

APRIL

House & Garden

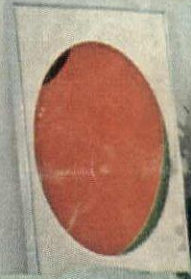
75¢

DECORATE - IT - YOURSELF

DOES-IT CRAFT IDEAS

curtains, quilts,
window shades,
slipcovers,
and furniture,
storage

HOW TO MAKE
ROOMS DO
DOUBLE DUTY
or even
triple duty

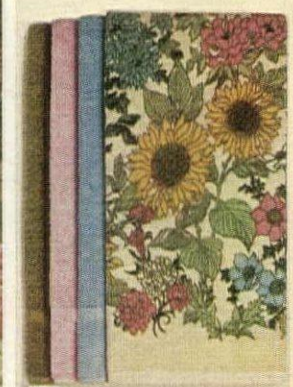


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FOOD & FOOD

DELICIOUS ONE-DISH MEALS
AND RECIPES FROM
CLAUDBORNE'S
NEW KITCHEN
SPECTACULAR CHEESECAKE
MAKE IN A FLOWERPOT



Dewy-fresh, delicate and delightful as the pastures and gardens that inspired its name, Cotswolds can add its pastel prettiness to your home.

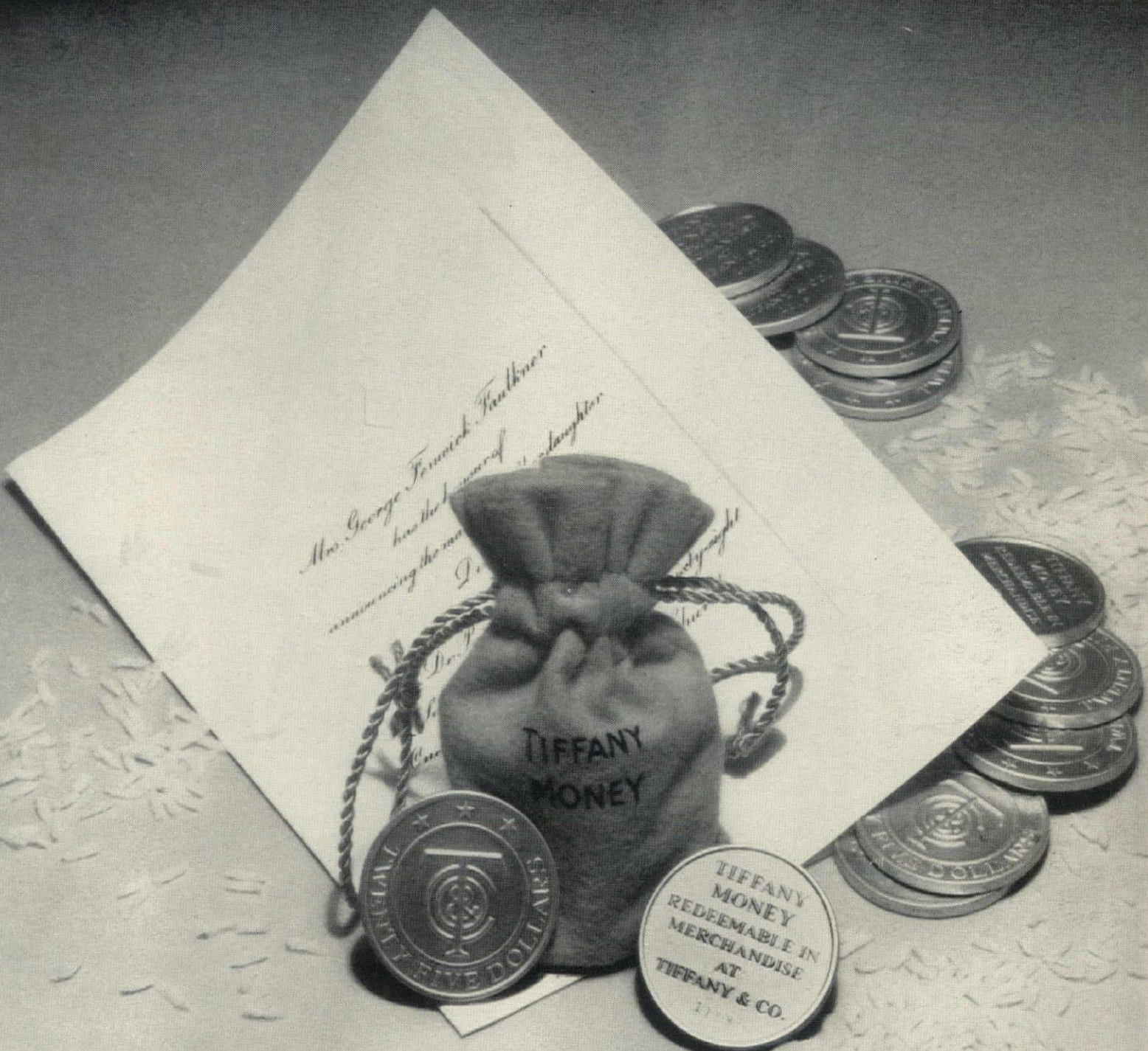
New from Cannon Royal Family, Cotswolds sprinkles a bed of English flowers across sumptuous towels, no-iron sheets of polyester and cotton percale, and a truly washable quilted polyester/cotton Permapoint™ bedspread. In a palette of the gentlest hues.

Cotswolds. Introduce a look in your home soft enough and sweet enough to inspire a poet.

Cannon[®] Royal Family

Cannon Mills Inc., 1271 Avenue of the Americas, New York, N.Y. 10020





TIFFANY MONEY FOR THE BRIDE

Tiffany Money in sterling silver is a brand new idea in wedding presents invented by Tiffany's.

Each costs twenty-five dollars and is redeemable for twenty-five dollars worth of Tiffany merchandise.

The bride can use them to supplement her registered choices of silver, crystal and china. And when the confusion of the wedding is behind her, she can select additional gifts that match the decor of her new home. Give her one, ten or a hundred. Tiffany Money is the one gift a bride can't get too many of. And besides, she won't have so much to lug in to exchange after the wedding trip.

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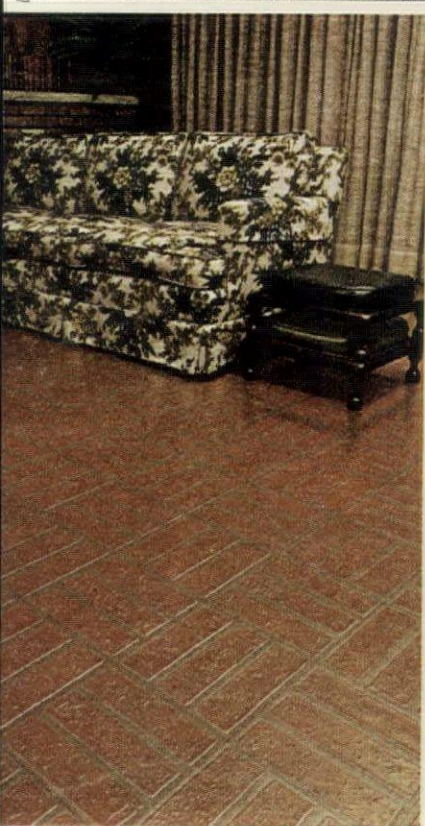
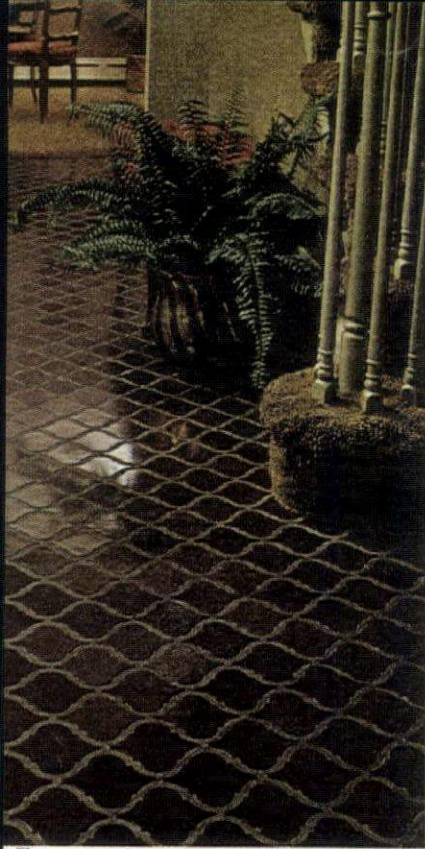
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There is simply no finer, more beautiful crystal in today's world . . . and at yesterday's prices! Block discovered it in Portugal. The cuttings: Evora, at left, and Lisbon—are two of twelve. In goblet, wine, champagne, cordial, old fashioned, and highball glasses. Each with matching wine decanter. The prices: for Evora and Lisbon \$9 per stem.

Imagine—for hand blown, hand cut crystal. Atlantis, the sensational tradition.

For Atlantis brochure send 25 cents to cover postage and handling to Department 274.

Block China Corporation 11 East 26 Street, N.Y.C., N.Y. 10010



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When so-called "no-wax" floors begin to lose their luster in a short period of time, Mop & Glo keeps those floors looking beautiful, even protects them. And it's quick and easy. Instead of a liquid cleaner and water, just squeeze out Mop & Glo and go over it with a damp mop. It keeps all non-wood flooring looking beautiful.



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Our disposer doesn't scare easily.

It'll gobble up a rib bone without batting an eyelash. Cut stringy vegetables, like corn husks or artichokes, right down to size.

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Just the kind of tough, reliable features you'd expect from KitchenAid.

So, for a long lasting, fearless disposer, see your KitchenAid dealer. He's in the Yellow Pages under dishwashers. Or mail the coupon.



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House & Garden

(INCORPORATING LIVING FOR YOUNG HOMEMAKERS)

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HORST

ON THE COVER: A garden room that doubles as a guest bedroom looks as fresh as a bright new day, with lots of greenery, country wicker, and a gay patchwork basket print. Each basket is outline quilted (see how to do it on page 71) on an all-over design of tiny blue flowers overlaid with diagonal squares. The banquette, piled with pillows by day, turns into beds by night, all with Wamsutta's Ultracale sheets in "Good Morning Basket." The printed sheets are also available in Chianti, in shades of deep wines and pinks; and in Mango, in shades of apricot. The lithograph by Ellsworth Kelly at Fischbach Gallery. Wicker stools, available in a nest of three, John Rosselli. For more shopping information, turn to page 121. And to see more bedrooms that double their living, full of ideas that include more ways to use new sheet patterns, plus more things that you can make yourself, please turn to page 62.

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There's no more precious time for you to invest in Waterford. Each piece of Waterford crystal is an investment in timeless beauty. You live with it now; yet it grows more valuable with the passing years.

Recognizing the distinguished heritage that Waterford's alone, exhibits the world's finest antique crystal.

To illustrate a few recent works of art: a goblet, \$12.25; a vase, 8", \$33.50; a vase, 12", \$70; Salt & Pepper, a pair.

If you'd like to see more, visit the Waterford Store at the important shopping center in your area. Or write for free full-color literature. Waterford, 200 West 57th Street, Fifth Avenue, New York, New York 10019. (212) 850-1000. Isn't it time you started collecting signed originals by Waterford? (Waterford is an English brand name registered by Aynsley, to whom all rights are reserved.)

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Pleasure.**

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a way to
bottle it.**

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To share with friends at
a party or with
a friend, alone.
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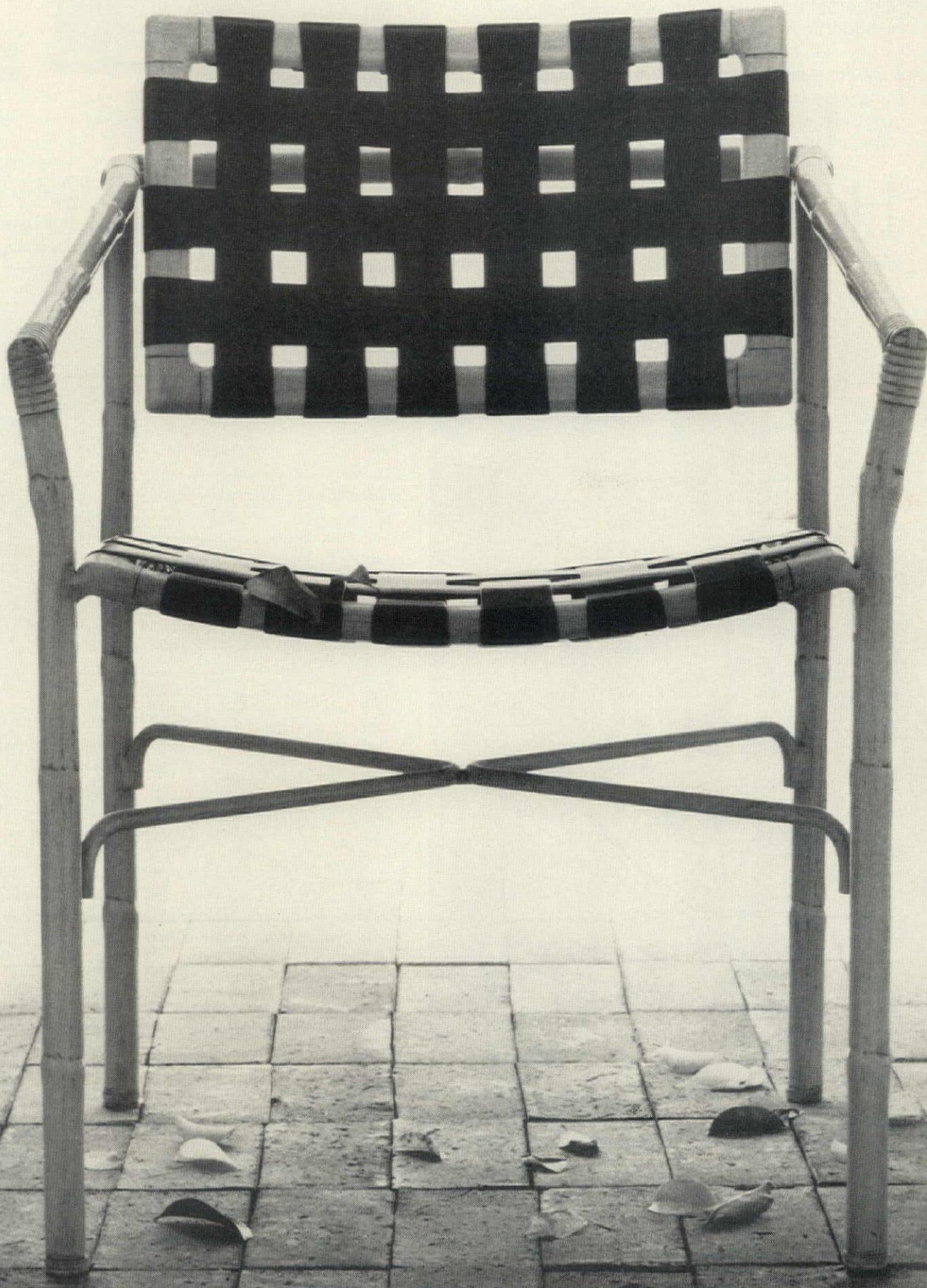
225th Anniversary

Brown Jordan: an investment in the good life.

Even a casual view of Orient reveals some intriguing features. Brown Jordan has interpreted the look of pole rattan in carefree extruded aluminum with hand-smoothed welds. The innovative swivel-back on the chairs is a uniquely comfortable plus. Naturally, such careful construction is expensive. But in view of its handsome good looks and long life, Orient is a fine investment in living.

BROWN JORDAN
A SUBSIDIARY OF SCOTT PAPER COMPANY

At leading stores and interior designers. Write for free brochure or send \$2 for 62-page catalogue and nearest dealer to Brown Jordan, Box 1269, El Monte, Calif. 91734.

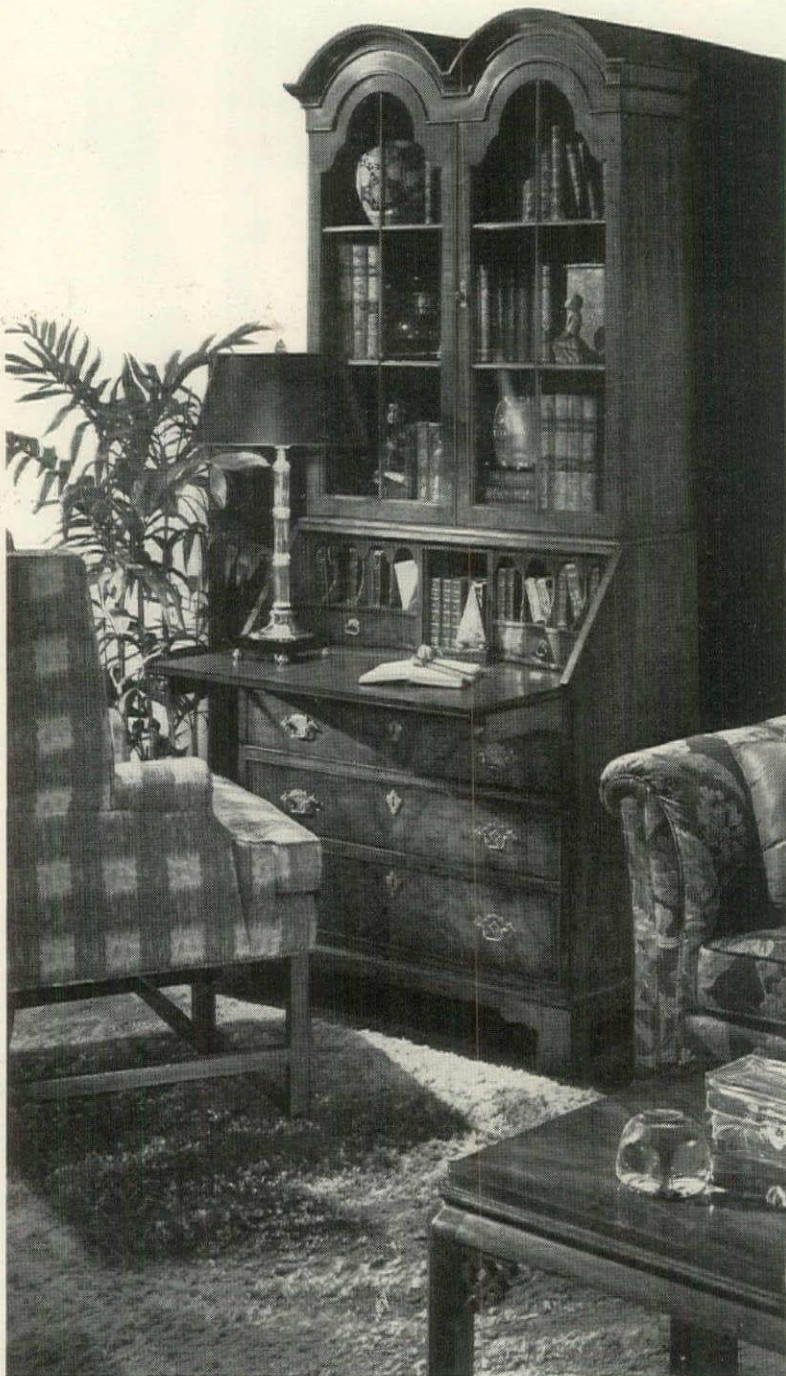


At your service... beautifully.

Function combines with distinctive good looks in Henredon's double-bonnet secretary in the Queen Anne style. Hand-rubbed walnut and yew wood veneers add vibrance to this versatile piece. The drop writing shelf, ample storage and display space make it a striking addition to living room, library or bedroom.

To see more Henredon secretaries and desks in various styles—and other examples of occasional furniture—send \$1.00 for brochure to Henredon, Dept. HG4-74, Morganton, North Carolina 28655.

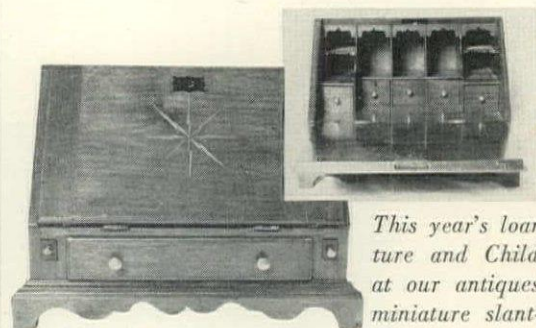
Henredon



QUESTIONS & ANSWERS:

Antiques

BY LOUISE ADE BOGER



QUEEN ANNE
PORTABLE
DESK

This year's loan exhibit, "Miniature and Children's Furniture," at our antiques show* has this miniature slant-front desk made in Chester County, Pa., about 1720. Was it for traveling or just a cabinetmaker's model?

E.H.—Wynnewood, Pa.

Neither. It is a very light and small portable desk intended to be moved easily from room to room and placed upon a table or any suitable surface, including the lap. Useful and practical, this type of desk, in use since the Middle Ages, retained a measure of popularity throughout the 18th century.

*THE UNIVERSITY OF PENNSYLVANIA HOSPITAL ANTIQUES SHOW, 103RD ENGINEERS ARMOY, LANCASTER AVE. AT THIRTY-THIRD ST., PHILADELPHIA, PA., APRIL 23-27.

FRENCH TAPESTRY

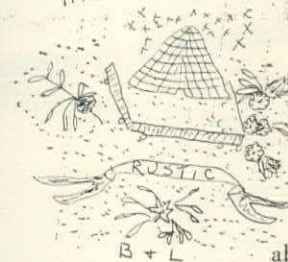
Can you possibly identify the subject of my black-and-white, silk-thread tapestry?

L.B.—Norwood, Ohio

Your French tapestry was copied from a painting "L'Orage" by Pierre Auguste Cot (1837-1883), now in the Metropolitan Museum of Art. It, in turn, was inspired by Bernardin de Saint Pierre's popular novel of unhappy lovers, *Paul et Virginie* (1788).



HILL POTTERY



ENGLISH POTTERY MARK

This is a rough sketch of the mark on my great grandmother's platter. What does it signify?

G. V.H.—Menasha, Wis.

Your mark was used by the Staffordshire potters Burgess & Leigh, who operated the Hill Pottery at Burslem from about 1867 to 1889. Numerous variations of this mark occur. Then, too, the basic beehive mark was used by other earlier Staffordshire manufacturers.

AMERICAN PENNY BANK

Can you tell who made my cat and mouse mechanical bank? Should I repaint it? R.E.H.—Detroit, Mich.

The cat and mouse bank was patented on April 21, 1891 by James H. Bowen of Philadelphia, a prolific inventor of penny banks, and manufactured by J. & E. Stevens Co. Do not repaint, as, according to collectors, it is of first importance the bank have its original paint. Also the mechanism could be irreparably damaged in repainting.

(Continued on page 18)



If Gorham Sterling is your silent desire, break your silence one week before your birthday or anniversary.

Silent desires are unfilled desires, unless you are married to a man who can read your mind.

So, tell him. Tell him what you would really love for your birthday or anniversary is Gorham Sterling. If his comment is, "Gorham Sterling???", don't try to explain why you want sterling because a man will never understand that. Tell him why you want Gorham and do it before he can catch his breath.

Tell him Gorham Sterling is more than just a

pretty pattern. It is a Total Design. (He may like that.) Tell him that means a perfect balance between ornamentation, shape and function; and between the timely and timeless, so it will be fashion forever. (He'll like that for sure.)

Then tell him you've already seen the design you love at your favorite department or jewelry store. Tell him its beauty is unmistakably Gorham. Maybe he won't appreciate that, but we bet you'll get your Gorham Sterling, anyhow.



Chantilly

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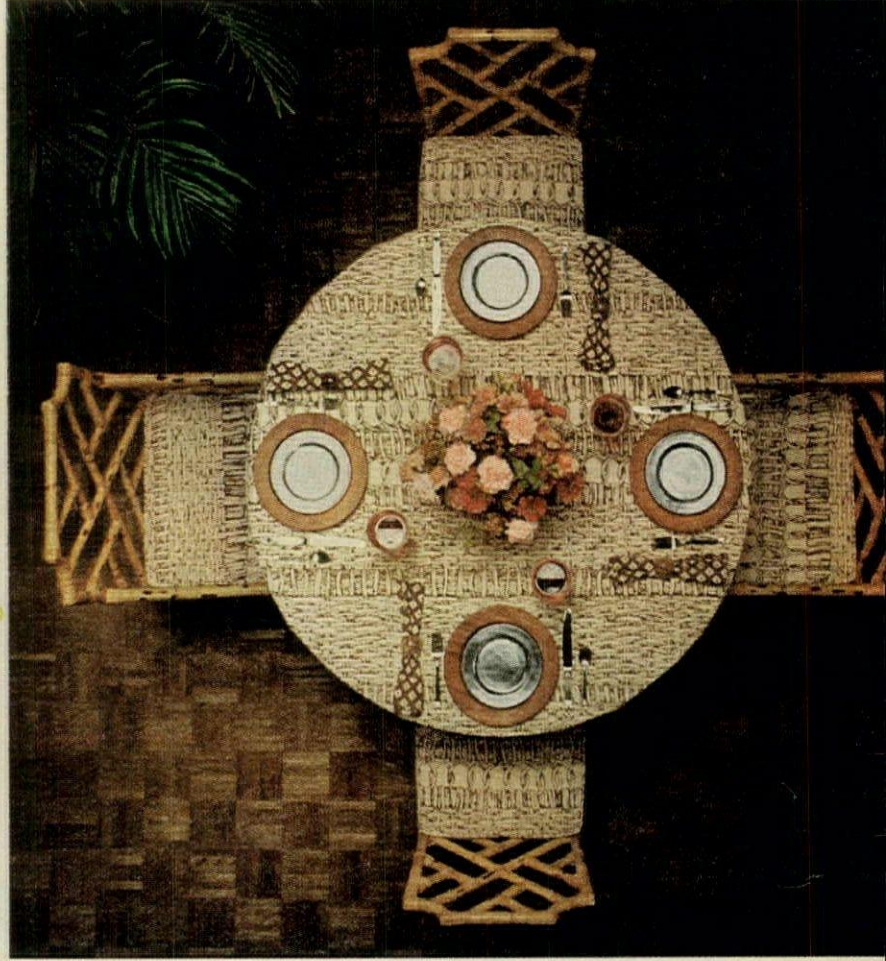
King Edward

Unmistakably Gorham

ORIGINALS
IN STERLING,
CHINA, CRYSTAL

The Martex Master Plan.

When we design patterns and colors th



work together, they work together anywhere.



Once — and not so very long ago, at that — the only place for sheets was on a bed.

But now... well, look at the rooms shown here.

They're the beautiful result of what we call the Martex[®] Master Plan.

It's a continuing collection of sheets, towels, bedspreads and comforters, all in patterns and colors that work just as beautifully with each other as they do on their own.

Not just in the bedroom and bath, but, as you can see, anywhere.

For example, our new African-inspired Bakuba prints[®] from The Design Works of Bedford Stuyvesant.

We've used them as table rounds and napkins, as chair cushions and headboards. We've used them to cover windows, and walls, and, yes, even ceilings. Easily and inexpensively.

But most important, we've used them together. Patterns with patterns. Colors with colors. Different patterns in the same color. Even different colors in different patterns.

Because that's how they were designed to be used.

Remember this the next time you buy something from the Martex collection.

No matter what it is.

No matter what it ends up as.

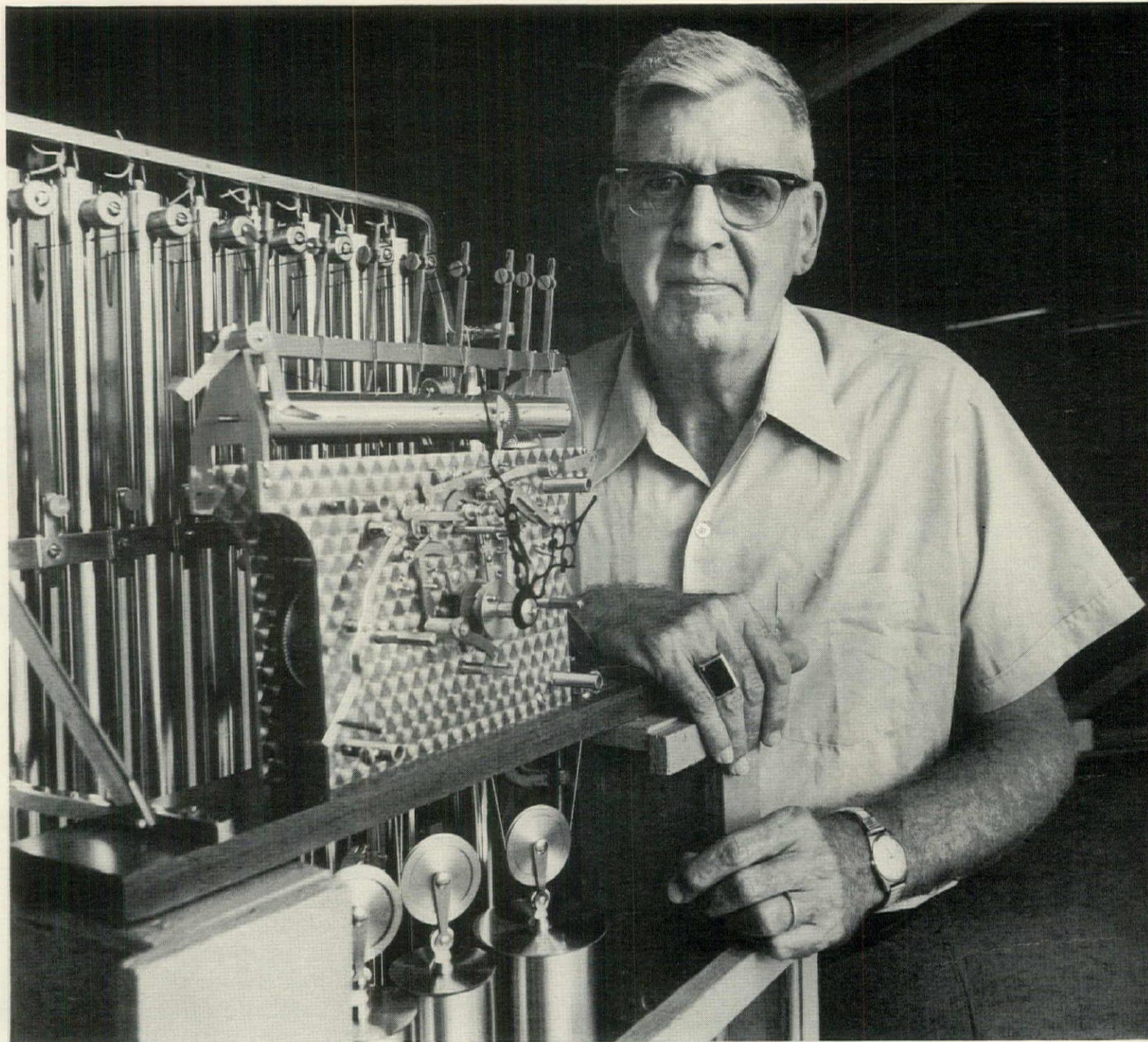
And no matter where.

Martex
We change more than
just your bed.

The patterns: Breakfast corner: Bakuba Cloth, Bakuba Dot. Dining Table: Bakuba Basket, Bakuba Dot. Bedroom: Bakuba Basket, Bakuba Flower, Bakuba Dot. Bath: Bakuba Screen, Bakuba Cloth. Towels, 12% Dacron[®] polyester, 88% cotton. Sheeting, 50% Dacron[®] polyester, 50% combed cotton.



Dick Herschede is the vanishing American. A stubborn perfectionist.



To most of us, work is just a business. To Dick Herschede it's a challenge. To make clocks better than his Father, better than his Grandfather. A crusade against shortcuts, plastic ornaments and lick-and-a-promise attitudes that steal your integrity.

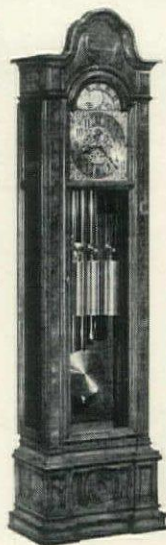
"In 1905 my Grandfather set out to build a clock superior to any. And his clocks won gold medals around the world. He and my Dad believed whatever you make, make it the best you can. I started in the business in 1933. I see to it that we still think that way."

You may think it's a small

thing, but Dick and Roy Slater increased the chime vibration in a tubular bell clock by 24 seconds. It was a major breakthrough. The kind of breakthrough only a master clockmaker would achieve.

Other American clockmakers have found it cheaper to make just cases, and import inexpensive German movements. Herschede is the only

Herschede



clock company in America that makes the movement for a tubular bell grandfather clock. Wouldn't you rather own a clock made by a clockmaker than a cabinetmaker?

Remember that when you see Herschede clocks. And you can see them all, from \$4,000 down, by sending 25¢ for a color brochure to Herschede Hall Clock Company, Starkville, Mississippi 39759.

Division of Arnold Industries.



Gold Medal winning clocks since 1885



The Philadelphia Carpet look

... it sets the
mood for inspired
decorating

What is the "Philadelphia Carpet look?" An air of high fashion and superb quality you see and sense the moment you enter a room. Philadelphia's Dale Ridge II carpet (shown) is an example. It is today's version of classic twist... unexcelled for easy care, quick cleanability, stamina and resistance to showing soil and footmarks. Colors are clear and lively... made more scintillating by the lustrous Acrilan® acrylic pile and rich, nubby texture. Thirteen color gems (Wedgewood Blue pictured). Moderately priced at Philadelphia dealers.

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Division of Shaw Industries, Inc.

PHILADELPHIA CARPET COMPANY • MAIN OFFICES: CARTERSVILLE, GA. 30120





18th Century English reproductions.



The original of the japanned Queen Anne Secretary replica, shown here in one of our showrooms, was commissioned by the Duke of Marlborough in about 1700 for Blenheim Castle. Its lacquer colors are softened by skilled hands to a mellow patina.

The original of the Regency Bamboo Chair was brought to New York—to a shop on 57th Street—by a knowing connoisseur. Only by making models of its delicate original parts could the sculptural curves, sweeps and pitch be duplicated.

The Bachelor's Chest, like much Queen Anne furniture, is enriched by rare walnut. Once called Persian, the trees which produced this wood were planted in England by the Roman conquerors. Today it can only be found near the Caucasus, where soil, wind and rain conditions remain perfect for producing

its special character.

These are but three reproductions from our Baker collection with the enduring qualities which make the originals so valuable: proportion, detail, finish and authentic material.

American, Far Eastern and European collections are displayed within professionally designed room settings at the Baker, Knapp & Tubbs showrooms listed below. Your interior designer, furniture retailer or architect will introduce you. And, you are invited to request a brochure which



illustrates the broad scope of design available through this unique source

for fine furniture.
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Knapp & Tubbs
A MAGNAVOX COMPANY

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This is the world of genuine Chindia.*
Where rich wool plunges to new depths.
And color is a quiet shimmer.
Chindia... made by hand in India.
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YOU CAN'T CHANGE YOUR KIDS. SO CHANGE YOUR FURNITURE.

This is a true story. A few years ago a magazine editor told us, "You've got it all wrong. People don't want furniture to last any more. They want disposable plastic furniture they can use awhile, then throw away." You know what? She's not a magazine editor any more. And last year more people bought our strong, guaranteed furniture than ever before.

We think furniture shouldn't self-destruct in a couple years. And family room living is tough

on furniture. So our designers conceive furniture that can take it.

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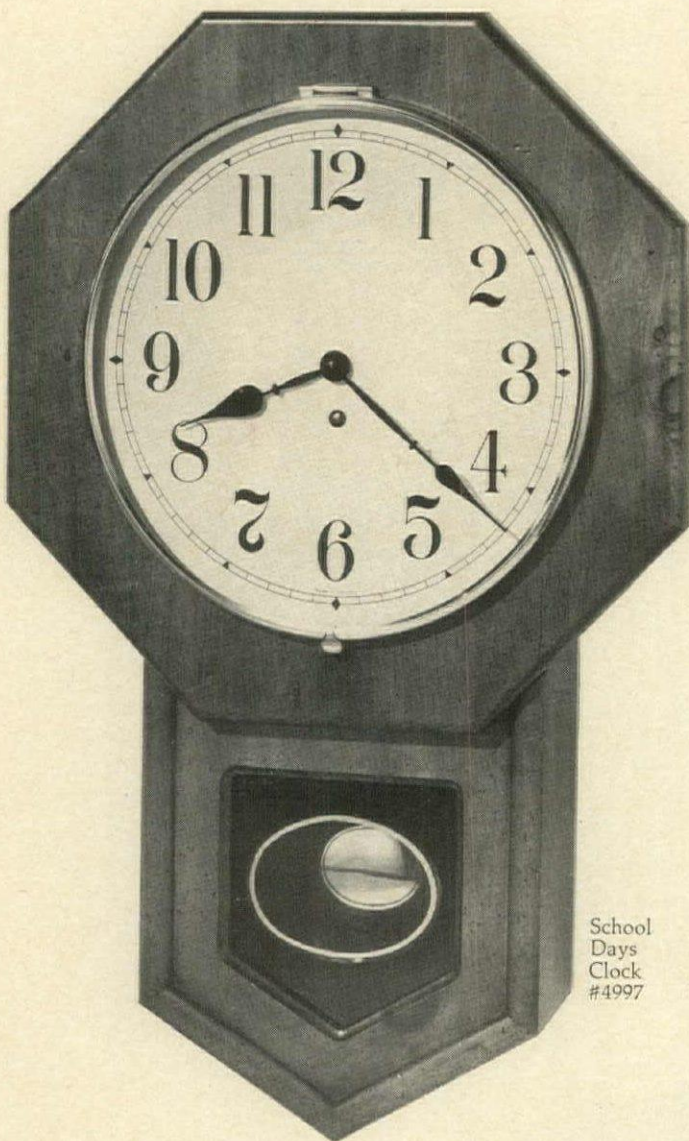
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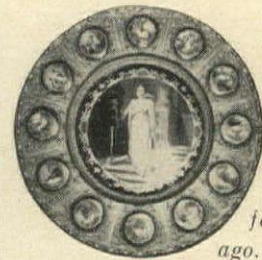
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ANTIQUES *continued from page 8*

PLATE AND CUTLERY STAND

I inherited this piece of furniture, but don't know what it is or how it was used. Can you help? J.P.—Harwich, Mass.
Your Sheraton stand, dating about 1800-1810, is known as a plate and cutlery stand and was one of many accessories introduced in the mid-18th century for dinner-table service. These stands, like dumbwaiters, were particularly used at informal dinner parties.



SALON TABLE

This unusual table with porcelain medallions was bought over forty-five years ago. The top lifts off and "Austria" are on its back. Can you identify it?

M.M.—Chillicothe, Ohio.

This class of salon table enriched with porcelain plaques had its origin in France during the first French Empire (1804-1815). Your table is a later version, made in Austria in the 1890s. The center plaque portrays Luise, Queen of Prussia. In 1793 she married the Crown Prince of Prussia, who in 1797 became King Frederick William III. The portrait was copied from a Gustav Richter painting.

CAFÉ AU LAIT SET

This coffee set was given to my grandmother by her Welsh aunt and uncle many years ago. Can you tell me anything about it?

H.P.S., Jr.—Akron, Ohio

Your café au lait service is an example of the combination of metals and ceramics popular in late 19th-century England.



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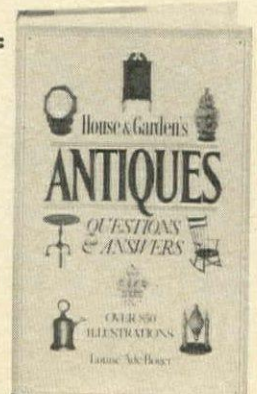
CAMEO GLASS VASE

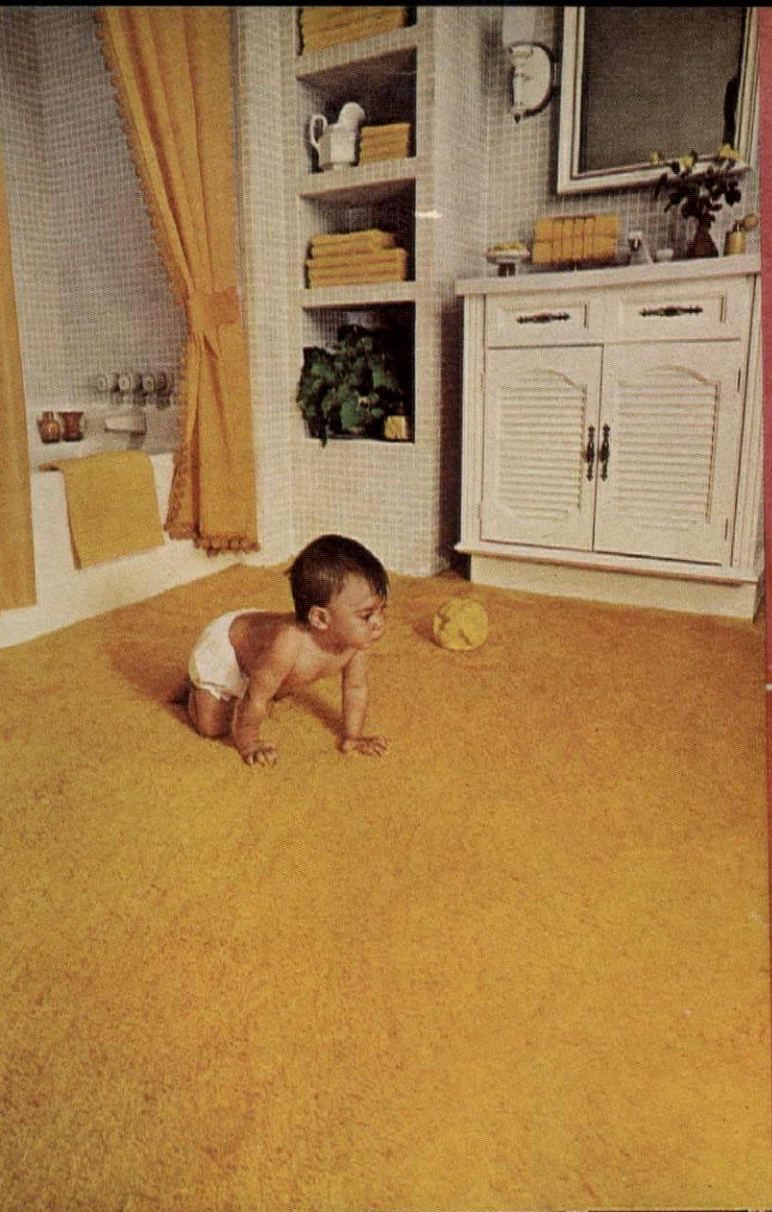
I would like information on this type of vase. It is cranberry colored with embossed flowers on it. I've sketched the mark. F.S.B.—Stratford, Conn.
Cameo glass, having opaque white decoration executed in relief on a colored ground, was produced in England by glassworks such as Thomas Webb & Sons of Stourbridge from the 1880s onward. Yours is a fine example of this form. ■

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NOTES ON NUTRITION FOR YOUR FAMILY'S HEALTH

Dinner is still our most social of all meals

BY ELOISE R. TRESCHER, RD.

In Medieval England "dynner" was a study in manners, a play of protocol. A man knew his rank, a man knew where he sat by the salt—the all important salt, the first container always placed on the table. Spoons were provided by the host, but each man brought his own knife. And the food was a nutritious feast from "lambe boyled to larkes to quinces and pippins."

Today dinner is still our most social of all meals. And even though it may be simple fare, it is our most congenial gathering. More than a scene of protocol, it is a practical setting. It is the meal when we are able to be together again with our family, or perhaps a reunion with friends, a time to relax, the day's work done.

A well-planned dinner completes our nutrition quota for the day. At every meal you should receive one third of your nutrients—the protein, fats, carbohydrates, minerals, vitamins, and water that you need for a balanced diet, a healthy life. You should never forget breakfast, nor neglect lunch, but if you happen to slip up during the day, dinner can fill in in part, but never fully.

A hungry man certainly doesn't go to bed happy. A good, nutritious, satisfying dinner helps to pave the way to a restful night's sleep—and other healthy pleasures en route to the arms of Morpheus. You wake to a better day.

Dinner should be enjoyed for its own sake, rather than accompanying something considered to be more important. If you're going to watch television, do it around the clock if you like, but not around the dinner table. Dinner should be a relaxed, pleasant time for each person beginning with the youngest member of the family. It should be a time for happy discussions, what one has seen, learned, an amusing experience, an interesting event at school or at work. It could be the one time for family forums, planning a vacation, the news of the world, yours and others. You should count on conversation as often as you count calories.

It is not the time for lectures, nor mention of problems, nor poor behavior. These should be dealt with at another time, but never at mealtime. Perhaps you might even let your young son wear his new baseball cap once or twice. It will certainly surprise him, and it won't be anything new. In 1664 Samuel Pepys, the chronicler of London, wrote that he "caught a strange cold in my head by flinging off my hat at dinner."

With children getting home from school at all hours, and hungry, a preliminary snack might be available on arrival, such as a substantial soup, a good salad—antipasto with crackers, or a milkshake. Such offerings would hopefully tide youngsters over until Dad arrives. For children who have schoolwork, dinner should be at an early hour. Adult martinis aren't as important as those children's marks in school. At least not to the children.

Dinner, as well as every meal, should include the four food groups—1. meat, fish, poultry, eggs, and cheese; 2. vegetables and fruits; 3. milk and milk products; 4. bread and cereals. I recently

Continued on page 24

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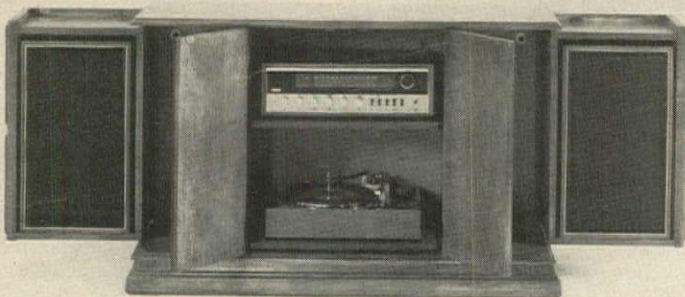
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"A good, nutritious, satisfying dinner helps pave the way to a restful night's sleep"

DINNER *continued from page 20*

heard of a family that have meat loaf and broccoli, even lasagna, at their first meal of the day. Radically changing their eating pattern, they have their *dinner* at *breakfast*.

The father of this active family decided they could never get a quorum at night with everyone going off in different directions at different times. Besides, he and his wife wanted to see their five children. Dinner at breakfast is certainly an innovation, a brave move, and not many mothers would have the stamina to do it, and the spunk to say "dinner is served" at 6:50 AM, but it is nutritionally sound and has made this family closer together. Their meal in the evening is a buffet of cheese and crackers, an enormous salad with everyone eating when and whatever he likes.

Many casseroles, easily prepared and leisurely enjoyed, include all four food groups, and every one includes at least two and often three groups. Here are two casseroles I like, not only for their flavor, but also for the balance of ingredients.

PORK CHOPS NANTUCKET

Ingredients: 4 loin pork chops, 1 inch thick; 4 thick slices Bermuda or Spanish onion; 1 20-ounce can tomato wedges; 4 tablespoons long grain or wild rice (uncooked); salt and pepper to taste.

Method: Dredge pork chops in seasoned flour and brown on both sides in a minimum of oil. Pour off excess fat. Arrange chops in a casserole. Place a thick slice of onion on each chop. Add tomatoes including juice. Place 1 tablespoon of rice on each chop. Cover casserole and bake at 350° for 1 hour and 12 minutes (approximately). Time varies depending upon the thickness of the chops. Pleasant variations in seasoning are rosemary, marjoram, or thyme. If additional moisture is needed, tomato juice or beef bouillon may be added. Serves 4.

CRAB IMPERIAL SUPERB

Ingredients: 1 green pepper, finely diced; 2 pimientos, chopped; 1 tablespoon English mustard; 1 tablespoon salt; ½ teaspoon white pepper; 2 eggs; 1 cup mayonnaise; 3 pounds lump (backfin) crab meat, well picked.

Method: Mix all ingredients except crab. Add crab meat and mix well with fingers to prevent breaking crab lumps. Place mixture in individual shells. Top with a light coating of mayonnaise and sprinkle with paprika. Bake at 350° for 15 minutes or until mayonnaise browns. Serve hot or cold. Serves 9 to 12.

Crusty rolls, a salad, and dessert, with coffee, tea, or milk served with either of these two casseroles round out the meal. Another casserole, a carrot pudding, as a vegetable, might be a new treat for your family, and spring carrots are filled with vitamins, especially vitamin A.

MRS. KEYSER'S CARROT PUDDING

Ingredients: 10 medium-sized carrots; ½ green pepper, finely cut; 2 tablespoons grated onion; 2 tablespoons butter; 1 tablespoon flour; 1 tablespoon sugar; 1 cup hot milk; salt and pepper to taste.

Method: Cook carrots until tender, drain and press in a food mill. Sauté grated onion and green pepper in butter until onion is golden brown. Stir in flour, sugar, and salt and pepper to taste. Add gradually the cup of hot milk and keep stirring until sauce slightly thickens. Combine with carrot purée and turn into a buttered casserole. Cover top with bread crumbs, dot with butter, and bake 30 minutes in a 350° oven. Serves 4 to 6.

Continued on page 170

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SOME NOTES ON GOOD LOOKS & GOOD HEALTH

"Oh, my poor Back!"

BY CAROLINE SEEBOHM

Most of us know it—that dragging ache that makes us feel as if we were carrying the burdens of the world on our backs—well, perhaps we are. The sad fact is that about 70 million Americans have severe backache more than once during their lives, that is one in every three people in the country. According to the U.S. Bureau of Statistics, backache is the second most frequent cause of absenteeism from work (the first being the common cold and influenza).

Yet chronic back pain is somehow an unromantic complaint. Nobody can see it. It's not the kind of thing that arouses a great deal of sympathy. It can last a long time, and is not quickly treatable. A bad back, let's face it, is boring.

Recently six medical specialists got together in New York City for a Bad Back Seminar, sponsored by the Simmons Company, which makes beds. The doctors talked about back pain, its causes and its treatment, and it was not at all boring. They told us about that delicate piece of equipment, the spine, comparing it to a television broadcasting aerial, with the muscles and ligaments being the guy wires.

"If they are too loose," explained Dr. Saran Jonas, a neurologist at New York University Hospital, "it will fall down. If they are too tight, then it will not be flexible and will snap too easily."

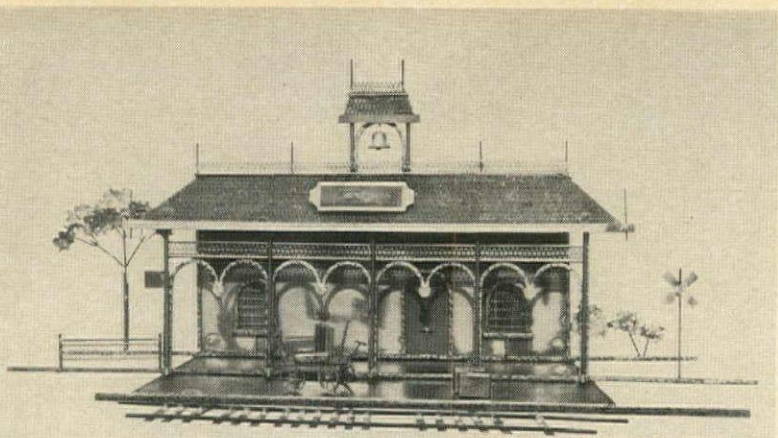
Back pain occurs when our guy wires are under too much or too little stress, for instance when we do too strenuous work and pull a ligament, or when we do not exercise enough and the muscles become flabby. "Back pain," remarked Dr. William G. Hamilton, orthopedic surgeon at Roosevelt Hospital in New York, "is the price we pay for no longer being a quadruped."

Dr. Willibald Nagler, physical medicine professor at New York Hospital, was more specific. "The incidence of low back pain is found basically in patients aged between forty and fifty years, because this is the time in which many patients become less physically active and put on weight. Tension of course is always recognized as a cause of low back pain. The onset of low back pain occurs often over the weekends, many persons then engage in physical activities, such as golfing, tennis and so on, for which the trunk muscles are not sufficiently prepared. Of course, soft mattresses and soft chairs do their part in building the ranks of low back sufferers."

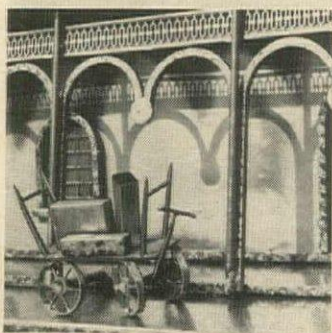
A quite separate cause of back pain was indicated by Dr. Gideon Panter, obstetrician-gynecologist at New York Hospital. "All pregnant patients complain of varying degrees of back pain. X-Ray evidence shows temporary relaxation of the vagina and pelvis during pregnancy, which loosens the ligaments, and when the ligaments are looser there is greater stress on the lumbo-sacral joints. In addition, the pregnant woman undergoes a postural change, which causes the lumbar roots to stretch and cause pain in this region."

The point is that every case of low back pain can be slightly different. "Generally, though," Dr. Hamilton and his colleagues agreed, "the most common causes are what we call an acute lumbosacral strain, which is usually a muscle or ligament pull. If this lasts beyond the acute phase it can become a chronic lumbosacral strain. The other factor in this can be the possibility of a herniated disc in the

Continued on page 30



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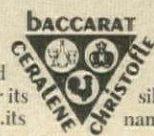
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**“... that delicate piece of equipment, the spine,
like a television broadcasting aerial,
with the muscles and ligaments being the guy wires”**

OH, MY POOR BACK *continued from page 28*

lumbosacral spine. In older patients of course, the most common causes are osteoarthritis and osteoporosis or softening of the bones.”

Dr. Jonas then drew a picture of the spine in section form, showing each joint hinging on a soft disc. The disc may protrude when strained, due to weakness in the surrounding ligaments. The rubbery wall then bulges out, squeezing the nerves and producing the old enemy, low back pain.

We know the feeling, doctor. At this point, there is only one question that springs to mind: *What can we do about it?*

Whether this is characteristic of the medical profession is doubtful, but the six doctors were unanimous. There is only one treatment for bad backs—*lie down on a hard surface, get lots of rest, take hot baths, and exercise.*

Lying down is vital, because, as Dr. Hamilton pointed out, “The only way to put the system to rest is by lying down. Sitting is not sufficient because there’s still tension in the guy wires. Complete bed-rest, flat on your back or on your side on a hard surface is the only way to put the system to rest.”

About that hard surface. When the doctor says hard, he means hard—like a board. That means a bed with a bedboard and a firm mattress. And if you haven’t got a bedboard? “Take the mattress off the bed and put it on the floor,” advised Dr. Hamilton.

And with rest, exercise. “I do think,” said Dr. Nagler, “that to maintain reasonably strong abdominal muscles and good elastic

back muscles is a very good therapeutic—preventive—approach to back pain.” What kind of exercise? “Swimming is good,” Dr. Nagler told us. “I mean really swimming, not just paddling and splashing around. It is good because it does not place any stress on the lower back. Walking is very good, but not back-packing. Nor horseback riding.” Dr. Nagler then demonstrated for us a series of exercises specifically tailored for low back sufferers, which may be obtained from any expert in physical medicine. But, he warned us, “it takes rather a long time before you notice a definite improvement—usually three to four months before the patient gets better. The patient must get into the *habit* to exercise. Habit is nearly as strong as heredity, but it still has a tendency to break down.” In short, no exciting massage treatments, no interesting medicines, no elaborate mechanical gadgets, no quick cures for the bad back brigade—just lying flat on your back on a hard surface, taking hot baths, and exercising.

Boring.

Except, perhaps, to the philosophers amongst us, who might muse on the thought that backache, more than any other physical complaint, reflects our evolution—both from four-legged creatures to vertical-spined humans, and from an active, hunting outdoor people to a sedentary, soft, spoilt one. It is hardly surprising so many of us share this particular sacrifice to progress—our poor backs. ■

For what’s new this month in the stores, see page 17.

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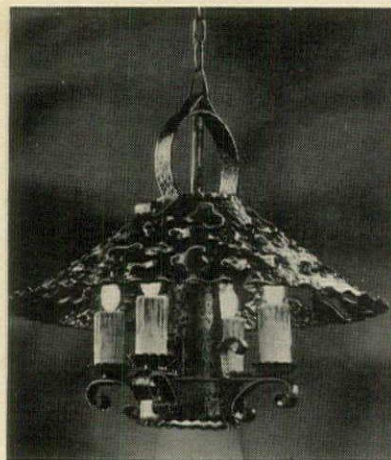
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A GARDENER SPEAKS HIS MIND

fertilizers— what, when, where, and how for beginning gardeners

BY WILLIAM B. HARRIS

This third installment in a series of articles about practical gardening concludes the discussion of care of soils. Subsequent articles will discuss planting, pruning, insecticides. They are all based on the personal experience of the writer.

If you think the most essential element of topsoil is decaying vegetable matter—humus to be exact—you are, for all practical purposes, absolutely right. Only the agronomist or professional horticulturist will disagree, but theirs will be more quibble than disagreement. Humus alone provides the food for the myriad bacteria that in turn alone produce, so far as gardeners are concerned, the inorganic chemical compounds plants will only accept as food. Humus also fills the interstices between the particles of mineral soils, a function that effectively lightens the soil, makes it easy to till, and equally important, holds moisture yet drains away excess water quickly. These interstices filled with humus also provide pathways for the air roots require. Plants breathe (transpire) oxygen, which makes them the source of the world's oxygen, our gas. The case for humus should not be overstated, for its bacteria cannot possibly wrest from the mineral soils the quantities of nitrogen, phosphorous, and potassium gardeners require to grow plants well. They can, however, generate enough of the important "trace" foods that come from boron, zinc, and molybdenum, as well as magnesium, iron, and sulfur, all abundant in most soils. Calcium, also needed in small quantities, may have to be added to land that does not overlay limestone. These chemicals are returned to the soil in a tropical forest and used over and over. But we gardeners return nothing; so we must regularly add the three food elements that plants call upon most heavily.

Two of them, nitrogen and phosphorous also tend to leach out of the soil in heavy rainfall and are usually the first to run low; potas-

sium is the last to become deficient. These major plant foods, although they can be bought separately, are generally mixed and sold as "complete" fertilizers, each containing a formula consisting of three numbers, printed like this: 5-9-7; 8-6-6; or 20-20-20. The first number reveals the percentage of available nitrogen; the second, phosphorous; the third, potassium. Growing a garden would be no fun if we had to provide each kind of plant with its own special diet. Fortunately, all we need remember are the food requirements of the different major classes of plants, really only three.

First are the small decorative flowering plants: the perennial bulbs, and annuals. Fertilizer used on these should contain about twice as much phosphorous and potassium as it does nitrogen. Only enough nitrogen is needed to keep the leaves a healthy dark green, for the green is chlorophyll, the chemical vital to plant life—which is all gardeners need know about photosynthesis, a miracle that can be explained but not readily. Too much nitrogen stimulates leaf, and hence top, growth which comes at the expense of the flowers you want. The double ration of phosphorous produces those flowers and at the same time very strong roots. The big helping of potassium makes strong stems and puts vigor in roots—it's not a hormone, but acts like one. A 5-10-10 fertilizer is ideal, but 5-9-7 is in this range, too. Perennials should be fertilized when crocus bloom and again in early June. Bulbs immediately after bloom. Annuals can be stimulated whenever they look tired or yellowish.

All the woody plants go in the second category—trees, shrubs, climbers, and hedges. These need more nitrogen than the other two for there are a lot more leaves (chlorophyll) to be nourished. Use an 8-6-6 fertilizer or something close to that proportion. Trees are not easy to fertilize. Holes an inch in diameter and about 18 inches

Continued on page 34

New! The once-every-four-months plant food.



Spoon-feed right from the bottle. The tiny green time capsules give controlled release of primary nutrients.



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No mixing. No mess. No odor.

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"If you keep working sand and humus into the topsoil, you will build a security blanket against crust—a hoe will cut through it easily"

FERTILIZERS *continued from page 32*

deep have to be driven with a crowbar on 18-inch centers under the area covered by branches, filled about 2 inches from the top, then plugged with earth. I hire tree men to do this once every three years, and if successful, which I rarely am, in *not* contracting for other tree work requiring climbing, the bill is not startling. Fertilizer can be broadcast on plantings of shrubs, climbers, and hedges by almost any gardener. It should be worked in lightly. Modern roses, which are woody plants, are an exception. They are fertilized with low-nitrogen fertilizers,

but they are such heavy feeders that they require one heaping tablespoon every month until about August 15.

Even though vegetables are mostly annuals, I've put them in a class by themselves and have divided them into those whose tops you eat and those grown for their roots. Low-nitrogen fertilizer is used for the root crops, high-nitrogen for leafy ones. Put down low-nitrogen fertilizer when tilling, top-dress later on those which need more nitrogen. Commercial inorganics show results in a few days.

It took me some time to straight-

en out the difference between organic and inorganic fertilizers, which most stores handle. Garden writers invariably favor organic—"if you can get them," they always add. I thought at first that it had something to do with the rising organic gardening cult, for to them organic is the "natural" and hence best. But soil scientists say flatly that any organic plant food must be turned into inorganic compounds by soil bacteria or the plants can't use it as food.

