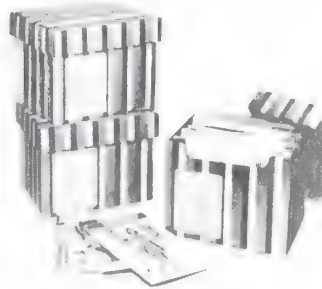
Village Wood Shop



D. Coffee Pot & Pumpkin

NEAT AND ORGANIZED

The pattern file is one of those "why didn't I think of it?" items. Sturdy cardboard box, 9" by 6" by 7" is striped in gold, avocado and white and is indexed to file patterns systematically. File saves home dressmakers confusion and clutter. \$1 plus 35c post. Order from Holiday Gifts, 307-C, 7047 Pecos St., Denver, CO 80221.



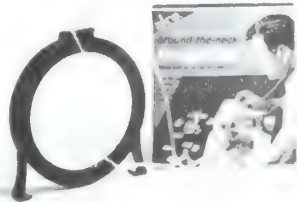
INVESTMENT IN ART

Original oil portrait of a beloved member of the family or yourself can be the fascinating focal point in a drawing room. Famous European and American painters execute a perfect likeness in full color from a photograph. Best buy in art (12" by 16" to 30" by 40") \$79.50 to \$795. Ppd. Catalogue, 25c. Van Dyke Ltd., HG7, 153 E. 57th St., NY 10022.



MIGHTY MAGNIFIER

Here's one magnifier you never lose. Hang it 'round your neck and free your hands to skim the Yellow Pages, crochet, manicure or whatever. Comfortable to wear. Sherlock Holmes would have loved one! 4 1/2" dia.; \$1.98 plus 20c post. Order #156, Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



KEY KIT

If you're into needlepoint—and who isn't these hectic days?—make bold and bright key tags for friends and family. Kit and caboodle: yarns in red, orange, yellow, blues and black; canvas for two tags; easy to follow graph design and instructions. 2" by 3". \$4.95 plus 45c post. The Stitchery, HG7, Wellesley Hills, MA 02181.



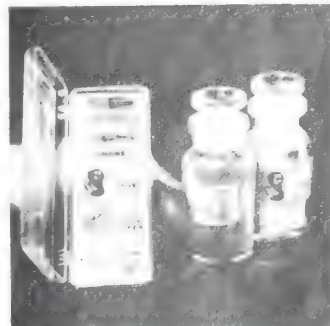
HOME GUARD

Personalized rubber door mat guards against the dirt invasion. But it's right up front in making guests welcome! Any name up to 13 letters permanently molded. Choose bright red, blue, green or black. Letters in white. Self-draining mat's a big 18" by 28". \$6.95 plus \$1 post. J. W. Holst, Inc., Dept. HG671, 1005 E. Bay St., East Tawas, MI 48730.



SPICE LABELS

Add some spice to your kitchen life with rich gold labels. Boldly printed in black and handsomely decorated with illustrations taken from an old calligraphy book. Spice labels (Parsley, Sage, Rosemary, Thyme) are self-stick. 50, all different. Each 1" by 1 1/2" in 5" long plastic box. \$2 ppd. Via air mail, add 44c. Bruce Bolind, HG7, Boulder, CO 80302.



The Gun of 1000 and 1 Uses

SPECIAL INTRODUCTORY PRICE

\$9.98

Many Heavy Kerosene Burners Can Cost as much as \$39.95

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YOUR MOST IMPORTANT OUTDOOR AID

- BURNS OUT WEEDS • DESTROY INSECT NESTS ... AT A SAFE DISTANCE • EDGE FLOWER GARDENS • BURN OUT UNSIGHTLY BLADES OF GRASS AND WEEDS IN BRICK & STONE PATIOS • REMOVE OLD PAINT FROM DIFFICULT TO REACH SPOTS • BURN OUT SCRAGGLY WEEDS WITHOUT EVER STOOPING OR BENDING • BURN LEAVES OUT OF GUTTERS • IT'S USES GROW AND GROW! • THE GUN YOU'LL USE YEAR 'ROUND ... GREAT IN WINTER TO MELT ICE AND SNOW



With Incredible Dial-A-Flame Action Long Reaching, Lightweight, Versatile... So Easy Even Your Wife Can Use It

Some years ago hundreds of thousands of home owners discovered the incredible utility of the flame gun...it's efficiency in summer, it's absolute necessity in winter. Now, we've engineered a brand new flame gun that is a space age wonder. So light, so efficient it almost makes weeding and edging fun! What it does do is save you hour after hour of bending, stooping and squatting. It's so light to use even a woman can operate it with one hand without tiring. It literally zaps weeds right out of the ground, helps you give your lawns clean sharp edges, and best of all now at its incredibly low price of just \$9.98 is \$30 less than heavy duty units and we believe does their job far better! **Even Fully Fueled It Weighs Less Than 3 lbs.** Here's a tool so versatile you'll wonder how you ever did without it. Think of the steps you'll save attacking old paint. With its long feeder tube you can reach out-of-the-way places... destroy insects... anthills... old

wasp nests, all, at a safe distance. You'll burn out weeds, dead leaves, edge your lawn, trim around flower beds with pinpoint control...everything you touch curls and crisps away under its clean, hot flame. And you dial the size of the flame...exactly right for every job.

OFFER WILL NOT BE REPEATED THIS SEASON

Completely without cumbersome cords or batteries, the entire unit weighs only 2 lbs. 13 oz. fully fueled with a safe, easy to use cylinder of propane gas. Over 3 feet long, you can reach the ground without stooping or reach up to at least 12 feet off the ground without using a ladder. Can operate up to 14 hours on a single cylinder of propane gas which is available in stores everywhere! The complete unit carrying our unconditional guarantee including replacement parts is yours for just \$9.98. Full money back if you are not satisfied for any reason. Hurry, order now, this offer will not be repeated this season.

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UNCONDITIONAL REPLACEMENT GUARANTEE

Your Jet Stream Flame Gun is unconditionally guaranteed. When returned to our factory, no matter how damaged, we will either fix it or send you a new one. Plus \$1.00 handling charge.

SEE WHY NO OTHER GUN CAN COMPARE!

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|-------------------|--|---|---|
| Fuel | Single Cylinder Propane Gas | Liquid Kerosene | Liquid Kerosene |
| To Operate | Simply dial flame size and push button | Fill tank with fuel, pump handle and repeatedly build-up, fill or saturate starter cap or asbestos wick to heat tip. Wait for glow then turn valve, release fuel. When kerosene hits glowing wick flame ignites | Fill tank with fuel, pump handle and repeatedly build-up, fill or saturate starter cap or asbestos wick to heat tip. Wait for glow then turn valve, release fuel. When kerosene hits glowing wick flame ignites |
| Flame | Adjustable flame size and shape | Flame leaves black residue on gun and walkway. Pressure must be maintained by pumping. Turn valve for interior | Flame leaves black residue on gun and walkway. Pressure must be maintained by pumping. Turn valve for interior |
| Weight | 2 lbs. 13 oz. | 20-30 minutes 1 pint kerosene | 4 lbs. 8 ozs. |
| Price | \$9.98 | \$14.98 | \$39.95 |

COLONIAL STUDIOS, DEPT. FG-36
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Please send me the #7047 Jet Stream Flame Gun. I will give you a full money back guarantee if I am not completely delighted.

(Please include \$1.00 for postage and handling.)

Name _____ Address _____ City _____ State _____

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for just \$9.98...also handy around your water!

PROVINCIAL PLAQUERY

Prints of European scenes framed in antique gold are mounted on elegant black velvet. If you like, remove prints and substitute your favorite photos in the 7½" by 5½" frames. Charming in a wall grouping or on a lady exec's desk. \$2.98 plus 50c post. Harriet Carter, Dept. HG7, Plymouth Meeting, PA 19462.



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FABRIC COLLECT

FABRIC

DON'T WORRY. HE WILL

If you know someone who is a chronic worrier, give him a Worry Bird. Just the sight of that lugubrious face, orange ruff and grotesque feet rates a chuckle even before you read his message. \$1.98 plus 25c post. Order from Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



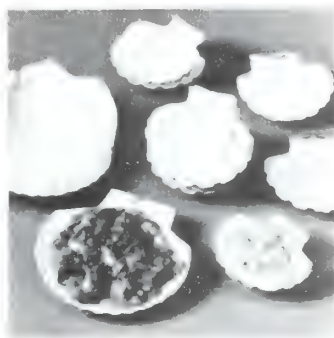
WALL COVERINGS

Imported hand-crafted wallcoverings lend a distinctive aura to home interiors. Choose from grass cloths, burlaps, corks, heavy textured weaves. Send 50c for over 40 samples, full information and wholesale prices. Do-it-yourself instructions and tools available. Shibui Wallcoverings, Dept. HG7, P.O. Box 1268, Santa Rosa, CA 95403.



SHOW-OFF SHELLS

For baking and serving, that is! Ovenproof shapes are real seashells, polished and beveled to accent their natural beauty and fashion. There just couldn't be a sweeter way to serve great seafood concoctions. 5" dia. set of four \$1; 3" dia. set of eight \$1. Add 35c post. Recipes included. CountryGourmet, G7, 545 Fourth Ave., Mt. Vernon, NY 10550.



BORDER TRIMMING

Dec-O-Borders fit flush with the ground so you can run mower over them. Dramatizes trees, shrubs, beds. Three-inch wide poly sections snap together. White or green. Specify 12" straight or 14½" long curved sections; eight curved form 38" circle. Set of four, \$3.49 ppd. Miles Kimball Co., 100 Bond St., Oshkosh, WI 54901.



PICNIC PRETTIES

Rattan holders for paper plates are terrific take-alongs for picnics and great for barbecues, patio parties, poolside lunches. 9" in diameter, a holder keeps a paper plate from buckling or blowing away while you're up to fetch the mustard. Set of four, \$1.50 plus 35c post. Catalogue, 25c. Fran's Basket House, HG7, 89 W. Main St., Rockaway, NJ 07866.



