

ON GUARD . . .

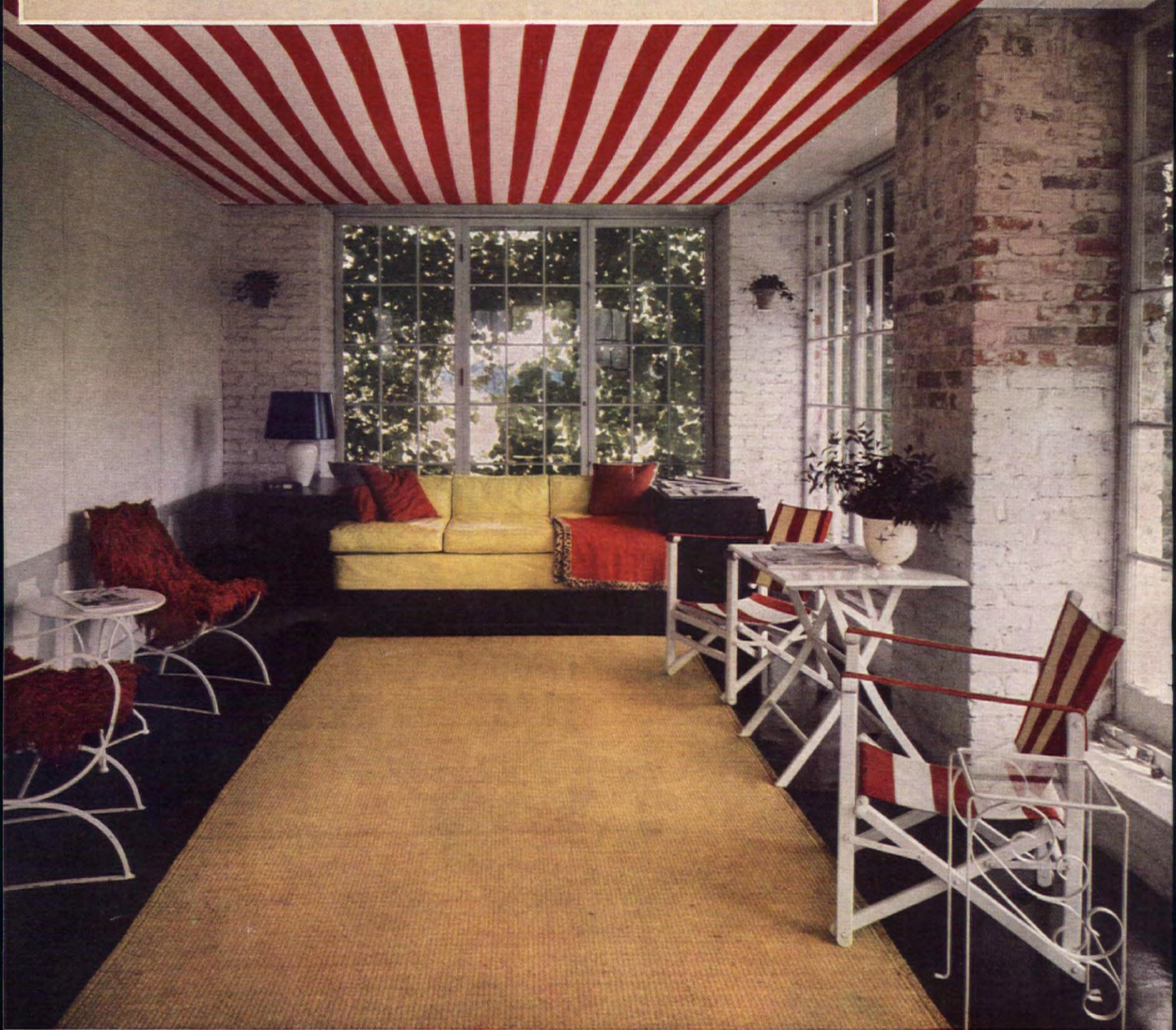
# The AMERICAN HOME

15¢

June 1943

★

3617



60 WAYS TO ENJOY LIFE AT HOME!







# From grime to glory

A few hours ago you, perhaps, were standing up to an assembly line's straining pace . . . or doing some of the hundred other Victory duties. Now, after a warm, relaxing tub or invigorating shower, you'll rub away the day's cares and soon step forth again a lovely lady.

This ritual of the bath does more than cleanse, it is a tonic you and your family owe yourselves! And an important part of it is the

care you give your towels . . . for those towels, like so many other things these days, must be kept "durable for the duration." These suggestions by the makers of Cannon towels will help you to make your towels last longer.

## How to get extra wear from your towels

Laundry before they become too soiled.  
Fluff-dry terry towels—never iron.  
If loops become snagged—cut off, never pull.  
Mend selvage and other breaks immediately.  
Buy good-quality towels—always the best economy.

Millions of Cannon and other towels are now going to our Armed Forces. That's the way you want it to be—but it's also why your favorite store may not have as wide a selection as formerly. Naturally, you won't buy any towels unless it's absolutely necessary; but if you must buy, you'll be wise to look for Cannon, the towel that has always stood for good value.



# Cannon Towels

CANNON SHEETS CANNON HOSIERY



# How to make your home more comfortable, healthful and useful for the duration...

You have Uncle Sam's "go-ahead"... Act while  
quality materials are still available

## INSULATE NOW!

Save Fuel Without Shivering  
Next Winter

Can you go through another fuel-rationed winter without discomfort or danger to health? Government authorities say you can, if you *insulate now* to conserve heat, and they urge you to do so. Ask your Celotex Dealer for the amazing facts about Celotex Rock Wool Insulation Products. So efficient is this permanent, fireproof insulation in blocking heat loss that it can make your fuel go 40% farther—and keep every room warmer all winter long! What's more, by sealing heat out in summer, it can keep your home as much as 15 degrees cooler on hottest days! Surprisingly low in cost—quick and easy to install. Now available at your Celotex Dealer's.

## REMODEL NOW!

Put Waste Space to Work For  
Your Country and For You

If you live in a war industry area, make unused attic or basement space into a cozy home for a war worker. You'll be helping Uncle Sam solve a critical situation, and you'll collect extra revenue besides. Cost of remodeling will quickly pay for itself, you will enjoy its extra comforts and conveniences for a long time after the war. It's so easy and inexpensive to create an extra room with the help of genuine Celotex Insulating Interior Finishes; or with Celotex Rock Wall Board, a good-looking fireproof material which can be beautifully painted or papered as soon as installed. Consult your Celotex Dealer at once—no obligation.

## REPAIR NOW!

Don't Neglect A Leaky Roof  
or Worn Exterior Wall

Uncle Sam wants you to repair or replace your first-line defenses against weather, and places no restrictions on these necessary expenditures. If your roof leaks, materials, interior decorations and furnishings. Repair or replace it with Celotex Roofing or Celotex Triple-Sealed Shingles. Their extra protection and beauty can be yours at *no extra cost*. If exterior walls are worn, ask about Celotex Siding Materials, in a variety of textures and finishes. They can be easily, quickly applied over present siding, with minimum expenditure of time and money. Get details and samples from your Celotex Dealer.

**P.S. Build a back-yard chicken house**



An excellent idea if zoning regulations in your community permit. You'll help relieve the food shortage, have your own unrationed source of delicious poultry and eggs. Your Celotex Dealer can tell you how and where to build for best results, with durability and economy. Use his knowledge and experience without obligation.

**FREE!** "A Wartime Guide to Better Homes." 24-page illustrated book tells exactly what Uncle Sam says you can and should do to make your home more comfortable, healthful and useful for the duration. Get it FREE at your Celotex Dealer's—or mail the coupon.

THE CELOTEX CORPORATION, Chicago, Illinois  
Please send me FREE "A Wartime Guide to Better Homes."

AH 6-43

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State \_\_\_\_\_

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ROOFING • INSULATING BOARD  
ROCK WOOL • GYPSUM WALL BOARD • LATH  
PLASTER • ACOUSTICAL PRODUCTS

THE AMERICAN HOME, JUNE, 1943







Let's play  
"YANKEE  
DOODLE"

Fine. A grand old tune. Very inspiring.

*It always makes me excited — ready to fight.*

Oh-oh! Is that the way to feel? — a nice little boy your age?

*But this is war. Every one's in the fight.*

Sure — and every one should be. But don't let it get on your nerves. The folks at home ought to be extra careful not to get jumpy.

*How do you mean?*

Well, take talking on the telephone, for example. Keep calm, speak distinctly. Being careless or cross or confused may affect the fellow on the other end of the line . . . as well as yourself.

*I never thought about all that.*

Americans are just about the nicest, most courteous people in the world. So — let's keep things that way.



*Bell Telephone System*

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H. E. Marsden

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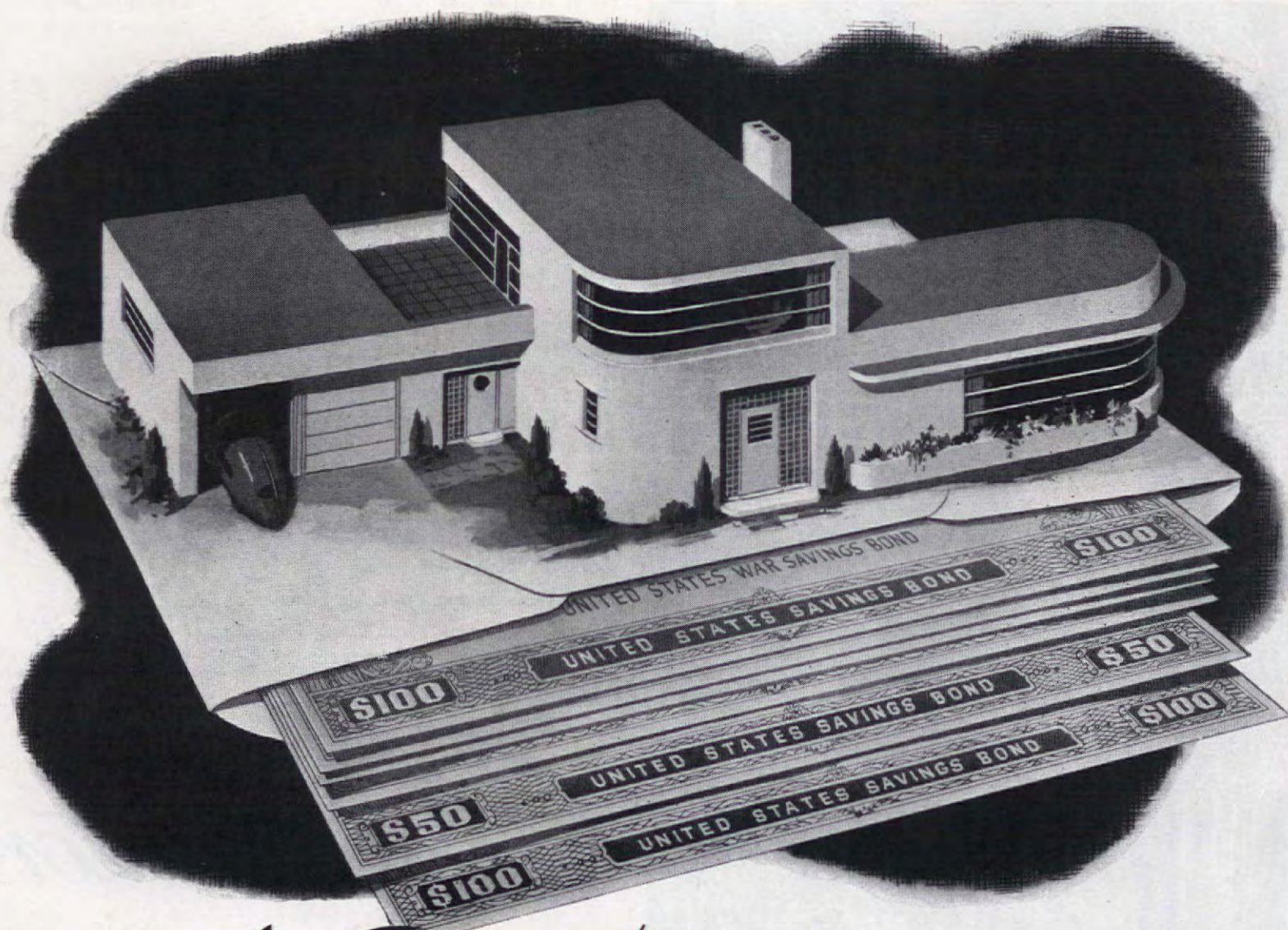
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## A Solid Foundation

The steady purchase of War Bonds, week by week or month by month, is a solid foundation for any man's future home, in two important ways. First, you insure the safety of your country, because your dollars make certain that our armed forces are supplied with the sinews of victory—guns, ships, planes and supplies. Second, your bond savings automatically furnish you with a fund to finance the building of a new home or the remodeling of your present one.

As you save, plan your improvements and conveniences. Most important is Automatic Heating with Minneapolis-Honeywell Temperature Controls, the uncanny little instruments that spell effortless comfort all winter, for you and your family. Send for our booklet, "Contribution to Better Living." It gives you all the whys and wherefores. Minneapolis-Honeywell Regulator Company, 2737 Fourth Avenue S., Minneapolis, Minnesota. Branches in 49 principal cities.

*Listen: "JOHN FREEDOM," Blue Network Coast to Coast every Wednesday, 9:00 to 9:30 P.M., Eastern War Time; or see your local Newspaper . . . "The Most Dramatic Show on the Air"*



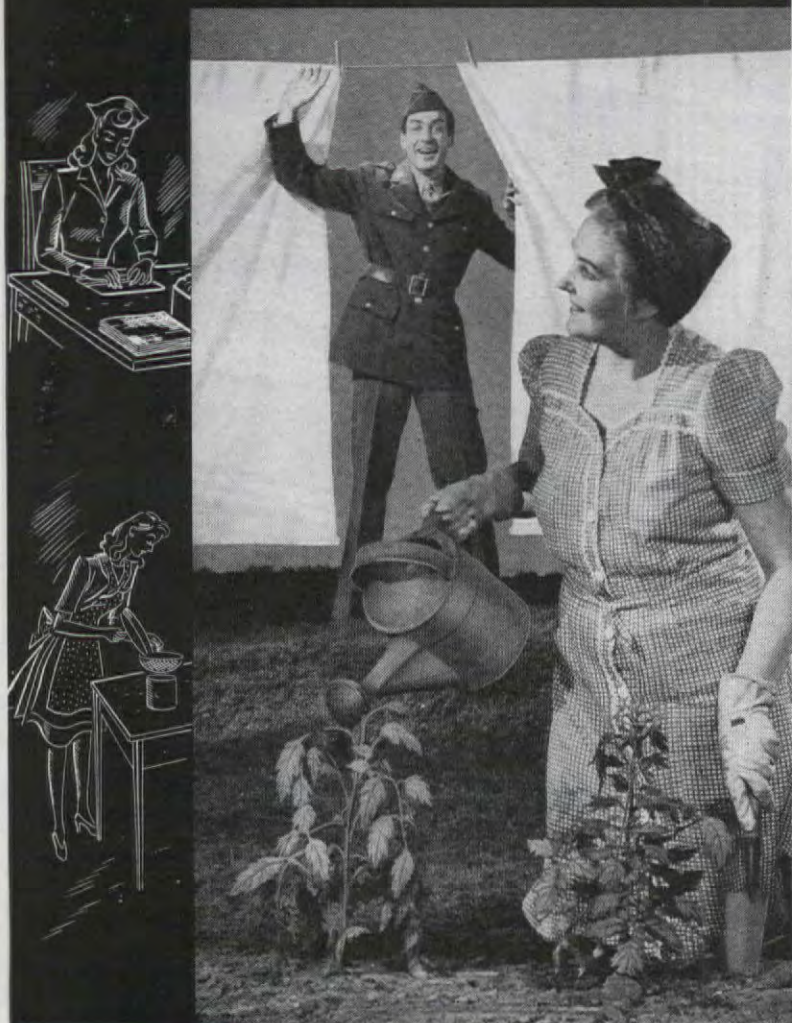
**MINNEAPOLIS-HONEYWELL**  
TEMPERATURE CONTROLS



*the*  
**Chronotherm**  
THE NEW CLOCK  
THERMOSTAT THAT  
SAVES FUEL



# Pequot pays a tribute to SOLDIERS IN HOUSEDRESSES



**Be proud—if your “uniform”  
is a housedress!**

WHEN a great nation goes to war, many must serve at home. Our children must grow up sturdily. Meals must be prepared—from less food. Clothes must be provided—but fewer new ones.

These are your problems. And you’ve buckled to them with the courage and patriotism of the fightingest soldier.

More foods rationed? You’re planting Victory gardens, studying nutrition charts, canning, preserving.

More and more Pequots going to soldiers? You’ll guard yours vigilantly, wash and iron them carefully.

To Pequot, as well, have come new problems. Not sheets alone—but many other fabrics are needed by our fighting forces.

Fortunately, Pequot has had long, long experience in weaving sturdy

fabrics. This skill we rejoice to place at the country’s disposal. More than we’d once have thought possible, Pequot has expanded production.

## Still—some Pequots for you

Some Pequots for home use are still being made. If you must buy sheets, you’ll want Pequots more than ever. Because more than ever you need the extraordinary wear in which Pequot specializes.

Pequot is conscious of your needs—proud of your confidence—determined to serve you to the very limit of our capacity.

War or no war, the quality of Pequot sheets remains the same.

Pequot Mills, Salem, Massachusetts

**BUY ONLY NECESSITIES—**  
and the first and the  
greatest necessity to in-  
vest in, for our future  
safety, is—**WAR BONDS.**



**PEQUOT SHEETS AND PILLOW CASES**

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**Important:** Letters requesting information should be accompanied by a stamped, completely addressed envelope. Manuscripts and illustrations will not be returned unless accompanied by the necessary postage. They will be handled with care, but we assume no responsibility for their safety.

# Contributors



PROFESSOR W. STANLEY HOOLE

**P**ROFESSOR W. STANLEY HOOLE, who holds four college degrees and has published a book, a score or more magazine articles, and hundreds of book reviews, finds genuine pleasure in puttering around his new home in Denton, Texas. A librarian and author by profession, by hobby he is a bricklayer, carpenter, gardener, and collector of books on the South. “Life as a real joy, however,” he writes, “begins when I sit down with my wife and daughter, Marcia, around a table piled with black-eyed peas, candied yams and fresh turnip greens. Oh, boy!” . . .

**KAY HARDY’S** early days in New York were pretty well taken up with haunting auction rooms in search of antiques which she’d buy for a swanky Boston decorator, but that was just a starter. Before long she began teaching decoration, and did a book on period furniture characteristics, appeared as lecturer on decoration trends before women’s clubs, teachers’ conventions and high school audiences, and wound up with a radio program for Station WOR. In other words, she’s a confirmed free-lance—and loves it. . . . **R. W. METZGER**, advertising executive and backyard



KAY HARDY

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THE AMERICAN HOME, JUNE, 1943





## The Mutt that Cost \$1200

SPORT never won a blue ribbon in his life. He was just plain dawg... a family pet... one of patchwork ancestry. Yet he was the nicest pup in the world... and his owners wouldn't part with him for anything.

But you know how dogs are. Drop a cookie, then try to grab it away, and you get an argument. That's what happened to the little girl across the street. Sport nipped her. And, according to the court, the scar on her face was worth \$1200... a lot of money to pay.

Such things can happen... and nobody knows it better than *The Man with the Plan*. He knows of many cases where dog-owners would have been forced to pay out of their own pockets even more than \$1200... if they hadn't taken his advice.



*The Man with the Plan* is the man to see... these days, when money is of prime importance. His complete analysis of your present insurance shows how well you are protected. And if there are any weak spots in your whole protection plan, he recommends the newest, most practical policies to make your insurance sound.

Right now, for example, *The Man with the Plan* recommends the new low-cost Employers' Group Family Liability Policy... a \$10.00-a-year single policy which covers law suits for injuries caused by you, your wife or children... yes, even your dog and cat. It covers all types of accidents, anywhere, for which you may be liable, exclusive of automobile.

Do you need this policy? See for yourself, now. Ask *The Man with the Plan* to make a complete analysis of your insurance protection. He'll gladly do it free.

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*The Man with the Plan*

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THE EMPLOYERS' FIRE INSURANCE CO.  
AMERICAN EMPLOYERS' INSURANCE CO.





## Social Security Quiz

Test your knowledge of something you own  
—YOUR SOCIAL SECURITY BENEFITS!

1. Suppose after retirement at 65 you have an independent income. Can you still receive Social Security benefits?
2. If you are receiving benefits at 65, does your wife, if she is also 65, receive benefits?
3. Do children of a deceased insured worker receive a monthly income from Social Security until they finish school?
4. Can you continue to work after 65, and still receive Social Security benefits?
5. Is the middle-aged widow of an insured worker entitled to monthly benefits?
6. Does Social Security provide for the dependent parents of a deceased insured worker?

Correct Answers below



WOULD YOU LIKE TO KNOW how Social Security works out for your family? What income you can expect—and when? How you should fit your life insurance policies into your Social Security program? The Mutual Life representative in your community has equipped himself to be of practical help to you in Social Security matters. Without obligation, of course.

Write for Free Social Security File—It lists for you the seven types of official records needed to collect benefits, and provides for their convenient safe keeping. You will also receive a handy form on which you can estimate now your future Social Security benefits. Foresighted planning will help you, your wife or children obtain benefits without delay when due. Just mail this coupon today to Department A.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_



100th Anniversary Year

# THE MUTUAL LIFE

INSURANCE COMPANY of NEW YORK

"First in America"



Lewis W. Douglas, President

34 NASSAU STREET NEW YORK CITY

### CORRECT ANSWERS

1. Yes.
2. Your wife, at age 65, will receive a monthly benefit equal to 50% of yours.
3. Each child under 16 years of age receives 50% of the father's primary benefits; children aged 16 or 17 receive this benefit only if they attend school.
4. Not if you earn more than \$14.99 a month in covered employment.
5. Only if she has in her care children, under 18, of the insured worker.
6. Only if there is no surviving widow and no child under 18.

# Contributors



R. W. METZGER



SARAH SHIELDS PFEIFFER



DONALD CRIGHTON



TEKLA BARCLAY

recreationist (senior grade), is completely sold on the idea that you can have a perfectly swell time outdoors without dashing away to the wide open spaces. Furthermore, he practices just what he preaches, as you'd discover if you visited his home in Winnetka, Ill. The grounds are far from large, but blessed if they don't provide accommodation for seven different kinds of games, to say nothing of spectators and out-of-breath players. Which is some recreation to pack into a 30 by 55-foot backyard, plus space on the side! • • •

**SARAH SHIELDS PFEIFFER** is what you might call a Southern Yankee in easy stages; that is, she grew up in Dawson, Georgia, graduated from Agnes Scott College in Atlanta (meeting her X-ray engineer husband there) lived in Asheville, N. C., and wrote for its *Citizen-Times*, and now dwells in Auburndale, a Boston suburb. A born author, we suspect, for in 1940 she won first prize in the national feature story competition of the National Federation of Press Women, and is currently vice-president of the New England Women's Press Association. Small daughter (9) has won a letter-writing prize, too, while Son is a super-builder of model planes. Mrs. Pfeiffer has two major hobbies: gardening and fishing • • • **DONALD CRIGHTON**, a skilled practical horticulturist who was trained in Scotland, is superintendent of the Paul Moore estate at Convent, N. J., where he lives (and we mean *lives*) with his wife and two teen-age children. It's hard for real gardeners to get away for summer vacations, so the Crightons hit upon the idea of relaxing at home which is pictured in this issue. Mr. Crighton was chief planner and builder, so to speak, but far be it from us to say which one of the family gets the biggest kick out of the success of his efforts! • • •

**TEKLA BARCLAY** is stumped by nothing: witness the fact that she figures out her point rationing, gets on with the book she's writing, and trains a new Boston Terrier pup—all in her day's work. In odd moments (when she finds any) you're likely to see her photographing picturesque people and things, like lighthouse keepers or a stack of idle lobster pots by the sea's edge. She and her family live on the top of a high hill outside Pittsburgh, Pa. And—oh, yes, she says she's particularly fond of boat trips.

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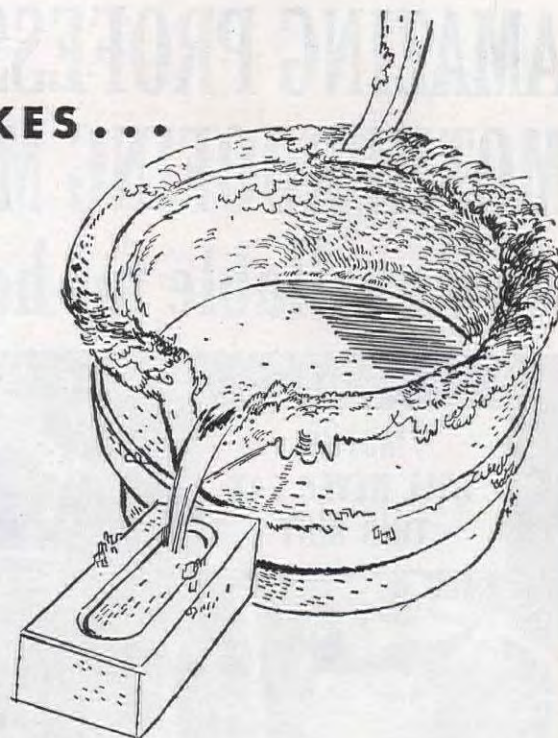
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# MANY A MICKLE MAKES...