Until recently the two advantages of organics, particularly urea (synthetic nitrogen), has

been that they do not burn plants when applied and the way they release nourishment—slowly, so they don't leach quickly during heavy rainfall or over-stimulate, as inorganics do. Today inorganics come in slow-release form. Some are pelletized in porous paper and their advantage over organics is that they are "timed" so you can fertilize by the calendar. For example, one, called Osmocote, has forms that exhaust themselves in four or nine months, giving you a week due to weather when you see assorted empty pellets on top of a commercial container. A grown plant you have bought, however, are not likely to be egg cases or harmful grubs. Experience has taught me two things about fertilization. One is that any fertilizer can be used if its proportions are even nearly suitable—less of a strong formula, more of a weaker one. The other is continence. If you far too long I thought that if a little was good, more was better. When an application called for a pound, I'd weigh it carefully. The next that pound looked so *little* for the square feet. So I'd double the amount—or more. Only the delphiniums did well, but they are gluttons. From others I'd get beautiful plants and fine green leaves; flowers. Now I "salt" on fertilizer—it's like salting a steak and wanting to be sure there's not too much.

If you study garden books or follow articles about soil in horticultural magazines, you will surely be exposed at some point to a discussion of "ions" and their functions, which you will find are many and distinguished—if you can survive the chemistry. I did not, but I discovered that they obediently do what they are supposed to do. It's a "good garden loam," if the soil even comes close to what plants require. As noted, a surprising number of plants grow properly in the slightly acid soils of the rainy regions of the country. "Soft as rainwater" is a misnomer, for rainwater actually is slightly acid. In other words, these plants evolving over eons of time had no choice but to get used to acidity. It is also not surprising that nearly all of them grow just as well on somewhat limey soils, for there are so very many—for example, nearly all of Kentucky has limey topsoils. But all living things have

Continued on page

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*The National Trust
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"Plant tolerance is so wide that every so-called rule of gardening can be broken, if you have even a nearly good loam to grow plants in"

FERTILIZERS *continued from page 34*

a few recalcitrants—as we've also noted, azaleas and rhododendrons, heaths and heathers, camellias, andromeda, mountain laurel, lupine, pachistima, and stewartia are nearly a complete list of the plants that will not tolerate lime. In a mixed border it is easier to plant everything in a bed that is slightly acid, than beef up alkalinity for the few plants that like a more neutral soil (7.0 pH), such as clematis, lilacs, delphinium, and bearded iris, by powdering the soil around them very lightly with limestone.

That crust you have noticed on the surface when the soil dries out after a couple of rains (horticulturists call it a "cap") stops air from reaching roots and dissipates moisture quickly. It can only be broken with a hoe or dull rake. It crumbles quickly on sandy soils having plenty of humus, but if the surface cracks and the hoe brings up hard clods, it means the soil has far too high a clay content. Don't fret about the percentage of clay, the fact of cracking and hard clodding is enough to know. The

remedy: Put a couple of bushels or more of coarse sand (builder's) on each 100 square feet and a little more than half that amount of humus. Work it into the top. Add more if necessary. It would be better if the plants were lifted and the sand and humus tilled in deeply, but this isn't really necessary. If you keep working sand and humus into the top, you will build a security blanket against crust—a hoe will cut through it easily.

It is better to have humus distributed evenly in the topsoil but it is not vital. (Be comforted in knowing that plant tolerance is so wide that every so-called rule of gardening can be broken, if your border even is nearly a good loam to grow plants in.) Humus added on top—that inch every year—will gradually distribute itself to a considerable depth as you cultivate the soil, move plants, discard them, plant others. Here is one of those gee-whizz statistics: In a gram of active humus there are more bacteria than people on earth. Not at all gee whizz is the fact that there are huge colonies

among these trillions of bacteria, which destroy disease organisms waiting in the soil to attack a weakened plant. Their action minimizes plant disease; does not eliminate it. Soil pH determines the activity of these countless bacteria. If you don't send a sample of soil for testing pH, maybe you'd better get test paper. It's called Dual Test pH Indicator Paper, comes in a little roll, has colors for each pH number, costs about \$3, is bought at any chemical supply house. Look in the Yellow Pages.

No matter how good the soil, the chances these days of gardeners going overboard with too much humus seems remote—compost is considered hard to make, fresh animal manures are difficult to buy, dried manures, even though less of them are used, are on the expensive side. As I have pointed out before, only about 10 percent of the members of garden clubs before whom I have spoken actually put that inch of humus on their borders every year. But all of those trillions of bacteria eat up humus at a great rate. Those who

say compost is too difficult to make at home should consider my wonderful friend, not of a tender age who with little effort, produces her sweet self, all the compost she needs for several borders. She takes out a half-bushel basket when weeding or pruning, instead of a bushel basket, which is heavy, so she makes more trips to the compost heap. She's a labor saver—from trees, lettuce or other fresh vegetables, the tops of plants, small twigs. This gardener builds small heaps—4-by-4 at about 3 feet high. And instead of shoveling a 2-inch layer of earth on each layer of waste, she puts on only enough to keep the surface from blowing, and alternate sprinklings of lime and urea (to help the rotting action) on each layer of waste. A screen of ½-inch hardware cloth (get at any hardware store), 2 feet wide and 2 feet long, stands horizontally over concrete blocks close to the pile. Small forkfuls put on the screen are driven through it with a dull hoe, the undecayed parts put back

Continued on page 17



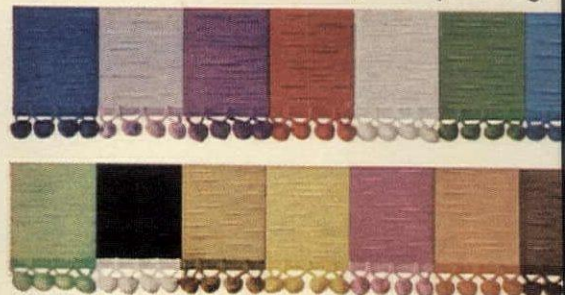
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BOOKS ABOUT YOUR HOUSE AND GARDEN

Try your hand at a new craft

BY JEROME H. DENNER

Doing needlework is certainly satisfying and the finished products can be both lovely and useful. But there are many other crafts just as satisfying, just as rewarding. For a change of pace, why not try your hand at one of them? You can get plenty of books that will show you how to go about it.

For instance, you can create highly decorative lamps, mosaics, windows, ornamental pieces fol-

lowing the techniques described by Jack W. Bernstein in *Stained Glass Craft* (Macmillan, \$9.95) or those by Polly Rothenberg in *Creative Stained Glass* (Crown, \$4.95 hardbound; \$2.95 paperback). Both are illustrated amply and contain easily followed diagrams. Best bet is to browse through them both, then decide which projects appeal to you most.

Or you may enjoy something

less complicated, such as working with paper. *Creating with Tissue Paper* (Crown, \$8.95 hardbound; \$4.95 paperback) by Barbara B. Stephan shows how to make cards, calendars, puppets, jigsaw puzzles, boxes, flowers . . . *Origami for Everyone* (Biograf, \$5.95) by Ranana Benjamin is about the ancient Japanese art of paperfolding, aimed at beginners. There are step-by-step photographs and patterns to cut out and use to create enchanting paper animals, flowers, balls, baskets, even a toy helicopter . . . *Paper as Art and Craft* (Crown, \$9.95 hardcover; \$4.95 paperback) by the Newmans—Thelma R., Jay Hartley, and Lee Scott—not only provides instructions for making hundreds of objects, but also gives something of

the history of paper, how it is made, and a reasonably comprehensive list of sources throughout the country where you can locate materials you will need to try some of their projects—a paper tablecloth, perhaps, or papier-mâché vegetables, paper bowls, sculptures, even furniture.

An offbeat book, suggesting projects you can make with everything from an old kitchen grater to a worn out military boot, is *Do It! Throw It Away!* (Creative Home Library, \$7.95). Its imaginative author, Vivian Abner, should keep you happily converting everything no longer usable in your home into something novel, startling, unexpected . . . Fifty expensive and easy-to-make accessories are described in *Decorate with Felt* (Crowell, \$4.95) by Phyllis W. Goldman. Among them: a matchbox, flowerpot skirt, tablecloth, toaster cover, desk catchall, shoebag.

You'll be surprised at the things you can make—beautiful, whimsical, ingenious—with an ordinary egg, as shown by Arden J. Nelson in *Egg Decorating, Plain and Fancy* (Crown, \$5.95 hardbound; \$3.95 paperback). The means of painting, découpage, beading, dyeing, and scratching you might produce works of art worthy of a budding Fabergé.

If you'd like to take a stab at some of the handcrafts from another country, there are various projects in *Crafts of Mexico* (Macmillan, \$12.95) by Mari Harvey. Following her instructions, you can make your own Mexican silver jewelry, pottery, woven mats, serapes.

Unusual and fun, too, are the eighty-five old-fashioned toys in *American Folk Toys* (Putnam, \$9.95) by Dick Schnacke. Who wouldn't want to make a whinnididdle or a flipperdinger? Or space tractors, wooden whistles, jack-the-box, jumping jack, chicken pecking on a board? Fascinating to create, a joy for your child.

If none of these appeal to you, then there's *Modern Basketry from the Start* (Scribners, \$10) by Barbara Maynard, which shows how to make just about every kind of basket imaginable . . . *Pottery Workshop* (Macmillan, \$8.95) by Charles Counts, a well-known American potter, teaches you to throw pots with the best of them . . . If you like highly decorative candles either for yourself or to give as gifts, *Candle Decorating* (Barnes, \$8.95) by Ruth Monroe is an excellent guidebook . . . Working with leather is increasing

Continued on page 4



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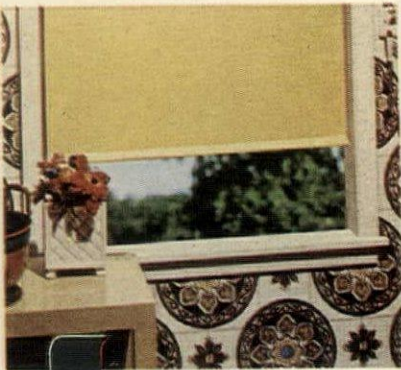
To best express her "Decorating with Crochet" ideas, Family Circle interior designer Delphine Richards made two choices: a bedroom-sitting room of a New York City brownstone—and Tru-Test Paint. House & Garden's professionals selected Tru-Test Paint, too, for their 1974 Super Kitchen. Match your imagination with one of the smart new decorator colors from Tru-Test Paint . . . the professional decorator's choice.

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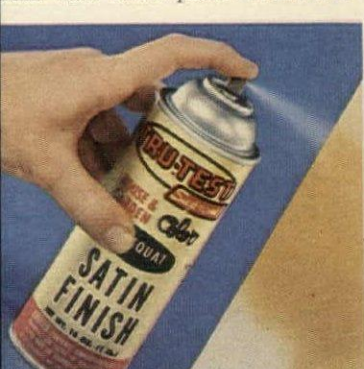
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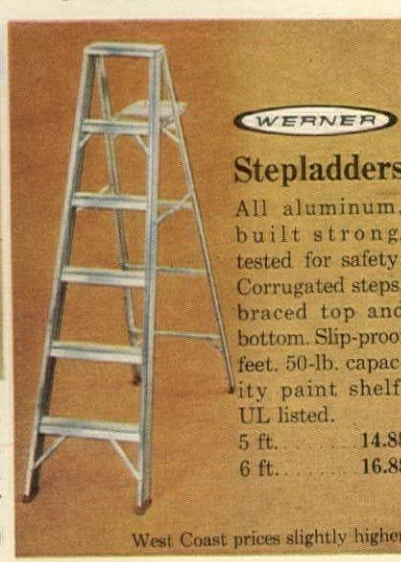
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NEW CRAFTS BOOKS

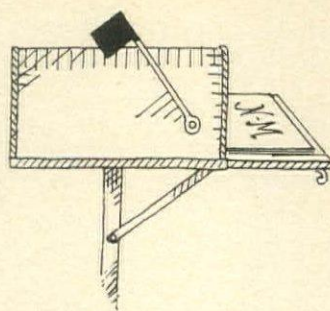
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"Who wouldn't want to make a whimmydiddle or a flipperdinger?"

in popularity as a do-it-yourself craft. It's no longer relegated to the clever, arty "Greenwich Village" type. Using *Leather as Art and Craft* (Crown, \$8.95 hardbound; \$4.95 paperback) by Thelma R. Newman, any reasonably deft crafter can create handsome clothing and accessories . . . *The Picture Framer's Handbook* (Potter, \$7.95) by Laurence and Janet Burnett offers a complete course in making decorative frames for your favorite photographs or works of art and tells how to mount and frame them in the most attractive manner.

The Book of Ornamental Knots (Scribners, \$9.95) by John Hensel gives instructions for making belts, wall hangings, jewelry by the simple technique of knotting strings and yarns . . . *Designing with Thread: From Fibre to Fabric* (Viking, \$14.95) by Irene Waller discusses weaving, macramé, winding, bending, twisting among the various methods of fibre construction. The techniques range from the simple winding and weaving to more sophisticated knotting, looping, wrapping, netting, and laminating . . . Provided you're not one of those people who claim to be "all thumbs," you should have a good time and produce some lovely objects by following the directions in *Bobbin Lace* (Crown, \$8.95 hardbound; \$4.95 paperback) by Kaethe and Jules Kliot. In bobbin lace, a fabric is made by the twisting or plaiting of threads to form a series of stitches. From the fabrics, you make blouses, wall hangings, necklaces, belts, curtains.

Creating with Card Weaving (Crown, \$4.95 hardbound; \$2.50 paperback) by Sally Specht and Sandra Rawlings—or how to make belts, carryalls, clothing, mats by a simple technique that does not require the use of a loom . . . *The Off-Loom Weaving Book* (Scribners, \$8.95) by Rose Naumann and Raymond Hull shows how to weave with only the simplest of frames. Various kinds of weavings are covered, many of which show the influence of American Indian design . . . If you want to go deeper into weaving and try your hand at loom weaving or even if you are just interest-



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ed in the history and technique of weaving, you should e
Weaving—A Handbook for Fiber Craftsmen (Holt, Rinehart and Winston, \$13.95) by Shirley E. Held. The publisher says "the author's purpose was to provide for those wishing to acquire skill in weaving, as well as for those generally fascinated by handcrafted objects, sufficient information to foster understanding and appreciation of the ways in which means that have evolved for forming lengths of strandlike material into a structured web capable of giving practical service and aesthetic delight." You can take it from there.

Something perhaps more practical than taking? *How to Gold Leaf Techniques and Other Art Objects* (Crown, \$7.95) by Donald Chambers—everything you need to know about the use of gold leaf to refurbish antiques, add luster to picture frames, mirrors, book ends, moldings, what you will.

At the risk of being called a male chauvinist etc., I think that the next handcrafts would be particularly attractive to men: *Placemats and Crafts* (Simon and Schuster, \$6.95) by Stanley Leinwoll tells how to make everything out of acrylic plastic, from a cutting board to a dining room table, including, along the way, many handsome contemporary accessories you can make at a fraction of their retail price. There is also a list of sources for the materials you will need . . . Budding cabinetmakers will be intrigued with

The Early American Furnituremaker's Manual (Macmillan, \$7.95) by A. W. Markham, which provides detailed instructions for making your own Early American candle stand, coffee table, trestle table, bed frame, chest of drawers—sixteen different pieces in all . . . The dictionary defines marquetry as "inlaid work of variously colored woods or materials, esp. in furniture." The techniques and beautiful works resulting from it are having a renaissance these days. William Alexander Lincoln in his most informative book *The Art and Practice of Marquetry* (Scribners, \$14.95) gives something of the history of the process, describes the various techniques used in different parts of the world and discusses design, creation, cutting, laying, polishing, shading, and mounting of marquetry pictures. Illustrations show great examples of marquetry in furniture and there are projects for the accomplished craftsman to pursue. ■

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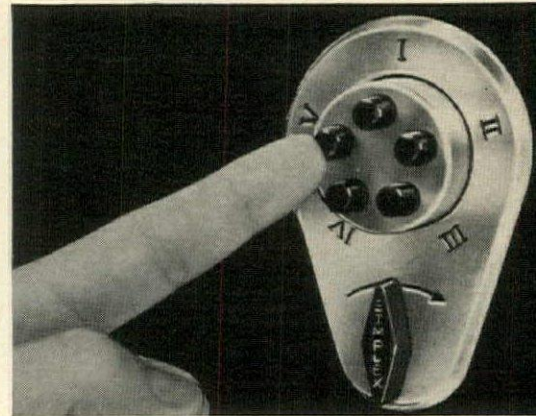
There are 4500 True Value Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.



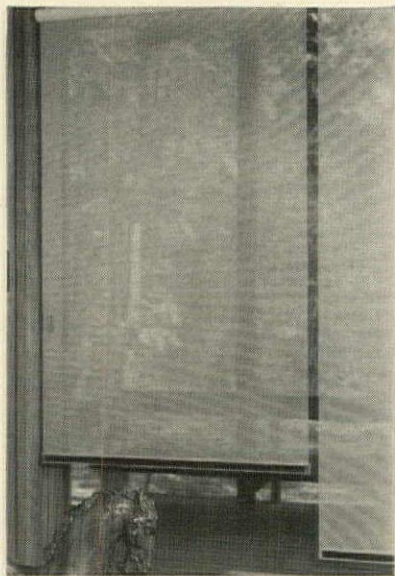
HOME IMPROVEMENT IDEAS FOR the House Fixer

by Will M...

A pushbutton lock, which eliminates the need for keys, the Simplex "tuch-but'n," works on a combination. You merely push the buttons in the sequence you chose as your combination—and thousands of sequences are possible. If you want to change the combination at any time, you can do so instantly without changing lock tumblers as you would have to with a key lock. Burglar proof, with no keyhole to pick, it is operated mechanically, and needing no wiring, the lock is easily installed above any existing lock or knob. Models start at \$46. Simplex Security Systems, Inc.



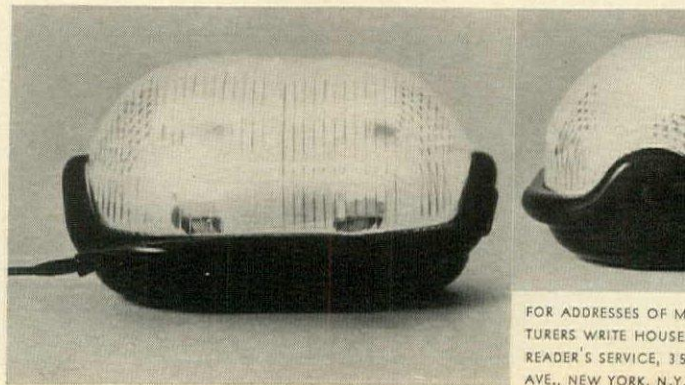
Two new booklets to help you in buying a new home have been issued: one by the National Association of Home Builders; the other by State Farm Fire and Casualty Co. The former, *Home Buyers Guide*, a 24-page booklet, focuses largely on overall aspects of the problem—the kinds of housing available, picking a neighborhood, financing, contracts, checking the physical condition of a house, tax benefits of home ownership. It is available for 50c from National Association of Home Builders, P.O. Box 38, Riverdale, Md. 20844. The other 24-page booklet, *Finding the Right Home for You* is divided into three sections. The first is a checklist for comparing three possible choices of type and age of house; distances to work, schools, shopping, and transportation; basic annual costs for taxes, heating, electricity, water, etc. Section 2 has space for drawing notes on the plan, exterior, rooms, physical condition, and mechanical equipment of three possible choices. Section 3 narrows the choice down to one house and provides a completely detailed inspection checklist for it. The booklet is free from Househunter's Guide, Public Relations Dept., State Farm Insurance Co., E-2, One State Farm Plaza, Bloomington, Ill. 61701.



A sheer window shade that cuts sun heat on windows and helps reduce air-conditioning operation is the Comfort Shade by Joanna Western Mills. Made of white vinyl-coated fiberglass woven in a horizontal ribbed pattern you can see through, it still deflects the outside sun rays. Weather resistant, it is mounted on a sturdy silent roller and has a metal hemline to keep it from twisting. Available in up to 6-foot widths, any length, a Comfort Shade 3-foot-wide, 6-foot long is about \$20.50.

A cabinet to house a sewing machine in the kitchen (or elsewhere) has been introduced by Wood-Mode Cabinetry. It can accommodate almost any sewing machine and is 34 1/2 inches high, 24 wide, 39 deep will match standard kitchen base cabinets. It can also match a variety of cabinet styles, woods (oak, maple, cherry, or distressed pine) and wood finishes. The cabinet opens up with the push of a knob to 6 square feet of worktable space for cutting out clothes and sewing and can be shut instantly without having to put everything away.

"Noce," a new lamp for floor, table, or the wall, was designed by architect Archile Castiglioni in several versions. It has a cast aluminum body, baked enamel finish in white, bronze, or gray, and a tempered glass diffuser. The floor-table lamp provides 150-watt lighting with two bulbs that can be revolved in a 180-degree, circular direction. The wall lamp comes in three models for exterior and interior use. One has a waterproof glass diffuser and adjustable bulbs for 150-watt illumination. The other two models have fixed bulbs for 150-watt lighting; one of them uses a metal vapor bulb. Atelier International, Ltd. ■



FOR ADDRESSES OF MAILING, WRITERS WRITE HOUSE PUBLISHERS, READER'S SERVICE, 355 AVENUE, NEW YORK, N.Y.

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NOTES OF A

Happy Housekeeper

BY MARY ELIZABETH FALTER

One of the greatest problems in conserving energy at our house has been leaving electric lights on when they're not being used. The children are the worst offenders so Tom devised *a game to help use the minimum light actually needed*. He offers a prize every two weeks to the person who has saved the most wattage during that period by remembering to turn out nonessential lights. The records are kept in the kitchen and competition has been keen. Tommy finally won two tickets to a cherished rock concert and now Tina is determined to beat him.

Natural gas is on the shortage list and I have been trying to find *ways to conserve gas in cooking*. A slow oven uses less than most top-of-the-stove cooking units, so we've had many one-dish meals that combine meat and vegetables and need only the addition of a salad or fruit to complete the meal. We've also used the fireplace for grilling meats, chicken, and even fish. With the weather getting warmer, we'll move outdoors pretty soon and I plan to add to our outdoor cooking equipment.

When I do use the top of the stove, it's for quick cooking—omelettes and other skillet dishes. Most of the vegetables I prepare in my pressure cooker. My wok has been very popular—after all, the Chinese developed this unique cooking utensil centuries ago because fuel was in short supply. A wok makes efficient use of every scrap of heat and the food is cut into small, thin pieces for quick, nutrient-saving cooking.

I've been looking around and have discovered *several ways to conserve energy any homemaker can do*. For instance, it's very important to keep all appliances in topnotch working order. Dirty filters and worn fan belts, dust-covered condenser coils and motors that labor because they're dirty or need lubrication may be using considerably more generated power than they should. The average home has up to ten or more major appliances—furnace, water heater, washer and drier, dishwasher, disposal, exhaust fan, stove, refrigerator. If all of them are wasting 10 or 15 percent of the power needed to operate them, it represents a substantial loss. I learned this lesson when the upper freezing compartment of our year-old side-by-side refrigerator wasn't maintaining a low enough temperature. The repairman showed me where the trouble was—thick dust clogging the air intake and the condenser coils. This slowed up the whole operation of the refrigerator and the motor wasn't able to keep the upper compartment cold enough. Five minutes with the vacuum solved the problem. The repairman told me this area should be cleaned every two months.

The hot-water heater should be drained regularly to prevent a build-up of sediment in the bottom. If the tank isn't clean, it takes more gas (or electricity) to get through the sludge and

Continued on page 102



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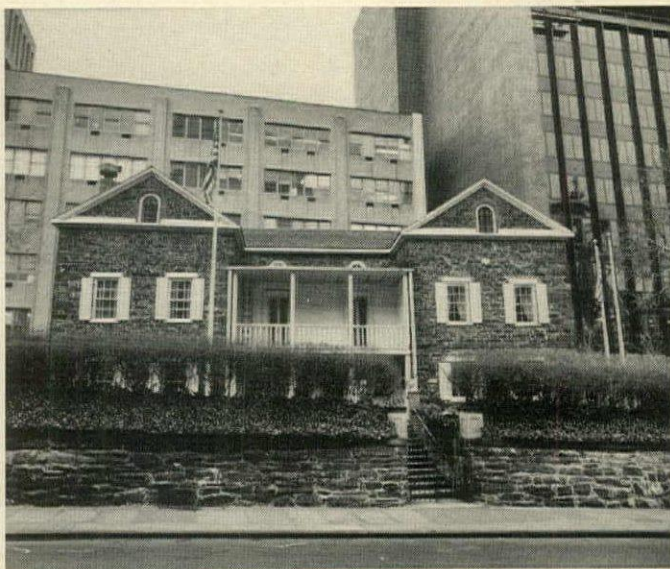
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A great American idea THE ABIGAIL ADAMS SMITH HOUSE

BY KENNETH BATH

In the heart of New York City, cradled by the ultramodern towers that surround it, is a beautiful little anachronism, the Abigail Adams Smith House—now a museum, and since 1924, the headquarters of the Colonial Dames of America. Abigail, of course, was the glamorous daughter of our second president. Born in 1765, she led a somewhat gayer life as a girl than most of her young contemporaries,



accompanying her parents to London and Paris, where they lived for four years—enough time to turn out a very stylish Miss Adams, who took great pains to stay that way for the rest of her life. In 1786, she married William Stephen Smith, a man of both dash and means. Among his possessions were 23 acres of desirable land high above the East River—an idyllic expanse that has long since turned to stone and steel, but in 1795 a beautiful site for a country mansion, which Mr. Smith proceeded to build. There was already a carriage house on the property where Abigail might have tethered her horses while observing her future home under construction—about all she was ever able to do. Because of rash financial ventures, Mr. Smith found himself with very little in the bank, and in 1796, the estate and unfinished mansion were sold and the Smiths moved to Eastchester. The big house changed hands many times and ended its career in 1826 by burning to the ground.

But the old carriage house stood like Gibraltar with its "stables for six horses, a spacious coach house with a shelter for cattle underneath, and a loft able to hold six tons of hay." Whether or not the Smiths ever occupied the coach

house is a moot question, but they certainly owned it—sufficient reason for the Colonial Dames to call their headquarters the Abigail Adams Smith House. It is an affectionate name for a building that has stood up like a Trojan under one siege of remodeling after another.

In 1826, the stable and its environs were purchased by one Joseph Hart, who converted it into a country tavern with "choicest liquors," which flowed until 1833. In that year, the house was again remodeled by Jeremiah Towle, who lived in it with his family until 1905, when it was sold to the Standard Gas Light Company who divided it into rented apartments. The neighborhood deteriorated, and so did the house, and by World War I it appealed to no one but the Salvation Army, who used it for a soup kitchen.

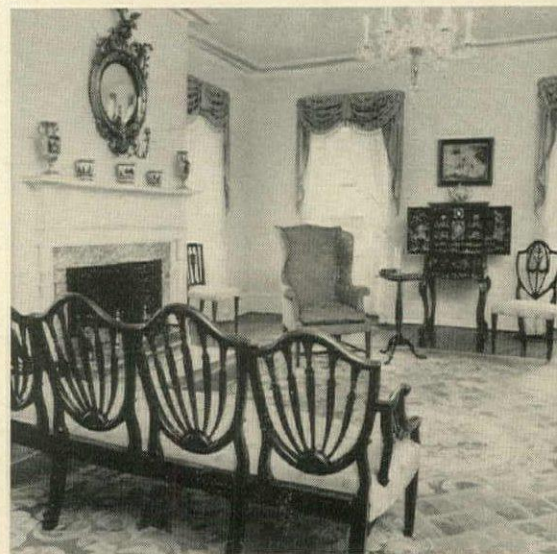
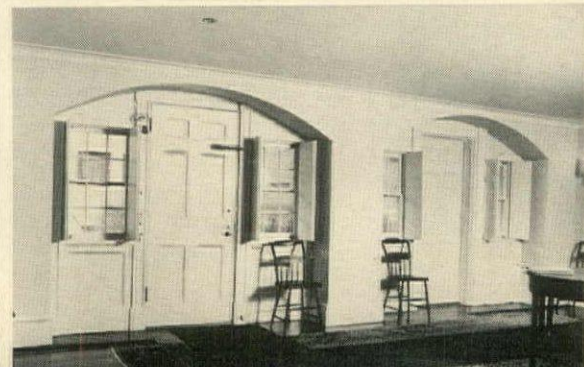
Then, in 1919, Jane Teller, a noted antiquarian, rented it and restored it as a setting for her collections, and, at long last, in 1924, the wise Colonial Dames

bought the house and furnished it in the late 18th- and 19th-century style. In 1972 a complete top-to-bottom restoration took place under the aegis of architect-historian Daniel M. C. Hopping, and Abigail's house became a museum.

Today, there is evidence (except to the eye as learned as Mrs. Hopping's) that carriages once rolled in what is now the entrance hall, that horses whinnied in the present dining room, or that the ballroom was a hayloft. This is an elegant house full of beautiful old furniture, rugs, paintings, clocks, bibelots, and the blithe spirit of Abigail. The ballroom is Pietro Pezzatti's copy of the famous Mather Brown portrait of the lady, dressed in tulle and sashed in satin, looking quite ready to step down from her frame, toss off her feathered hat, and flash her diamond earrings through the latest dance steps from Paris. No wonder the Colonial Dames are so fond of her.

The museum, at 421 East Sixth Street, New York City, is open weekdays from 10 to 4. Admission \$1 for adults, free for children under 12 and school groups who may call anytime for an appointment and a conducted tour. ■

house is a moot question, but they certainly owned it—sufficient reason for the Colonial Dames to call their headquarters the Abigail Adams Smith House. It is an affectionate name for a building that has stood up like a Trojan under one siege of remodeling after another.



Restored in the Federal style, the old coach house TOP, is now a little mansion with very modern neighbors. Entrance hall, LEFT, once housed gigs and broughams; the south parlor, ABOVE, is a collector's dream with its Hepplewhite, Chippendale, and Queen Anne cabinetry.



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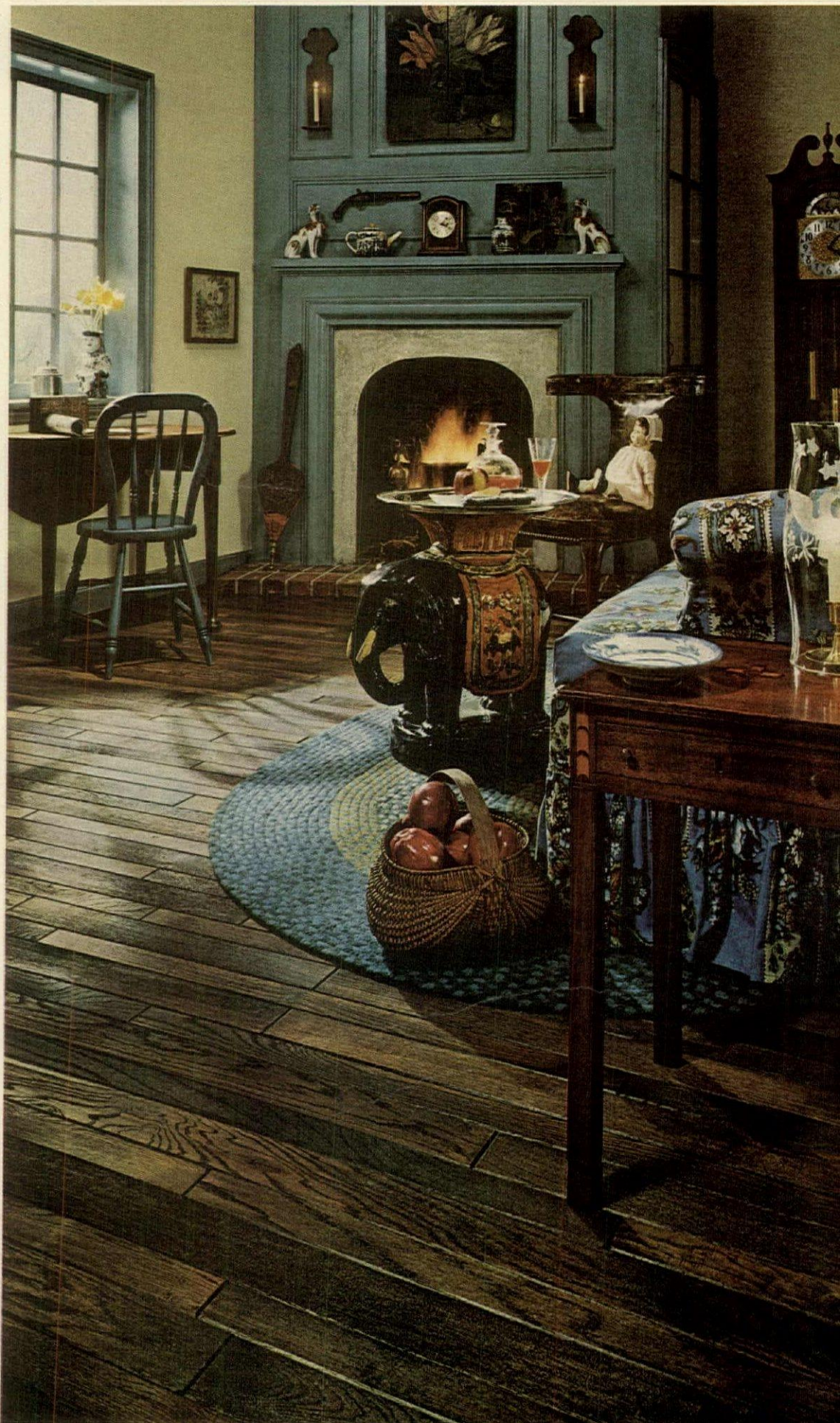
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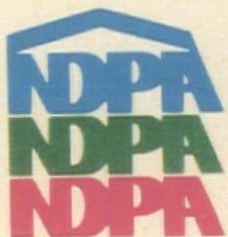
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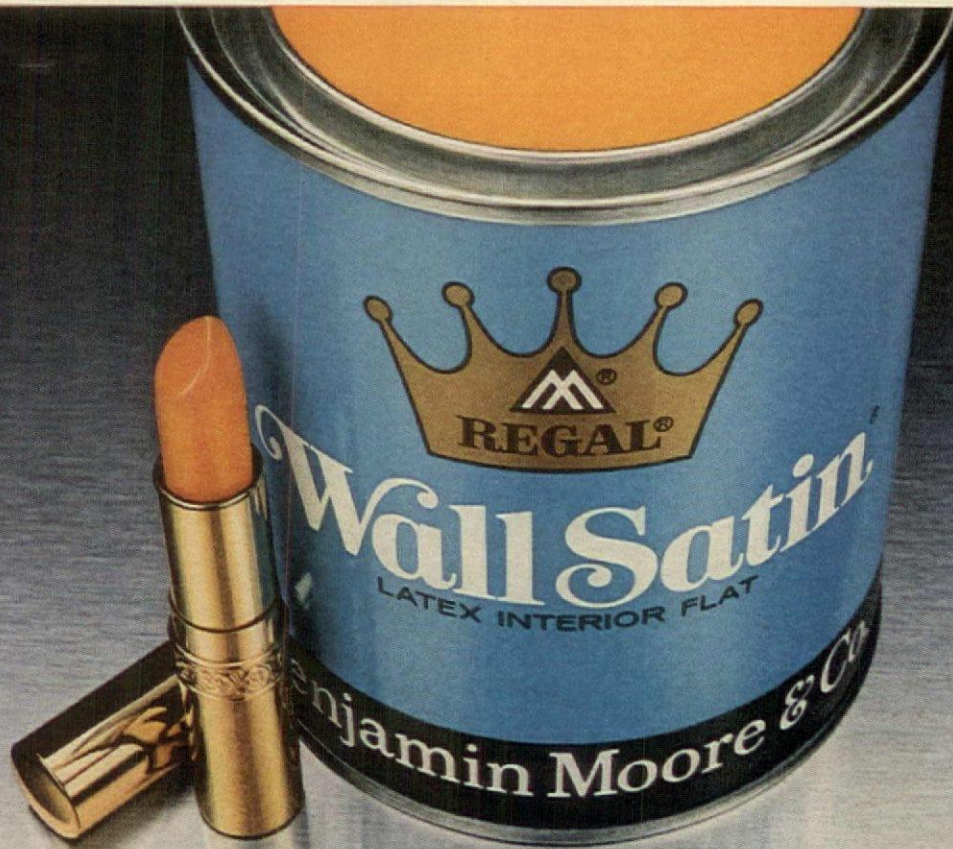
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 Rosenthal's Home Product Center
 Vinci's Paint Store, Inc.
ELGIN
 Valley Paint Stores (2 Locations)
ELK GROVE VILLAGE
 Grove Paint & Wallpaper
EVERGREEN PARK
 Bergman Paint & Wallpaper Stores
 Southtown Paint & Wallpaper Co.
FREEMONT
 Newberry's Wallpaper & Paint Co.
GALVA
 Miller's Paint and Wallpaper
HANOVER PARK
 Hanover Paint & Wallpaper
HENRY
 The Paint Store
HIGHLAND PARK
 Lakeside Glass & Paint Co.
JOLIET
 Harvey Dahlen Paints
 Joliet Paint & Wallpaper Company
KANKAKEE
 D & D Paint Sales
KEWANEE
 Gustafson's
LA GRANGE
 Decor-All
LIBERTYVILLE
 Color Corner Paints and Wallcoverings
MT. VERNON
 Dillon's Paint Store
MORTON
 Roecker's
NILES
 Morton's Wallpapers (5 Locations)
 C. Swenson & Co.
NORRIDGE
 Home Decorating Center
OAK PARK
 PPG Industries Paint Center
OSWEGO
 Oswego Home Decorating Center
PALOS HEIGHTS
 Bergman Paint & Wallpaper Stores
PANA
 Pana Paint & Wallpaper
PEORIA
 Born Paint Co.
 Roecker's (3 Locations)
QUINCY
 Henry G. Garrelts & Sons
RANTOUL
 Wood's
ROCHELLE
 Maxson's Paint Store
ROCKFORD
 Colorama Paint & Wallpaper
ROCK ISLAND
 Huber Paint & Wallpaper Co.
ST. CHARLES
 Foster's Wallpaper & Paint
SKOKIE
 Skokie Paint & Wallpaper Co.
SPRINGFIELD
 George Edw. Day Sons Co.

TINLEY PARK
 Bergman Paint & Wallpaper Stores
 Deluxe Decorating Center
WALNUT
 GBH Home Center
WAUKEGAN
 Nagode Paint & Wallpaper
WHEATON
 Jim's Paint Patio
WOODSTOCK
 Lloyd's Paint 'n Paper
ZION
 All's Paint & Wallcoverings

INDIANA
BLUFFTON
 Liby Paint & Wallpaper Store
CARMEL
 Carmel Wallpapers
COLUMBUS
 Neal Paint & Wallpaper Co.
 South Central Paint & Supply
EAST CHICAGO
 Maynor Paints
 Universal Glass & Paint Co.
ELKHART
 Garbers Home Decorating Centers
 Rollie Williams Paint Spot, Inc.
EVANSVILLE
 Broadway Hardware
 Draperies Ltd Incorporated
 Gehlhausen Bros., Inc.
 Red Spot Paint & Varnish Co., Inc.
 (2 Locations)
GARRETT
 Seifert Paint & Wallpaper
GOSHEN
 Garbers Home Decorating Centers
HAMMOND
 Scott's Paint City
 Smith Paint & Supply, Inc.
HIGHLAND
 Scott's Six Service
HUNTINGTON
 Juergens Paint & Hardware Co.
INDIANAPOLIS
 Paint Palace Inc.
 Suburban Paint & Supply
LA PORTE
 C. Murphy Paint & Glass
 Zimmerman Paint and Glass Co.
MICHIGAN CITY
 C. Murphy Paint & Glass
NEW CASTLE
 Foust Lumber & Building Supplies Inc.
PRINCETON
 Keith's Home Decorating Center
SOUTH BEND
 C. E. Lee Co. (5 Locations)

IOWA
CARROLL
 Joe's Paint Center
CEDAR RAPIDS
 Kennedy Paint Co.
DUBUQUE
 Tri-State Paint & Wallpaper Co.
ESTHERVILLE
 Hall's Decorating Center
IOWA CITY
 McCormick Paint & Wallpaper Center
 Pittsburgh Paints Home Decor Center
 Stillwell Paint Store
MARION
 Fashion-Par Painting & Decorating
MUSCATINE
 Red Paint Store
OSKAHOOSA
 Mathew Lumber Co.
SHELDON
 Vogel Paint & Glass
STORY CITY
 Ken's Paint and Floors

KANSAS
CHANUTE
 Orr's Color Center
HAYS
 Robinson Color Center
JUNCTION CITY
 Dean's Decorating Center
LAWRENCE
 K & M Decorating Center, Inc.
LEAVENWORTH
 The Paint Pot
PRATT
 Pratt Glass Co., Inc.
SABETHA
 Stoller Interiors
SALINA
 Huntsingers Decorating Center, Inc.
 Redeker's Davis Home Decorating Center
WICHITA
 Miller's Inc.

KENTUCKY
COVINGTON
 Frank Hagedorn Paint Co.
HENDERSON
 Homecrafters Paint & Glass Co.

MOREHEAD
 Keeton Paint & Wallpaper Supply
NEWPORT
 Foy-Johnston Paint & Wallpaper
OWENSBORO
 Foy-Johnston Paint & Wallpaper
 Red Spot Paint & Glass Co.
PADUCAH
 Red Spot Paint & Glass Co.
PARIS
 Daugherty Paint & Supply
VERSAILES
 Dawson's Decorating Center

LOUISIANA
BATON ROUGE
 Cardinal Paint & Decorator Center, Inc.
 Sherwin-Williams Decorating Center
MINDEN
 Warren's Carpet & Paint Center
NEW ORLEANS
 Helm Paint & Supply Inc.
 Walther Paint Co., Inc.

MAINE
BANGOR
 Kavanaugh's
BRIDGTON
 Bridgeton Paint & Paper
GARDINER
 Mattson Paint & Wallpaper
KENNEBUNK
 Kennebunk Home Decorating Center
NORWAY
 V. H. Ashton Co.
PORTLAND
 Colonial Wallpaper & Shade Co., Inc.

MARYLAND
ANNAPOLIS
 Duron Paints & Wallcoverings
ARLINGTON
 Duron Paints & Wallcoverings
BALTIMORE
 Duron Paints & Wallcoverings
 (6 Locations)
 Fleming and Sheeley, Inc.
 Budeke's Paints Inc.
BEL AIRE
 Duron Paints & Wallcoverings
 Harrison's Paint Center
BLADENSBURG
 Duron Paints & Wallcoverings
BOWIE
 Duron Paints & Wallcoverings
CAMBRIDGE
 Burch Paint and Glass
CHEVY CHASE
 Butler-Flynn Paint Company, Inc.
 Duron Paints & Wallcoverings
COLUMBIA
 Duron Paints & Wallcoverings
DISTRICT HEIGHTS
 Duron Paints & Wallcoverings
DUNDALK
 Duron Paints & Wallcoverings
FREDERICK
 Duron Paints & Wallcoverings
GLEN BURNIE
 Duron Paints & Wallcoverings
KENSINGTON
 McIntire Hardware Co.
LANHAM
 Duron Paints & Wallcoverings
 National Paint & Decorating Centers
LAUREL
 Duron Paints & Wallcoverings
LUTHERVILLE
 Duron Paints & Wallcoverings
MARLOW HEIGHTS
 Duron Paints & Wallcoverings
OXON HILL
 Duron Paints & Wallcoverings
RANDALLSTOWN
 Duron Paints & Wallcoverings
REISTERSTOWN
 Carland's Paint & Wallpaper Inc.
 Duron Paints & Wallcoverings
ROCKVILLE
 Duron Paints & Wallcoverings
 Dyer Brothers Inc.
SALISBURY
 Burch Paint & Glass Co., Inc.
 Hinman-Cooper
SILVER SPRING
 Duron Paints & Wallcoverings
WHEATON
 Duron Paints & Wallcoverings
 National Paint & Decorating Centers

MASSACHUSETTS
ARLINGTON
 Norfolk Wallpaper Inc.
BRAINTREE
 Braintree Paint & Wallpaper
BURLINGTON
 Burlington Paint & Wallpaper Co.
CLINTON
 Copenrath's Color Center

FALL RIVER
 American Wallpaper Co., Inc.
FALMOUTH
 McDonald's
FRANKLIN
 Paint N Paper Shop Inc.
GREAT BARRINGTON
 E. Caligari & Son
HOLYOKE
 S. Marks & Co., Inc.
HYANNIS
 Lloyd's Norfolk Paint Store
JAMAICA PLAIN
 Allied Decorating Center
NORTH READING
 Spartan Paint & Supply, Inc.
PITTSFIELD
 C. M. Farrell & Son, Inc.
SPRINGFIELD
 H. L. Ross Co., Inc.
STONEHAM
 Spartan Paint & Supply, Inc.
THREE RIVERS
 J. Belanger Associates
VINEYARD HAVEN
 W. G. Manter Co., Inc.
WESTBORO
 Magic Decorating Center
WEST SPRINGFIELD
 Standard Paint & Wallpaper Co.

MICHIGAN
BANCROFT
 Harcek Wallpaper & Paint
BATTLE CREEK
 Hendricks House of Color
BAY CITY
 Bay Paint & Wallpaper, Inc.
BIG RAPIDS
 The Back Room
BRIGHTON
 Keith's Decorating Center
CADILLAC
 Moore's Paint & Wallpaper
CHARLOTTE
 Johnson's Paint & Floor Covering
CLAWSON
 Decor International
DEARBORN HEIGHTS
 Kent's Decorating Centers
DETROIT
 Craigie Paint Co.
 Eastown Paint & Wallpaper
 Keith's Decorating Center
 Kent's Decorating Centers
 Lott Wallpaper & Paint Co.
 Mayesky Paint and Hardware
 Midwest Paint & Color
 Morang Paint Center
 Mueller Paint Co.
 The Paint Booth
EAST DETROIT
 Walby's Paint Center
ESCANABA
 Swiland Paint Store
GRAND HAVEN
 John Seven Paint & Wallpaper Co.
GRAND RAPIDS
 Helmholdt's Home Decorating Center
 John Seven Paint & Wallpaper Co.
GROSSE POINTE WOODS
 Eastown Paint & Wallpaper
HASTINGS
 Color Center
HOLLAND
 Color House, Inc.
 Helmholdt's Home Decorating Center
 Repco-Lite Paint Stores (2 Locations)
HOUGHTON
 Merrill's Paint Store
HOWELL
 Shippy's Color Center
IRONWOOD
 Van Wyke Decorators
JACKSON
 John Seven Paint & Wallpaper Co.
JENISON
 John Seven Paint & Wallpaper Co.
KALAMAZOO
 Douglas & Son Inc.
 J & J Paint & Glass Co.
 Koopsen Paint & Wallpaper Co.
KINGSFORD
 Nelson Paint Company
LANSING
 Calkins Paint Company
 Knapp's Capitol Ave.
 Roberts Wallpaper & Paint Co.
 Silver Lead Paint Co. (4 Locations)
LIVONIA
 Rego's Decorating Center
MT. PLEASANT
 Klein's Wallpaper & Paint
MARQUETTE
 Marquette Wallpaper & Paint
MONTAGUE
 Tabor's Carpet Acres
MUSKOGON
 John Seven Paint & Wallpaper Co.
NEW BALTIMORE
 Paint 'N' Paper Plus, Inc.
NORTHVILLE
 Pease Paint & Wallpaper Co.
 (2 Locations)
ORCHARD LAKE
 Bloomfield Decor, Inc.
PLYMOUTH
 Pease Paint & Wallpaper Co.
PONTIAC
 Pat Lally House of Color (2 Locations)
ROCHESTER
 Rochester Glass Service, Inc.
ROYAL OAK
 Doo-It Store, Inc.
SAGINAW
 Suggia's Wallpaper & Paint
 Northeastern Paint Supply Inc.
 Uloth's, Inc.



Your sun-room has taken a backseat in your home for a long time. You can add lively excitement with just a new Congoleum Cushioned Shiny Vinyl floor and a little imagination...

Enjoy the difference only Congoleum® can make

The colorful, no-wax comfort of Cushioned Shiny Vinyl®

Congoleum Cushioned Shiny Vinyls can really warm up your cold sun-room. With unique designs like this new sunburst effect, from our exciting "Now Floor"™ collection. Because no matter what your taste — or price range — Congoleum has a Cushioned Shiny Vinyl to match. We offer nearly 500 colorful patterns; the carefree convenience of Shiny Vinyl (the original no-wax floor that lets you shine when you wish); plus the soft, warm, quiet comfort of cushioning.

To complete your new look, add a coat of bright white paint, and trim baseboards and ledges in tangy lime green. Slipcover your sofa and chairs, stuff 'n stitch colorful throw pillows, and hang your favorite leafy plants.

And that's all there is to it. Congoleum Cushioned Shiny Vinyl is the one change — that changes everything! Begin your changes with our new booklet "Focus on Floors... A Consumer's Guide to Resilient Flooring". Send 50¢ to Consumer Service Dept., Congoleum Industries, Inc., 195 Belgrove Drive, Kearny, New Jersey 07032. Write today — and see for yourself the enjoyable difference only Congoleum can make!

(Continued on page 54)



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prepare today... redecorate tomorrow

and save time, effort and money
with Savogran Specials during
National Home Decorating Month.



FAST Wallpaper Remover. Solution penetrates quickly, softens old paste fast. Excellent for cleaning old paste from stripped walls.

TILE GROUT Waterproof Cement. For repairing and restoring bathroom, kitchen or any ceramic wall or floor tile. Dries white, stays hard.

PBC DEGLOSSER Cleaner. Conditions surfaces before refinishing. Use it on furniture, woodwork, walls, floors, ceilings or exterior work before repainting.

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decorating products store
at special prices.

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Norwood, MA 02062



VISIT YOUR DECORATING
PRODUCTS DEALER TODAY.

(Continued from page 52)

SOUTH HAVEN
Frank's Glass Co.

STEVENSVILLE
Glenford Home Center

STURGIS
Bandholtz Paint Mfg. Co.

WAYNE
Midwest Paint & Color

WESTLAND
Wolverine Paint & Wallpaper

WYANDOTTE
Hood's Paint & Wallpaper

MINNESOTA

ALBERT LEA
Sullivan Paint Co.

ANOKA
Dowdell Paint & Wallpaper

APPLE VALLEY
Halvorsen Paint & Wallpaper

AUSTIN
Austin Paint & Wallpaper

BEMIDJI
Design Interiors

BLOOMINGTON
Hoffer's Inc.
Nelson-Wiebeko Decorating Center

DULUTH
Lakeview Paint & Wallpaper
St. Germain's

EXCELSIOR
Paul Stans Color Center

FAIRMONT
Stromberg-Olson Paint

MANKATO
Jos. Manderfeld Co.

MINNEAPOLIS
Gronseth Paint & Wallpaper
Gustason's Paint & Wallpaper
Hirshfield's (4 Locations)
Honn Paint Supply Co.

NELSON'S WALLPAPER & PAINT (5 Locations)
Peacock Decorating Center
Savitt Bros., Inc. (6 Locations)

MOORHEAD
Moorhead Linoleum & Tile Co.

NEW HOPE
Nelson's Wallpaper & Paint Co.

ROCHESTER
Decorator's Post
Pittsburgh Paint Center
Struve Paint Shop

ST. CHARLES
Ask Paint Shop

ST. CLOUD
Dlindorf Paint & Wallpaper Co.
Woderow's Paint

ST. PAUL
Arcade Paints
Elvgen Paint Supply Co.
Hirshfield's
Interior Planning Inc.
Swanson's

SOUTH ST. PAUL
Larson's Decorating Center

THIEF RIVER FALLS
Paint and Glass Supply

VIRGINIA
Range Paint & Varnish Inc.

WHITE BEAR LAKE
Engen's Color Center

MISSISSIPPI

CLARKSDALE
Owens Floor Service

INDIANOLA
Sunflower Lumber Company

JACKSON
Paint Bucket Decorating Center
(2 Locations)
Seabrook Paint Co. of Miss. (3 Locations)
Wilson-Geyer Co., Inc.

MISSOURI

CLAYTON
Brod-Dugan Co.

CLINTON
Coleman's Davis Paint

CRESTWOOD
Brod-Dugan Co.

CREVE COEUR
Brod-Dugan Co.

DES PERES
West End Decorating Center

JENNINGS
Brod-Dugan Co.

KANSAS CITY
Sears Davis Paint & Home Remodeling

KIRKSVILLE
Beards
House of De Cor

LEBANON
Crow Paint & Glass Co.

LEE'S SUMMIT
Conrod's Decorating Center

MALDEN
Fields Paint & Wallpaper Co.

MANCHESTER
Strothkamp Bros. Decorating Center

ST. CHARLES
Home Supply Center

ST. JOSEPH
Monty's Decorating Center

ST. LOUIS
Boruff-Reding Paint & Wallcovering
Brod-Dugan Co.
Pearl Paint-Wallcovering Stores
(2 Locations)
Phelan Faust Paint Mfg. Co.
(4 Locations)

INTERIORS BY REINEKE
Reineke Wallpaper and Paint Inc.
The Sherwin-Williams Co. (2 Locations)

SPRINGFIELD
McCurdy Paint Stores (2 Locations)

WARRENSBURG
Coleman's Davis Paint
Lohkamp's Paint & Wallpaper

MONTANA

GREAT FALLS
Hoffer's Inc.
Village Decorating Center Inc.

HELENA
Columbia Paint Decorating Center
McKelvey Paint and Decorating

MISSOULA
Jay's Color Center

NEBRASKA

CHADRON
Rapp's Decorating Center

COLUMBUS
Pat's Store for Homes Inc.

FAIRBURY
Gaughenbaugh's Home Center

OGALLALA
Sherich's Hardware

NEVADA

LAS VEGAS
Corb's Handyman & Unfinished Furniture
George Garrett's Interiors Inc.
Vegas Paint Co.

RENO
The Wright Paints & Dec. Center

NEW HAMPSHIRE

BEDFORD
George Goedacke & Son

GOFFSTOWN
Pollard's Dept. Store

KEENE
Clesson's Color Center

PORTSMOUTH
F. A. Gray, Inc.

WOLFEBORO
Gene's Hardware

NEW JERSEY

BORDERTOWN
Mr. Hardware

CAMDEN
Haines Paint Company
Till Paint Co.

CHADWICK BEACH
Sea Bee Lumber

GUTTENBERG
William Ash Inc.

HADDON HEIGHTS
The Sherwin Williams Co.

KEARNY
Field Paints & Wallcovering

LAKEWOOD
Grebrow's Decorating Center

LAMBERTVILLE
C. A. Niece Co.

NEPTUNE CITY
Chambers Paint Pot

NEW PROVIDENCE
Color Fair, Inc.

NORTH HALEDON
Krug Home Center

PRINCETON
Morris Maple & Son, Inc.

RAHWAY
McDermott Paint & Wallpaper

SOMERS POINT
Miller Paint Center

SPARTA
Alpine Paint Centre

SPRINGFIELD
Paints Plus Papers, Inc.

WOODSTOWN
MacFarland Wallpaper & Paint

NEW MEXICO

CARLSBAD
Lehman Paint Store

CLOVIS
Triangle Home Center

SANTA FE
Big Jo Lumber Co. of Santa Fe

NEW YORK

AMSTERDAM
Sunflow-Ordyk Paints

AUBURN
Warden's Paint Headquarters

BINGHAMTON
H. C. Collier & Sons, Inc.
Daniels Paint & Decorating Co.
McCormick Paint & Wallpaper

BRONX
Big For Color Corp.
Big For Color Corp. (Riverdale)
Sunbeam Paint Co.
Wakefield Paint Fair

BROOKLYN
Crest Hardware
Goldsmith Paint Supplies
Klenosky Paint

CORNING
Cutler's Paint & Decorating

ELMIRA
Crusade & Cerio—Interiors
Crusade & Smith, Inc.

ELMONT
Elmont Paint & Wallpaper

FISHKILL
Fishkill Wallpaper & Paint Co.

FLUSHING
Alexander's Paint & Wallpaper

HOLLIS
Big For Color Corp.

JAMESTOWN
Carlsons Paint and Glass
Pearly City Paint & Glass

JOHN CITY
Paul's House of Color Inc.

LONG BEACH
Big For Color Corp.

LYNBROOK
Arcy Paint Co. Inc.

MT. VERNON
Top Paint Supply Corp., PPG Inc.

NEWBURGH
M. Raymond Rosenblum Inc.
Sandy's Paint & Building Sup.

NEW YORK CITY
M. Epstein's Son, Inc.
Janovic Plaza (2 stores)
S. Wolf's Sons

NIAGARA FALLS
Haeberte Paint Shop

PITTSFORD
Teschner's Paint & Wallpaper

POUGHKEEPSIE
Dutchess Color Center

ROCHESTER
R. C. Shaheen Paint Co. (3 St.)
Teschner's Paint & Wallpaper

SYRACUSE
Barney's Paint Headquarters
Empire Wallpaper & Paint Co.

TUCKAHOE
Tuckahoe Paint & Glass Co.

VALLEY STREAM
Valley—The Center For Home

WHITE PLAINS
C. R. Wallauer & Co.

WOODSIDE
Big For Color Corp.

NORTH CAROLINA

ASHEBORO
Rich's Interiors, Inc.

ASHVILLE
Holladay Paint & Carpet Co.

CANTON
Stone Paint and Wallpaper Co.

CHARLOTTE
Duron Paints & Wallcoverings
Pritchard Paint & Glass

DURHAM
Shaw Decorating Co., Inc.

GASTONIA
Pritchard Paint & Glass Co.

GREENSBORO
Duron Paints & Wallcoverings

HENDERSONVILLE
The Added Touch

HIGH POINT
Vick Paint & Wallpaper Co.

KINSTON
House of Fabrics

RALEIGH
Giant Decorator Store
Raleigh Paint & Wallpaper (2)

SHELBY
Shelby Paint & Glass Co.

WILSON
The Color Center

WINSTON-SALEM
Duron Paints & Wallcoverings

(Continued on p...

HOUSE & GAR...

Speed Painter

World's Most Versatile Painting Tool!

Speeds Painting 4 Ways!

Rolls paint on ceilings, floors, all flat areas... cuts into corners, rough and uneven surfaces... daubs and wipes paint on shingles, railings, fences, shutters, gutters, spouts... makes cinder block and asbestos siding painting easy. Inside, outside Speed Painter does it all!

- No tray needed!
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- Easy to clean!

You've got to use it to believe it!

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it works!

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Wallhide's exclusive *Microflo* process helps hundreds of bright *Wallhide* colors glide on smooth 'n easy. Then they dry

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So fingerprints, smudges and dirt wipe away without harming that beautiful "just painted" glow. Washing after washing.

Which means a wall painted with *Wallhide* stays fresh 'til you're ready to change decor.

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Buy Ful-Stain at the paint dealer where you see the sign of O'Brien, Fuller-O'Brien, or Duralite.



VISIT YOUR DECORATING PRODUCTS DEALER TODAY.

(Continued from page 54)

NORTH DAKOTA

BISMARCK
Vantine's Paint & Glass Co. (3 Stores)
DICKINSON
Vantine's Paint & Glass Co.
FARGO
Dakota Plate Glass Company
Sherwin-Williams Co.
GRAND FORKS
Dakota Plate Glass Company
Grand Forks Glass & Paint
MANDAN
Vantine's Paint & Glass Co.
MINOT
Dakota Plate Glass Company

OHIO

ALLIANCE
Shem Paint & Wallpaper
BARBERTON
The Blind & Shade Shop
Ott's Decorating Center Inc.
BATAVIA
Batavia Paint and Wallpaper
CANTON
Canton Paint & Wallpaper, Inc.
The Flanagan & Nist Paint Co. (3 Stores)
Foy-Johnston of Canton, Inc.
CENTERVILLE
Jeffery's
CINCINNATI
Bolce Paint Centers (3 Stores)
Foy-Johnston Color Center
Foy-Johnston Paint Store
CLEVELAND
Paint & Pattern Centers
COLUMBUS
Blonder Wallpaper & Paint Co. (3 Stores)
The Color Center
COSHOCTON
Fisher Wallpaper & Paint Co.
DAYTON
Delscamp Paint & Glass Co. (2 Stores)
EDGERTON
Lutterbein Lumber Co.
ELYRIA
Horace Wallcoverings

GALION
Miller Paint & Wallcovering
GENEVA
Quality Home Furnishings
GREENVILLE
Lehman's Inc.
KENTON
Finney Glass & Paint
LAKEWOOD
Lakewood Paint & Wallpaper Co.
LANCASTER
Buchanan's Interiors
LIMA
Quinn Paint Center
LORAIN
Nelis Wallpaper & Paint Store
MT. GILEAD
R & H Decorating Center
MARIETTA
Tile Shop—Kitchens & Baths
MARION
The Marion Paint Co.
Wilhelm Wlpr. & Paint Co., Inc.
MIDDLETOWN
Roy A. White Co.
MONTGOMERY
Shepard Paint & Wallpaper Co.
NEW PHILADELPHIA
Kiser Paint Mfg. Co., Inc.
NORTHFIELD CENTER
Marvin Sommer Decorators
ORRVILLE
Martin's Store, Inc.
OTTAWA
Quinn Paint Center
PIQUA
The Piqua Paint Co.
RICHWOOD
Gill Paint and Wallpaper Co.
SALEM
Superior Wallpaper & Paint Co., Inc.
SANDUSKY
The Sandusky Paint Co.
SPRINGFIELD
Fazio Color & Carpet Shop
TIFFIN
Superior Paint & Supply, Inc.
TOLEDO
Kirchenbauer Paints & Wallcoverings
WAUSEON
Country Paint Store
WOOSTER
Fred J. Yoder's Home Decorating Center
YOUNGSTOWN
Century 21 Paint

OKLAHOMA

COALGATE
Phillips Lumber Company
LAWTON
Fowler's
NORMAN
Norman Paint & Paper
OKLAHOMA CITY
Allied Paint Center
Ferguson's Paint & Decorating
Hilcrest Color Center Inc.
PONCA CITY
A & A Paint & Paper Co.