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between-season lull
3 kinds of discount
savings
for people of
different speeds

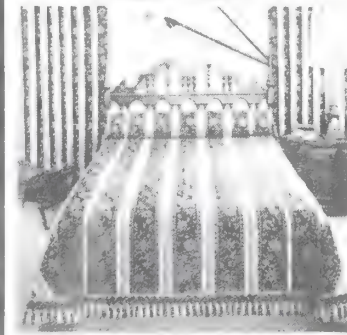
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Normally, buying direct from Ronnie, you'd save up to 40% on Bedspreads and Draperies. Right now — is our between-season lull and our workrooms are at their slowest pace. By acting now you can save an additional 33 1/3%. Procrastinate a fortnight — when we start to get busy — and you earn only 20%. Stall for a whole month and you pick up a mere 15% savings. Be quick, be alert. Get that coupon in the mail now!

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CURIO CABINET

For all the art objects and memorabilia, what could be a most propitious place to show them off? The beautiful, hand-carved stand of solid Honduras mahogany shown here, that's what! Victorian period piece, accurately reproduced, measures 57 3/4" high by 34 1/2" wide by 14 1/2" deep. \$199 ppd. Netherby Hall, HG7, Station 7, Atlanta, GA 30327.



MARKED CARDS

Deck of tricksters has tapered edges for sure touch selection. There is a variation in the back design that lets you distinguish any card held by opponents. Deck comes with complete instructions plus 21 different tricks. \$1.98 plus 20c post. Order #161. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



LOOK, LORELEI!

Modern mermaid makes merry madness poolside. Big blond beauty has an inflatable vinyl body in green and long blond raffia hair. She's over six feet tall—an ideal swimming companion for all ages—and she floats. \$9.95 plus \$1 postage. Free catalogue. The Patio, HG7, Box 2843, San Francisco, CA 94126.



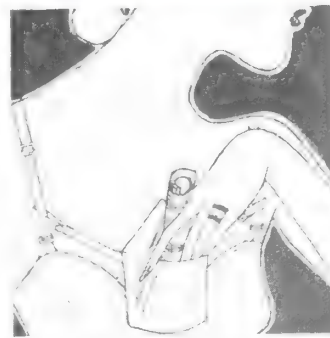
SPACE-SAVING SHELF

If home means a maxi mansion or a mini apartment, extra storage is a must. Here's a handy-dandy basket that snaps onto any shelf. Think of its endless uses—pantry goodies, workshop tools, linens. White plastic covered steel wire, 16" by 10" by 7 1/4" h. \$3.98 each plus 35c post. Lillian Vernon, G71, 560 Third Ave., Mt. Vernon, NY 10550.



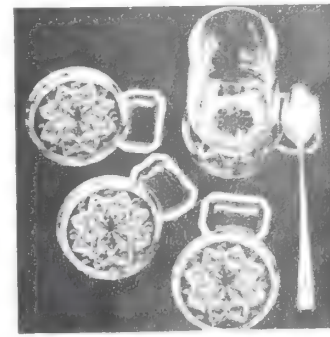
BOSOM BUDDY

Our grandmas had their own solution to purse snatchers. They stashed their cash by their bosom! You can, too, with this dandy money cache. Snap it to your straps and relax. Plastic lining and fold-over flap keep contents safe and dry. Order #141. \$1.98 plus 15c post. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



GLASS 'N SPOON REST

At last—a coaster with a spoon rest! And just in time for summer's tall coolers. Pressed glass in Old Cape Cod design to enhance every table. Protects linens, too. Set of four, \$4.50 plus 80c post. Stage an iced tea spree—order from Artisan Galleries, HG7, 2100 No. Haskell Ave., Dallas, TX 75204.



Bamboo Shoots, Ku An; Heron on Lake, Ch'in Ying; Birds, Wang Yuan; Cherry Blossoms, Yuan Yao

EXQUISITE MUSEUM MASTERPIECES YOURS AS LARGE 36" x 15" FULL COLOR PRINTS FOR YOUR HOME OR OFFICE—ALL 4 ONLY \$3

So you can add a final decorator touch of quiet beauty and elegance to your decor, we've taken these four exquisite hand painted originals and reproduced them with the delicacy and brilliance of the museum originals. Each lithograph captures the silvery iridescence and jewel-like colors that make these paintings so subtle and mystical. Unfortunately it is impossible to reproduce the delicacy and craftsmanship in each panel from the small black and white illustrations here. Only when you actually see these lovely masterpieces will you be fully able to appreciate their quality and appeal.

OFFER WILL NOT BE REPEATED THIS SEASON

We urge you to order your Dynasty Panels now, while the supply lasts. Each magnificent panel is reproduced in full color and is 36" x 15" with crisp white borders—MORE THAN FOUR TIMES LARGER THAN THIS ENTIRE PAGE. But hurry, this offer will not be repeated this season in this magazine.

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SAVE SPECIAL OFFER: Order two sets of all four panels for only \$5.

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 No. 212. Mellow pine case with hand painted. Just 22 1/2 in. H. x 11 1/4 in. W. x 5 1/2 in. deep. With chime. \$85.00. Pendulum Movement \$75.00.

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 with life like green leaves growing from the earth. 100% Belgium linen backing. Kit includes needle, thread, cord, and tagged crewel yarn. Complete pillow size 14" x 14".

K-69 Geraniums—\$8.95 plus 68c del. chg.
 Needlepoint kit outlined on canvas with creamy white background.

J-691 Complete Kit \$15.95 plus 86c del. chg.
 Florida resident add 8%.

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 COLORS IN THE GARDEN

Frank's Basket House

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JEWEL BOX TRIM PHONE

\$49.95 Magnificently designed to look like a Tiffany jewel box when closed. Center panel snaps open from the molded base revealing a mini rotary dial, jeweled handset is true elegance. Melodically whistles sings out when the phone rings. Ready to plug in and use.

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Girl with Watering Can Boy with Fishing Pole

Quilted Children's Pillows with appliqued figure in colorful fabrics on a white hand-quilted background, inner pillow filled with shredded foam 14" X 14"

each pillow **\$12.50** ppd.

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Dept. 78 Washington, D.C. 20007

Catalog of American Handcrafts \$1.00



BAREFOOT BEAUTY. Glide thru happy days wearing our new see-thru sandals. Terrific with patio pajamas, slacks, shifts, at home fashions. Nylon mesh tops the sandals in SILVER or GOLD with a 2" high heel, leather soles. Sizes 5 thru 10. \$4.95 pair, postpaid. #N1611

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... your own personalized stationery for a life... and growing a family. Make... and... **\$8.95**

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Magnolia Hall, 726 Andover Atlanta, Ga. 30327

... **\$19.95** ... **\$199.95**

Magnolia Hall, 726 Andover Atlanta, Ga. 30327



PET NAME TAG

Don't lose your dog, cat, parrot... what have you. Safeguard your pet with a stainless steel identification tag engraved free with name, address and your phone number. Steel hook for easy attachment to pet's collar. Guaranteed for life of pet. \$1 ppd. West Berg Enterprises, Ltd., Dept. HG7, Box 4177, Colorado Springs CO 80909.



SHINING EXAMPLE

Start a campaign to end eyestrain! Torch magnifier not only makes items look bigger, but brighter, too. Order several for the house, car, vacation home everywhere... Two junior size batteries make her shine. \$2.99 plus 25c post. from Anthony Enterprises, HG7, 585 Market St San Francisco, CA 94105.



SUMMER-TIMED

Heavy duty wrought iron bar stools and bar table are delights by pool, terrace or lake. Weather and rust-resistant; in black, white, yellow, or antique green vinyl paint. Bar is 16" w., 44" l., 36" h. with marble top. Three-piece set, \$99.95 exp. coll. Also plain stools with swivel seats. Catalogue 35c. Lakeside House, HG7, Box 486, White Rock, SC 29177.



THE BAG BERMUDA

Is there anyone who wouldn't be pleased with a Bermuda bag whose luscious snap-on cover's hand embroidered and utterly washable: looks like linen—unlike linen, fabric's wrinkle resistant. In white. Monkey pod wood handle's hand crafted. 12" by 9". \$8.50 plus 55c post. Nicholson Imports of Carmel, HG7, Box 4335, Carmel, CA 93921.



TRIO FOR NOSEGAYS

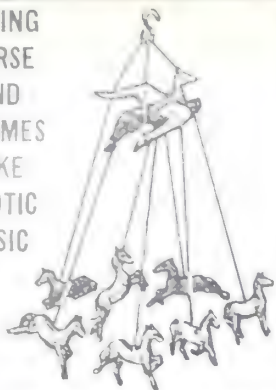
Pretty pressed glass vases are in sets of three graceful shapes: Ming, bell and tower. From Austria where craftsmen make glass sparkle and reflect, they are beauties to hold single buds or tiny bouquets. Set of three 3 1/4" high, \$1.98; 5" high, \$2.98. Add 35c post. Lillian Vernon, G71, 560 3rd Ave., Mt. Vernon, NY 10550.



NO MARGIN FOR ERROR

Not when you have personalized order forms right at hand. Ordering by mail is simplified this way and you have a record of what you ordered and when. Black on white paper. 4 3/4" by 3 1/2". 100 order forms personalized with your name and address. \$1.89 ppd. Bruce Boland, Inc., HG7, Houston, CO 80002.

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HORSE
WIND
CHIMES
MAKE
EXOTIC
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Our Flying Horse wind chimes make it possible to bring the majesty from a flying horse to your home. Each horse is in a different pose. Swing on gold nylon cords from larger winged-horse at top. As air moves through the bells, musical notes enchant young and old. Overall height 24 inches.