★ Our job is to produce most of the aluminum needed for war.

At first some of us newer workers with Alcoa had the idea that making aluminum was a spectacular manufacturing process like making tons and tons of steel in a large open-hearth furnace, for example. On the contrary, we who work in the smelting plants, where virgin aluminum first comes into being, have found out that the molten new metal is made in much smaller quantities in hundreds of furnaces or cells.

The two-billion pound capacity of the aluminum industry consists, really, of one modest tapping of aluminum added to another—and another. No thrilling big “pours”. No noise. No fireworks. Nothing spectacular.

The war is like that, to all of us at home.

Being a plain person these days takes character enough to see how our own little ladles-full of *doing*, and of *doing without*, add up into the victorious whole.

That rationed gallon, that rationed can, that single cup of coffee, are little things, in truth.

Junior's 25-cent War Savings Stamp seems very like a small driblet beside the sea of needed billions in War Bonds.

Every War Bond, even the smallest, does triple duty. It finances the war our own sons are giving their lives to win. It fights immediate inflation. And it finances you, yourself, to partake of the wonders that are to come after the war.

Many of these fascinating new products will be made with Alcoa Aluminum, of course. Much Imagineering is being done in our “eighth days” to assure you of this.

But that is not the real point of this message. The important postwar product is jobs for everybody. You have to be ready to buy, to make those jobs. Never forget that.

Every single penny you can put into Bonds will count. Every penny. Many a mickle means a muckle, you know.

Our sons and husbands and brothers are in this, same as yours. We are making Alcoa Aluminum for war with just one thing in mind: The faster they get it, the sooner the Victory.

But they expect more of us than goods. They want Victory Thinking, and Victory Living. As one group of over 70,000 workers, we've tried to express our real feeling about such things. Do these ideas check with yours? We'd like to know.

*The men and women of*

**ALCOA ALUMINUM**





# AMAZING PROFESSIONAL MOTHPROOFING METHOD now available for home use



**NO ODOR • NO WRAPPING • NO STORING AWAY**

JUST a few minutes spraying with LARVEX—and Mrs. Neal has saved her husband's new suit from moth holes for a whole year.

Now Mrs. Neal won't have the bother of wrapping up this suit or storing it away! She just puts it back in the closet on its usual hanger.

WHY? Moths will actually starve to death before they will eat LARVEXED clothes, sofas, or rugs!

*This is the professional mothproofing method used by leading woolen mills, laundries, and dry cleaners.*

And, LARVEX is inexpensive—only 79¢ per pint, \$1.19 per quart. Dry-cleaning won't impair its year-long moth-protection, either.

Protect all your woollens this professional way. Use LARVEX!

At All Drug and Department Stores—Larvex, New Brunswick, N.J.

## LARVEX

Reg. Trade Mark

**ONE SPRAYING MOTHPROOFS FOR A WHOLE YEAR**

### LARVEX IS DIFFERENT



**CHEAP!** Just one LARVEXING will mothproof this \$89 upholstered chair for a year!

**QUICK!** A few minutes with LARVEX will mothproof a woman's coat for 12 months!



**SURE!** See this spectacular display at your Larvex dealer's. A covered dish showing treated and untreated cloth with live moth worms. Proof right before your eyes that moth worms will not eat LARVEXED fabrics!



# How does your VICTORY GARDEN Grow?



H. Armstrong Roberts

**B**Y NOW, except in a small, unrelenting bit of the country, gardens should be well under way. The lame backs, wind-burned necks, blistered palms, and other evidences of abused (or previously pampered) anatomy that inevitably accompany early spring work have not only returned to normal, but are in better, tougher condition than ever. And with the first, hectic period of planning and preparation past, it's a fine time to straighten up, mop a moist brow, glance approvingly about (we hope), and look ahead.

The popular question, "What's cookin'?" may be premature, but it should be in order to ask, What's being, or about to be, harvested? Depending on your location, it might be asparagus or strawberries—if your garden was started a year or more ago; perhaps a few crisp red radishes; possibly a mess of spinach or some other hardy green, especially in the South; and surely some delectable thinnings of the first plantings of lettuce, beets, turnips, chard, etc. If you see no hope of any ready-to-use crops, decide, now, to make next year's garden less dilatory.

The next question is, what are you planting? With frosts presumably a thing of the past, there's

hardly any limit to the seeds that can—and should—go in, mostly in small plantings, so as to prevent midseason gluts. The bush lima beans and pole beans are safe now; also squash, cucumbers, and gourds—if you have room for them. You can set out eggplant and tomato and pepper plants, too, remembering to wrap around each stem a two-inch paper strip, like a collar, half in and half out of the soil, to deter cutworms. Before long, late cabbage plants, Brussels sprouts, and broccoli can go in (with disks of roofing paper slit to the center and slipped snugly around the stems to foil root maggots); also leeks, if you want to try those refined members of the onion tribe, and young plants of heat-tolerant, loose-leaf lettuces.

What else can you do in that one hour a day (week-ends excepted), which is enough for a small home garden? Well, there's thinning, which seems—but isn't—a wasteful, largely unnecessary task. Carrots, parsnips, and chard should stand two, four, and eight inches apart respectively; but you also know that if you spaced seeds that far when sowing them, insects, the weather, germination variability and other factors would probably combine to give you sparse and





Save  $\frac{3}{4}$  lb. on a 4 lb. roast  
by roasting at  $325^{\circ}$

Actual tests in Swift's Home Economics Kitchens show that a 4-lb. beef roast shrinks approx.  $1\frac{1}{2}$  lbs. when roasted at  $450^{\circ}$  but only  $\frac{3}{4}$  lb. (approx.) at  $325^{\circ}$ .

### Time Table for ROASTING MEATS

Oven temperature:  $325^{\circ}$  F.—(moderately low)

	Minutes Per Pound 3 to 5 lbs.	Minutes Per Pound 6 to 8 lbs.	Internal Temperatures (Meat Thermometer)
<b>BEEF</b>			
Standing Ribs, rare	26 min.	22 min.	$140^{\circ}$ F.
medium	30 min.	26 min.	$160^{\circ}$ F.
well done	35 min.	33 min.	$170^{\circ}$ F.
Rolled Ribs—add 5 to 10 min. per pound.			
<b>PORK</b>			
Leg	45-50 min.	40 min.	$185^{\circ}$ F.
Rib and Loin	35-40 min.	35 min.	$185^{\circ}$ F.
Shoulder	40 min.	35 min.	$185^{\circ}$ F.
Boston Butt	50-55 min.	.....	$185^{\circ}$ F.
<b>LAMB</b>			
Leg—medium	35 min.	30 min.	$175^{\circ}$ F.
well done	40 min.	35 min.	$182^{\circ}$ F.
Crown—well done	45 min.	.....	$182^{\circ}$ F.
Shoulder, well done	35 min.	.....	$182^{\circ}$ F.
Boneless Roll, well done	40 min.	.....	$182^{\circ}$ F.
<b>VEAL</b>			
Leg	35-40 min.	30 min.	$180^{\circ}$ F.
Loin	35 min.	30 min.	$180^{\circ}$ F.
Shoulder	40 min.	35 min.	$180^{\circ}$ F.
Boneless Shoulder Roll	45 min.	40 min.	$180^{\circ}$ F.

### MAKING THE MOST OF YOUR MEAT RATION



**BE OPEN-MINDED WHEN YOU BUY.** All kinds and cuts of meat give you delicious flavor to highspot your meals. And they're all nutritious, supplying valuable proteins, B vitamins, minerals. So get acquainted with new meats. Then you're prepared to make the best possible use of your ration points.



**FOR QUALITY—WHATEVER THE CUT**—it's wise to get a Swift's brand if you can. The beef Swift experts choose is branded on the meat, *Swift's Premium*, *Swift's Select*, or *Swift's Arrow*. The fine flavor and tenderness these brands assure you is specially important now that you're limited on quantity.



**PROTECT IT BY PROPER STORAGE.** To protect the fine meat flavor, and guard against spoilage, you should wrap uncooked meat loosely and store it in the coldest part of refrigerator. Ground meat is particularly perishable. Cooked meats should be covered and put in the refrigerator soon after the meal.



**COOK IT CORRECTLY.** Only the tenderest beef cuts—roasts and steaks—should be cooked by dry heat. Other cuts should be water-cooked or braised (browned, then cooked slowly in a small amount of liquid in a covered pan). Your ration stamps will go further if you use meat "extender" dishes often.

## MEAT



is matériel  
of War!

SWIFT & COMPANY

Food Purveyors to the **USA**

ASK FOR SWIFT'S PREMIUM HAM, BACON, BEEF, VEAL, LAMB, POULTRY, FRANKFURTS, TABLE-READY MEATS.

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nutrition.\* Hear them  
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They save time, work, fuel, too. Just add milk for a dish that brims with nourishment. Needed protein, vitamins and minerals in every spoonful.

\*Rice Krispies are restored to

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That deep richness of flavor? That snap-crackle-pop crispness? Thank Kellogg's exclusive recipe, oven-popping and gentle toasting.

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MADE BY KELLOGG'S IN BATTLE CREEK

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patchy rows. So you carefully plant twice or three times the number of seeds needed, and later, as the plantlets reach out for elbow room, you gently remove the extras. The thinnings—if not needed for transplanting to fill gaps or additional rows—are a real delicacy, whether cooked or added to salad. Incidentally, thinning, like weeding, is best done in a slightly moist soil; if the rows of seedlings clamor for attention during a dry spell, wet the ground thoroughly several hours before you start the work.

It is unlikely that you have had yet to do much, if any, watering; indeed, if you can carry your crops through the season without using the hose, so much the better for them—and you. But to do so, you must be a conservationist, and, so far as possible, prevent evaporation from the soil. One always-commendable use of water, however, is to saturate a furrow just before sowing seed in dry soil. The seeds will quickly respond to the effects of warmth and moisture.

**REFERENCE TO MOISTURE CONSERVATION**, until just a couple of years ago, would have led to a strong appeal for frequent, shallow cultivation "to break the surface crust and prevent the loss of soil moisture by capillary action." Right now, however, there is a school of soil technicians who dispute that theory and say that the only useful function of soil-stirring is to destroy weeds—thereby arousing incredulity and disapproval among practical, dyed-in-the-soil gardeners. They are welcome to argue so long as they don't interfere with our keeping the soil around our plants loose and weed-free by stirring it every fortnight or so, especially when a crust forms after a rain. Once the plants are several inches tall, the same good results can be secured by mulching between the rows or around individual plants with peat moss, lawn clippings, chopped straw, or corn stalks and other loose materials. Beside saving labor, this minimizes the risk of

injuring roots with cultural tools. The rate at which all young plants grow depends largely, of course, on the food that is in the soil to start with—or that you supply. If you have followed current recommendations, you have already used "Victory Garden Fertilizer," spreading it at the rate of two to three pounds per 100 sq. ft., before you spaded or plowed the ground. That leaves a pound or two of the average allotment of four to five pounds per 100 ft., for the average garden, to be applied in two almost equal instalments. The first is to be raked into the upper three inches of the freshly-dug soil prior to planting, and the second is to be spread along the rows (but not touching them) and worked in as you cultivate.

**PLANT PROTECTION** rarely becomes a problem in the vegetable garden before June, but it must be planned for. With several spray and dust materials almost or completely on the priority list, anything available must be used economically and to the best advantage. Efficiency demands three steps. First, the right material must be used (which calls for advance knowledge of the probable pest or disease); second, it must be applied just at the right time; third, it must be applied correctly, and thoroughly. Hence the need of consulting your garden bible (whatever its name) or your local guide and teacher often enough to know what to expect and what to do about it. Here's an encouraging thought: remember that healthy plants, carefully grown from good seed and kept supplied with proper food, are like well-fed soldiers—best able to resist attacks.

Both spraying and dusting have advantages, but the latter has perhaps the better of it in the really small garden. Sulphur dust for fungous diseases and rotenone dusts (if obtainable) for chewing insects are efficient; tobacco dust is a help against sucking pests and some that inhabit the soil; and where arsenate of lead is undesirable and rotenone not to be had, a new material, cryolite, may come in handy. Bordeaux mixture is a standard fungicide, but if copper shortages put it out of reach, a sulphur dust or spray can be used, with nicotine sulphate to control aphids and other sucking pests.

Plants are still too small to call for any training, except peas, which need nothing but brush to clamber over. However, when you set out tomato plants or plant pole beans is the time to put their stout stakes and poles in place.







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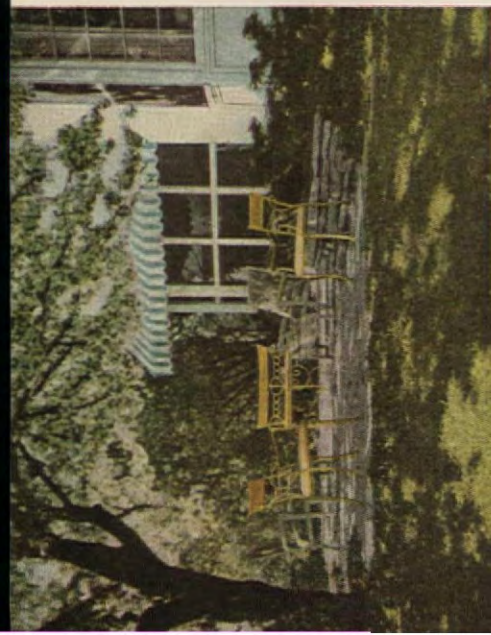
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COST YOU JUST**  
One gallon of Resintone,  
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That extra time you're spending at home, this year, can be wisely spent in making your home more beautiful. Try one room . . . and be thrilled!

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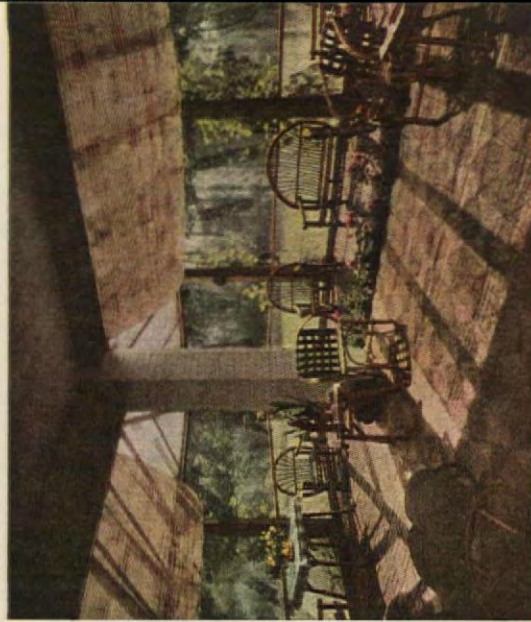




*Terrace at Mrs. Geo. E. Booth's Winnethka home*



*Roswell Mettger's play-yard—see pages 16, 17, 18  
Winnethka, Ill., terrace of Mrs. George R. Cain*



*Porch of Mrs. William Clark Stetson*



*Another living porch, 11 x 17' 9". Winnethka photographs by Wilming  
Outdoor living in the home of Mrs. John G. Searle*







*Clock golf on the Brownlee lawn—see page 23*  
A tree-shaded terrace, a complete play-yard and an informal lawn provide opportunities for happy living



*Mr. and Mrs. Reginald Olds' Los Angeles studio fulfilling three of its four functions*  
*H. W. Grieve, Interior Decorator, Photographs by Daprich*



*Another room for the Arthur D. Chigren family*  
Four examples of complete livableness of enclosed porches. Note that of the Ray C. Johns, on our front cover



# Shut Up the House and Live!

*The Brownlee brand of home-made comfort, see page 23*



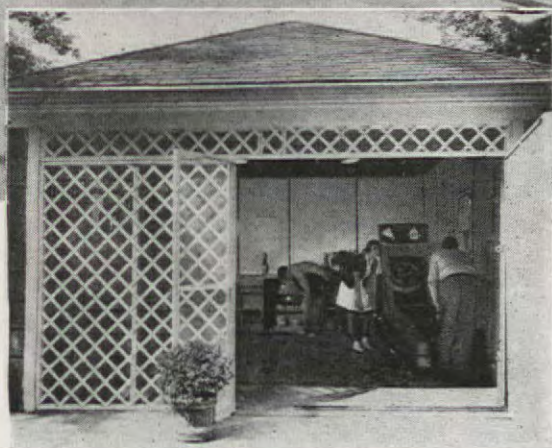
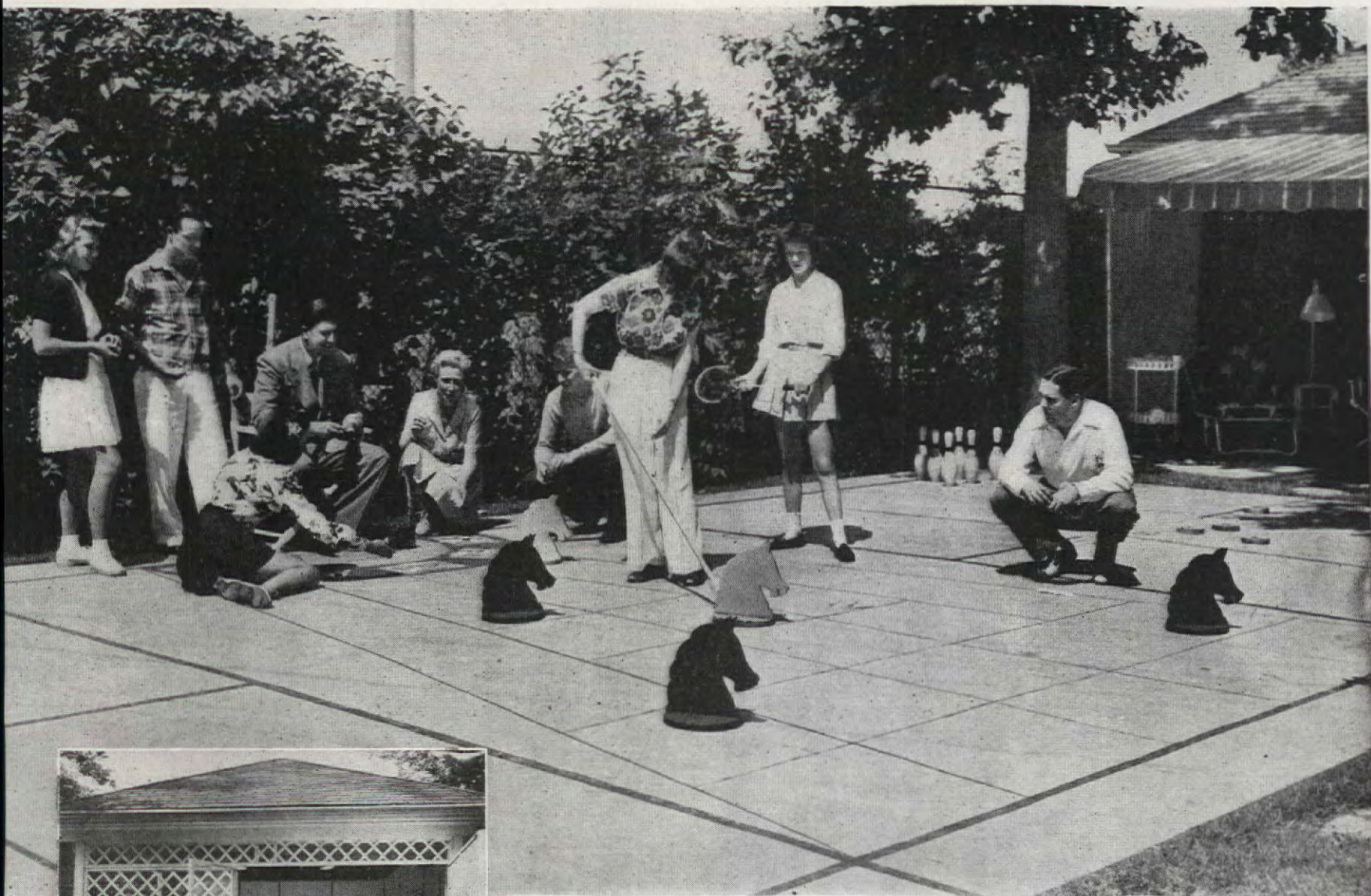
IS IT just one of our cherished private memories, or do some of you, too, recall the thrills of "going away for the summer"? The sorting out of things to take and things to leave; the scrupulous removal of all perishables from pantry and icebox; the covering of special furniture and pictures; the careful pulling down of shades, and, at last, the fateful locking of the front door when fearsome thoughts of possible things forgotten were almost (not quite) crowded out by excited anticipation of things to come?

Most of us will have to be content with just remembering this year—as far as shifting our base of summer operations to a country place by the sea or in the mountains or woods is concerned. But what of that? We can make the summer a real vacation just the same without going away at all, and without upsetting our appointed schedule of useful work, at home, in the office, factory, or Victory Garden. The secret is simply this:

Make-believe that you *are* going away. Close up a substantial portion of the house where, ordinarily, a lot of chores must be done; devise a simplified mode of life that can be carried out with a minimum of routine duties—these to be apportioned among *all* the family; establish a new center of domestic and social activity for the summer months, and enjoy a change of everything but place.

Can't be done? Nonsense! Families have been doing it for years, not because of war restrictions but from choice, as a matter of economy and convenience. This issue is crowded with examples and suggestions that you can follow or adopt with more or less modification. It may mean turning a vacant garage into a facsimile of the "quattro-purposeful" room planned and built to serve as studio, guest quarters, social center and play room, which is shown in three of its phases in the large pictures at the left. Or transforming an enclosed back yard into a miniature recreation park; prettying up a blank wall to make a background for an outdoor living room; exchanging the kitchen for a rustic but efficient cooking shack; or just making the most of an "undiscovered" porch, terrace, or bit of lawn. What if you do lack a few conveniences, creature comforts? You will appreciate them all the more when you "move back home" in the fall and recapture the luxurious excitement of settling down again among things you missed a little even while you were having a wonderful holiday.