OREGON

ALBANY
Smith Glass & Paint Service
BEAVERTON
Rasmussen Paints
CORVALLIS
Eliason's
EUGENE
Lorie Cross
Lakeview Building Material
GRESHAM
Gresham Decor Center
LAKE OSWEGO
House of Color
Lake Oswego Interiors
ONTARIO
Ontario Paint & Glass Co.
MILWAUKIE
Casey's Paint & Wallpaper
PORTLAND
Discount Wallpapers
Linoleum City Decor Center
ROSEBURG
Village Paint & Wallpaper
SPRINGFIELD
Drapey Boutique
WEST LINN
Unique Wallcovering Shoppe

PENNSYLVANIA

ALLENTON
The Sherwin-Williams Co.
BEDFORD
Hershbeger's Paint & Wallcovering
BETHLEHEM
Karjen Decorators
Stanley Paint Center
DREXEL HILL
Duron Paints & Wallcoverings
EPHRATA
Pike's Paint & Wallpaper
ERIE
Colonial Paint & Wallpaper
Al Gardner & Bud Faulhaber
Padden's
GIBSONIA
J. C. Williams Wallpaper & Paint Co.
GLENSIDE
National Paint Center of Glenside
GREENSBURG
Cook Lumber Co.
HARRISBURG
Duron Paints & Wallcoverings
Susquehanna Oil & Paint Co.
HERSHEY
Aumen's Paint & Wallpaper Store
HONESDALE
The Pratt Store
LANCASTER
Duron Paints & Wallcoverings
Grauers Paint & Wallpapers
LEMOYNE
Duron Paints & Wallcoverings
MILTON
Builder's Associates Decorating Center
& Supply
MURRYSVILLE
"Anderson's" Murrysville Wallpaper
& Paint
NORTHAMPTON
Northampton Panel-Mart
PITTSBURGH
"Anderson's" Wilksburg Paint
& Supply
Penwood Paint & Supply Co.
Sternberger Paint Co.
Wall Coverings, Inc.
PLEASANT HILLS
Miller's American Hdwe.
READING
H. E. Glosser
SEWICKLEY
Abercrombie's Wallpaper
TITUSVILLE
Sloan Bros. Paint & Glass
TOWANDA
Kings
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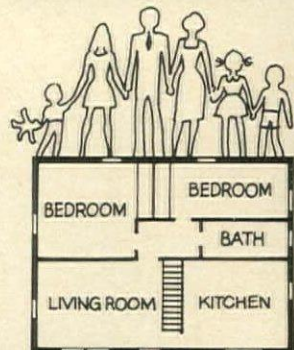
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(Continued on page 57)

THREE BEDROOM FAMILY IN A



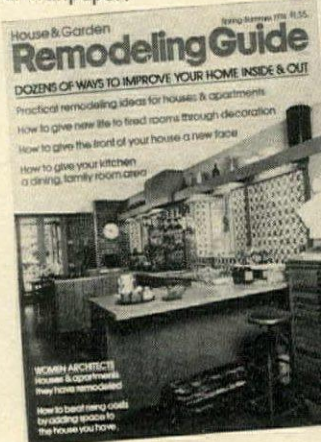
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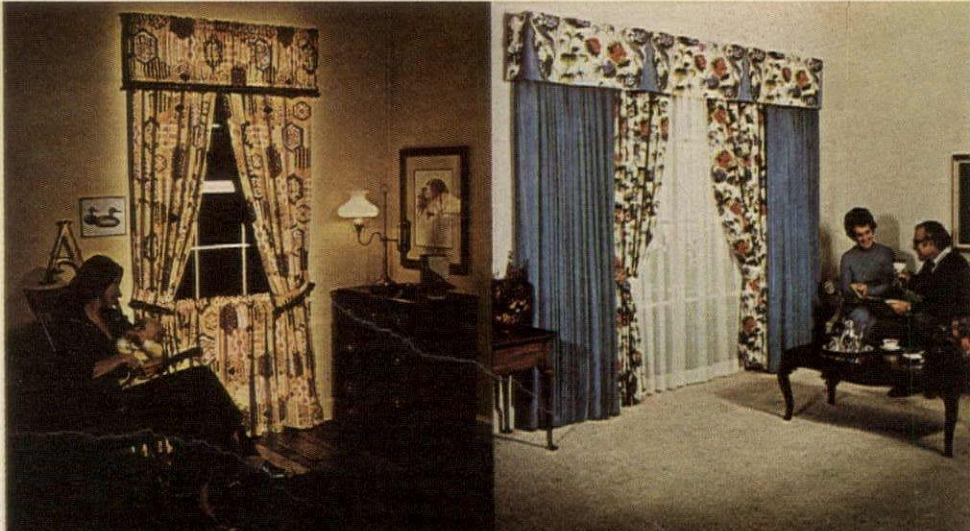
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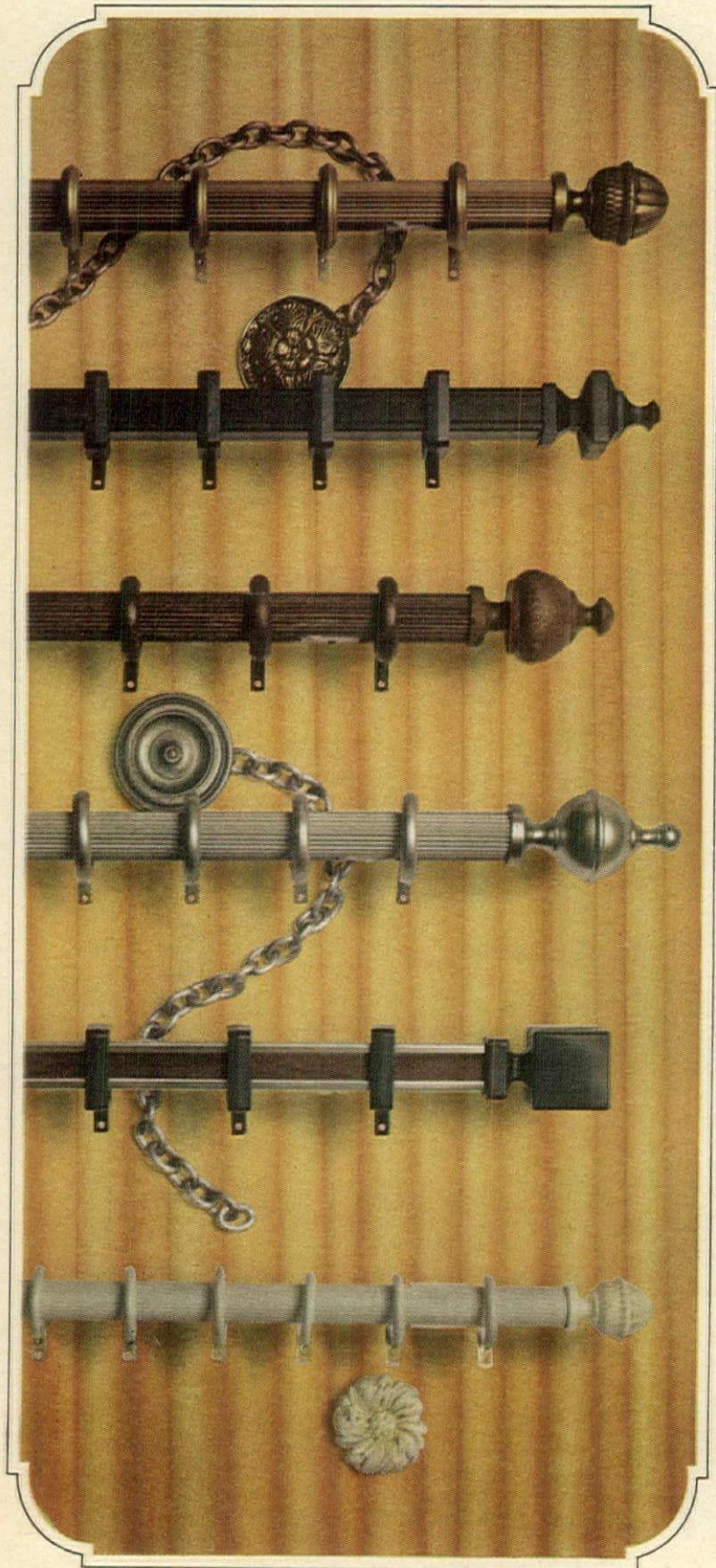
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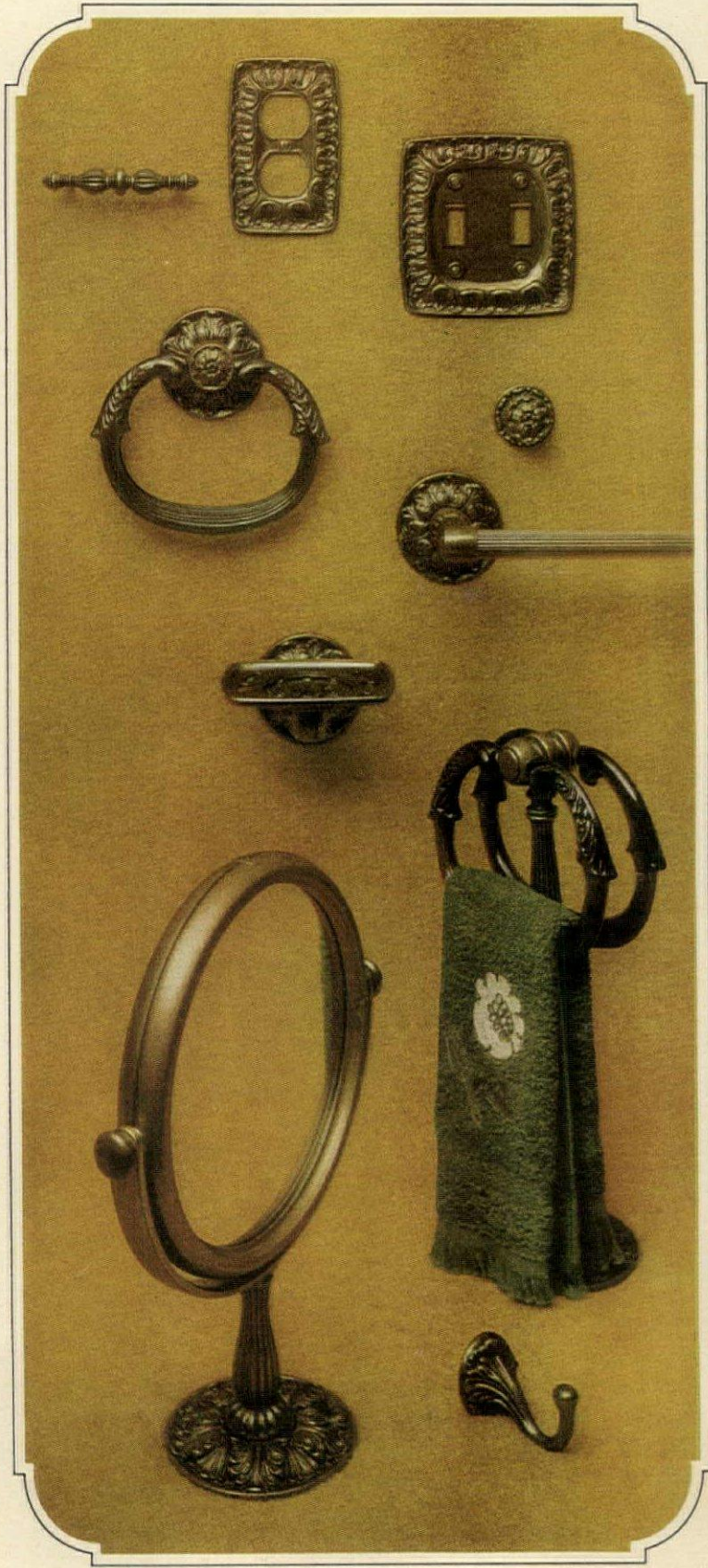
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“Through handcrafts . . . you can make something beautiful happen every day . . .”

One of our greatest needs today is to be able to express ourselves as individuals. And creative crafts offer an invaluable chance to do this. No wonder, then, that twice as many schools list courses in crafts today compared to five years ago and double the number of craft shops and galleries appear in the American Crafts Council's directory. New crafts are emerging or reemerging.

Because few of us today are involved with the beginning, the middle, and the end of anything, the handcraft, which demands this total participation, can bring balance to our lives, says Dr. Donald Wyckoff, President of the American Crafts Council. “We acknowledge the importance of the doing, not only the result. So even the modest results of creative efforts can be an unbelievable individual reward. You don't need any outside reinforcement to give you a feeling of satisfaction and achievement.”

If handcrafts lead us to discover individual talents, they also contribute to a vital environmental objective. Through them, we can make every day beautiful. “Why wait for something to happen tomorrow,” Donald Wyckoff reflects. “There has to be something beautiful about being alive today. We seem to overlook what we're able to do for ourselves at the moment. We're always preparing—in kindergarten for first grade, in high school for college, in college for a job. . . . There is preoccupation with future expectations all the time. Meanwhile beautiful things are being missed, experiences are being lost.” When beauty is created immediately, through our own craftsmanship, we adopt a new optimism toward everything, we see a way to living, rather than just existing. And so we move eagerly toward individualism. “It used to be that the person who asked a question or dared to be different was disciplined,” Donald Wyckoff goes on, “but now we all sense change is in the air. If you suddenly create something on a potter's wheel or a loom, you will be less concerned about conforming—to an established pattern of dress, conversation, or living. Your whole attitude changes.”

We have reached a point where individuality has become

almost a consumer force. We rejoice in one-of-a-kind objects, furniture, things to live with that are unique, knowing that the individual human piece of work, in its very *difference*, has a depth, a special validity and meaning.

This issue, in fact, is all about this uniquely personal way of life. Handcrafts to make your house different. We show you how to use your imagination with sheets—a versatile fabric you can use for decorating—on walls, inside closets, for curtains, quilted to make bedcovers, for window shades, tablecloths, and slipcovers. Ten pages, starting on page 62, five completely different rooms, some with double or even triple purpose. A craft that has reemerged is the painted floorcloth, something that evolved in our country during the 18th century when rugs were scarce. Leonard Crewe, Jr., has revived it in Maryland. See his restored 1734 guesthouse with floors covered with marvelously varied painted cloths, page 72—the venture brought him a new business interest, too. Douglas Kahn and Stephanie Mallis Kahn are craftsmen in a uniquely modern way. Look how they wrap a city apartment in carpet, page 80. Lesley Blanch, traveler, author, and biographer, has given her house, page 96, the magic of the East—lovingly planned a Turkish hood over the fireplace, and painted a kitchen cupboard. Her very personal background, she says, “has come with the living.” Whereas Roger Wohrle's, page 82, has come with the growing. His incredible made-over greenhouse is complete with pool and fireplace so he can enjoy a subtropical life even when it snows outside in New Jersey. Flowering vines, orchids, and masses of exotic plants and trees plus a fish pond are his natural decorating tools.

One of the subtle benefits of doing something with your hands, whether making an afghan, creating a garden, or a batch of cookies, Donald Wyckoff explains, is a certain amount of power you feel you have by yourself.

“All phases of
the craft experience
have integrity,
honesty, and reality—
qualities we
especially want to
draw into
the framework of
living today”



Decorate-it-yourself with easy-does-it crafts

How bedrooms double their delights for living

HORST

What makes a cozy bedroom? Mostly all the things that are intimately yours, things you love; and why not have the most personal room the favorite place to be? A bedroom can be more than a place to sleep—you can turn it into a new way of looking and living—another place to entertain, to have a guest room that doubles as a second sitting room, or one extending into a garden, an artist's studio-living room, or even a whole environment for one-room life. Decorating a bedroom for double or triple-duty is what these pages are all about. New sheet patterns are the dazzlers, and there are lots of things you can make to give your bedroom a new lease on living.

A bright toile patterns the walls, curtains the bed nook, settles onto cushions, and makes a cloth for the round table. The look is old-world brought up to date, and what a sparkling way for sheets to decorate a whole room: The bed alcove, *above*, is a banquette for guests, piled with heaps of pillows. Wicker chairs circle the table, a wonderful, comfortable way to dine. Zigzag afghan, *see inset far right*, covers an ottoman for extra seating, warms the same alcove when it's turned into a bed, *far right*. A wooden table doubles as a night stand and serving table, is painted with gay calico bands. Great storage ideas are cabinets on either side of bed holding all extras, and, for even more storage, various sized boxes, covered in wallpapers. Designed by William Hodgins of Boston using "Toile Country" sheets by Martex. Wallpapers, Karl Mann. Clock-radio, Hitachi. Calico painted table by Luis Molina. Afghan by Linda Rath. See page 124 for how to paint table and crochet afghan. Painting by Calvert Coggeshall at Betty Parsons Gallery. Shopping information, page 121.





Bright toile
in a bedroom-
dining room





Floating bed, *opposite page*, faces the sofa just as happily as opposite fireplace, all with help of down-the-middle bolsters that divide seating space. Sofa, *above*, is outlined with jumbo welting, a good way to accentuate shape; ball feet are upholstered. To cover ball foot with fabric: Cut circle 4 inches larger than diameter of foot. Sew running stitch around circle 1 inch from edge; line with fiberfill, gather up over ball, arrange fullness so most is hidden.



Tack to sofa. Screen, *right*, by Luis Molina is painted with blossoms in a scale larger than sheet pattern. To copy a printed fabric, have photostat made, enlarged to desired scale. Cut around design, place on surface and trace before painting. To make an ottoman, have 1/2-inch plywood cut 26 inches square for top; four sides of base measure 8 inches high by 26 long. Nail together in a box. Staple polyester fiberfill over base, upholster. Separate cushion is foam cut to size, wrapped with fiberfill, slipcovered. The cushion can then be tacked to its base with tailor's thread.

BEADLE

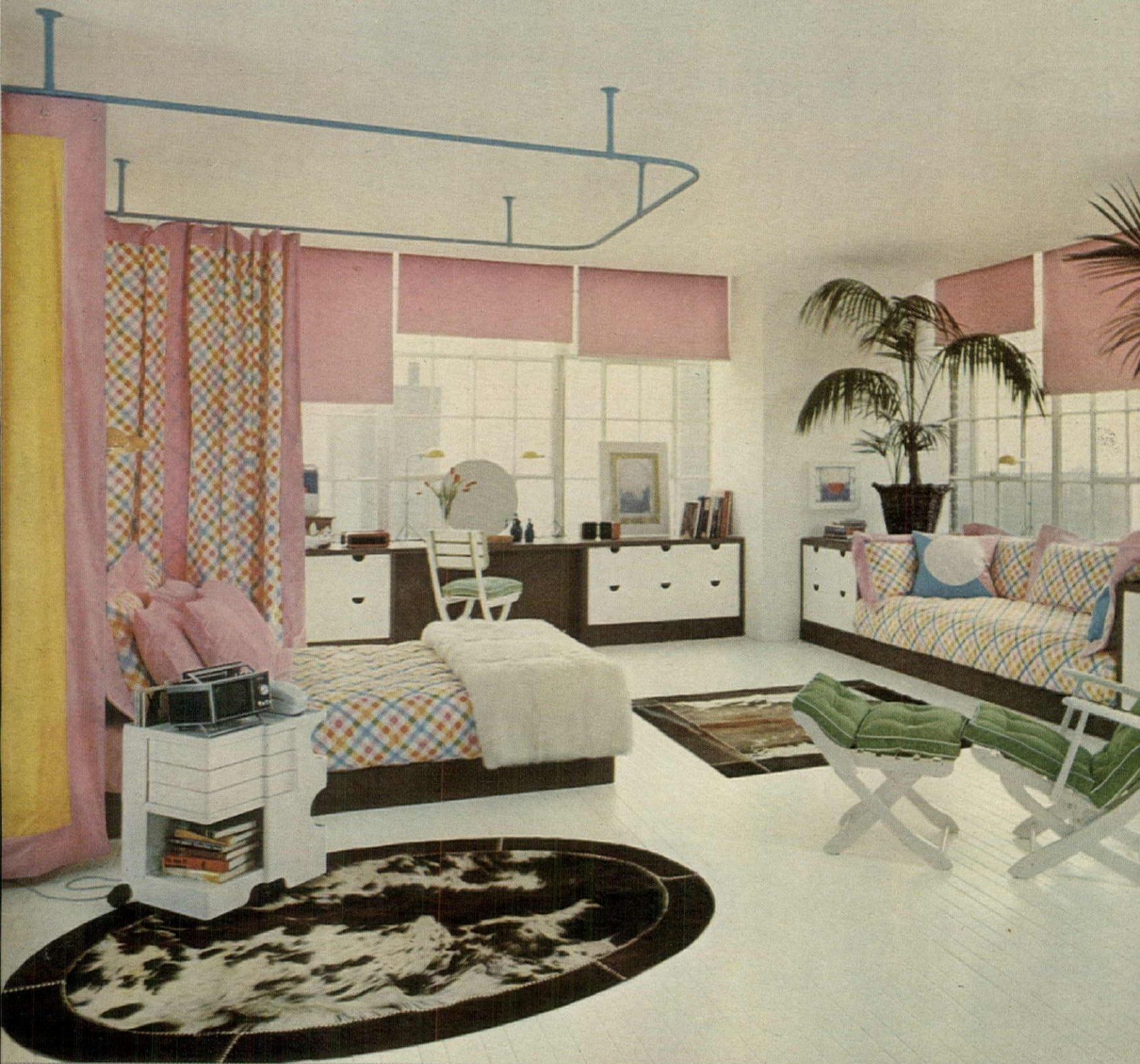


What looks like the most comfortable sofa ever is really a queen-sized bed, a floating island that bridges an artist's studio-living room and is the great nucleus for the world that revolves around. Bed looks both ways for seating—into fireplace wall and in opposite direction—the trick is big bolsters end-to-end right down middle of bed, piled with pillows on both sides. The rest of seating is accomplished with ottomans easily pulled and according to number of guests. Light lacquered tables add to mobility; the rest is pared-down living, with lamps like sculptures, willowy greens pattern walls. The artist works by window, *below*. By night, *opposite page, far left*, bed is oasis of white blossoms on pale colored sheets and pil-lases. Same sheet pattern covers ottomans, sofa, and is translated in a bigger scale for screen. Designed by Robert Perkins using "Plum Blossoms" era for Burlington Domestics. Painting by Richard Giglio. Gray chintz of Dacron and cotton by Lanscot-Arlen. Shopping information, page 121.

Decorate-it-yourself with easy-does-it crafts

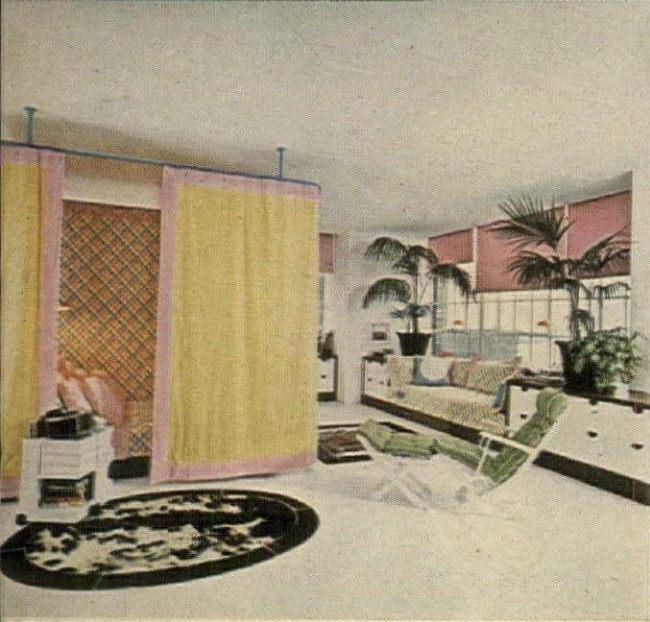
Soft focus colors in a studio-living room



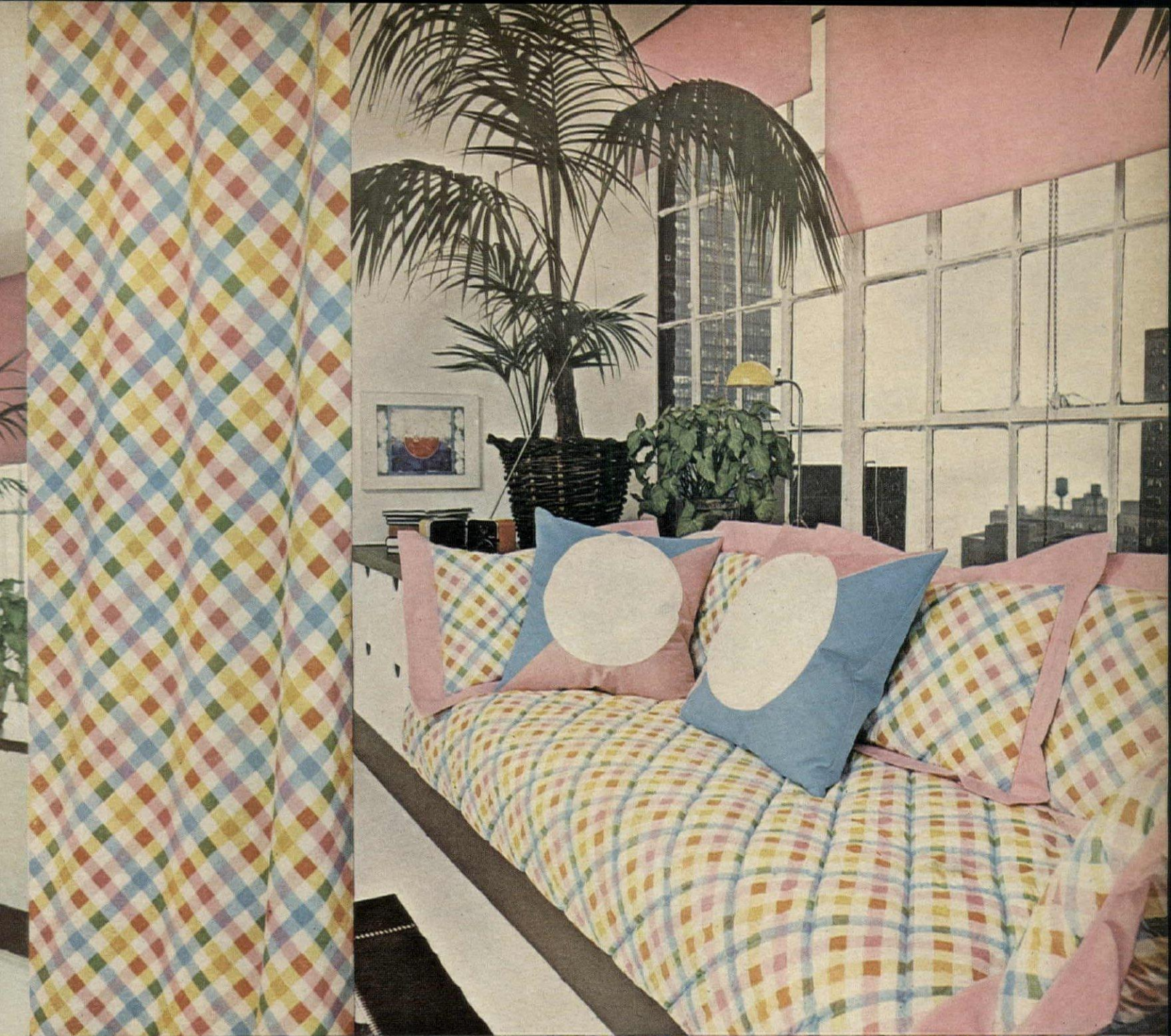


Decorate-it-yourself with easy-does-it cr

Fresh country plaid for-all-in-one room livi



A wonderfully expansive feeling, cheerful and young, seems to pervade the great open of one-room living, geared to convenience and ease. Storage boxes with pull-out drawers the room outlining its perimeters and holding everything in order. The bed is a corner hav curtained for privacy. Circling curtains are made just like shower curtains, attached to the rod with hooks. (Rod comes from a hospital supply company.) *Opposite page, bottom right* entirely enclosed. Seating platform, *opposite page*, is actually a single bed mattress, quilted for comfort and plumped with soft pillows. The graphic pillows are two triangles and a circle. E rections to make these and the bed curtains, see page 124. *Opposite page, bottom left*: A coun make-up or typing. Garden chairs pull around, can be folded up. Designed by Ronald and V Borus using "Carousel" plaid and solid-colored sheets by Cannon. Laminated window shades o brant Pink" sheets, using Stauffer's Tontine "Tri-Lam" shade cloth. Details, page 125. Chair ottoman by Triconfort. Harmony rugs. Rolling table by Inter/Graph. Drawings by Alexandra



Decorate-it-yourself with easy-does-it crafts

White flowers on pale pastels in a bedroom-sitting room



Charming white flowers trace the softest pastel shades of apricot, lavender, and mint, bringing a wonderful light airiness to a bedroom-sitting room. The sofa that becomes a bed, *opposite page*, is unexpectedly ruffled. By night, *top*, it is cozied with a quilt and more ruffles. To slipcover a sofa bed, turn to page 125. Curtains, *above*, are single sheets sewed together with an interlining and buckram stiffening at top. The 13-inch ties are sewed 8 inches apart, and when tied to curtain rod, they create the curtain's fullness. To make ruffled pillows, *right*, turn to page 125. Batik covered cube with tray top, *opposite page, far right*, by Karl Springer. To cover your own cube with fabric, see page 126. "Crystal Bough" sheets by Springmaid. "Hide-a-Bed" by Simmons. Selig chair and ottoman. Lord & Taylor chest. Quilt, W&J Sloane. Mantel and fireplace equipment, Edwin Jackson. Graphic by Leon Polk Smith at Galerie Denise René. Shopping information, page 121.







The garden beyond, *top left*, raised three steps higher than the living space, is easily accessible through the sliding glass side door. Crocheted afghan, *top right*, has squares of vivid colors, finished off with a scalloped border. For afghan directions, please turn to page 126. The quilted pillow, *above left*, inspired by an Amish quilt, is about 20 inches square. The backing and 3-inch border is khaki colored cotton, next is 1¼ inch band of green. There are three blue and three pink stripes, each 2 inches wide. Cut the pieces for the front of the pillow, allowing for ½-inch seams. Machine-stitch together, then quilt on the diagonal, by hand or machine, in 2-inch squares. Cut out fabric for the pillow backing, seam to front, leaving one side open for stuffing. Fill with fiberfill, then hand-stitch edges together to finish. The garden sitting room, *above*, turns into a guest room at night, with the sheets put right onto the seat cushions of the banquette. Nest of wicker stools, John Rosselli.

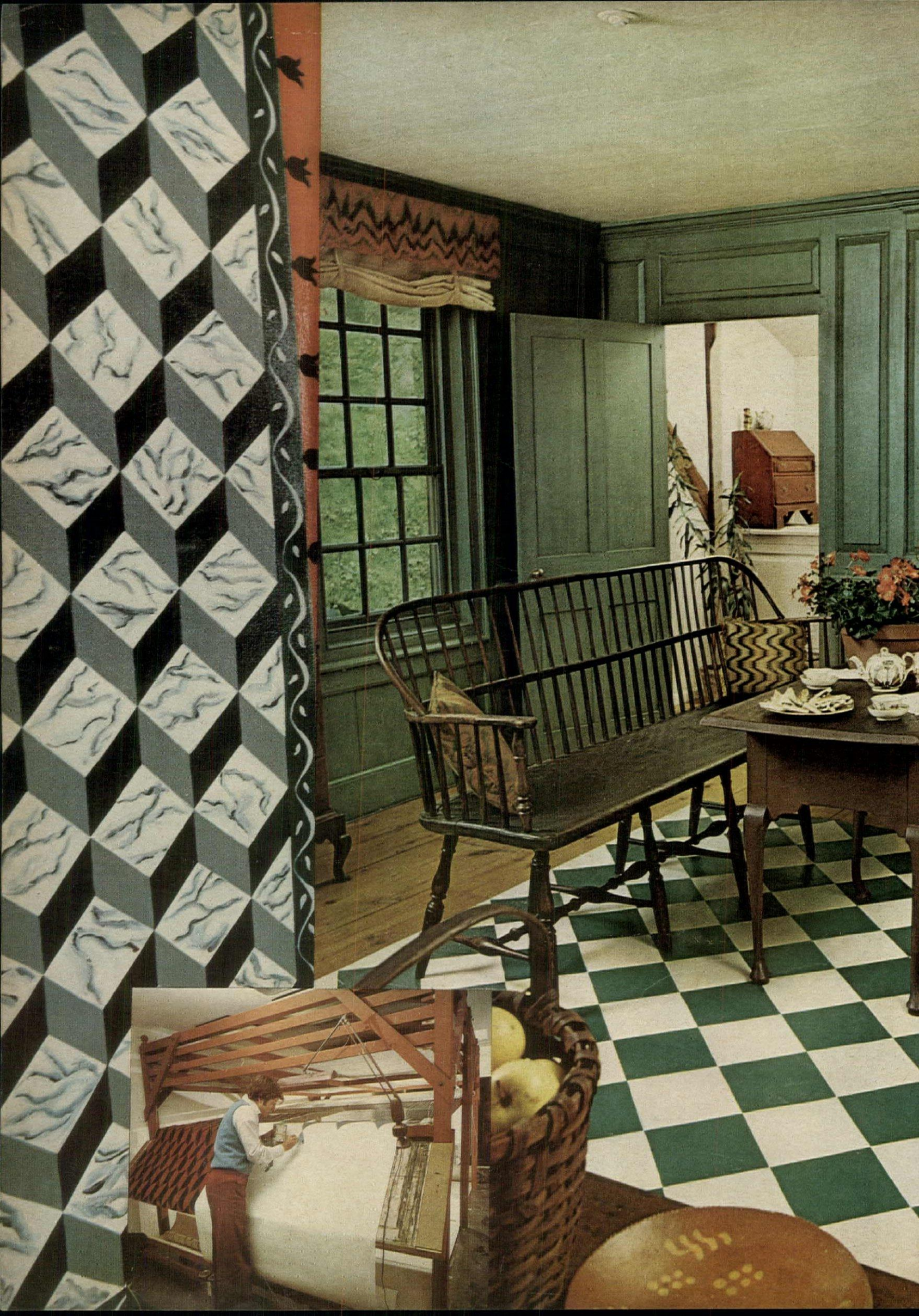
HORST

fresh greenery, a gay basket print, and country wicker bring the outdoors into a sitting room that is not only a garden but a bedroom as well. The built-in banquette takes a right-angle turn around the stationary glass windows and the sliding glass door. Just beyond is an indoor platform, the plants set in tubs around a small sunken pool with a recirculating water fountain. There are more windows beyond the garden space to let natural light to the plants, and all are kept thriving with a small heater that takes over when the temperature drops. A basket print upholsters the banquette and is quilted for extra softness. To quilt the basket, cut a piece of polyester fiberfill about 3 inches larger in the same shape. Baste fiberfill to the reverse side of the basket print, then machine stitch with green thread, outlining each of the basket's triangles as well as the handle. The "Good Basket" sheets by Wamsutta. Rug by Schumacher. Quilting by Hugues-Muller. Please turn to page 121 for complete shopping information.

Rate-it-yourself with easy-does-it crafts

Hand-fashioned basket print in a garden and guest room







BEADLE

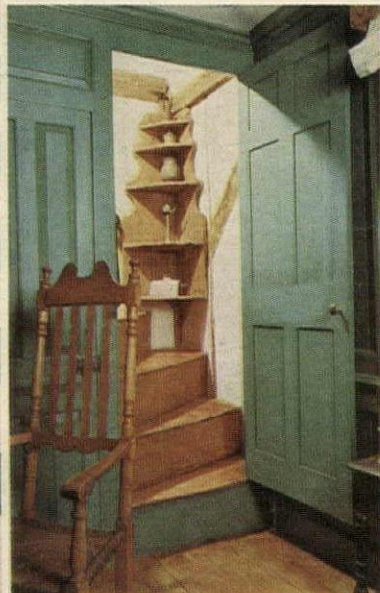
Painted canvas floorcloths

and the 18th-century house that inspired their revival

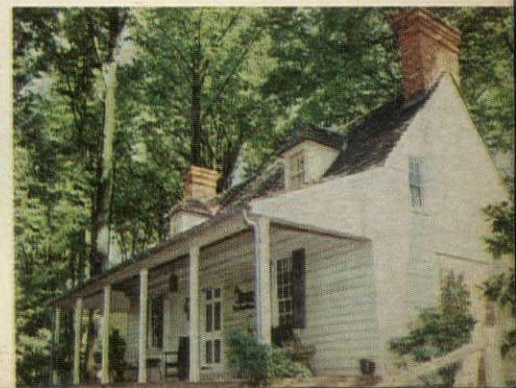
Floorcloths are designs painted on canvas. In 18th-century America, rugs were scarce; Oriental ones took long to import. So with the ingenuity that is our heritage, the canvas floorcloth evolved, the painted designs copies of tiles and marble. With the eventual arrival of woven rugs, canvas returned to the sailmaker, the art of the painted canvas floorcloth was lost. But when Leonard C. Crewe, Jr., restored his 1734 guesthouse, his curiosity prompted him to study paintings, inventories of the period. His concern helped rediscover floorcloths, and now they are available for everyone.

His guesthouse, *left and below*, sat on Turner's Creek in Chestertown, Maryland, until 1968 when it was moved piece by piece to a country hill north of Baltimore. Duck hunters had chopped away at it for years for firewood. With taste and time and talent Mr. Crewe, architect Bryden B. Hyde, and builder J. H. Purnell restored a pocket of the past. In the farmhouse, everything from furniture to hardware is of the 18th century *except* the painted canvas floorcloths. "I knew what furniture would

England he consulted Don Sherman, head of Interior Design, Maryland Institute College of Art. Two students, John and Carol Wilson, took up the research as well. In the next five and a half years, the floorcloths were perfected, and the two students were married. Mr. Crewe now had the appropriate floorcloths for his house, and a new venture as well, "Floorcloths Incorporated." The Wilsons, *above*, design and paint their floorcloths in Annapolis. An early inventory lists "two old checkered canvases to lay under the table." That pattern is followed, *center*, in Mr. Crewe's living room. A marbleized floorcloth, *far left*, is copied from a painting in Williamsburg. All floorcloths are painted on a pine loom, *bottom, far left*, made by John Wilson. The 12-foot-wide loom stands in a 14-foot studio, once a Chinese laundry. The guesthouse was rebuilt around the stairway, *left*, as it was the only intact section of the house when moved.



be in the house, but I didn't know what would be on the floors," says Mr. Crewe, "so the investigation began" After research here and in



Painted canvas floorcloths, colorful, practical, washable



BEADLE

At the top of the stairway to the two bedrooms, *right*, are the windowpanes that once looked out upon 1734. Here an assortment of floorcloths—authentic historic designs as well as new ideas—all with a contemporary look. The hall floorcloth, *left*, was designed to accompany the Pennsylvania Dutch blanket chest, while the molar-edged floorcloth, *above*, is a pattern from the 18th century. In the corner a barber pole bed warmed by a hickory bootjack. Bold in appearance, the 18th-century geometric floorcloth, *right*, supports a Windsor chair made modern sometime in the 19th century by the addition of rockers. In the kitchen, *below*, are the very first floorcloths made. Over the last four years they have survived a carpenter's shop, then being jogged upon almost daily by an active Mr. Crewe. Thomas Jefferson was more cautious with his floorcloth. Ordered by Mr. Jefferson for the West Wing dining room of the White House, it was always rolled up after a banquet. A Wilson floorcloth now hangs in the Baltimore Museum of Art, and another is in Williamsburg's collection.



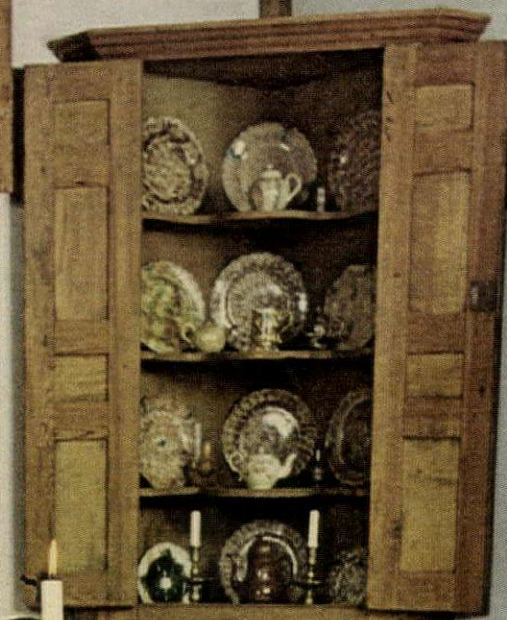


New painted canvas floorcloths patterned to match old pottery

The spattered floorcloth, *far right*, in the dining room, originally the keeping room or kitchen, was designed especially with Mr. Crewe's exceptional collection of Whieldon in mind. Thomas Whieldon was a Master Potter at Fenton Hall, Staffordshire, in the middle 1700s. The end plate, *below*, of brown and green on cream inspired the floorcloth, the pattern achieved by sponging on the paint. Whieldon also designed in tortoise shell, and plates were often octagonal, a shape, described in early account books as "square." One is on the second shelf of the cupboard *right and far right*. This pine cupboard was the only furniture in the derelict house when uncovered. On the top shelf of the cupboard rests a scallop shell teapot, the beginning of his collection. "I particularly like this floorcloth as I'm so attached to Whieldon," says Mr. Crewe. This floorcloth, like all the others, has six layers of the formula, which is a linseed oil base, new chemicals, and artists' oil colors. The secret is how the Wilsons prepare and apply the paint to the canvas. The longer it dries, the more durable it becomes. Later, you wax with liquid or paste wax. "My interest in the past has brought me many surprises," claims Mr. Crewe. One is the maple shelf clock, *far right*, which he calls his grandmother-grandfather clock as the top is Queen Anne, the legs Chippendale. Another surprise was the primitive painting, *above*, of his own house and guesthouse presented to him by the house painter who had worked on both. "Yet discovering an art lost from the 1700s has to be the most exciting of all." For information on floorcloths, write "Floorcloths Incorporated," 109 Main Street, Annapolis, Maryland, 21401. Prices range from around \$10 to \$15 a square foot.

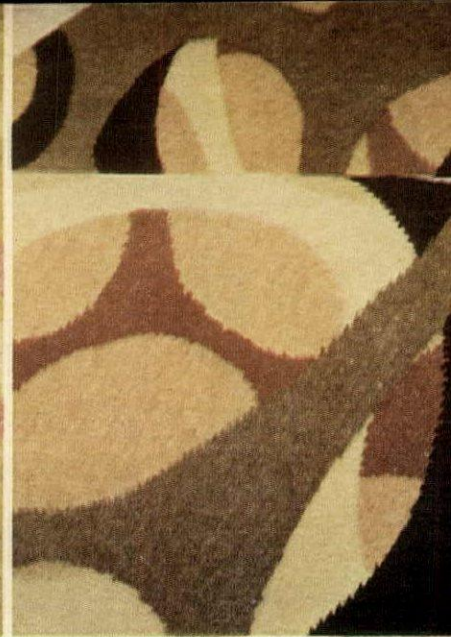
BEADLE







MORI



NEW RUG ART FO

Good news comes in threes! 1. Traditional Oriental designs updated with color and Art Deco inspired three dimensional geometrics. 2. Then there are textures. Rough and nubby natural wools as well as dense, smooth man-made blends. 3. And for the first time reasonably priced, practical adaptations of the fabulously beautiful (and expensive) antique durrie rugs.

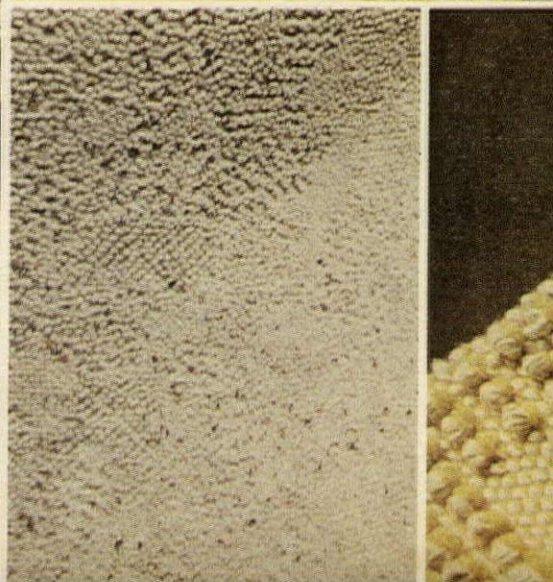
1 Above left to right: "Mirage"—shimmering like tapestry. By King Stutzman for V'Soske. "Ankara," may be colored for your specific scheme. This one is in House & Garden's Sunshine Yellows. From Edward Fields. Pattern is perspective. "Grotto" shows what pattern and color can do to achieve depth. Designed by Jay Steffy for Patterson, Flynn & Johnson. Defy the laws of gravity! "Rooftops" and "Penthouse" geometric

carpeting give a sense of soaring. Design by Marcel Bretos for Budd Looms.

2 Texture becomes the pattern. "Quadrate" carpeting, *bottom left*, has recessed squares in a ground of sheared wool. Squares are shaded in six colors and give the effect of carpeted tile. The armchair and ottoman are covered with a nutmeg colored leather. "Elephanta." Both carpeting and leather tapestry by Jack Lenor Larsen. From the king of Lesotho in South Africa comes a 4-by-6-foot rug of rich, deep, new karakul wool, *below*. Design is religious in origin. Imported by C... "It's the real thing" . . . and there's nothing like it in the world! Natural Berber wool carpeting is three times the density of conventional wool, *below right*. And it comes in widths of over 13



TOM YEE





NEW DECORATING ZEST

harmony. Natural colors, naturally. *Top left:* "Berbereau," an almost identical design in acrylic faced carpeting from Treganowan. *Bottom:* An 18 inch square of a 9-by-12-foot rug in "Woven Trends" collection. Many variations of this raised pile are available from Treganowan.

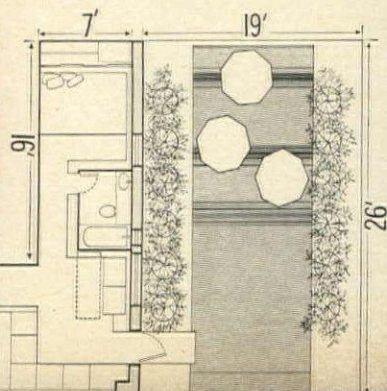
Lovers of antique durrie rugs have often had to remain just that—lovers. Be an owner of beautiful adaptations and. *Top to bottom:* "Souk" an all-wool rug by Saxony. "Pamir" Axminster 36 inches wide. Rosecore. Portuguese needle-punch rug with durrie design and beside it "Suzanne," an Irish Axminster. Both by Stark. The key motif makes 9-inch border. By Stark. Shopping information, page 121.



HOW TO MAKE A ROOM WITH CARPET AND COLOR

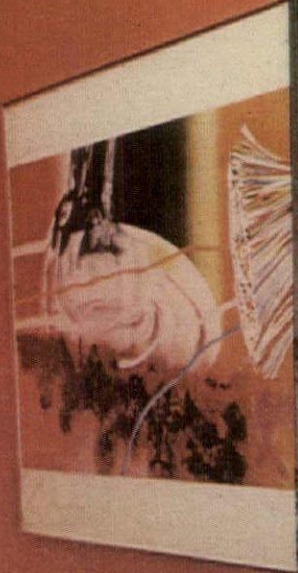


One carpet, one color, one small space—effect—infinite variety. Given a living including dining and kitchen area, 10 feet, where can you go but up? See it. Carpet covers everything except walls. Varying by color and texture this makes organization. Stacking cushions make steps and steps in space. Books are stored up; lighting, hi-fi, concealed. Mirrors save space. Kitchen, too small to close doors, allows space to flow in, with high shelf for preparing, low for eating, *left*. Dining table, *left*, plays desk, *below*, or vanishes into mirror wall.



JAMES MATHEWS

on in invention—How to make space
no space. Join the red carpet inside
the red wooden carpet outside, merg-
doors and outdoors in one wide rib-
red space. Like a snake uncoiling,
wooden planks stretch upward along the
19-foot yard, contoured like a lounge
human form to lie on in the sun, or
umbrellas, which are easily moved as
adows shift. A buffet by the door sup-
up to fifty guests who can be enter-
in this spacious no-space. "When I
e apartment I thought it was terribly
' confesses owner Fern Mallis. But in
nds of her architect and interior de-
(who are her brother-in-law and sis-
miracles happened. "They gave me
evidence that it would work, and it did."
ect Douglas Kahn; interior designer
anie Mallis Kahn, of Kahn and Mallis
ates. Nylon loop carpet, color "Papri-
y Durkan Enterprises. Zig Zag chair by
ld imported by Atelier International.
s Rosenquist silk screens hung togeth-
ove, and around corner, *far left below*.
ples, Inc. Plastic accessories by Heller
ns. Umbrellas by Zip-Jack Service.





The very personal environment of Roger Wohrle

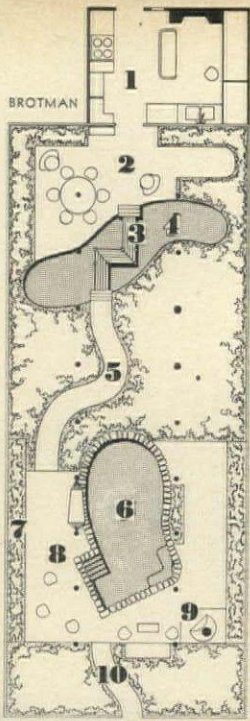
A LIVE-IN GREENHOUSE, A GARDEN UNDER GLASS

In a wooded area of northern New Jersey there is a small cabin that opens to a glass-domed garden of tropical plants. A jasmine-scented world of sun and shadow, sometimes like an island in a surf of snow, it has a year-round swimming pool where on cool nights one can dry off in front of two wood-burning fireplaces. Pool and greenhouse are also enjoyed every day in summer. Gardening only on good days or swimming in a tropical pool only on vacations was just not the way this young gardener wanted to live. An unused 1927 estate greenhouse, moved and set up here, was the solution. Familiar indoor plants, growing in the ground as if in an ordinary garden, but with house plant soil added to the planting holes, border paths, and seating areas. In eight years, a ficus exotica has grown to a spread of 30 feet. Flowering vines such as bougainvillea, passion flower, jasmine, and yellow allamanda filter the jungle light and mask the supporting poles of the greenhouse. Pot plants for seasonal color are sometimes brought in when tropicals like orchids and gardenias are resting. The thermostat is set year-round at 68 degrees; the swimming pool is heated separately in the 80s. Sunshine pushes daytime temperature into the low 80s except in mid-winter; summer shading keeps it from going higher on scorching days. Roger Wohrle is an interior landscape designer, responsible for many office and apartment plantings in metropolitan New York. His partner, Dick Waite, did much of the construction work, and their results are inspiring others to think of greenhouses in a new way.

BEADLE







The plan of this 35-by-83-foot garden, *left*, could be applied to a narrow backyard as well as to a greenhouse. Cabin, 1, a 23-by-16-foot area with fireplace, kitchen facilities, *below left*, plus boiler and bathrooms, opens to a brick patio, 2. Dining table is built around a flower-twined pole, and curtained by aerial roots of the *cissus sicyoides* vine, *below*. A zigzag oak bridge, 3, seems to widen the fish pond, 4, by changing the vistas as you cross. The pond's mud base was painted with wet cement and coated when dry with Fiberglas caulk from a boat supply shop. Terra-cotta tile path, 5, winds through a thicket of shrubs and trees, house plants all; see Gardener's Notes. The 14-by-25-foot Sylvan swimming pool, 6, is flanked by the greenhouse benches, 7. Around pool is deck, 8, for hammock, cushions, chairs, and, *opposite page*, freestanding fireplace, 9, with hibachi for cookouts. Short path, 10, curves to shed for cabana and separate filter and heating unit for the pool.

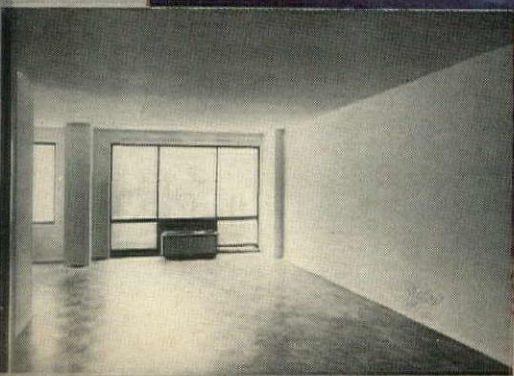


People and tropical plants like a warm greenhouse. Though heating costs are higher than for the usual cool greenhouse geraniums prefer, costs can be kept in bounds. Here, heat is provided by hot water, running through fin radiators, and sometimes supplemented by burning home-grown firewood. The heated pool also provides warmth. Because of the fish pond and pool, no humidifier is needed to provide a constant, healthful 50 to 60 percent. Ventilation is automatic. Light fixtures are outdoor garden floods for uplighting and downlighting, plus dimmers and candles for party magic. Last year, as a precaution against power failure, a self-starting generator was installed. Before that, a house alarm rang if the inside temperature fell below 60 degrees, fires were stoked, and a generator started by hand. To shade plants from blazing summer sun, the outside is sprayed in April with about \$5 worth of green shading compound that the rain washes off by fall. The swimming pool takes less care than a backyard pool. Its only drawback is that you cannot get a tan. The fish pond has a recirculating pump, is cleaned every three months. No weed seeds blow in, and twice a year a nicotine bomb is used as a precaution against pests. Every five days the plants are watered, and every six weeks they are fertilized with a hose and a bucket of Peters 20-20-20 house plant mix. Mr. Wohrle figures the garden chores take about an hour a day and annual expenses are equal to a short trip to the tropics.

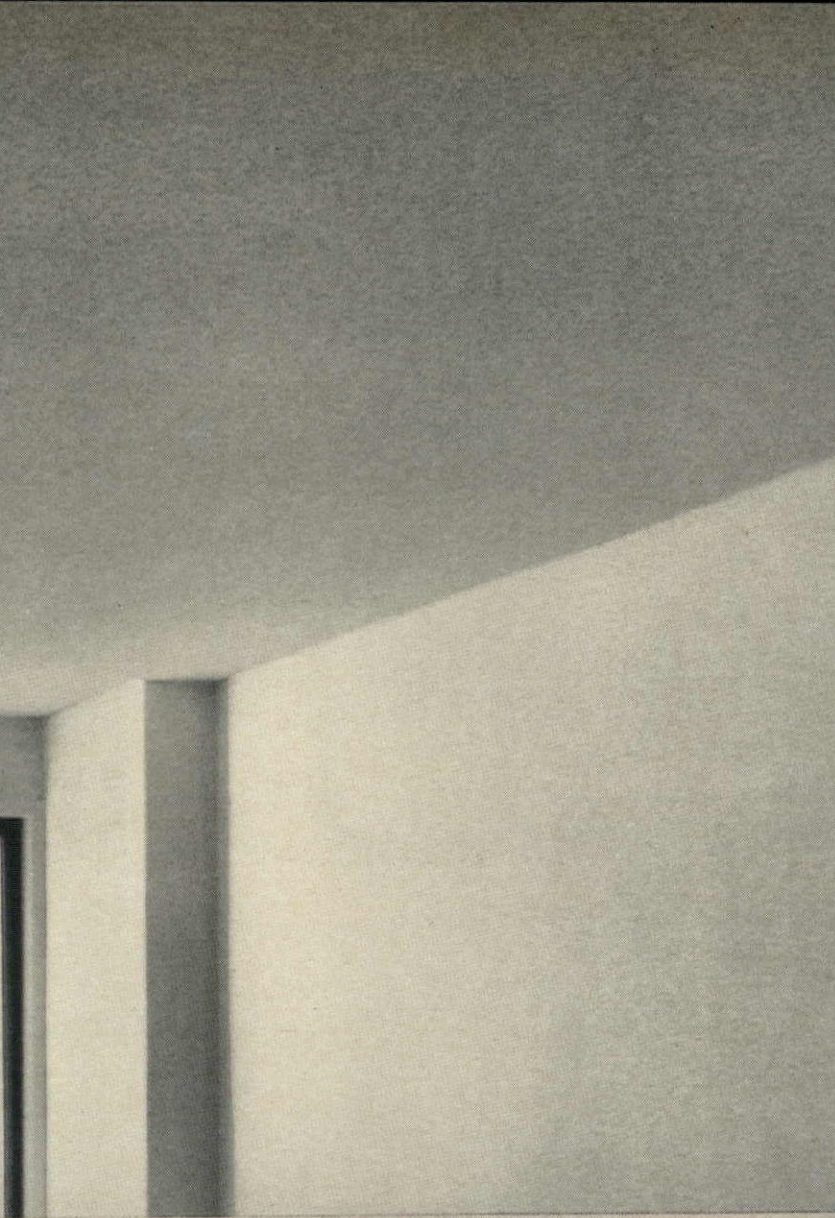
BEADLE

COMFORTABLE FURNITURE

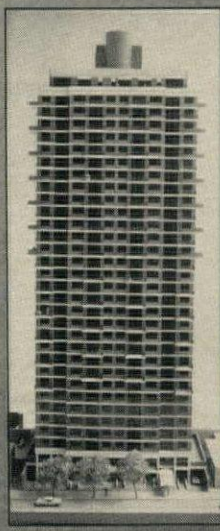
What to do with four bare walls COLOR AND MIRRORS



BEADLE



There are innumerable answers to this question, but one of the best is to fill the rooms with four basic ingredients available to everyone—color, pattern, mirror, and comfortable furniture—unbeatable sources of warmth, charm, gleam, and, in the case of sofas and chairs, the invitation to come in, sit down, and be happy—in other words, the offer of hospitality a thoughtfully planned room has built into it. Putting these elements together is very exciting in an apartment done right from scratch, with everything brand new, right out of a store, and with no previous possessions that have to be “fitted in.” This could happen in a condominium in the south for winter living, a first home for newlyweds, or, as in this case, an apartment (see plan, below) decorated by the interior design team of Mac II to show what can be done with four bare walls in a new building, right. In the living room, left and far left, they began with a little opening up, a little closing up. The room (you see the final product superimposed on the original room) is long and narrow, but no longer seems so. Breaking through one wall to an adjacent bedroom provided a floor-to-ceiling arch with folding doors. Open, they give the room a new wing, a new “view.” On the opposite wall, the dining ell was enclosed by adding an extra section of partitioning wall and folding doors in exact alignment with those of the bedroom—now a combination of sitting room and guest bedroom. This ended the reconstruction. To gain visual space, the dining ell, now a room in its own right, was mirrored floor to ceiling on all four walls. Moreover, the dining table can be cleared behind closed doors, sparing guests what is never an interesting sight. To fill the window wall—and again, to widen the room—windows were masked with aluminum louvers and flanked by mirrored panels that, by some trick of reflection, round and soften these corners of the room. To keep space flowing, pale sisal carpeting was laid to stretch from the dining room through the living room and then into the sitting room. One color, bright navy blue, was concentrated in the three sailcloth-covered sofas that, with two linen-covered benches, turn most of the room into a conversation center. For airiness, the opposite wall is free of furniture, and potted trees and greenery bring the outdoors in. Sofas and benches by Henredon; horn cubes and leather-framed mirror from Karl Springer; Saul Steinberg paintings from the Betty Parsons Gallery; window blinds by Levolor. For shopping information, page 122.



BROTMAN

What to do with four bare walls

LUSTROUS COLOR

FIELDS OF FLOWERS

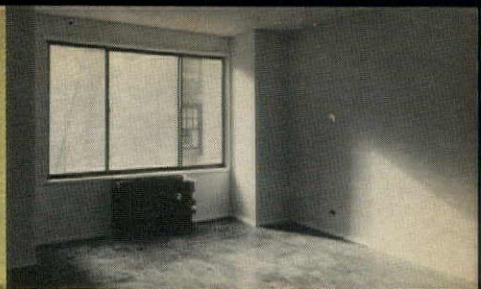


BEADLE

Lustrous as red lacquer, a vinyl wallcovering fills the new sitting room—guest room with a glow that floats right out to the living room. Instead of a contrasting color, sofa, chair, and ottoman are covered in a lighter shade of the vinyl's terra cotta to create continuity between walls and furniture. Neither overpowers the other. They are a team. The only contrasts are splashes of paleness—a leather-covered coffee table, white sofa cushions and vases, two paintings by Ed Baynard. In the dining room, *right*, all that glitters is mirror, four walls of it, reflecting on and on to gain visual space. Furniture, Chinese Chippendale in style, is delicately scaled, wise choice for a small room. Silver, pewter, and ivory are effective both on the bare table or when the cloth is a Javanese print, *below left*. Dining and upholstered furniture by Henredon; vinyl and fabric in the sitting room by Hinson.