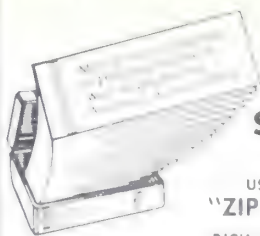
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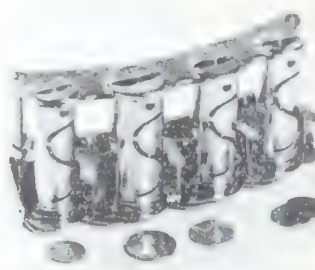
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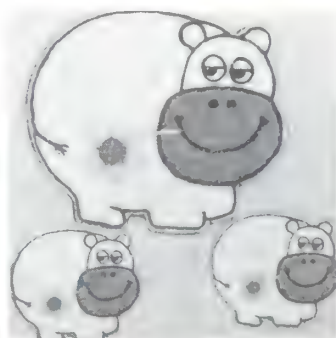
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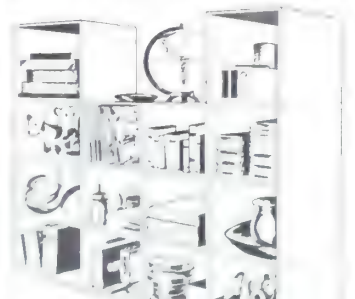
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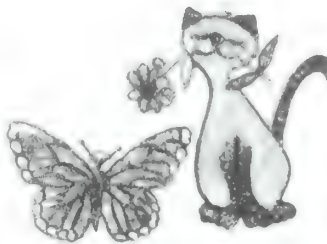
JUST IN TIME

Give this grandfather's clock a double-take—instead of tick-tocking, it times eggs to perfection. Bright enameled three minute timer hangs on wall, adds a spot of color, aids breakfast preparations. 8" h., 2½" w. \$2.50 ea.; two, \$4.50. Ppd. Great for summer bridal showers. Seth & Jed, Dept. G-71, Great Barrington, MA 01230.



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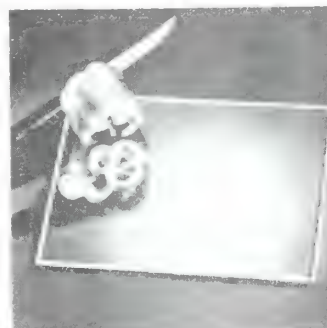
FIVE'S THE POINT

Lucite cube frames five full-size instamatic photographs and it's a sure winner every time with every member of the family. Turns at the touch of a finger and stores extras inside. Re-arrange pictures in a matter of seconds. 5" high. \$1.98 plus 25c post. Uni-Leisure Corp., Dept. PCE-3, 20 Bank St., White Plains, NY 10606.



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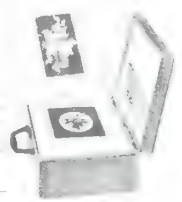
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Mushrooms

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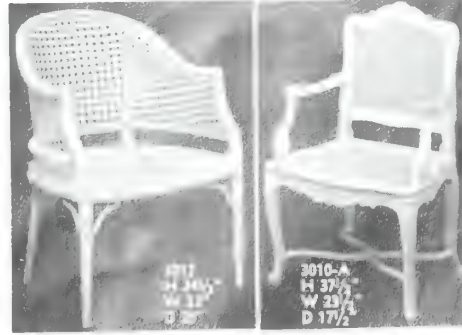
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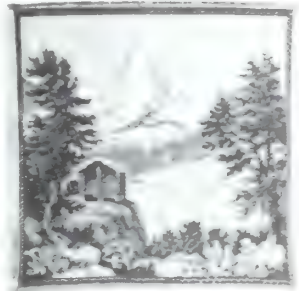
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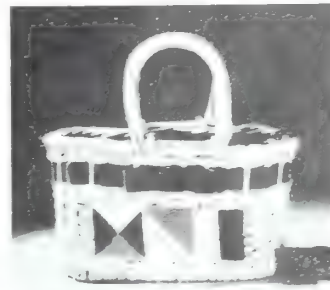
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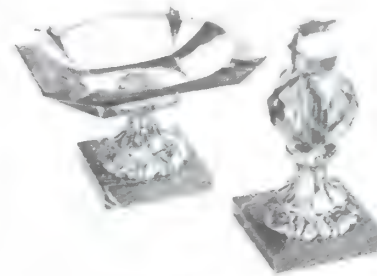
Double handled straw basket with a decorative monogram to be needlepointed in colorful International Code tags. Tapestry yarns, chart, canvas for monogram, lining, needle, instructions included. Basket, 9" by 4" by 5 1/2" h. Perfect for totting to beach. \$3.95 plus 50c post. What's New Shop, 12H Water St., Bryn Mawr, PA 19010.



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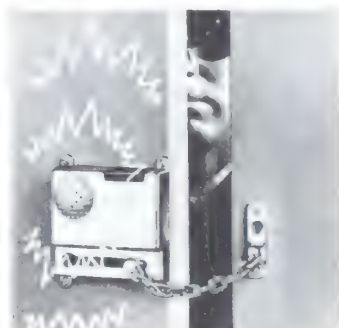
Picture watch that bears the... of a fella's best beloved... vice versa, since Unisex is today vogue. Send picture (black or white or color) to be placed on the face of the watch in black and white. Black or brown band, gold finished case. \$15.70; also 17 jewel Swiss picture watch \$25.70. Ppd. Photo-Time, Dept X37, 210 E. 23rd St., NY 10010



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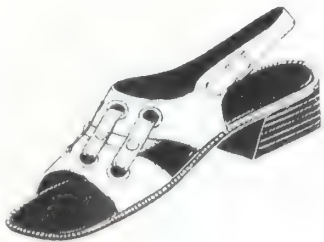
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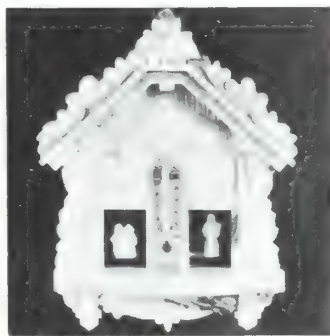
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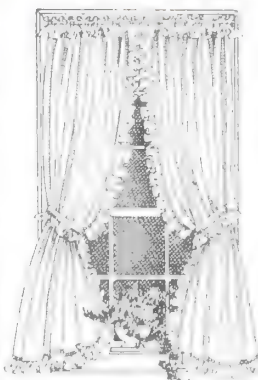
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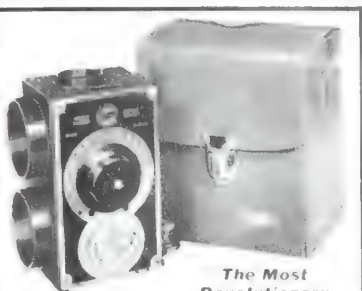
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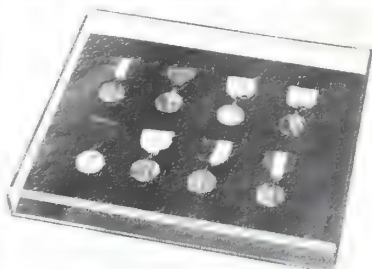
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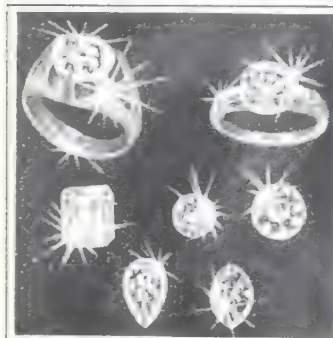
WHIZ-BANG WHISTLE

Kids always adore whistles. Here's one grown-ups love, too! Gleaming metal police whistle calls the dog, signals directions at games, even makes a perfect birthday party favor. A real traffic-stopper and completely safe. Only \$1—order several. Add 15c postage each. Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



HOT: NO BOTHER!

Individual thermal cup holds a generous cup of steaming coffee hot for hours. Terrific for frosty cold lemonade or a well-chilled cocktail. A boon for hikers, it is also great to take to office or on a trip. For fall, football fans, take note! \$5 each; two for \$9.50 plus 65c post. Sleepy Hollow Gifts, HG7, 3023 Crane Dr., Falls Church, VA 22042.



PURE WHITE BRILLIANCE

at \$22 per carat

Unusually brilliant DIAMONDS—man-made, synthetic—like the real thing in beauty, but better in price. The VEGA is UNCONDITIONALLY GUARANTEED FOR LIFE. Free catalog. Dept. HG-7, Box 465, Radio City Station, New York, N. Y. 10019.

VEGA Co. Dept. HG-7, Box 465, Radio City Station, New York, N. Y. 10019



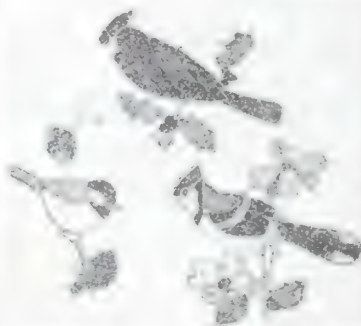
WAKE UP TO FRESH COFFEE

COFFEE STARTER will have your coffee ready for you when you wake up in the morning. Put water & coffee in pot, plug starter into outlet, set time. PRESTO! Next morning your coffee is ready when you get out of bed. Next best to having someone wait on you. You'll love this time-saver.

\$6.98 2 for \$13.85

No C.O.D.

Collier's Dept. G-771
P.O. Box 585
Skokie, Ill. 60076



Glowing Glass Birds

Three of our native songbirds done in ancient glass fragments hand set in lead outlines. For decorating and adding a dash of color to an otherwise plain window. Handcrafted in Sandwich Mass. Beautiful with the light shining through. Chickadee is on a Pine branch, Cardinal on Holly and the Blue Jay on a Dogwood limb. Approx. 6" to 7" in length. State home.

CHICKADEE \$6.50 CARDINAL \$7.95
BLUE JAY \$9.95 Add 95c ea. post. & handling

SEND 25c FOR GIFT CATALOG

Clymer's of Bucks County
Dept. HG7-1, Point Pleasant, Pa. 18950



BAG THAT BOUQUET

Here's a bouquet you carry all summer long! Creamy Belgian linen is stamped with rose or pansy motif. You crewel embroider a garden of rainbow blossoms. Kit includes brown Bermuda handle wood frame plus all the makings. 9" d., 12" w. with 2" gusset. \$9.95 ea. plus 75c post. Classic Corner, 12H Water St., Bryn Mawr, PA 19010.



DANISH DEVICE

Antique, a Danish original, refurbished, rebuilt and good enough to cope with any and all foibles of Ma Bell! Yes, devoted subscribers, telephone's truly fitted with standard cord and plug for legal use here and now. Blue, red or white. \$49.94 plus \$1.50 post. Free catalogue. Grand Com, HG7, 1152 6th Ave., New York, NY 10036.