**Does anyone know of a home with a  
more complete layout for  
enjoyment and entertainment than this?**

## “And now, we wouldn’t

**A**T FIRST, Mr. and Mrs. Roswell W. Metzger were inclined to agree with their friends that the 30' x 50' tree-dotted back yard of their new Winnetka home was too small to be of any use. Moreover, the shade made a decent lawn impossible. When, four years ago, they were given a badminton set, they had some of the eleven trees removed so they could lay out a modified court and play whenever the ground was dry enough

But that was only halfway improvement, so the following spring they got rid of all the remaining trees but two big oaks and built a regulation court of concrete. Around it, a 3' grass margin, and a 10' x 20' flagged space at the north end they put an 8'-high split-cedar fence. This, plus an umbrella-table and chairs, was real progress, especially when, in midsummer, they painted a shuffleboard layout on the concrete so they could still play







*On 30 x 50 ft. the Roswell W. Metzgers of Winnetka, Illinois play 9 jolly games: Badminton, shuffleboard, paddle tennis, horse shoes, bowling, handball, deck tennis, horse racing (Minora), and darts. And there is still room and provision for sun bathing, outdoor cookery, gardening and plain relaxing*

## go away if we could!"

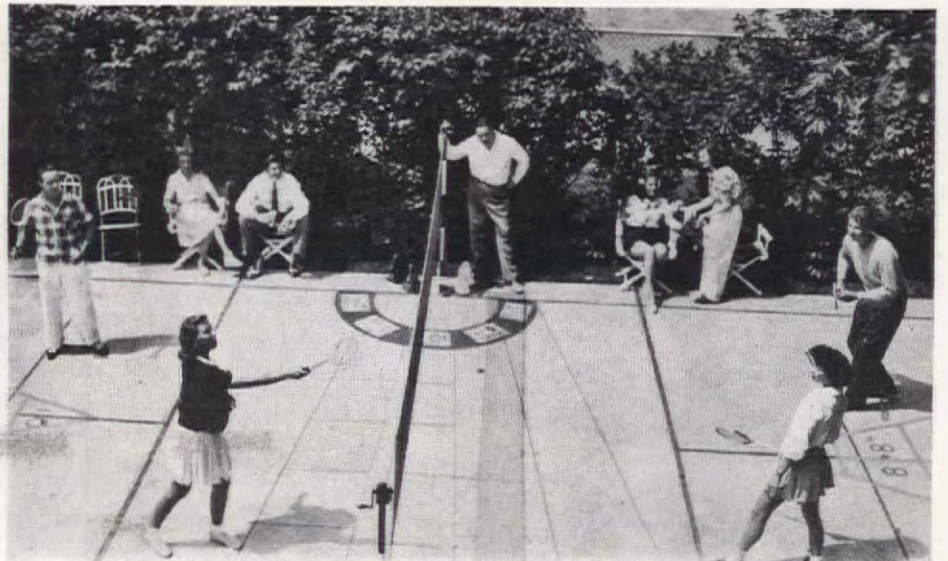
outdoors when it was too windy for badminton. Now let Mr. Metzger tell the rest of the story as he did the day we called on him:

"The next spring we decided to go the limit in developing our back yard. A full season's use had revealed needs and possibilities that we proceeded to work on, namely, more places for spectators to sit; more shelter from sun and rain; something to check the constant traffic into the house for ice, beverages, tele-

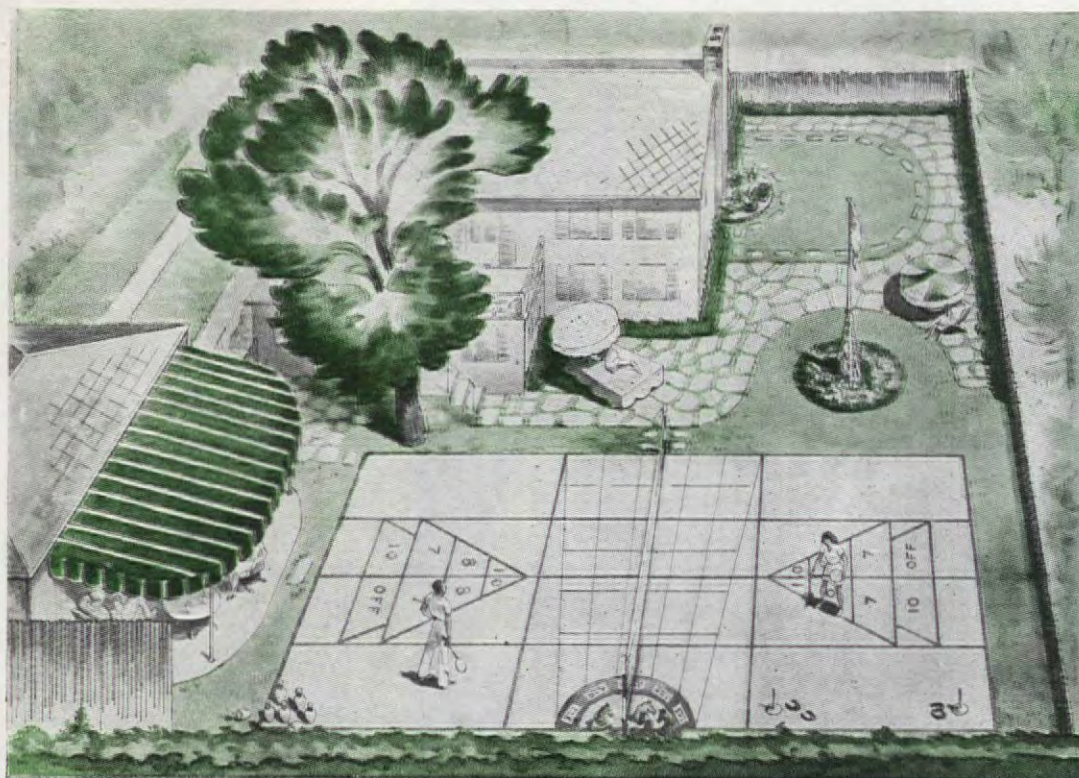
phone calls, etc.; the fact that badminton is fine to play at night when the air is likely to be still. So starting out again, we took away the fence between the court and the garage, leaving the latter as the northern boundary. Against it we laid a semicircular concrete platform (about 10' radius) above which we erected a gay striped canopy. We put shelves across the garage window for bright-colored flower pots and turned the door into a com-

pact, inside-outside bar with storage space in the lower section. Also we found that there were waterproof outdoor telephone outlets and installed some at convenient points.

"Next we moved the fence at the east side of the yard forward twenty feet so as to enclose the 20 feet of side yard. Here we made a rose garden surrounded by a flagged path, and, against the chimney, a low flight of semicircular stone steps for potted plants. Flood







lights (2000 watts each) at the four corners of the court amply illuminate it. In the sheltered, sunny angle of the house we put a double sun couch made according to our own design adapted from furniture we had seen in Hollywood. Inquiry at sporting goods stores revealed that other games could be played on the concrete surface, including paddle tennis, rubber horseshoe pitching, a bowling game using regular pins and a half bowling ball fitted with "coasters" on the flat side, and darts. Also we discovered rules for an old English race-horse game called Minoru, marked out a field for it, and had plywood

horses' heads made and painted bright colors.

"Last year, we tackled the garage. As we put the car in it only in the winter, we made it into a playhouse by sheathing the walls with wall board and covering the concrete floor with hardwood flooring nailed to six-foot square sections of plywood that could be taken up when we needed the space for the car. We also built in cabinets to hold our game and picnic equipment and were fortunate enough to pick up a large Skee Ball game from a defunct recreation parlor which we set up after painting it to match the surroundings. A screen and lattice front not only keeps out

flies and mosquitoes but also screens the garage interior from the driveway and street."

We had dropped in on the Metzgers one Saturday afternoon in early June when he was putting the finishing touches on the garage interior. A rolled roast (pre-rationing style) was becoming deliciously brown on the portable grill, and though we couldn't stay for the party for which it was being prepared, we didn't need any demonstration to appreciate the almost unlimited possibilities for fun, relaxation, exercise, and entertainment that have been developed *outside* the walls of the Metzger dwelling. As we looked around, we said, jokingly, "Well, anyway, it won't be so bad for you if you can't get away for a vacation this summer, will it?" There was a world of significance and satisfaction in his reply as he said, "Vacation? A few years ago that was a major problem—where to go and what to do. Now, we wouldn't go away if we could!"

**H**ERE are regulation dimensions for some of the games the Metzgers play (of course you can use substandard courts if necessary, and get rules with sets or from sporting goods stores): *Badminton*—Double, 44' by 20' overall; cross lines 7½' and 20½' back from net; center line from 7½' line to back line. Single, 44' by 17'; two cross lines 7' from net. *Shuffleboard* (see plan at left)—Over-all 6' by 45'; triangles 9' apex to base, which is 6½' from back line; points 14' apart; triangle divided by cross lines into three 2½' and one 1½' zones, the center two divided lengthwise. Points (from apex) 10, 9, 8, 7, 6 and (base) 10 off. *Paddle tennis*—like tennis doubles court, but 18' by 39' over all; alleys 2¼' wide; service line 9' from back line. *Horse shoes*—40' from pin to pin for men, 30' for women; box 6' on a side around each pin as a center.

## From Week-End Shack to Year 'Round Home and genuine living—in the Ozark Foothills

BERNICE FLACHMANN

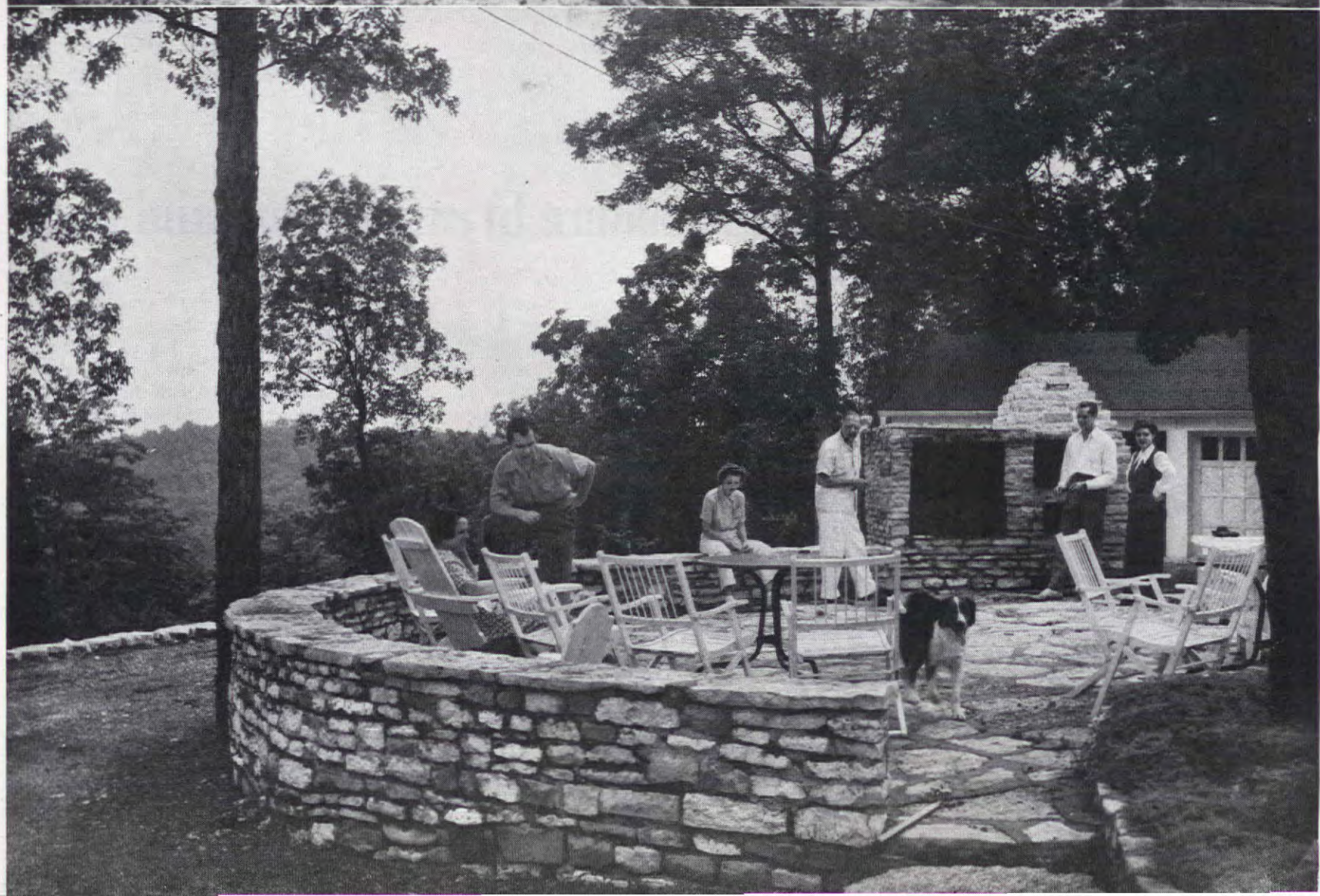


The entrance to "The Warren," Mr. and Mrs. John H. Flachmann's unorthodox but delightful home in the Ozarks

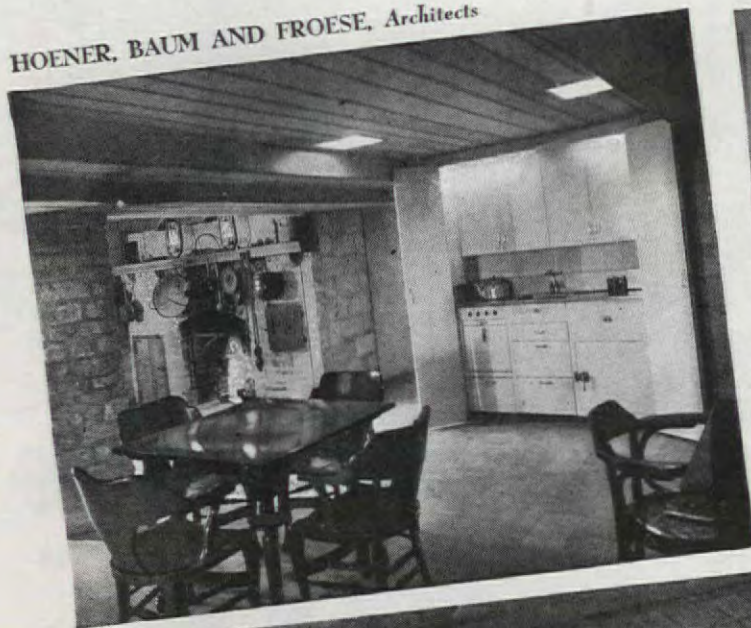
**W**HEN we bought our sixteen acres of virgin land in southern Missouri, with their magnificent 40-mile view across the valley, our original plans called for a comfortable but simple shack for week-end holidays. So we built a 16-by-30-foot one-room structure with beamed roof, which is still our living room—but with additions. For the idea of one room and merely Saturday and Sunday visits didn't satisfy us for long. The first expansion was the purchase of an ancient but perfectly preserved log cabin and its removal from a nearby property to a site close by our house, to which, the next year, it was connected by an entrance unit made of the cabin's original foundation stones. Except for windows and a new door and exterior siding put on in the interests of better heating, the log cabin—which is now our dining room—is as it was a century ago, with the plaster-chinked log walls seen in the upper picture on page 20.

Since we were progressing backward, as it were, it was not so illogical at that point to start excavating for a basement. Because of the grade, this meant cutting into the bank so that ultimately our first floor was at ground level in front and on seven-foot piers at the back. The lower floor that resulted provides space for furnace, laundry, workshop, game room, and rathskeller. The final addition, consisting of a story-and-a-half unit, comprised four bedrooms and two baths; and when that was completed, we moved in permanently. The rathskeller is a real "party









Photographs, Piaget



All the rooms extend an invitation to informal comfort—the big living room, the rathskeller and the original dining room

room,” equipped, as the upper of the views on the left shows, with a big open fireplace, where we bake beans and broil meats, and also a very modern electric apartment-house kitchenette unit. The latter has an especially pleasant feature in the folding solid doors, which shut it off completely when cooking operations are over or are dispensed with. At the left is seen the fireplace end of the living room—née the original one-room building—but with no hint of the glorious view to be had through a broad picture window. The circular handmade rug is one of several which were my contribution to the house; my husband had a big share in its planning and construction.

Outdoors there are two fireplaces, each with its own terrace and furniture. The one on the upper or living-room level (shown above on page 19) is purely “for fun” and a favorite gathering place

for the younger folk; here a log fire is welcome even on summer nights. The other, on the lower level, is just outside the rathskeller, and its very efficient cooking unit takes care of all kinds of company barbecue affairs, even to the roasting of a suckling pig on occasion!

It is not easy to describe a place so unorthodox, so much a mixture of new and old, in which we enjoy every convenience of modern living, yet have retained in parts of the house the atmosphere of pioneer days. The entire place is informal to the extreme and as such it has proved a happy rendezvous for our two sons and their families and friends, as well as ours. And so, we hope, it will again, when happier days are here and we can resume our former regime of constantly keeping open house. Incidentally, because I have long been “Bunny” to my friends and family, our home is named “The Warren.”

## Porte-cochere to extra room and patio

CALIFORNIA life had accustomed us to patios and outdoor living. So when our daughter's asthma took us to Arizona and we found no rentable house, we bought a twelve-year-old adobe bungalow without an

architectural feature to commend it because it included the use of a private community park, picnic area, and swimming pool. On the north side of the house the drive passed under a fat-pillared *porte-cochere*. This we floored with cement and then enclosed with ship lap, leaving screened windows on three sides to light the living room. In the rear L thus formed we built our coveted patio, making the floor of varicolored desert rocks and enclosing north and west sides with shrubs and vines.—BETTY ROTH



Enclosing the porte-cochere not only provided added space and outdoor living but gave privacy to the patio







Maynard L. Parker

## In California the Cunninghams really LIVE outdoors

With a brick barbecue, a recreation room, a *ramada*, a paved patio,  
and a little garden, all built by their own hands  
within the limits of a little city lot

**T**HE story of this "south of the border" patio starts with a two-year accumulation of ideas clipped from *THE AMERICAN HOME* and the little back yard of Mr. and Mrs. Vincent Cunningham's Los Angeles home. (To jump for a moment to the eminently successful conclusion, the whole delightful outdoor living area cost only about \$150, plus the labor, which was all done—and hugely enjoyed—by Mr. Cunningham.)

The first step was paving with cement the 35 by 25 ft. space between their garage and the one next door; this area lies between a bit of lawn at the front and a patch of garden at the extreme

rear of the plot. Next came the building of the two partly-enclosed recreation rooms which face each other across the patio. One is built of wood (to harmonize with the house) against the side of the garage, whose stucco wall was covered with knotty pine (varnished and waxed) to match the other two walls, each of which is partly window. Here the cement floor was painted deep red to match the linoleum top of the bar, which, with a studio couch, coffee table, chairs, radio, and wall lights (wired from the garage) completes the furnishing of a jolly little rumpus or relaxation room—see above!

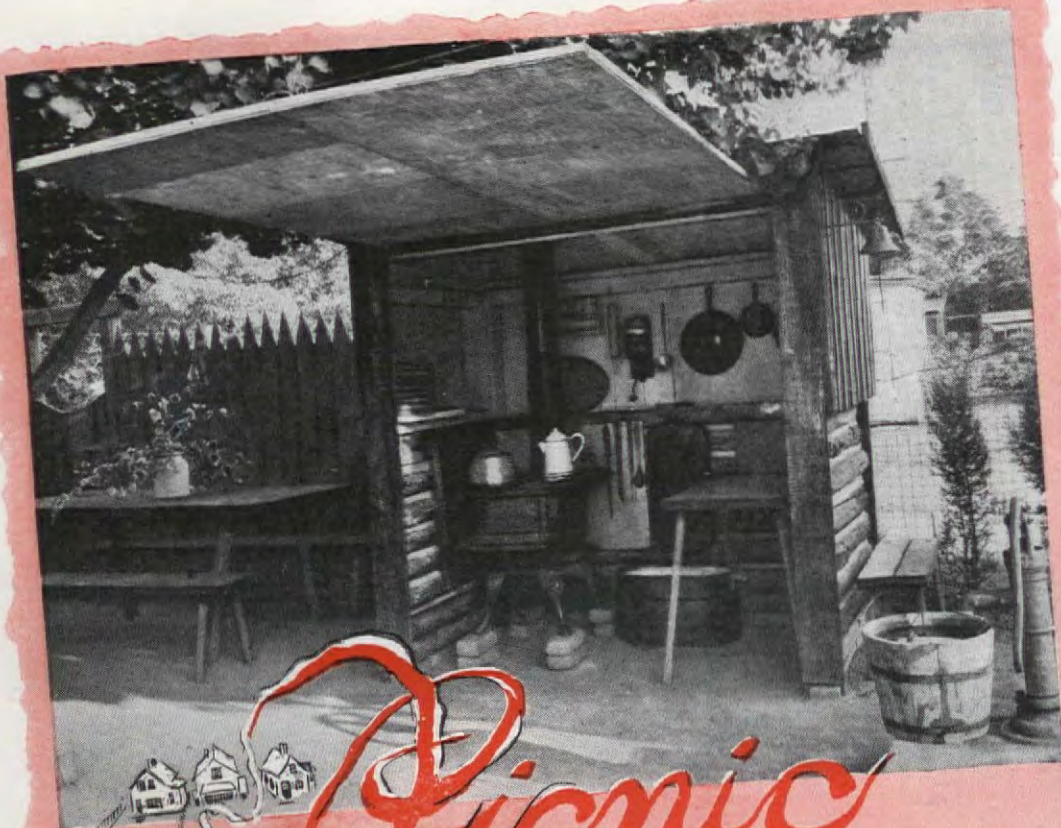
Across from this—that is, against the



Inside the recreation room adjoining the garage







# Picnic on your 40 x 60!



1st Year

Simple fireplace on brick, stone, or cement footing



2nd Year

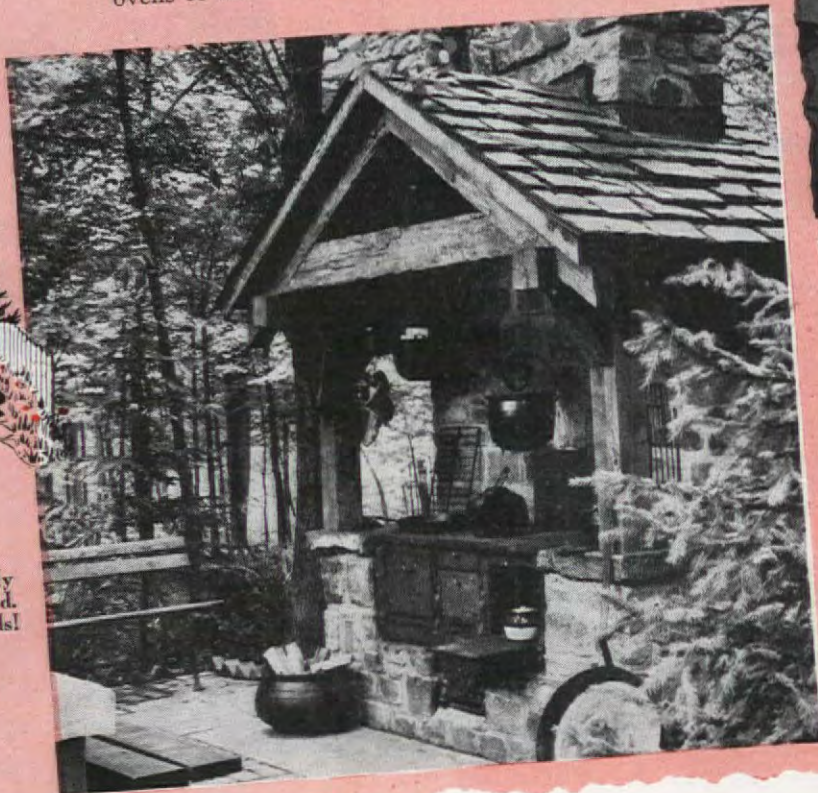
Wood and storage space; more paved area in front



3rd Year

Enclosing fence; sturdy furniture; paving finished. Complete picnic grounds!

THAT'S the idea for this summer, because it saves travel, expense, time, energy, and trouble and still permits a rich variety of enjoyable, amusing, and health-building experiences. It helps keep the family together, too. Right on this page are four exciting examples. At the right, part of the story of how the Cunninghams do it in California. At the left, suggestions from Dorothy Porter for a progressive three-year picnic ground program. Above, the summer kitchen used with great satisfaction by Mr. and Mrs. Carl Andrews, also of California. It is shown "open for business"; when not in use, the extension roof shuts down to keep out weather and intruders. And below, the handsome outdoor hearth and ovens of the Crichton family, of which more on page 24.



neighboring garage—they built, to the same dimensions, the rustic type *ramada*. The lower half of its back wall is the stucco rear wall of the property; the upper half, side walls, and overhanging roof are of second-hand oak and elm lumber which was given a rich, antique finish (as well as protection from termites) with a coat of home-made stain consisting of equal parts creosote, crank-case drainings, and kerosene. This shelter houses a glider lounge, deck chairs, and a large built-in bench and table; the latter is often covered with a bright red checkered tablecloth for the frequent *at fresco* meals or extra barbecue feasts served there. The rustic effect is con-



tinued in the ranch-type board fence with its iron-hinged gate and old hitching rings, that bounds the patio on its other two sides.

Just outside the *ramada*, a stout serving table stands close beside the imposing white-painted brick barbecue which Mr. Cunningham built of used brick at one side of the patio. Big wrought-iron doors add much to its appearance, and its adjustable steak grill, hung from chains inside the pit, is most convenient. Old wagon wheels, garlands of painted gourds, hanging jars and colorful pots of flowers—and a friendly turtle—add to the informal atmosphere. Mrs. Cunningham says she feels both enthusiastic about all the patio can give them and patriotic because it is in line with these stay-at-home days. And why not, say we!





## JUST A TEXAS "SIDE YARD"

*—but you should see it,  
now that it's had its face lifted!*

MARY BROWNLEE

**I**F YOU have an unsightly side yard, have a good time with it. You won't need much money; just interest, ideas, time, and energy. We began by removing a terrible old wire fence and gradually replacing it with a lovely barrier of native shrubs brought from the nearby hills. At the back, near a fine, big elm, we had some Mexicans build a simple, low barbecue pit. The long center grass plot is a grand two-way putting course, and there are two more holes in the main back yard. Those who don't want to play can sit and watch (and smell) supper cooking. All my life I had wanted a stile, and now I have one,

over the remaining fence to the next yard; my little neighbor, Patty, and I love to sit on the top step and watch the sunset, or for the first star. My husband and I enjoy it in the moonlight, too, and often our little dog pushes in and snuggles down between us. A graceful mesquite tree, besides being beautiful, helps a little hackberry support my husband's pride and joy—a barrel-stave hammock he made one Fourth of July. Returning from the hospital last year, I found he had put the finishing touch on our project—a stone terrace, table, and bench under the elm tree near the barbecue. Above the table a quaint iron gift lantern with big, slow-burning candle gives light without attracting bugs. I love to sit out there mornings, with Cinderella in my lap and Bouncer at my feet. Yes, we all enjoy our side yard and living at home.