JAMES MATHEWS





At the master bedroom, one sleeps in a garden walled with flowers. One pattern, a stylized blossom and its foliage printed on a vinyl wallcovering and a linen fabric, covers practically everything but the floor (white wool carpeting here) and ceiling (white paint). The effect is opulent, almost fragrant. What had been a white box is now a shimmer of color. For comfort's sake, there is a sink-in love seat for reading or napping, a linen-covered bench for putting on shoes, and a dream of a bed—a great fourposter with hangings executed by Luis Perez. By the bed, a table with two skirts—one of brown felt, one of natural straw. Furniture by Henredon; matching wallcovering and fabric by Hannett, Morrow, Fisher; white piqué bedcover from Pratesi; Simmons box spring and mattress.

You have a problem to solve and you seem to reach an impasse. Then, in “Why didn’t I think of that before?” Can you cultivate these sudden bursts?

How to change your point of view

By Caroline Seebohm

The famous Dr. Edward Jenner was busy trying to solve the problem of smallpox. After studying case after case, he still found no possible cure. He had reached an impasse in his thinking. At this point, he changed his tactics. Instead of focusing on people who had smallpox, he switched his attention to people who did not have smallpox. It turned out that dairymaids apparently never got the disease. From the discovery that harmless cowpox gave protection against deadly smallpox came vaccination and the end of smallpox as a scourge in the Western world.

We often reach an impasse in our thinking. We are looking at a problem and trying to solve it and it seems there is a deadend, an “aporia” (the technical term in logic meaning “no opening”). It is on these occasions that we become tense, we feel pressured, overwhelmed, in a state of stress. We struggle vainly, fighting to solve the problem.

Dr. Jenner, however did something about this situation. He stopped fighting the problem and simply changed his point of view—from patients to dairymaids. Picture the process going something like this: Suppose the brain is a computer. This computer has absorbed into its memory bank all your history, your experiences, your training, your information received through life; and it is programmed according to all this data. To change your point of view, you must reprogram your computer, thus freeing yourself to take in new ideas and develop new ways of looking at things. Dr. Jenner, in effect, by reprogramming his computer, erased the old way of looking at his smallpox problem and was free to receive new alternatives.

That’s all very well, you may say, but how do we actually *do* that?

Doctor and philosopher Edward de Bono has come up with a technique for changing our point of view, and he calls it Lateral Thinking.

The normal Western approach to a problem is to *fight* it. The saying, “When the going gets tough, the tough get going,” epitomizes this aggressive, combat-ready attitude

A new way to solve your problem

toward problem-solving. No matter what the problem is, or the techniques available for solving it, the framework produced by our Western way of thinking is *fight*. Dr. de Bono calls this *vertical* thinking; the traditional, sequential, Aristotelian thinking of logic, moving firmly from one step to the next, like toy blocks being built one on top of the other. The flaw is, of course, that if at any point one of the steps is not reached, or one of the toy blocks is incorrectly placed, then the whole structure collapses. Impasse is reached, and frustration, tension, feelings of *fight* take over.

Lateral thinking, Dr. de Bono says, is a new technique of thinking about things—a technique that avoids this fight altogether, and solves the problem in an entirely unexpected fashion.

In one of Sherlock Holmes’s cases, his assistant, Dr. Watson, pointed out that a certain dog was of no importance to the case because it did not appear to have done anything. Sherlock Holmes took the opposite point of view and maintained that the fact the dog had done nothing was of the utmost significance, for it should have been expected to do something, and on this basis he solved the case. This, and the Dr. Jenner example, come from Dr. de Bono’s book, *New Think (Basic Books)*.

Lateral thinking sounds simple. And it is. Once you have solved a problem laterally, you wonder how you could ever have been hung up on it. The knack is making that vital shift in emphasis, that sidestepping of the problem, instead of grappling with it head-on. It could even be as simple as going to a special part of the house, which is quiet and restful; buying a special chair, an “escape” chair, where we can lose our day-to-day preoccupations and allow our computers to reprogram themselves and become free to take in new ideas, see things in a different light.

Dr. A. A. Bridger, psychiatrist at Colum-

, you see it from a whole new angle, the solution is obvious, and you wonder, inspiration? Can you change your way of thinking?

a new technique called lateral thinking

university and in private practice in New York City. Dr. Bridger explains how lateral thinking works to his patients. "Many people come to me wanting to stop smoking, for instance," he says. "Most people fail when they are trying to stop smoking because they wind up telling themselves, 'No, I will not smoke; no, I cannot smoke; no, I will not; no, I cannot.' It's a fight—and fighting makes as little sense as telling yourself over and over not to think of what you want—what you want is you end up smoking more.

Instead of looking at the problem from the old way of *no*, and fighting it, I show them how to reinforce a position of *yes*. I show them a whole new point of view—that you are your body's keeper, and your body is a physical plant through which you experience life. If you stop to think about it, there's nothing something helpless about your body. It does nothing for itself. It has no choice, like a baby's body. You begin then a new way of looking at it—I am now going to take care of myself, and give myself respect and protection, by not smoking. So that *not* giving yourself respect and protection becomes a deprivation.

Here is a Japanese parable about a jack-knife stuck to a pole by a rope. The rope rubs against his neck. The more the jack-knife is pulled and pulls on the rope, the tighter and more it gets round his throat—until he is as up dead as a doornail. On the other hand, as soon as he stops fighting, he finds the rope gets slack, he can walk around, he can find some grass to eat. . . . That's the principle: The more you fight something, the more anxious you become—the more you're involved in a bad pattern, the more difficult it is to escape pain.

"Lateral thinking," Dr. Bridger goes on, "is simply approaching a problem with what I would call an Eastern flanking maneuver. You know, when a zen archer wants to hit the target with a bow and arrow, he doesn't concentrate on the target, he concentrates rather on what he has in his hands, so when he lets the arrow go, his

focus is on the end-result of the arrow, rather than the target. This is what an Eastern flanking maneuver implies—instead of approaching the target directly, you approach it from a sideways point of view—or laterally instead of vertically."

Dr. Bridger has made a shift away from traditional thinking in his practice. "We are finally beginning to realize that many long-term problems can be resolved in short term ways. People for years have always felt that problems that have been around for a long time will take a very long time to solve. That just does not happen to be so. For instance, when a patient is anxious, fighting a problem, often he can be taught, in one hypnotic session, how to relax and lower his psychic tension. This creates a much more workable feeling-tone for problem-solving. While medicines can also lower tension, all medicines, after all, are poisons. Other forms of relaxation, such as transcendental meditation, take a very long period of time to get going. Hypnosis, by contrast, is a safe, quick lateral technique of lowering psychic tension and shifting gears. This increases receptivity for looking at a problem in a new way."

Reminding ourselves we are in a period called an *Intermediate Impossible* is another useful technique. That is, looking at our current situation in life as only an intermediate step toward something else, so that we don't get bogged down and can go on to the next step. The medical student, for instance, unless he accepted his training as an intermediate impossible, would never get through it. Another familiar example is the harassed mother raising young children—going through the "Terrible Twos." She sees her life as a nightmare, "God, this is going to be the way it is until they are grown up . . ." as opposed to seeing the "Terrible Twos" as an intermediate impossible. If only she could remind herself that the current situation is intermediate, only a phase, she might relax—if only she could look at her situation laterally, instead of fighting it.

These are difficult questions, and it takes

How to use lateral thinking
Lateral thinking, in short, is most valuable in those problem situations where vertical thinking has been unable to provide a solution. When you reach that impasse, and feel the fight upon you, quickly re-program your thinking.

- 1 *Is there any other way the problem can be expressed?*
- 2 *What random ideas come to mind when you relax and think about it?*
- 3 *Can you turn the problem upside down?*
- 4 *Can you invent another problem to take its place?*
- 5 *Can you shift the emphasis from one part of the problem to another?*

imagination to ask and to answer them. But that is how we change our point of view—by being imaginative enough to think up new ideas, find new ways of looking at old problems, invent new methods for dealing with old patterns. Think laterally instead of vertically. Take the *fight* out of our lives. Move Eastward in our attitudes.

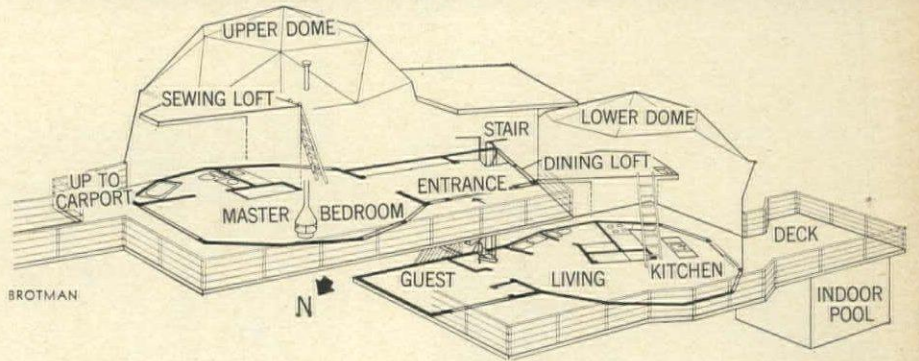
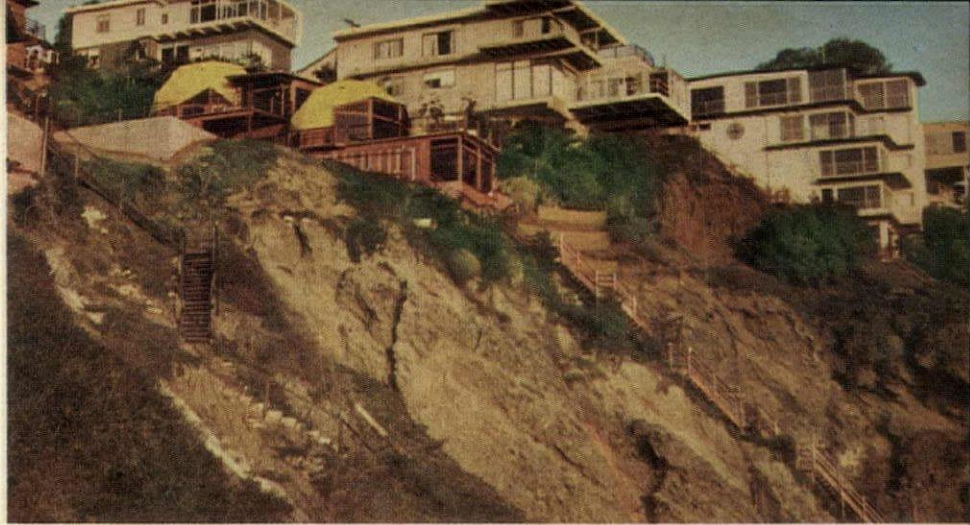
"I think the answer lies in that direction," affirms Dr. Bridger. "Take the situation where someone is in a crisis. The Chinese word for crisis is divided into two characters, one meaning *danger* and the other meaning *opportunity*. We in the Western world focus only upon the "danger" aspect of crisis. Crisis in Western civilization has come to mean danger, period. And yet the word can also mean opportunity. Let us now suggest to the person in crisis that he cease concentrating so upon the dangers involved and the difficulties, and concentrate instead upon the opportunity—for there is always opportunity in crisis. Looking at a crisis from an opportunity point of view is a lateral thought.

"It's about time we stopped fighting in order to find a solution. Let us float along with the problem so that we can look at it from lateral points of view. Then we can be receptive to new ideas, renew and restimulate our senses, find a new way of living." ■

The pure pleasure of
a build-it-yourself house
tailored to a dream



A house built for privacy, an indoor outdoor feeling, everyday spa living, and a constant view of the Pacific. It is the striking result of two years of work for a couple who finally decided to build with their own hands in order to get what they wanted. Dome construction appealed to them, a dramatic 40-foot wide lot descending to the ocean at an angle only a little more generous than the perpendicular also appealed to them. Plus the fact that Dr. and Mrs. Robert G. Milton wanted to live year-round in the vacation atmosphere of a Southern California beach community. The whole project was to be an adventure, a good deal of fun, and full of the satisfaction of working with their hands. They decided to go ahead with the simplest, least expensive construction they knew—a big platform, supported by pilings driven deep into the hill, to set two domes onto. They sent for two dome kits and imagined that the building of the platform would take six weeks and that they could assemble the domes themselves in a matter of days. It actually took two years and many lessons. An engineer helped resolve their ideas in a design that was safe and complied with local building laws. And they decided to set the domes up on 4-foot knee walls to gain more height inside. They subcontracted the heaviest work and did carpentry and smaller concrete jobs in their shop-garage, opposite page inset.



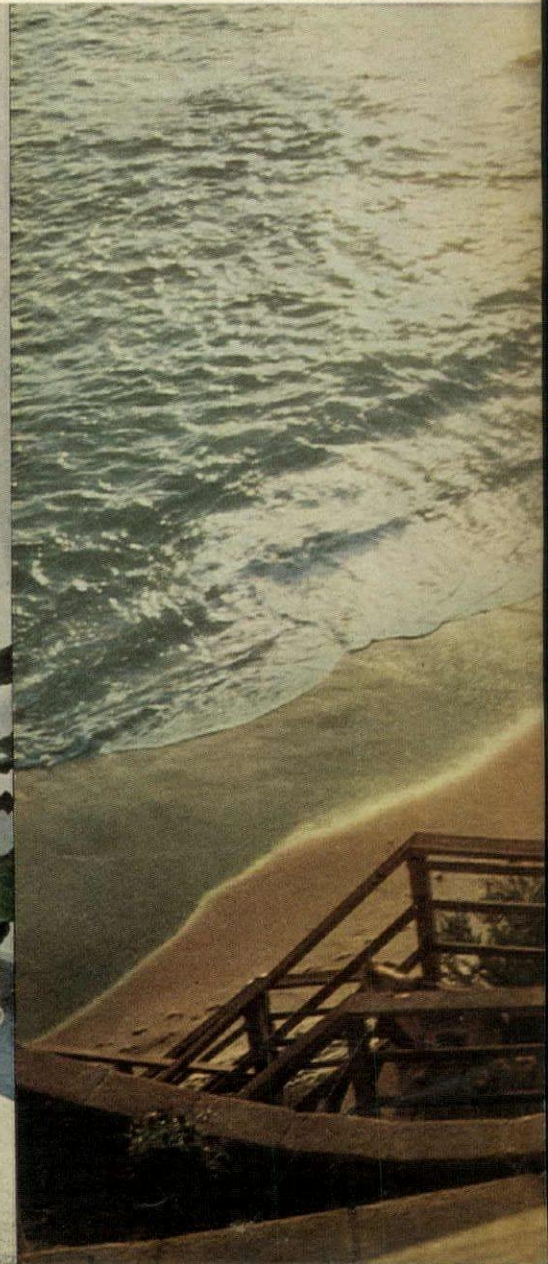
Opposite page, top: The house under construction.



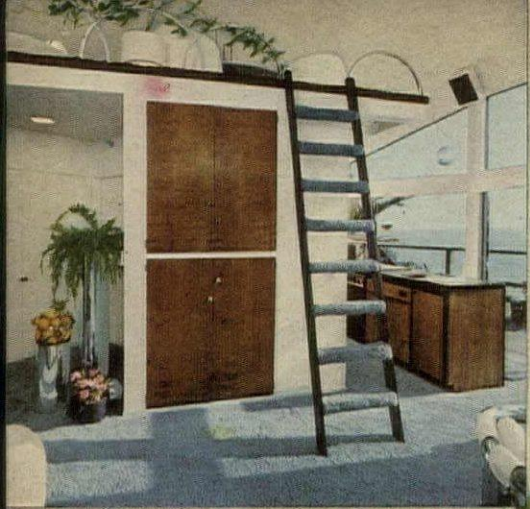
TOM YEE

Top: The Miltons' dome structure is a dramatic non sequitur on a hillside of beach houses. Above: A sketch of the two floor levels, the lofts, and two domes

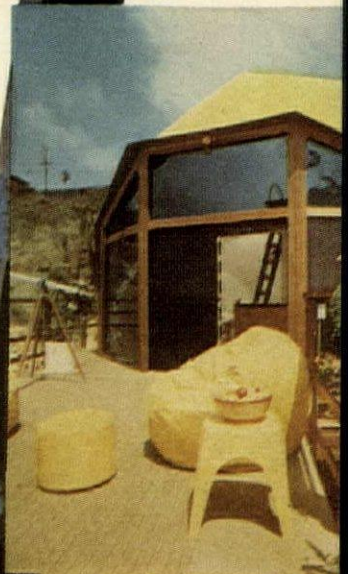
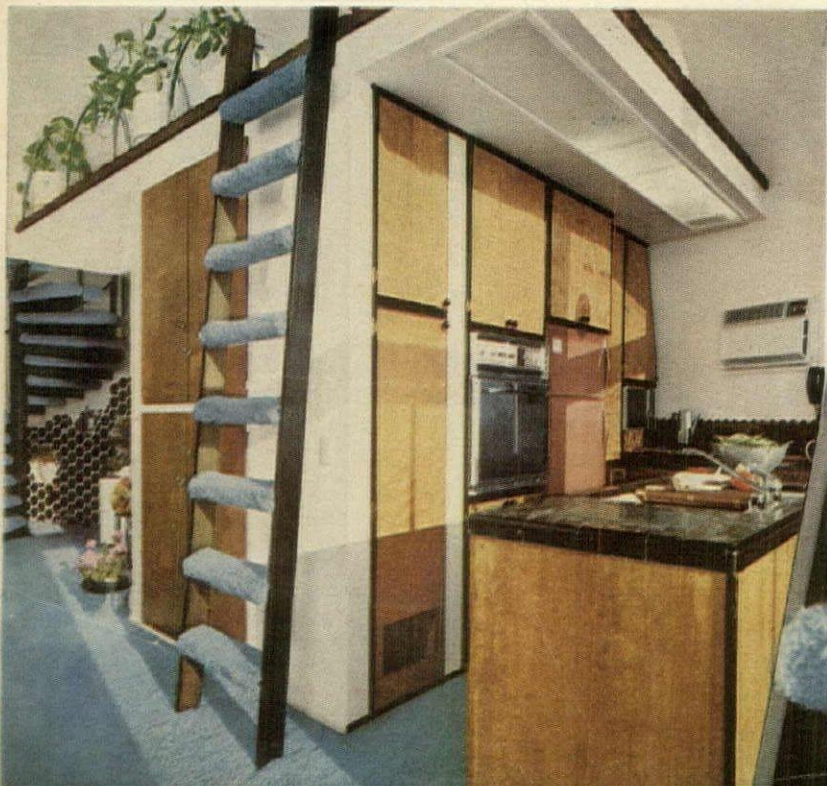
above them. Left: A winding stairway that follows the shape of the cliff down to the water, below right. Below left: The living room and an outdoor living-room-deck.



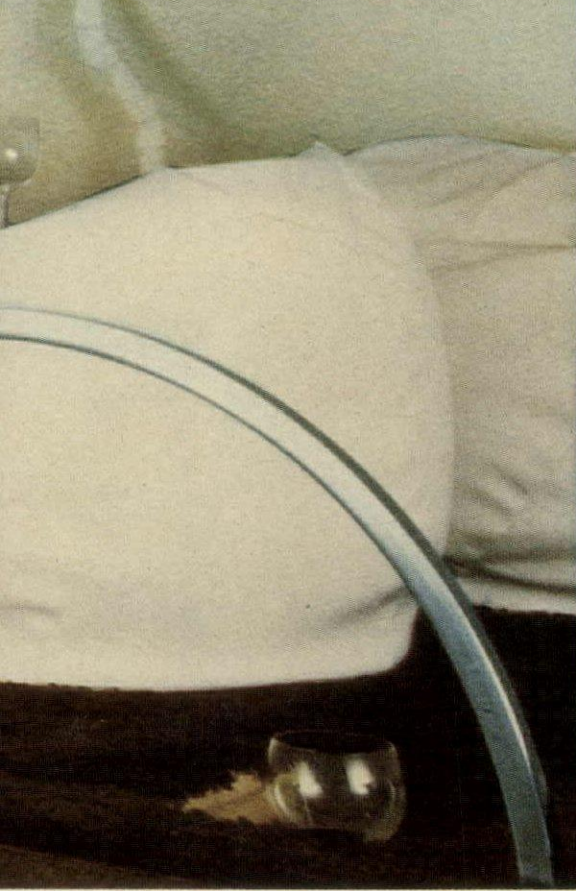
A build-it-yourself house for everyday spa living



both indoors and out, the atmosphere of living in a treehouse prevails. But by engaging interior designer Jan Goodsite, the Miltons made sure the house worked. The top dome is their bedroom. The headroom they gained by raising the dome gives them space for a sewing loft for Mrs. Milton, on top of a big closet. Between the two domes is a two-level square wing at the top of which is front door and below a guest room. In lower dome are a dining loft, kitchen, and a living room that continues out onto a deck. Under the deck is the portable fiberglass spa bath. OPPOSITE PAGE, TOP.



Living loft, BELOW, is reached by a ladder with
 rungs. Attached at the top, it can either be flush
 with the wall or pulled out to make it easier to climb. The
 stainless steel balcony rail is made of sawn-in-half round
 pipe. Under the overhang of the loft is a kitchen,
 THIS PAGE, BOTTOM, with a view of the Pacific. A
 waiter run by a motor hauls food and plates up and
 down, BELOW RIGHT. Storage cabinets next to the ladder,
 THIS PAGE, TOP. The guest room, BELOW CENTER, on the
 level of the wing that links the domes, has a waterbed
 and a TV. BOTTOM CENTER: The living room deck opens off the
 living room. BOTTOM, The Miltons' bedroom in the upper dome.



Many kinds of woodwork came out of the Miltons' clifftop workroom,
 which is equipped with two big saws—a radial saw and a table saw.
 Road ties, sawed to size, were used for steps throughout a
 steep, wooded hillside. Panels of 4-inch-by-8-foot siding were cut to
 fit, along with planks for decks off the kitchen and down
 to the beach level and also for the steps and ramps that connect all
 sections of the dome-complex. The domes themselves arrived in
 prefabricated triangular pieces that could be assembled into the
 dome shape with a few days work. Any of the triangular sections
 could be made into windows or openings as long as the lines of the
 dome shape are not disturbed. A large part of the work was
 landscaping and terracing the steep hillsides to prevent erosion.
 (Many California beach houses built on steep sites actually cement
 their hillsides.) Much of the work of planting and stair-building
 was done mountain-climber style with a rope around the waist.







"The luncheon tables of civilization are always calling us back," wrote Lesley Blanch in *Under A Lilac-Bleeding Star*. Such as this one *above*, with Eastern touches like lemons as carafestoppers. Later she will write, longhand, on the furry sofa in the living room, *right*, watched over by the Empress Elizabeth of Russia, Fath Ali Shah's Persian ministers, and other friends who hang on the walls. The relaxing corner, *far right*, has a raised dais, or takhtar. Centerpiece of the hanging Persian carpet is a very rare icon found in Istanbul. She made the gros-point cushion on the sofa herself—one of many. Above it, photographs of the Imam ShamyI of the Caucasus, whom she wrote about in *Sabres of Paradise*. The fireplace with its conical hood is Turkish, the first thing she planned in the room. She herself painted the hall red, *top right*, sponged it with brown, then yellow, finished it with three coats of varnish. The ceiling is Indian fabric. On the floor, straw hat, straw trunk.

"Surround yourself with the things you love and your house will make you happy"

ROOMS FILLED WITH TRAVEL TREASURES

HENRY CLARKE





"I never decorate," says traveler, author, and biographer Lesley Blanch. "I just make what I'm going to be comfortable in and let the effect come with the living." Living, for her, is a constant voyage into the imagination, enthralled by the Oriental legend—which she transforms into books whose titles alone are poems: *Journey Into the Mind's Eye*, *Sabres of Paradise*, *The Wilder Shores of Love*...The magic of the East surrounds her in her Mediterranean house—photographs, books, pillows, baskets, icons (the smallest one on the wall, *left*, is her traveling icon, companion on all her trips). "Fifteen years of being a diplomat's wife taught me to carry my precious everything with me, on my back like a snail." Precious things from Europe, Russia, the Near East, North Africa, Central America, and Asia. On the worktable, clippings, research material, letters, manuscripts. "It's never in order. I wouldn't dream of tidying it up." With a nomad's adaptability, she turns the balcony into an outdoor work nest, *above*, simply by dropping pillows on to a favorite carpet. A plant person, of course—"I look at them as people, then prescribe"—the profusion of flowers, untamed vines, and creepers everywhere bear witness to Lesley Blanch's communicative art.

"You must have comfort first.
Everything else
follows naturally."

THE ROMANTIC ROOMS
LESLEY BLANCH
HAS CREATED WITH TREASURES
FROM A LIFETIME OF TRAVEL



ROOMS FILLED WITH TRAVEL TREASURES

“Don’t mind mixing ‘good’ things
with useful things
— they’ll always work together”

“There have been many women who have followed the beckoning Eastern star.” Lesley Blanch wrote about some of them in *The Wilder Shores of Love*, but she spoke also of herself, and like the Queen she admires so, Marie of Roumania, she expresses herself through rooms and houses. She painted the kitchen cupboard herself, *right*, its four panels representing the churches of Moscow, Kazan, Kiev, and Leningrad. On the cart, local food in baskets collected by *Moya Gospoja*, “My Madam,” as her onetime Balkan cook called her. More precious things—the Algerian mirror and teak “rocking elephant,” *bottom right*, once a little maharajah’s toy. A few miles away, a former donkey stable, *below and far right*, is an escape nest where Lesley Blanch travels again in her mind’s eye, surrounded by the things she loves—atanktar, carpets, icons, cushions, plants. “I often have things that are incongruous,” she says. “I don’t mind mixing ‘good’ things with things like tin trays from the variety store. And I can’t bear things I can’t use.” The effect comes with the living. Her new book, *Pavilions of the Heart (The Four Walls of Love)*, will be published by Putnam in June to enthrall us just as she, in her living, has been enthralled by “the beckoning Eastern star.”

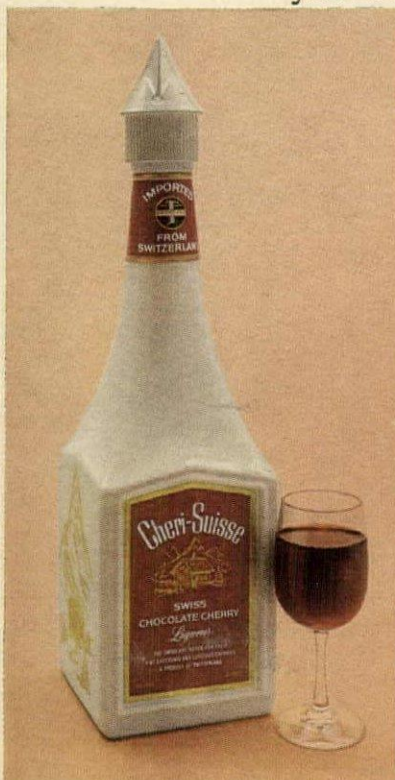
HENRY CLARKE



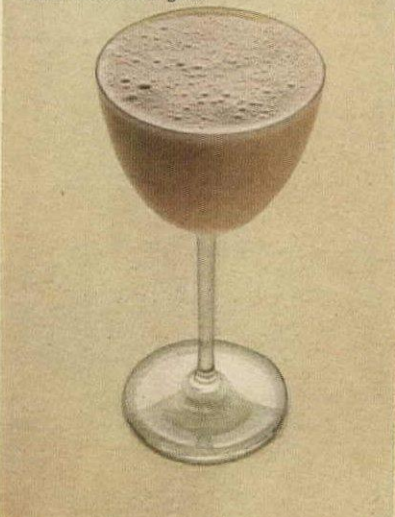


And you thought the Swiss only made cuckoo clocks.

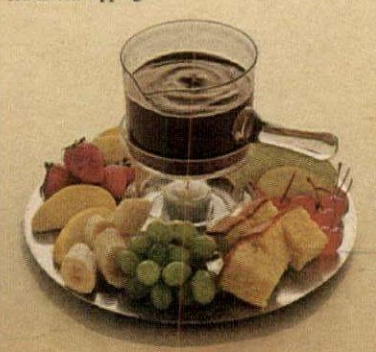
But what the Swiss know about fine liqueur
you won't believe.



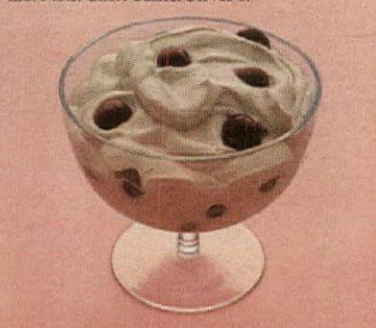
Cheri Alexander. Shake 1 oz. Cheri-Suisse, 1 oz. gin or vodka and 1 oz. cream with cracked ice. Strain into cocktail glass.



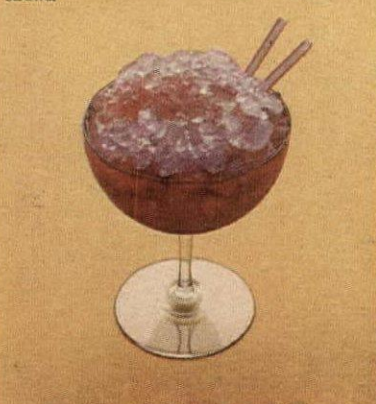
Cheri-Suisse Fondue. In saucepan, melt 2 tbs. butter with 12 oz. semi-sweet chocolate. Blend in ½ cup Cheri-Suisse. Keep warm over low heat. Dip in fruit pieces or cake squares, or use as an ice cream topping.



Cheri-Suisse Romanoff. Drain one jar (14-16 oz.) pitted dark sweet cherries. Whip 1 cup heavy cream with 2 tbs. Cheri-Suisse. Fold into 1 pt. softened vanilla ice cream. Fold in cherries and 2 more tbs. Cheri-Suisse. Serves 8.



Cheri-Suisse Mist. Pour 2 oz. Cheri-Suisse over crushed ice in champagne glass. Serve with short straws.



Those Swiss! They're better at everything than anybody. Like their fine watches, their lust for fine food, and their famous finesse with money. Now they've blended their great Swiss chocolate and bursting ripe cherries into the world's most lovable liqueur. It's called Cheri-Suisse. You can do so many things with it, it'll drive you cuckoo.

Cheri-Suisse

Imported and bottled by Park Avenue Imports, 375 Park Avenue, New York City. 60 Proof.

"A wok makes efficient use of every scrap of heat, and the food is cut into small, thin pieces for quick, nutrient-saving cooking"

NOTES OF A HAPPY HOUSEKEEPER

continued from page 44

heat the water. I asked our plumber about this and he says that in some areas it should be done every month.

Then, too, it isn't difficult to use less wattage. Check the bulbs *everywhere* in your house and cut back right down the line. People tend to use more wattage than they need; we haven't had a 100-watt bulb in the house for years. We find we have no trouble using 60 watts where we're working or reading and 25 to 40 watts in general areas like hallways (some people say you need at least 75 watts for reading). And I remove all bulbs that aren't really necessary.

If you learn the wattage of all your small appliances, such as hair driers, blenders, beaters, toasters, it will provide a guideline so you'll know which of them are really extravagant to use.

I bought a pretty English brass weight, the other day, at one of my favorite antiques shops and, as it was to be a housewarming present, the proprietor offered to gift wrap it for me. But before doing that, he pulled out a tube of Simichrome Polish and carefully cleaned and polished the weight. It's a *polish that cleans brass quickly and easily* and leaves things shining brightly—and the shine is lasting. A little goes a long way so the tube lasts quite a while. Impressed, I bought a tube for myself and one to put in with the present.

Every once in a while, especially when I'm in a hurry, I have trouble *opening plastic storage bags*. I keep snap-off rolls of medium and large bags and use them for dozens of things. Dispensing them on a roll is fine, but I have wasted more time trying to pick or pry them open once I've torn them off the roll. Finally I learned to grasp the bag between my thumb and forefinger, at the end that opens, and slowly roll my thumb downward. This will usually pull one of the edges of the bag down so the two edges are separated and the bag can be opened easily.

Another frustrating annoyance where all should be smooth convenience is the plastic lid that's hard to put back on its storage box or bowl. We use these storage containers a lot because they're spill-proof and the lids prevent food odors from creeping around the refrigerator. I've learned that the lids will become flexible again quickly if they are held under quite hot running water for a few minutes.

I got a *new cutting gadget* I saw advertised on TV the other day that chops, slices, shreds, grates, makes fancy ruffled slices and julienne strips. It's called the Kitchen Magician. We've already made some fabulous potato chips with it and cole slaw, and I'm about to try potato pancakes. The machine has four cutting sides, each performing different functions. Another good point is that it locks in place, by means of a vacuum, on any wooden countertop. You put the food in a hopper at the top, turn the handle, and that's all there is to it. One of the great selling points for me is that it costs far less than many machines that perform similar operations. ■

EMERICK BRONSON
HOUSE & GARDEN

WINE & FOOD

A NEW SUPPLEMENT TO HOUSE & GARDEN OF QUICK TIPS • SUPER RECIPES • EXPERT ADVICE

A SPECTACULAR
CHEESECAKE
YOU MAKE
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5 DELICIOUS
ONE-DISH MEALS

IDEAS AND
RECIPES FROM
CRAIG CLAIBORNE'S
EXCITING
NEW KITCHEN

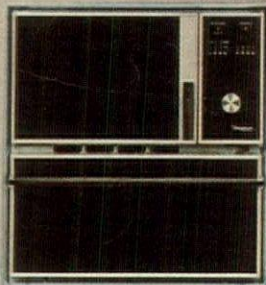
BETTY GROFF
DESCRIBES
THE MUCH-LOVED
MEMORY FOODS OF HER
PENNSYLVANIA DUTCH
CHILDHOOD

HOLY JUMPING JUNIPER!
GIN'S THE THING
by Henry McNulty

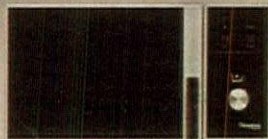
Fruit-filled cheesecake. Pushya. For the recipe, please turn the page

THE 1.28 KILOWATT MEAL

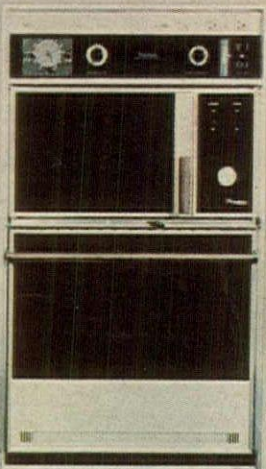
Thermador shows you how to conserve energy-yours and their



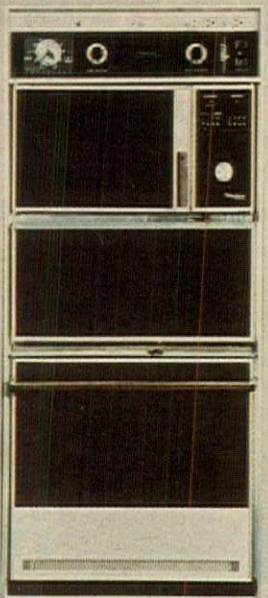
MTR10 — Combination Microwave Oven and Stay-Hot Oven



MC11 — Portable Microwave Oven
MTR11/MTR12 — Built-in Single Microwave Ovens



MTR24 — Combination Microwave Oven and Self-Cleaning Oven



MTR30 — Combination Microwave Oven, Self-Cleaning Oven and Stay-Hot Oven

This delicious meal for four, when cooked by microwave, required only 1.28 kilowatts of energy. The same meal cooked conventionally required 4.56 kilowatts. That's quite a saving.

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When you use the fuel energy-saving Thermatronic, you have these bonus features to save *your* energy:

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6 delicious one-dish meals

All these recipes, like a great many classic country dishes, are served in one dish—meat, fish, or poultry and vegetables are cooked together eliminating the need for additional accompaniments unless, of course, you wish to add a crusty loaf, a well-tossed salad, or fresh fruit for dessert.

by Jane Ellis

There are six wonderful ways to serve a hearty lunch or supper in one simmering pot. Every country has its own unique one-pot dishes; these are the cuisines of Norway, the United States, France, Italy, and Africa providing well-balanced meals that are nutritious, too.

NORWEGIAN FISH AND VEGETABLE CHOWDER

Hearty fish and vegetable chowder that makes a well-balanced meal in itself. It is made by Suzanne Taylor, who divides her time between houses in Maine and New York and is the author of *Young and Hungry* (Harcourt Brace Jovanovich) reminiscences and recipes from her childhood in Norway.

Ingredients: 3-4 pounds fresh cod or haddock; 2 or 3 extra fish heads; 1 whole white pepper; 1 tablespoon chopped parsley; 1 bay leaf; salt to taste; 4 carrots, cut in 1 inch pieces; 3 or 4 small white onions, cut in half; 1 small head cauliflower, separated into flowerets; 2 cups milk; 1-1½ cups light cream; salt to taste; pinch of cayenne pepper; garnish: chopped onion or chive.

Method: Place fish and fish heads in a large pot and cover amply with cold water. Add peppers, parsley, bay leaf, dill and allow to simmer until fish comes away easily from the bone. Remove fish and heads from pot and reserve liquid. Remove all skin and bones and flake into fairly large pieces. Boil down fish stock until reduced by half and strain.

In a separate pot place carrots, onions, and cauliflower and cover with about 2 cups of water. Cook vegetables (but not too soft) and drain them and the water they were cooked in to reduced fish stock.

Heat milk and cream and add to vegetable mixture. Taste

for seasoning. Heat well but do not boil. Pour soup into tureen and garnish with dill or chives. Serves 6-8.

LAMB SHANKS EN PAPILOTE FOR 1 OR IN A CASSEROLE FOR ANY NUMBER

Photographer Emerick Bronson makes his combination of lamb shanks, zucchini, and eggplant *en papillote* for 1 or in a casserole for several friends. A flavorful way of combining an economical cut of meat with vegetables.

Ingredients: 1 small lamb shank; ½ small green zucchini; equal size piece of raw eggplant with skin on; ½ medium whole onion; ½ medium raw whole tomato; ¼ teaspoon dry thyme; ¼ teaspoon salt; ¼ teaspoon pepper; 2 leaves fresh basil, when in season.

Method: Preheat oven to 375°.

Using a piece of aluminum foil big enough to accommodate all ingredients, place shank in middle of square and add zucchini, eggplant, onion, tomato, thyme, salt, pepper, and, if possible, fresh basil. Fold foil to form a package with an opening at top to allow steam to escape. Place package on cookie pan and bake for 1 hour or until done. Serves 1. Each papillote is served on a plate and the person opens it himself. This dish can also be done in a casserole. Arrange ingredients above, according to persons being served, in a large shallow casserole, cover rather securely with foil and bake as above.

This dish can be done in advance and popped into the oven to be reheated.

CASSEROLE OF BEEF STEW ADDIS ABABA

Edna Lewis, author of *The Edna Lewis Cookbook* (Bobbs-Merrill) makes this rich beef stew from flank or rolled chuck combining it with carrots and potatoes for a hearty one-dish meal.

Ingredients: 2 pounds beef flank or rolled chuck; 4 tablespoons butter; 2 medium-sized onions; ½ cup tomato pulp, about 2 large tomatoes, peeled, seeded, and pounded mixed with ½ cup cold water; 1 tablespoon plus 1 teaspoon Addis pepper (available in health food stores) or black pepper; 3 medium-sized Idaho potatoes; 1 cup carrots, cut into 1-inch pieces; season with salt to taste.

Method: Wipe meat with a damp cloth and cut into 1½ inch pieces.

In a 3 quart stainless steel pan with a heavy or cast aluminum bottom, heat and add butter. Using the back and larger side of a 4-sided grater, grate in onions. When onions and butter become very hot, without browning, add meat, stir well, and let sear without browning.

Add tomato pulp and water mixture, stir well and stir into saucepan. Sprinkle in 1 teaspoon Addis pepper, stir again. Halfway through the cooking, add the remaining pepper. 20 minutes before dish is served, add potatoes and carrots. Let simmer until meat is tender, about 1½-2 hours.

Meat tastes better if not allowed to become too soft. Serves 6.

MOUSSAKA

This healthy and calorie conscious recipe for moussaka from a young Greek cook, Anna Ghalanos, does not require the precooking of vegetables and can be assembled and cooked quickly and easily.

Ingredients: 1½ pounds eggplant, sliced ¾ inch thick; ½ pound ground lamb mixed with ½ pound ground veal; 1 tablespoon parsley, chopped; 1 tablespoon onion, minced; 3 ripe tomatoes, peeled; ¼ teaspoon cinnamon; ¼ teaspoon oregano; ¼ teaspoon nutmeg; salt and pepper to taste; 2 pounds potatoes, peeled and sliced ¾ inch thick; 2 pounds zucchini, sliced in strips; ½ cup beef broth; 2 cups



A casserole of lamb shanks cooked together with eggplant slices and zucchini.

BRONSON

Béchamel sauce; ½ cup Romano or Parmesan cheese.

Method: Soak the eggplant slices in cold salted water for ½ hour, drain and rinse under cold water and dry on paper towels.

In a large skillet mix the meat mixture, parsley, onions, tomatoes, cinnamon, oregano, nutmeg, and salt and pepper to taste. Sauté mixture for 5-10 minutes until most of the liquid is absorbed.

Preheat oven to 325°.

Butter a large flame-proof dish and layer the potatoes, eggplant, zucchini and meat mixture alternately ending up with zucchini. Pour beef broth over the vegetable and meat mixture and cover the dish with aluminum foil and put in oven for 45-60 minutes; the last 15 minutes make a hole in the foil to allow the steam to escape (the water should be completely evaporated). *Continued on page 119*

"A subtle blend of vegetable and meat flavors can provide delicious meals in one dish"

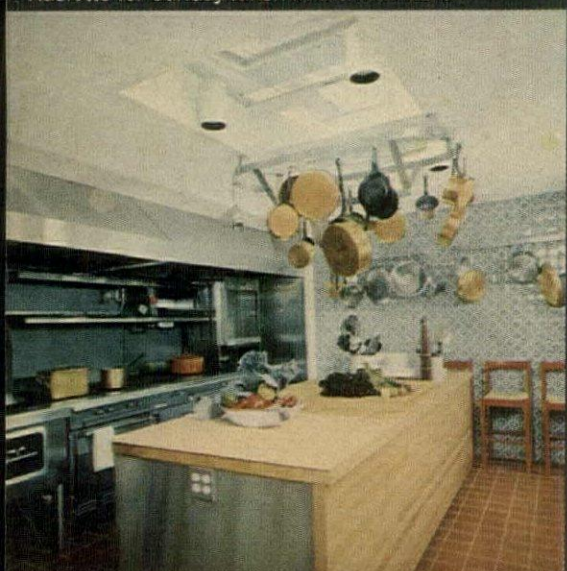
A cook's tour of Craig Claiborne's exciting new kitchen



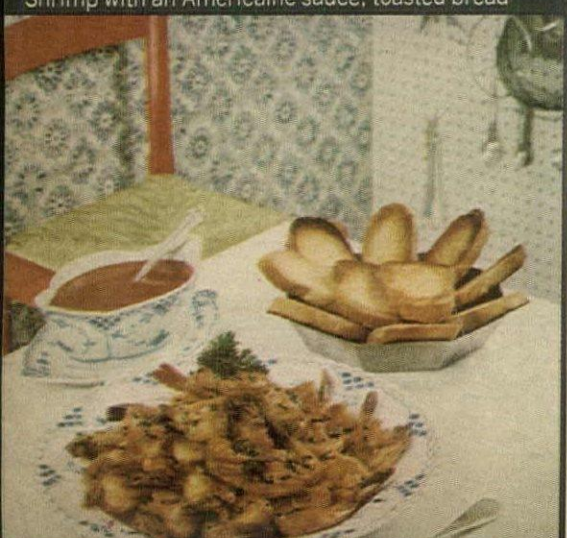
Center of kitchen activity—a 9-foot island



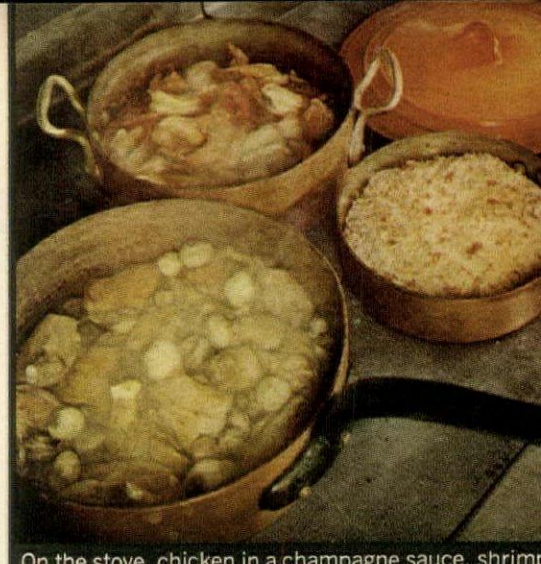
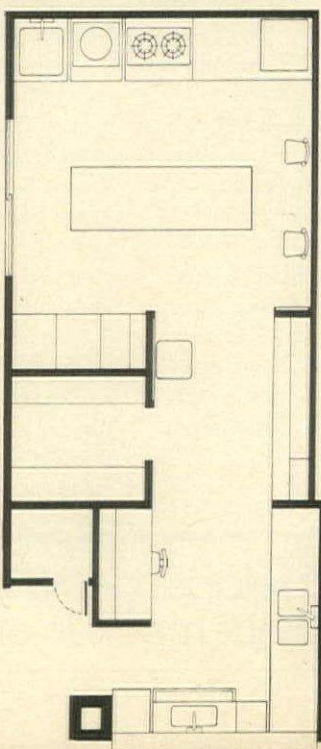
Raclette for Sunday lunch in the wine cellar



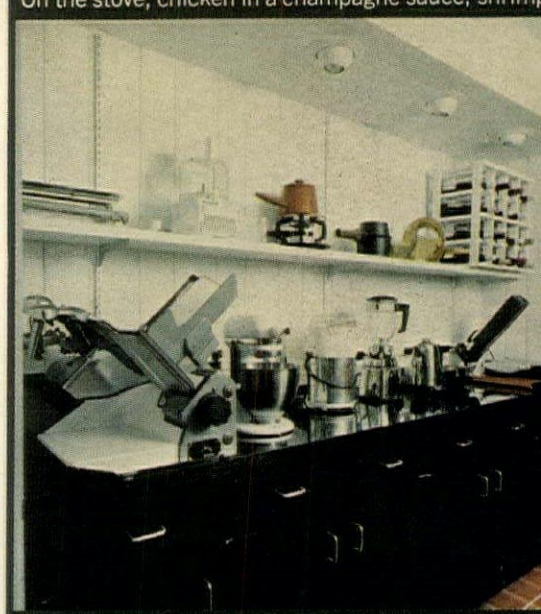
Twin skylights throw wonderful light, ventilate too
Shrimp with an Américaine sauce, toasted bread



literally would rather cook than eat and thank goodness I can do both," says Craig Claiborne, who recently returned to *The New York Times* as food editor. "Cooking is the greatest therapy in the world and although I work at it professionally, it is also my hobby." Together with Pierre Franey, *far right*, former chef of Le Pavillon and vice president of Howard Johnson's, Craig cooks for fun each Saturday in his new and unique kitchen, a recent addition to his Long Island house. A typical menu, *opposite page*. Hub of the kitchen, designed with neighbor and designer Benjamin Baldwin and architectural associate Earl Pope, is the 9-foot island equipped with a large marble slab for working with pastry, wood and plastic chopping blocks, storage space beneath. "for things you need to grab immediately like oil and vinegar, measuring cups, pot covers." Above, a pot rack crowded with heavy French copper pots ("I'm not a male chauvinist, but a lot of women find them too heavy to hold."), saucepans, skillets, crêpe pans, a chinois (sieve for pushing sauces through). Behind the island—wall-to-wall cooking equipment all of it professional: from left, deep sink for washing heavy pots without splattering, water is drained with a foot pedal; professional Chinese restaurant range with flexible metal hose for cleaning wok between dishes; 4 burner hyped up stove with strong flame, above it a pot filler hose for filling large pots with water; griddle surface; powerful central gas burner with space for pushing pots to an area of lower heat; a salamander, "one of the most important things in the entire kitchen, we never use it for grilling but for glazing au gratin dishes to give a final coloring"; two ovens. A counter holds a complete range of gadgets, mostly electrical, and with their own outlets; blender; second hand slicing machine; large mixer; "my favorite gadget in all the world, the Cuisinart food processor; a rack for wines to be used within a week; slicing machine for cheese and salamis; fondue pot; European scale. A walk-in pantry for groceries, china; Brauner chopping block and desk line walls of passageway leading to the bar area (the old kitchen) and the throughway to the living room.



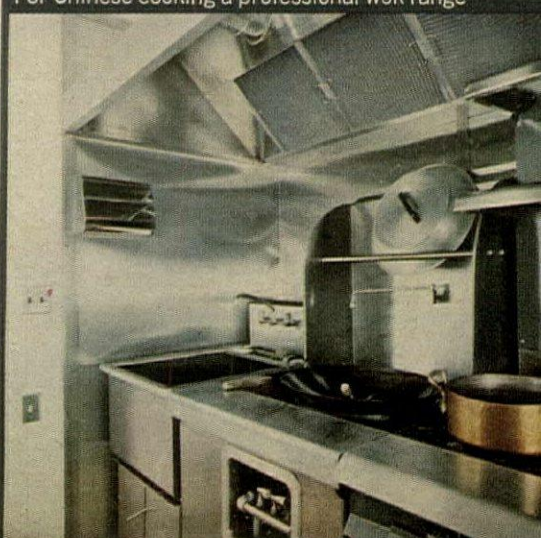
On the stove, chicken in a champagne sauce, shrimp

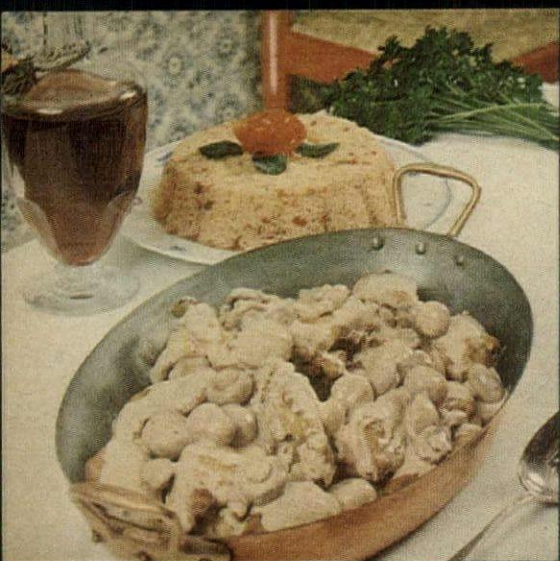


Counter for electrical gadgets, each with its own outlet

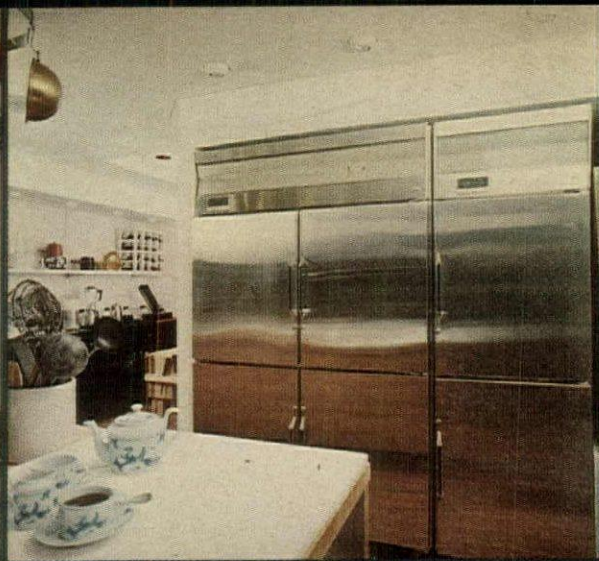


Dinner in the living room with a view of the bay
For Chinese cooking a professional wok range

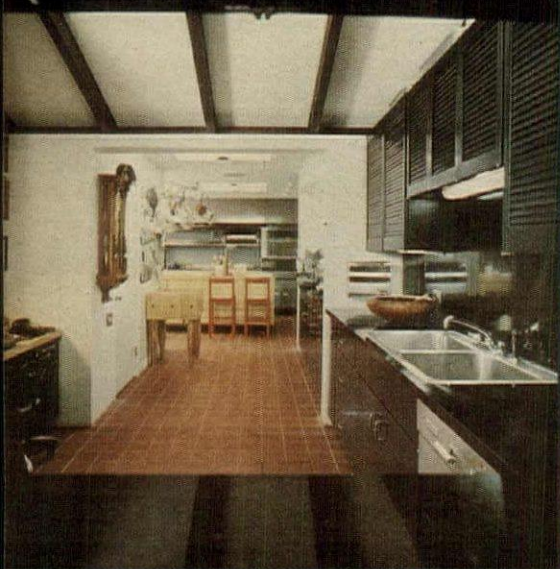
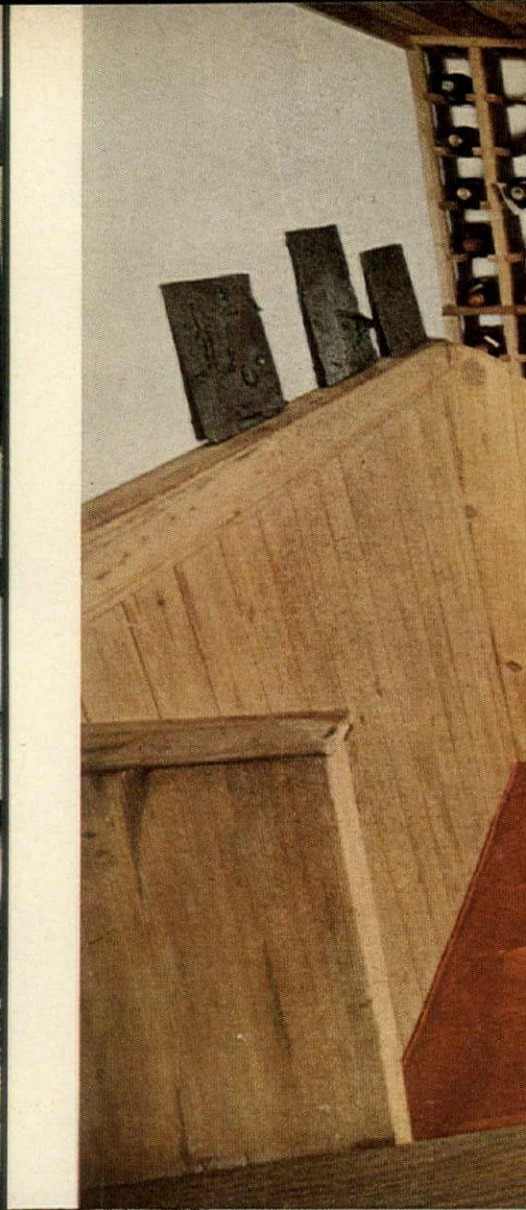




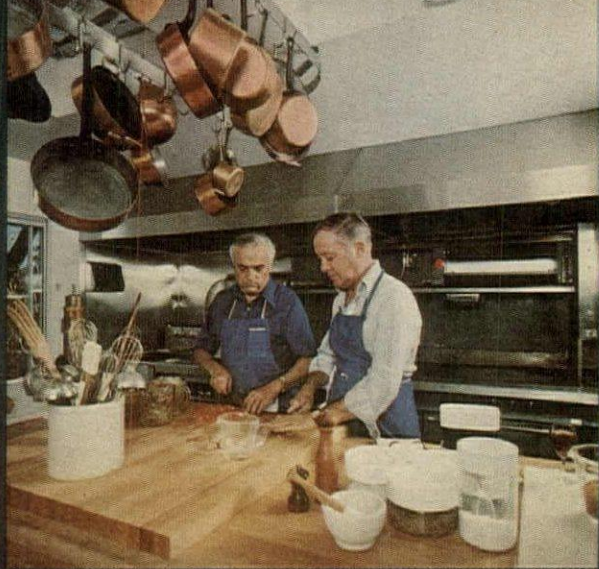
Chicken in champagne sauce, rice Andalouse



Stainless steel double refrigerators and freezer



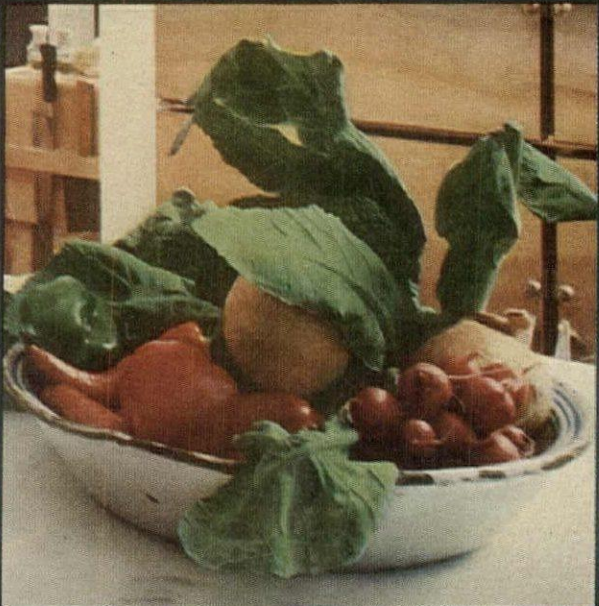
Passage to main kitchen with desk, double sink



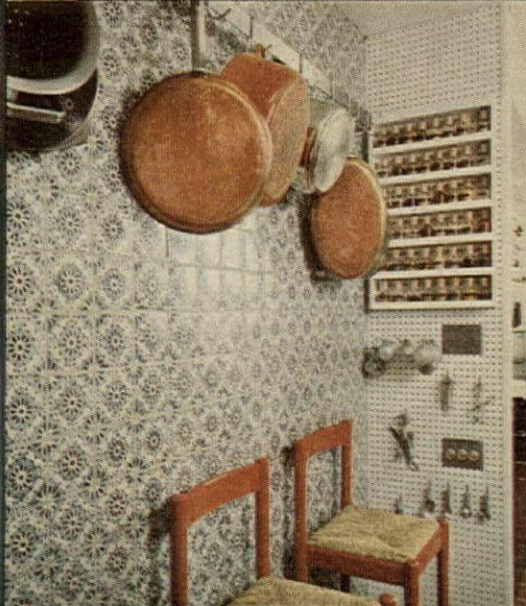
Pierre and Craig at work on the butcher-block counter



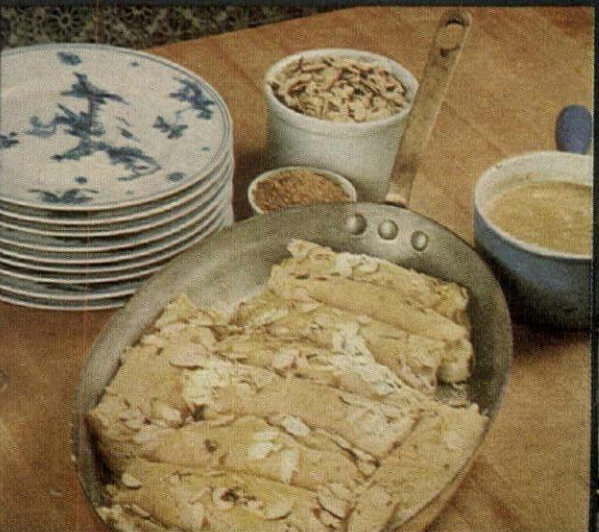
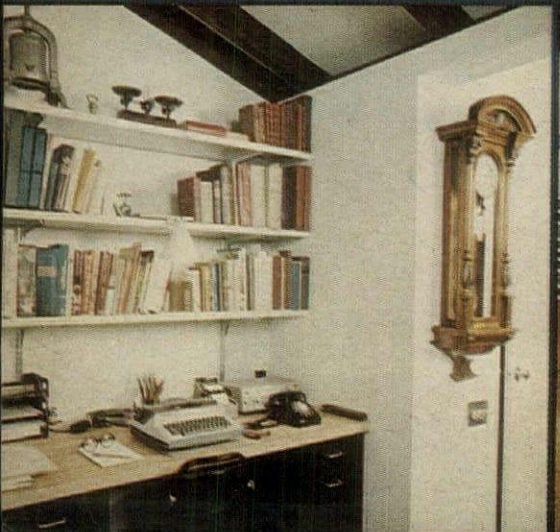
Between kitchen and living room, professional bar
Working alcove, reference books, typewriter

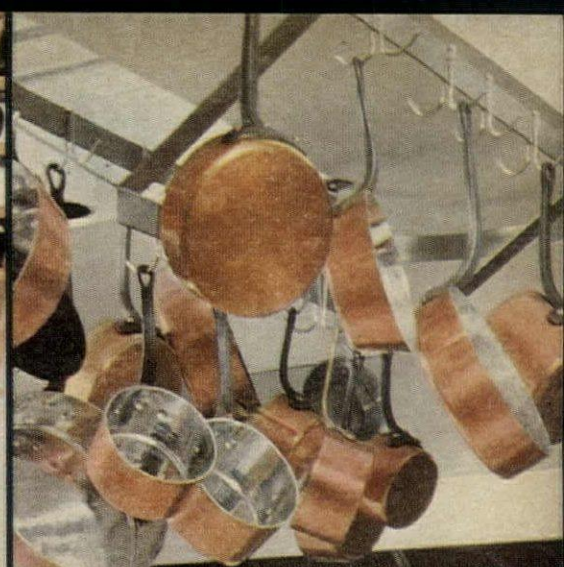


Colorful Long Island vegetables spill from a bowl
For dessert, crêpes soufflées pralinées

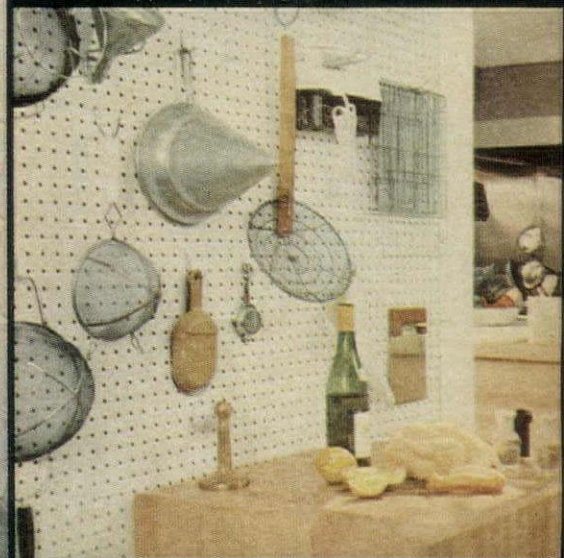


Tiny bottles of herbs labeled with a hand labeler
Wall of restaurant stoves by Vulcan





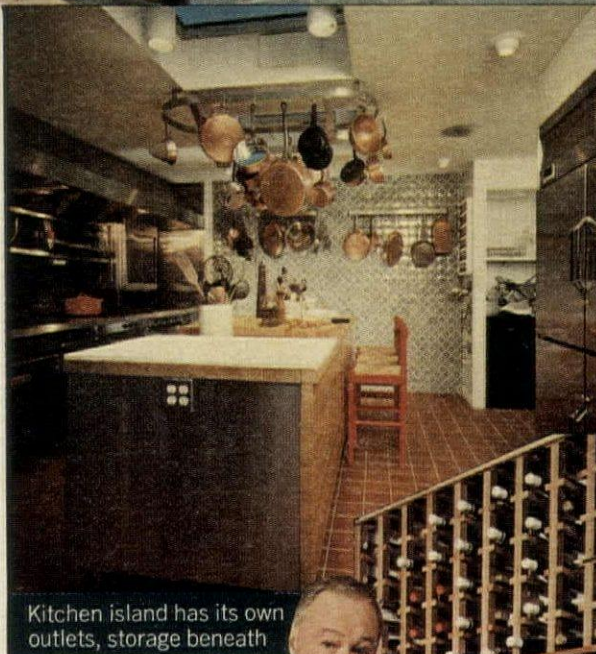
French copper pots newly tin lined



Heavy duty pegboard for strainers, sieves

Craig Claiborne and Pierre Franey have cooked as a team for ten years, both have houses on Long Island and get together with family and friends on Saturdays to entertain. From now on they will also appear together on Sundays, in print at least, contributing on food stories for *The New York Magazine*. "We travel together and separate, tasting and discovering dishes; if we're impressed with something we'll try to recreate it. Pierre does most of the creating. I take notes," says Craig, who loves to entertain any number of people, four to twelve or on a special occasion, like New Year's Eve, thirty-six. Drinks are made at a professional bar area, bottles stored in a rack adjacent to the twin sinks for washing glasses as a man does; one sink to wash glasses in soapy water on a central brush, the other for rinsing in a constant trickle of hot water. The thoroughway is used for serving drinks but not food, which is brought to the table by hand. Another spot for entertaining is the wine cellar, *above*, which houses 500 bottles of wine, made by hand to stash standard-sized bottles, magnums and half bottles as well as providing storage space for liquor supplies, cordials, preserved foods such as salamis, confit d'oise, goose, cassoulet, and sauerkraut. It is often the gathering place for a Sunday lunch or supper. Pierre, seated on the English pub bench and stools. Craig, *right*, serves a soufflé, a Swiss cheese dish, the cheese is scraped and melted with a grater machine. It is made from Bagnes, a cheese available in the winter months, "the only time you'd want to make that dish anyway," and occasionally served with French bread, boiled potatoes without seasoning whatsoever, cornichons, small pickled onions, and Swiss Fendant, a light fruity white wine.