MAGIC MENDING

Crystal clear liquid glass creates iron-bond adhesive for mending glass, china, crockery, tile, ceramics, porcelain and jewelry. Forms a permanent, washable, heat-or-cold proof bond.

LIQUID GLASS \$1.98

Anthony Enterprises

100 Market St. Dept. HG 21
San Francisco, Calif. 94102



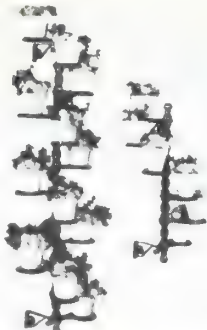
TABLE FABLE

The Table Capri is a runaway bestseller. For patio parties, terrace tête-a-têtes or lounging in the living room. For fruit, flowers and folderol. 10" sq. glass top; 18" high. Black, white or avocado. \$27.95. For black or white with gold, add \$1. Add \$1.25 post. money to Smith Studios, HG7, 30 Crestline Rd., Wayne, PA 19087.

SHOPPING AROUND

LET SUMMER INSIDE

Any flora finds a happy home on this wall plant rack. Adjustable shelves spiral on hardwood turnings. Pine finished in honey, maple, antique or walnut. 12 shelves, 60" h., \$31.75; unfinished, \$26.75. Six shelves, 32" h., \$25.50; unfinished, \$20.50. Includes brackets. Ppd. Add \$1 ea. w. of Miss. Yield House, HG7, No. Conway, NH 03860.



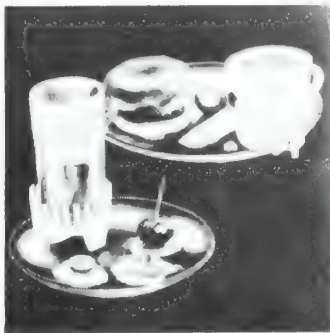
POOL JEWEL

Paddle the pool in comfort in Aqua-Chaise, a buoyant delight with comfortable arm rests, seat strap for sitting or lying flat. High back helps keep hair dry, inflates separately from arms. 20" by 30" for riding the waves, resting in bed, sun-worshipping! \$6.98 ppd. Order several from Better Sleep, Inc., Dept. HG7, New Providence, NJ 07974.



HANDS-FREE COASTERS

Guests flip for coasters that clip! Many-colored conveniences attach firmly to plates, ending knee juggling at buffets, picnics, cocktail parties. Dishwasher-proof plastic assures use time after time. Set of 12, \$3. Add 50c post. Order your clip-ons in time for the next bash! John Anderson, HG7, 1805 So. Main St., Pleasant Ridge, MI 48069.



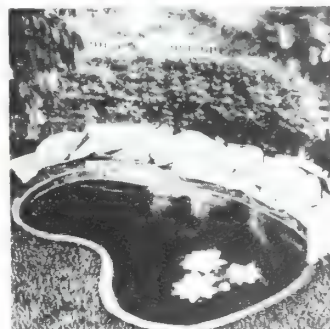
WITCH WAY

If you're about to plan it any which way, hold off for a game with gypsy fortune telling cards. Similar to the Tarot, each of certain cards bears an allegorical representation with a meaning all its own—specially for you, you and you. \$1.98 plus 20c post. Order # 115 from Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



POLY POOL

Your garden takes on a new look with the addition of a sunken pool. Molded of water-tight polypropylene, it is 8" deep, requires no special plumbing. Just fill it by hose. 3'5" by 2'3" with pot for lily bulbs. To sit by and reflect upon. \$3.98; two for \$7.65. Add 50c post. Free lily bulb. Michigan Bulb, Dept. BP-1478, Grand Rapids, MI 49502.



TEA FOR TULIPS

Beautiful handcrafted silk screened print. Deep rich black on high quality white fine-textured paper. Impressive 22" x 28" size will enhance any room, blend with any decor or compliment any color scheme. This limited edition print makes a unique gift and comes ready to frame. \$4.95 plus 25c post.



ORIGINAL PRINTS LTD.
Box 4066, St. Paul, Minn. 55116



Clever Napkin Holder \$2.49
GREAT INDOORS OR OUT—UNIQUE DESIGN IN BLACK WROUGHT IRON!

What a fabulous idea! Center and rest on the napkins, keeps them from blowing away on porch or patio! And napkins pull out one at a time, not a whole bunch, so it's nifty news indoors, too! Black wrought iron as attractive as it is practical. 7x7x6 1/2" high, takes a big stack so you aren't bothered with constant refilling! #6202—Napkin Holder \$2.49

Please add 35c post. & hdlg.

The Country Gourmet Inc.
Dept. G7, 545 Fourth Ave., Mt. Vernon, N.Y. 10550



RELIEF FROM BENT TOES

Unique orthopedic pads provide soft, yet effective toe support which help to stretch and alleviate pain from crooked toes. Even toe tip corns disappear. Elastic yarn slips over toe. Washable. Specify shoe size

Toe Pads \$2.98 pr. 15c Mailing

Calif. residents add 5% sales tax. Satisfaction guaranteed.

Anthony Enterprises Dept. HG-71
585 Market St. San Francisco, Calif. 94105

Hand-Carved Coat of Arms & Family-Crest RINGS



You can have a...
Paint...
Silver...
Yellow...
Green...
Blue...
Red...
Black...
White...
\$30.00
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Contents:

- | | |
|------------------------------|--------------------------------------|
| <i>Introduction</i> | <i>Invitations and Announcements</i> |
| <i>Planning Your Wedding</i> | <i>All About Gifts</i> |
| <i>Guide for the Groom</i> | <i>The Trousseau of a Lifetime</i> |
| <i>Who Pays for What?</i> | <i>Equipping Your First Home</i> |

Each section includes basic information as well as charts and check lists especially designed to help you organize everything—from the ceremony and reception to your linen closet—right down to the last detail.

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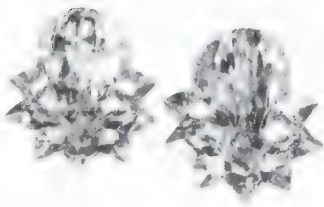
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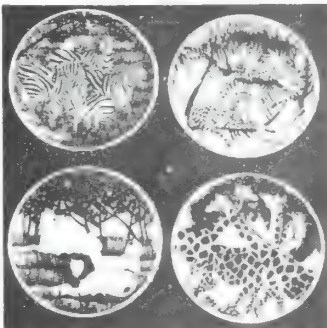
JAMES-PROOF LOCK-UP

Scale model of the historic safe that Jesse James failed to crack might start your young moneybags on his first million! Black bank with gold trim, 6" by 7" by 9" on rubber casters. It has a combination lock and a dime to get him started on a savings fund. \$4.95 plus 75c postage. Bon-A-Fide, HG7, 1 Park Ave., New York, NY 10016.



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LILIAN VERNON

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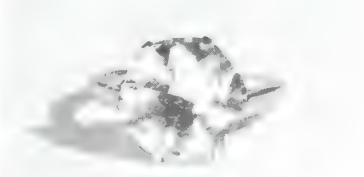
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Harriet Carter

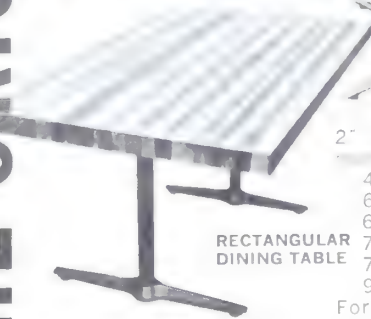
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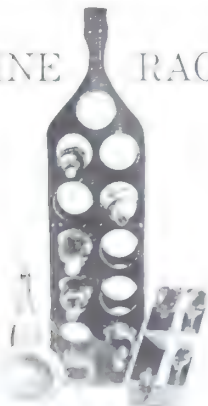
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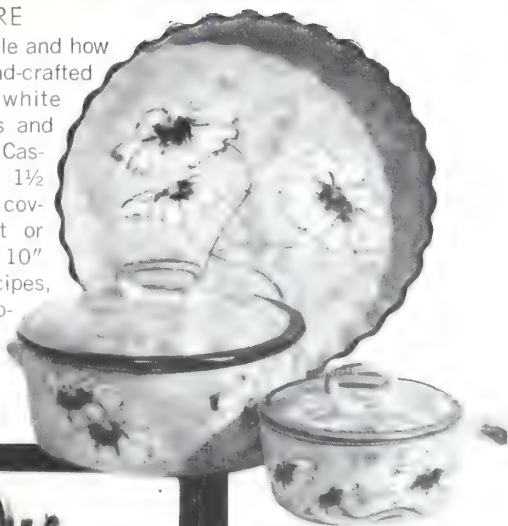
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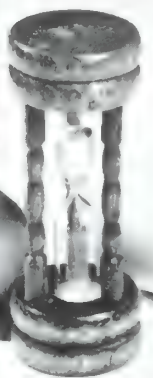
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 shed with daisies and
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 e. Epicure's Bou-
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Fashions by Donna
4 Wooden Napkin Rings
at no extra cost with each table cloth

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COLORS: Black, Red,
 Moss, Gold, Blue

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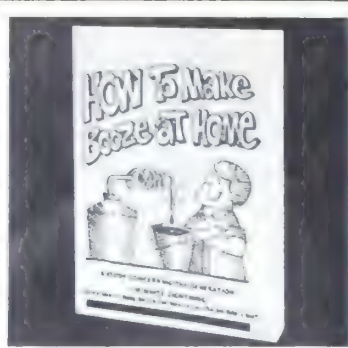
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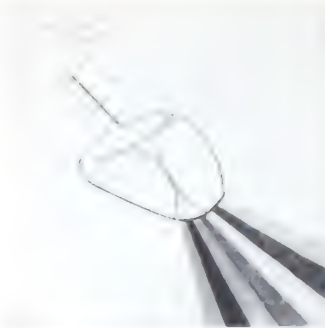
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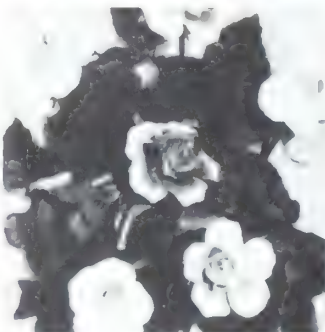
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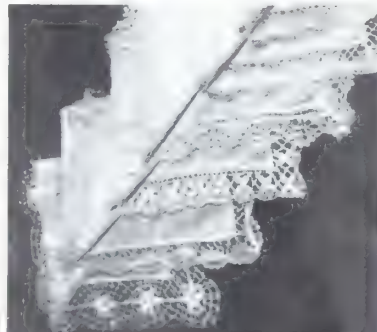
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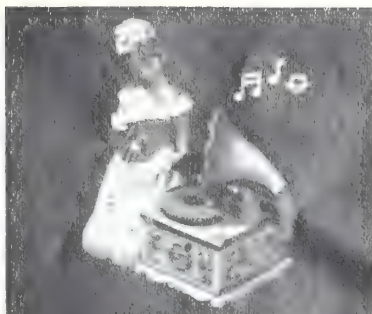
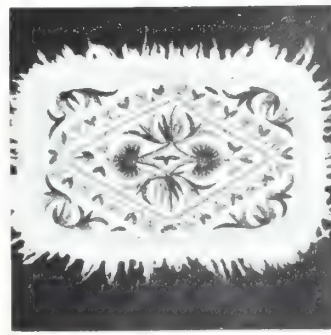
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Polyurethane foam bridge fits atop the mattresses of twin beds, fills space between and turns the twins into a generous king size. Standard size sheets may be used over the bridge. When not in use, roll up or lie flat in a drawer for storage. \$7.95 ppd. Toni Stern, HG7, 54 W. So. Orange Ave., South Orange, NJ 07079.