Photographs, Frank Paine Baldwin

**D**ONALD CRIGHTON, Scotland-trained horticulturist, is superintendent of a New Jersey estate. Because his responsibilities preclude summer vacations, he has not only planned many ways to simplify the care and upkeep of his two-acre home, but also worked out a scheme which allows him and his family—that is, Mrs. Crighton and two teen-age children—to really enjoy the hot weather season by relaxing in comfortable old clothes, eliminating the drudgery of housework, and following a regime completely different from that of the rest of the year. About half the property is a woodland slope which calls only for an annual spring clean-up to make way for the daffodils and wildflowers. The beautifully weedless and thrifty front lawn is largely the result of an underground sprinkling system. A garden of choice roses, calling for regular attention, is Mr. Crighton's only strictly horticultural indulgence.

Except for a chicken yard, the rest of the grounds is summer living quarters. These consist of a screened sleeping porch built onto the rear of the garage, three feet of which Mr. Crighton partitioned off to provide a clothes closet, bathroom, and pantry; a brick-paved patio 22 by 16 feet; beyond it the cooking center—a handsome structure in itself; and, at one side of the patio, a recently completed small fireplace built especially for broiling, to supplement the big one, or for occasions when the family wants to “go very primitive.”

On the porch are two double-tiered bunks, the upper ones with originally-designed safety railings for the juniors, a drop-leaf table (these are Crighton-made), and some stout second-hand furniture. The massive, metal-topped patio table was salvaged from an estate kitchen and the benches are homemade. The big coal range (which Mrs. Crighton finds efficient for everything but cake, and which burns about 1½ tons in six months) was bought at a junk yard for a quarter; the masonry enclosing it cost \$45 and the slate for the roof \$10; the chestnut beams came from an old corn crib. Mrs. Crighton uses the stove about every other day, warming up meals on alternate days and cooking breakfast eggs on a small pot-stove on the enclosed porch. . . . Do they enjoy their vacations? Well, the fall of 1941 was a mild one, and the Crighton family didn't “go back home” until after Thanksgiving Day!—ALICE L. DUSTAN

## If you can't go where vacations are, bring them to you!

*That's the Donald Crightons' recipe for summer living in New Jersey*

It's no trouble at all to accommodate guests when there's none of that cramped indoor feeling

Far from anywhere—on the sleeping porch







# Laundry Cheaters

Sketches by H. Cobbett Williams

Oilcloth and Mat Ideas, KAY HARDY

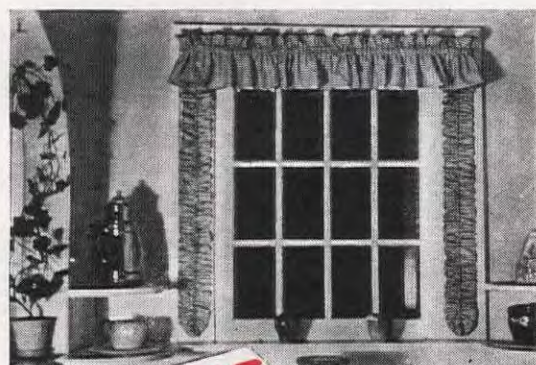
THERE'LL be two kinds of women this summer: those who moan and wail because of the servant situation, and those who either never had a maid to wait upon 'em or are so constituted that they will do something about the situation, maid or no. Laundry, of course, is one of summer's biggest headaches, and particularly so this summer, when we'll have to use everything we've got to make a summer at home a happy, profitable one for our families. This is no time to become a steaming martyr in the laundry! Look about your house and see what can be eliminated—that's step one in Laundry Cheating! And here are our ideas for putting the table laundry on a sub-subsistence basis. Also shown are two truly clever ideas for eliminating blowzy kitchen curtains. That directly below is from **MRS. NORRIS NICHOLS** of Stevensville, Montana (her kitchen will be shown soon). Almost as important as your own health is maintenance of summer morale, and so little a thing as a square of oilcloth will contribute mightily!



Contrast shiny oilcloth with striped chintz boxing or edge with cotton fringe



Great red lobsters and red yarn on white oilcloth are wonderful. Gayest laundry-saver ever!



Oilcloth mat, pretty chintz flower applique



Wallpaper mounted on illustration board and shellacked

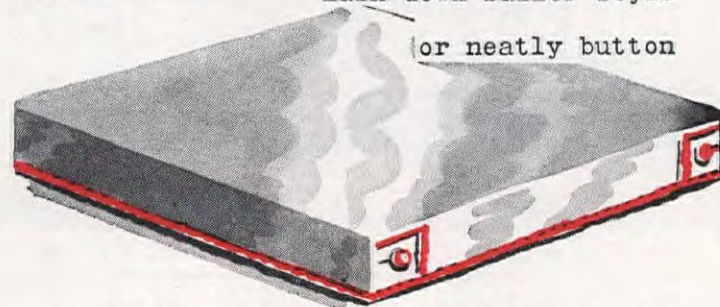
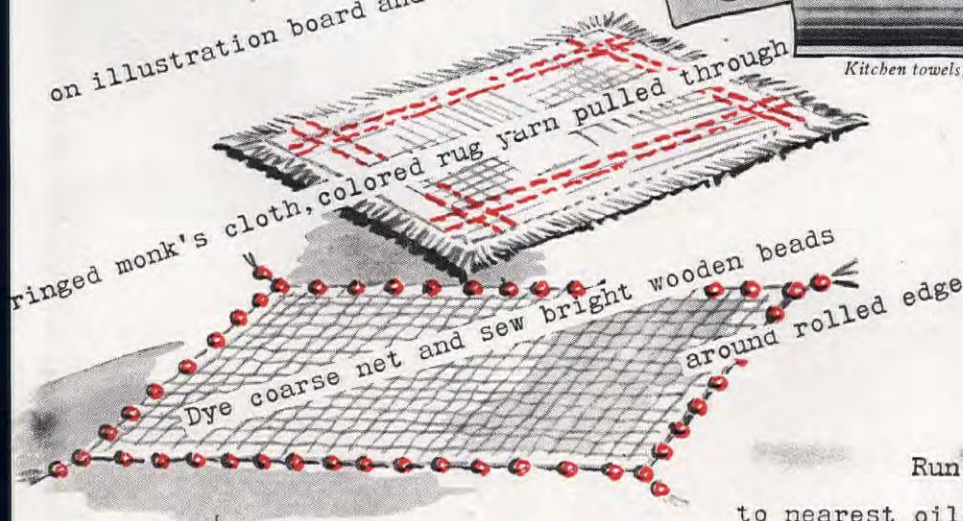


Gay kitchen towels for runners

Kitchen towels, courtesy Martex

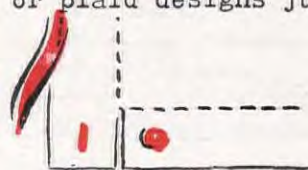


Lash down sailor-style or neatly button



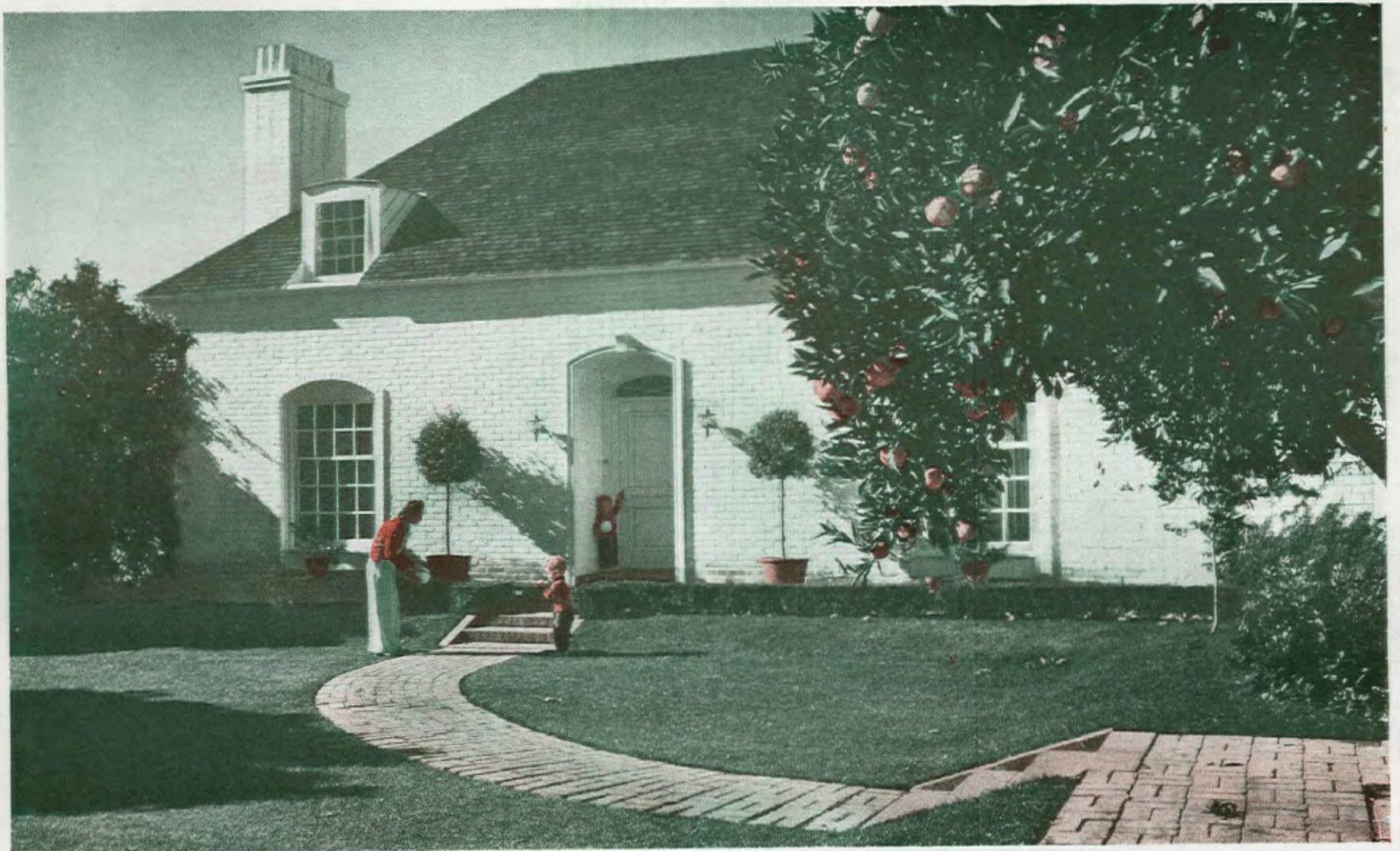
Stripes or plaid designs just as smart

Run, don't walk, to nearest oilcloth counter



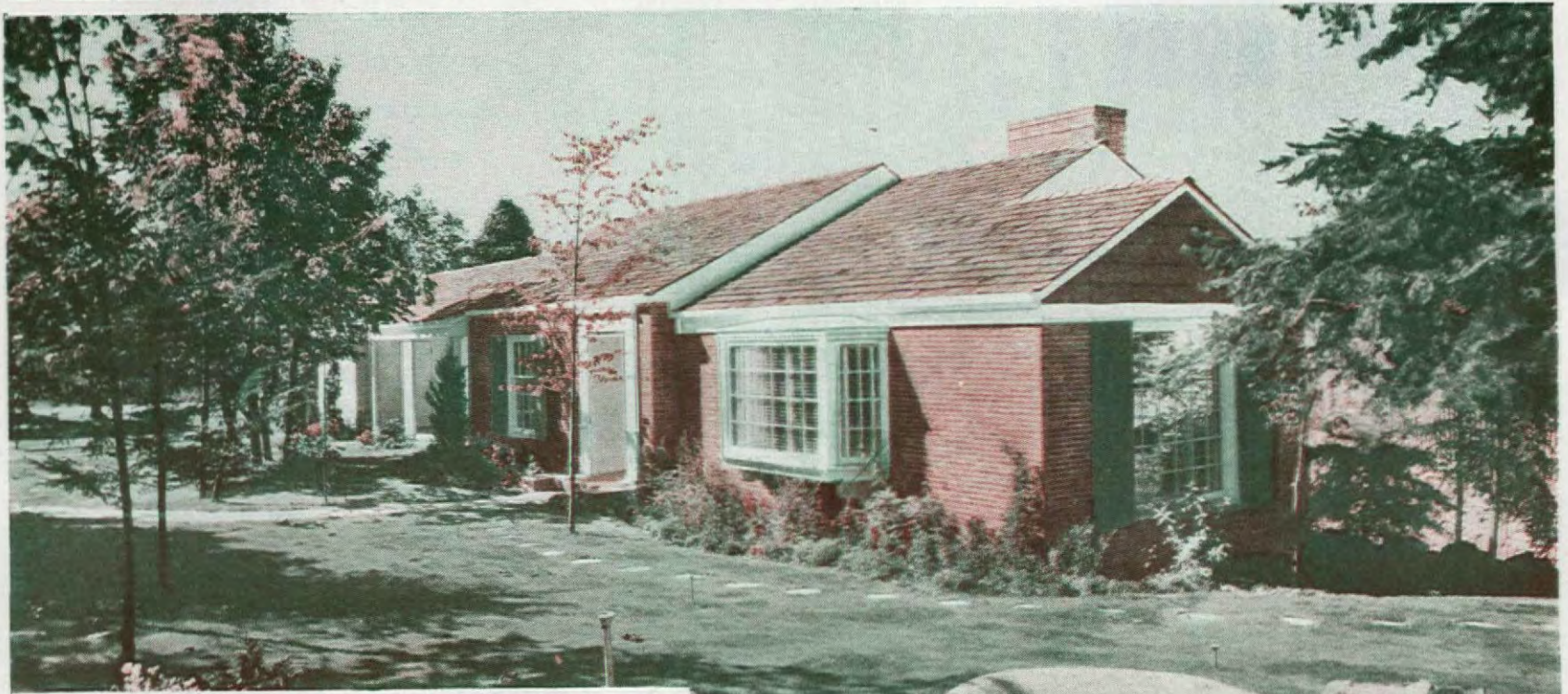


# WARMTH, BEAUTY AND STRENGTH LIE IN WALLS



Photographs, Maynard L. Parker

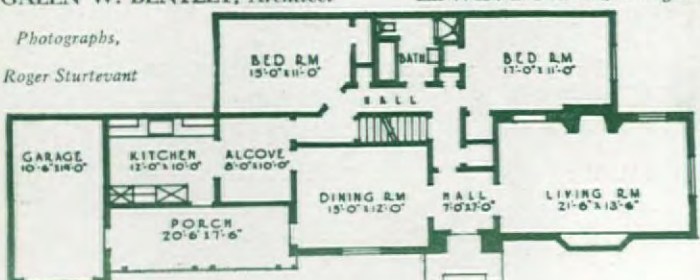
# THERE'S NO PRIORITY ON PLANNING!



GALEN W. BENTLEY, Architect

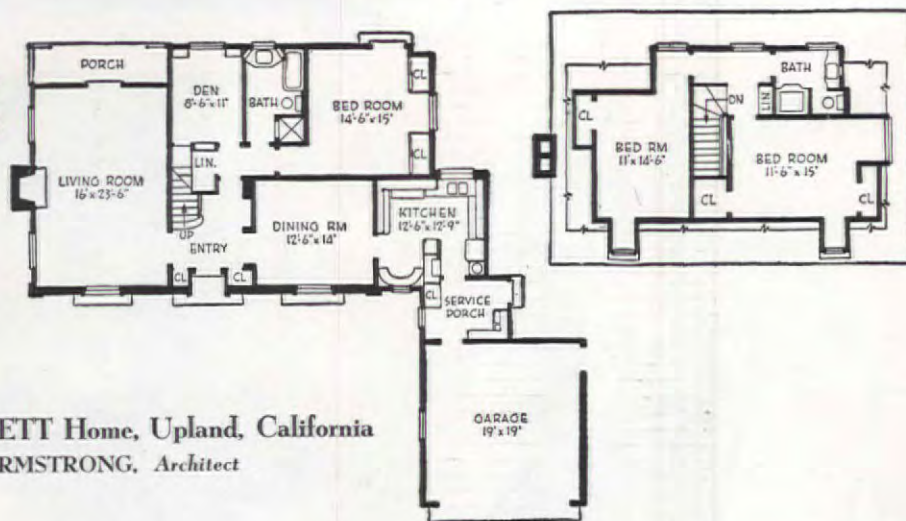
EDWIN DOFSEN, Designer

Photographs,  
Roger Sturtevant





# OF BRICK



**LOWELL E. BARTLETT Home, Upland, California**  
**JEROME G. ARMSTRONG, Architect**

**L**IKE a bit of old provincial France is this charming brick house framed by its many orange trees. There's an air of serenity about it—an invitation to more gracious living behind its sparkling white walls. Notice, too, the oversized windows, well placed and crowned with gently curving arches. Who could resist the urge to enter the simple recessed doorway—to share further the hospitality so generously offered!

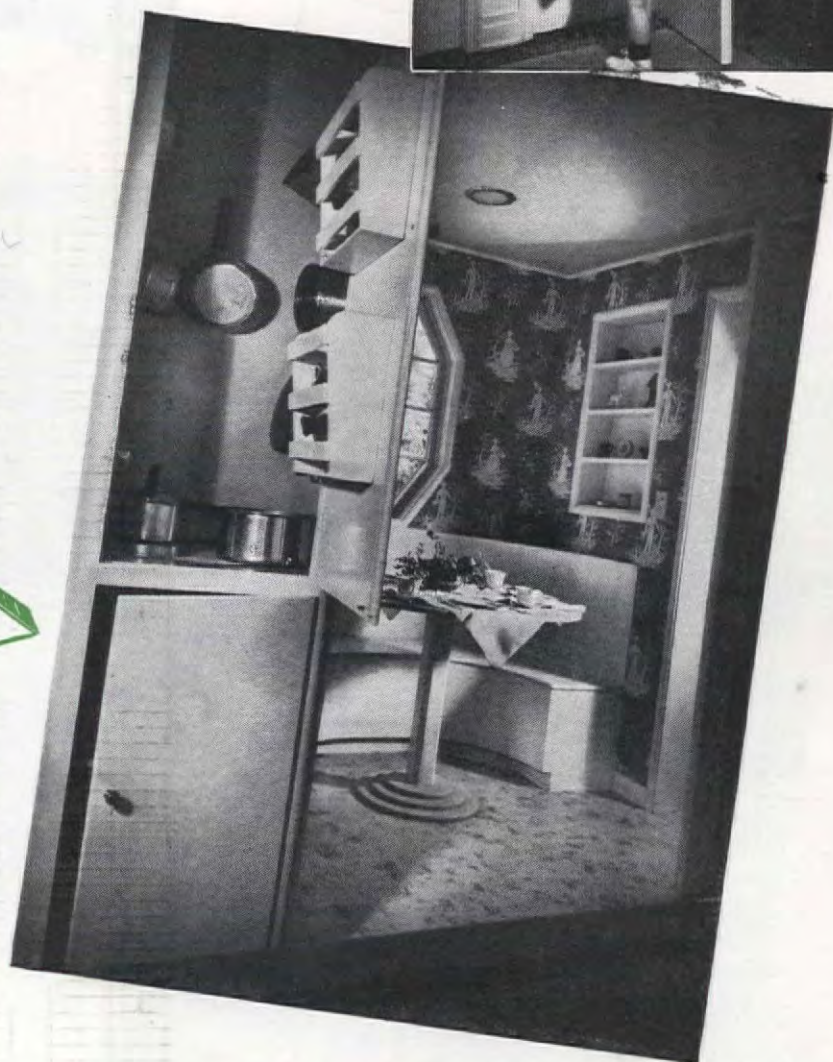
Inside we find color—color used with restraint yet reflecting a warm, comforting glow throughout. French blue and rose in the hall-

way, cream and burgundy in the dining room and alcove, soft blues in the living room—yes, modern provincial wallpapers carry these tones throughout the house. Every convenience has been thought of; for instance, the small closet for the twins at the foot of the stairs—good training ground, indeed, for Young America! Notice also the pantry shelves and closets dividing the kitchen from the dining alcove. Could anything be handier? A large two-car garage has been well blended into the design, near the service wing, conveniently located.

—LENORE M. BATCHELOR



## Will Your Dream House Be of BRICK?



**T**HIS long narrow house and its long narrow lot fit as naturally together as apple pie and cheese. There's nothing monotonous about this house; in fact, by ingenious planning and design, an infinite variety of roof lines and details has been achieved. Roman brick of neutral orange,

longer and narrower than ordinary brick, gives unusual scale and pattern to the whole. This same orange has been used in the painted wood gables, to give just the right amount of color balance in each of the end elevations.

Indeed, ingenuity has been employed in many other directions.

The window shutters are stock cupboard doors onto which have been nailed small half-round moldings. The result looks surprisingly like the ordinary slat shutters but with a remarkable degree of softness against the brick walls.

Throughout the plan we notice the numerous ample closets so dear

to the hearts of all housekeepers. Balancing the fireplace window in the living room is a built-in bookcase. All rooms have been well placed, cross ventilated and have been given well-chosen unobstructed wall areas. This in itself is no minor achievement in a small plan—a boon to furniture arrangement.

## WELL, MR. ARCHITECT- WHAT SAY YOU NOW?



"Peter Peter Pumpkin Eater had a wife and couldn't keep her; He put her in a pumpkin shell, and there he kept her very well."

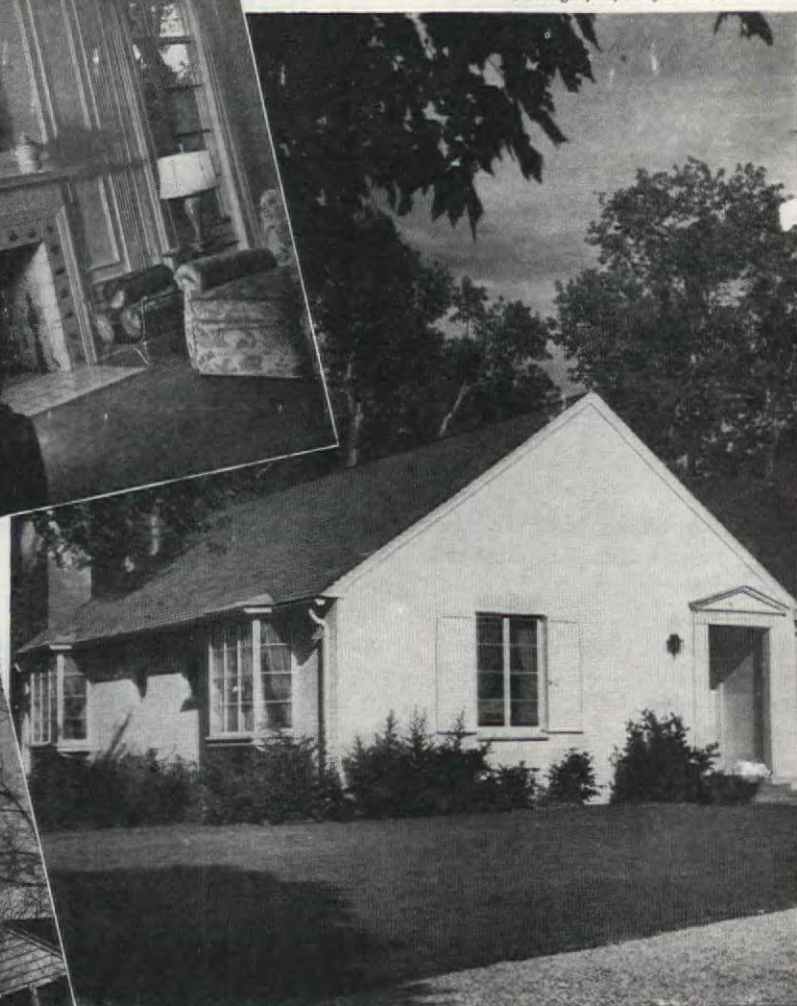
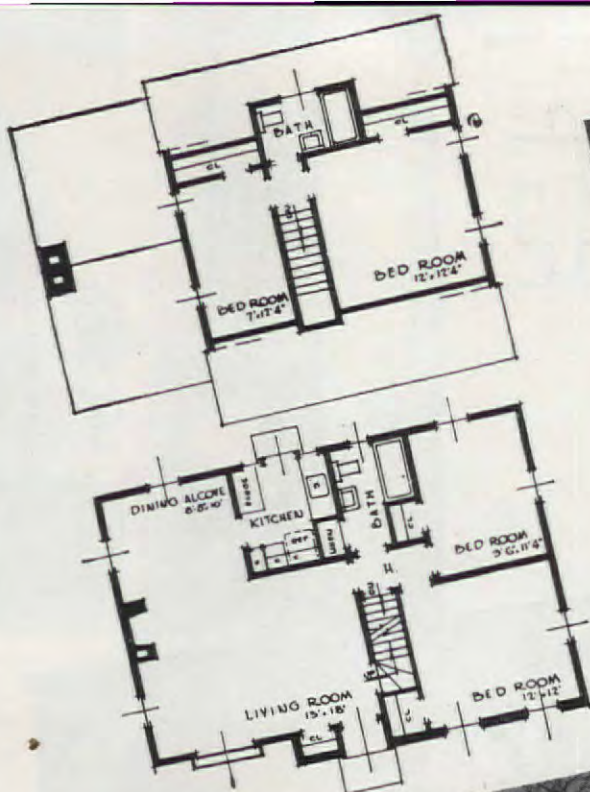
**Y**ES, Peter kept her there a long time until she became thoroughly tamed, and conditioned to drudgery and slavery. But times *do* change. Up to the present, it's been a man's world—mostly. Who designed the houses in which the average American is trying to live an average life? Men—bless 'em! They've known little and cared less about the inner workings of a household. The

house must have an exterior "pleasing to the eye" at all cost. Some even really believe that good "old-fashioned" drudgery keeps us girls out of mischief. Shades and shadows of the dark ages!