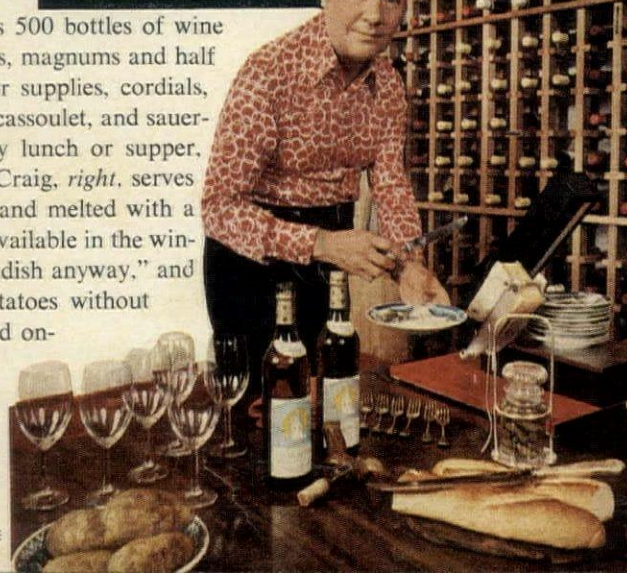
TOM YEE



Kitchen island has its own outlets, storage beneath



Professional bar looks out onto living room
Soufflé filled crêpes puffed from the oven



Craig Claiborne's new kitchen of ideas

BEADLE



Two great cooks entertain

Menu and recipes for dinner with Craig Claiborne and Pierre Franey

As these two food professionals enjoy their work so much, it has become their hobby, too. Gathering in Craig Claiborne's professional home kitchen on Long Island (see page 106), they play at what they both are involved in professionally—cooking marvelous food. Lucky friends gather on Saturday evenings to taste the fruits of their constant experimentations. "When we put together a menu such as this one, we first decide on the main course, then plan what will go well with it." Here, for a Saturday evening dinner, is a classic *Américaine* sauce, usually used for lobster, working deliciously with shrimp, a delicate quick and easy sautéed chicken, and a spectacular dessert of soufflé crêpes flavored with freshly made praline.

DINNER FOR 8

Crevettes Américaine
(Shrimp Américaine)

Poulet au Champagne

(Chicken in Champagne or Still Wine Sauce)

Riz Andalouse

(Rice with Chopped Peppers)

Endive and Watercress Salad

Crêpes Soufflées Pralinées

Pinot Chardonnay, St.-Émilien, or Champagne

SHRIMP AMÉRICAINÉ

Ingredients: 4½ pounds raw jumbo shrimp (medium-sized may be used); 9 tablespoons butter; ½ cup finely chopped onion; ¼ cup finely chopped shallots; ½ teaspoon finely minced garlic; ½ cup cognac; 2 cups fresh or canned peeled, seeded, and cubed tomatoes; 1 cup dry white wine; 2 cups fish broth; 1 6-ounce can tomato paste; 2 sprigs thyme; 1 bay leaf; 1 tablespoon dried tarragon; salt to taste; freshly ground pepper to taste; 1 teaspoon dried red pepper flakes; 4 sprigs parsley; 1 tablespoon flour; toast triangles or sliced toasted French bread.

Method: Peel the shrimp and reserve the shells. Rinse and drain

the shells. Split the shrimp lightly down the back and run under cold water pulling away and discarding the intestinal track. Drain well.

Melt 2 tablespoons of butter in a large, heavy skillet and add the shells. Cook, stirring, about 1 minute. Add the onion, shallots and garlic. Stir, cooking another minute. Add half the cognac and ignite it. Add the tomatoes, wine, fish broth, tomato paste, thyme, bay leaf, tarragon, salt, pepper, pepper flakes and parsley. Cover and cook 30 minutes.

Put the sauce through a food mill, discarding the solids.

Heat 2 tablespoons butter in a heavy casserole and add the raw shrimp, salt and pepper to taste. Cook, stirring, about 5 minutes and flame with the remaining cognac. Cook 5 minutes longer, then arrange on a serving dish.

Blend 1 tablespoon butter with flour and stir it into sauce gradually. Remove from the heat without further cooking. Swirl in the remaining 4 tablespoons butter and spoon the sauce over the shrimp. Serve with toast triangles or sliced, toasted French bread. Serves 8-12.

CHICKEN IN CHAMPAGNE OR STILL WINE SAUCE

Ingredients: 2 2½-pound chickens cut into serving pieces; salt to taste; freshly ground pepper to taste; 6 tablespoons butter; 2 tablespoons finely chopped shallots; 1 pound mushroom caps, rinsed well and drained; 2 sprigs thyme or ½ teaspoon dried; 1 cup brut champagne or dry white still wine; 2 cups heavy cream; fluffy rice or rice with chopped peppers.

Method: Sprinkle the chicken pieces with salt and pepper. In a heavy skillet heat 4 tablespoons butter and add the chicken skin side down. Cook until golden brown on one side, about 5 minutes, and turn the pieces. Cook about 5 more minutes and add the shallots and mushroom caps. Add the thyme, cover and cook about 5 minutes.

Uncover the skillet and cook over high heat about 2 minutes. Add the champagne and cook. Cook 5-10 minutes. Remove the chicken and arrange the pieces skin side up on a serving plate.

To the skillet add the cream and boil over high heat about 5 minutes. Swirl in the remaining butter and pour the sauce over the chicken pieces. Serve with fluffy rice or rice with chopped peppers. Serves 8-10.

RICE WITH CHOPPED PEPPERS

Ingredients: 2 tablespoons butter; ¼ cup chopped onion; 1 bay leaf; 1½ cups rice; 2½ cups chicken stock; salt to taste; ¼ teaspoon finely chopped garlic; 1½ cups chopped green or red sweet peppers (preferably a combination of both to give color); freshly ground pepper to taste.

Method: Preheat oven to 400°F. Melt 1 tablespoon butter in a heavy saucepan with a tight-fitting lid. Add onion and cook, stirring, until the onion is wilted. Add bay leaf and rice and stir about 30 seconds. Add chicken stock and salt to taste. Bring to a good boil. Cover and place the saucepan in the oven. Bake exactly 20 minutes.

Melt 1 tablespoon of butter in a separate saucepan and add the garlic, chopped peppers, salt and pepper to taste. Stir briefly and cover. Cook about 10 minutes.

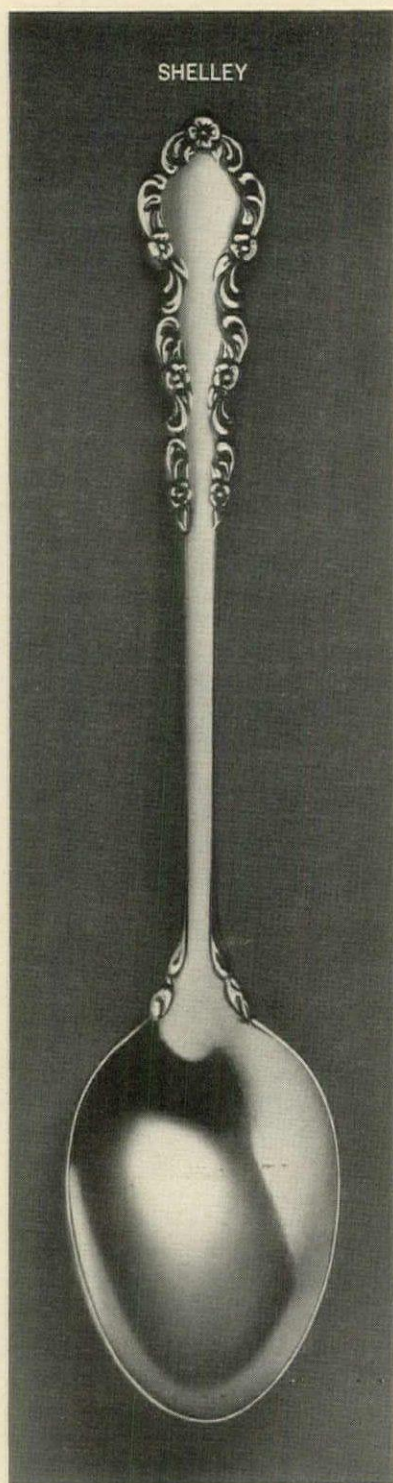
When the rice is done, discard the bay leaf. Fluff the rice with a fork and stir in the pepper mixture. If desired, the rice may be molded before serving. Butter a 6-cup mold generously and fill with the rice, which should be leveled with the top. Press the rice down with the fingers. Unmold it on a round plate. Serves 8.

CRÊPES SOUFFLÉES PRALINÉES

CRÊPES

Ingredients: 2 cups flour; 3 eggs; 2½-3 cups milk; 1 tablespoon salt; 4 tablespoons melted butter; 1 tablespoon vanilla; 1 teaspoon salt; butter for smearing crêpes.

Continued on page



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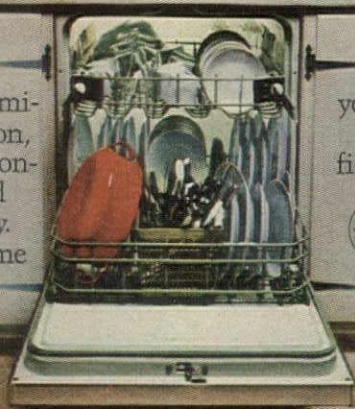
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GENERAL  ELECTRIC

A spectacular cheesecake you make in a flowerpot Paskha

The Russian Easter dessert, Paskha, was traditionally made in a four-sided pyramid mold from sweetened curds, butter, almonds, raisins, and candied fruits. Christopher Idone makes it from farmer pot cheese in clay flowerpots, ties them with ribbon, and gives them to friends for Easter.

drainage holes in the flowerpots are ideal for draining the whey from the cheese. Originally the cake was served with kulich, a yeast cake rather like a panettone, made with raisins, candied fruits, and almonds and decorated with XB (Christ is Risen) either in relief, if a traditional wooden form was used, or with candied fruits. Homemade paper flowers sometimes adorned the top of the cake and it was blessed by the priest. Christopher suggests serving it with preserved kumquats or fresh strawberries, a delicious contrast to the richness of the cake. You can also make an uncooked version of paskha quite easily by following this recipe without cooking and making the substitutions below. Christopher Idone with Sean Driscoll runs Glorious Food, a catering firm in Manhattan and Southampton, and sells paskha from Country Living, Jobs Lane, Southampton, L. I. 1-quart pot serves 10, \$12.50; 2½, serves 16, \$18.50. To order call 212-421-1082.

PASKHA

Ingredients: 3 pounds farmer large curd pot cheese (if not available, you may substitute dry cured cottage cheese); 6 large egg yolks; ½ pound sweet butter; 1½ cups sugar; 1½ cups heated

heavy cream; ½ cup chopped candied fruits; ¼ cup currants; ¼ cup seedless white raisins; ½ cup slivered blanched almonds; ½ teaspoon finely chopped lemon peel; 3 tablespoons vanilla extract.

Method: Allow the cheese, eggs and butter to stand at room temperature for at least 2 hours. If cheese is particularly moist, drain in colander for 2 hours.

In any of the following ways cream the cheese: the easiest way is to use an electric mixer with the pastry beater at lowest speed for 15-20-minutes. Or use an electric blender—blending 1 pound of cheese at a time. Or put cheese through a fine sieve.

In a separate bowl beat the egg yolks until lemony color and add sugar a little at a time.

In a saucepan heat the cream to the boiling point, but do not allow to boil. Reserve.

Add the egg and sugar mixture to cheese and slowly add heated cream. If using blender add ½ of each mixture until done.

Put mixture in a large heavy enamel saucepan and stir constantly with a wooden spoon over low heat until mixture thickens. Do not allow to boil.

Remove from heat and add the fruits, currants, raisins, almonds and lemon peel. Allow to cool.

In a mixing bowl cream the butter with a wooden spoon or electric mixer then gradually add the vanilla. When cheese mixture has cooled, mix thoroughly with the creamed butter and vanilla.

Line one or more prepared flowerpots with a double layer of cheesecloth that has been rinsed in cold water and squeezed dry. Allow enough cloth so exposed top may be covered. Fill pot with the mixture, cover with exposed cheesecloth and set a weight or heavy can on top. Refrigerate, placing a small pan on shelf beneath pot to catch the whey. The whey will drip as cake solidifies.

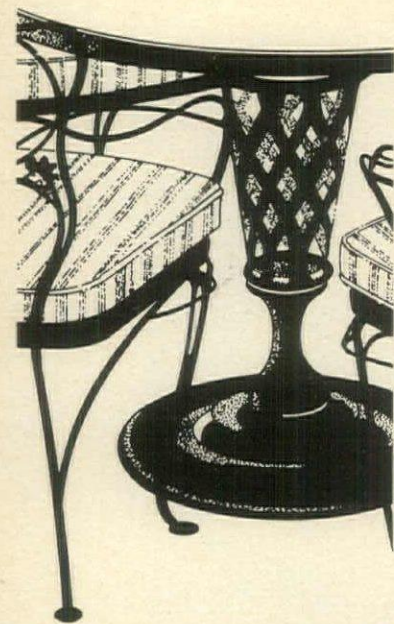
The paskha should be made 3 days in advance and will keep for several weeks refrigerated.

UNCOOKED PASKHA

Follow all the steps for the main recipe except for the cooking. Substitute 1½ finely minced vanilla beans for the extract. Also add the juice of ½ a lemon strained. This recipe comes from the family cookbook of an old Saint Petersburg family.

TO PREPARE FLOWERPOTS

You will need 1 new 7-by-7-inch (2 to 2½ quart) or 2 5½-by-5½-inch (1 quart), approximately, flowerpots. Wash flowerpots thoroughly in light soap and water and rinse well before using. Bake in a 250° oven for about ½ hour. Cool. ■



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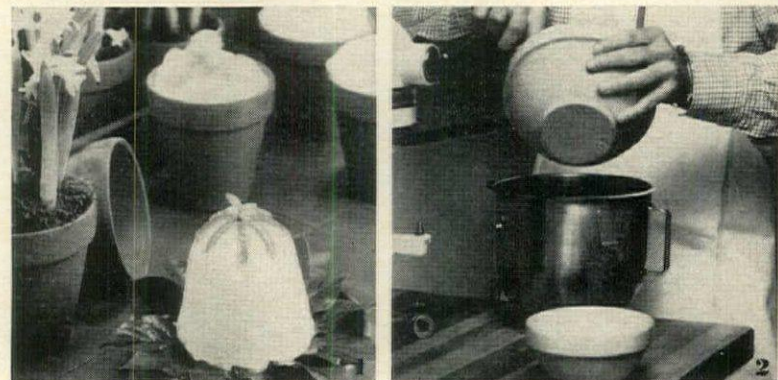
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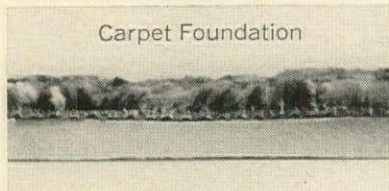


1. Paskha, a fruit-studded cheesecake, unmolded from the flowerpot. 2. Add egg yolk and sugar mixture to creamed cheese in mixer. 3. Line the flowerpot with a double layer of wet cheesecloth and trim excess. 4. Christopher Idone pours mixture into flowerpot to drain.

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MEMORY FOODS

continued from preceding page

when you eat it, your fingers get good and sticky, which is part of the fun.

People in Lancaster County prided themselves on the lightness of their egg cheese, and they drained and shaped it in special heart-shaped pierced tin molds. The antique molds now fetch up to \$50 or \$60, but you get just the same result if you use a wicker or pottery coeur à la crème mold. A friend of mine made a mold from a coffee can, piercing the bottom with his own design.

When we made apple butter at home, we cooked it in a big copper kettle on the Farmer's Friend, an old-fashioned wood-burning stove that stood about twenty inches from the floor. It had graduated plates on the top, the largest big enough to take the copper kettle on down to a center one just the right size for a tea kettle. The Farmer's Friend was usually right outside the kitchen, next to the coal bin, and that was where you made your apple butter, blanched corn, cooked pork pudding and did all your quantity cooking, keeping the steam and the heat out of the kitchen. It was strictly for top-of-the-stove cooking.

The fire for the apple butter was started early in the morning and there'd be 8 hours of everyone taking their turn stirring, with the big heart-shaped wooden paddle that had a hole in the middle so the apple butter went through the center, too, and didn't stick. It was a real family get-together, everyone visited and ate, and took their crocks full of apple butter.

I remember that the day before the apple butter session we would usually make applesauce. We'd go for the apples and get maybe as many as twenty 100-pound sacks—and that's a lot of apples. We had one of those funny old-fashioned apple peelers and we kids—there'd be maybe two or three of us—would see how fast we could crank it. There was always an apple on the peeler. As it kicked one off, you'd have the next one ready to go, it was fun seeing just how fast you could do it. You made a game of it, getting a kick from competing against yourself. Then when you'd finished, you could go swimming—that spurred you on to get the job done quickly. Recently I found one of the old apple peelers and my kids are just as excited about that thing as I was.

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potato chips, when it is so to buy them in the supermarket. Yet homemade potato chips something else, they have a completely different taste from store-bought kind.

We used to make potato chips for special company dinners, weddings, but I hadn't thought of it for years. I had a bag of mealy potatoes and my mother's recipe, and it looked like plain. I sliced the potatoes as thin as a penny, exactly the way I remembered from when I was nine years old and watched mother, dropping them in fat of just the right temperature—and all I got was something that looked like limp waffle dish cloths, they never did golden and crisp as they should. No way could I get those thin right. I used up a 5-pound bag of potatoes trying. Mother was sitting the time and I didn't want to bother her, so I called my neighbor and asked if she knew anything about making potato chips. She said she never done it, but she knew she had to have a certain type of potato, an Irish Cobbler, and that the potatoes shouldn't get too cold.

Finally, I had to call a friend of mine at the potato chip factory and ask him what the secret was. My neighbor was right about the potatoes not getting too cold. It affects them, and if the moisture line around the inside of the potato starts to get brown, you might as well give up, you'll never get golden potato chips. In the laboratory, the potatoes are stored at a controlled temperature of 53 degrees—and here was I trying to make them in January, with the temperature well below freezing.

My friend volunteered to show me what I needed, and he was flying out of his car into the laboratory with five potatoes wrapped in babies in layers of newspaper so they wouldn't get nipped by the cold.

The very first chip came out golden and perfect. I didn't know one. It was all in the potatoes. Here I'd wasted six hours fooling around trying to do the impossible.

HOMEMADE POTATO CHIPS

Ingredients: 3 pounds Irish Cobbler Potatoes (kept at a temperature of 52 degrees), 2 cups potato oil, salt.

Method: Wash and peel the potatoes. Slice them as thin as a penny. (Mother used an old-fashioned adjustable cutting board, and you can get a similar type in kitchen equipment stores, called a mandoline cutter) and immediately immerse into ice water to stop them turning pink.

"In the old days of coal stoves, sliced potatoes were put directly on the hot stove top, cooked until crisp and puffy, and eaten with butter and salt"

Heat the oil to 360°. Dry the potatoes on paper towels and fry until golden brown and crisp. Remove, drain on paper towels and salt lightly. NOTE: Chips fried in oil should be kept in an airtight tin for several months. If you use lard, you have to eat them the same day.

PUFFED POTATOES

My friend, Kitty Brown, told me about this way of doing potatoes, which I often make as a snack in the evening before bedtime. In the old days of coal stoves, when the stove was burning up before being put back for the night, sliced potatoes were put directly on the hot stove top, cooked until crisp and puffy and eaten with butter and salt.

In Kitty's updated version, you cut the well-washed potatoes into three strips an inch thick, with the skin on, and bake them at 450° until they get real crisp and puff up into blisters on the outside, with a soft, inside flaky. Puncture the potatoes with a fork, put some butter in the pan, salt, and eat while hot.

LEMONADE

Ingredients: 5 lemons; 1 cup granulated sugar; 1 gallon water; 1/2 cup tart ice cubes; nutmeg, mint leaves.

Method: Squeeze 3 lemons and reserve the juice. Slice the remaining lemons 1/4-inch thick and press them into 1/2 cup of the sugar, using a wooden mallet or potato masher in the container you will serve the lemonade. Let slices stand in sugar for 10 minutes, then add water, reserved lemon juice, remaining sugar, and stir until sugar is dissolved, add mint and grate fresh nutmeg on top. Serve with mint.

APPLE BUTTER

Ingredients: 12 pounds tart cooking apples, peeled, cored and quartered (in the fall, use Winesap apples); 2 cups water; 3 1/2 cups granulated sugar; 1 cup cider vinegar; 1 teaspoon cinnamon.

Method: Cook the apples and water in a pan over low heat until tender, about 20 minutes. Rub through a food mill.

Add the sugar, cider vinegar and cinnamon, mixing well. Put mixture in a heavy roaster pan, covered, and cook in a 375° oven for approximately 2 1/2 hours, stirring every 15 minutes with a wooden spoon. The apple butter is thick enough when you can put 1/2 tablespoons of the mixture on a spoon and turn it upside down without it dropping off.

Ladle into hot sterilized pint or quart jars and seal. Makes about 3 1/2 quarts, or 7 pints.

COUSIN

ELIZABETH DENLINGER'S RASPBERRY SHRUB

Ingredients: 1 quart black raspberries, 1 pint cider vinegar.

Method: Combine the raspberries and vinegar and let stand overnight. Next day, strain, and measure the juice. To each pint of juice add 1 pound of granulated sugar.

Boil 10 minutes, then put in jars and seal. Use one-third glass of this concentrate, and fill the glass up with ice-cold water. NOTE: Rasp-

berry shrub is also delicious on desserts like tapioca pudding or angel food cake, or you can stir it into ice cream.

EGG CHEESE

Ingredients: 2 quarts sweet milk, 6 eggs, 2 cups buttermilk, 1 teaspoon salt, 2 teaspoons sugar.

Method: Warm the sweet milk. Beat the eggs until fluffy and add the buttermilk, salt and sugar. Beat slightly and pour slowly into the warm milk. Cover the pan with the lid and let stand for several minutes on medium-low heat, stirring only occasionally.

Remove the lid and watch for

the curds (the cheese) and whey to separate. Immediately spoon the curds lightly into a pierced mold, using a slotted spoon, and leave to cool and drain (balance the mold on a bowl into which the liquid can drip). It is the gentle spooning into the mold that prevents the cheese getting solid and heavy. If you drop it into a sieve, it will get as heavy as lead. It should be removed delicately from the pan and just laid in the mold.

When cold and drained, unmold the cheese onto a dish and serve with bread and molasses. This makes enough for 8 servings. ■



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Holy jumping juniper! Gin's the thing

by Henry McNulty

Having been brought up in the odor of sanctity, so to speak, the offspring of missionaries, my first contact with gin came as quite a shock.

For an innocent schoolboy to go from Greenland's icy mountains and India's coral strand, straight into a Prohibition era cocktail party was bad enough. But when the gin therefor was sloshing about in the bathtub—honest—and the host proudly dipped his tumbler into his newly made concoction to toast my arrival, swallowing the whole glassful in one gulp, it made quite a lasting impression—possibly more on him than on me.

My host was able to give this amazing demonstration because even brand-name gin is simply pure alcohol that has been flavored with spices, aromatic herbs, and skill. The most ubiquitous of the flavorings used is juniper berries. Early American, or bathtub, gin was so popular during Prohibition because of this manufacturing simplicity. If you could con your friendly druggist into letting you have some medicinal grain alcohol, you were well on your way to having a potable, if not notable, alcoholic beverage in that bygone jazz age between the wars.

Original gin, possibly invented by Adam to tempt Eve back, has been made for centuries. The parent of what you and I mix with our vermouth was Holland Genever (the word means juniper in Dutch) made by distilling grain spirits and a mash of juniper and things like cassia bark, coriander seed, angelica root, anise, lemon peel, orris root, and other esoteric ingredients. Each maker has his own secret formula. Genever's mash gives it its special taste—so particular that it is really only good straight. If you mix it, it should be with something mild like soda or tonic.

I was grandly introduced to it on the good ship Umgeni of some forgotten Europe-to-Asia line. Her captain was Dutch and favored Genever, his cargo seemed to be mostly that, some 3,000 Australian troops being repatriated in 1942, and me, the lone American. We happened to cross the equator on July Fourth and the Aussies, ever ready for a party, decided the drinking auguries were auspicious

despite danger from subs. At nightfall there wasn't a soul on board, and I more or less force-fed on it, was rather repulsed with Bols gin. Even a tiny torpedo would have been devastating. Not a soul on board could stand that. That taught me what "Dutch courage" meant.

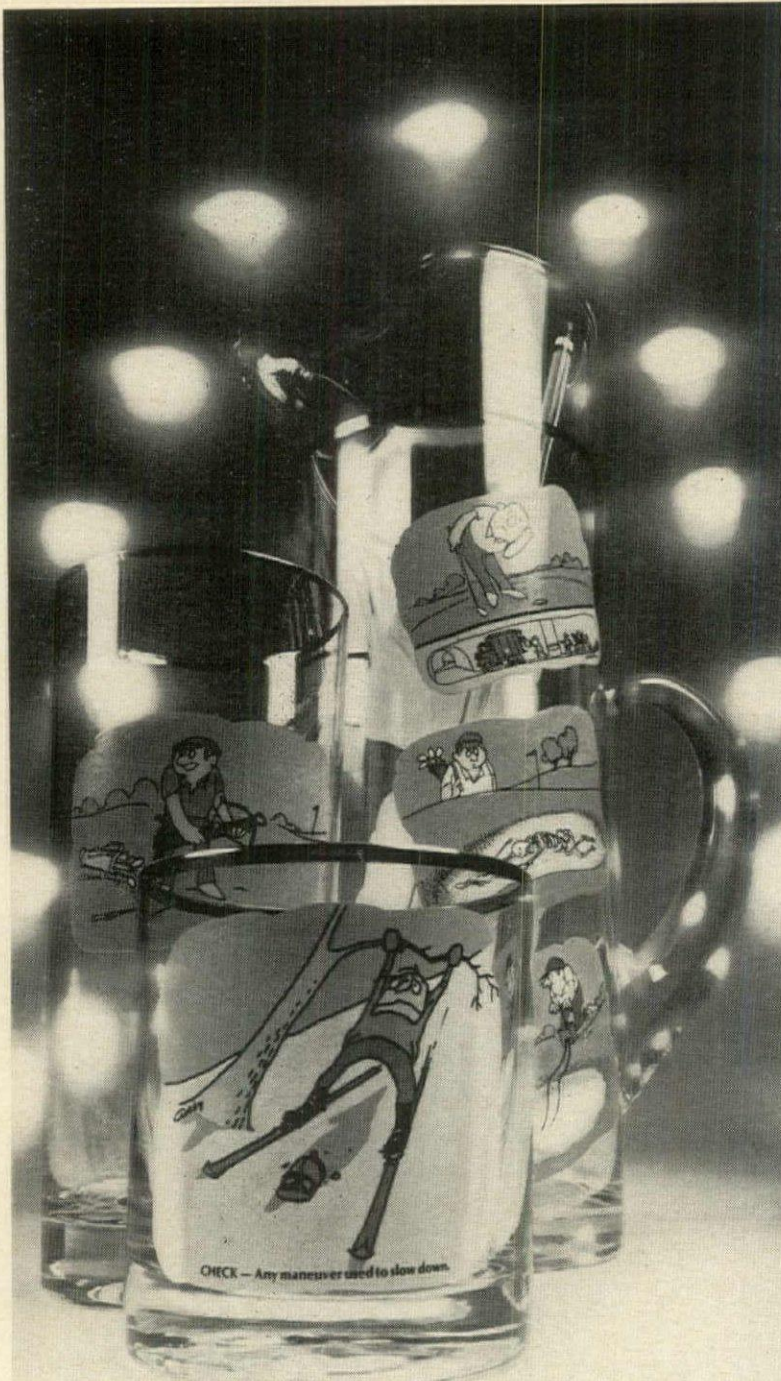
English gin can be equally stimulating but is less powerfully perfumed. It comes in several varieties. London type, which has nothing to do with geography, uses much the same ingredients as Highland gin. Some London gin is clear as water, some is straw colored from being matured in oak casks. American gin is similar, though the taste may differ because of a difference in water, used in England to bring down the distilling strength of the spirit to drinkable proof.

Plymouth (brewed in Plymouth) gin has a different flavor from London gins (like Gilbey's, Gordon's, Beefeater, Bombay Tanqueray, Boodles, and Bootleg) and I believe one of its secret differences is that it omits the lemon peel most other gins use. British naval types are said to drink nothing else in Pink Gin. This is a clear beverage made with five or six drops of Angostura swiss around in a glass, Plymouth gin and ice—a very easy, refreshing aperitif.

Old Tom gin is a slightly sweened London gin, popular in warmer climates. The original gin sling, the Tom Collins, using Old Tom gin (2 ounces), juice of ½ a lemon and ½ tablespoon of powdered sugar. If you look carefully you recognize this as a lemonade with gin in it. You shake it well, strain it into a tumbler over ice and a splash of soda water. A Tom Collins is the same formula made with Holland gin.

German gin, or Steinhäger, they call it, has a distinct juniper flavor because it is produced by distilling fermented juniper berries. It usually comes in "stone" bottles. Sloe gin is made by steeping sloe or blackthorn berries in London gin for a couple of months to give it a special taste.

Gin was once the bad boy of the spirits world. Most drinks point to a past of some distinctive—sherry and the Grandees



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n, rum and buccaneers, whis- and Scottish lairds in their

But gin became a sort of -century tranquilizer pill, p, abundant, and potent, to people's minds off the miser- social conditions between the ddown of medieval and Tudor ish society and the birth of century social consciousness. me production and consump- of gin was promoted as "patri- a way to use grain so as to farmers. Taxes on gin were ht that even the poorest peo- could buy it. You could get d drunk for tuppence" they and unlicensed dram shops ed by the thousand. In 1733, London much tinier than it day, there were nearly 7,000 em.

the time of George II, the dpa of our own favorite ge III of Boston Tea Party , over 7 million gallons of gin ar were pouring down British ts. Gin drinking was almost idemic and burials outnum- l baptisms by two to one in London area.

George II's parliament decided d illegal sales of uncontrolled Even so, it was still the easiest heapest way for the populace get its woes. Gradually better ation, better ways of spending time, combined with the ef- of the Salvation Army and Blue Ribbon Army (a kind of holics Anonymous of its day), e latter part of Victoria's reign, ed these abuses. Gin began ecome acceptable in "polite ty."

uring the jazz age it climbed mplete respectability "up the of the cocktail glass," as Any Hogg, a British wine expert, it. The Dry Martini is one of most popular apéritifs in the l, and gin and tonic one of mplest and most favored of drinks. (In Europe, by the you drop the "Martini" and ask for a "Dry," otherwise you a straight vermouth, which, as it may be, may not be you thought you ordered.) cording to the doyen of rican cookbook writers, Irma abauer, the trendy way to e a Martini, back in prohibi- days, was to combine one part ench vermouth with two parts n and add two dashes of bit- plus a green olive. Things definitely changed, and if are a real stickler for perfec- here is the modern cere-

monial way to make your Dry Martini:

Put a tall pitcher filled with ice into the refrigerator, along with the cocktail glasses. When they are both good and cold, remove them, and the ice. Add a few fresh ice cubes, then 4-10 parts of gin, depending on how dry you like it, and one of dry vermouth. Stir quickly and thoroughly. Strain into the glasses. Then, either drink as is, or after you twist a sliver of lemon peel over the glass (never, say connoisseurs, drop the peel itself in) so the lemon's aromatic oil floats on top. Or you can add an olive.

If you have made more than

you need, remove the ice from the pitcher and keep what's left in the refrigerator for further attention. A Gibson is the same thing with a pickled onion instead of the lemon whiff or the olive. And, of course, you can have either of these drinks "on the rocks" if you so prefer, but that dilutes the original blend.

White Italian vermouth tends to be slightly less dry than French. A real fanatic pours the vermouth over the ice, drains it and then pours the gin on the aromatic ice. A dash of Pernod adds a certain exotic quality to the drink, but then it is no longer a Martini.

Gin is actually at its best as it

comes straight from the still. Age does nothing to improve it. Its raw materials used to be corn and barley, but since the beginning of the Depression-Before-Last, molasses has been more and more used in its manufacture. Nothing could be more pure, for the best of modern gins are distilled several times, and even today it is often recommended for medicinal purposes by the family doctor.

Recipes for gin drinks abound. There are gin slings, and rickeys, and collines and flips and fizzes galore. But I rather like the Solid Pink Gin as made by my friend Eve Dosch in her Rio de Janeiro

Continued on next page

What about microwave oven safety?



Myra Waldo has written more cookbooks than any other person. Some of her most popular include: *The Complete Round the World Cookbook*, *Myra Waldo's Chinese Cookbook* and *The Complete Book of Wine Cookery*.

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GENERAL  ELECTRIC

GIN'S THE THING *continued from preceding page*

reincarnation. This consists of flavoring an ordinary quantity of plain gelatin with Pink Gin. Make the gelatin as the packet tells you to, except replace the water by the same amount of gin, slightly diluted with 4 or 5 dashes of Angostura bitters. Serve it like a jellied consommé, cold, with half a lemon to squeeze over it.

Pistachio ice cream is delicious with gin as a sauce poured over it, à la Lady Penrose of London. And while we are on green things, Angelo, the barman at the Pelicano near Porto Ercoli in Italy, makes a cool green Treetop with 1 part gin, 1 part lemon juice, and 3 coffee-spoons of sugar. Mix with chopped mint leaves and a drop of Crème de Menthe.

Gin flambés well, too, adding a subtle flavor to fish, for example. When the fish is done (meunière or baked), heat 2 ounces of gin and pour it over the fish; set it alight. Sloe gin flambé gives another distinctive flavor.

There are probably more cocktails made with gin than with any other spirit. A famous one is the Ramos Fizz, one of a family of fizzes from the birthplace of jazz, New Orleans. This shakes 2 jiggers of gin, 1 egg white, 1 jigger of

cream, 3 dashes of orange flower water, the juice of half a lemon vigorously together with cracked ice. Pour into a tumbler whose edge has been dipped first in lemon juice and then powdered sugar. Add soda water judiciously.

One advantage of gin is that so many drinks made with it are so easy to concoct. Holland gin stirred in equal parts with St. Raphael vermouth in a pitcher with crushed ice and strained into cocktail glasses, for instance. Twist a lemon peel on top. Nicely sour and bitter.

Another simple gin cocktail is the romantic Alexander. Two parts dry gin, 1 part each crème de cacao and cream, shaken thoroughly with cracked ice, strained into a glass. The Bronx is simply 3 parts dry gin, 1 part dry vermouth, and the juice of a quarter orange, then stirred, strained, and sipped.

Also easy to make is Gin and Lime—1 part Roses Lime juice and 3 parts gin, with ice in a tumbler.

Gin used to be considered an enemy of the working classes, but I agree with a friend of mine who says that work is the enemy of the drinking classes. I plan to study the whole situation and may report my findings one day. ■

TWO COOKS ENTERTAIN *continued from page 110*

Method: Place the flour in a mixing bowl and make a well in the center. Add the eggs and, while stirring with a wire whisk, add $\frac{1}{2}$ cup of milk. Beat to make as smooth as possible. Add more milk to make the batter the consistency of heavy cream. Put the mixture through a fine sieve. Or put it in the blender. If it is blended, it must be left to stand for 2 hours or longer. In any event, stir in the sugar, butter, vanilla and salt.

Rub the bottom of a crêpe pan (4, 5, 6 or 7-inch bottom diameter) with a piece of paper towel that has been dipped in butter. This is necessary for the first crêpe but probably unnecessary after the first one has been made if the crêpe pan is properly cured.

Spoon 2-4 tablespoons of the crêpe batter into the pan and quickly swirl the pan around this way and that until the bottom is evenly coated. The crêpe should be quite thin. Cook briefly until the crêpe "sets" and starts to brown lightly on the bottom. Using a spatula, turn the crêpe in the skillet and cook briefly on the other side without browning. Turn out onto wax paper. A properly made crêpe, held up to the light, looks like lace. Continue cooking

until all the batter is used. crêpes.

CRÈME PÂTISSIÈRE (Pastry Cream)

Ingredients: 2 cups milk; sugar; $\frac{1}{2}$ cup flour; 8 egg y; tablespoon cornstarch; 1 tea; vanilla.

Method: In a saucepan co the milk, sugar, flour, egg cornstarch, and vanilla an with a wire whisk to blen

Place the saucepan on th and cook, stirring constantl the sauce has the consisten thick pudding. Remove the from the heat and let cool. about 3 cups.

CRÈME ANGLAISE (English Custard)

Ingredients: 5 egg yolks; sugar; 2 cups milk; $\frac{1}{8}$ teasp

Method: Place the yolks in a pan and add the sugar. Bea a wire whisk until thick and colored.

In a separate saucepan the milk almost but not q the boil.

Gradually add the milk yolk mixture, beating cons Use a wooden spoon and st constantly, this way and that, r certain that the spoon touc over the bottom of the sau

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stirring, and add the salt. Until the mixture has a custard consistency and coats the back of the spoon. Do not let the mixture boil or it will curdle. Immediately remove the sauce from the stove, but continue stirring. Set the saucepan in a basin of water to reduce the temperature. Let the sauce cool to room temperature. Chill for 1 hour. Yield: about 2½ cups.

PRALINE

Ingredients: 2 2½-ounce packages of almonds; ¾ cup sugar.

Method: Combine the almonds and sugar in a heavy saucepan and stirring constantly with a wooden spoon until the sugar begins to caramelize. Continue cooking over low heat until the mixture is amber-colored.

Immediately oil a marble slab or a hard slick surface.

Remove from the heat and immediately pour the praline onto the slab. Let stand until cold. Spread the praline with the bottom of a heavy saucepan. Leftover praline will keep for weeks in a container with a tight fitting lid. Yield: 2 cups.

Ingredients for assembling Crêpes

Soufflés Pralinées: 16-20 crêpes; 1 cup crème pâtissière; crème anglaise; 1 cup butter; 8 egg whites; ¾ teaspoon salt; ¾ cup sugar; 3 tablespoons confectioners sugar; ¼ cup butter; ¼ cup confectioners sugar; 1 teaspoon vanilla; 1 cup dark rum.

Method for assembling Crêpes Soufflés Pralinées: Prepare the crêpes, crème pâtissière, crème anglaise and praline and set aside.

Preheat the oven to 400°.

Add to the crème pâtissière ½ cup praline.

Beat the egg whites and salt with an electric beater until they are light and frothy and gradually add the ¾ cup sugar, beating vigorously. Beat on high speed until the whites are like a stiff meringue.

Add about ¼ of the whites to the crème pâtissière and beat with a whisk. Fold in the remaining whites, using a rubber spatula, turning it over and around and scraping from the bottom to incorporate the whites evenly.

Butter 2 baking dishes large enough to hold 18 crêpes when folded.

Lay out the crêpes on a flat surface and spoon about ¼ cup of the soufflé mixture down the center of each. Roll the crêpes around the filling. Arrange crêpes neatly over the bottoms of the baking pans.

Brush the tops of the crêpes with the melted butter and sprinkle evenly with confectioners sugar and bake 12 minutes. If desired run the crêpes briefly under the broiler before serving.

Add ½ cup praline, the vanilla, and rum to the crème anglaise. Serve the hot crêpes on individual plates with crème anglaise on the side. Serves 8-10. ■

WINDY MEALS *continued from page 105*

Remove dish from oven, uncovered and pour the Béchamel sauce over the top and sprinkle with cheese. Bake for another 20 minutes. Remove moussaka from oven and allow to stand about 20 minutes before serving. Serves 4-6.

STUFFED CHICKEN BRESSE WITH TARRAGON HOLLANDAISE

Mrs. Meyers serves this stuffed chicken with vegetables in a large casserole accompanied by tarragon hollandaise, the sauce can be used later for a soup thickened with mushrooms, puréed potatoes, or egg yolks. Author of *Seasonal Kitchen* (Holt, Rinehart & Winston), Mrs. Meyers runs the International Kitchen, a cooking school in New York.

Ingredients: 2 cups cooked rice (long grain rice); ½ cup green peas, finely cubed; ½ cup green beans, finely cubed; ¼ cup green onions, finely cubed; 4 tablespoons butter; 3 small chicken livers, cleaned and cubed; and freshly ground white pepper; 2 tablespoons parsley, finely minced; 1 blanched and drained sweetbread, finely cubed

(optional); 2 tablespoons flour; 1 cup hot chicken stock; 1 3-3½ pound chicken; 2 quarts well-flavored chicken stock or bouillon; 8 small new potatoes, peeled; 4-6 small turnips, peeled and cut in half; 4-6 carrots, peeled and cut into 4 inch pieces; 4-6 leeks about ¼ inches thick cut 4 inches long and washed; 4 small zucchini cut in half lengthwise; 1 small Savoy cabbage, quartered.

Method: Put rice in a large mixing bowl and set aside. Drop carrots, green beans, and peas into salted boiling water and poach until tender (about 8 minutes). Drain well and add to rice.

In a small heavy skillet melt 2 tablespoons butter and when the butter is very hot add chicken livers and cook over high heat until they are browned but still pink inside. Season the livers with salt and pepper and remove to a chopping board. Mince livers and add to rice mixture with parsley and optional poached sweetbread.

In a small heavy saucepan melt remaining butter, add flour and cook 1 or 2 minutes stirring con-

Continued on next page



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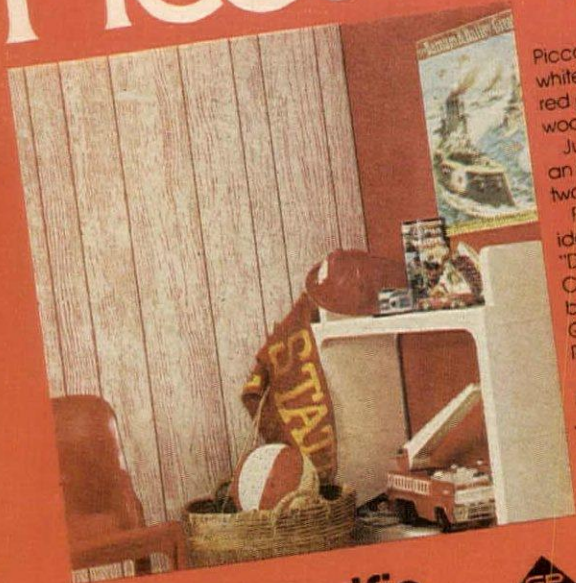
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clove garlic, chopped very fine; ½ tablespoon Italian parsley, chopped; ½ tablespoon dry basil leaves or 4 fresh leaves, chopped fine; 1 tablespoon pinenuts (pignoli), chopped fine; 6 ounces shelled walnuts, chopped fine; black pepper to taste; 1 pint heavy cream; 1 cup grated Parmesan cheese; 1 tablespoon olive oil (or use any other cooking oil); 100 ricotta and spinach filled pansoti (ravioli).

Method: In a deep quart pot melt 1½ sticks butter over low flame. Add garlic, parsley, and basil and cook for a few minutes. Add pinenuts and walnuts and mix well with a wooden spoon, being careful not to let nuts burn or stick to bottom of pot. Add black pepper to taste. Add heavy cream, keep mixing thoroughly until mixture comes to boil and thickens. Add ½ cup cheese, keep mixing and let it cook for another 15 minutes. Remove pot from heat and set aside.

Add oil in a gallon of salted boiling water; then add the ravioli and cook 10 minutes. Drain carefully (do not break them).

In a large sauté pan melt remaining butter, add ravioli and mix well with wooden spoon. Gradually add sauce to pan. Sauté gently stirring over low flame until ravioli are richly coated with

sauce. Serve piping hot adding remaining cheese and freshly ground black pepper. Serves 6-8.

RAVIOLI

Ingredients for stuffing: 2 packages fresh spinach or 1 package frozen leaf spinach; 1 tablespoon butter; ½ pound ricotta cheese; ½ cup grated Parmesan cheese; 1 pinch of nutmeg; salt and pepper to taste.

Ingredients for dough: ¾ cup all-purpose flour; pinch of salt; 1 egg plus 1 yolk; ¾ cup water.

Method for stuffing: In a tight sealed pan steam spinach in water for 5 minutes; drain well and squeeze out water. Sauté spinach in a saucepan with butter for 2-3 minutes. Allow to cool and chop coarsely. In bowl mix spinach with ricotta, Parmesan, egg, nutmeg, salt, pepper, set aside.

Method for dough: Place flour and salt in a mound on a smooth surface and make a well in the middle, add eggs and water and slowly work into a thick dough. Divide dough into 2 batches for easier handling. Roll each into thin sheets. With a rolling knife cut dough sheets into 3-inch rectangles. Fill each with tangle with ¼ teaspoon stuffing. Fold over lengthwise and seal by pressing edges against each other with fork prongs. ■

ONE-DISH MEALS *continued from preceding page*

stantly. Add 1 cup hot stock all at once and stir until mixture is thick and smooth. Season with salt and pepper and pour it over the rice mixture.

Blend the filling with a wooden spoon and correct the seasoning. Then stuff the chicken with the filling and sew up the opening. Tie the chicken legs with string and set aside.

In a large casserole, bring the chicken stock or bouillon to boil, reduce the heat and add the chicken. Poach the chicken covered over low heat for 1-1½ hours. When chicken is done remove to a deep serving platter, cover with foil and keep warm. Add potatoes, turnips, carrots, and cook for about 30 minutes or until almost done; then add leeks and zucchini and continue to poach for 6-8 minutes more. Do not overcook the vegetables. Remove all vegetables with a slotted spoon to the platter. Keep warm. Add the cabbage to the pot and cook until tender, approximately 6-8 minutes. Add the cabbage to the platter. Serves 4-6.

TARRAGON HOLLANDAISE

Ingredients: 3 egg yolks; 1 teaspoon tarragon vinegar; salt and freshly ground white pepper to

taste; 1 tablespoon cold butter; 1½ sticks melted unsalted butter; 1 tablespoon finely minced fresh tarragon or ¼ teaspoon dry tarragon.

Method: In a small heavy saucepan whisk the yolks together with vinegar, salt and pepper, cold butter. Place the saucepan over very low heat and when yolks are slightly warm, add hot melted butter whisking constantly until the sauce is thick and smooth. Be sure to keep the saucepan over the lowest possible heat and if the yolks show any sign of curdling dip the bottom of the saucepan in cold water. Add tarragon and taste the sauce for seasoning. Serve warm with chicken.

SPINACH AND RICOTTA RAVIOLI WITH WALNUT SAUCE

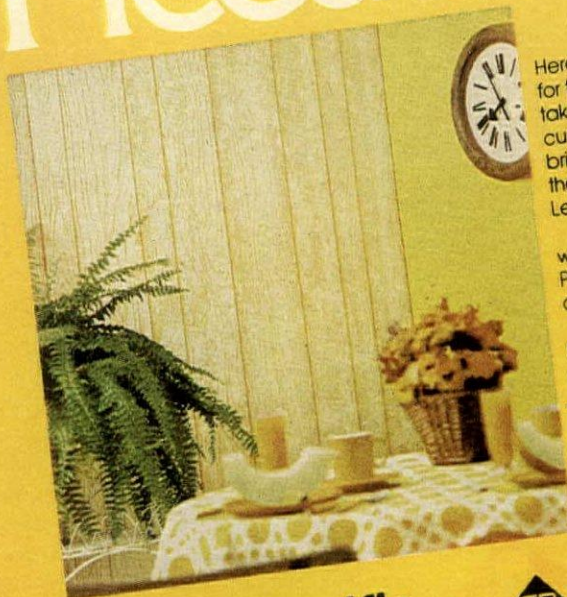
(Pansoti Alla Salsa Di Noci)

This delicious combination is from Trattoria Da Alfredo in New York's Greenwich Village. Alfredo Viazzi makes it with fresh homemade ravioli available in New York from Raffetto's, 144 West Houston Street; however you can make the ravioli and stuffing as described below. Frozen ricotta stuffed ravioli that is available in most supermarkets can also be used.

Ingredients: ½ pound butter; ½

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wide, 12" repeat. \$24 a roll.
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"Provincial" flowered circles wallcovering: 27" wide, 36" repeat. \$21 a roll.
"Java" overall pattern wallcovering: 27" wide, 4" repeat. \$19.60 a roll. All from Karl Mann Associates.*
Pages 64-65:
"Plum Blossoms" no-iron percale sheets: 50 Kodol, 50% combed cotton. By Vera for Burlington Domestics. At Macy's.
Upholstery and slipcovers: by Henry B. Urban, Inc.
Wavy quilting: by Frank of Hugues-Muller Co., Inc. **Painting** by Richard Giglio. **"Sunglean" gray** and **"Sunglean" white Dacron and cotton chintz:** used for sofa and pillows. 48" wide. \$3.25 a yd. By Lanscot-Arlen Fabrics, Inc. Write to them for the nearest distributor in your area.
Handpainted screen by Luis Molina. \$85 and up. To order through the Molina Studio.
Pages 66-67:
"Carousel" no-iron percale sheets: 50% polyester, 50% cotton. Queen-sized sheets used. From the American Classics Collection by Cannon. At Altman's, May Co., and Lipman Wolfe.
"Monaco" armchair: 6-position back adjustment, tufted seat cushion.
"Roscoff" ottoman: foldable and stackable. Both by Triconfort.
Calfskin rugs: all handstitched. From Harmony Carpets.*
"Boby" movable storage unit: drawers and shelves that swivel, ABS

plastic, unit on casters, By Inter/Graph.*
Pencil drawings by Alexandra Coote. At Leslie Rankow Gallery.
Laminated window shades: shade cloth used in this room is Stauffer Chemical's Tontine brand Tri-Lam. Heat sensitive and adhesive coated, available in 36", 45", and 68" widths by the yard. Shades were laminated with Cannon's Vibrant Pink sheets. Hardware and instructions available through window shade shops.
Hospital cubical track: chrome plated brass track shown. By Capital Cubicle Co.
Pages 68-69:
"Crystal Bough" no-iron Wondercale percale sheets: 50% Kodol, 50% combed cotton. Queen-sized sheet used. By Springmaid. At Macy's.
"Rogue" Hide-a-bed sofa: opens to a queen-sized bed, bed and fabric guaranteed for 1 year. By Simmons.
"Chaise-mate" chair: 33" x 35" x 31" high, loose seat cushion, rolled arms.
"Chaise-mate" ottoman: 30" sq. x 17" high, attached seat cushion. Both by Selig.
Fabric console table: 47" x 27" x 29" high, \$1500;
batik fabric covered box table: 20" sq. x 20 1/4" high, \$675;
Ethiopian basket table: 22 1/2" diam. x 19" high, \$300;
goatskin covered mirror: 43" octagon, \$750;
elephant tusk: \$1200;
Ostrich eggs on stone stands: \$480;
backgammon board: \$275;
basket shown on coral table: by Cherokee Indians of Qualla Arts and Crafts Mutual, Inc.

Continued on next page

Shopping information

All prices approximate. *Consult your interior designer or store decorating department. Postage indicated by ().

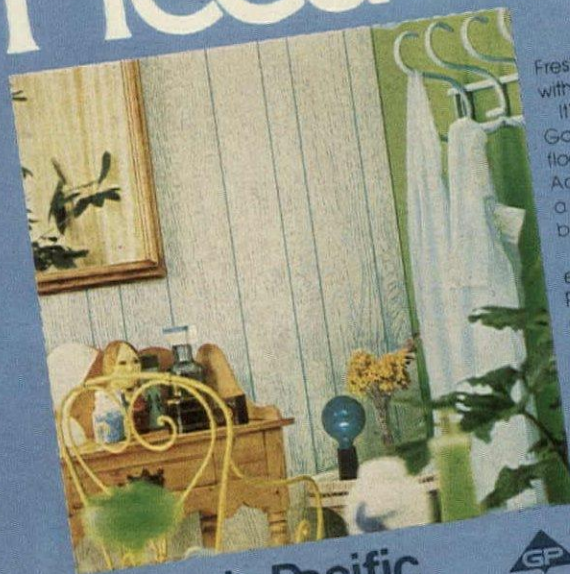
OVER
"Good Morning Basket" Ultracale sheets: 50% Fortrel, 50% combed cotton. Queen size flat, \$11.50; queen size fitted, \$12; pillowcases, \$5.20 a pair. Wamsutta. At Bloomingdale's.
"Casual Trend" rug: 35% linen, 65% cotton, 6' x 9' size shown. \$305. By F. Humacher.*
"Wicker stools: nesting set of 3, \$35. From John Rosselli.
"Ottawa Exchange" cube table: 18" cube, wood lacquered with 'cool skin' finish that is cigarette and alcohol proof. Black or white, \$132; other lacquered finishes, \$160. At Intrex.
"Photograph by Ellsworth Kelly. 24" x 30". At the Fischbach Gallery.
"Outline quilting by Frank of Hugues-Muller Co., Inc.
"Chair" lamp: 45" extension. \$37.50. Luxo Lamp.

BEDROOMS
Pages 62-63:
"Boile Country" no-iron percale sheets: 50% polyester, 50% combed cotton. Queen size flat and fitted, \$2.50; pillowcases, \$5.20 a pair. By Martex, a division of West Point Paper. At Burdine's. Sheets, towels, mens, and blankets shown in closet

are all from the Martex Collection.
Wicker chairs: imported from France. \$65 each. At Le Grenier.
Square head lamps: 48" high. \$45 each. At George Kovacs.
Striped painting by Calvert Coggeshall. At Betty Parsons Gallery.
Pine chest: 42" x 18 1/2" x 34" high, 3 drawers, brass hardware. \$850. By Baker Furniture. At Lord & Taylor.
Sheepskin rug: 4' x 2 1/2'. \$35. At Grizzly Furs.
AM/FM digital clock-radio: 11" x 3 7/8" x 6 1/4" high, red or ivory. \$50. By Hitachi.
Painted table: \$375. By Luis Molina. To order through The Molina Studio.
Ceramic plates: imported from Italy. From \$3 to \$6.50. At Country Floors.
Woven Chinese cat-box: \$150;
porcelain fish dish flower container, \$90;
covered soup tureen: \$180. All from John Rosselli.
Afghan: Bear Brand "Spectator" 100% DuPont orlon. Afghan by Linda Rath \$1.10 a ball.
Wine glasses: imported from France. \$12 each. At Soupon.
Vinyl wallcoverings used to cover hat boxes:
"Melilot" clover wallcovering 27"

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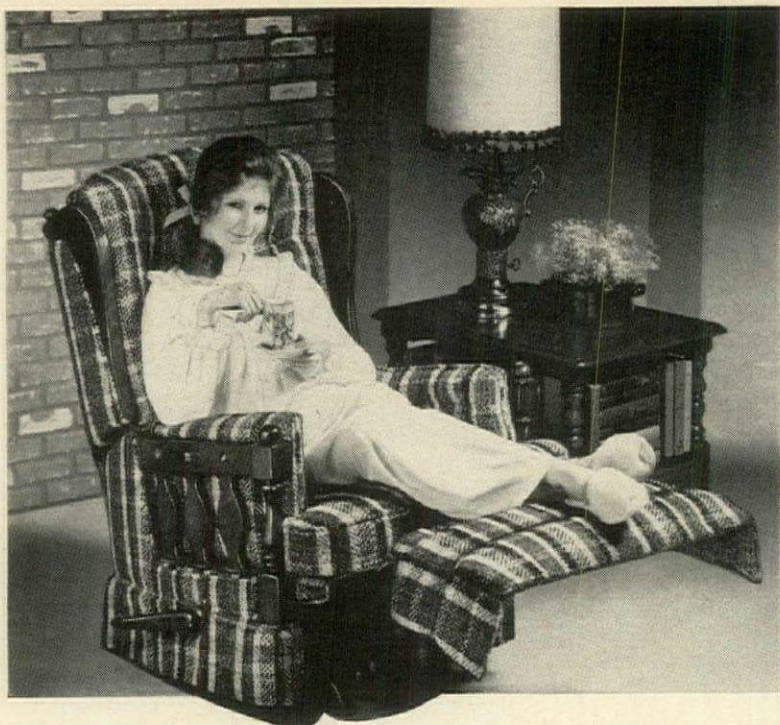


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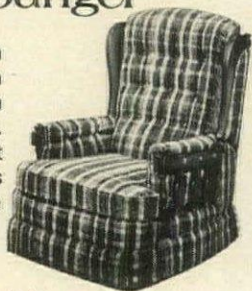
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SHOPPING INFORMATION

continued from preceding page

Everything through Karl Springer Ltd.*

Tansu chest: 36 $\frac{3}{4}$ " x 16 $\frac{1}{4}$ " x 37 $\frac{1}{8}$ " high, of Keyaki wood, imported from Japan. \$850;

Japanese pottery jar: \$250. Both at Lord & Taylor.