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Dainty marble china debutante kneels beside antique victrola music box. Lighting the lamp releases a delicate perfume from the bow of her gown. Turntable rotates as music box plays the haunting "Lara's Theme". Exquisitely accented with a fluted horn, golden trim, bouquets of flowers and leaves. Gown is salmon or turquoise blue. 6 3/4" high; 6" long; 3 1/2" wide.
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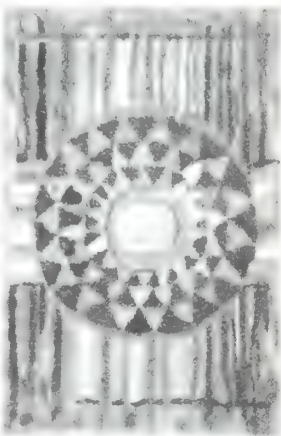
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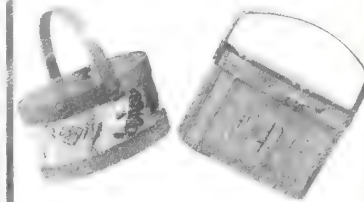
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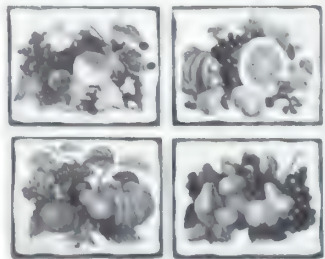
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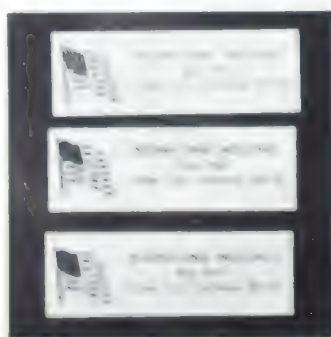


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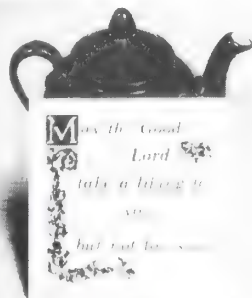
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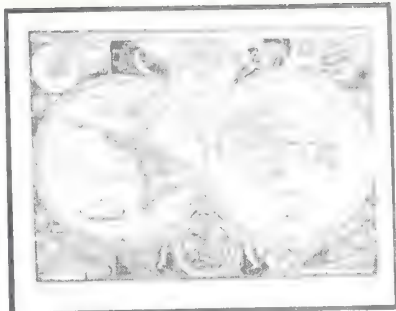
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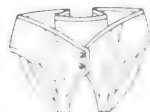
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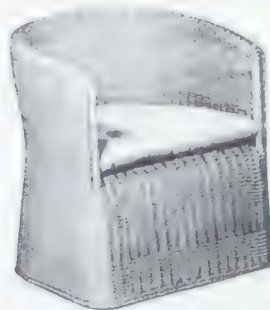
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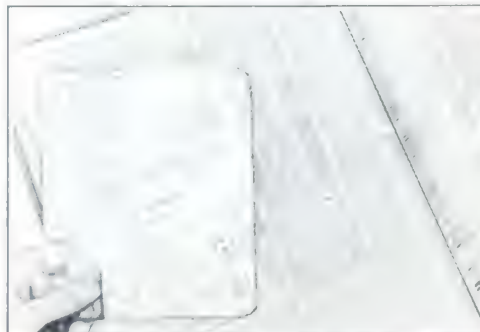
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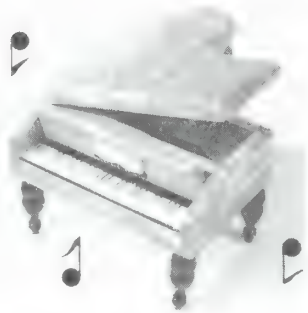
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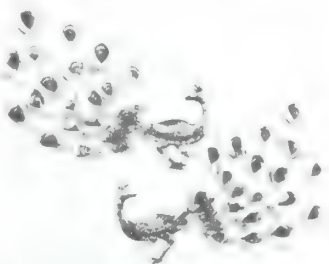
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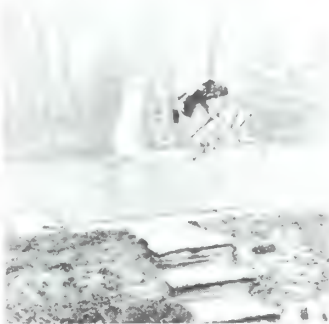
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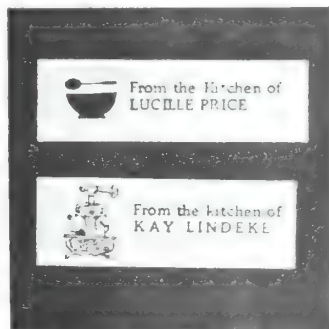
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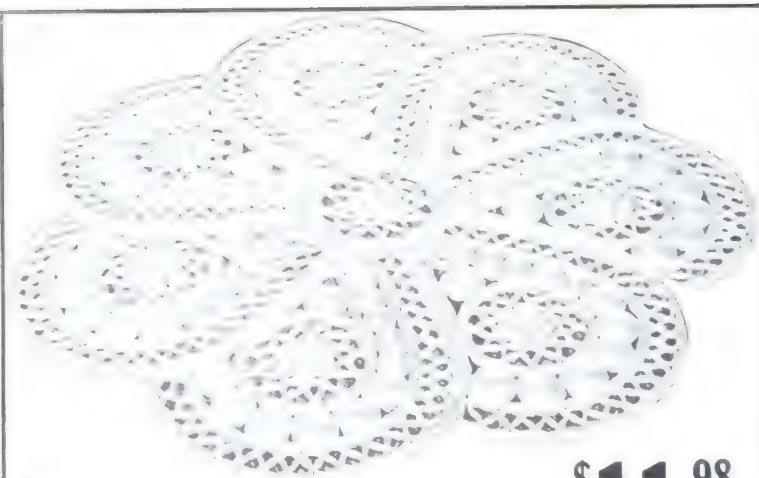
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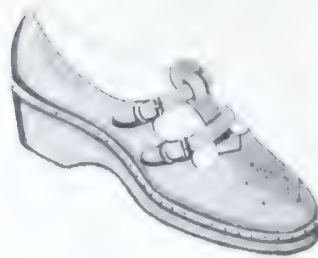
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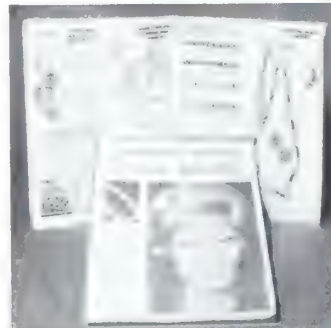
PLAY-AND-LEARN

Educational toy appears in the form of a doll dressed up in clothes that unbutton, unzip, unbuckle, snap up, tuck in, untie. For a tot at an age to dress and undress himself, "Lil Buttons" is the present perfect. Hand washable, 16" tall. \$6.95 plus 95c post. Order from Creative House, HG7, 221 W. 9th St., Kansas City, MO 64105.



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\$9.25 Set of 4 pillows \$34.50

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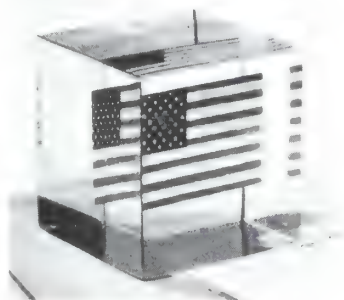
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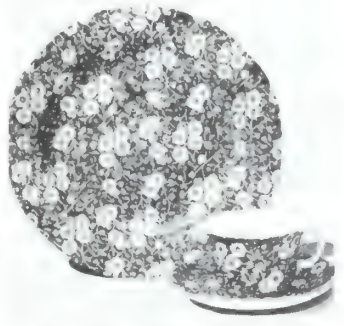
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 In honor of Independence Day and other things American—a flag paperweight. Stars and stripes can be yours forever with this 2" cube. Old Glory seems to float in clear lucite. \$1.98 plus 20c post. Great for home, school, or office. Order in time for the Fourth from Anthony Enterprises, HG7, 585 Market St., San Francisco, CA 94105.



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 Jenifer House imports this English Staffordshire china and covers your table with flowers! Charming "Blue Calico" pattern in over-all blue or over-all brown, 42 pc. service for 8 includes dinner plates, cereal/soups, bread, cups/saucers, vegetable dish, platter. \$39.95 ppd. Add \$2.50 w. of Miss. Jenifer House, G71, Gt. Barrington, MA 01230.