Somehow or other we're breaking through the pumpkin shell and leaving Peter to survey the results of his masterly thinking. Here's my idea. At least once in his career, every architect should

be required to take over the housekeeping in one of his creations for at least a month. Maybe *then* he'd learn what makes a home tick. How we women will deteriorate when the pumpkin shell can be managed by buttons, levers, and photoelectric cells (whatever they are)! Such decadent pastimes as singing, playing with the children, golf, painting, writing, may be our unfortunate lot then. Oh you architects—you men—you've lots to learn yet!—**JULIA ELLON**





Photographs,  
Adolph Study



The Home of MR. AND MRS. HUGH PARKER,  
Salt Lake City, Utah      GEORGIUS CANNON, Architect

## THREE BRICK HOUSES THAT ARE

THERE'S comfort and reassurance in Colonial homes. Here we have three—each individual in its own right, each located in a different part of the country, yet every one of them carrying on the same deep-rooted tradition that is uniquely our own.

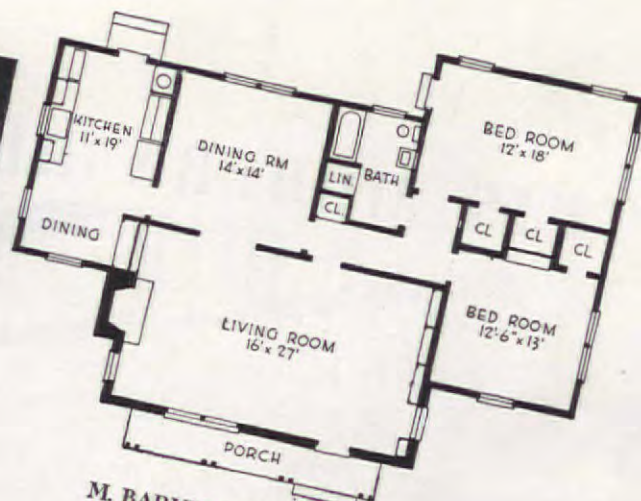
New Jersey gives us the Dutch Colonial home of Mr. and Mrs. Peter De Leeuw, Jr. Though small in appearance, it packs a tremendous amount of livability within its well-proportioned walls. These walls are of common brick accented by white trim, with a brown wood shingle roof. A deep-set entrance doorway gives a well-shadowed accent to the front elevation. A predominating feature of the living room is a wood-paneled fireplace breast. Other features include stock wood sash and Hope steel casements, a Bryant gas-fired air conditioning unit, Standard Sanitary plumbing fixtures, and Morgan stock woodwork and trim.

The Hugh Parker house in Salt Lake City is more reminiscent of our early New England farmhouses with their air of informal hospitality. Low, rambling roof lines and oversized



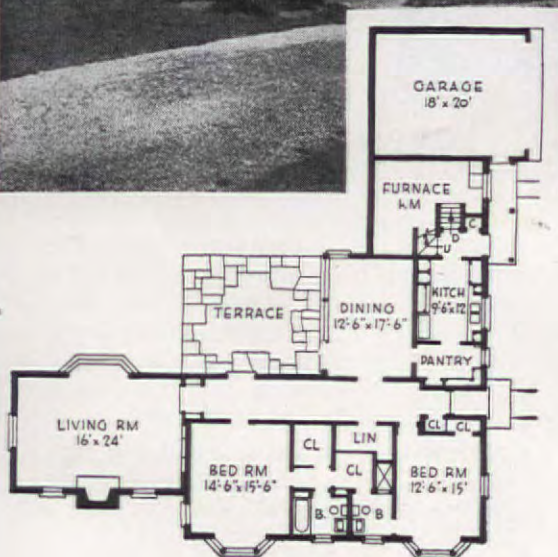
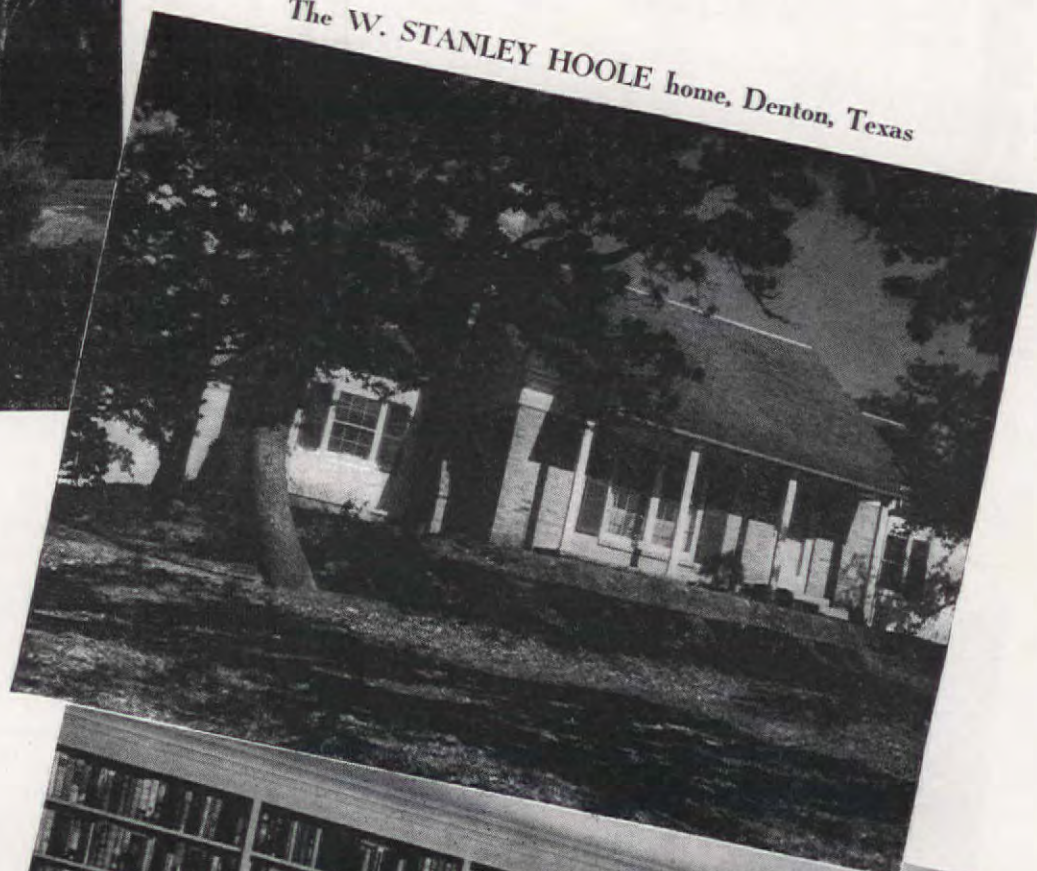
The Home of MR. AND MRS. PETER DE LEEUW, JR.,  
Hackensack, New Jersey      R. C. HUNTER, Architect





M. BARNETT SMITH, Architect  
KATHRYN PETTIT, Decorator

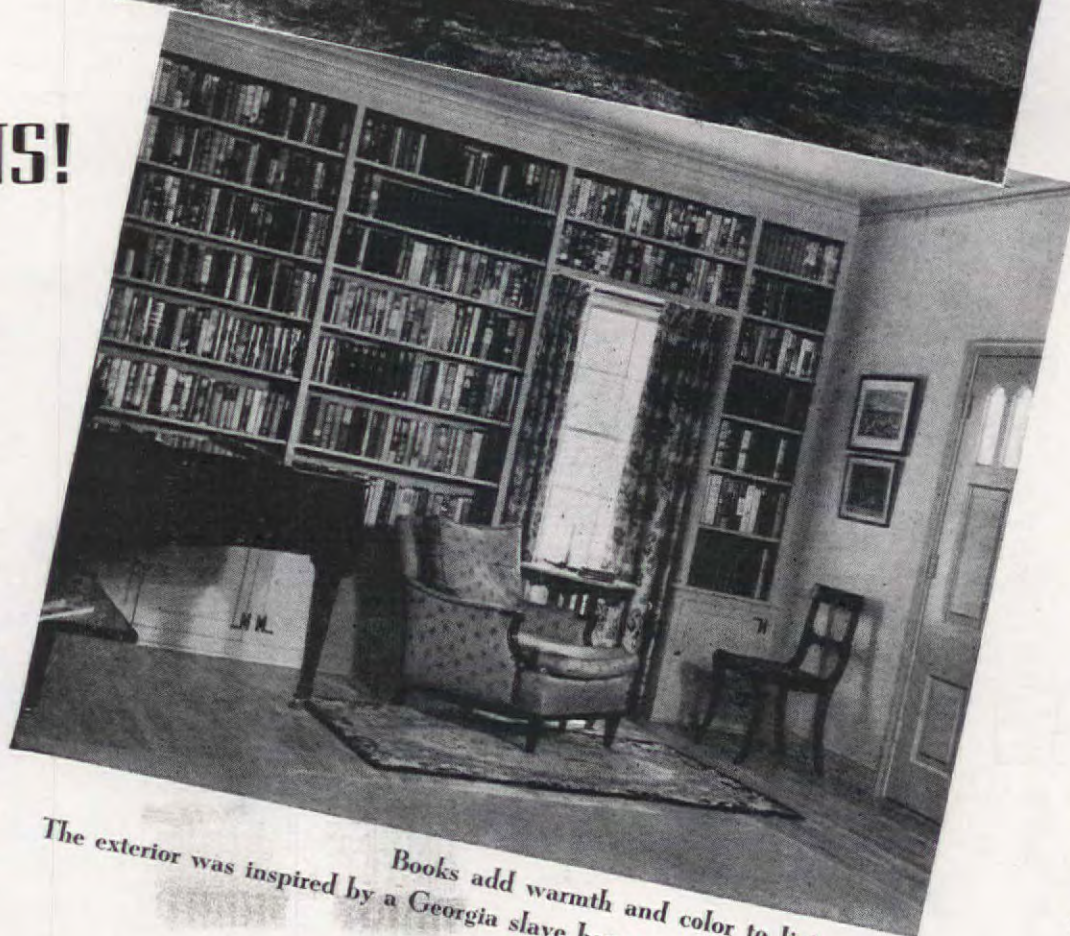
The W. STANLEY HOOLE home, Denton, Texas



## TRUE AMERICANS!

windows do much to enhance this charm. The Parkers insisted on the large windows in order to capture the magnificent view of the Wasatch mountains. Such touches as this, especially the whitewashed brick walls and attractive bay windows, go far in giving the house distinction. Because of water near the lot's surface, furnace room and laundry are only a half-story below the main floor level.

The W. Stanley Hoole sought a livable, informal house—really a country cottage where a child might romp and a tired man might take off his shoes in the living room and settle down with the evening paper. Their home is the successful result. Copied from a slave house in Georgia, Mrs. Hoole's birthplace, it has all of the dignity and quiet charm long associated with the South. Exterior walls are of century-old oversized brick. Mr. Hoole is a college librarian, so it is no surprise to find one end of the living room completely covered with books. Grass cloth paper on the side walls blends with the gray-green woodwork. Chintz draperies of rose and gray-green complete the color scheme.



The exterior was inspired by a Georgia slave house  
Books add warmth and color to living room



# THIS MODERN HOUSE IS FROM MISSOURI!



Living-room alcove showing clerestory windows



The front entrance door

The Home of  
DR. and MRS.  
HUDSON TALBOT  
Ladue Village, Mo.



Interesting corner fireplace in dining room

BRICK houses, did we say? Well, here's one that really does more than its share in showing the varied uses in which brick can be employed in residential design. Exterior walls of brick, walks, terraces, yes, even interior finishes prove how nicely this tried-and-true material fits into our modern way of comfortable living.

Perched on the brow of a high hill, this one-story house boasts seven rooms and two baths. Three wide French doors lead from the living room onto the spacious terrace with its breathtaking view of the surrounding countryside. A long, wide, cantilevered canopy provides proper summer shade

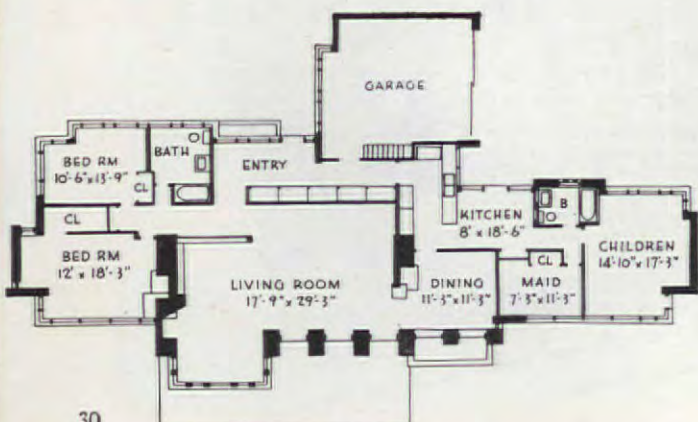
without the usual obstructing piers. The living room is high, with a battery of clerestory windows for additional brightness. Worth noting, too, is the definite saving in upkeep of the house. Rough brick walls gain character with age, and the natural tidewater cypress woodwork, with occasional waxing, develops its own patina.

Floors are of concrete, gaily stained a light aqua. An interesting feature is the heating system—copper pipes buried in a gravel bed beneath the concrete floor slab. Heat is transferred from the hot water pipes to the slab and radiates heat evenly throughout each room in the house.—ELLY BAACK

Photographs, Clint Murphy of the St. Louis Post-Dispatch



EDOUARD JULES MUTRUX and WILLIAM ADAIR BERNOUDY, Architects







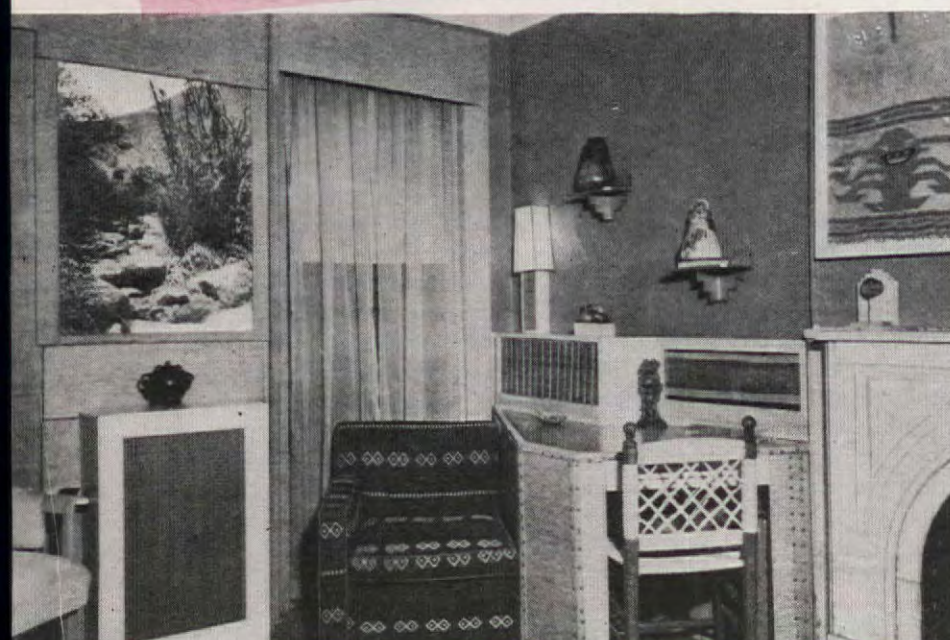


# MODERN in a *South American Way*

WHEN Mr. and Mrs. W. V. von Schoeler rented their apartment it had none of the modern compact liveableness apparent in the accompanying pictures. Its high ceilings, heavy moldings, long windows, and white marble fireplace testified to its Victorian origin. This would have discouraged most young couples seeking modern surroundings and a suitable background for their collection of South American treasures—but not the von Schoelers. It was an apartment within their budget, and they had the vision and will to work for the setting they desired.

The "built-ins" include a three-cornered desk, an enclosure for the ice-box and stove, and a large drop-leaf table that will open to accommodate four people for dining. We show pictures of this unit open and closed to prove that even though it is necessary to live in one room, it can be beautiful as well as efficient. These units are made of natural blonde plywood finished with a coat of clear shellac and alcohol and several coats of paste wax, well rubbed.

Natural-colored burlap is used to cover the window end of the room. Notice below, left, how the long windows are made to look



shorter and more modern with a deep valance of this burlap. Even the window frames are covered with the burlap to carry out the smooth modern effect. The other three walls and woodwork are painted a deep dusty mauve and the ceiling white. The floor is natural oak with a shiny wax finish. Floor-length curtains are of marquisette in a natural color, as is the Chinese fiber rug.

A studio couch, glass-topped coffee table, two comfortable modern chairs and the attractive Mexican chairs with red knobs fit into the picture in a perfect background for the colorful antique textiles and pottery pieces which Mr. von Schoeler brought with him from South America, his home for many years. Some of these lovely textiles are framed and hung on the wall. The one above the fireplace is an example of pre-Spanish textile art of Peru and was found in an ancient tomb. The couch cover is a wool Mexican colonial blanket woven in brilliant alternating stripes and is about 150 years old. The two photographic enlargements are favorite South American scenes.

The entire apartment was done for less than \$150 and demonstrates the decorative possibilities of building a charming and distinctive budget room around one's treasures or hobbies.





# HELP WANTED?

## YOU ASKED FOR IT—HERE IT IS!

Well, our first wartime winter is behind us, thanks be! What with fuel shortages and lack of help, it's been quite an experience. Still in all, we kept the home fires burning and our houses fairly comfortable—mostly by trial and error. Let's be better prepared next winter. You've asked lots of questions about that overworked heating system of yours—well, here are the answers—AND ALL NON-PRIORITY

### QUESTION —Just how effective are storm sash?



Very effective indeed. Double glazing should definitely be considered because, when properly installed, it alone can result in fuel savings of 10 to 15 per cent. Then again, when used in combination with weatherstripping, savings amounting to 30 per cent may result. They are especially important in sunrooms, where glass areas are very large. If, in these rooms, sash price is too prohibitive, we suggest shutting off the room entirely during the winter plus weatherstripping all its doors.

### QUESTION —Do paint colors affect radiator efficiency?

Definitely. Contrary to popular belief, bronze and metallic paints are really bad conductors of heat. However, if this happens to be your present finish, don't try to remove the paint. Just brush over the surface with suitable enamel such as white, terra cotta or maroon gloss. Where steam heat is used, black paint gives the best heat transmission. Painting, however, has no effect on fuel consumption. It merely steps up the efficiency of your radiators. Bright reflectors placed behind help also.



### QUESTION —Will weatherstripping help conserve fuel?



Drafts of cold air coming through faulty window and door openings are some of the most common causes of fuel loss. Felt weatherstripping, easily procurable, will do wonders in helping save that precious oil and coal. Why, tests prove by using weatherstripping alone, savings as high as 20 per cent may be effected. If your home is insulated and has storm sash you may save as much as 60 per cent. By pulling window shades down, savings in fuel up to 10 per cent can be made.

### QUESTION —Does humidity in the house effect a saving?

Yes, for a simple reason: the dry heat resulting from most heating systems has a tendency to draw moisture from everything it contacts. If it cannot find moisture in the inanimate objects about a house, it takes it from the human body. This results in a chilling of the skin; consequently, more heat is needed to keep warm. Research has shown that simple home-humidifying equipment will nullify this loss, give more comfort, and allow the thermostat to be set several degrees lower.



### QUESTION —Is setting back a thermostat at night wise?

Yes, if a decent length of time is allowed to elapse between the turning off and on, say eight hours at least. Otherwise your heating system works doubly hard making up the difference in temperature, and very little fuel is saved. We recommend turning your thermostat down 10 to 15 degrees at, say, nine or ten o'clock and turning it on again about one-half hour before rising. Weatherstrip and close all bedroom doors during the night; turn off all bedroom registers and radiators.



### QUESTION —What savings result from insulation?



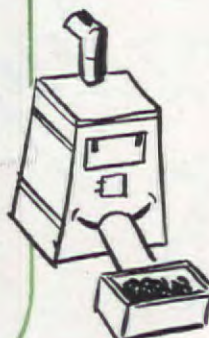
When used in combination with weatherstripping or storm sash, savings in fuel consumption will run as high as 50 to 60 per cent. There are many types of insulation, rigid, flexible, and reflective insulation being best known. Some mineral wool insulation comes already covered with moisture-resistant paper as a precaution against condensation. Investigate the kind of insulation your house needs, go to a reputable dealer, get his advice. Insulation will also insure summer comfort as well.

### QUESTION —What summer care can be given a boiler?

Summer months are damp and can do great harm if precautions are not taken. By all means clean out your boiler; keep the flue areas smooth to promote good combustion. Use a stiff wire brush and scraper. Remove all soot and scale from the inside of the boiler. Every particle of soot absorbs moisture and starts corrosion. Ashes, too, should be removed. Don't remove the smoke pipes; clean these in place, avoid spreading soot around basement. Oil boiler door hinges and leave door open.



### QUESTION —Will an automatic stoker conserve fuel?



The money spent for a coal stoker is money well invested. These stokers, automatically controlled, burn coal more efficiently than is possible by hand stoking. Years of practice have proved this point. By maintaining a deep fire, fluctuations of heat are avoided, a more constant temperature realized in the boiler. Seal up cracks and crevices around door frames. The flue damper should never be fully closed; its position should be determined by trial, since no two houses are alike.





Most of us grow gladiolus and dahlias, of course

—but do you know these other lovely, intriguing, easily-grown things?

# Summer Flowering BULBS





**H**OW unreasonable some people are! I have heard folks complain because tulips, daffodils, and the other cheerful spring bulbs don't go on blooming all summer—as if they didn't have a real mission in life and didn't fulfill it supremely well! And as if there wasn't a rich and varied assortment of other flowers that are easy to grow and flower abundantly during the hot months when, to my mind, the delicately colored harbingers of spring would look out of place!

How many of the nine or more adaptable and colorful subjects listed in the table below and pictured on these two pages are you really familiar with? Dahlias and gladiolus, probably; and you may remember the gaudy cannas and bizarre elephant ears from visits to city parks and botanic gardens without ever having thought of growing them yourself. But why stop there?

All down the line the culture is quite simple. You start by buying a few bulbs (or corms, tubers, or roots, according to the careful distinctions of horticulturists) and keeping them in a dry, not-too-warm place until all danger of frost is past. Then you plant them out in good, rich, light, well-prepared soil in an open, sunny place (with two exceptions noted later), spacing them according to the stature of the mature plants and the directions in the catalogues from which you ordered them. The larger dahlias, the elephant ears, and the can-

nas are so dominating that they had best go by themselves or form a background for lesser subjects. The others are most effective distributed in small groups through the borders, in front of shrubbery, or among other plants with flowers that will supplement or act as a foil for their colors. As your stocks increase you will probably grow part of them in rows for cut flowers or for testing and comparison. The exceptions that prefer part shade are the two caladiums. One (correctly named *Colocasia*) has huge all-green leaves and is fine for tropical effects in moist places; the other, with brilliantly splashed foliage, is smaller and more delicate and can be grown as a pot-plant, or, like the canna, it can be started in peat moss indoors and planted out when the weather is warm.

Except for occasional weeding and cultivation, little care is needed. Corn borers may attack dahlias, and the gladiolus thrips should be fought by fumigating the corms, for a month after digging, with naphthalene flakes, by soaking them in a disinfectant solution before planting, or by spraying the plants several times with a sugar-tartar emetic mixture. After the flower display ends, leave the plants alone until they are blackened by frost (unless you want to take the caladiums in earlier). Then cut the tops, dig and clean the bulbs, and store them in a frost-free place over the winter.