Side chairs: \$190 a pair;

lavender Art Deco quilt: c. 1920. \$420. Both at W & J Sloane.

Mantel: 65 $\frac{1}{2}$ " x 50 $\frac{1}{2}$ " high x 8 $\frac{1}{4}$ " deep, \$1060;

antique andirons: \$135;

antique tools: \$190;

basket: \$80;

broom: \$7.50. All from Edwin Jackson.

Painted wood sculpture: 8" x 8". 1965. By Paul Feeley. At Betty Parsons Gallery.

Graphic by Leon Polk Smith. 38" x 24". 1973. At Galerie Denise René.

Accessories shown on chest and table foreground and Ashanti doll seated on acrylic block at John Rosselli.

Rattan square basket: used as table;

split bamboo basket containing amaryllis may be made to fit any pot. Both from The Fernery.

NEW RUG ART

Pages 78-79:

1. "Mirage" wool carpet: 5' x 7' size shown. Designed by King Stutzman for V'Soske.*

"Ankara" wool carpet: made to order for color and size. By Edward Fields.*

"Grotto" wool carpet: 27" wide, designed by Jay Steffy for Patricia Flynn & Johnson.*

"Rooftops" and "Penthouse" peting: 80% wool, 20% nylon, 10% sq. yd. From the Neometrics Collection by Budd Looms.

2. "Quadrangle" wool and acrylic carpet: 36" repeat. \$6.80 a sq. yd.

"Elephanta" leather upholstery: color shown is nutmeg. \$5.40 a sq. yd. Both by Jack Lenor Larsen.*

"Basuto" Karakul wool rug: size shown, mothproofed wool. Imported by Greeff.*

"Berber Triumph" carpet: wide, white, cream, gray, and blue. \$90 a sq. yd. By Harmony Carpets.

"Berbereau" carpet: 100% wool, 20% nylon, 20% acrylic. \$20 a sq. yd. By Karastan.

"Woven Trends" rug: wool and acrylic blend, made to size. \$9 a sq. yd. From Ernest Treganowan.*

3. "Souk" Wilton carpet: 17' x 27' linear yd. By Saxony.*

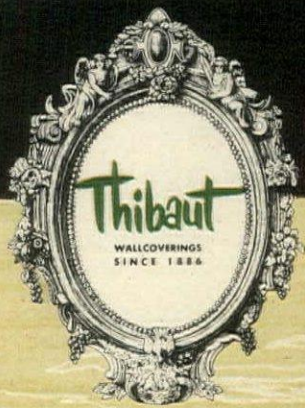
"Pamir" Axminster carpet: wool, 20% nylon, 27" wide, 9' x 12' size shown. \$8 a sq. ft. By Rosecore.*

Portuguese needlepoint rug: "Termez" Irish Axminster rug: 6' x 6' size shown. \$500. Both by Carpet.*

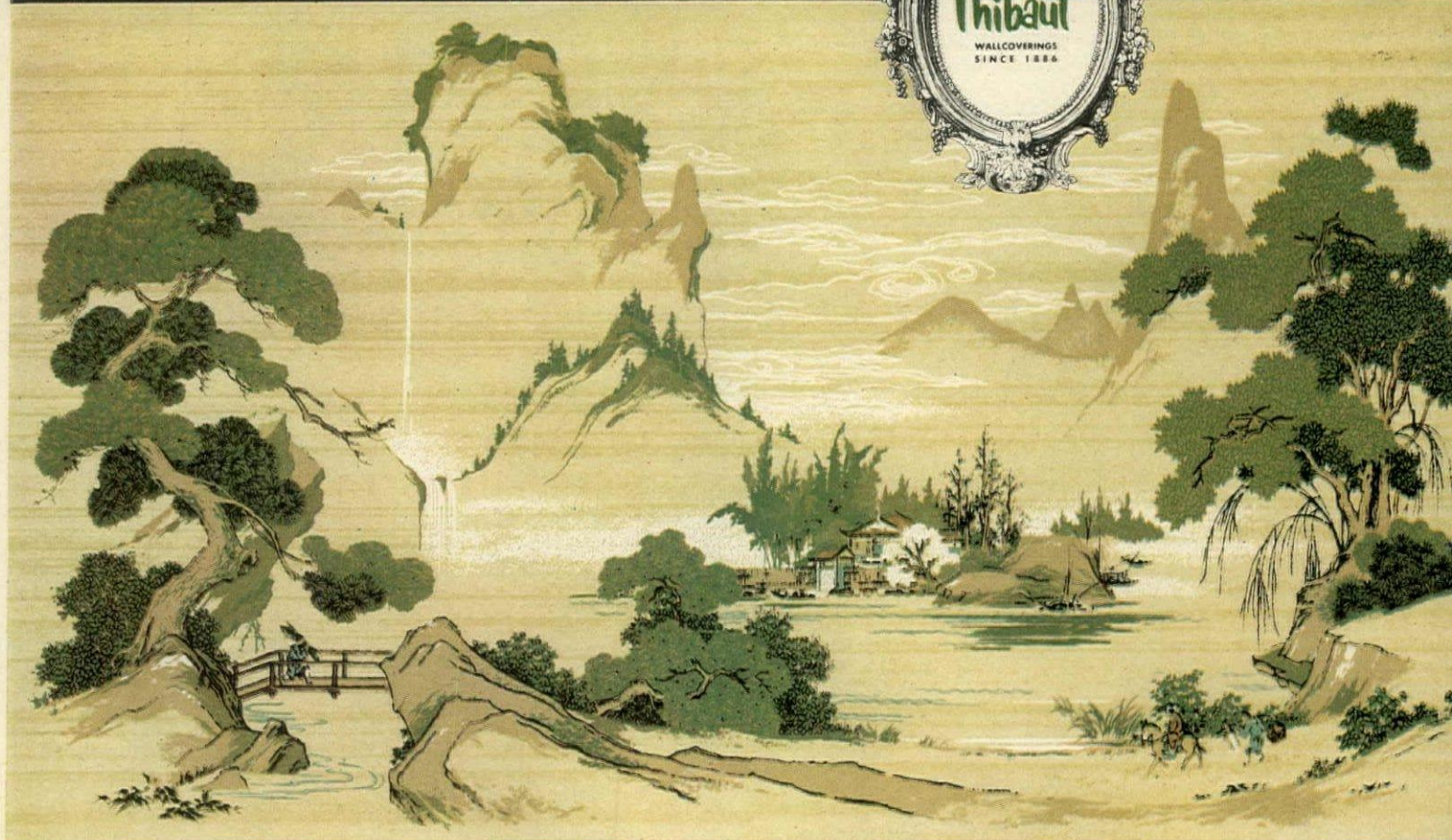
Rug with Greek key motif: 8' x 8', \$325; 6' x 9', \$729. From Gothic Rugs & Carpets.*

WHAT TO DO WITH BARE WALLS: Pages 86-89:

Ch'ing... the ageless tranquility of Ancient China is captured in this mural. One of 21 handsome designs from Thibaut's New Mural Collection Vol. Four. The subjects include Classic, Oriental, Mediterranean and Contemporary styling giving this collection great decorative versatility. For further information write:



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Room

ss sofa: 96" x 34½" x 31" high,
seat cushions, loose back cush-

arm section: 72" x 34½" x 31"
loose back cushions and 2 throw

with low fat arms: 88" x 34½"
high, 3 loose seat and back cush-

stered ottoman: 27" x 18" x
high, upholstered Parsons legs.

many end table: 18" x 27" x 26"
walnut veneer, Cloister finish.

Henredon's Folio Eleven Collec-

brass cocktail table: two
glass tops. All furniture by Hen-

ies in living room by Saul Stein-

The Betty Parsons Gallery.

cube tables: 15" cubes, check-
d pattern of animal horn;

in covered mirror: 43" octa-

nder mirror from a large col-
of lacquered boxes; all from
pringer Ltd.*

blue and white porcelain
from Nuri Farhadi.

ra" window blinds: slats ap-
" wide. By Levolor Lorentzen.

IG ROOM
g table: 75" x 45" x 29" high,
knotty oak veneer, extends to
with two 25½" leaves.

stered side chairs: 4 shown,
aredon.

88" x 34½" x 29" high, custom
sofa with upholstered Parsons
ose seat and back cushions.

stered chair: 30½" x 34" x 32"
on casters, loose seat and back
n.

stered ottoman: 36" x 28" x
gh, attached cushion top.

lacquered chair:
Henredon.

table: 44" x 22" x 29" high, ma-
y with walnut veneer, Cloister

chest: 32" x 16" x 30" high, ash
English oak veneer, Cloister fin-
om the Four Centuries Collec-
y Henredon.

in" linen and cotton fabric:
for sofa, chair and ottoman, 48"
" repeat. \$21 a yd.

wallcovering: 30" wide, color
a cotta shiny wallcovering. \$9 a
oth fabric and wallcovering from
& Co.*

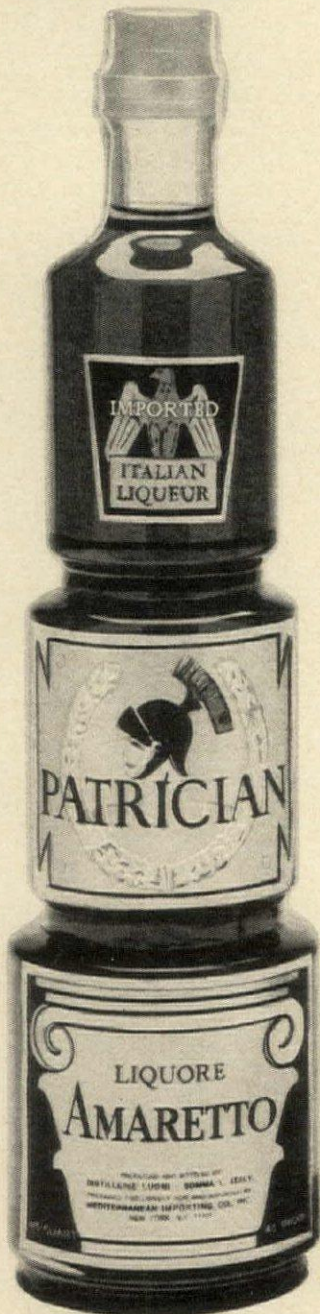
ment covered Parsons table:
8" x 17" high, brass feet;

backgammon board from a
selection. At Karl Springer Ltd.*

ings in study by Ed Baynard at
etty Parsons Gallery.
ue white porcelain vases from
Farhadi.

ROOM
n-sized canopy bed: white
d finish.
stered love seat: 65½" x 34"
" high, tufted back, rolled arms
ack.
stered ottoman: 27" x 18" x

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nutty
after dinner.



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and box spring: \$330. By Simmons.

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bed hangings, 48" wide, 24" repeat. \$21
a yd.

"Gabrielle" vinyl wallcovering: 24"
wide, 24" repeat, in custom colors. \$27
a roll. By Hannett, Morrow, Fischer,
Inc.*

White piqué bed cover: 94" x 94".
\$104. From Pratesi.

All furniture by Henredon available at
Huffman-Koos.

WINE & FOOD
Page 107:
Cutting board: from J & D Brauner.

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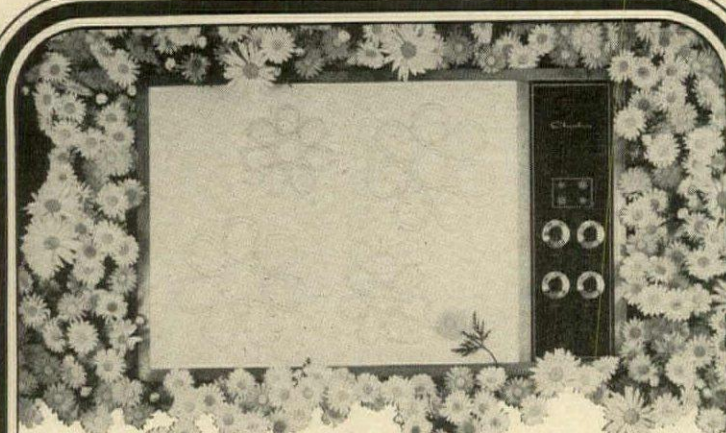
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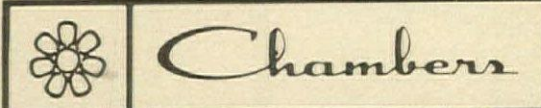
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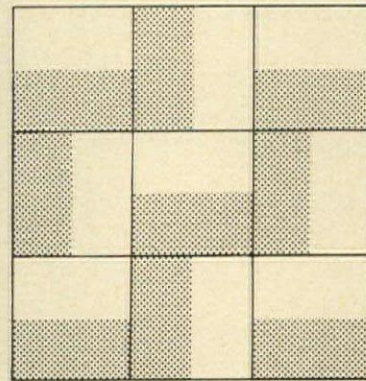


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Beginning on page 62 is a portfolio of rooms all decorated with the new sheet patterns, all full of ideas for things you can sew and paint and build yourself. The rooms are bedrooms—plus whatever you can make them, and most of all, they can be very personally yours just by adding some easy-to-do crafts. The following are instructions for more ideas—for painting a table, as shown on page 63; crocheting the zigzag afghan, page 62; and a mosaic afghan, page 70; making ruffled pillows, page 68; laminating window shades, page 66; tips for slipcover making, page 68; covering a cube with fabric, page 69; making graphic pillows, page 67; making bed curtains, page 66.

To paint the calico table: Artist Luis Molina's all-over design was inspired by shapes taken from Matisse's painting, "Sadness of The King." The shapes, which do look like an old-fashioned calico print, are child-like flowers and elongated dots. The background colors are blue, green, red, and orange. Flowers are white with colored centers; dots are in contrasting colors. The alternating background colors are bands that are controlled by the curves of the table legs. First, sand furniture smooth, then prime with fast-drying "Bin." Sand again with 00 sandpaper. Using acrylics, paint bands of the colors. With white paint, paint the all-over design, at random using freehand. Then with colors, dot the centers of the flowers and fill in the elongated dots, leaving some white showing. When dry, follow with a protective coating of polyurethane varnish.

To make the red and white zigzag afghan you will need: 2 4-ounce skeins Bear Brand or Fleishers "Spectator," 11 white; 1 red. Size K crochet hook. There are 63 red and white squares in a



to be arranged in a pattern of by 7 and to measure approximately 70 by 90 inches. Afghan squares are crocheted in sc stitch with double strand of yarn. Beginning with red, ch 27; sc in second st from hook and continue sc for 16 rows; change to white and repeat for 16 rows. Bind off. Repeat for 63 squares and arrange according to diagram.

gram. Finish with a row of dc for border, using 3 dc to turn corners. Arrange according to diagram.

To make graphic pillows that measure 24 inches square

You will need to construct a pattern on a piece of brown paper which is a triangle measuring 24 inches on either side with a 35-inch diagonal. Cut out, allowing $\frac{5}{8}$ inch for seams. You will need $1\frac{1}{2}$ yards each of the blue and pink fabrics. Pin and cut 2 triangles from each. With right sides together, stitch one blue triangle to one pink triangle along diagonal. Repeat for other pieces. Construct a pattern for a circle with a 16-inch diameter, allowing $\frac{5}{8}$ inch for seams. Cut out one circle from white fabric. Stitch around seam line of circle; trim seam allowance to $\frac{1}{4}$ inch; using scissors, snip to the seam line, then iron under remaining fabric of seam allowance. Center circle on right side of one joined piece; pin; top-stitch along

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ter edge of circle. Right sides facing, pin both sides of pillow together and stitch along all four sides, leaving opening to turn. Turn, press, stuff, and slip-stitch opening.

to make bed curtains: You will need one flat pink sheet, one queen-sized flat plaid sheet, and one queen-sized flat yellow sheet. To make 5-inch bands, cut one pink sheet into 4 pieces, 2 pieces measuring 11¼ by 97¼ inches and 2 measuring 11¼ by 73¼ inches. With right sides facing, using a ⅝-inch seam, baste raw edges of pink strips to edge of plaid sheet. Miter corners; stitch together on wrong side. Cut a piece of interlining to fit entire piece and baste in place. Then cut a piece of buckram to fit top pink strip, approximately 5 by 96 inches and baste in place. Fold pink strip over, press with iron, and baste at raw edges, wrong sides together. Stitch yellow sheet to plaid sheet, wrong sides facing, leaving opening to turn. Turn, slip-stitch opening, and iron. Insert grommets with machine that may be purchased at most sewing centers and notions departments, leaving a 5-inch space between each one.

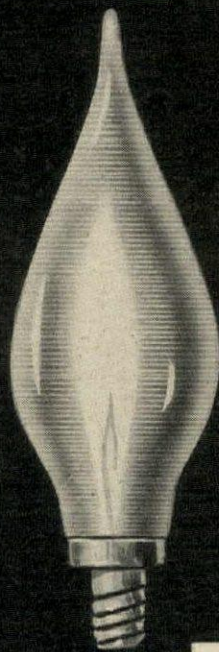
to make laminated shades: Adhesive-coated "Tontine" is the shade cloth, and when bonded to your own fabric with a hot iron, lamination is easy. "Tontine" is available in shade shops, wallpaper departments, and paint shops, and comes with special instructions on how to use. There are two types: opaque "Tri-Lam" for room darkening; and translucent "Tram-Lam" for a controlled amount of light. You can laminate almost any fabric; but tightly woven cottons, rayons, linens work the best. Very sheer fabrics, or very heavy ones, are not suitable. And too, all-over patterns are easier to work with than stripes or plaids because of the precision that straight lines demand. When laminating more than one shade, be sure to order enough fabric to allow for matching the pattern repeats. When you buy "Tontine," buy your roller and slat at the same time and have them cut to size. To laminate, you will need a large worktable—use the dining room table and cover with padding or sheeting to avoid marring the finish. You will also need: nonwaxy tailor's chalk; a steel tape measure; yardstick; sharp pencil; long-blade shears; masking tape; and electric iron. Instructions with "Tontine" are in easy steps, complete with pictures.

to make ruffled pillows: For 24-inch-square pillow covers with ½ inch ruffles. To make ruffles for pillow, cut fabric 8¼ inches wide and 192 inches long (double the perimeter of the pillow). With right sides facing, stitch together at short ends to form circular piece. Now fold wrong sides of ruffle together, matching long raw edges and baste along ⅝ inch seamline. Baste again and pull up to gather. Pin ruffle to one side of pillow covering, right sides facing and raw edges matching. Baste along seam line. Then, right sides together, pin both sides of case together and stitch, leaving opening to turn. Turn to right side and stuff; slip-stitch opening.

to slipcover a sofa bed: The trick to slipcovering a sofa bed is that instead of stitching to sofa's platform piece, which is underneath the cushions, to the inside back and arms, you use zippers. The zippers are placed end to end starting inside at the base of the arms and meeting in the center of the sofa's inside back, at the base of the platform. To turn the sofa into a bed, cushions are removed, zippers undo the flap that covers the bed mechanism, and the mattress can then be pulled out. Outside of changing the zippers, the slipcovering process is just the same as an ordinary sofa. For instructions, see *House & Garden*, August, 1973, *Slipcover Ideas to Change a Room Three Ways*, and also April, 1972, *How to Make a Slipcover*. There is also a booklet, *How To Make Slipcovers*, by the

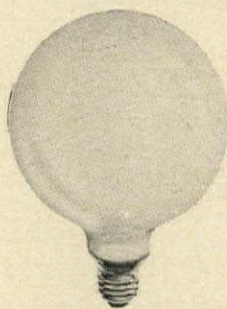
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EASY-TO-DO-CRAFTS

continued from preceding page

Singer Sewing Company. It is \$.29 at all their centers.

To cover a cube with fabric: If your cube is 16 inches square cut five squares 16 inches square, being sure to match patterns exactly. The lighter the weight of your fabric, the easier it will be to apply to the surface. When cutting you do not have to allow for an overlapping of the fabric edges. To paste, use a polymer latex glue. Apply glue to one side of the cube; immediately lay fabric to top smoothing from the center out to the edges with a roller or sponge. Then apply another coat of the polymer medium on top of the fabric—this acts as a sealer and a glaze. Do each side of the cube the same way, and for a higher gloss finish, put on another coat of polymer. Use "Mod-Podge" or "Craft Barrel," available where craft supplies are sold; or send \$2.75 to Polymerics, Inc., Waltham, Massachusetts 02154 for a 1-pint bottle.

To make the mosaic crocheted afghan you will need: 3 four-ounce skeins of the following colors in knitting worsted:
Color A—Mint Green Color D—Purple
Color B—White Color E—Coral
Color C—Medium Blue Color F—Lavender
and 5 4-ounce skeins of Color G—Ultramarine Blue; you will also need an aluminum crochet hook, No. G. You will make seven strips. Strip I, With A, ch 31. Sc in 2nd ch from hook, sc across row. Work even in sc on 30 sts for 26 rows. Break off A, attach G and work 1 row dc with G. Break off G, attach B, work in sc for 26 rows. Break off B, attach G and work 1 row dc with G. Maintaining this color pattern of 26 row stripes, then 1 row of dc with G, follow chart below, to completion. Strips II, III, IV, V, VI and VII: Make 1 of each, working in same manner as strip I and following individual charts for each. Finishing: With right side of work facing and using G, work 1 row of dc along entire length of top edge only of each strip, holding strip horizontally with start of strip in right hand. Arrange strips in order of I, II, III, IV, V, VI and VII and join together with a row of G sl st on wrong side of work. With G work 1 row of dc, then 11 rows of sc around entire edge of afghan, working 3 sts in each corner st as you turn. Finish with shell or scalloped edge. Finished border to measure 3½ inches. ■

I	II	III	IV	V	VI	VII
D	A	B	F	D	C	F
G	G	G	G	G	G	G
F	C	A	E	A	E	B
G	G	G	G	G	G	G
B	F	D	B	D	B	C
G	G	G	G	G	G	G
D	E	A	C	F	A	E
G	G	G	G	G	G	G
E	A	B	D	B	D	A
G	G	G	G	G	G	G
B	D	E	B	C	E	F
G	G	G	G	G	G	G
D	A	C	A	D	B	C
G	G	G	G	G	G	G
C	F	D	F	E	C	A
G	G	G	G	G	G	G
E	A	E	C	A	E	C
G	G	G	G	G	G	G
B	F	B	E	B	D	B
G	G	G	G	G	G	G
A	D	A	F	A	C	F

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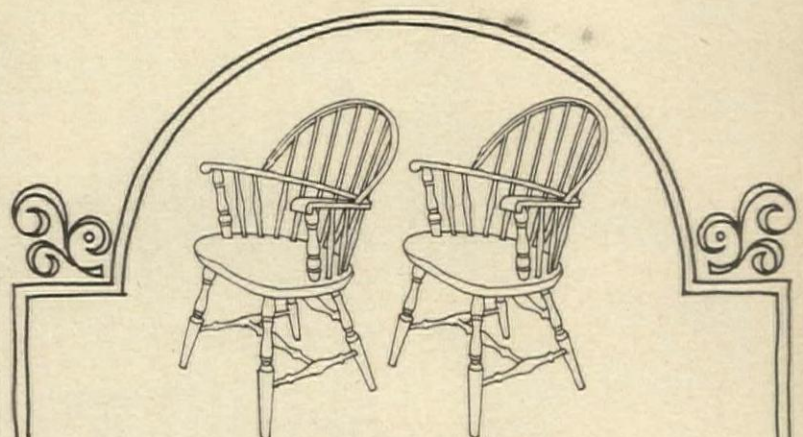
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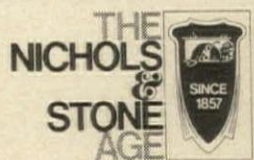
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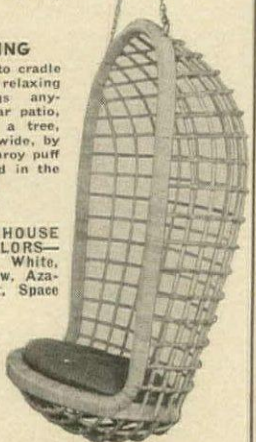


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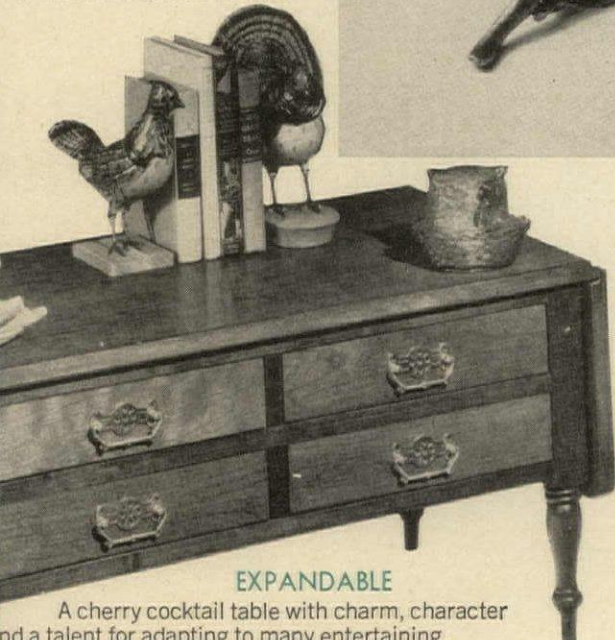
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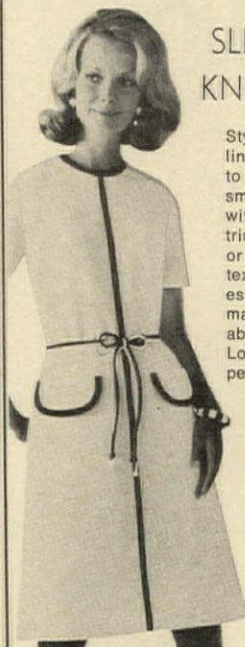
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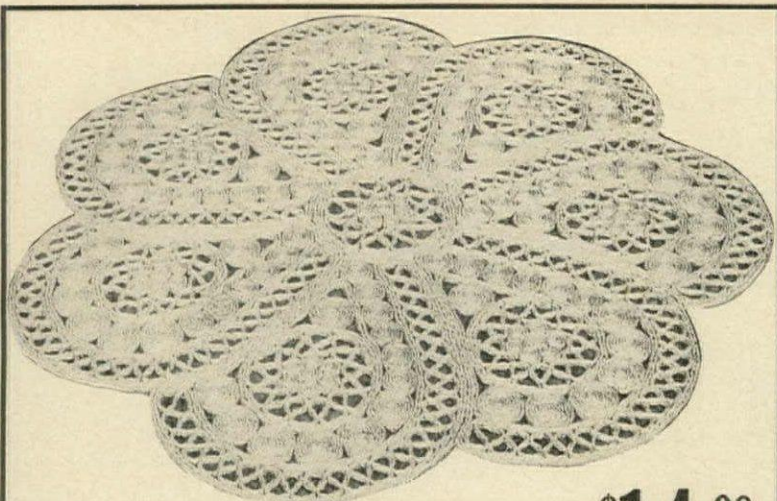
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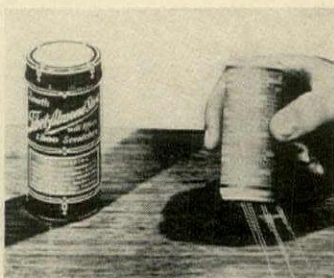
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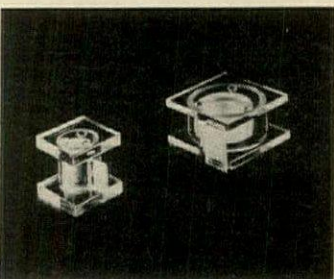
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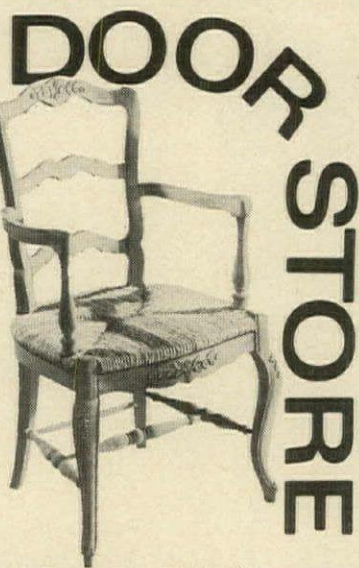


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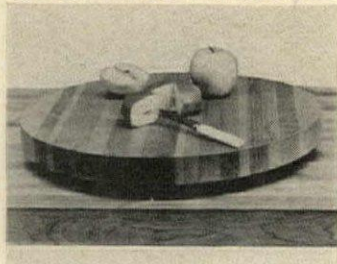
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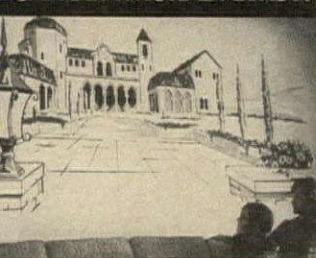


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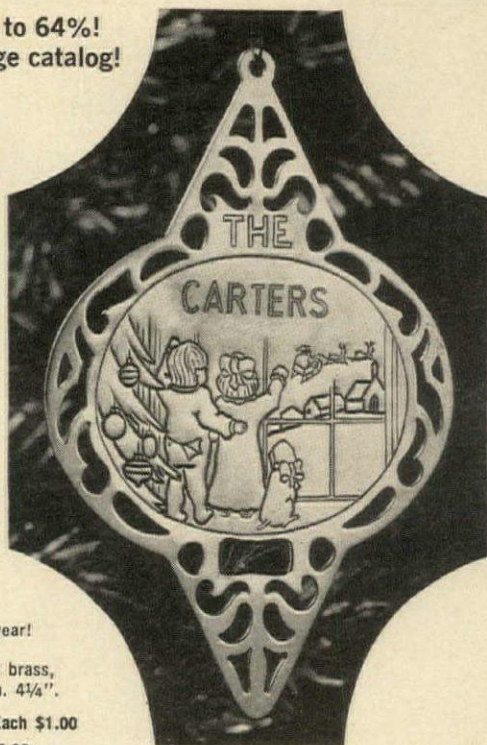
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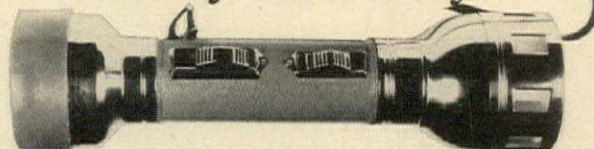
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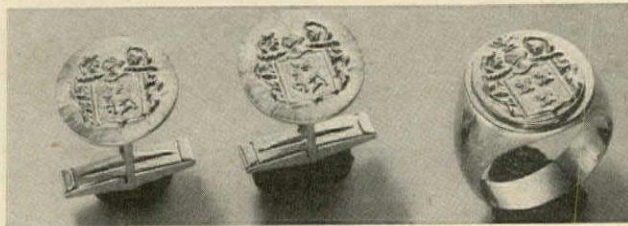
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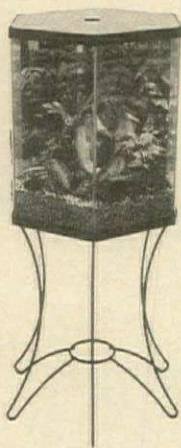


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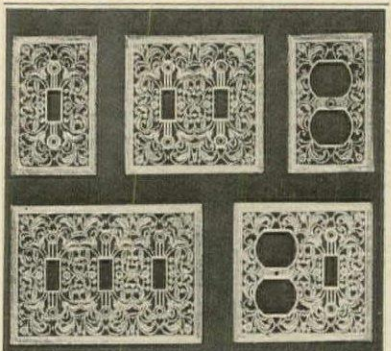
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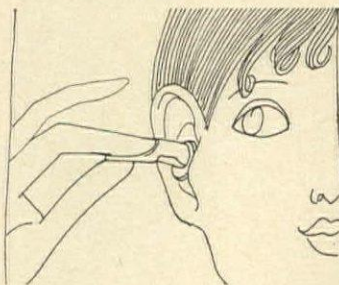
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Conversation piece! High gloss finish over aniline stain allows wood grain to show through. Walnut, yellow, orange, red or green. Natural rush seat. 18" h by 20" w. 31" overall. \$59. Exp. coll. Catalogue \$1. Door Store of Wash., D.C., HG-4, 3140 M Street, N.W., Wash., D.C. 20007



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Silence is golden, but these days we get precious little of it. Soft pliable silencers slip into the ears, have an easy-to-grasp flange for safety. Slip them in every night for refreshing sleep. \$1.98 a pair plus 15c post. Anthony Enterprises, HG4, 585 Market St. San Francisco, CA 94105.



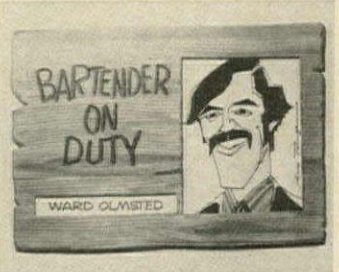
SUN DANCE

"Glenda" in navy, black, beige, white, gray/black/white, ombre blue, ombre beige, and pale blue/pink; deep-multi and multi-pastel kid. 1 3/4" wedge; AAAA-EE sizes 2 1/2 to 10, \$25.95; 10 1/2-12 \$26.95. Add \$1 post. Free catalogue. Solby Bayes, HG4, 45 Winter St., Boston, MA 02108.



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Hand-worked crewel from India imparts color and elegance to a natural cotton hand-loomed round tablecloth. A beauty for a spring tea table or dinner table. 70" dia., \$40; 90", \$50. Send 50c for catalogue and swatch. Gurian's, E-44, 276 Fifth Ave., New York, NY 10001.



BARTENDER IDENTITY

The house bartender caricatured from a photo you send to Bruce Bolind with hair and eye color and your favorite mixologist's name for a 12" by 16" plaque and 6" by 8" caricature. Print name; picture returned with the plaque. \$15 ppd. Bruce Bolind, HG4, Boulder, CO 80302.



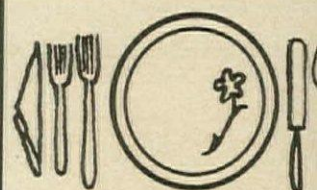
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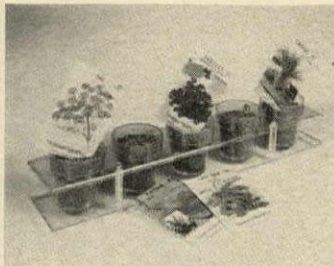
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Take a few minutes at any hour to watch the sun setting beyond tranquil trees. A contemporary picture to embroider: kit includes design on 28" by 34" natural burlap; wool and acrylic yarns; needle; instructions. \$11.95 plus 50c post. The Stitchery, HG4, Wellesley Hills, MA 02181.



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Grow herbs on your windowsill or counter top, use them fresh or dried. Crystal-clear base with 5 pots, soil, instructions. Seeds for marjoram, coriander, parsley, savory, basil. 17½" l. x 3½" w. \$7.98 plus 85c post. #F8565-4. Helen Gallagher, Dept. F519, Peoria, IL 61601.



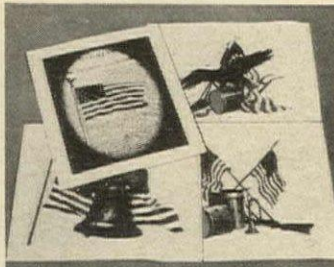
IN FULL COLOR

Your favorite picture blown up in color. Send color print or slide (no negative). 1' by 1½' poster, \$4.95, 1½' by 2', \$7.95, 2' by 3', \$14.95. Also black and white posters. 1½' by 2', \$2.95, 2' by 3', \$3.95, 3' by 4', \$7.95. Photo Poster, Dept. X 558, 210 E. 23 St., New York, NY 10010.



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FASHION '74

Illustrated booklet features high fashion news in pant suits, shoes, hats, accessories; plus beautiful Indian-reservation made jewelry. Good values. Easy to order by mail. Catalogue \$1 ppd. \$1 refundable with first purchase. Old Pueblo Traders, HG4, 600 So. Country Club Rd, Tucson, AZ 85716.



I'm gonna get your chickens

Harold Young, West Yellowstone's best wildlife camera clicker, photographed this baby bobcat right in its own woody backyard, somewhere within 27 miles of here. (Harold won't say exactly where in interests of maintaining privacy for baby bobcats.) We've made it into a big happy poster, 2 x 3 feet black & white, \$2 each (+ 25c postage). Wretched Mess News, P.O. Box HG-4, W. Yellowstone Montana 59758.

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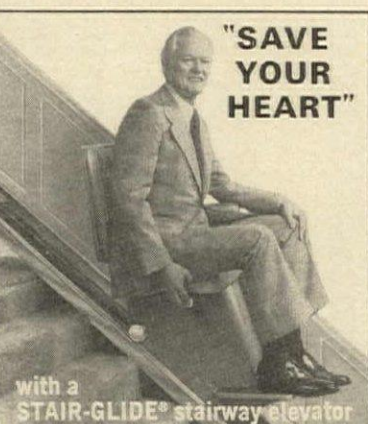
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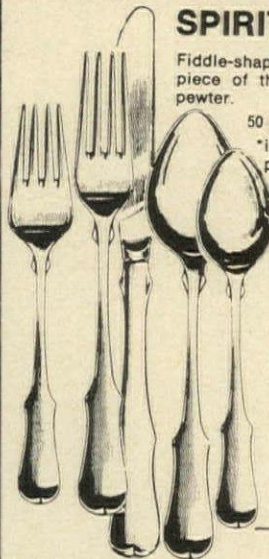
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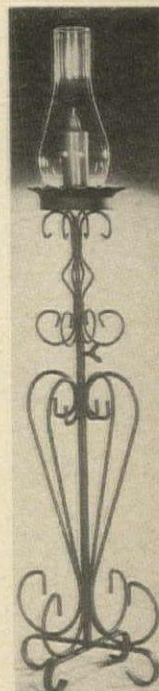
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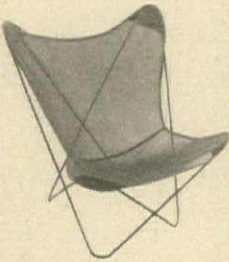
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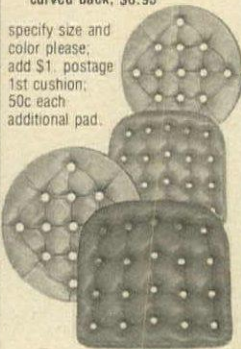


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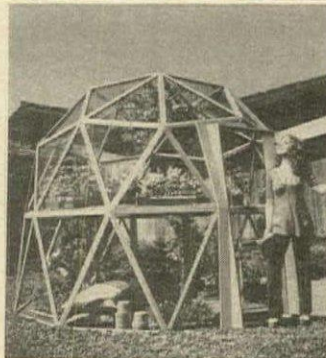
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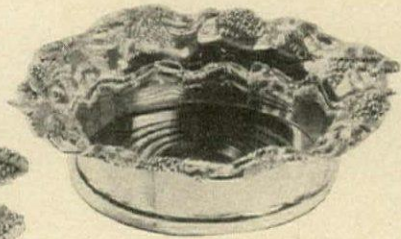
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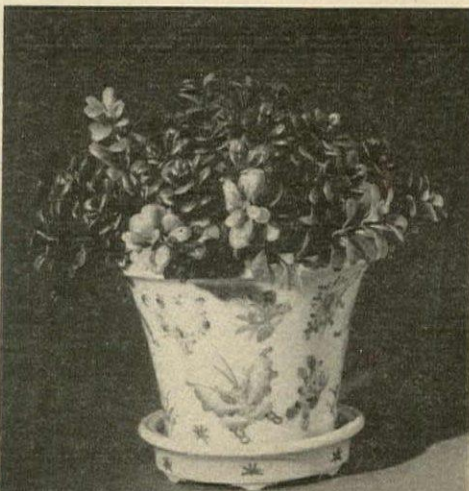
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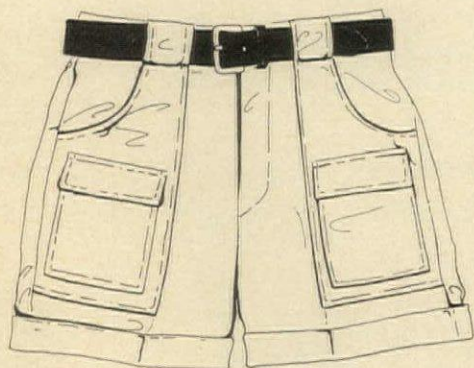


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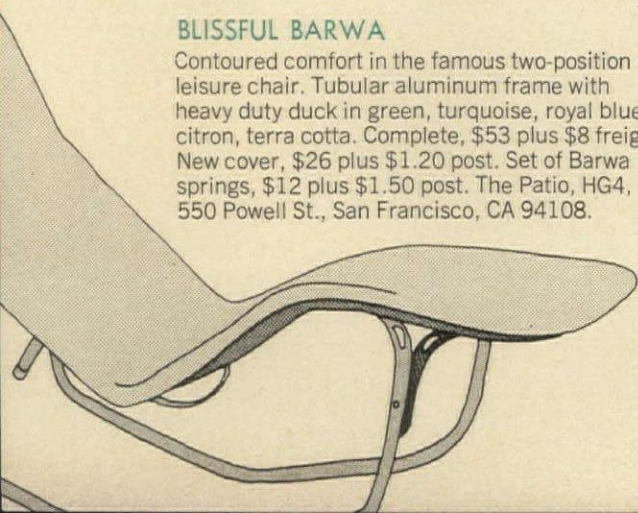
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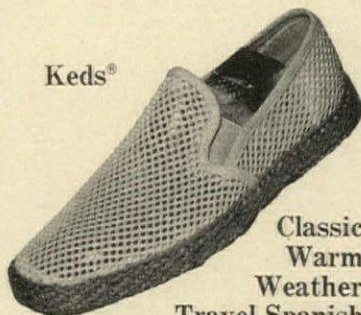
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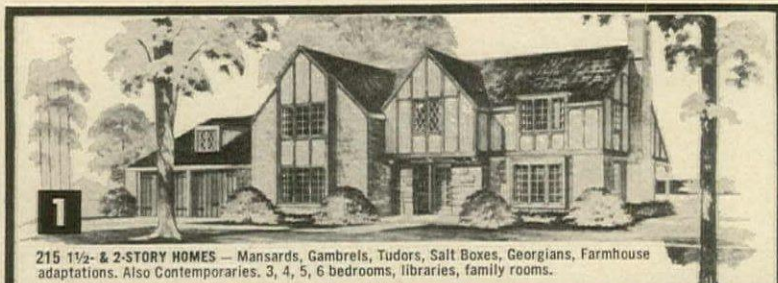
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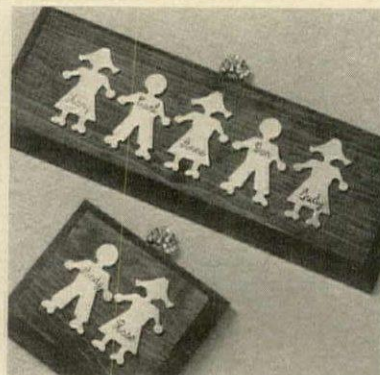
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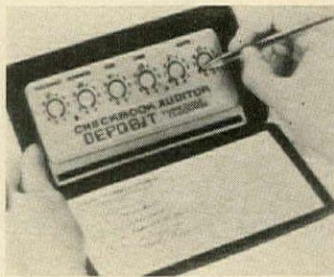
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Children love these practical and warm sweatshirts with their very own name right out in front. The first and last names in permanent black letters on quality white cotton. Machine washable. Sizes 4, 6, 8, 10. \$3.98 plus 50c post. Holiday Gifts, Inc., Dept. 304—Wheat Ridge, CO 80033.

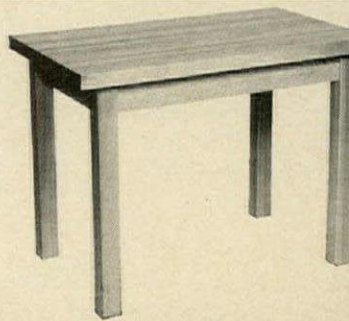


PROVINCIAL PILLOW

Cross stitch design for 16" pillow. Kit includes design on oyster Belgian linen, wools, linen for pillow back, cording. Two tone red, blue, green, gold, brown, black, gray or rose wools. \$4.95 each. 16" form, \$2.50. Add 50c post. Victoria Gifts, 12H Water Street, Bryn Mawr, PA 19010.

A Natural

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How To Collect MAXIMUM BENEFITS From Your Group Insurance

*A handbook written to save you money by giving you
"behind-the-scene" secrets on Group Insurance Claims
and what you can do to reap all the benefits coming to you*

by Ann Mauldin

There is a treasure of sound and practical information—representing the culmination of over 15 years of experience in handling Group Insurance Claims.

Every aspect of Group Insurance is stated clearly and with authority, providing you with proven guidelines for almost any Group Insurance problem. You will learn how to file your claims correctly and when to file. You will learn all about the most important aspects of all: *How to collect maximum benefits by following a few simple rules.*

This is the most comprehensive and revealing reference work on this subject ever written by anyone who knows all the *tricks* of the claims handling business—the author is just such a person.

This book is an eye-opener! Here, for example, are just a few of the little-known secrets on Group Insurance you will find used in this reference book:

How to collect all you have spent on premiums.

How to get an old ailment, which you had previously to becoming covered under your Group Insurance, covered and paid.

How to have x-rays, made in your doctor's office, paid 100%.

How to make Major Medical work for you getting complete reimbursement of your medical expenses.

How to keep your mentally retarded or physically handicapped child insured.

How not to miss out on money you have earned to you.

How to fill out your claim forms for maximum reimbursement.

How to have your doctor and hospital bills paid 100%.

How to avoid delays in receiving your reimbursement checks.

How to handle errors made by your insurance company.

How to handle problems with your insurance company and what recourses you have.

How to collect on an illness that pre-existed your coverage.

How to collect on psychiatrist charges.

How to select a hospital for mental treatment that will insure you of getting maximum benefits.

How to receive maximum payment for medical procedures.

- How to avoid paying deductible on all your medical expenses.
- How to collect on many dental expenses by following a few simple rules.
- How to collect 100% on accidental injuries.
- How to handle your claim when your employer tells you your accident or illness is not covered.
- How to collect 100% on most of your medical expenses.

LISTEN ONLY TO THE FACTS

Don't make the mistake of assuming your Group Insurance will pay you maximum benefits just because your employer told you the policy is a good one—with a good insurance company.

Every year millions of dollars go unpaid because the victims of accidents and sicknesses did not know the proper way to handle their claims. To get maximum benefits, you must know *how* to file your insurance claim, and you must know *when* to file. This book gives you all the answers and it *should be in the hands of every person who has Group Insurance.*

Here, in simple every-day terms, you will learn how to collect benefits you are paying for already, but may not be collecting. Benefits you are entitled to and often don't get. You could be missing out on benefits and money you have coming to you and don't know it. You don't have to take a simple "no" for an answer any more. Get the *inside facts* today and be ready. You owe it to yourself, and to your family, to take full advantage of your Group Insurance—after all, you are the one who pays the premiums.

TAKE ADVANTAGE OF YOUR ADVANTAGES

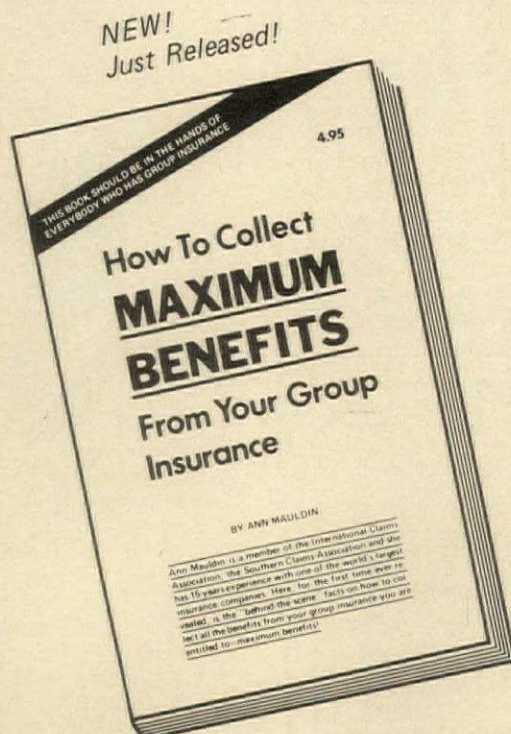
This book also provides you with an exact course to follow when you have a complaint. It tells you where to take your complaint if you did not get maximum benefits, and it tells you what to say. This valuable 64-page, fully indexed, reference book is worth many times the low price of \$4.95. For your own sake, we urge you to take advantage of this impressive, fact-filled, book offer now while this message is in front of you. If you are like most people, you will save many times the cost of the book on your very next Group Insurance claim.

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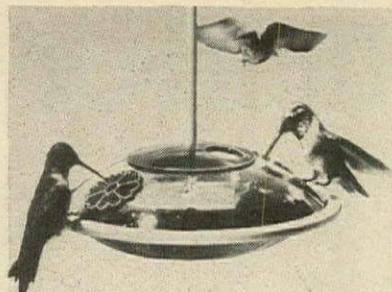
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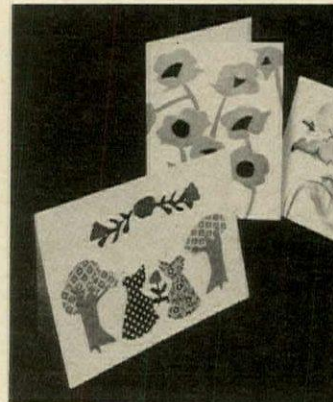
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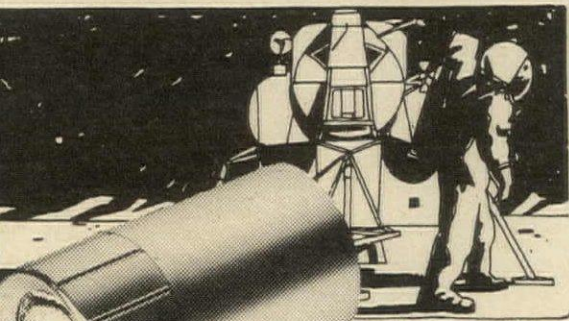
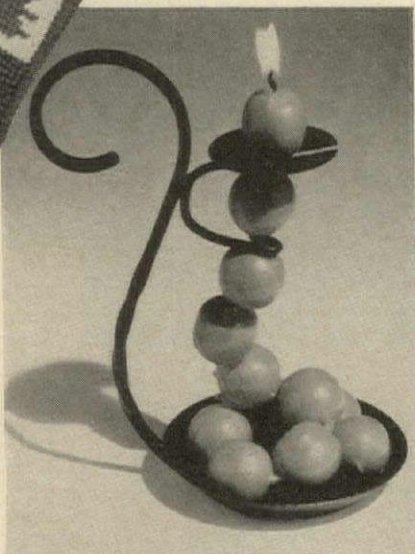


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Hand-painted #14 mono canvas, yarns, needle, instructions, lining fabric. \$5.95 plus 50c post. Free catalogue. Needlepoint Shores, HG6, Box 123, Wayzata, MN 55391.

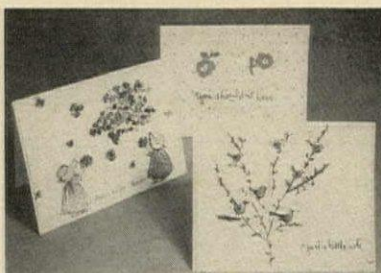
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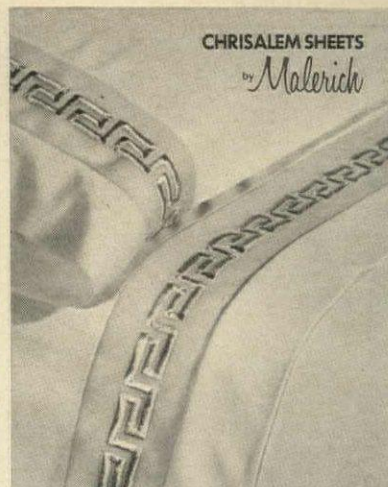
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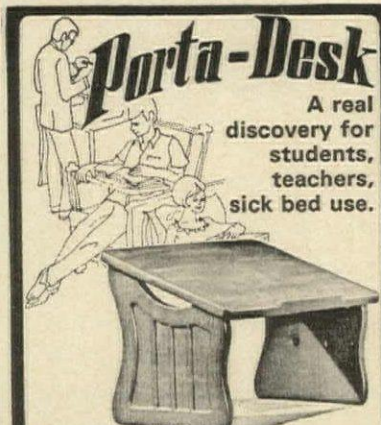


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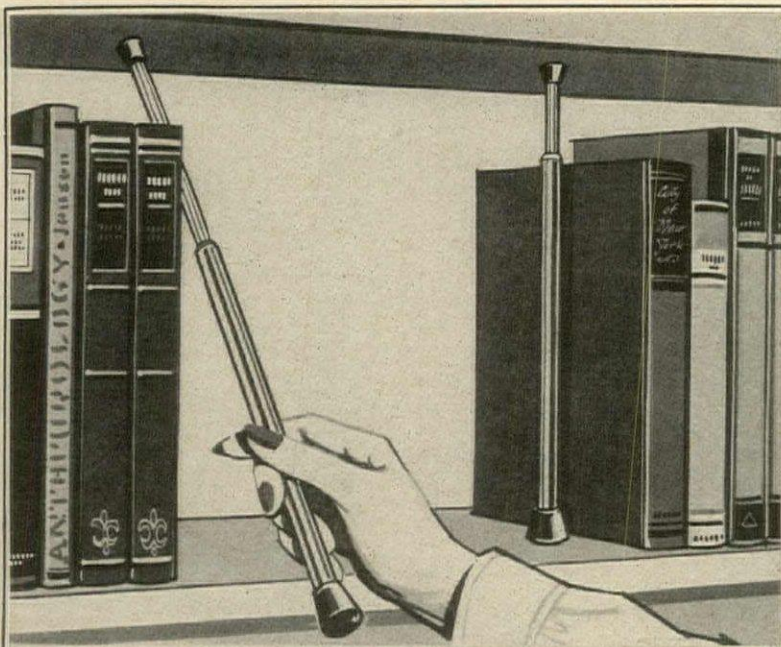
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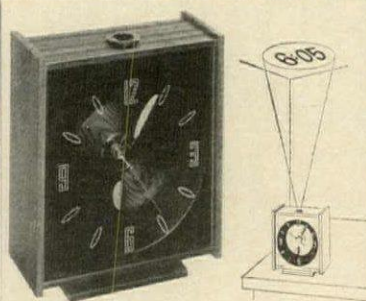
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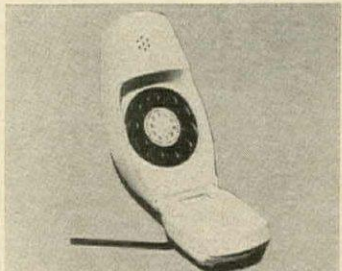
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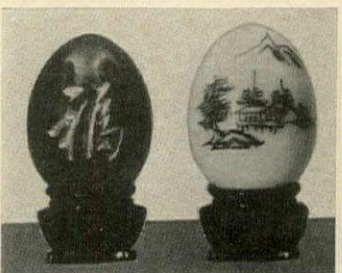
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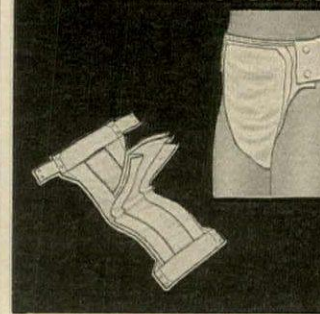
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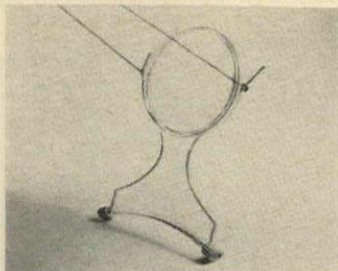
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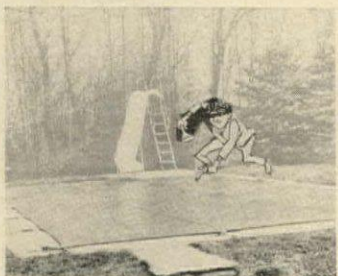
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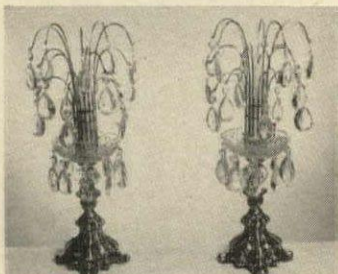
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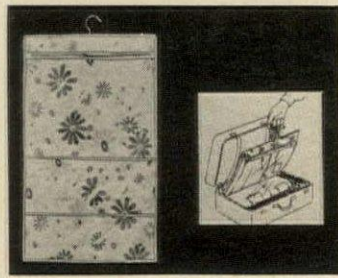
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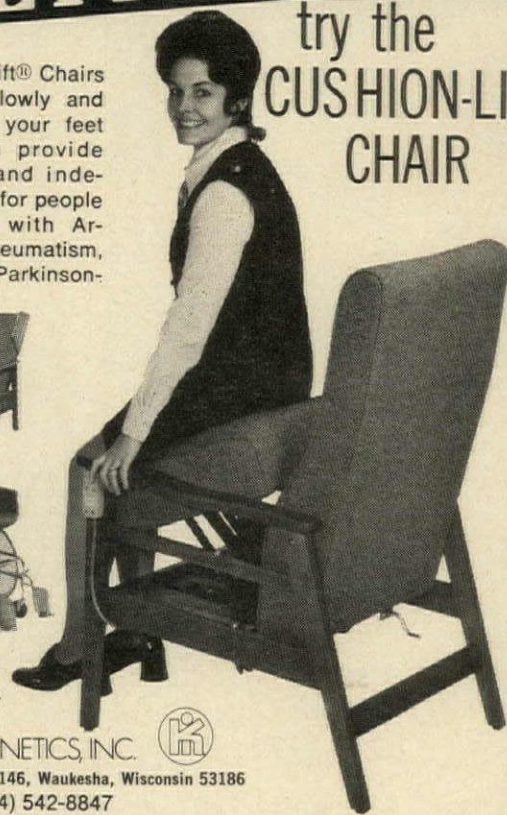
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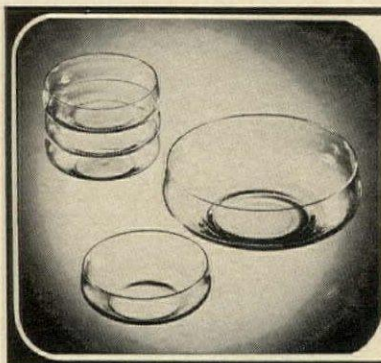
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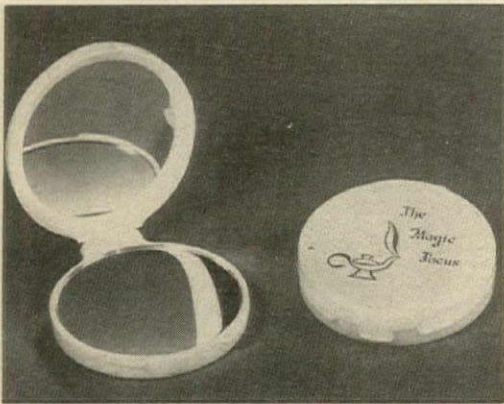
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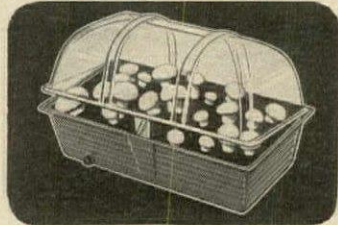
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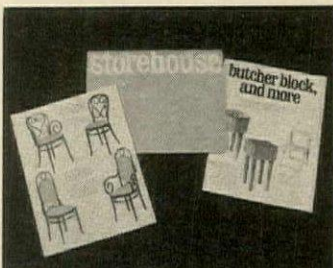
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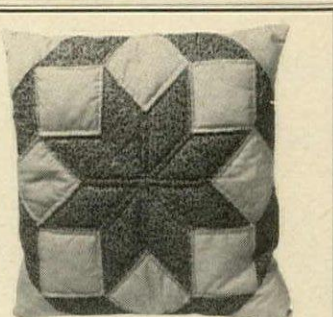
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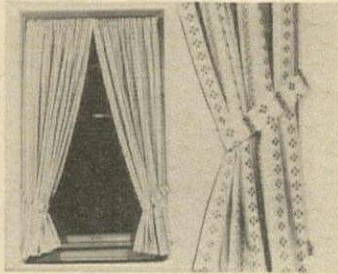
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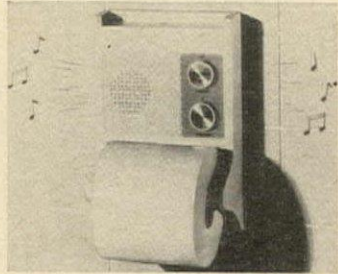
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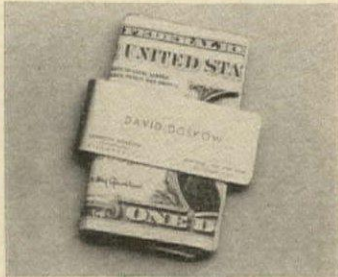
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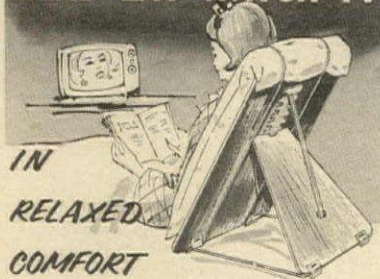
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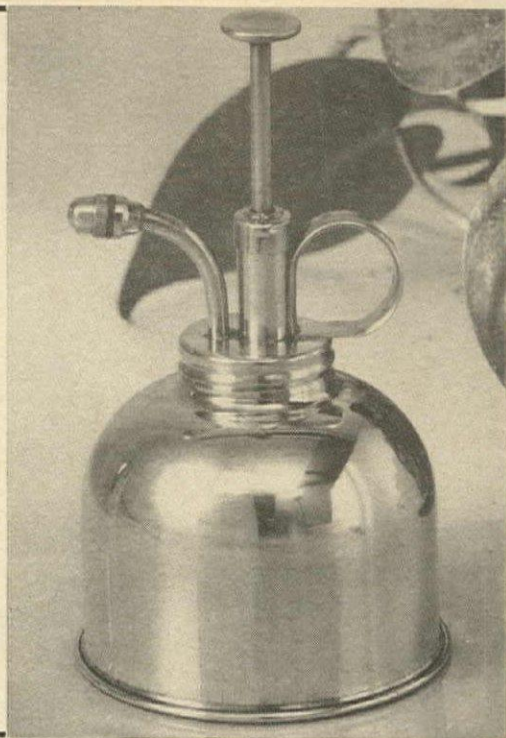
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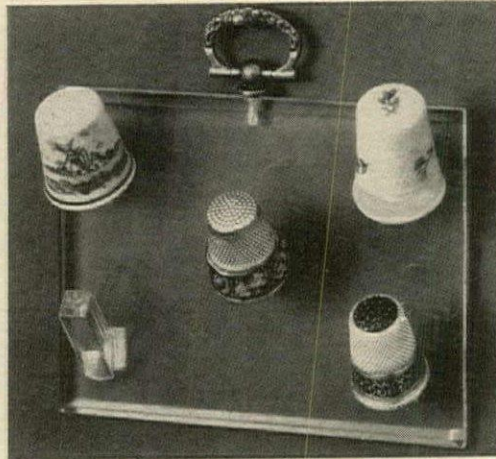
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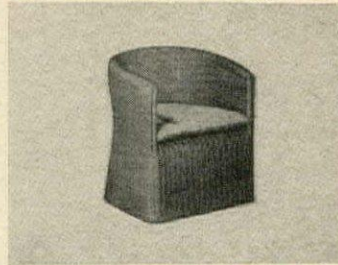
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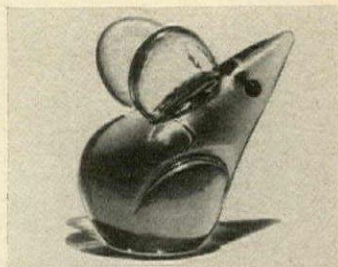
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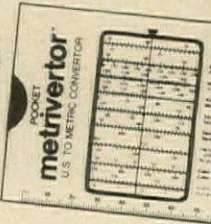
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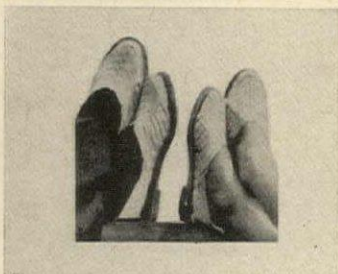
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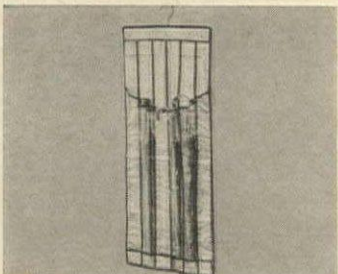
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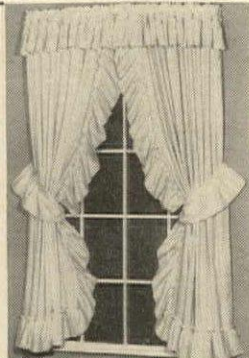
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Solid Cherry Silver Chest

For all your priceless flatware, this Queen Anne Silver Chest provides beautiful, convenient storage. All four drawers are lined with Pacific Silver cloth, and the top one has dividers. Drawers are 2 in. deep; have solid cast brasses. Scallop shell on the shaped apron. Finished back. W 24, D 15, H 37 in. No C.O.D. Silver not included. Brown, or red-brown cherry finish available. \$164.00 shipping charges Collect. Send \$1.00 for catalog of reproductions. Dept. No. 185, Box 266, Concord, N.C. 28025

Ephraim Marsh



GRANDMA, FOR GRANDPA, FOR MOM & DAD. Hand-made Family Heirloom Bracelet or Keychain will be treasured forever, engraved with every child's or grandchild's name and birthdate. Add a charm for each new birth! Each engraved Silver or Gold charm is \$3.00 each, matching keyholder or 7 inch bracelet (with safety clasp) is \$4.00 each. Money back if not delighted.