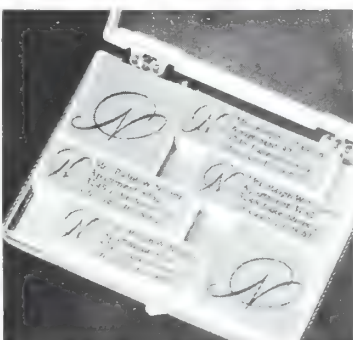


BOUQUETS OF LIGHT
 Hand-cut crystal showered with prisms gives a soft diffused light on dining room buffet or the ends of a mantel. The light bulb is almost concealed by the crystal flower-like drops. 16 1/2" high, 9" diameter. \$29.95 a pair. Exp. coll. Perfect 15th wedding anniversary remembrance! Luigi Crystal, HG7, 7332 Frankford Ave., Philadelphia, PA 19136.



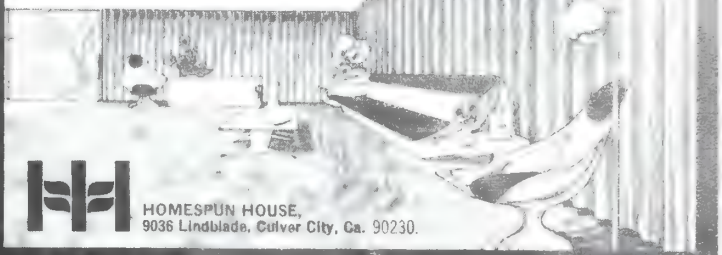
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Stock up on a supply of elegant address labels. This set features variety: 250 black-on-gold script initial address labels [1 1/2" x 1/2"] and 125 matching gold initial envelope seals [1" x 1"]. Packed in 2" x 3" plastic box. Complete set for \$3 [via air, add 44c]. Write for fund raising folder, too. Bruce Bolind, 27 Bolind Bldg., Boulder, Colorado 80302. Thank you kindly!



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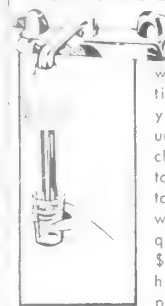
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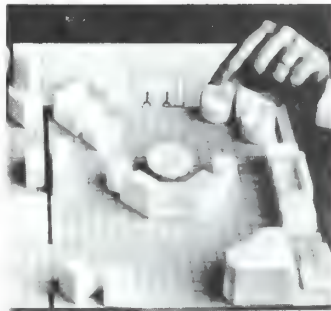
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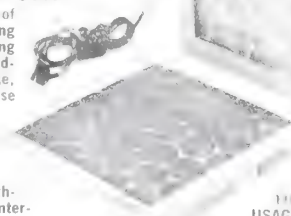
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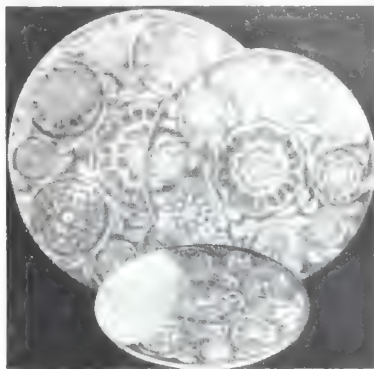
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Famous "Four Seasons"



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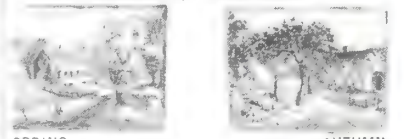
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Best of warning shriek... (text is small and partially obscured)



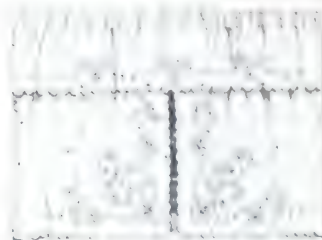
PLANT TENDERS

Water plants automatically... (text is small and partially obscured)

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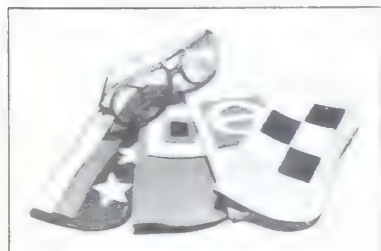
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PLEASE INCLUDE 25¢ POSTAGE CAL. RESIDENTS ADD 5% STATE TAX.

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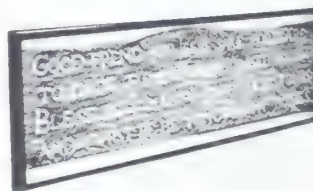
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sprinkled with a bit of lime. Despite the fact that they are commonly called "wildflowers," they are as pleased as the rest of us in the garden. Bulbs of some species look a bit like dried sticks. As it is difficult even for experienced gardeners to tell which side is up, the best bet is to plant them so their scales about 3 inches below the surface and about as far apart, and let them work out the solution. They should be planted early in autumn—in August, if you can get your supplier to ship them with fall-blooming varieties, which must be planted then. They are easy plants to get along with and failure is always due to poor management—planting them in unfriendly climates, for example. You will find that colonies will begin to increase in about four years due to self-sowing.

The species, *A. blanda*, produces single daisy-like flowers of great beauty and they seem to pop into bloom almost overnight. The tuber has a rounded, bulb-like form. Favorites are Blue Star, Pink Star, and White Splendor. Radar is reddish-purple with a yellow center and is now very popular in Europe. The *fulgens* have flowers redder than red about 2 inches across. De Caen throws large single blooms on tall stems in mixed colors and *A. coronaria* St. Brigid has large double flowers whose colors seem to span the rainbow. *A. nemorosa*, called the wood anemone, and *A. N. Allenii* are worth hunting. Prices of the bulbous group are from 10 to 12 cents each and worth every cent. And there is one more: for gardeners in very cold climates who like anemones should not try *A. pulsatilla* varieties, which are easily grown and are hardy.

They have now been officially removed from anemones. But they look like them and are generally catalogued as anemones.) They are fibrous-rooted and best planted in soil down to the shoulder in early spring.

CHIONODOXA. The two forms of bulbs for April and May are high mountains of Asia Minor and form a great thread-like soil on out and outside known as Colchicum. They are generally

very fine sight in the early spring and they too cost less than a dime each. The group is extremely hardy. It requires little in the way of special care—a sunny location in a gritty soil and to be left strictly alone, except for a thin top-dressing every other year with rich loam or very old cow manure. Plant them 3 inches deep and about that far apart but don't expect a carpet of starry blue blooms that stare straight up at the sky the first year, for they will likely be sparse; just collect a small packet of patience and your reward will be great in three years—a carpet of blue that will beguile those whose senses are not made of iron.

The variety of Glory-of-the-Snow most in use today is *Chionodoxa luciliae*, lilac-blue with a white star in the center. White and rose-colored varieties are also available, and nice enough, I suppose, but they just don't look right because they are not blue—they are called *alba* and *rosea*. *C. tmoli*, named for Mt. Tmolus, is a clear blue with a white center that blooms late. It probably needs severe conditions to do its best—very cold in winter, dry in summer, the climate of its origin. The quarto edition of the species is naturally named *gigantea*, but is hard to find. It blooms at about 6 inches, and some flowers, rarely more than two to a plant, are nearly 3 inches across. Full sun, of course, for all of these, and moisture in the winter and spring. But the bulbs seem not to care very much about how dry the summer is. Plant them in sweeps anywhere the grass is thin. No rock garden should be without these bulbs.

COLCHICUM. The great fall blooms of this fellow are known to many gardeners and to a great many nongardeners, who buy one of the big brown corms in August and watch it bloom without benefit of soil or water, which it does, badly. This is a mean trick to play on a lovely flower. But inevitably it happens to be a obliging plant with an odd quirk. It gets sold as a herb and Colchicum I've talked to about it are dismayed that mine, although it not paid to their real way of life.

So instead of putting bare

bulbs around on end tables and watching flowers unfold and quickly collapse, put them in the ground. Colchicum do not like deep planting; barely cover the top of the bulbs (most are large) but the soil underneath should be rather rich and never bone dry. Location in partial shade is important. Like Autumn Crocus, they should be planted in late July or early August. If not, the chances of them blooming in the bag are good, but not good for the Colchicum because its vitality is lowered and it may not live. The lovely large vase-shaped flowers will appear without foliage on top of the bare ground in the fall. The following spring the bulb will throw so many coarse and heavy leaves that it is hard to believe they come from one bulb. Moreover, as this foliage ends in an unseemly mass of yellow, it is necessary to plant Colchicum where this phase is hidden from sight. The shrub border is ideal. No sense of good housekeeping should be displayed at this point, which will take some will power, for the leaves seem to take an inordinately long time to disintegrate. But this untidiness in the spring is more than made up for by its blooms in the fall. And over the years the increase in bulbs will be so substantial that one can separate them and start other plantations or give them away to admirers.

The flower of *C. giganteum* has a gracious form, swelling from the greenish tubes to form a large mauve-pink vase with a pale yellow throat—and with a scent of honey. It flowers in late September or early October. *C. Bornmuelleri* actually throws a bigger flower than *giganteum* and it blooms several weeks earlier. From *C. speciosum* have come many excellent October-flowering hybrids.* Among them are Premier, creamy-white tube and lilac-pink body; Lilac Wonder, pinkish-violet; Conquest, light violet—many others. Colchicum are not cheap. Top-grade bulbs now run up to \$2 to \$3 each. After you've seen one perform, you may find yourself spending far too much money on Colchicum, but their subsequent heavy reproduction is free for the digging and replanting.

CROCUS. Everybody knows crocus. They are not, however, the first flower of spring. Crocus require full sun in a deeply tilled, gritty soil that is not wet or clayey and if you're thinking about manure, be sure it's five years old—and then, just to be safe, don't use it. Crocus will not put up with shade, as rugged as they are they appreciate shelter from the north and from wind. They do not live long planted in grass that is mowed, but will tolerate turf that is sparse. All are heavy propagators if they are given the living conditions they like. Plant them 4 inches deep and 4 inches apart. After the blossoms have disappeared, give them a thin top dressing of a rich sandy loam or pure humus. When they no longer bloom profusely, dig and separate them.