Plant name	—and what you plant	Color scheme	Size and form	Uses and cultural notes
Caladium: a. Elephant ear ( <i>Colocasia</i> ); b. Fancy-leaved caladium	Tuber	Leaves only; a.—rich green; b.—with red, white, pink	a.—huge, spreading; b.—pot-plants with large leaves	For bold tropical effects in part shade. a.—plant outdoors 4' apart; b.—start indoors in flats and pot up when rooted
Canna (many varieties)	Root	Bronzy foliage Flowers yellow, orange, red	Large, erect, to 5'	For bold, brilliant masses. Start indoors or plant out about now in rich, drained soil, 2' apart
Dahlia (many types and varieties)	Tuber	Great variety of colors except blues	Varied, from 18" miniatures to 8' large-bloom kinds	For backgrounds, borders, cutting. Set tubers 6" deep in rich soil, full sun, 2' apart. Stake firmly and keep tied up
Galtonia ( <i>Hyacinthus</i> ) Summer-hyacinth	Bulb	White. Loose spikes of bell-shaped flowers	Spikes to 4' Spreading strap-like basal leaves	Handle like gladiolus. Plant in groups of 3 to 5, three feet apart, in full sun in mixed perennial border
Gladiolus (many varieties)	Corm	Great variety of colors and pastel shades	Up to 4', erect, slender; stiff, narrow leaves	For border masses and cutting. Make succession plantings of corms 3-6" deep. Keep cultivated and protect from thrips
Hymenocallis ( <i>Ismene</i> ) Peruvian-daffodil	Bulb	White—six petals long, narrow; six broad, fringed	Medium to small; spikes erect to about 2'	Scatter small groups in mixed border. Plant by early June, 4-6" deep. Handle like gladiolus
Montbretia ( <i>Tritonia</i> )	Corm	Vivid orange, reds, yellows	Like miniature gladiolus—to 2' Stiff, erect	Use against green or white in border; grow in rows like gladiolus for cutting. Plant 3" deep in sunny location
Zephyranthes Zephyr- or rain-lily	Bulb	White- and pink-flowered species	Medium to small Narrow, spreading foliage	Related to amaryllis; handle like gladiolus. Use for graceful effect in border; can also be grown in pots for terraces or indoors





# HOME STUDY COURSE

## WHEN You

### 6. Wedding

THE war has hastened many marriages; let us devoutly hope the war will not bring tragedy to many of them. But of one thing we can be certain—there *WILL* be wedding gifts to buy for wartime brides. Let's, then, be sobered by that fact and choose accordingly. Let's not go on with the thoughtless buying of pre-war days, for even in those lush days of plenty it really was wasteful and even stupid to give a bride the easiest thing that came to mind, leaving her with four pickle forks, three hors d'oeuvres platters, and not enough utensils in the kitchen to whip up the simplest dinner or scrambled eggs for Sunday night supper!

The things that we have shown here are merely buying suggestions *BEFORE* you start out to shop. We do give wedding gifts to brides whom we know but slightly, but more often we are buying for someone we know well. We know her own background; we know directly from her or through her mother what sort of life she has in mind after she's married. You'll not only find that she earnestly wants practical gifts, but if you'll take the time and thought to find out before you go shopping, you can give her the exact color or size as well as the exact item she needs. In wartime it is inexcusable to buy with the thought, "Oh well, she can always exchange it if she doesn't like it." Neither the bride nor the store from whom you bought it has the time or personnel for such wasteful, thoughtless buying. But even more tragic waste is that very often the bride dares not exchange a thoroughly useless gift for fear of hurting you!

And while we're on our soap-box, we may as well go all the way and state flatly that the old-time wedding-gift approach was a shameful thing, war or no war. How it would look when set out for the wedding guests to see seemed to be the motivating thought! For some years now, young people have been decidedly practical and shrewd buyers. You'll remember the shock you got when you saw how well dressed they were on their own slender allowances! You'll remember all their talk—not too subtle

Mirror, Nurré Co.; green blanket, Chatbam Manufacturing Co.; towels with green stripe, Dundee Mills; all-green towel, Martex; sheets and pillowcases with green bems, Pacific Mills; hemstitched sheets and pillowcases, Pequot Mills; plain sheets and cases, Cannon Mills; white rug, Klearflax Linen Looms—all good gifts for modern brides

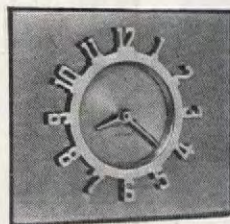


Wilton broadloom, Karagheusian; Pembroke table, Imperial Furniture Co.; chair, Heywood-Wakefield Co.; chest of drawers, Drexel Furniture Co.



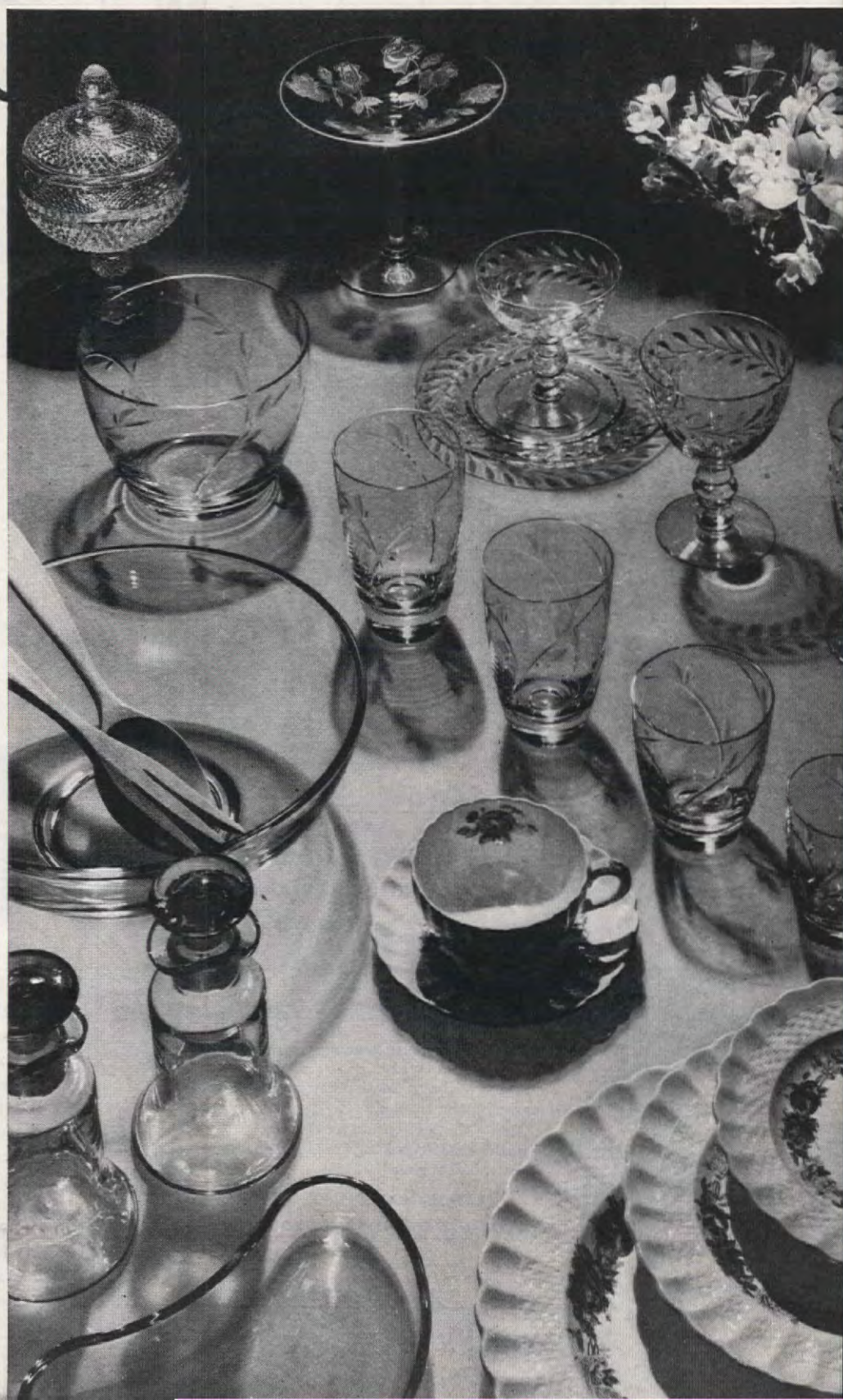
# Buy, Know *WHAT* to Buy

*Gifts*



talk, either—about their determination not to live the stuffy, put-up-a-front sort of life *SOME* people were living. In the best of all possible post-war worlds it is going to be some years before these young-marrieds come into their own and it is more than possible that they will never want an elaborate home. A glass bowl that can hold flowers only, or serve as salad bowl only, when it can so easily do both, may well seem an archaic object to them. Do you suppose, then, that a pile of fluffy, beautiful bath towels, soft and downy blankets, or a streamlined glass coffee-maker would bring anything but screams of delight from such a hard-headed little bride?

And it's not just that they need them—it's that they *LIKE* these things. Beginning in turbulence, these first years of married life are a part of the new scientific and mathematical world they are inheriting. They talk straight and think straight about these things. The gadget era passed out with the war. "Tricks" do not amuse this new generation; but quite definitely a beautifully functional design, whether it be a Flying Fortress, a water glass, or a textured cotton rug, *DOES* thrill them. And it's because these practical things of today are so beautiful that you are left without a leg to stand on if you continue buying wedding gifts, old-style. It is possible to combine utility and beauty, and the present-day bride expects both! The display of wedding gifts may not gleam and glitter quite as much as that dazzling array of repoussé pickle dishes and silver salvers—but it's the gleam in the bride's eye that really matters, and we'll take on any





1. Sergeant Sam, who was tough as an old rusty nail, Gave commands in a voice that would make privates quail.

2. But his wife, giving orders on house-cleaning days, Found that Sam begged off working, in all kinds of ways.

3. Then the sergeant's wife hit on a marvelous plan— A quick, easy way to make glass spic and span!

4. With Windex the labor's so easy to shirk, Even Sam, like a lark, sings a song with his work!

5. Spray it on—wipe it off—for much less than a cent, Each pane has a shine you'll acclaim heaven-sent!

6. So when house-cleaning time comes around you can bring Your WINDEX to work, and you'll shine while you sing!

**DON'T TRUST CHEAP SUBSTITUTES!**  
NO STREAKING...NO FILM...WHEN YOU INSIST ON

# WINDEX

**COSTS ONLY 1/4¢ PER WINDOW**

DON'T START house cleaning without this non-inflammable, oil-free cleaner that costs but a fraction of a penny for each pane cleaned!

And—Windex is grand for cleaning windshields, mirrors, anything in the house made of glass!

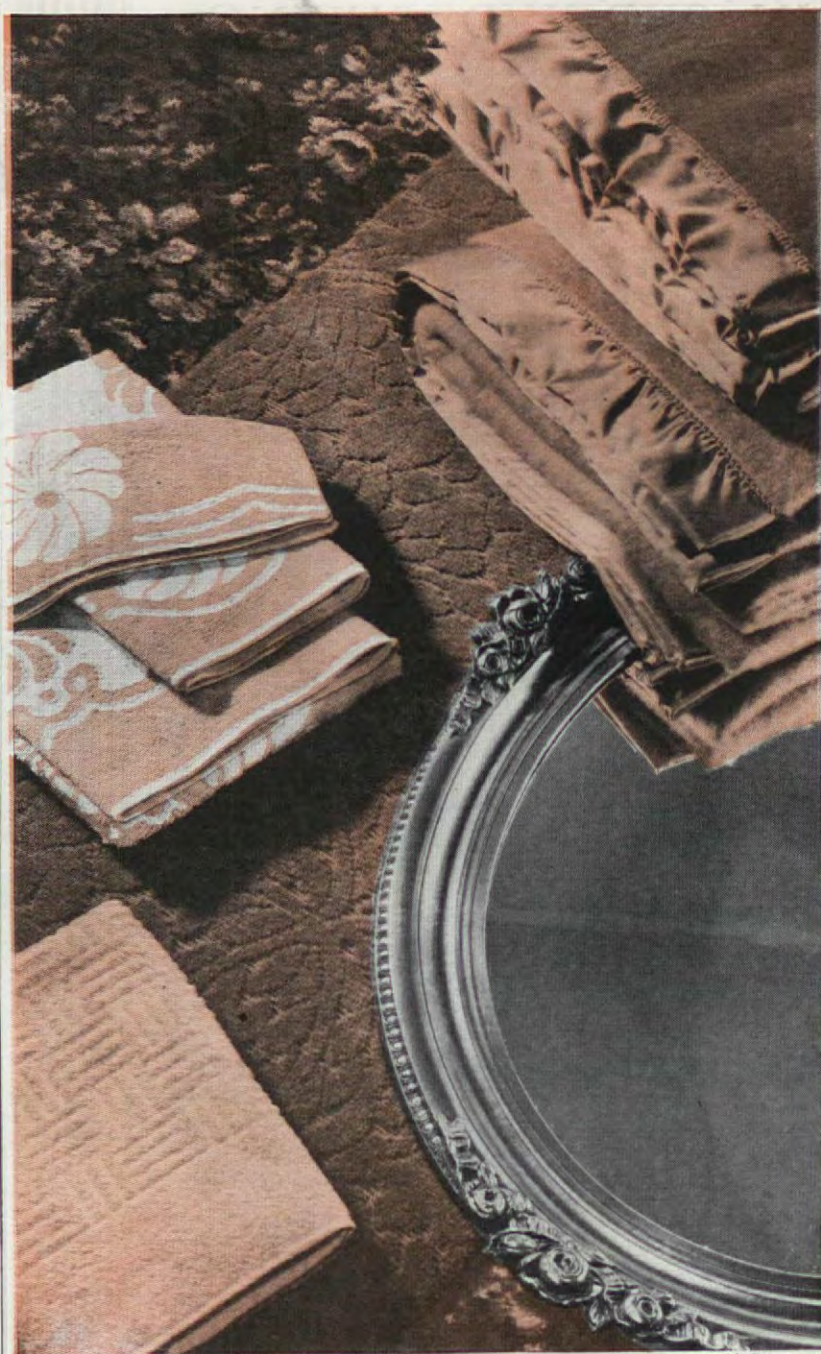
**WINDEX SAVES TIME  
SAVES ENERGY . SAVES YOU**

You can get Windex in two sizes—6-ounce and the 20-ounce economy size.

FOR ECONOMY—  
REFILL FROM THE  
BIG 20-OUNCE SIZE

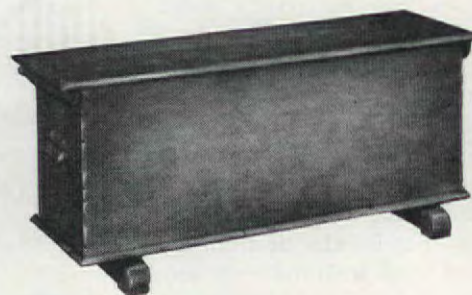


Copr. 1943, The Drueckett Co.



F. M. Demarest

SELECT GIFTS FOR A DURATION LIFE AS WELL AS FOR 194X



English floral design rug, Alexander Smith & Sons; rose glow rug, Archibald Holmes & Sons; cedar blanket, Pearce Mfg. Co.; rose blanket, St. Mary's Woolen Mfg. Co.; Cannon Mills Inc., towels; mirror, Pittsburgh Plate Glass Co.; blanket chest, H. T. Cushman Mfg. Co.

wager it will be there if you buy quite thoughtfully and shrewdly.

Brides of today aren't too certain about tomorrow's home. Oh, we don't mean that they aren't confident they'll have a home—and soon—when the war is over. It's that thinking, as well as design, is in a state of flux, and the promise of wonderful things-to-come so intriguing, that no one wants to tie herself down too positively to a way of life for 194x. Therefore we have been practical

in our selection of practical gifts! We have chosen those things around which to build a duration life, but selected them with the thought in mind that, *SHOULD* the bride decide in 194x on quite a different kind of home or mode of life, these quality things will be useful to whatever room or rôle they are then assigned. There may be something more lovely in this exciting new post-war world we're looking forward to than percale sheets, but it's our guess it will



# "Oh! Oh! I've been robbed!"



**BABY:** Mama did it! She grabbed my bath soap—and there she is washing dishes with it!

**SWAN:** Calm down, Baby—haven't you heard? Lots of people are washing dishes with Swan these days cause it's purer than finest castles!



**BABY:** But dishes get lots dirtier than me—except for my knees. How's my gentle Swan Soap going to wash dirty dishes?

**SWAN:** Easy! Swan suds faster than other floating soaps! It gives the wallopings, thickest, creamiest suds. Remember how you love your sudsy Swan bath?



**BABY:** WaaaH! WAAAHH! I won't have any more sudsy Swan baths 'cause Mommy took my Swan to wash dishes. WaaaH!

**SWAN:** Oh, baby, sometimes I think you're a dope.



**SWAN:** Don't you know Swan is thrifty twins? Your Mom can break every big bar in two—put half in the kitchen—half in the bath. So it's Swan for baby, bath, dishes, duds! Yep, she can Swan everything and save!

**BABY:** Whee! Swanderful!

## Swan is purer than finest castles



MADE BY LEVER BROS. CO.  
CAMBRIDGE, MASS.

GUARANTEED BY  
Good Housekeeping  
IF DEFECTIVE OR  
NOT AS ADVERTISED THEREIN

TIME INC. Burns & Allen CRS Tuesday Nights • Tommy Riggs & Betty Lou, NBC Friday Nights



## How to brighten your home in a hurry



You'd be surprised what a vast improvement a mirrored top for your coffee table will make in the sofa side of a room. You can get the mirror cut to fit table tops of any shape . . . and it's smart, bright, and safe from marring by burns, hot dishes or damp tumblers. A quick decorating trick...and an easy one!



A couple of simple plate glass shelves, a few plants or some bric-a-brac . . . and presto, the job's done! You can heighten the effect by finishing adjacent wall areas in a harmonious shade of Pittsburgh Live Paint.



An unframed plate glass mirror, edged on two corners with artificial flowers. And a plate glass dressing table top. Here's a simple way to wake up your vanity and put life into your bedroom. Cost? Surprisingly low.



A majority of mirror manufacturers use Pittsburgh Plate Glass to make their mirrors because of its beauty and accurate reflections. So the Pittsburgh Label on a mirror or a plate glass article means good glass, no matter who makes the product. For true reflection, a mirror must be made of plate glass.

### Free Booklet

A handbook of ideas, illustrated in full color. Shows you how to brighten your home with mirrors and plate glass. Send the coupon for your free copy . . . today.

**"PITTSBURGH" stands for Quality Glass and Paint**

Pittsburgh Plate Glass Company  
2022-3 Grant Bldg., Pittsburgh, Pa.  
Please send me, without obligation, your free booklet of ideas entitled, "Helpful Hints on the Use of Glass in your Home."

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_



Towels, bath mat, seat cover in bowknot pattern, bathroom curtain and matching shower curtain all from Callaway Mills; cotton rug from Bigelow-Sanford Carpet Co., Inc.; China, Gloucester pattern Spode from Copeland and Thompson Co.; F. A. Whitney Carriage Co. hamper; Coffee maker, double boiler and gift set, Corning Glass Works.



take a long time, and you are quite safe if you give her those we've selected here. Our furniture and rug selections were made with the same kind of reasoning. If it must be home in one room now, they'll be elegant. If, later, they are ruthlessly separated, they'll be just as good as bedroom pieces as they are in their present dual role. Quality things are versatile, you know!

She'll adore the mirrors, the clocks, that exquisite Spode, and probably love best of all that thoughtful woman who knew she couldn't ever have money enough left over to buy that stunning clothes hamper.

And lady, if after all this preachin' you still are censored-bent on glamour, sheer glamour—well here 'tis. There's nothing outside or inside Hollywood that can match that glass on page 37 for glamour—sheer glamour!



We'd like to save you this work  
—but we can't till  
this war is won!

JOIN THIS DEL MONTE COOPERATIVE CONSERVATION PROGRAM



JOIN THIS DEL MONTE COOPERATIVE CONSERVATION PROGRAM

**SAVE THE SURPLUS**  
IN  
**1943**



It's the only way to be sure of all the fruits your family is going to need this year

Even in the middle of summer, your ration book probably doesn't give you anywhere near as many Del Monte Foods as you'd like to enjoy.

And when winter comes—the job of feeding your family well is going to be even harder.

So if you have surplus ground that *will* grow vegetables—grow 'em! If you have surplus fruit of your own—can it. Watch for canning fruits at your grocer's, too! This is a good month for rhubarb, strawberries and cherries, as the Del Monte canning calendar shows.

You'll need all you put up—to take the place of the extra Del Monte Vegetables and Fruits we can't supply till the war is won.

And when you do buy canned fruits and vegetables, remember

your grocer deserves every bit of friendly cooperation you can give him. Shop only when you must—early in the week, if possible, and during "off" hours.

Knowing the spunk and spirit of American homemakers, we think you'll sail into this job without batting an eye. But better start now — if you want enough!

**YOU CAN HELP THE WAR  
EFFORT THIS WAY, TOO!**

Unless thousands of women who never before have been employed outside their homes, help out in the nation's commercial canneries this summer, vital food supplies will go to waste. If there is a cannery in your locality and you have any spare time, won't you help out? Good pay — any housewife can learn easily — and you can work part time. Inquire at any local cannery, *now*.


























**KEEP THIS CANNING CALENDAR HANDY!**  
... months, taking the country as a whole. Ask your grocer




**KEEP THIS CANNING CALENDAR HANDY!**

Here are the best canning months, taking the country as a whole, for the fruits you'll want to put up this summer. Ask your grocer to let you know when each one is most plentiful and reasonable in your own locality.

Cherries	Peaches	Pears	Plums	Rhubarb	Strawberries
May	May	May	May	May	May

Here are the best canning months. Ask your local extension agent for more information. You'll want to put up this summer. Ask your local extension agent for more information. You'll want to put up this summer. Ask your local extension agent for more information. You'll want to put up this summer.

	Apples	Apricots	Berries	Cherries	Peaches	Pears	Plums	Rhubarb	Strawberries
JUN									
JUL									
AUG									
SEP									

Peak season.  Peak season.  Peak season.  Peak season.

Approved methods exact. Approved methods exact. Approved methods exact. Approved methods exact.

☐ Near peak season.    ☒ Peak season.

**CAUTION:** Fruits, because of their acidic nature, are relatively easy to can at home. But all classes of non-acid foods, including most vegetables, require special care and special equipment for sterilization. Don't can *any* product unless you

Follow approved methods exactly. For official instructions send 10¢ to Supt. of Documents, Washington, D.C., and get USDA Home Canning Bulletin No. 1762, or consult your State University, Agricultural College or County Extension Service.

**Your ration book should buy quality as well as quantity**

You don't use any more points for Del Monte than for brands of lower quality. Why risk disappointment? Learn to "switch and swap" within the Del Monte line. Some Del Monte Foods with lower point values can often serve for others in the same food group.

OF COURSE YOU CAN STILL GET MANY

OF COURSE YOU CAN STILL GET MANY  
**Del Monte Foods**  
VARIETIES YOUR GROCER HAS  
THE FOODS YOU GROW AND CAN AT HOME

TAKE THE VARIETIES YOUR GROCER HAS  
—“FILL IN” WITH THE FOOD

—“FILL IN” WITH THE FOODS YOU GROW AND CAN AT HOME







## *When Daughter Goes to Housekeeping*

**TAKE THE NEWS WITHOUT FLINCHING ... ABOVE**

MARTHA B. DARBYSHIRE

**I**F, SOME day, your unmarried daughter tells you she wants a home of her own, take the news without flinching (outwardly, that is). She has not gone completely out of her senses, nor does it mean that she thinks any less of her parents, or that she has been at all unhappy in her parental home. She probably has not once thought of being discontented with her home background, and it is not dissatisfaction with what she has but rather with what she hasn't that has brought her to this decision. Several of her young friends may have married and have furnished apartments or houses. She has seen the fun they've had and the results for little money. Another friend who hasn't married probably has an apartment, and she, too, has had a grand time buying shaving mugs for cigarette containers and funny old oil lamps to be electrified. The idea of actually furnishing a few rooms opens up an entirely new interest and a very normal one to *any* girl, married or not. After all, it's perfectly natural to want to plan and furnish a house with things of your





very own—it fills you with a wonderful rosy glow of possessive pride!

Times have changed. Girls are making their own money. They buy government bonds, spend some on clothes, spend on their hobbies. But perhaps your daughter is like thousands of other girls—she sees no reason, just because she has not found the man she wants to marry, why she should not have a home of her very own. She's not afraid to live alone. If she is, and wants companionship, she finds another girl with the same ambitions—one who wants to go hunting in antique shops or second-hand stores for old tables to refinish and teapots to fill with flowers—another girl just like herself who gets a kick out of paying ten dollars down on a chair and the rest out of each ensuing pay check. It even makes their jobs more important. The job is paying for something lasting—something to be treasured and handed down.

She likes her parental home, nine cases out of ten. She likes her mother's taste, shown in the decoration of the house. She probably feels perfectly free to change furniture around in it, or at least to do whatever she pleases with her own room. But nevertheless, it is her mother's and father's home. She is a vital part of it, but they had it before they had her. In other words, it is not *every inch* hers. It is not a place where she can express just her own ideas. No matter how you count, it adds up the same way: she lives with her parents; her parents do not live with her. Therefore, she has the urge to spread her wings and try her luck in furnishing four walls of her own.