GREATEST COMBS ON EARTH!

Our lifetime combs are made by hand in Sweden of solid hardened aluminum. Each tooth is rounded and polished and guaranteed to never break! Great for gifts, you'll get "Thank you's" forever. We expertly engrave owner's name. Lady's 7 inch comb or man's 5 inch pocket comb. Full price \$5.00 each. Money back if not delighted.

Order these products by mail direct from ELGIN ENGRAVING CO., 944 EDWARDS AVE., DUNDEE, ILLINOIS 60118 Engraving Specialists • We pay postage, ship in 2 days • Prices include engraving

LIMITED EDITIONS IN GORGEOUS COLOR



\$17.50 Bing & Grondahl—White Polars on cobalt blue.



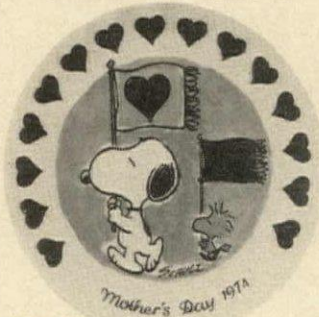
\$17.00 Berta Hummel original "Precious One"



\$10.00 In red-checked gingham, adorable Moppets—Gorham



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RARE BEAUTY FOR MOTHER'S DAY ANY 2 GIVES YOU 1 VALUABLE COLLECTOR'S PLATE

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from

Trein's

Don't Delay! Order Immediately!

This sensational offer is subject to our supply; the manufacturer's name on our FREE COLLECTOR'S PLATES cannot be revealed, but be assured—each is a "Collector's Item". TREIN'S feature the Midwest's largest selection of limited editions—is internationally recognized, and your satisfaction is guaranteed. You can order just one collector's plate, of course, but can you afford to pass up this marvelous opportunity?

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If you can't wait on the mail—Telephone! (815) 284-6626

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MOTHER'S DAY FREE GIFT COUPON*

Dept. HG4, 201 W. 1st, Dixon, Ill. 61021. Please send me (POSTAGE & HANDLING FREE) the Collector's Plates named below, on the understanding that my money will be refunded if I'm not satisfied, and merchandise is returned to you within 10 days. Enclosed find check (MONEY ORDER) for \$_____ (Ill. Res. add 5% tax)

BankAmericard # _____; Master Charge # _____; Interbank # _____; (Find above your name)

Good Thru _____ Good Thru _____

SEND ME: 1. _____ \$ _____ (Plate Name)

2. _____ \$ _____ (Plate Name)

REMEMBER: IF YOU BUY 2—YOU GET 1 COLLECTOR'S PLATE FREE!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

THE PERFECT GIFT



Create this for someone you love. It will be a continuous reminder to smile and be happy--what a wonderful gift! Kit includes design on white sailcloth, embroidery floss and complete instructions. Frame size 15" x 12". \$3.95 plus 35¢ postage.

TOWER CRAFTS

P. O. Box 575, Champaign, IL 61820

Send 25c for our
New Full Color Catalog

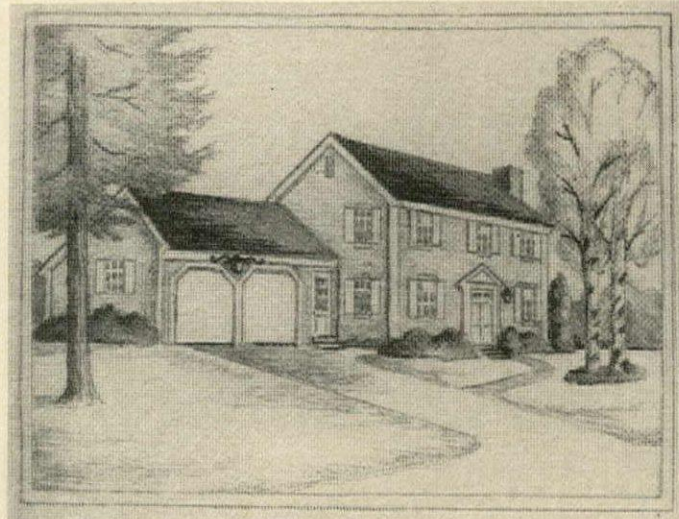


NEEDLEPOINT PORTRAIT KITS

Create beautiful needlepoint portraits. No experience necessary. Likeness guaranteed. Kit includes artists portrait of your subject on an 18"x22" needlepoint canvas. DMC wool, needle and instructions. Only \$29.95. Each additional subject on same canvas add \$15. Send any clear color or B/W photo (returned) with color information. Also available in embroidery kits. Price \$19.95. Each additional subject on same linen add \$10. We do pets too, same price. Please add \$1.25 for insured post. and handling. N.Y. res. add 5% tax.

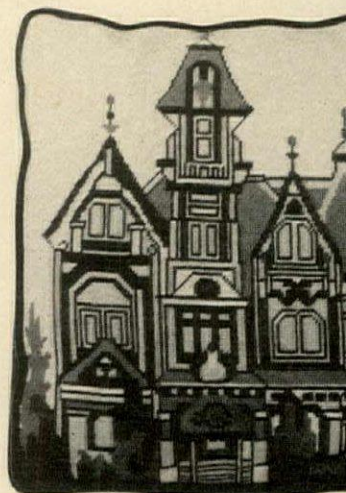
NEEDLEPOINT PORTRAITS LTD.
STUDIO 52, 71 STILLWELL ROAD
KENDALL PARK, NEW JERSEY 08824

SHOPPING AROUND FOR NEEDLECRAFTS AND HANDICRAFTS



YOUR HOUSE

Know the pleasure of personalized needlepoint. Your house (or your pet) custom designed for you. Persian wools in soft shades. 12-mesh mono canvas, 12" by 16". Suitable for pillow, framing or foot stool. Send color or black and white photo with color notes. \$32 ppd. Folder of original designs, 25c. The Owl and Eye Designers, HG4, 236 Summer St., Framingham, MA 01707.



CARSON MANSION

The epitome of Victorian decor. Needlepoint a pillow or the charming gabled door. Hand-painted design by Ashe. On #13 mono canvas by 14". Kit includes yarn, needles, instructions. Colors: blues, oatmeal, greens, white or ice blue ground. \$37.95 plus \$1.50 post. catalogue, \$1.50. The Nimb Thimble, HG4, Box 713, CA 95003.

TO DECORATE

A delightful octagonal table lamp, beautifully hand-crafted from native hardwood ready to antique, decoupage or stain. 24" tall. White or shantung shade of oyster natural burlap. \$17.50 plus \$1.50 post. (add \$2 w. o. Rockies). Free brochure. 18 lamp types finished and ready to use, plus unusual decoupage accessories. Baxwood Company, PHG-44, 1141 Commerce Lexington, KY 40505.



EMBROIDERIES

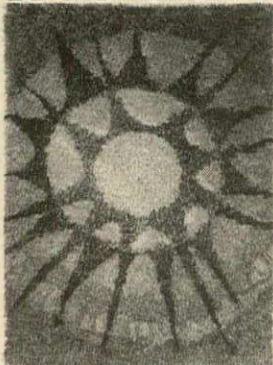


ADAM AND EVE CIRCA 1974 are picking apples for the sheer joy of it. The apples are red, the children blond and dressed in green and brown. The stitches are simple on this huge 22x32 inch ivory linen ground. The price \$33.95. #1334. Send \$2 for new 36 page embroidery catalog. (Refundable on order of \$25.)

EMBROIDERIES

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skön RYA KITS



CALIFORNIA: Gold, Burnt Orange, Browns.

NEW 1974 COLLECTION. One simple stitch makes these pre-started wool rya wallhanging, rugs or cushions. Kits imported from Sweden feature lustrous rug wools, easy to follow color charts and English instructions. Send \$1 for new color catalog of award winning designs.

skön RUG CRAFT

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VICTORIAN FOOTSTOOL

Needlepoint Cover
Heirloom of Tomorrow

A matchless Victorian reproduction with delicate carved legs, and a striking floral needlepoint cover. Available with a Mahogany, Fruitwood or Walnut finished hardwood base, and removable top, so that you can put your own needlepoint or crewel work on it! Certain to become a collector's item. 14"x9", 8" high.

\$19.95 postpaid

Send 25c For Other Styles.
Mail check or money order to:

FIESTA ARTS, INC.

GREENVALE, N. Y. 11548
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PILLOWS

Muslin-covered feather pillows (90% duck feathers, 10% down) are a natural for your fabric, needlepoint, embroidery, applique, quilting, patchwork and weaving.

Knife-edge

Size	Each	2 For
12 x 12" Sq.	\$4.25	\$ 8.00
14 x 14" "	5.25	10.00
16 x 16" "	6.50	12.50
18 x 18" "	8.50	16.50
12" Rd.	4.25	8.00
14" "	5.25	10.00
16" "	6.50	12.50

Knife-edge rectangle

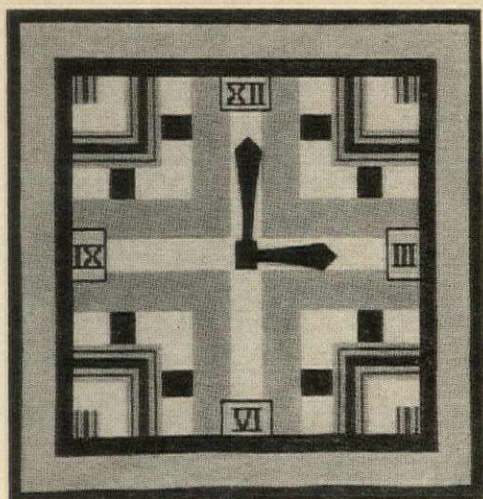
12 x 16"..... 5.95..... 11.50

Available at all CALICO CORNERS stores or send check/money order to:

CALICO CORNERS, INC.
P. O. Box 670
Wilmington, Del. 19899

Add \$1 per order for postage & handling. Detailed price list sent on request.

A CLOCK
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 lock that really
 Modern face, 14"
 4-count mono can-
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 or choices. \$40.45;
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COVER RACQUET

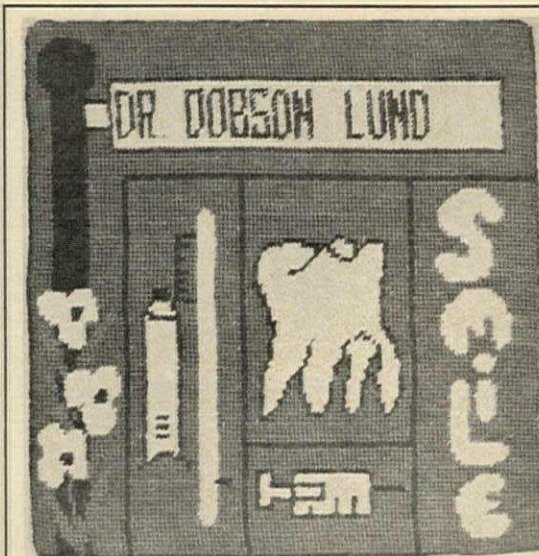
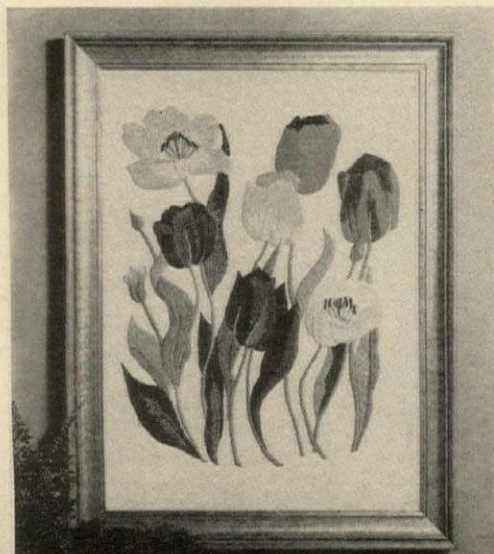
Design your own tennis racquet cover in needlepoint or bargello. Simply unzip 12 hole, blank interlock mesh cover from its canvas back to work design. No mounting necessary. Printed alphabet included. Red, navy, green backing. Pre-assembled kit (not including yarn). \$12 plus 75c post. Free brochure, Toni Totes of Vermont, HG4, South Londonderry, VT 05155.

FULL BLOOM

Fashion a pillow that brings forth the graceful sweep of flowers in the art nouveau manner. Hand-painted pillow top design is on a 14" sq. The flowers to be worked in burnt orange with green leaves on a #3 white mono canvas background. \$16 plus \$1.50 air post. Write for complete catalogue, 50c. Kalico Kits, HG4, Box 25922, Los Angeles, CA 90025.



TIME
 ger of spring. A
 of needlepoint
 o brighten the
 Kit includes design
 on white cotton
 00% wool crewel
 n shades of green,
 ange, yellow and
 needlestitch chart
 instructions. Frame
 " by 24", \$12.50
 he Needleworker,
 Box 488, Weston,
 193.



DENTIST PLAQUE TO NEEDLEPOINT

Here's a handsome personalized gift to work in needlepoint. Shown here as a plaque, it could also be used as a pillow top or framed picture. Kit includes design hand-painted on white mono canvas, Persian yarns to work brightly colored design and rich blue background, needle and instructions, including directions for working subject's name, 10" x 10" design on 14" x 14" canvas. Only \$16.95

plus \$1 pstg. Other career plaques available at the same price: Doctor, Accountant, Stockbroker, Teacher, Architect, Insurance Man, Lawyer, and Pharmacist.

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The Stitchery Dept. HG204A, 204 Worcester Turnpike, Wellesley Hills, Mass. 02181

Visit Our Retail Showroom Open Weekdays Monday Thru Friday.



Chinese Peacock to needlepoint

Bird in soft shades of turquoise with pink, yellow, orange, green and white oriental flowers against midnight blue. Background is unpainted to make stitching easier. Border of mixed flowers on white. 14 1/2" diameter. 14-mesh. \$35.50 Ppd.

Peacock Alley

650 Crosswell, S.E.
 Grand Rapids, Mich. 49506
 Mich. residents
 please add 4% sales tax.
 Brochure \$1.00



GLASS CASE COLLECTOR'S TABLE KIT

This Do It Yourself Kit of Honduras Mahogany builds this table perfect for display of that small prized collection. Kit includes hardware and all parts perfectly crafted for easy assembly with blueprint and instructions. Glass, velvet lining and finishing material not included. Finished sizes: 17" x 23" x 28" high, 25" high, 23" high or 18" high with 4/4" interior clearance. No effort has been spared to make this the finest kit of its kind. An amazing low \$39.95 plus \$1.85 postage and handling. Satisfaction guaranteed. Also available finished with a light brown hand-rubbed finish. \$125.00 freight collect.

CLASSIC CRAFTS (Dept. 3D)

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25¢ for brochure

Alabama residents 4% sales tax, please



JACOBEAN CHARM

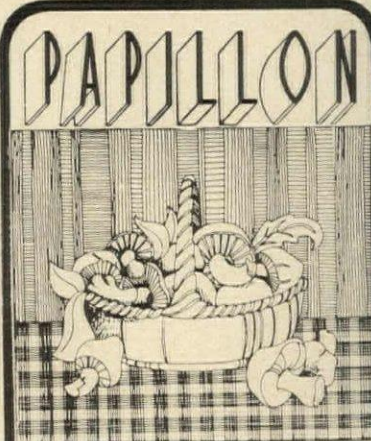
Early 17th Century furniture styling is greatly enhanced in this Jacobean design emphasizing the rose and blue shades in this 15" crewel pillow design. Kit includes stamped homespun pillow top and back, colorful crewel yarns, cording, zipper, needle, and instructions.

\$5.95 plus 60¢ postage.

(Mass Res. add 3% tax) No C.O.D.'s.

FREE needlework bag with every order. Send 25c for colorful 24 page catalog.

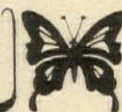
The World of
Stitch 'n' Knit Inc.
 Dept. HG-044, Shoppers' World, Box 709
 Framingham, Mass. 01701



Needlepoint—Mushrooms & Gingham

Yummy coral mushrooms in a country straw basket complimented by apple green and white gingham and pale blue stripes. Original handpainted designs, Persian yarn, needles, and printed instructions. 11" x 13" \$36.00 ppd.

3 issue Catalogue — \$2.00



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SHOPPING AROUND FOR NEEDLECRAFTS AND HANDICRAFTS



NEW! Zodiac Needlepoint Designs.

Our elegant collection includes kits for all 12 signs in two sizes. Kits contain all you need, including GREENE NEEDLEART® Persian Yarns and full instructions for Continental Stitch. Canvas is printed only in the colors indicated below. However, upon request, we can substitute yarn for the design of your choice in any one of the 3 color combinations.

Gold/Browns/White Leo (shown), Aries (shown), Aquarius (shown), Gemini Reds/Hot Pink/Browns Taurus, Libra, Scorpio, Cancer (shown)

Blues/Green/Lavender Sagittarius (shown), Virgo, Pisces, Capricorn
15" x 15" design printed on #10 mono - Kit \$16.00 + 75¢ post. & hand.
9" x 9" design printed on #12 mono - Kit \$8.00 + 50¢ post. & hand.
Color brochure (included free with order) 50¢. * Sorry, no C.O.D.'s.
Please allow 30 days for delivery. California residents add correct sales tax.

greene objects d'needleart™

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Choose a super T-shirt imprinted with your name and zodiac sign. The perfect personalized gift for any gal or guy. Available on machine washable, white, blue or yellow shirts. Sizes S, M, L, XL. \$4.50 postpaid. Other great designs available—MICKEY MOUSE! FLY ME! and many others!



ROSE SCHARLAT
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Zodiac T-Shirt — Circle: S M L XL
Circle: White Yellow Blue

Sign _____ Name _____

Catalog of other designs - 25 cents
Check or money order, no C.O.D.'s

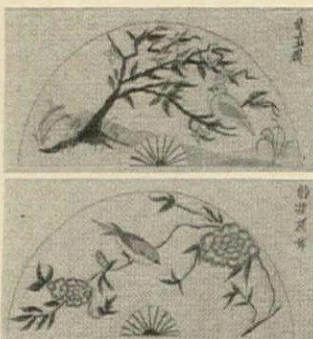
Needlepoint your own TENNIS RAQUET COVER or TENNIS TOTE BAG /WEEKENDER



Cover & tote bag completely preassembled (NO EXPENSIVE MOUNTING). Just zip needlepoint canvas out, to work needlepoint, then zip back in. **GIANT INITIAL COVER** has initial in 3 shades of blue with red, yellow or white needlepoint background on either navy blue or red duck. **"TO HELL WITH HOUSEWORK"** has red or navy letters; red, yellow, white or navy needlepoint background against red or navy duck. **RACQUET COVER**—\$25 plus \$1.25 postage & handling. Please specify "To Hell with Housework" or Single Giant Initial and colors.
TOTE BAG—\$33.50 plus \$1.25 postage & handling. Even serves for lightly-packed weekend trips!
N.Y.S. residents add sales tax. Send 35¢ for brochure.

needlepointers

Dept. HG4, Box 72,
Roslyn Heights,
N.Y. 11577



ELBOW PILLOWS

These unique pillows are a step into the past... Japanese design, handpainted on #16 mono canvas. 7" by 14" kit with paternayan Persian yarn, needle and instruction included. Blue, green and yellow birds with flame and gold flowers on a background of lemon and white.

The pair for **\$45.00** ppd.

Order From:
IDLE HANDS HG4
80-80 Lefferts Blvd.
Kew Gardens, N.Y. 11415



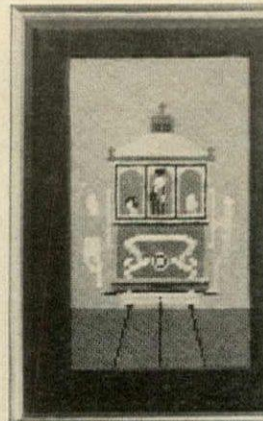
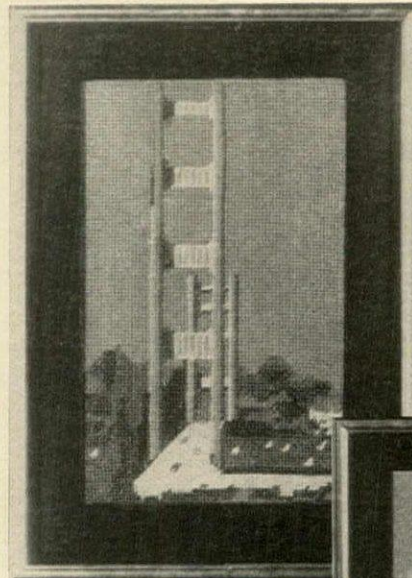
HOLDS EVERYTHING

Needlepoint/Embroidery Organizer

Pocket for canvas up to 20" x 20". 10 plastic rings for cut yarn in palette form. Felt pocket for needles and thimble. Scissor slot for easy use. Folds flat, has slip lock handle—won't open. Colorful working surface. Softly padded, printed cotton/polyester fabrics. In Blue ticking stripe with Rose. Also in Paisley or Bold Floral on Navy background. Please indicate second choice. For lap or table. Marvelous for traveling. (Yarn, thimble, needle, scissors not included.) Price \$12.00 Postpaid. W.V. residents add 3% sales tax. (Catalog \$1.00 refundable with order.)

The Daisy Chain

P.O. Box 1553 • Parkersburg, W. Va. 26101

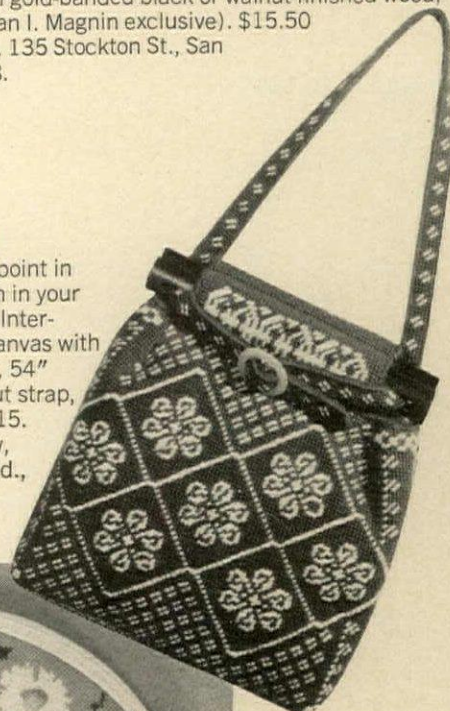


FRISCO SCENES

Needlepoint nostalgic landmarks: Golden Gate bridge, cable car and Stockton flower stand by artist, Maxine Rajkovich. Each 5" by 8" scene includes kit painted #16 mono canvas, yarn, needle, instructions, \$16 plus \$1.10 post. Finished needlepoint may be returned for mounting as a picture. Scene is blocked, framed with gold-banded black or walnut finished wood, ¾" velvet matting, (an I. Magnin exclusive). \$15.50
I. Magnin & Co. HG4, 135 Stockton St., San Francisco, CA 94108.

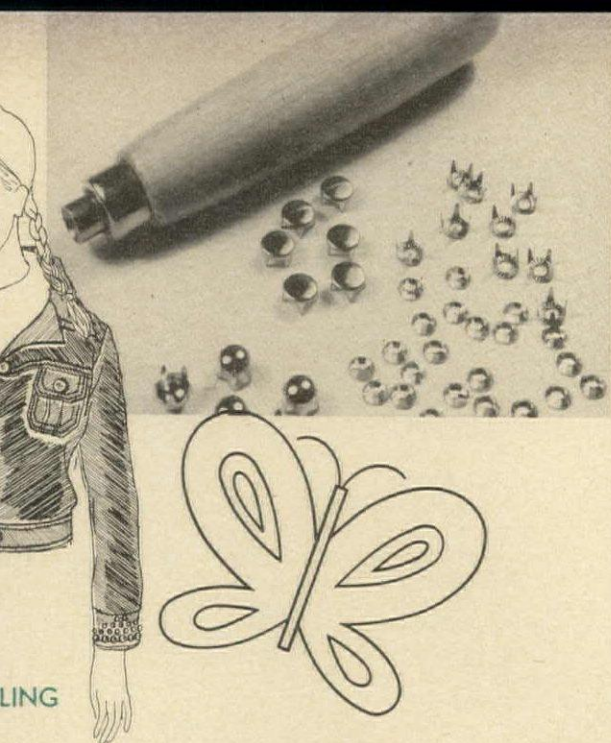
NORDIC DESIGN

A handbag to needlepoint in bandana type pattern in your choice of two colors. Interlocking #10 mesh canvas with yarn. 8½" by 9" bag, 54" strap, \$16.50; without strap, \$14. Ppd. Chart, \$1.15.
The Sign of the Arrow,
HG4, 9740 Clayton Rd.,
St. Louis, MO 63124.



TENNIS?

Devotees will love a racquet cover in needlepoint: white daisies, yellow centers, green leaves, or sky blue. Pre-assembled cover. Naugahyde back, needle, wool, instruction. From Rosey Grier Collection. \$18 ppd. Catalogue 25c. Tower Crafts, HG4, Box 575, Champaign, IL 61820.



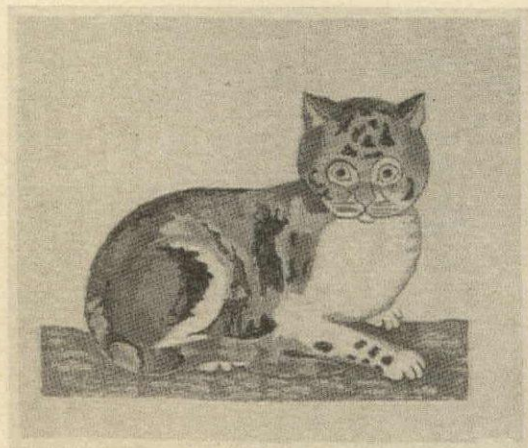
Update shirts, faded jeans, and jackets with decorative and glitter motifs. You can create your own designs or use permanent heat transfers included in an easy-to-use rhinestone complete with 72 each: rhinestones, nailhead, pearlhead or tool, instructions, \$8.95 ppd. Rose Scharlat, HG4, Miami, FL 33164.



BIRTHDAY KITS

Flattering gift, personalized needlepoint with an adage for day of week of birth date. Girls: pink and green floral, boys: blue

sketed guardsmen, red in border, both on off-white. #13 mono, easy instruction for design, alphabet guide. Send month, day of week unknown. \$13.95 plus 75c post. HG474, Box 228, Old Greenwich, CT 06870.



Paterna Persian yarn for shaded rust; go'd, gray, brown and red cat on green grass. Size: 14" by 17". \$42 ppd. \$50c. The Persian Cat, Inc., HG4E, 2329 Madrid St., Los, LA 70122.

PLAID 'N FANCY

Charming pillows to needlepoint. Both 11" square. Kits with Persian yarn, needle, instructions. White daisies, green background, yellow bow on hand-painted canvas, \$20. Plaid in greens, yellows on white canvas. Monogram chart, \$16. Ppd. The Krick Kit Co., HG4, 31N. Brentwood St., St. Louis, MO 63105.



VIOLETS AND PANSIES TO STITCH

Here's one of the year's prettiest new crewel designs for a picture or pillow top. Kit includes design on 17"x17" natural Belgian linen; finest crewel yarns in shades of violet, olive green, blue-lavender, old blue and gold; needle and easy instructions. Only \$4.50 plus 45¢ pstg.

Send 25c For Next Three Issues of Our Art Needlecraft Catalog

The Stitchery Dept. HG204B, 204 Worcester Turnpike Wellesley Hills, Mass. 02181



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DECORATE TRUNKS

for fun and profit

All across the country, these trunks are emerging from attics and basements to be transformed into lovely and useful blanket chests, toy boxes, hope chests, etc. Be the first in your neighborhood to enjoy and profit from this exciting new hobby. This one-of-a-kind, illustrated booklet, "Trunks to Treasures," gives complete step-by-step instructions and ideas for decorating. **ONLY \$2 POST-PAID; two copies for \$3.00** Keep one; give one! "Includes our decoupage plaque instructions"



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"TIGER, TIGER" NEEDLEPOINT

It's the year of the Tiger and this large, leering cat will demand attention wherever you put him! Natural stripes, of course, with green foliage and your choice of background, though ours is very red. 15" x 19" on 12 mono with Paterna yarn, \$40.00 ppd. Catalogue, 50¢.

2329 Madrid St.
New Orleans, Louisiana 70122



BARGELLO SAMPLER PILLOWTOP

Explore the fascinating world of Bargello! Includes all materials and easy-to-follow diagrammed instructions for nine designs. Finished size 15" square. State colors: Blues with yellow; Greens with orange; Yellows with brown. \$16.00 postpaid. CATALOG—50¢
Over 100 kits, exclusively ours, plus materials.

KALICO KITS, Dept. HG4
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NEEDLEPOINT NEWS

The only magazine devoted exclusively to needlepoint.

If you're interested in needlepoint, this bi-monthly magazine is for you. Every issue is full of interesting, helpful features:

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SPRING FANCY. Three pots, bursting with bright crocus blossoms for year round springtime in your home.

Brilliant yellows, oranges, purples and green. Pots in clay pinks.

Handpainted on # 12 mono canvas, 14" x 14". Persian wool. Background white, or specify color.

\$37.50 P.P.D.

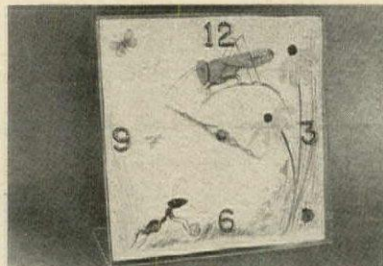
N.Y. residents please add sales tax.

New Catalogue \$1.50

SUZY GIRARD NEEDLEPOINT

HG

1042 Lexington Avenue, New York, N.Y. 10021



WHAT TIME IS IT?

Don't be like the lazy grasshopper in Aesop's fable. Be the wise ant instead and needlepoint this beautiful 10x10 cordless electric clock. Order includes handpainted design on white #14 mono canvas, Paternayan-Persian yarns in green, blue and yellow, sparkling lucite standing clock, hands and clock works. Specify choice of gold numerals or, four-leaf clovers of needlepoint at 12-3-6-9 o'clock.

\$60. plus \$2. handling & postage. Write:

HELEN HILL, INC.

518 East Atlantic Avenue
Delray Beach, Florida 33444

NEEDLEPOINT DOGWOODS

Handpainted
Dogwood and
Hummingbird



Catalogue of bell pulls,
birth announcements,
state seals, more \$1.

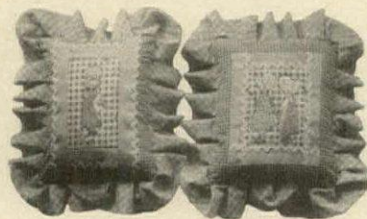
... in shades of white and green. Green or blue border, yellow, blue or gold background, No. 14 mono. 14" sq. Persian yarn and needle \$30 ppd. Limit 100.

needlepoint
creations

HG4 9 Crestline Rd.,
Greenville, S.C. 29609.

Designed by Margaret Becker

An adorable gift for grandmother or from grandmother



Old fashioned little girls, quilted and surrounded with grosgrain ribbon, rick rack and gingham in pink and blue. Approximately 9" x 12" plus 2 1/2" ruffle. Polyester filled.

\$16.00 each, **\$30.00** pair, ppd.

Ky. residents add 5% sales tax.

PATCH MATCHERS

Box 7040 Lexington, Kentucky 40502



BURST OF COLOR

14" x 14" Pillow Kit

Beautify any room in your home with this lovely Designer Collection pillow. The delicate, balanced design is enhanced with vivid crewel yarns surrounded by cheerful red piping. The kit contains the design screened on a pillow top of 100% linen, the pillow back, piping, yarns, crewel needle and easy-to-follow full color instructions. Only \$5.95 plus 45c postage.

Sends 25c for our color catalog.

Free with order

American Family Crafts

Dept. HG474

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VELVETTE: The thick craft glue for holding heavy trim in precarious positions including uneven surfaces. Quick tack, stays put, won't run.

For Further Details Write:

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NEW DESIGN CONCEPT

A Suzy Girard innovation. Contour-designed bargello pairs with needlepoint. Tiger lilies in needlepoint, framed by concentric bands of bargello.

The first row of bargello framing the flowers plus a short section to establish color sequence are already worked for you. Orange, red or pink shadings.

Kit includes 14-mesh canvas (14" sq. pillow), Persian yarns. \$56.50 ppd. Color catalogue,

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Inc., HG4, 1042

Lexington Ave., NY 10021.



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Gingham-flowered pillow, 17" dia.

Stamped linen for top and back, wool yarns, green, red, pink, rust, black, orange, yellow; cotton fabric for green or red ruffles. \$6.50 plus 60c post.

Catalogue, 25c. World of Stitch 'N Knit, HG-44, Box 709, Framingham, MA 01701.

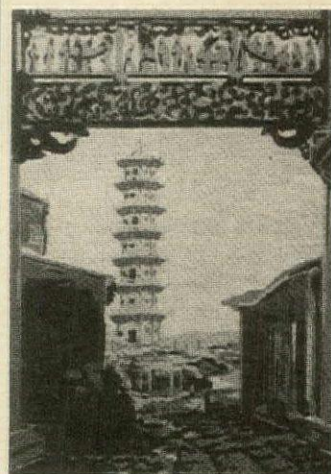
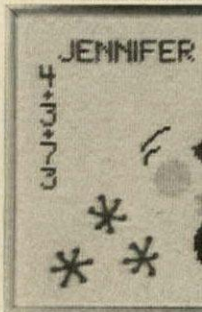


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Girl playing jacks (or boy feeding squirrel, not shown) personalized with child's name, birthdate, hair color (Specify). Kit with custom-painted 12-mesh canvas, 11" by 13"; white background. \$18 each plus 75c post. Brochure, 35c. Needlepointers, HG4, Box 72, Roslyn Heights, NY 11577.



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Striking picture 13" by 18" depicts an authentic view, through an ancient archway, of Futu Pagoda. Kit contains scene stencilled on #10 double thickness canvas, Greene Needleart Persian yarn for 1/2 cross-stitch. Instructions. \$26 plus \$1 post. Color brochure, 25c. Crossroads Stitches, HGE-1, Box 137, Burbank, CA 91507.

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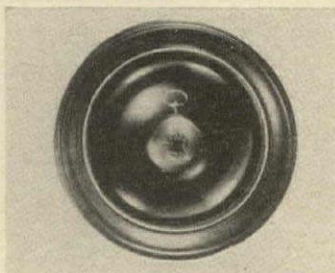
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French, Italian, German or English, the message comes across loud and clear on pretty charms. "Love You." Available in two sizes: 3/4" sterling, \$2.50; 1 1/4" gold, \$12.75; 7/8" sterling, \$3; 1 1/4" gold, \$18. Catalogue, 25c. Ppd. Charm & Treasure, HG4, 72 Lowery, NY 10013.



DISPLAY CASE

treasures should be seen but not exposed to dust and finger-marks. Keep an antique jewel or watch, a prized medal framed in fruitwood finished hardwood. Plastic dome, 1 1/2" d., black velvet lining. 7" dia. \$11.50; two \$22.75. Ppd. Downs & Co., Dept. 404, Evanston, IL 60204.



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Handwoven of natural willow for indoor or out.
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SOFA—48" x 48" x 16" high, \$72.95.
3-SEATER SOFA—72" wide, \$124.95 (not shown)
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Fran's **Basket House**

END 25c CATALOG VISIT OUR "NEW" WAREHOUSE SHOWROOM ROUTE 10, Dept. HG4, Succasunna, N.J. 07876

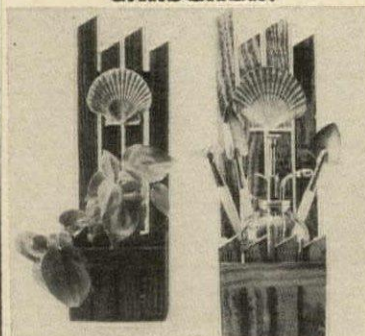
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If your lawn mower has a Briggs & Stratton engine (and it is said that approximately 80% do have) then this new Fix-it-Guide - HOW TO FIX YOUR LAWN MOWER tells you how to fix your mower. It's the next thing to having

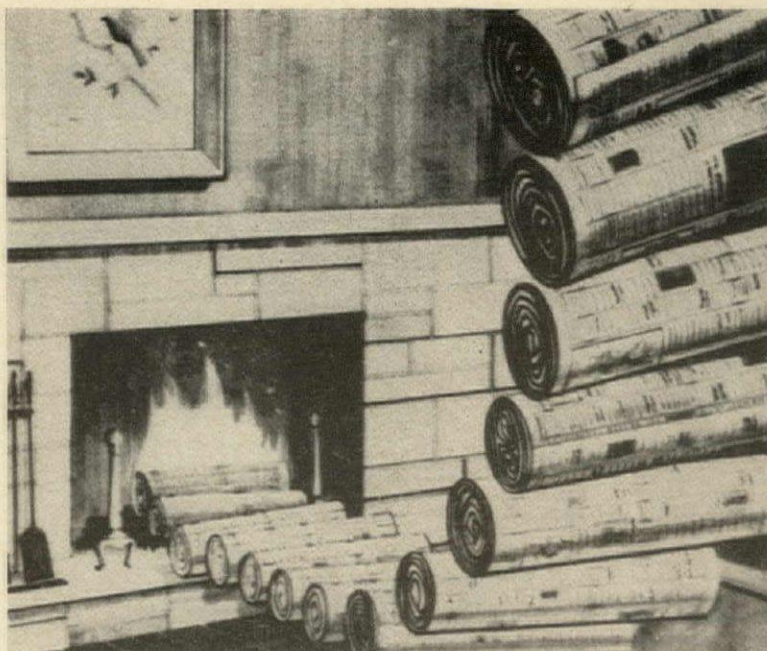
own professional mechanic. Save - No long waits to get your mower fixed. Save Money - on high cost service. Written by experts for home owners and amateurs. Easy-to-understand. Gives the ABC's of lawn mower repair. Illustrated with nearly 180 photos. Detailed views. Troubleshooting chart points information for you. Special section on maintenance helps you to keep your mower in good running order. Sold with satisfaction guarantee or your money back. Price is only \$2.95. Send check, or money order and we send post-Order Now direct from this ad.

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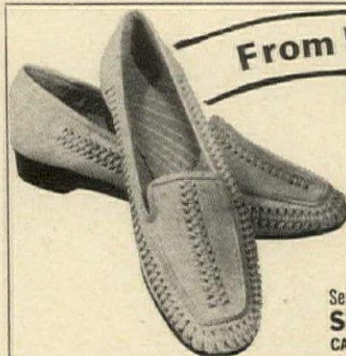
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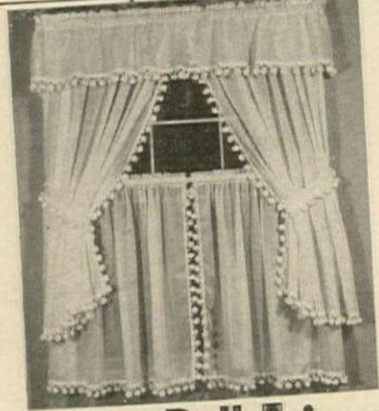
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MATHER'S

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The Talbots

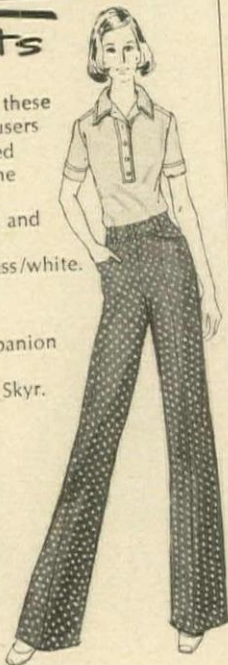
Dots with Dash. Pin dots punctuate these trim jean-style trousers of supple textured polyester. From The Sporting Tailors, they have fly front and faintly flared legs. Azure/white or grass/white. Sizes 6-18. **\$28.00.**

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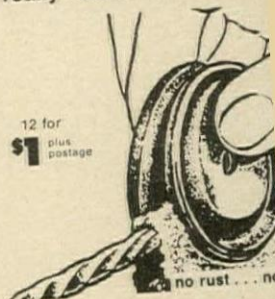
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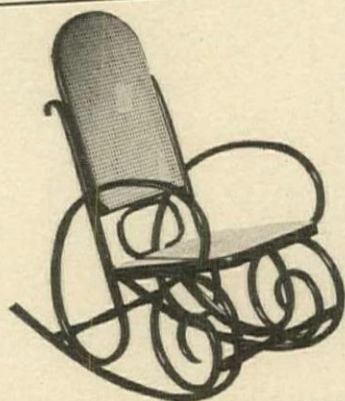
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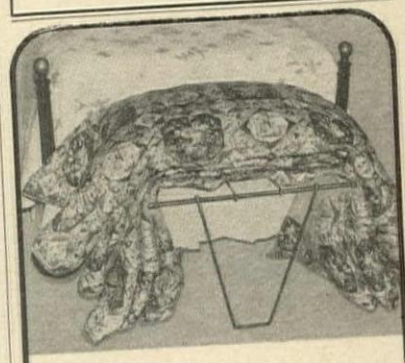
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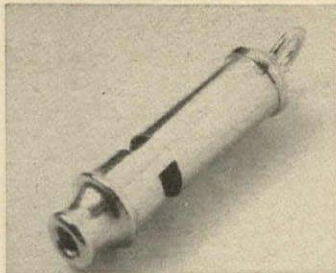
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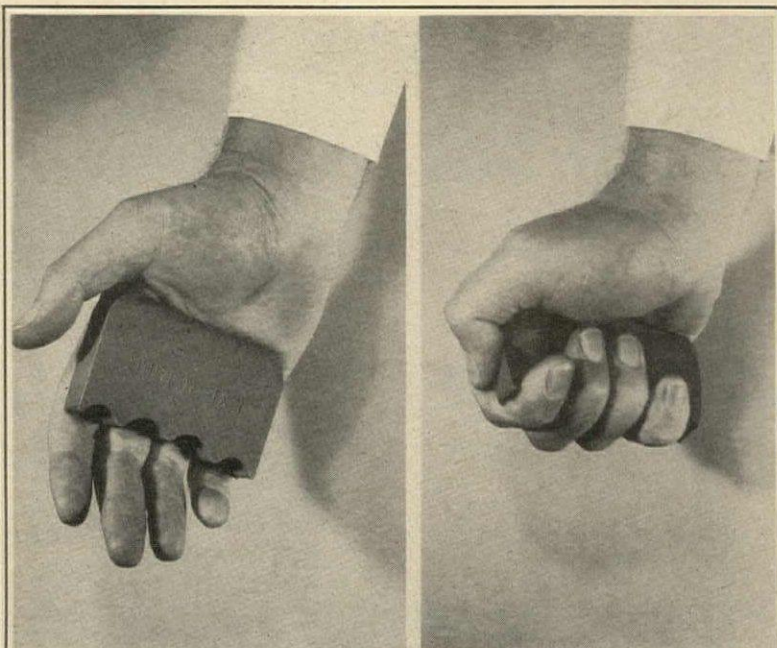
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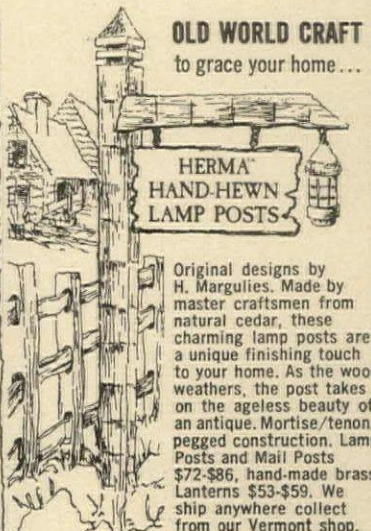
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Easy to grow in soil or water
Hawaiian "Good Luck"

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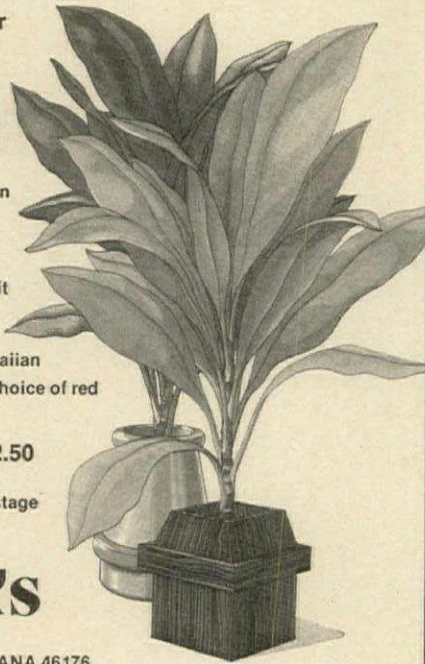
It grows out of a log - so fast you can almost see it grow! All you do is put the Ti log in water and watch it grow. When it sprouts, put it in a pot. The bigger the pot, the bigger it will grow...the Hawaiians say a Ti plant brings GOOD LUCK. Send good luck to your friends! The Hawaiian Ti plant makes an ideal gift. Your Choice of red or green leaves.

ONE FOR **\$100** 3 FOR **\$2.50**

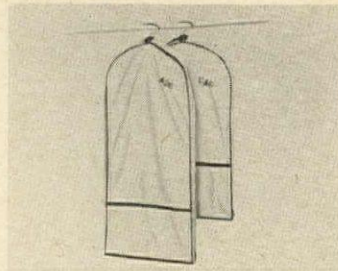
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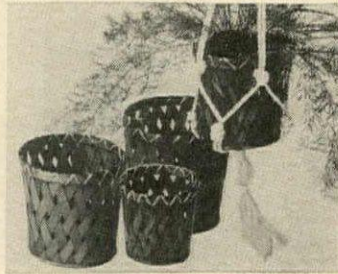


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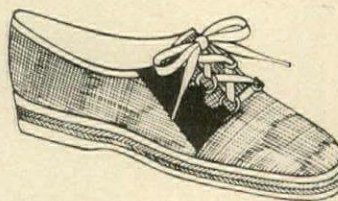
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Water-repellent zippered bags: 3 hangers (non-skid pants bars), section for shirts or blouses. White initials on black, navy, or red; black on camel. 40" \$22.50; 50" \$24.50. Add \$1.50 post. Catalogue 50c. Camalier & Buckley, HG3-E, 7222 47th St., Washington, DC 20015.



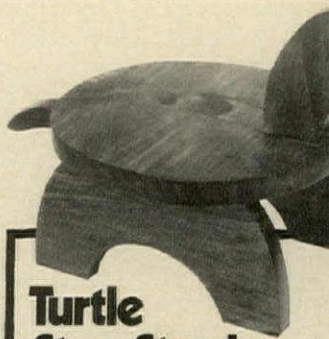
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Woven wood baskets, knotted abaca fiber slings to hold plants bring the garden feeling home. 5 3/4" to 9" h., 5 1/2" to 9" dia., 4 to a set, \$5.95. 42" 1. hanger, \$1.98 each. 4 baskets, 1 hanger, \$7.50 plus 50c post. each. Lilly's Garden, G44, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



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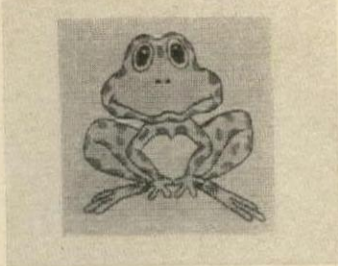
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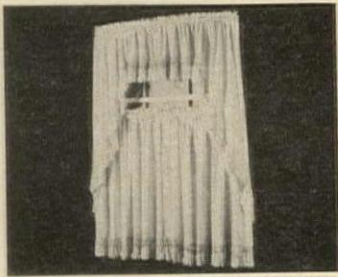
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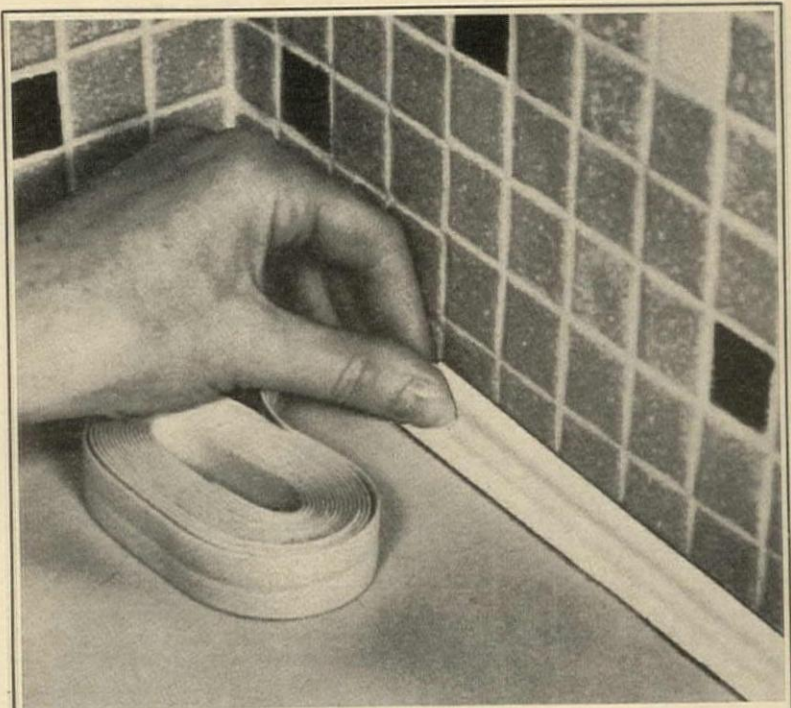
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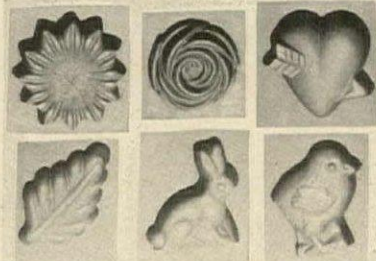
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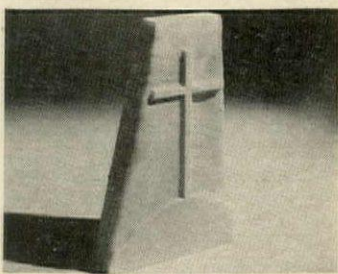
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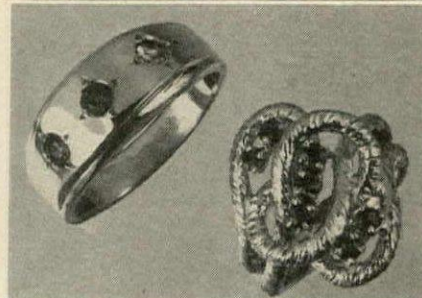
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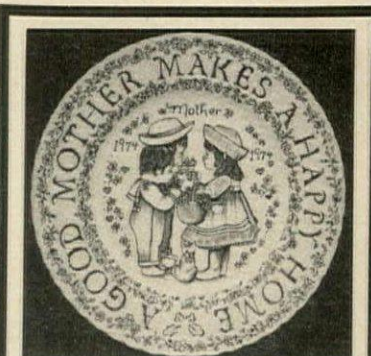
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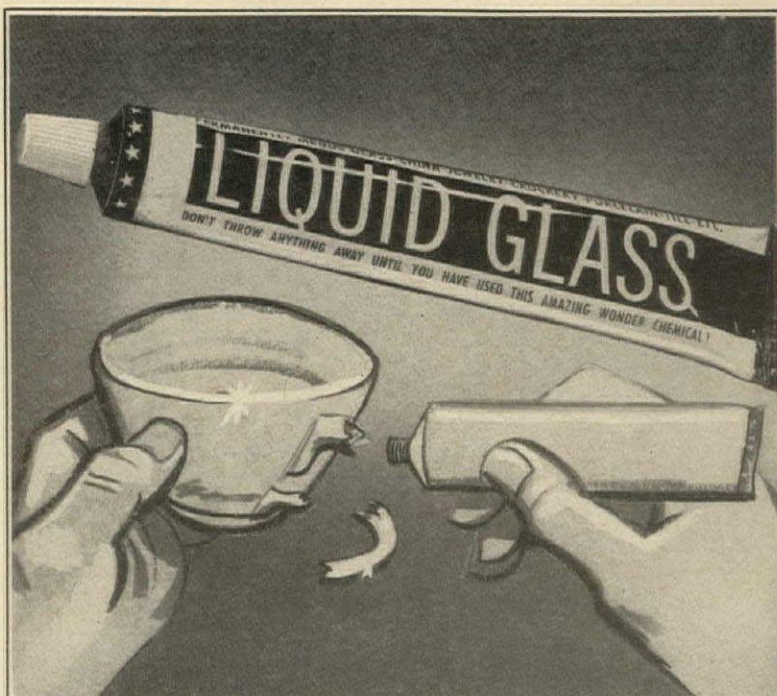
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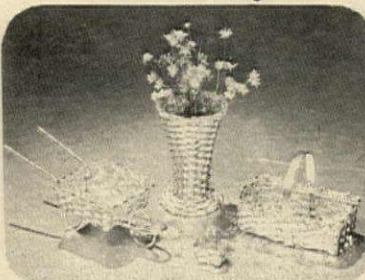
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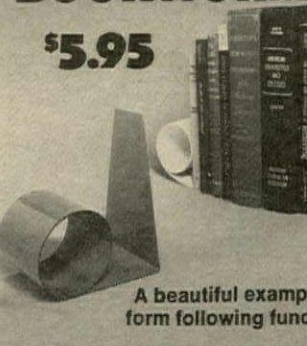
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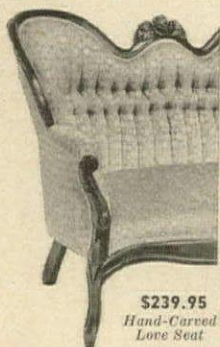
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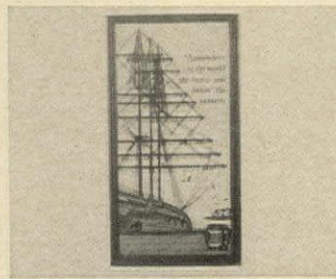
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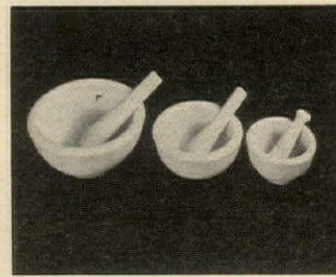
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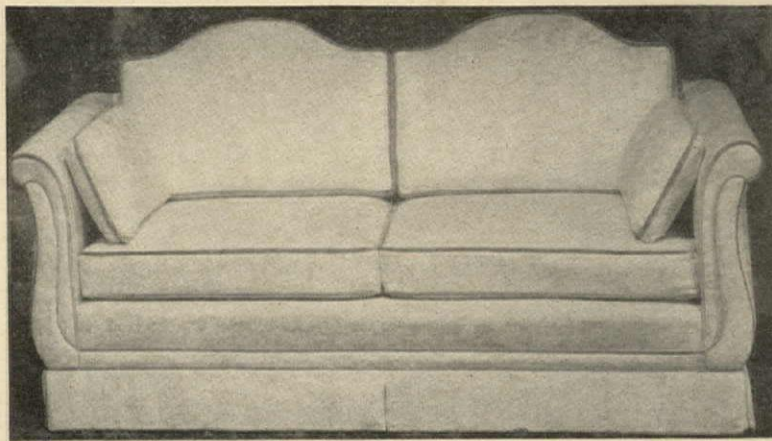
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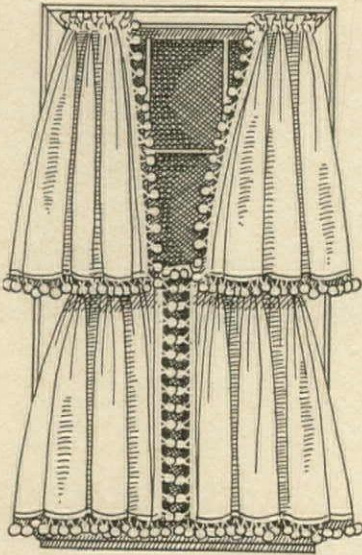
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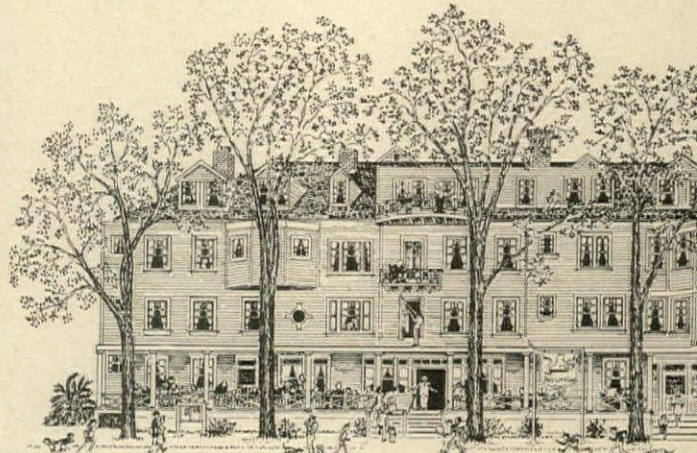
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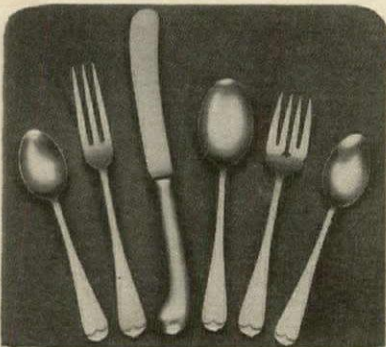
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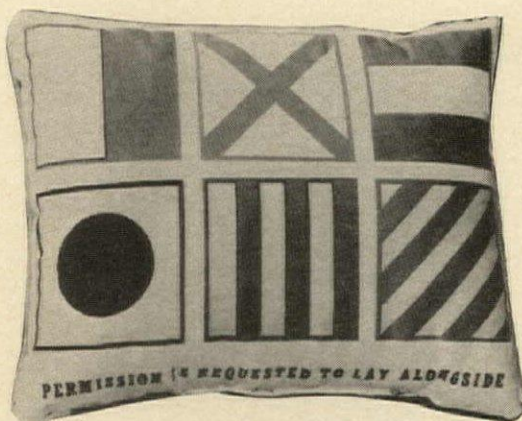
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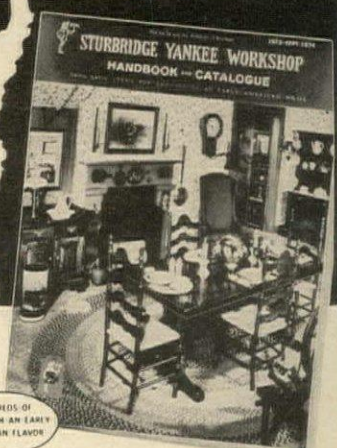
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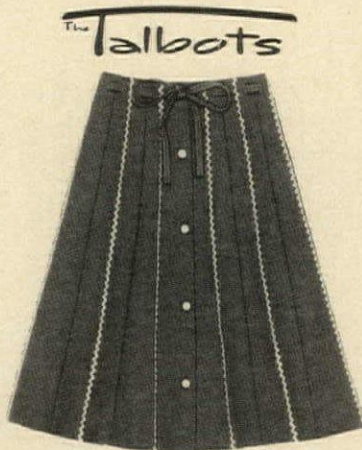
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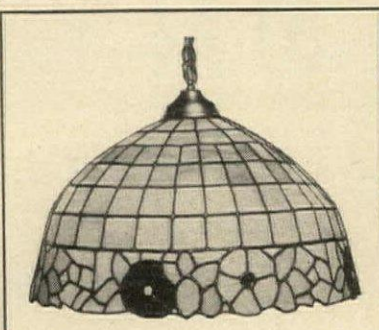
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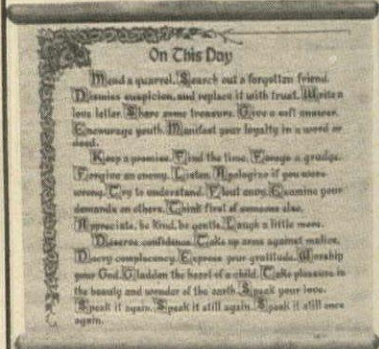
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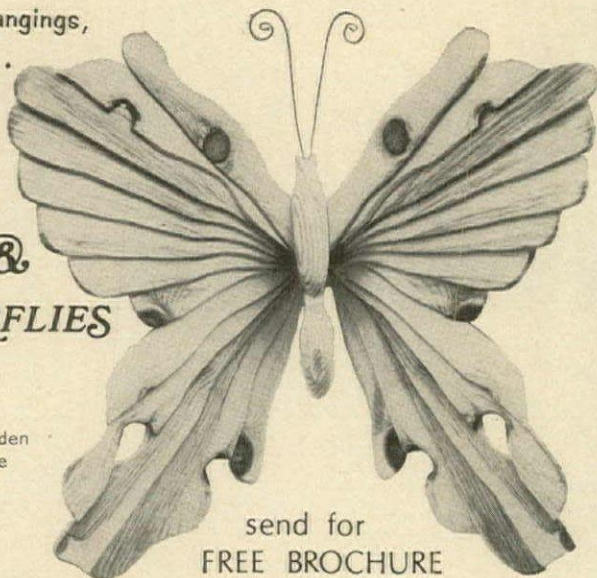
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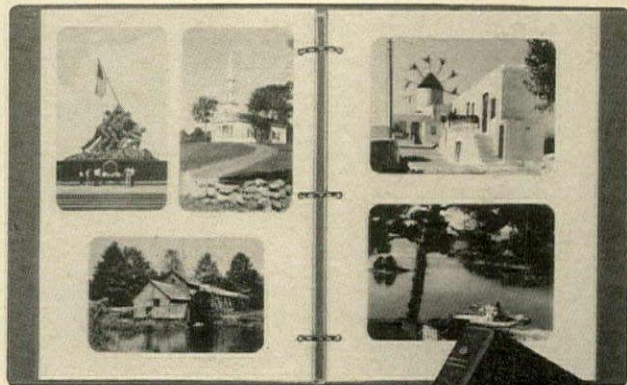


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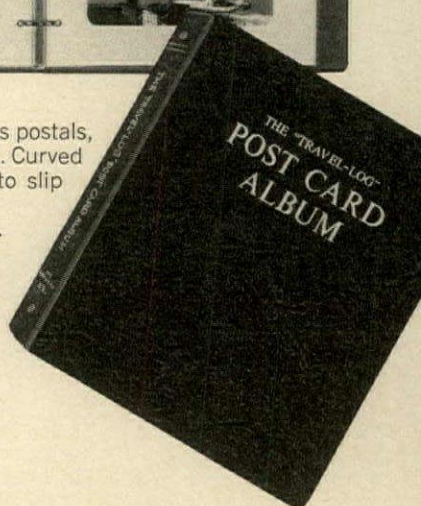
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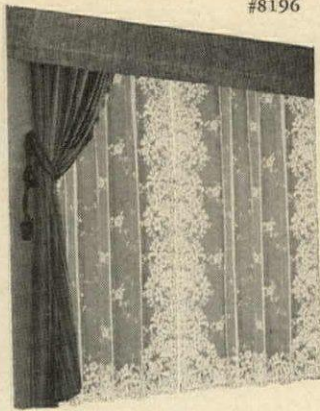
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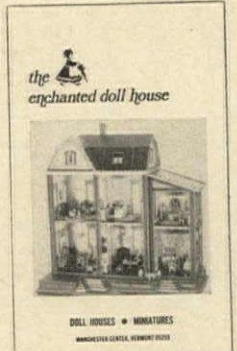
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DUST RUFFLES Single or Double size, spring top style. Drop lengths are 15", 20", 25". Unbleached or White Muslin, Single or Double Size17.00 ea.
PILLOW SHAMS 18" x 26" with 2" ruffle. Unbleached or White Muslin4.75 ea.
CANOPY COVERS Fits standard single or double bed canopy frame, 10" ruffle. Unbleached or White Muslin, Single or Double Size18.00 ea.
King and Queen Sizes also available for an additional charge. Send for brochure. When ordering please specify unbleached or white muslin. Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under \$10 add \$1, for orders \$10 and over add \$1.75. Satisfaction guaranteed.
COUNTRY CURTAINS
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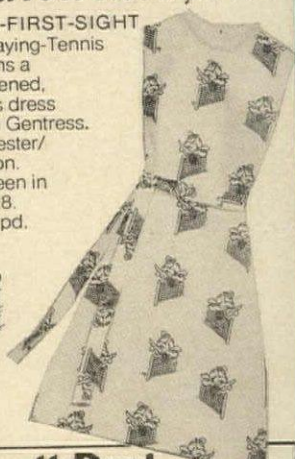
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Our New 32 page Catalog with ALL Types of Doll Houses, Miniature Furniture, Accessories and Related Books!