The Dutch hybrids are the kinds everyone knows, and most catalogues provide a good choice of color. Plant them in September. It is hard to grow wrong. Less well known are *C. chrysantha*, and the species. Their flowers are shorter than the hybrids, but they provide blends of color not found elsewhere. When established they may produce up to twenty blooms per bulb. By planting both kinds you get a longer season of bloom. All are ridiculously inexpensive. Animals are their principal pests: mice, rabbits, and squirrels. Use a gun.

Autumn-flowering crocus, which many gardeners do not know well, give a garden a second season of crocus bloom, and I don't know what could be nicer—except to have tree peonies (or your favorite flower) bloom twice. You treat these fall-flowering kinds exactly as you treat the spring-flowering bulbs except you plant them as early as you can get your dealer to send them—certainly not later than August.

In a forthcoming issue we will discuss *Eranthis*, *Erythronium*, *Fritillaria*, *Galanthus*, *Iris*, *Muscari*, miniature *Daffodils*, *Scilla*, *Tulips*.

*The Royal Horticultural Society has a list of registered hybridizers of Colchicum and Crocus. The list is available for a fee of \$1.00. The list is available for a fee of \$1.00. The list is available for a fee of \$1.00.

With drinks, Dione Lucas serves fresh pineapple chunks on a bed of crushed ice, to be dipped in a bowl of very dry white wine set in the center. . . . A tangy dip for crudités is a curried mayonnaise by Mrs. John Lionel Warner (see picnic, page 32), who adds mild curry powder to a mayonnaise made with soy oil and flavored with chopped chives, parsley, green onions. She makes a cold sauce for poached salmon by combining hollandaise with mayonnaise, flecking it with chopped green onions, tarragon, and parsley. Serve hot or cold. . . . A simplified version of a German fruit torte by Mrs. Frank Serena, a guest at Mrs. Warner's picnic: Make sponge cakes in shallow fluted molds, top with fresh strawberries, canned apricots, and pears, a jam glaze, and serve with whipped cream. . . . Cover the green liver of lobsters with a lettuce leaf or foil before broiling over red coals, suggests Mrs. Benjamin Cook, who does so in her kitchen (page 44). She tosses a large party salad with a few drops of oil before adding the vinaigrette, to prevent vinegar from wilting lettuce. . . . Bite-size raw mushrooms rubbed with lemon juice can be filled with a mixture of sour cream, minced chives, and coriander, a smidgen of crushed garlic, salt, and a drop of bottled steak sauce, suggests Ruth Conrad Bateman. . . . Serve flavored butters: anchovy, herb, garlic, lemon, mustard with cold tenderloin of beef and bread, says cooking teacher Malvina Kinard. . . . House & Garden columnist Mary Moon Hemingway beats mustard into frothy butter to serve with asparagus. She serves Boursin cheese covered with Danish lumpfish caviar as an hors d'oeuvre, surrounded with lemon slices and served with toast. . . . You can speed up a soufflé's baking time by using a béchamel or pastry cream base and baking it at 450° 10-15 minutes, says Le Cordon Bleu's Richard Grausman, who fills mold to top (a shallow one is better; he uses 2 1-quart molds for 8 people), no collar is necessary. . . . Guests at parties catered by Mme. Germaine rave about her tall brioches, hollowed out, and filled with sandwiches of mousse de foie gras or caviar. . . . Cheese garlic toast is a party favorite of Adriana Rowan (see page 34),

who spreads sliced French bread with garlic butter, sprinkles freshly grated Parmesan on top, and broils until golden. . . . It's easier to mash an avocado right in its shell, discovered Elisabeth Ortiz, who removes pit, mashes flesh with a fork. Turn out into a bowl to mash any remaining lumps. . . . Ripe avocados make a lovely first course *chez* Philip Brown, who cubes them, mixes with finely chopped fresh ginger, and dresses with light rum and salt. . . . You can chill a bottle of white wine in 15 minutes says Alexis Bernaloff, author of the *Signet Book of Wine*. Empty a tray of ice into a big pot, fill it up with water. . . . Make your own pineapple vinegar à la Diana Kennedy, teacher of Mexican cooking. She puts rind of ½ small pineapple in a jar with 1 quart of water and 4 tablespoons dark brown sugar. Leave in a warm place for 1-1½ days until fermenting starts. Remove some rind pieces, leave 6-7 days more it then starts to clear and become vinegar. To make fresh sour cream, Mrs. Kennedy mixes ½ pint cream (heavy or light, depending on what you want it for) with 2 tablespoons buttermilk. Leaves in a warm spot for a few hours, then covers and refrigerates overnight to thicken. . . . Cooking teacher Julie Dannenbaum feels every salad should have some chopped parsley in it — rosemary looks nice, too. When preparing salad for a buffet, she makes dressing in bottom of bowl, puts lettuce on top, and tosses at serving time. Her dressing: 1 good tablespoon Dijon mustard, 1 teaspoon coarse salt, ½ teaspoon white pepper, then make it with 1 part vinegar to 4 parts oil. Stir and taste. She also suggests when making meringue, test beaten egg whites with your fingers, and if you still feel sugar between your fingers, it's not beaten enough. . . . Maurice Moore-Betty, a keen organizer in the kitchen, sets up all ingredients for a dish in advance; measures out all ingredients for a sauce and puts each on a piece of wax paper, which can be picked up easily. . . . Marinate hot cooked vegetables in a California dry sauterne overnight, suggests wine man William Houlton. To serve, drain vegetables, mix a little of the marinade with a vinaigrette dressing, and toss.

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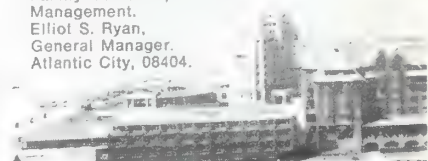
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Gardener's notes

BY JAMES FANNING

HOW OFTEN TO MOW is a question that seems to bother a good many people who care about their lawns. Like most simple questions this one has a simple answer: Mow as often as necessary to keep the grass short. Sticking to a strict once- or twice-a-week schedule can mean wasted effort in dry weather when the grass is growing slowly. And it can mean overlong clippings and hard mowing when the grass is at its most vigorous. Safest rule to follow is the one that says no more than one-third of the height of the grass should be removed at a cutting. If your mower is set to cut at 2 inches, mow as soon as the grass gets to be 2 $\frac{2}{3}$ inches high. This can mean as often as three times a week or as seldom as once a month, depending on growing conditions. If the grass has gotten the jump on you and exceeded the one-third limit, set the mower higher, then lower it gradually for subsequent cuttings.

TO GET TENDER GARDEN PLANTS OFF TO AN EARLY START. *old-time gardeners protected them with what they called cloches. They were made of glass, specially blown for the purpose, but have not been available for many years. So Harry Rogers, whose garden you will see on page 64, made his own cloches by having the bottoms cut out of gallon jugs. Now glass jugs are becoming obsolete in their turn and gallon containers are mostly plastic, opaque and of unmanageable shapes. But Hotkaps offer a present-day answer. These are rounded cones of waxed paper, inexpensive, easy to handle, and expendable. They let in adequate amounts of light, keep out frost, heavy rain, and insects. Hotkaps are sold in garden supply shops or by mail from two of the firms where Harry Rogers buys most of his seed—W. Atlee Burpee Co., Philadelphia, Pa., 19132, and Joseph Harris Co., Rochester, N. Y., 14624. A package of twenty Hotkaps is \$1.65 postpaid, and includes a setter for anchoring the cap over the plant.*

A BEAUTIFICATION GUIDE FOR COMMUNITY BETTERMENT is now being distributed, without charge, by the City of St. Louis. No community could better qualify for authorship of such a guide, since St. Louis has led the nation for a long time in civic beautification and horticultural education. The rest of us have a lot of catching up to do but at last we can learn how to do it by people who know. Write to the St. Louis Beautification Commission, 115 Union Blvd., Forest Park, St. Louis, Mo., 63108.

GRAPES SHOULD BE THINNED in mid-summer. The fruit needs light and air to mature properly and to stay free of mildew and other diseases. Use a pair of small pruners or flower cutting scissors to remove leaves, thin bunches that are overcrowded. Cut back long stems, too. It will save pruning next winter, add juicy plumpness to the fruit. At least half the leaves and new growth of a healthy grapevine may be removed without harming the vine at all and it makes the vine look better.

AVANT GARDE GOURMETS ARE SINGING THE PRAISES of *rugola* and *cilantro*. *Rugola*, sometimes called *arugula*, *rugula*, or *rucola*, is used in the same way as cress, in salads or as a garnish. Cilantro leaves are chopped into sauces for a Chinese or Spanish flavor, or used sparingly as a pungent addition to salads. Both are sold by specialty grocers, but if you want to grow your own, you'll get nothing but blank stares when you ask for seeds or growing plants of either. The reason for this is simply a confusion of names. *Rugola* seed is available everywhere under its French name, *roquette*. Cilantro is simply the Spanish name for *coriander*, whose seeds are so familiar as a spice. Botanically, *rugola* is *Brassica eruca* and cilantro is *Coriandrum sativum*. Both grow quickly from seed, so it's not too late to start a crop for your late summer bowl. Seed may be had by mail from the George W. Park Seed Co., Inc., Greenwood, S. C., 29616, at 35 cents a packet, postpaid. But be sure to ask for *roquette* and *coriander* as they are called in the Park catalogue.

Shopping Information

Prices approximate. Consult your interior designer.

ASKET DELIGHTS

Page 30:
Left: Cheese mold, 9 3/4" diam x 2 1/2" high, \$6.35. **Center:** Marketing basket, 16" x 10 1/2" x 6 1/2" high, \$11.50. **Bottom left:** Miniature crate, 11" x 3 3/4" x 2 1/2" high, \$2.25. **Bottom right:** Bird's-nest baskets, 4" diam, 2.75, 5" diam, \$3.25.

Page 31:
 Oval bread basket, 17" long x 5 1/2" wide x 3" high, \$6.50. **Top left:** Miniature bread basket, 6" diam x 11 1/2" high, \$12.50. **Top right:** Cheese tray and dome, 12" diam x 7" high, \$23.00. All imported from France by Williams-Sonoma, 576 Sutter St., San Francisco.

Joygashel Irish linen shown in oatmeal and wheat colors, 15" wide, \$6 yard at Lord & Taylor, New York and Marshall Field, Chicago.