Miss Jessica Mattoon, of Los Angeles, is a successful young business woman, entirely satisfied with her home and family until she got the bug to try her hand at decorating. She took a place of her own, and the results have been very satisfactory to both daughter and family. She used to run home late from work and eat a hurried dinner with the family. There was not much time to give any more than a resumé of her day if she was to be ready to go out to play bridge with friends or go to a movie. In the morning it was just "gulp and be gone." Now she goes for dinner once a week with the family, and they have the entire evening to visit. Then, naturally, her mother and father often come for dinner with her. They have perhaps more companionship than they ever had before, and what Miss Mattoon has learned in the meantime!

She could budget before, but a budget for a girl living at home and one for a girl on her own are as different as riding in an airplane and piloting one. There are all the little things to pay for now which before were background. The daily newspaper, for instance! Whoever thought how much the newspaper costs per month or year? It was just there, and taken for granted like so many other little everyday things..

Instead of an apartment, Miss Mattoon rented a small house. She wanted a garden, as well as three rooms and a bath, and that's just what she has—a good-sized combination living-dining room, a large bedroom, and a tiny kitchen. Miss Mattoon went into her home project in earnest. The living room walls were paneled in knotty pine and quite attractive; however, she wanted them to be a softer shade, one that would blend with gray-blue. So she painted the walls turquoise and quickly rubbed it off. The knotty panels blend to give a smoky pinkish-blue effect. Her curtains are plaid cotton in powder and delft blue, gray, and soft yellow. The sofa is covered in textured yellow, with quilted delft blue pillows. The hooked rug combines tones of blue, gray,

# ALONE

ALL, DON'T BE HURT!

Photographs by  
Maynard L. Parker





# The ONE-A-DAY TWINS<sup>®</sup> by MILES



The ONE-A-DAY VITAMIN TWINS are we, "B Complex" and "A and D" And we're the ONES, we must confess, Who give you more, yet cost you less.



He's using B Complex you see, To help his pep and energy. He takes ONE tablet once a day. Not two or three, as others say.



She hears upon the Radio That many, for resistance low, Are taking Vitamins A and D. "My brand is ONE-A-DAY," said she.



And ONE-A-DAY'S the brand for YOU. They save you money, trouble too. So tell your druggist, be sure to say, "The brand I want is ONE-A-DAY." Be steadfast, firm, be resolute. Get ONE-A-DAY'S--no substitute!

## TWO KINDS of ONE-A-DAY VITAMIN TABLETS Both are HIGH in Potency—LOW in Cost

Miles Laboratories, makers of Alka-Seltzer, now make two kinds of One-A-Day (brand) Vitamin Tablets—A & D Vitamins (the cod liver oil Vitamins) in the yellow package; and the B-Complex Vitamins in the gray package. The B-Vitamins are of help where pepleteness, nervous irritability, digestive upsets and lack of appetite are due

to insufficient amounts of this vitamin group.

As pleasant to take as your morning cup of coffee are One-A-Day (brand) Vitamin Tablets... and they cost but little more. **PLAY SAFE.** Give every member of your family One-A-Day protection. Ask your druggist for One-A-Day (brand) Vitamin Tablets.



**IN THE YELLOW PACKAGE:** One-A-Day Vitamins A & D Tablets come in three sizes: one month's supply, 50c; three months' supply, \$1.20; six months' supply only \$2.15—or less than 1 1/4c per day.



• All One-A-Day advertising is checked and approved by consulting doctors. Look for the registered trademark—One-A-Day and the name "Miles Laboratories, Inc." on every package.



**IN THE GRAY PACKAGE:** One-A-Day Vitamins B-Complex Tablets come in three sizes: twelve days' supply, 45c; one month's supply, 90c; three months' supply, \$2.25—or only 2 1/4c per day.

rose-cedar, and finally, black.

"The Flower Vendor" by Diego Rivera, hung over the sofa, is in the tones of the wall, with an unbleached muslin mat, dyed blue-gray, and a grayish pine frame.

The Victorian armchairs, one by the window and the other by the fireplace, are covered in a blue and rose-cedar plaid cotton fabric. Miss Mattoon has refinished all of the furniture herself—the real antiques as well as her new maple pieces. There's an interesting angle to this. She could not afford all antiques to start with, but she realized that the only bad feature about certain contemporary furniture in the stores was the finish. She selected pieces carefully as to design, then removed the store finish and did them over to resemble her pieces of old pine and maple. As Miss Mattoon can afford antiques, she will replace them.

Her kitchen is a tiny, narrow one, but she has made it attractive. The walls are chartreuse, and the woodwork darker. The curtains are of a colorful cotton dress print in chartreuse, Chinese red, and yellow. Her breakfast corner is truly a picture. She gave her unpainted pine chairs a natural finish, with seat cushions of the curtain print. Over the table she has two stunning old fruit prints, with dark chartreuse mats and pine frames.

In the bedroom, where the walls are a soft yellow, the woodwork pearl gray, and the floor black, she has not yet found just the bed she wants. Therefore, she is using her box springs and mattress set on legs as a bed-couch. It is a colorful room. She has dyed her bedspread the yellow of the walls and uses on it a wine-red French afghan. The same red is repeated in the quilted dressing-table chair-pad and the piping of the blue and yellow plaid gingham curtains, and appears again in a stunning water color which is cleverly hung in the line of vision as one enters the room.

The house has been cleverly and inexpensively executed all the way through. One point toward real economy is having all fabrics and rugs washable. The handsome picture frames were found in second-hand stores; so were many of her pewter and copper accessories.

Is it any wonder daughter goes to housekeeping alone? When the interest is turned on—and these days it definitely is!—there is little use for mothers to attempt to discourage the idea. They might just as well begin looking over the family possessions, and divvy up! The girls are ingenious, and there's little they can't put to use!



## ARE YOU A LIGHT SLEEPER?

Hear the clock strike every hour? Cat walking around sound like a horse? Every squeak a scream for help? Then you're using the wrong psychological approach to slumber. The right way?—read "This Will Put You To Sleep"...



FREE BOOKLET tells how to sleep soundly... discusses ventilation, temperature, noise... how to make a bed... care of blankets... 48 pages, many topics. Write North Star Woolen Mill Co., 204 S. 2nd St., Minneapolis, Minn.

## North Star All-wool BLANKETS

Navy gets first call on North Stars. If your dealer has none, that's why.

## DECORATIVELY CORRECT!

That Lovely Curtain

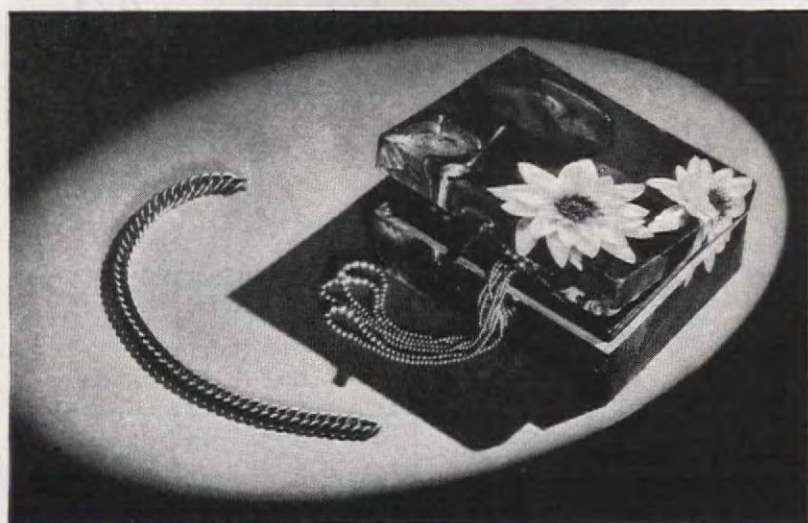
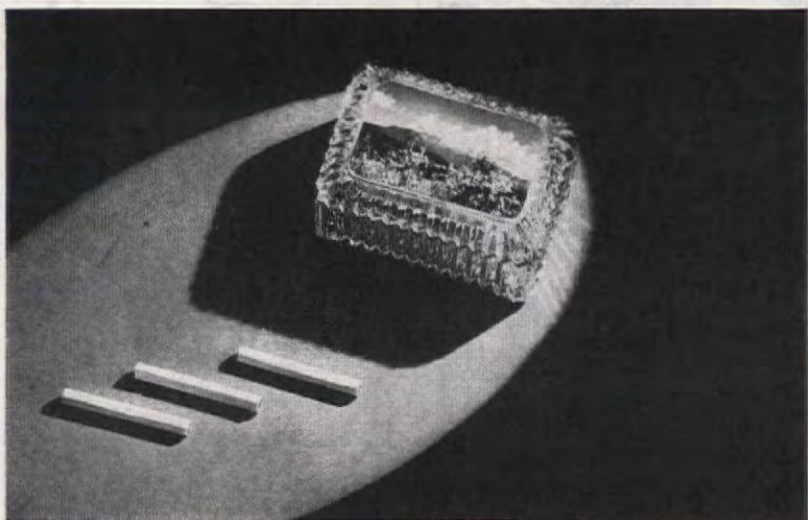
*Zionet*

Pleasingly Priced in Your Stores



ZION LACE CURTAIN MILL, ZION, ILL. Manufacturing Division of Marshall Field & Company, Inc.

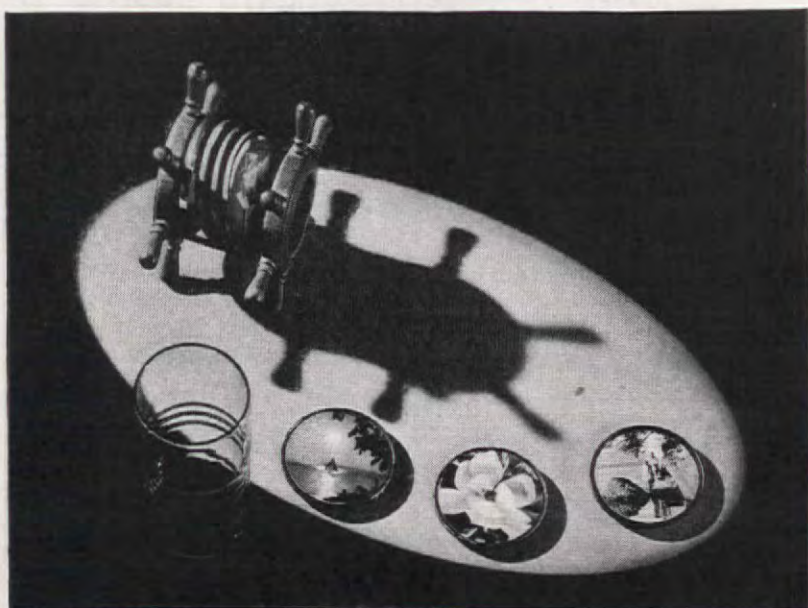




*Be your own Decorator!*

REMEMBER the photographs you took last year—the darling one of Jenny's first step—the funny one of your puppy at the lake—the surprise shot of Dickie playing cowboy—the breathtakingly beautiful view of your summer garden—tree shadows on the snow—the cloud formation and rapturous colors of a sunset that gave you an emotional whirl? Remember?

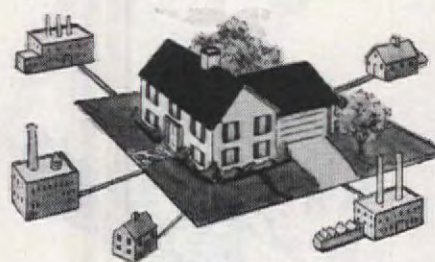
Yes, but where are those pictures now? Nine times out of ten they are tucked away in an album,



## Now—as you read this **SEWER GERMS** are breeding in your drains!

THE CLEANEST, BRIGHTEST SINK IS NO GUARANTEE THAT **SEWER GERMS**\* AREN'T BREEDING IN THE DRAIN BELOW WITH EVERY TICK OF THE CLOCK!

\*Survey by Molnar Laboratories, New York City



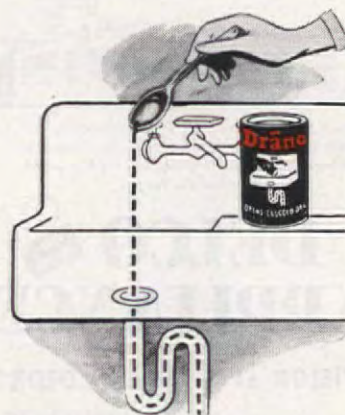
THROUGH YOUR DRAINS YOU'RE CONNECTED WITH MILES AND MILES OF **SEWER GERMS** ALL OVER TOWN!



THIS IS NO TIME TO TAKE RISKS! BANISH **SEWER GERMS** NOW! SWEETEN YOUR SINKS AND CLEAR YOUR CLOGGED DRAINS WITH THE BOILING, CHURNING ACTION OF **DRÄNO**

**DRÄNO**...USED REGULARLY IN DRAINS ONCE A WEEK OR OFTENER... DOES TWO JOBS... CLEARS DIRT IN WHICH **SEWER GERMS** THRIVE AND KEEPS DRAINS OPEN, FREE-RUNNING. NEVER OVER 25¢ AT ANY DRUG, GROCERY, OR HARDWARE STORE

SAVE YOUR WASTE KITCHEN GREASE  
It's needed to make explosives!



## Dräno

**OPENS CLOGGED DRAINS—KEEPS DRAINS CLEAN**

Copy. 1943 The Drackett Co.



# THERE'S A GREAT DAY COMING!



## ELECTRIC STEELS' rendezvous with post-war living

Yes, electric furnace steels have a rendezvous with post-war living... for the same qualities that enable these steels to insure better fighting equipment today will help them insure better living equipment tomorrow!

What are these special qualities? Well, there's toughness... and hardness... and resistance to wear, corrosion, extreme temperatures and that treacherous enemy called "fatigue". Above all, there's the remarkably high ratio of strength to weight... a quality that engineers are eternally seeking.

War-developed facilities are making electric furnace steels available in ever increasing quantities. Thus, when peace comes, we at Delco Appliance will be able to make full use of them to build finer, stronger, lighter, more efficient home equipment for you. Until then, "Victory Is Our Business".



Delco Appliances include Automatic Delco-Heat (oil-coal-gas), Delco Water Systems, Delco-Light Power Plants and Delco-Light Ironclad Batteries.

# DELCO APPLIANCE

ROCHESTER, N. Y.

DIVISION of GENERAL MOTORS

During War or Peace DELCO APPLIANCES

*Do the Job Better*

your desk, or a box on the closet shelf and completely forgotten.

There are ways of using pictures in your decorations. There are ways of creating distinctive gifts from these well-loved snapshots. It does not require special equipment or unusual skill to make any of the items listed below:

**COASTERS.** The photographs were cut to size, glued to the top side of the coaster, and made waterproof with two thin coats of shellac, dried well between coats.



**CIGARETTE BOX.** An attractive snapshot was glued onto the top glass panel, on the underneath side. It's shown on the preceding page.

**JEWEL CASE.** A photographic enlargement was pasted on the box and varnished lightly with clear varnish to preserve the finish.

**TALLY CARDS.** Photographic prints can be made on heavy printing paper, cut with a deckle edge, the lettering added later. Or the cards could be printed on regular paper stock and then small snapshots pasted on the face. Pictures of your friends are favorites.

**PHOTOGRAPHIC LAMP-SHADES.** Enlargements can be cut to the proper size and glued on any transparent or light-colored shade. The surface should be protected by either varnish or shellac to keep the heat of the lamp from fading them, which it might do.

**TRAYS.** For one, a layout of snapshots was pasted to a cardboard base, then laid under the glass in the tray. For the other, a single enlargement was glued to a mount under the glass. Both are excellent ideas, as shown above, for rehabilitating a battered or rather unattractive tray!

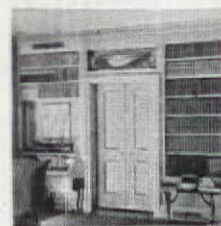
SARAH SHIELDS PFEIFFER



## PLAN NOW for Better Living in your POSTWAR HOME

It's fun to dream about your postwar home, of course. But it's more fun to PLAN it—right now—with the aid of this idea-packed, 32-page guide—The New Open House. Here are some of the ways in which this book helps you plan...

**More Window Beauty**  
—A sunny cheerful kitchen like this is easy to plan with Ponderosa Pine windows! The New Open House shows how to make every room more livable with the right windows, doors and woodwork.



**More Usable Space**  
—See how the Ponderosa Pine double doors enable this attractive den to "double" as a spare bedroom! Durable and toxic treated, Ponderosa Pine assures quality at low cost.

**Right Now—Ponderosa Pine stock doors,** as shown here, will help you save fuel by shutting off unused rooms. Storm windows and storm doors of Ponderosa Pine will help you beat fuel shortages. "The New Open House" contains dozens of suggestions you can use today.



## Ponderosa Pine WOODWORK

111 West Washington Street  
Chicago, Illinois



**SEND FOR YOUR COPY**  
Mail 10 cents and this coupon for your copy of The New Open House. It's a reference book you'll want to keep—for years.

PONDEROSA PINE WOODWORK  
Dept. YA-6, 111 W. Washington St.  
Chicago, Illinois  
Please send me a copy of "The New Open House." I enclose 10c.

Name.....  
Address.....  
City.....State.....

# Do It



BEECHER BALDWIN

**R**EMEMBER the farmer who bemoaned the fact that though his son was a graduate of art school, he couldn't paint a barn? Well, thank goodness, it doesn't take a Rembrandt to do the trick! Anyone with a pair of hands and a strong back can paint a house if a little common sense is thrown into the bargain. Of course it's fun and the patriotic thing to do today, but for goodness sake, use a little caution!

What with a definite shortage of building materials, it is more than ever necessary that we keep our homes in good repair. The proper use of paint can be a definite aid to the war effort. By applying a coat of paint to the surface, we both extend its life and renew its beauty. In doing so, we also save critical war material.



There's no shortage of good house paint. True, some paint formulas have been changed, but this new wartime paint will give good service. If your time is more valuable elsewhere, if you're engaged in defense work, for instance, by all means hire a professional painter to do the job; but any homeowner who has the time and is willing to work can, by observing a few simple rules, turn out a creditable job of house painting.

Let's get one thing straight—a paint job is not begun with paint-





## Free! to Home Planners

Don Herold, one of America's most amusing writers and cartoonists, discusses an important phase of that new home you are planning.

His entertaining outline of ventilation in tomorrow's home makes interesting reading for the entire family, and you will want it for your file of building ideas. Write today for your free copy.

VICTOR ELECTRIC PRODUCTS, Inc.

Victor Electric Products, Inc.  
Dept. 18-734  
2950 Robertson Ave., Cincinnati, O.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_



## Make OLD CANVAS Look Like New with SETFAST

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ing. First, find out the number of square feet of surface to be covered. To do this, multiply the distance around the house by the height of the eaves. To find the square feet of surface in the gables, multiply half their width by their greatest height. After this area has been definitely determined, consult your paint dealer. He'll quickly estimate the amount of material needed. Also, he'll tell you the kind of thinner to be used. Proper thinning is an important factor in the life of a paint job.

The price per job is an important thing to remember when purchasing paint and not the price per gallon. Good paint may cost a bit more but, in the long run, it will prove a definite saving. Better grades of paint cover more square feet per gallon, hide better, and require less repainting than cheaper varieties. On a good surface, a gallon of high-grade house paint will cover approximately 300 to 400 square feet per gallon, two coats. For trim color, you'll need about one gallon for about every five gallons of body color. One gallon of trim color will do about seventeen average-sized openings. By all means have your dealer visit the



job. His advice will prove invaluable at this stage of the game. Now for equipment. Two ladders will be needed, a long one for high work and a shorter all-purpose one. An unsound ladder is a dangerous piece of equipment; a little common sense in placing your ladders will prove good insurance against accidents. When on a ladder, don't be too ambitious. Paint only the area within comfortable reach. Other equipment needed will be a stiff wire brush, a wood scraper, coarse and medium grit sandpaper, a dust brush, an empty pail, and a pot hook. Check this equipment thoroughly. Make certain that everything is in working order and placed in a convenient spot. Knowing where to find your tools will save not only time but

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• This time it happened in the pine forests of Mississippi—not another mousetrap, but an amazingly versatile material, discovered by and named for the famous research chemist, the late W. H. Mason. The world has beaten a path to the Mississippi home of the product made possible by his genius.

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Masonite Presdwoods—made in this way from ligno-cellulose fiber of varying degree of plasticity in different weights and densities—have more than 500

uses in America's War Program—saving steel, aluminum, rubber, asbestos and other critical materials.

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your normally good disposition. Getting ready to paint is the most tedious part of the whole job, but bear with it—you'll find it well worth while. Now start carefully preparing the wall surface. This is another "must." It's a well-known fact that moisture causes the greatest number of paint failures. Never do any painting in damp or rainy weather. Three or four days are usually required for a surface to dry out after a hard rain. If the old paint job had been



a good one—properly prepared and painted with good-grade material—so much easier. The old film on such a surface gradually wears away by chalking. A good stiff brushing and dusting may be the only preparation necessary. However, any paint which has checked and peeled must be removed. Where the film is not too hard, this can be done with sandpaper. Use a good wood scraper to remove old film which is extremely hard and deeply cracked. On extreme cases, this film may require the attention of a blow torch or burning knife. If this is the case, call in an expert. Fire hazards are too great.

Next, look for signs of decaying wood at window caps and sills, cellar sash, porch-post bases, or anywhere where moisture is apt to gather. It's always wise to replace badly decayed wood. If the decay is only in small areas, fill the resulting cavity with a good grade of white lead putty, after the prime coat is dry. Tighten all loose siding; countersink all nails below the surface and fill all cracks and holes with putty after the prime coat of paint has been applied.

When you are satisfied that the surface is as smooth and clean as you can get it, painting may commence. Take special care in the mixing of the paint. One way is to pour the oil from the top of the can into a clean empty pail. Stir the remaining pigment until smooth and creamy and then slowly pour



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the oil back, stirring constantly all the while. When the oil is all back in the pigment, pour the paint slowly from one container into the other several times. This is called in the trade "boxing the paint."

Remove all shutters and screens before starting. Protect all planting next to the house. Never paint where the sun shines directly on the work. A good plan is to start on the west wall in the morning and follow the shade around the house. If you work with your right hand, start at the upper right-hand corner. Work lengthwise on the building rather than from top to bottom. You'll find it easier to prevent laps from showing if you work in narrow strips not more than four or five clapboards wide.

New or badly-weathered wood should receive three coats of paint; one or two coats should suffice for other surfaces. Two thin coats will give better service than one heavy coat. Remember, the first coat must overcome any dryness that may exist in the surface or in the old film. Three or four days of good drying weather should elapse between coats of paint. Test by sanding a small area with sandpaper; if the paper gums up, more drying time will be required. In applying a coat of paint, it's better to brush it out well, working it into the surface as much as possible. Brush out any laps that may show by running the brush over the surface in a long, clean, sweeping stroke.

On new work, shellac all knots after the primer is dry. On old work, seal any knots that may show through the old with a coat of shellac before the first coat is applied. It has been said that "a paint job is no better than the brush." This is pretty true; a good brush, properly cared for, will pay for itself in better work and longer life. Long life in a brush is doubly important now, since most good brushes are doing military duty and new ones hard to get.

For the body of the house, a 3½" or 4" flat or #8 or #10 oval brush will prove most satisfactory. A 1" or 1½" flat sash brush is used for windows or small trim work. Get the brush that fits your hand best. Hold the brush as you would a pencil, with a light, firm pressure of thumb and fingers at

the oil back, stirring constantly all the while. When the oil is all back in the pigment, pour the paint slowly from one container into the other several times. This is called in the trade "boxing the paint."





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opposite sides of the ferrule. Use as little wrist motion as possible, swing the whole arm and shoulder, being careful to lift the bristles from the work at the end of each stroke. This will prevent spattering. After painting, clean the brush thoroughly before the paint on it hardens. Turpentine is one of the best all-round cleansers for this purpose. Spread the bristles apart to make certain that the heel of the brush is free from all paint. Shake it several times to remove excess turpentine, then wash with warm water and mild soap, rinsing after with clear water. When the brush is completely cleaned, straighten the bristles by combing with an old comb. Without bending bristles, wrap in a piece of kraft paper. Great care must be taken that the brush retains its shape.

## Good Brushes Are Precious

AT PRESENT most brushes have gone to war—treat yours carefully and add to its life. Here are a few simple rules that insure a long and happy life for your brushes. By obeying them, you'll make them last longer—you'll be rewarded by greater efficiency. *Figure 1.* Never pound, daub, or force the brush into corners or narrow places. *Figure 2.* Never use a brush edgewise—use a narrow brush for the fine work. *Figure 3.* Never submerge the entire length of the bristles in the paint. *Figure 4.* Never use a large, flat brush when working on pipes or other round surfaces in this manner. *Figure 5.* When working on pipes or other round surfaces use brush this way. *Figure 6.* To soak a brush in turpentine, suspend it in the liquid. Brushes lose their shape when left standing on end, bristles lose their resilience.