Ready in April. Send \$1 to:
THE ENCHANTED DOLL HOUSE
DEPT. HG044
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It's Carroll Reed for...

LOVE-AT-FIRST-SIGHT
Pooch-Playing-Tennis buff adorns a handscreened, sleeveless dress by Vested Gentress. 65% polyester/35% cotton. White/green in sizes: 6-18. \$37.50 Ppd.



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 Enclosed is my check or M.O. in the amount of \$ _____ for _____ Size _____
 Please send me your free Spring/Summer Catalog
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WE ACCEPT BANK AMERICAN, MASTER CHARGE AND AMERICAN EXPRESS

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Beautiful High Glazed Ceramic Flower Pots and Planters



X14 5-1/2" High 8" Long
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X4 5" High 4-1/2" Diameter
F-14 3-1/2" High 3" Wide
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 F-14 and F-8 hand painted in blue, yellow, brown

Solid Brass Accent Pieces



B-1 4" high by 9-1/2" wide 14" long
B-2 5" high by 9-1/2" wide 18" long
B-3 9" wide 3-1/2" High

Fine quality footed solid brass assorted accent pieces that will enhance any decor or arrangement. Hand tooled edges, handles and feet with a sheen that brings a touch of gold into your home.

- X14 - White only, round base, holes for hanging, hand carved----- \$ 3.95 ea.
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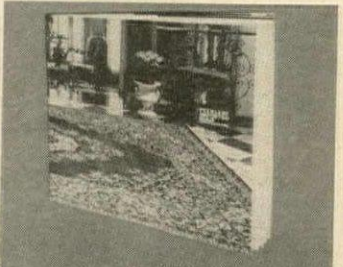
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BENTWOOD IMPORT

Great new Bentwood chair made in the original 1857 factory in Czechoslovakia. Walnut, black natural finish; caned seat back. Armchair, \$47. Side chair, \$41. Exp. coll. \$1 for 56-p. catalogue. Door Store of World Garden Products, Inc., 3140 M. N.W. Wash., D.C. 20007.



ORIENTAL LUXURY

Catalogue of Indian and Oriental rugs in full color is a treasure of deep piled beauties. Designs of antique classics and contemporary from all over the world. Prices range from \$20 to \$800. Catalogue, \$1. Peerless Import Rugs, GE-4, 3028 N. Lincoln Ave., Chicago, IL 60657.



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New repellent doesn't do harm to pesky rodents; it just has a distinctive odor that keeps them away—it does not hurt birds. The feeder or bulbs in the ground. 15 oz. package, \$2.98; three, \$7.95. Add 50c post. each box. World Garden Products, Inc., Saugatuck, CT 06880.



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Commuters and sales people on the road welcome the plastic commuting mug with spillproof cover that has an opening for sipping. Mug fits into an ordinary cup that adheres to dashboard. Off you go! 3 3/4" h. \$3; two, \$5.50. Bruce Bolind, HG4, Boulder, CO 80302.



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That fabulous fabric from India you've always yearned for, sensationally priced, direct from the Importer! Multi-color wool flowers hand-embroidered on natural hand-woven cotton for draperies, upholstery, slipcovers!

50" wide \$12.00 yard ppd.

Matching Bedspreads
 Twin \$60.....Full \$70.
 Queen \$80.....King \$90.

Tablecloths

70" Round \$40.....90" Round \$50.

All prices postpaid. Money back guarantee.
SEND 50c IN COIN FOR SWATCH AND COLOR CATALOG.

GURIAN'S

276 Fifth Ave., Dept. G-44, N.Y., N.Y. 10001



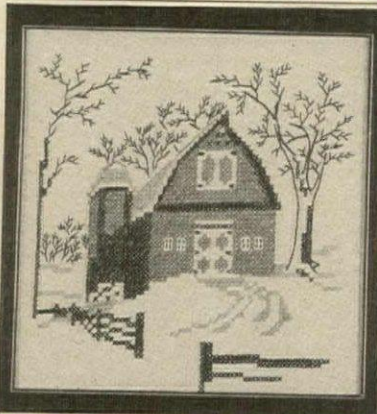
Steer Clear Moist Towelettes

The one-step windshield cleaner! Steer Clear moist towelettes remove dirt, stubborn tree sap, even bug stains, and leave glass streak-free and spotless. Use them on all interior and exterior glass—windshield, headlights, mirrors, windows. Each disposable 8x12" towelette is wrapped in a foil pouch, pack of ten. **1596-6-Towelettes, 1 pk., Ppd., \$1**

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EARLY AMERICAN SCENES come to life in easy-to-do cross-stitch samplers. Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions. Framed size 10" x 10".

- Red Barn Kit (shown).....\$1.75
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- Old Mill Kit.....\$1.75
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PLUS 50c POSTAGE & HANDLING
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The perfect Mother's Day gift
MOTHER and GRANDMOTHER Plaques

"Personalized with your children's names"

This year, why not plan ahead? Give a beautiful gift with a thoughtfulness so appreciated by every mother.

Rustic 1" thick pine, 10" x 20" with pecan finish. Handscreened in 6 rich colors. Choose red or yellow apples. Names handlettered in black (first names only). Antique brass hanger.



Please PRINT names in order you want them to appear. Over 18 names, we place two per color. Specify color, mother or grandmother. Include zip. Sorry — no COD's.

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Available only from:

The Signery
 Dept. HG4
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 Penna. 19464

\$8.95 or \$16.95 a pair
 Plus 20c per child's name. West of the Miss. please add 40c postage. West of Rockies \$1.00 postage. Pa. residents 6% tax



ELECTRONIC BUG KILLER

A new, safe way to enjoy outdoor living this summer. Just place this decorative lamp in your backyard and relax, it will do the rest. Comes in five colors. Has a disposal tray for insects. Effective over 1/3 acre, costs pennies a day to operate. Colors: white, black, avocado, yellow, orange.

\$79.95

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KLEN-TILE SHOWER TILE CLEANER WILL CLEAN AND CONTROL SOAP SCUM, BODY OILS, STAINS, MILDEW, HARD WATER DEPOSITS AND WHITEN GROUTING. A FULL YEAR'S SUPPLY FOR TWO BATHS. MAIL CHECK OR MONEY ORDER FOR \$19.95. PLEASE ADD \$1.00 FOR TAX AND POSTAGE.

GUARANTEE

If KLEN-TILE does not clean your shower tile to your complete satisfaction, the full purchase price will be refunded.

Standard Laboratories

P.O. Box 11214
 Charlotte, N. C. 28209

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 City _____ State _____ Zip _____

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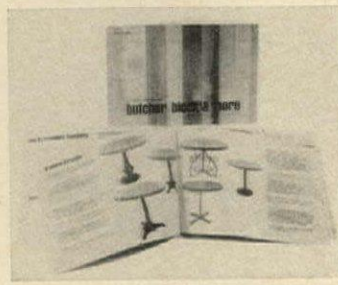
PEC PENDANT

of an original in Mexico's National Museum, a 2 3/4" pewter pendant with chain. Genuine native pewter or pewter with blue gold finish. Mysterious symbols explained in accompanying material. \$5.98 plus 25c postage. From Harriet Carter, HG13544, South Meeting, PA 19462.



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Can't promise this snappy leather bracelet wards off hobgoblins or cures rheumatism. But it has its casual cachet! Chain-link gleam for both him and her. Men's, \$3.98; women's, \$2.98. Plus 25c postage each. Anthony Enterprises, HG4, 585 Market Street, San Francisco, CA 94105.



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A cork wedge has cushioned sole and strong resilient rubber. 2 glove-strap adjusters on instep so it molds to the foot for proper support. White or navy in sizes 5 to 10M, 6 1/2 to 10N. \$13 plus 80c postage. From Old Pueblo Traders, 1444-H4B So. Country Club Rd., Tucson, AZ 85716.



eto Flair Cat Plate

(Persian) \$40.00 postpaid

A first edition in a four plate series of Persian cats. 8 1/2" diameter, numbered edition of thick faience, hand-painted, in white with mosaic appearance and a gold border. Other Veneto Flair series available.



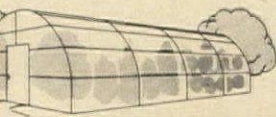
Also Available:
Master Plate \$50.00
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Charge available. Free "Platter Chatter" with prices.

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Grow your own delicious fruits and vegetables YEAR-ROUND in your own greenhouse you build yourself!



Grow your own plump tomatoes, tender green min rich squash, okra, spinach, cabbage, or if you prefer, enjoy fresh flowers all year long. Get complete plans and instructions. Then cut construction costs by purchasing materials yourself. Cheaper than pre-fab! Easy to assemble, too! Send for Greenhouse Plans and see how EASY and FUN it is to garden year-round. Don't wait! Satisfaction guaranteed! or all 3 for \$12!

Rush me by return mail the following Greenhouse plans:
Plan A - 8'6" x 12' at \$5
Plan B - 22'10 1/2" x 48" at \$5
Plan C - 47' x 108" at \$12
All three sets at \$12
Check or money order for \$_____ for plans checked.

STATE _____ ZIP _____

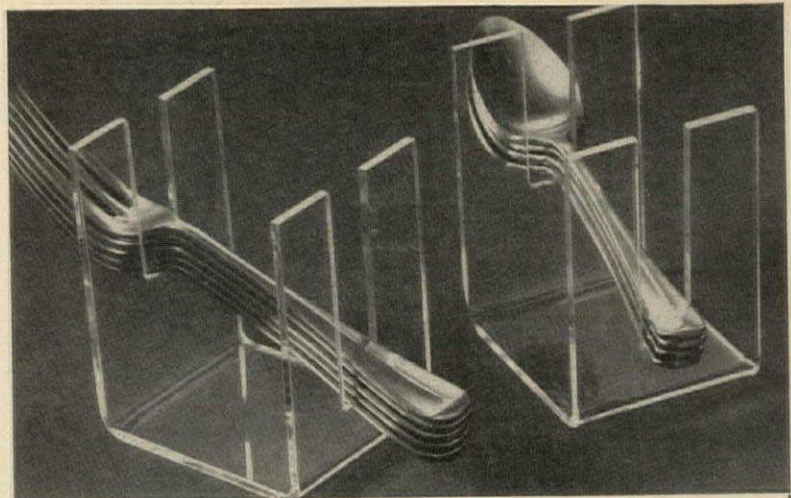
40" HIGH
40" WIDE
48" DEEP



INDIAN TEE-PEE INDOOR RESERVATION

This colorful tee-pee is constructed of sturdy corrugated fibre board and is big enough for 3 small "injuans" to crawl into! Printed in vivid colors to give it an air of realism! Sets up in seconds—provides hours of enjoyment for only \$7.95 plus 75¢ postage

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BUFFET STACKERS . . . clearly stunning! Set of 2 \$2.98

- Keep buffet service clutter-free
- Give you added serving space
- Exclusive Lillian Vernon design, American-made and ours alone!

Cheers for stackers that cradle your spoons and forks, give you extra table space! Cheers for these, in hefty crystal-clear plastic that lets the beauty of your flatware show through! Each holds 12, each 2 1/2" x 3 3/4" high. Sets of 2.

#7345—Clear Buffet Stackers. 1 Set \$2.98, 2 Sets \$5.75

Please add 35¢ post. & hdg. N.Y. residents add applicable taxes

The Country Gourmet Dept. G4, 512 S. Fulton Ave. Mt. Vernon, N. Y. 10550



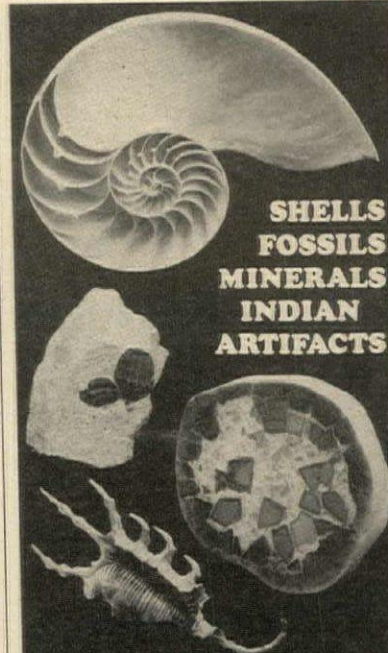
HANG YOUR PLANTS. Fill our intricately woven straw baskets with your live potted flowers and leaves. Show off your green thumb. Hang them indoors or in your patio.

Hand woven straw basket, sturdily made, is 7 1/2" high, 8" diam., and hangs from 14" woven chains.

\$2.95 postpaid. 3 for \$7.95 ppd. #N2107

ELIZABETH McCAFFREY

Dept. HG-4P
Northport, New York 11768



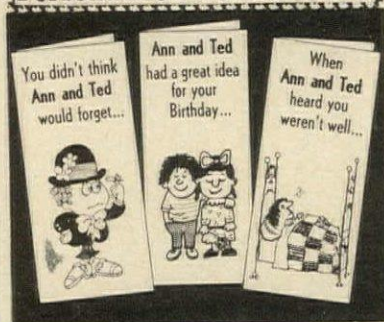
SHELLS FOSSILS MINERALS INDIAN ARTIFACTS

Send 50¢ for Illustrated Catalog

DOVER SCIENTIFIC

Box 6011 T Long Island City, N.Y. 11106

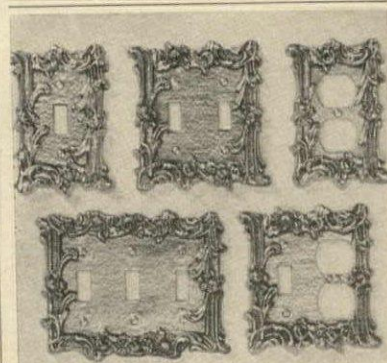
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For BIRTHDAYS ANNIVERSARIES CONVALESCENCE

Seeking the unusual in greeting cards? May we suggest our Connoisseur's Assortment—18 delightfully humorous studio cards, each with your names custom printed as part of the message. Assortment includes cards for birthdays, anniversaries, get-wells, & congratulations, colorfully printed on heavy stock and all in excellent taste. Envelopes included. Money refunded if not delighted. A terrific gift!

Send \$6, plus 50¢ postage
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Switch to beauty in your home with little cost with our golden brass-plated switchplates. Non-tarnish antique finish, screws included. Also in antique white.

SINGLE—3" x 5" \$1.25 each
3 FOR \$3.25
DOUBLE—4 1/2" x 5" \$1.75 each
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PLUS 50¢ POSTAGE & HANDLING
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WHAT'S NEW SHOP

12-H Water St., Bryn Mawr, Pa. 19010

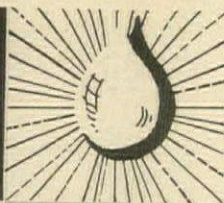
MITI-MITE MIRACLE DROPS. KILLS ODORS IN 15 SECONDS.

Super-concentrated Miti-Mite Miracle Drops act like a sponge to absorb millions of times their own volume in offensive odors. Miti-Mite attracts odors, neutralizes and breaks them down, then destroys them instantly. Does not mask odors as do most aerosols. Completely safe. Don't over-use. Just one or two drops destroys odor problems for days. A drop in the air conditioner keeps your whole house odor-free. A bottle in the closet destroys odors for a year. Highly effective for pets in heat.

**ONE YEAR'S SUPPLY
ONLY \$3.00 POSTPAID**

A bottle of incredibly powerful Miti-Mite contains 500 drops — the odor-killing equivalent of 18 aerosol cans for only \$3.00. Save money and get two bottles for \$5.00. Industrial pack of 12 bottles: \$24.00. We ship all orders postpaid within 6 hours of receipt. Order now. Satisfaction guaranteed.

**ICP DEODORIZER,
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ONE DROP DEODORIZES

- CAT LITTER
- KITCHEN
- BATHROOM
- TOBACCO
- GARAGE
- CAMPER
- REFRIGERATOR
- DIAPER PAILS
- CLOSET
- SICKROOM
- BARN & STABLE
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- BOAT
- FISHING GEAR



CREWEL HERBS blossom as you stitch. Each kit includes herb design stamped on oyster Belgian linen, wool in true-to-nature colors, needle, and easy instructions. Size 8" x 8". Allow 3 weeks for delivery.

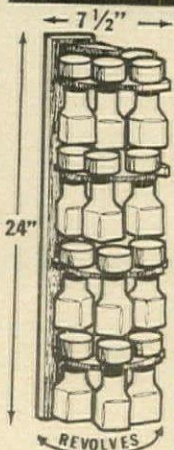
Thyme Kit (shown)	\$1.75
Rosemary Kit (shown)	\$1.75
Chives Kit (shown)	\$1.75
Mint Kit (shown)	\$1.75
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Wood frame (choose maple, red, or green) \$1.25

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VICTORIA GIFTS
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DIAL A SPICE RACK



20 finest mill-fresh spices in 4-oz. glass flasks with wooden caps that match teakwood finished, revolving rack. Puts instant gourmet touches to your food at eye-level and finger tips. Ample measuring spoon space.

Enhance kitchen decor. Ideal gift for wedding or shower.

This handsome rack is a time as well as **SPACE SAVER!** 20 bottles take up 7 1/2 inches of wall width... 25% less than required by old-style racks for 6 or 8 play school size bottles.

\$33.50 Ppd.

CHECK AMERICAN EXPRESS, MASTER CHARGE, BANK-AMERICARD OR DINER'S CLUB

Other sizes available with 15, 10 or 5 flasks of spices.

Write for **FREE Spice Price List**

ORDER NOW!

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AMERICA'S FINEST VICTORIAN FURNITURE
Hand carved of solid Honduras mahogany. Table tops of marble. Shipping charges collect.

Large choice of covers and finishes.

\$159.95

\$59.95 Hand-Decorated Lamp 22 inches high

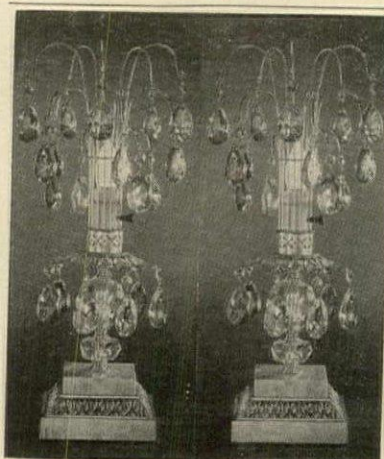
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MARTHA M. HOUSE

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MONTGOMERY, ALABAMA 36104
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Send \$1 for catalog and certificate worth \$2 on your first order.

Name _____
Address _____
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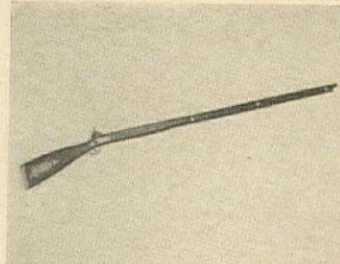
ELEGANT CRYSTAL LAMPS WITH ITALIAN MARBLE BASES

The richness of these handcrafted Rogers gold finished castings and imported Italian marble bases combined with hand cut crystal blocks with imported crystal pendants, sparkling like dew drops is unbelievable at this price. The perfect decorator touch for buffet, mantel, piano or bureau, they are reminiscent of an elegant age. Completely electrified, they are 18" high.

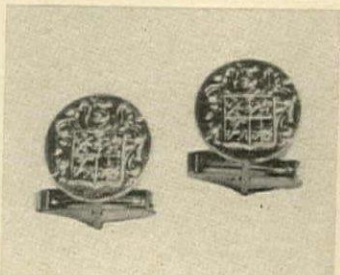
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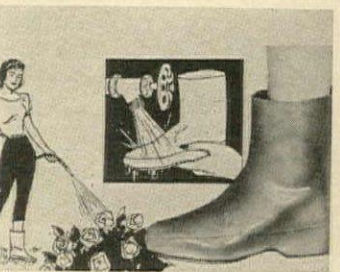


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Authentic replica of a 17th-century American Kentucky rifle. An attractive addition to your den or den wall. Absolutely safe. Not to be made to fire. All wood, metal, maple finish. \$35.00 ppd. The Muller Co., 11 Dogwood Hollow Lane, Place, NY 11764.



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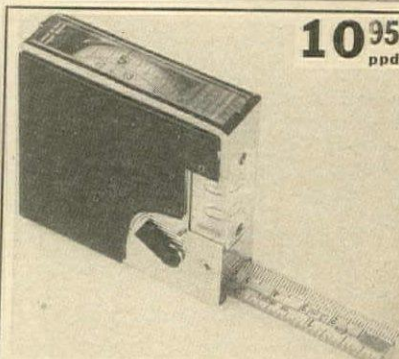
FOR GREEN-THUMBED

Kelly green boots of soft leather with tough non-skid sole. Feet dry. Easy to pull on. Shoes, comfortable. A quick rinse cleans inside and out. S (4-6), M (6-8), L (8 1/2-10). \$3.98 ppd. Drake, HG, 56 Drake Blvd., Colorado Springs, CO 80940.



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10⁹⁵ ppd. FOUR MEASURES

Here's the most elegant tool ever made. This precision crafted 10 foot rule measures inches and centimeters. It's a square and a scribe for lines and circles. Black cowhide encases its chrome. A unique gift for the handyman or the professional.

#2002 FOUR WAY RULER \$10.95
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Find out what happened the day you were born—or any other special date. You pick the date—any time from Jan. 1, 1900 through Dec. 31, 1964; you'll get the front page copy of the New York Herald Tribune for that day. Please specify exact dates \$2.00 Ppd.

Write for **FREE** catalog of gifts.

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NO LONGER! Two chemical mixtures **PERMANENTLY REMOVE** pet stains from carpets safely... for pet owners. **URINE-OUT**... removes even oxidized pet stains, **ONLY \$5.45** (plus \$1.00 for handling). **NO MONEY BACK** SHIPMENT OR MONEY BACK. SHIPPER'S RISK.

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TRLY CHIC

mesh encases the foot in e and beautiful sandal. e of the mini wedge in or gold or mini heel in gold ver. Sizes 5 through 10. me fashion with pants or kirts. \$5.95 each; two pr., 0 ppd. Elizabeth McCaffrey, Northport, NY 11768.



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NT SMILE

viety of poster sizes, from color or black and white . 18" by 12", \$2; 18" by \$2.50; 2' by 3', \$3.50; 3' \$7.50. For lamination, add ames for sizes up to 2' by 3. Add 50c post. ea. Blow fself Up Co., HG4, 663 Fifth NY 10022.

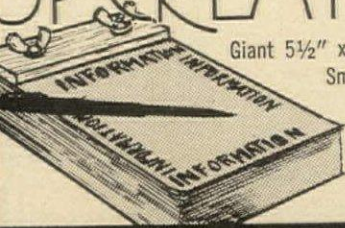


ALACHIAN TREASURE

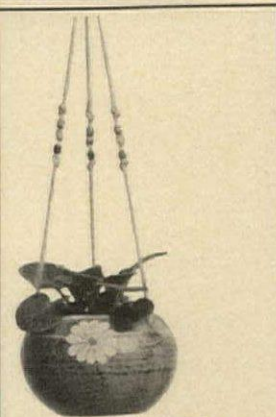
e leaf catalogue of Appala- n crafts details craftwork s from 75c to \$150. Quilts, vs, stuffed toys, wood and shuck items are pictured to ht and intrigue. Catalogue, Appalachian Fireside Crafts, 4C, Box 276, Booneville, KY 4.



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Giant 5½" x 8½" information pad with pen. Smart brown paper with black trim. Jotter's dream. 250 sheets. Refillable, \$6.—85 postage. 5026 Main Street, Kansas City, Missouri 64112



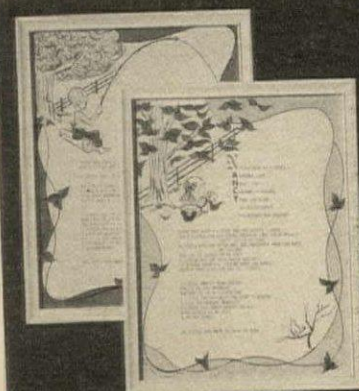
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RAM IMPORTS

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TRUE MEANING OF NAME With Poem In A Frame

A unique, personal gift! Tender, heart-warming poem gives TRUE MEANING of your child's name. Blue design for boys, pink for girls. Framed under glass in an 8" x 10" white frame with hanger. Perfect for child's room or nursery. If nickname desired, state given name too. Limit number of letters to nine.

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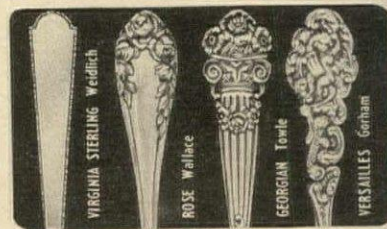
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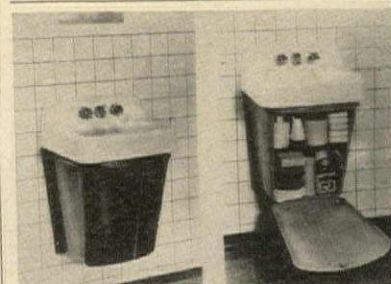
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Gardener's Notes

by James Fanning



This is the pistil, and will later on become the berry. Male flowers come in clusters, *above left*, have no vestige of the pistil, and quickly drop off after maturing. A single male plant will provide enough pollen to a good crop of berries on a dozen or more nearby females. Male plants close to the females do the most reliable job of pollenizing, but wind- or bee-carried pollen may travel 50 feet or more and still do a good job, provided there are no buildings or other bulky objects between the plants. The holly in the pictures is the American species, *Ilex opaca*, hardy as far north as Massachusetts. Two new hybrids are also hardy and have the dark green, more ruffled leaves of the English holly. These are Blue Boy, which is male, and Blue Girl, female. They are worth growing for their foliage alone, although Blue Girl has an abundance of the expected red berries. Incidentally, if a spring-planted holly drops its leaves shortly after being moved, that's quite natural and normal. Don't complain to your nurseryman unless the plant goes three or four weeks without growing a new

leaf. The best time to plant holly is in the spring, also the best time to tell which plants are male and which female. Nurserymen themselves are not always sure, since a female plant that has lost its berries—for any of a dozen reasons—may be mistaken for a male, which never has any, anyway. So the best way to tell the sex of the plant you're buying is to look at the flowers, which appear in late spring. Female flowers, *above*, are borne singly, and have a relatively large green knob in the center. Male flowers, *above left*, have no knob, and are borne in clusters. A single male plant will provide enough pollen to a good crop of berries on a dozen or more nearby females. Male plants close to the females do the most reliable job of pollenizing, but wind- or bee-carried pollen may travel 50 feet or more and still do a good job, provided there are no buildings or other bulky objects between the plants. The holly in the pictures is the American species, *Ilex opaca*, hardy as far north as Massachusetts. Two new hybrids are also hardy and have the dark green, more ruffled leaves of the English holly. These are Blue Boy, which is male, and Blue Girl, female. They are worth growing for their foliage alone, although Blue Girl has an abundance of the expected red berries. Incidentally, if a spring-planted holly drops its leaves shortly after being moved, that's quite natural and normal. Don't complain to your nurseryman unless the plant goes three or four weeks without growing a new

A few sturdy evergreen trees or large shrubs that can stay put year round are the backbone of a lush indoor garden like that on page 82. Most important by far are the figs—*Ficus* to botanists—which are trees of practically any size your space demands. *Ficus elastica*, the well-known rubber tree, is one, and *F. Benjamina*, smaller-leaved and finer in texture, is another, probably even more useful. The oranges and lemons (*Citrus*) run a close second to the figs, with sweet-scented flowers and bright fruit. But to a northern gardener nothing is quite so impressive as a banana. The botanical name is *Musa*, and there are not many varieties but all have the long, broad-bladed leaves we associate with the tropic jungle. Getting down to shrub-sized plants, croton probably tops the list. Technically *Codiaeum*, this has brilliantly variegated leaves but is a bit demanding: It needs bright light, plenty of moisture, and a high temperature at all times. Hibiscus, of course, blooms constantly, but, again, needs a high level of light. Most nearly foolproof of the shrub-sized plants is *Spathiphyllum*, whose glossy, dark green leaves and gleaming white flowers are in constant supply, seemingly unaware of the dim light or even of being drowned by over-enthusiastic plant-

minders. A vine that quickly gets up to roof level is *Cissus rhombifolia*, with 3-parted evergreen leaves. *Allamanda*, with bright yellow trumpet-shaped flowers, is another very adaptable vine. It may be left to ramble at will, trimmed to shrub size, or trained on a lattice. And there are so many smaller plants for either foliage or flowers that the only real problem is an embarrassment of riches.

Roger Wöhrl and Dick Waite are particularly fond of night-blooming jasmine and orchids, and have many of the pineapple family, or *Bromeliads*. They buy from suppliers in Florida, including Jones and Scully, 2200 N.W. 33rd Ave., Miami, Fla. 33142; orchid catalog \$3. When it comes to down-to-earth, practical information about planning, filling, and operating a greenhouse, the best book currently available is *Gardening Under Glass* by Jerome A. Eaton (Macmillan, \$8.95). Another leading builder of greenhouses publishes a bimonthly magazine to keep us all up-to-date in that field. This is *Under Glass* and the subscription price is \$3 for two years, from Lord & Burnham, Irvington, N.Y. 10533. Lord & Burnham also publishes a *Handbook for Greenhouse Gardeners* at \$3.50 postpaid from the same address as the magazine.

Spring is moving north across the country. Close to the midpoint of this south-to-north progress is Virginia, and there is certainly no more pleasant or appropriate place for welcoming the season than the Old Dominion. The Garden Club of Virginia takes full advantage of its geography by staging a daffodil show each year at the height of the blooming season, usually early April. In 1974 the dates are April 6 and 7, and the show—this year is the fortieth—will be held in the high school gymnasium at Gloucester, Va. This is in the midst of real daffodil country, and cut flowers are shipped by the millions from fields near Gloucester to florists all over the northeastern U.S.

ans and tomatoes will be taking the place of zinnias and marigolds in a good many gardens this summer. The result probably is any great saving in money, but the improvement in food quality will be outstanding, one who has ever tasted a fresh-from-the-garden tomato understands. Vegetables take up a little space. In fact, home gardeners plant far more than they can consume. A cluster of zucchini (4 or 5 plants in a cluster), for instance, will produce as much as a family can use during the six to eight weeks of the growing season. A 6-foot row of carrots or beans will supply the same family, but should be another row or two the same planted later to provide a continuing crop. For four pepper plants should be enough for a four-person family, and the same goes for any other plant. A productive vegetable garden has three essentials: plenty of light and well-drained soil. Most of the common garden crops will produce abundantly with less than six or eight hours of light per day, although some of this may come from the open sky, rather than direct sun. Good drainage is even more essential, since none of the vegetables will even grow, much less pro-

duce a crop, if they're constantly soggy with water. Fertilizer is important, too, and should be applied two or three times in the course of a growing season. The exact kind of fertilizer is not very important: One that is sold "for tomatoes" will work just as well on beans or squash.

In selecting vegetable varieties it is a good idea to look for the red-white-and-blue All America Selections shield on seed packets. This means that the variety has been thoroughly tested under a wide variety of conditions and may be expected to produce an outstanding crop. 1974 All America Selections are: broccoli Premium Crop; bush bean Goldcrop; and zucchini Aristocrat. Previous years' selections of other vegetables, of course, are still available. For general and detailed information about growing vegetables there's nothing like a good seed catalogue, and one of the most encyclopedic is that issued by Stokes. For a free copy write to Stokes Seeds, Inc., Buffalo, N.Y. 12420. And a new book, *Gourmet Gardening*, by Hamilton Tyler (Van Nostrand Reinhold, \$7.95) answers all questions catalogues don't have space to go into. Mr. Tyler tells how to get plants started, how to look after them in the garden, how and when to harvest.

"Female holly flowers are borne singly; male flowers come in clusters"

Increasing numbers of people who travel by bus and railroad may expect much more pleasant surroundings on their travels in the future. The American Horticultural Society, under sponsorship of the Urban Mass Transportation Administration of the U.S. Department of Transportation, has made a study of the situation and its report is now available. This has much encouragement to offer all of us who believe that bus and railroad stations can provide quite different surroundings from the bleak expanses of asphalt and concrete that have been the rule for so long. The horticultural study group has produced a thoroughly researched list of plants that will thrive under the rigorous conditions imposed by heavy traffic, cramped quarters, and noxious fumes. The 200-plant list covers climatic conditions in all parts of the country and includes plants for all purposes, from flowering trees to evergreen groundcovers. This pamphlet will be an invaluable guide for civic-minded gardening groups, whether their interests are in transit or just all-around city planting. Entitled *Transit Planting*, the manual is \$3 from the American Horticultural Society, 1000 H. Mount Vernon, Va. 22121.

Everyone who has chopped off his own power cord while trimming a hedge with electric shears (and who hasn't?) has wondered whether there might be a better way. The better way, it turns out, is the cordless electric clipper that simply recharges by being plugged into the household electricity overnight. Only one drawback in this system has been the fact that the lightweight batteries involved need recharging after about three-quarters of an hour of running time. This is plenty for the average dooryard clipping, but hardly long enough for more extended operations. Now Disston—long famous for saws and cutting tools of all kinds—has solved this problem by developing a detachable power pack. This means you can have, quite literally, a battery of batteries. While one is in use another is being recharged, so the only pause in the clipping operation is the few seconds it takes to unplug the exhausted power pack and plug in a fresh one. With enough packs in reserve your clipper can zip right along for as many feet—or miles—of hedge as need to be shaped. Disston's CEHT hedge trimmers, *above*, are available at dealers everywhere, as are their regular shears of all kinds.



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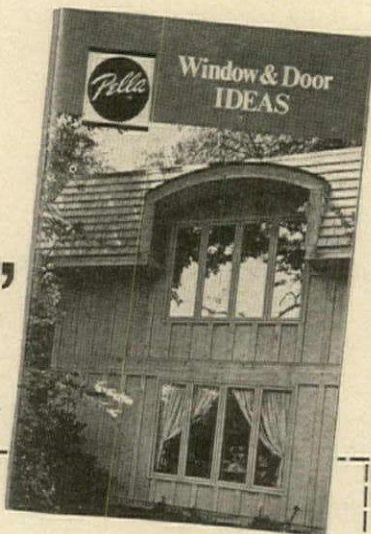


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DINNER *continued from page 24*

Colette once wrote that when she was thirsty she drank wine. When she was hungry she drank wine. More and more Americans, perhaps because of travel and taste, are drinking more wine, especially at dinner. And so when discussing dinner I should consider the calorie count of wine. Whether it is red or white hasn't anything to do with it, it's whether it is a dry or sweet wine. The calorie range of wine goes from 75 to 165 calories per ounce, a scant half cup. In general, the dry wines such as Chardonnay, Burgundy, or dry champagne have from 75 to 100 calories per scant half cup. Sherry, port, vermouth, a sweet champagne, and brandy are higher, ranging from 100 to 165 calories.

The calorie value of distilled liquors such as rye, scotch, bourbon, gin, rum, vodka, and brandy is from 75 calories to 100 calories per 1 ounce, depending on proof. Of course, with both wine, fermented beverages, and liquors, distilled, it all depends on the quantity you imbibe.

Dinner for the family at least one night a week should be especially festive. Make it a small celebration. Have the soup or salad in the living room. When you change courses, why not room in another evening you might put a table by an open fire—on a porch or two put together. You can buy round tabletops that fold neatly for storage. A round table is cozy and conducive to conversation and an enjoyable meal. Any room can be a room to dine in. An evening I remember happily, was a dinner in an unfinished room that was actually a bedroom, of an old house of a young couple. Walls were exposed, saw horses supported wonderful plank tables, and the folding made a sculptural background. It was original and fun.

As for Sunday dinners, they may just be the time to teach a son or daughter how to carve. This is fast becoming a lost art. The young. Yet a good carver is always a welcome guest. Chesterfield, who always had a lot to say to his son in letters, wrote to his offspring, "Have you learned to carve? Do you know how to carve yourself to carve adroitly and genteely, without hacking half an inch across a bone . . . and without overturning the glasses into your neighbors' pockets?" When dinner is served, having the child help makes more than a meal, it makes for good company.

A well-thought-out, nutritious dinner is a unifying climax to a busy day, a perfect ending if you take time to plan it that way.

FERTILIZERS *continued from page 36*

on the new heap. The light screenings are moved with little effort to the border. She could buy fresh cow manure from a dairy farmer up the lane, but doesn't, because it's heavy and she'd have to compost it—"and because I'm a city girl and have never become used to its smell."

A beginner I know, still in the vegetable phase, read a magazine about organic gardening and figured out a way to make "instant" compost using what he calls "the modern kitchen machine tool"—a blender. He makes a thick broth of all table scraps, includes leaves from flowers his wife cuts—a spent rose blossom "when available"—adds a pinch of nitrogen ("the book says you've got to help this stuff break down"), and pours it (the year round) on his vegetable plot. The results? I'll quote him: "You should see my vegetables.

My rutabagas . . . 10 pounds per ounce. Of course, I don't eat them . . . can't find anyone who will buy them . . . but I grow 'em for size. I spread a little fertilizer around anything I can get. And the earthworms now in my garden! For five in every handful of dirt. When I see 'em I don't know whether to dig them up or go fishing." ("So goes fishing," his wife says.) The last time I saw him he said, "I'm surprised at you. You should simply have to get with my revolutionary composting system. I call K.C.C.C., short for Kitchen Compost Cocktail Concoction."

I don't see any real difference between the widow and the brash ginner Kelly. They both get the plants well and fret about them not at all. Both get pleasure out of what they do—with different thumbs. This seems to be why gardening is all about, anyway.

LOOKS AND GOOD HEALTH

Continued from page 30

NEW THIS MONTH IN THE STORES

"Bad Backs": New from the Simmons Company is the Hardie mattress and box spring with a built-in headboard. It was designed in collaboration with leading orthopedic surgeons to meet medical standards when a bedboard or firm mattress is substituted for backaches. Twin-sized box spring and mattress priced at \$99.95 each, and are available at department and specialty stores throughout the country.

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erties, too. And since they come in unbreakable containers, there's no excuse for "not-taking-it-along-this-time." Use them to achieve and maintain a smooth texture all over, something we all need at winter's end. *C.H.R. Basic Moisture Concentrate For The Body*, \$7.50; *C.H.R. Moisture Concentrate*, \$10. At: I. Magnin; Marshall Field; Jordan Marsh; Famous-Barr; Bonwit Teller; Joseph Horne.

CASWELL-MASSEY in New York, in case you didn't know, is the oldest pharmacy in America and it is *one special place to go to find old-fashioned quality and nostalgic products*. For instance, how about an aromatic bath? C-M suggests it be warm, relaxing, and scented with potpourri. Prepare an infusion by steeping a handful of these fragrant herbs and flowers, loose or wrapped in cheesecloth, in a pint of boiling water for 15 minutes (while you make the coffee in the AM or "something else" in the PM). Or brew it like tea and pour it through a sieve into the tub. If you're strapped for time and take your baths really hot, you can throw the potpourri straight into the tub (if you don't mind the floating petals) . . . or make a "bouquet garni" and let it steep while you soak. Any way . . . bliss. There is also a wonderful book *Potpourri, Incense and Other Fragrant Concoctions* by Anne Tucker (Workman, \$2.95) that teaches you everything about things herbal and heavenly. If you can't get there, ask Caswell-Massey to send you its great catalogue, filled with delicious things. 518 Lexington Avenue, New York, N.Y. 10017. (212) 755-2254.

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8. DECORATE WITH ONE OF AMERICA'S FINEST FURNITURE MANUFACTURERS—Drexel. Eclectic decorating package includes a selection of booklets illustrating Drexel's distinguished furniture collection plus a complete Home Planning Kit to help you finalize your decorating schemes. \$1

9. "HOW TO SELECT YOUR CARPET AND KEEP IT NEW." In addition to the title subject, this guide also discusses how to restore the carpet you are thinking of throwing out, how to recognize and clean carpets with soil-release problems, how to test cleaning methods before you buy. Argo & Co. Inc. 25c

10. OCCASIONAL FURNITURE. 112 pages of Henredon cocktail tables, window seat bookcases, étagères, and other pieces that add a completed touch to any house. Photographs of many styles are shown and dimensions and choices of finishes given. \$1

11. DECORATING GUIDE. 48-page color brochure displays the complete "Tiara II" collection of bedroom and dining room furniture. Classic styling that mixes with all decorating schemes. Illustrated in room settings. White Furniture Co. 50c

FINE UPHOLSTERED FURNITURE by Tomlinson. A section featuring creative designs and stylings. Most pieces are made by hand with individual descriptions and dimensions provided... plus some room settings. 50

GARDENING

ENDLESS SUMMER in perlite Aluminum Greenhouses. A page booklet gives information on 8 models, both lean-to and free-standing. They come in sections to fit any space need, along with accessories, like temperature controls and shelving.

TIPS ON LAWN CARE referred by Professionals" and Lawn Grooming Made Easy"—brochures from the Parker Lawn Care Company by Dr. R. W. Sherry, Director of the Lawn Institute. Also featured, several illustrations of Parker lawn care equipment.

POTPOURRI

SOME OF THE WORLD'S MOST BEAUTIFUL CRYSTAL. Handblown, handcut, and polished Atlantis full lead crystal. Suites of seven glasses with matching decanters. Discovered by a block at Crisal in Portugal. Brochures on stemware and gifts. 25c

"THE WAY TO GO"—a 20-page, 4-color booklet describing the various types of recreational vehicles: what they are; how to use them. Where to go and how to

go. What they cost to buy and to operate. From the Recreational Vehicle Institute. 25c

17. WHAT TO DO IN TIME OF BEREAVEMENT is explained in a 32-page booklet "My Duty" from Clark Grave Vault with letters of sympathy, poems, and suggestions of things to do when others turn to you in grief.


18. THOUSANDS OF MONEY SAVERS—fashions, accessories, auto and hobby materials, and home furnishings are illustrated in vivid color in the Aldens 647-page Spring Catalogue. At home shopping at its best, where millions of families have saved with satisfaction since 1889.

19. "FINDING THE RIGHT HOME FOR YOU" is a 24-page complete working guidebook designed to make househunting easier for prospective buyers. Booklet divided into three sections, each useable at a different stage of shopping. State Farm Insurance.

20. CRUISE THE MISSISSIPPI and its tributaries on the Delta Queen, last of the overnight paddlewheel steamboats. The romance and historical flavor of riverboat life is appealingly outlined in the brochure "Voyages to America" from the Delta Queen Steamboat Co. 1974 cruise schedule included with your order.

21. HOME SWEET MOTOR HOME. The GMC Motor Home catalogue introduces you to a new mode of recreational living. Full-color interiors, floor plans, specifications... everything you'll need to plan your own home on wheels.



We've prepared a handsome color brochure to introduce you to Tiara II. 

48 pages of room scenes and ideas illustrating a new collection of dining and bedroom furniture. For your copy, send fifty cents to Dept. HG-04, White Furniture, Mebane, North Carolina 27302.

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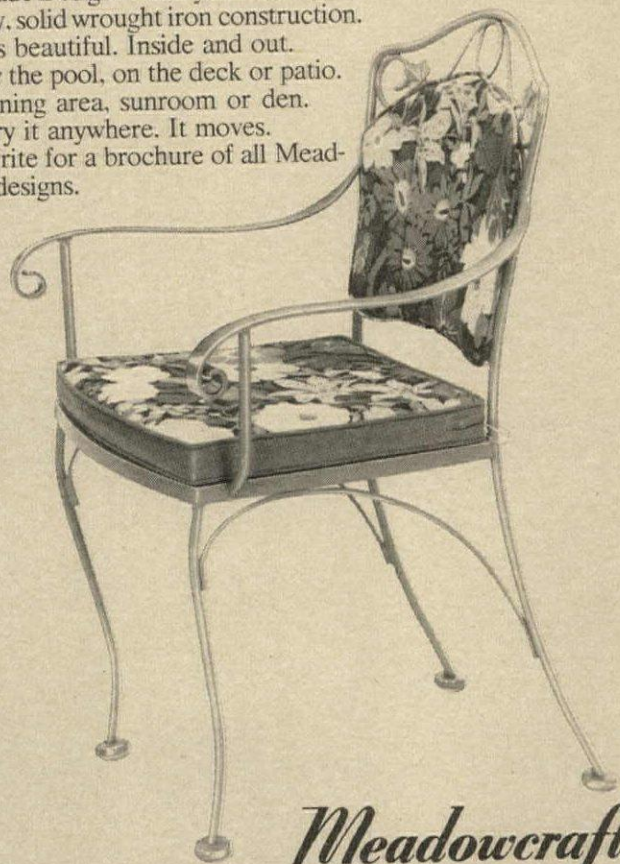
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Now—for the first time—an international Jet-Setter reveals the “inside” story

How The Beautiful People Get Rid Of Both Cellulite And Ordinary Fat—Without Dieting!

Yes, the Beautiful People cannot afford to be fat!

Those stunning, sleekly-slim couples who grace the pages of the fashion magazines and society columns . . . who spend each new Season in New York and Cannes and Saint Moritz and Saint Tropez . . . who live surrounded by a horde of admirers and photographers must remain youthful and slim right up to 50 . . . 60 . . . 70!

And yet they eat lavishly, feasting on exotic cuisines as they travel the globe, but always retaining their fantastic figures.

And, if you were to ask them what they do to maintain their Beautiful People Bodies, the answer would always be the same: “I don’t do ANYTHING; I don’t diet!”

That’s right! *The Beautiful People Don’t Diet!* They enjoy the finest food in the world and yet the needle on the scale barely moves! How do they do it?

For the first time, Luciana Avedon (former Princess Pignatelli and now the wife of the European cosmetics executive, Burt S. Avedon) reveals the “BEAUTIFUL PEOPLE MIRACLE FORMULA” responsible for all those lusciously svelte figures on the society pages. How they NEVER go on fad diets, NEVER take dangerous amphetamines, diuretics or diet pills, and NEVER give up their favorite foods either! How they simply go right on eating the foods they like—but in a special way that keeps them always fashionably slim, without their having to jump on and off the diet merry-go-round. To give just a few examples:

One California socialite says: “I always keep my weight fluctuation within two pounds. It’s bad for the face when you go up and down.” Another stunning fashion leader says: “I weighed more at age 25 than I do now.” (She’s now 37!) Another says: “Sitting down to nothing but clear soup or health food depresses me; it makes me feel like an invalid.”

And another Italian Beauty confesses: “Take away pasta and I would die!”

But yet they know how to splurge like this without incurring disaster on the scales! They get their food kicks—constantly—but their figures never show it!

They eat the finest food in the world (even the delicacies and “tempters” you’d be horrified to touch), but they do it in a way that never lets them put on more weight than they can simply “peel off” in a few days any time they decide to!

(In fact, these Beautiful People secrets of delicious figure-maintenance are so powerful that, when one young, overweight model was introduced to just one of them, she lost 22 pounds in one month and stayed at that weight from then on! And another young girl, when shown how, lost 20 “impossible” pounds in two short months, even though not a single meal demanded special preparation!)

So, From Now On, Forget About Debilitating Diets! The Beautiful People Don’t Use Them—Why Should You?

Once again, let us emphasize that the Beautiful People think dieting is a “bore.” They eat well—very well—and they are not fat! They wouldn’t think of doing without their favorite foods and the needle on the scale barely changes!

Why then shouldn’t you follow their plan and lose weight—pounds and pounds and pounds of it! The process is the same, even if you start with a 50 pound handicap. And you do it all by yourself (without “fat” doctors, or the group therapy approach of diet clubs). And, yet, (to repeat once again) you do not “sacrifice” the foods you love for a single minute!

Yes, you can still enjoy parties, restaurants, business lunches or dinners, and “super-relaxed” vacations. You can eat all the foods you usually

ABOUT THE AUTHOR

Roman-born Luciana Avedon, the former Princess Pignatelli, was educated in Switzerland. She has been a fashion designer and coordinator, and is currently a beauty consultant. Her first book, *The Beautiful People’s Beauty Book*, was a best-selling title here and abroad.

do, and still find the pounds and inches gradually, but permanently, melting off!

Listen, As The Beautiful People Tell You How To:

Condition yourself by developing your own built-in “Fat Radar” so the minute your weight starts to shoot up, you shoot it down!

Take off fat while it’s still “soft” . . . before the body has had a chance to make it part of the muscle structure. Before it marbleizes, as in a fat steak, and becomes even harder to lose!

Make the natural diuretic power of food even MORE effective, so that accumulated tissue water drains out of your body faster and you NEVER get that bloated look!

Lose tons of weight—all in the right places—and NEVER get “scrawny” looking in the face. Actually melt unwanted pounds right off your body, and still retain that “youthful” bloom in your face the Beautiful People way!

PLUS . . .

How to be thin as a model, and still have the energy and stamina of a truck driver!

The Beautiful People’s special “Secret Elimination Diet” that disintoxicates your system . . . drains out internal poisons . . . at exactly the same time that you are painlessly losing weight!

The Beautiful People “Easy-Diet Plan”, a permanent part of your life, so that you continue to lose weight for as long as you wish, and yet NEVER feel deprived!

How to prevent your body from automatically “adjusting” to your first massive weight loss, so that it actually prevents you from taking off even more pounds.

What to do if you are a “sandwich fiend” and don’t want to cut them out of your diet.

Why the Beautiful People make sure that they never lose more than 18 pounds at a time.

How they painlessly “retrain their nervous system so that they don’t go on eating binges during an “anxiety attack.”

The most carefully guarded Beautiful People secret: how to lose weight super-fast, purify your body, and heighten your senses to a new state of awareness at exactly the same time!

The hypnotherapy approach to weight loss!

How the Beautiful People lose weight while they are traveling.

How the Beautiful People keep their children from developing unhealthy and fattening eating habits.

What the European Beautiful People do at once when their skin looks bad, they have trouble sleeping, or just feel dreadful.

Why the Beautiful People feel that American men are a “disaster” . . . And, what Beautiful People Males “over 30,” do to retain their very special attractiveness.

The Beautiful People “cure” for sporadic over-indulgence. In other words, how to eat your cake, and have a knock-out figure too!

Yes, The Beautiful People Have Been Looking Fabulous For Years THIS Way. Now You’ll Learn How, WITHOUT RISKING A PENNY!

You are just as capable of keeping younger, prettier, slimmer and more attractive as any of the Beautiful People you’ll read about in this book. And once you know their “secrets”, you’ll be well on your way to joining the ranks of all the Beautiful People all over the world, who realize that being beautiful also means being slender.

Return the No-Risk Coupon today!



The exquisite authoress: Luciana Avedon the former Princess Pignatelli

SPECIAL ADDED BONUS

How The Beautiful People “Smooth Away Ugly Cellulite, The EASY Way!

Yes, while these Beautiful People are incredibly slim and supple at all ages, they have also learned how to FREE themselves of ugly and distorting CELLULITE! (Cellulite, as you may know, is “orange peel fat”—the hard lumps of hideous fat that stick to the back of the thighs, knees, arms, buttocks and back.)

This is not ordinary fat, by any means. And it can’t be gotten rid of by ordinary means. Instead, its bumpy, hard lumps become trapped in immovable pockets just beneath the skin. It’s found on almost 90% of the women in the world! But not the Beautiful People! Why?

BECAUSE OF THESE TWO SIMPLE “CELLULITE CHASERS” THAT YOU CAN USE YOURSELF IN A FEW MINUTES A DAY!

No, you don’t need fancy doctors, or expensive health spas to bid farewell to these unsightly globules. You can achieve spectacular results simply by following these two simple steps beginning on page 26:

First, attack the cellulite you’re carrying around right now through this special self-massage treatment designed to break it up and quickly “wash” this figure-distorting mess right out of your body!

Second, follow the unique Anti-Cellulite-Food Program that will actually help your natural circulatory system to rid your body of annoying substances BEFORE they can build up and become IMMOVABLE CHUNKS OF FAT!

Both these Cellulite Fighters are yours, as just one section of this great Beautiful People Over-All Body Beauty Plan . . . to try at our risk!

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Gentlemen: Please rush me a copy of THE BEAUTIFUL PEOPLE’S DIET BOOK, #80108, by Luciana Avedon and Jeanne Mollit! I understand that the book is mine for only \$5.98 complete. I may examine it a full 30 days at your risk or money back.

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