KITCHENS

Pages 38-39:
 Oil and vinegar basket (on counter) and table setting from Tablerie.

Page 45:
 2. Stainless steel stock pot by Vollrath.

Page 46:
 1. Nordic Ware Dutch oven by North and Aluminum. "Herb Garden" dinnerware by Block.

KITCHEN EQUIPMENT

Gagarin kitchen (on cover): Range, General Electric; dishwasher, Hotpoint; refrigerator-freezer, Sears; gas grill, Waste King; Counter Saver, food warmer, Corning; National Instant Hot, Hobart. **Cook kitchen (page 36):** Four-burner cooktop, Corning; two-burner cooktop, oven, warming drawer, Thermador; electronic oven, Tappan; dishwasher, Westinghouse; refrigerator-freezer, Gibson; refrigerator, freezer in pantry, ice maker, Frigidaire; sinks, Elkay; disposer, Waste King; Food Center, NuTone. **Neissen kitchen (page 38):** Gas range, refrigerator, Chambers; oven, General Electric; dishwasher, KitchenAid; freezer, Hotpoint; sinks, Elkay; disposer, In-Sink-Erator. **Warren kitchen (page 42):** Refrigerator, ice maker, Sub-Zero; cooktops, oven, Chambers; Formica cabinets, countertops. **Kitchen (page 44):** Gas cooktop, Tappan; oven, General Electric; dishwasher, KitchenAid; refrigerator, freezer, Sub-Zero; gas barbecue, Lazy Man; cabinets, Kingsway. **Blanchard kitchen (page 44):** Range, oven, General Electric; dishwasher, KitchenAid; refrigerator, Frigidaire; flooring, Armstrong. **Cutler kitchen (page 46):** Gas range, Modern Maid; refrigerator-freezer, General

Electric; dishwasher, Westinghouse; Food Center, NuTone. **Kaplan kitchen (page 46):** Range, Magic Chef; refrigerator-freezer, Westinghouse; dishwasher, KitchenAid. **Crawford kitchen (page 46):** Cooktop, ovens, dishwasher, Modern Maid; refrigerator-freezer, General Electric.

STAINLESS STEEL KITCHEN

Pages 63-69:
Lektriever 100 by Remington Rand, 32 1/2" wide x 11 1/2" deep x 9 3/4" high, carrier 6 1/2" wide x 12 3/4" deep x 10 1/4" high, takes 233 sq. ft. of floor space, from \$3500. For detailed brochure, write Remington Rand Office Systems Division, Lektriever 100, P.O. Box 171, Marietta, Ohio, 45750. *On the shelves:*

Top left: Thomas handmade lead crystal highball glasses, \$3 each, and Old Fashioneds, \$2.75 each, at Rosenthal Studio Haus and Altman's. **Cylinda** stainless steel insulated ice bucket by Stelton of Denmark, 83-oz. capacity, \$35 at The Pottery Barn. **Top center:** Studio Line "Plus" crystal by Rosenthal, \$5.50 to \$6.50 each at Rosenthal Studio Haus, Bloomingdale's, Altman's. **Cylinda** stainless steel 30-oz. cocktail shaker, \$28.50, and 30-oz. jug, \$14, at The Pottery Barn. **Middle:** Thomas ABC flameproof china bowls, 8" diam., \$15 and \$18. Thomas Compact-Ware: soup cups \$1.75 each including saucer (not shown), opiece place setting \$10, 12-oz. coffee pot \$11, 7-oz. creamer \$2.75, covered sugar \$3.50. All at Rosenthal Studio Haus, Bloomingdale's, Altman's. **Bottom left:** Stainless steel double boiler, base and inset each have 2-qt. capacity, \$17.25. Stainless steel stock pot, 8-qt. capacity, \$27. Both by Vollrath at The Bridge Co.

Bottom center: Koben-style 2-qt. casserole, \$20, and 4-qt. casserole, \$23. Koben-style enamel-on-steel 1-qt. saucepan, \$13, and 1 1/2-qt. saucepan, \$16, with teak handles. All by Dansk at Bloomingdale's, New York; Marshall Field, Chicago; Bullock's, Southern California. **Bottom right:** Vollrath stainless steel saucepan, 2-qt. capacity, \$11 at The Bridge Co. Studio Line "Plus" black ceramic salad bowl by Rosenthal, 9 1/2" diam., \$24 at Rosenthal Studio Haus, Bloomingdale's, and Altman's.

Butcher block cart, chrome frame with 2 1/2" thick maple top, 18" long x 24" wide x 30" high, \$135 at Status Steel. Vollrath stainless steel saucepan (on cart), 3-qt. capacity, \$13 at The Bridge Co. Pixie paring knife by Gerber Legendary Blades, 3" steel blade with chrome-plated handle, \$5

at Bloomingdale's, New York; Marshall Field, Chicago; Bullock's, Southern California. Terrillon kitchen scale, registers grams and ounces to 5 lbs., available in white, orange, or red, \$14.95 (20 in clear). 1. Banniers, Wire baskets, 3" diam., 7" and 9" high, \$1 and \$5 at The Mob-Hot.

Garland 6-burner gas range with eye-level broiler, about \$1300 in stainless steel at Mazer Store Equipment. Vollrath stainless steel stock pot, 12 1/2-qt. capacity, \$28 at The Bridge Co.

Stainless steel single sink and faucet by Elkay.

Bentwood stool, 11" diam. x 30" high, in black, orange, green, blue, \$33 at Design Research.

KITCHEN ZIPS

Page 70:
 1. Dinnerware for 4, stores as 10 1/2" sphere, \$150 at Georg Jensen and Four Seasons Gift Shop. 2. Electra 300 electric range by Tappan, available in white, coppertone, avocado, or harvest gold, about \$500 nationally. "Gazebo" wallpaper in House & Garden Space Blue, \$14 roll at The Hub. 1. Dinnerware and glasses from Hamacher, Schlimmer (D and E) and The Pottery Barn (C). Flatware from Bonniers, Marvalon "Patriot Plaid" adhesive covering by Kimberly Clark, about 19¢ yard nationally. 7. Crock-Pot by Rival in red or avocado, \$20 at Macys, New York; Marshall Field, Chicago; Bullock's, Southern California. 8. Culligan Mark 5000 Aqua Sensor water conditioner, 15" wide x 21" deep x 16" high, about \$120 through your Culligan Man.

Page 71

9. Plastic salad and vegetable dryer, 9 1/2" diam., \$12.50 at Paul Voltaire's and Studio 12. 11. In-Sink-Erator household trash compactor, 1/2 horsepower motor, available in white, avocado, coppertone, or harvest gold, about \$260 nationally. 12. Inter Stack oven-to-table sets: 37-piece service for 8, \$115; add-on set of egg cups, soup bowls, and serving dishes \$80; 20-piece coffee service \$75. 13. Service \$80; 18-piece asparagus and artichoke set \$32; 2-piece toadine set \$80; complete storage unit 7 1/2' long x 20" high x 5" to 16" deep (individual cases 11" to 16" wide). At Bloomingdale's. 13. State Fair Cookware by Ekco: 5-qt. Dutch oven \$16; 10" covered skillet \$15. At Carson. 14. Thermador: 2 1/2-qt. deep x 12 1/2" wide, 4800 \$99.95; 3 1/2-qt. terchef electric range with self-cleaning oven by Magic Chef, 30" wide x 26 1/2" deep x 14 1/2" high, in white, avocado, coppertone, or harvest gold, shown with 4800 \$119.95; oven door, about \$500 nationally. 16. Cold-spot Comco refrigerator-freezer, 12.65 cubic ft. refrigerator, 1.24 cubic ft. freezer, 3.72 cubic ft. convertible section, 35 1/2" wide x 20 1/2" deep x 66 1/2" high, \$730 at Sears.

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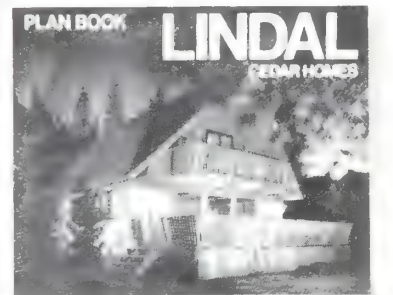
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lamps, and far too many shades. Take out some lamps, reduce the wattage in others, and suddenly the whole room looks young and fresh.

Rewind your curtains. Sometimes all you have to do to bring a room up to date is to remove the valances. Replace heavy silks with clean fresh cottons. Or, if your windows are beautiful and the views are worth looking at, replace the curtains with louvered shutters or simple blinds.

Balance busy wallpaper with plain fabric

The wallpaper, too, might be out-of-dating the room. If the paper is crowded with pattern and not very remarkable, you might want to remove it and paint the wall instead. If it's very good wallpaper, antique perhaps, you can take another simplifying tack: Add a few pieces of simple upholstered furniture, all covered with fresh, uncluttered cotton.

If you're a compulsive collector, tabletops fill quickly. When you find a table cluttered with lots of old-fashioned ornaments you're no longer particularly fond of, put them away or arrange them in some other room for a while, and leave the table shining. Or replace them with one beautiful piece of contemporary sculpture for instant vitality.

Try out some new paintings

The same is true for contemporary paintings. Unless you're really in love with your old pictures, experiment with modern paintings and those wonderful modern drawings. Most galleries will let you try them before you decide to buy, and they put the whole room in a new light.

Freshening a contemporary room is a somewhat different problem, for contemporary rooms are by definition "up to date." Still, after four or five years, many clients begin to want a change. In that case, try adding antiques—especially timeless Chinese antiques. Or get a couple of antique sidechairs out of storage if you have them (don't buy new ones unless they're really good antiques, and you really love them), and recover them to go with the room. Or just put in one simple chair of natural or white wicker. If the room needs more change, a switch in slipcovers might be the refresher. But save the old ones to put back next year. I've alternated slipcovers in my own apartment for many years, and every change seems to make the room look new again.

Be faithful to your own taste

Whatever changes you decide on to perk up a room, try to avoid change merely for the sake of change. To add something new—especially an expensive something—just because it's fashionable, is a poor investment and poor judgment besides. Stick to the things you really love. An honest room is always up to date.

(Mr. Rubbin's next column will appear in a fall issue.)



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