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Yessir...but with a  
Good paint!"**



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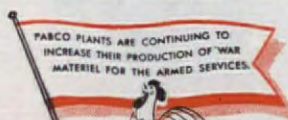
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# Great

# Grandfather



Courtesy, New York Historical Society



Spice set of maple, bound with tin, stamp Patent Package Newark, N. J. circa 1858-1865. Left, bread trough, rolling pin, cabbage slicer.



Stamps made the top of our ancestors' butter resplendent with pineapples, strawberries, eagles, and even the initials of the butter-maker

Collection of Penrose & Edgett Photographs by F. M. Demarest

JULIETTA K. ARTHUR



UP IN many an attic today there still rests in some dim corner what is generally exclaimed over as a "dear little cradle without any rockers." Nearly two feet long, this deep cradle-like vessel is actually an old bread trough into whose end-hollows the colonial housewife fitted her wooden tense, and slid the home-made sifter full of rye and "Injun" meal back and forth till it was smooth. This done, the tense was removed and kneading of the week's bread supply

commenced. And was it bread, too!

These quaint, home-made wooden articles associated with the life of our foremothers—whether they be cracker stamps, boards for making flat cakes, open-work cheese baskets of black ash, or wooden milk piggins shaped like sap buckets—are a reminder of the colonial tradition of simplicity for which we sometimes sigh. For the collector, amateur and otherwise, the exciting process of discovering some of these rare old pieces is intensified by finding that

THE AMERICAN HOME, JUNE, 1943



# Whittled His Own!



Courtesy, Norwegian-American Museum, Decorah, Iowa

Porrige bowl with horses' heads must have been exciting to the child who used it 200 years ago.

Coffee pot is dated 1787



those seen in historical museums cannot be purchased at any price; some may be secured from families in which they have been cherished as sentimental mementos for generations, while still others, equally beautiful in their fashion, are occasionally tossed away for the proverbial penny at auctions.

The first sturdy settlers on the Atlantic seaboard whittled, shaved, and gouged much of the equipment for their vigorous life from the trees. One New England parson, himself confessing to the "sin of whittling," compared the process to making a sermon. Both were blocked out, dug and polished. Even a hundred years after china had come into common use, when pewter had enjoyed its day and disappeared except in bullets, wooden kitchen and pantry ware, known as "treen" (tre-en), continued to serve. In certain sections of Vermont wooden plates were used as late as 1850.

Practically every man and boy in the colonies was continually on the lookout for carvable wood. Each kind held within its bark potential casks, door-latches, spoons, spatulas, pie-crimpers, apple parers, dippers, mashers—all the pantry tools whose use tells a tale of laborious hours.

If he wanted to impress his best girl, the young dandy whittled a "love spoon," two bowls to each handle. The more love spoons, the more popular was the damsel of the household, who exhibited her prized trophies on the kitchen shelf. "Marriage spoons" were often fastened by carved chains and were presented to the bride and groom to use at the wedding feast. In many ranks of society a couple announced their betrothal by simply choosing to eat together

from one trencher, or wooden plate.

Great-grandmother could be proud of her carved utensils, as proud as the modern wife of her shiny aluminum and copper wares. Her kitchen was stocked by no less than thirty kinds of household articles cut and carved from wood.

Next to the chopping bowls in usefulness came the mortar and pestle, for what was not minced in a bowl was pounded or crushed in the mortars which stood on the narrow high shelf near the kitchen door. There were small birch ones for spices and heavy mortars of chestnut, oak, or ash for crushing salt, sugar, herbs, or cornmeal.

Potato mashers had their own place: so did the novel egg poacher with its hollowed-out handle for salt. For the one or two rolling pins that serve today, over half a dozen were needed yesterday. The earliest had no handles; some were higher in the middle than at the ends, and one specially ribbed form was used for rolling out cookies in the old days.

A salt cellar was made of curiously cut wood; the "saler" or "standing salt" had its place at the center of the board, outgrowth of that ancient custom by which honored guests sat "above the salt" as a mark of their rank.

Mute evidence of the vast amount of labor accomplished in old-time households, pantry tools included a long-handled stick for stirring the Indian pudding, another for exclusive use in the dye pot, and still one more for soap-making. The toddy was stirred with a carefully fashioned wooden stick, and a broad spatula was used for turning over apples drying on specially made racks.

Dining during this early period was far from elaborate. Even as late as the nineteenth century each guest brought his wooden knife and spoon in a carved case.

The mainstay of colonial kitchen life was the spoon, a crudely hollowed-out wooden ladle which did most of the hard work, stir-



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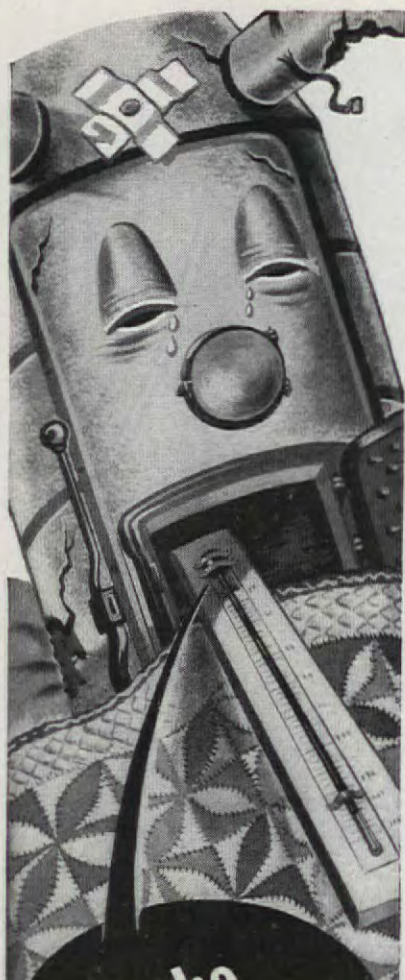
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ring, beating and whipping. There were paddles of pine for lifting and airing syrup at sugar-making time; paddles of cherry for butter-making, and the famous old slender "pudding spoons." One beechwood paddle which has come down to our times has the butter stamp cut in the end of the handle.

Food was served in large wooden bowls, or trenchers piled high and placed in the center of the table. Ordinarily trenchers were made of poplar wood and of the roots of the yellow ash; often only a block about ten or twelve inches square and three or four inches deep was hollowed down in the middle to serve as a receptacle. Miles Standish used trenchers and left a dozen to his heirs; for years Harvard students ate from them, purchased for college use by the gross. They survived in some of the colonies until the time of the American Revolution.

Usually a man and his wife ate out of one trencher. One colonist who permitted each of his dozen children to have a trencher to himself was hauled to court for putting on airs and a Connecticut farmer who failed to compel his children to eat two from a trencher was refused election to office on the ground of undue pride.

Craving beauty, the colonial housewife, busy at her manifold household tasks, found it in imprinting what her fancy dictated on the malleable yellow mass which came from her wooden churn. This was what we may call "butter-art." A wooden mould, brought to Ohio from Massachusetts, with its design of crown, rose, and thistle, suggests the maker's nostalgia for her native Scotland. The butter stamp, a slightly concave disk of wood, with squat handle set at right angles to the convex upper part, confined its carving to the under surface. One such delightfully naïve conceit shows a sun-bonneted woman busily working at her wooden churn.

Butter moulds, more elaborate than the stamps, varied in shape and construction. Some were cylinders half a foot long, made of six heavy panels with flat sides turned inward and bound together with iron bands near each end, from which butter would emerge a six-sided pillar with designs imprinted on its face. There were round ones with handles, and slanted ones whose odorless white pine bottoms and covers did not impair the flavor. Then there were curved wooden ladles to pat the butter, and butter tubs two feet high, packed with the aid of a lovely red cherry paddle and covered with

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Louisville, Kentucky

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a wooden top, to sit comfortably in the usual milk room or cellar.

But the handicraft which reached the greatest perfection and uniformity was made by the Shakers. These "plain folk" expressed their love of art in meticulously turned out sets of oval "pantry boxes" used to store meal, sugar, spice and herbs. Made first in sets of nine, later expanded to twelve, their size and depth were in exact proportion.

A "pantry box," which once held sugar or spices, made of thin maple wood, was discovered in a Mennonite settlement in Ohio, brought there from the original colony in Pennsylvania. The top of the box screwed on, and its sides were painted brown and interestingly decorated with gilt stencil.

All through the Middle-Western states, and to the north where Scandinavian immigrants established farms, are still to be found handsomely painted chests which venturesome Norsemen of the early 1800's filled with clothing and small household utensils. The American Norwegian Museum at Decorah, Iowa, has done much to preserve the flamboyantly painted bowls, carved tankards, boxes laced with willow thongs, carved spoons, plates, and decorated containers of every size and shape in the birch, fir, and maple which lathed so well and was so easily adapted to the "Norsemen designs" which are the inspiration of these American-made pieces.

As in New England, carving made the surface more interesting, but these descendants of the Vikings found that color produced the life and warmth they craved, and so it prevails, applied in bold flourishes. Wherever there are long-standing settlements of Scandinavian folk—in Iowa, Illinois, North and South Dakota—such beautiful examples offer rich reward to those who have the appreciation and patience for the search.

Treenware acquired today has an appeal beyond sentimental or antique value. Made by people whose practical ideas and simple mode of living demanded sturdy and lasting qualities, whether it originated along the Atlantic seaboard or inland, wooden ware seems particularly fitted to the unpretentious interiors to which Americans are happily reverting.

Something of the nostalgia for that generous era which produced wooden cheese cupboards especially made to hold two dozen luscious home-dairy yellow cheeses, weighing from twenty-two to twenty-four pounds, expresses itself in today's trend toward rustic kitchens





**It leaves windows  
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Bon Ami Cake does a particularly good job on windows because it doesn't leave a trace of "oily film" or "cleanser mist" to pick up summer dust. It's quick, easy, economical to use. *Polishes as it cleans.* No wonder windows, mirrors and windshields cleaned with Bon Ami look so bright and clear!

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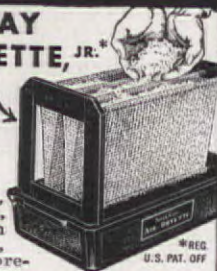
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in which white tiling retires in favor of whitewashed brick, hewn ceiling timbers, knotty pine woodwork, real plank floors and a general flavor of hot spiced cakes and brandied peaches. A shelf or two of treenware, still sturdy enough to serve its daily turn, hallowed by a century or two of use, will add greatly in recapturing the distinctive spirit of the kitchen of colonial days, always the most cheerful, homelike and picturesque room in the entire house.



## WOODBBOX



## 1943 MODEL

THE old-fashioned woodbox looks incongruous in a shining white modern kitchen, and yet having to walk outdoors for logs several times a day is not a satisfactory system. So we built one that eliminates tracking wood into the house, and yet it's within arm's reach of my wood stove. The low box, with upright supports at the ends, rolls outdoors on a grooved wooden track from its resting place inside one of my built-in cupboards. The outside door lets down onto a stationary stand of 2x4's. A 6" section of the track, over the hinges of the door, has to be removable so that the door can be closed after the box has been filled and pushed back inside the house.—NANA SMITH

## WHY IS DEVOE A "MUST" When You Paint the Exterior OF YOUR HOME?



**Because thousands of tests prove that DEVOE  
outlasts average paints 2 to 1 . . . saves you  
money . . . gives greater protection.**

**YOU** might have expected that modern science would finally get around to developing a better way to paint your house. Well, that's just what happened when the Devoe 2-coat system was introduced seven years ago and it's the reason why hundreds of thousands of houses are painted with this famous system today.

Two coats . . . two different paints . . . that work together. That is the secret of the lasting, money-saving quality of the Devoe 2-Coat System of Painting, developed for you in the Devoe laboratories — the research division of the oldest paint company in America. One coat goes next to the wood, or old paint film. The other coat goes next to the sun. Each does its special, surface-saving work this way:

**1**

THE NEW UNDERCOAT seals the oil-thirsty surfaces of wood or old paint and lays on a solid, non-cracking foundation that has almost the covering and hiding power of two coats of ordinary paint. "Controlled Penetration" keeps vital oils in the paint film, assures extra-long life.

**2**

THE NEW TOP-COAT has high "hiding power" . . . covers more surface . . . fights sun and weather . . . resists fading, staining, and attack by ice and rain. The surface is smooth . . . sound . . . starts out fresh and bright and stays that way because it's built to clean itself.

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# CERTAIN-TEED

BUILDING



PRODUCTS



No house is too forlorn to be turned into something charming when one has several friends with a will to work. The main ingredient for a home is not money but co-operation

## Friendship House

EMERY N. LEONARD

AS I SIT here by my window looking at the sun shining in puddles after the rain, I wonder what it was that made this unbelievable dream come true. For twenty years we had talked about it with our close friends. There's

and the hexagonal steeple of the ancient church. The shadows were deep and serene. "This is good," we said. "You really think we did right?" Caroline asked. "Then tomorrow you must see the Cape Cod cottage down the road."



That's how it happened, because one has only to look at a Cape Cod without a master and there is no alternative. When we first stepped inside it was cold and musty—but every door was blessed with the original H or HL hinges! The fireplaces were sealed. As we climbed upstairs the ancient carpet let out puffs of dirt. We had to watch every step, for the floors were literally

covered with wasps, crawling indolently to their winter hideaways. In the country business moves slowly, but by spring we owned our home. We bought some books on carpentry. Bill volunteered to help if we invested also in tools of fine quality. We resolved to restore the original house; to spend our money for none but skilled labor, and to do our work in proper sequence so that nothing would have to be changed. We were business men, living thirty miles from

my answer—a few close friends! There were Bob, and Caroline, a play director; Bill, an inventor, and Pat; Herb, who can do anything, and Isabel. Bob and Caroline bought a house in Norwell, a little old town on Cape Cod which was settled in 1634 and still keeps a sweet historical flavor. In the fall they asked us for the week-end to see it. We arrived late and, as we took a walk before turning in, the moon shone clear on a cluster of houses

covered with wasps, crawling indolently to their winter hideaways.

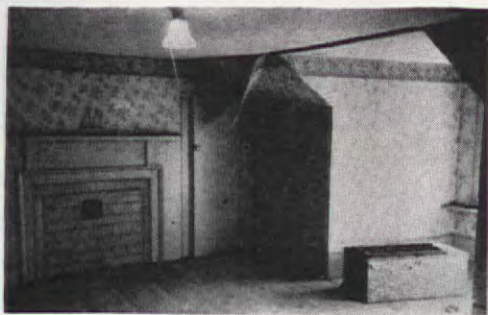
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Photographs, E. N. Leonard

Before and after of an upstairs bedroom. Two views of living room a few months apart. HL hinges and original latches are on all doors

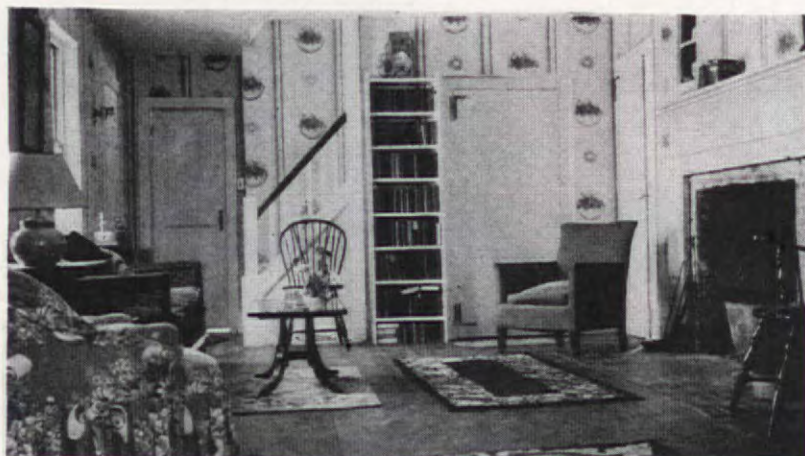


## on Cape Cod

Norwell. With week-ends and an occasional holiday as our store of working time, we couldn't afford to retrace our steps.

April 19 is a Massachusetts holiday so, provided with cheese-cloth (to tie over our noses) and pinch bars, Bill and Pat, Bob and Caroline, Polly and I began our first week-end of remodeling. The living room yielded a lovely fireplace with perfect mantel and hearth—eight feet long, including a Dutch oven, domed and sweeping back at an angle for four feet. A venerable neighbor looked in as we struggled with those in the two front rooms. "Shore, this here room was the parlor, so the chimney ain't used. And that was the settin' room. You'll have some work there."

The downstairs had been cut up into a number of small, badly-lighted rooms, and we wanted most of all a large, airy, beautiful room. We found that many of the partitions were not structural, so with



## Big Brother is Away

It's up to the boys and girls at home to help take care of the bathroom — for essential materials — iron, brass, zinc, lead, copper, chromium, rubber — from which bathroom fixtures and fittings are made — are helping big brother win the war.

Kohler plumbing fixtures are produced today only for war housing, war industries, hospitals, and military uses — and of non-critical materials.

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- Keep all surfaces clean and drains open.
- Have your plumber make periodical inspections of your bathroom, kitchen and laundry plumbing equipment.

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After you have purchased your full share of war bonds, a genuine NURRE MIRROR is another good investment—one that brings dividends in a brighter, more charming home. Ask your dealer to show you genuine NURRE MIRRORS, all made of polished plate glass, scientifically silvered with the NURRE Infra-Red Process and with the NURRE Improved Protective backing for long unblemished service.



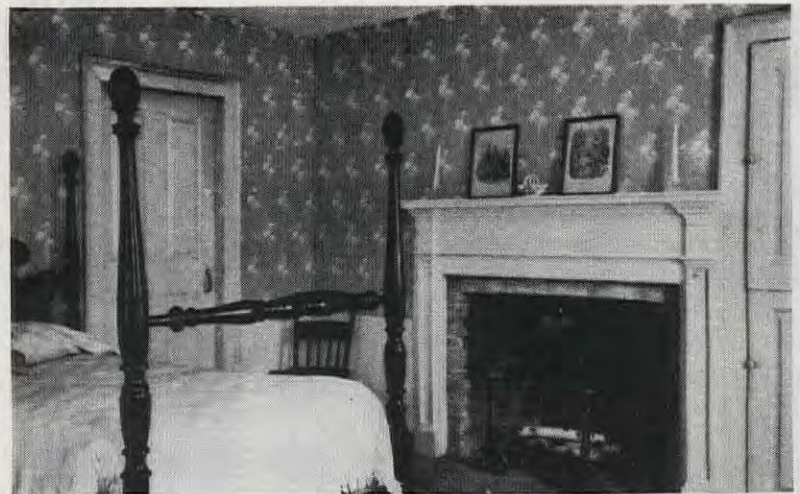
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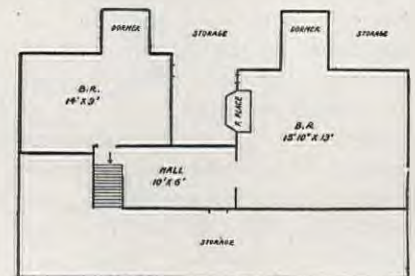
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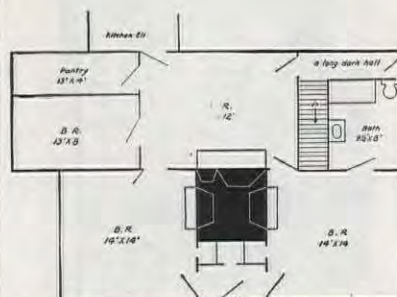
Downstairs bedroom  
showing rock foundation  
favored by early settlers

wrecking bars we fell to work. At one time I saw Bob and Bill sitting against a pantry shelf, pushing down a wall with their feet. Those pantry shelves—wide, golden, and seasoned a hundred years!

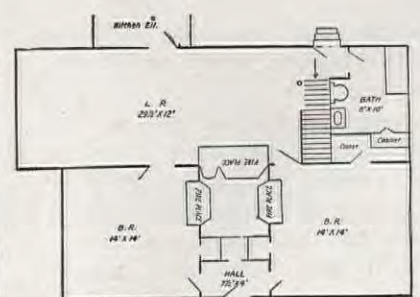
The floor planks in the living room were sixteen inches wide. Except for a small portion under one room the house had no cellar. If you will look at the photograph of one of the rooms with its huge pile of rocks as part of the chimney base, and notice the absence of the cellar there, you will see why we installed the heating plant in the back shed. The under-floor boards were of poor lumber, so up came everything. The pantry shelves, the floor boards, and the base boards were all carefully stacked in the barn to be used again.



Scale 1/4" = 1' UPSTAIRS



Scale 1/4" = 1' BEFORE



Scale 1/4" = 1' AFTER





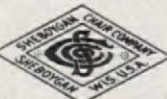
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● Often a chair is purchased simply to fill a space, or for "something to sit in." But chairs have distinctive personalities. They are either homely or pretty, uncomfortable or easy, cumbersome or convenient, shaky or sturdy.

To make a good chair requires good material, proper designing and fine craftsmanship, plus the will to make a good chair. The Sheboygan Chair Company has been building quality chairs for 75 years. Our workmen are experienced artisans who are proud of their skill.

Over 6,000 dealers sell Sheboygan Chairs, identified by the diamond trade-mark. Look for this symbol of quality and satisfaction when you select chairs. If your favorite dealer can't show you Sheboygan Chairs, write us for the name of our nearest dealer.



### SHEBOYGAN CHAIR COMPANY

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AS CHAIR CRAFTSMEN

WHEN YOU CHANGE ADDRESS—Be sure to notify the Subscription Dept. of THE AMERICAN HOME at 251 Fourth Ave., N. Y. C., giving the old as well as the new address, and do this at least four weeks in advance. The Post Office Department does not forward magazines unless you pay additional postage.

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Imperial Tier Tables are so glamorously decorative, it's especially exciting to know how many convenient purposes they also serve — to show off your favorite collection — to smartly serve a buffet — for flowers, books, smoking accessories. The enduring beauty of Imperial craftsmanship is a sound and practical investment.

IMPERIAL FURNITURE COMPANY  
Grand Rapids, Michigan

Booklet: "How to Use  
TABLES to Revitalize  
Your Home" sent for 10c  
(coin). Write Dept. A-6.



The women began upstairs and for many week-ends they worked on their drab job. They uncovered floors, removed all paper, scrubbed and repainted the woodwork, patched and sized the walls and ceilings. We put up new partitions, laid the floor of the new bathroom, and lathed the wall. Then we called in the plumber to install the heating system and connect the bathroom fixtures. We renewed some sills, and with the help of a local carpenter working outside his regular hours, we added some cross beams and some stringers on concrete piers. Then Bob, who had never done such a job before, laid the new under-floor of the living room.

May 30th was when Herb and Isabel first came into the picture. Herb and I rebuilt a corner of the house, finishing it with clapboards, put in a new sill, set the frame for a new entrance door, and started reshingling the roof. Bob and Pat insulated the bathroom walls. Bill began building a new open staircase. Polly, Caroline, and Isabel, with an eye on the children, painted away upstairs.

Herb, who was a licensed electrician, and I would drive down evenings to renew the wiring. We installed at least two base outlets in each room, so arranged that if a fuse blows out, no room is all dark.

Deciding that one spot in the house should be really finished, we sanded the upstairs floors and called in the paper hanger.

Downstairs, the ceilings were still covered with four layers of paper. When we complained of the difficulty of getting it off, our neighbor said he "s'posed it was hard." The top layer had been on seventy-five years, he "knöwed." Finally we were ready to turn the room over to the plasterer and the paper hanger. Our last major job was to re-lay the top floor in the living room. There were not enough of the old wide boards for the enlarged room, so we supplemented with the pantry shelves and some seasoned planks from the barn. Some were smeared with paint, some had old linoleum gummed to them, and all were stained and dirty. We hired a sanding machine and worked long and hard before the knots began to glow golden and the grain turn satin. Then we put on liquid wax and buffed and buffed again.

Here we are. For years to come there will be jobs calling to us—but work is fun when one's heart is in it. And every evening when I turn in the drive I know that here I have found one of the rarest things in life—real home.



## Christened CHINTZ —but everyone calls it CHARMING

"A rose by any other name..." You know the rest. And so it is with this lovely "Master-Etching". Call it graceful, call it sprightly, call it inspired, sheer delight is always engendered by a table set with Chintz. Thrilled is the lady who gets it...and ever grateful to the giver. Like 30 other Fostoria "Master-Etchings", Chintz is open stock. Finding just what you want, an inexpensive gift or an impressive remembrance, is simple.

For descriptive folder, write Department 4310.

# F O S T O R I A

GLASS COMPANY • MOUNDSVILLE • WEST VIRGINIA





## VII *Early Vegetables*

**F**ROM garden to kitchen to table is a sequence which vegetables should follow. Straight from the garden assembly line come the early vegetables—carrots, spinach, leaf lettuce, snap beans, peas, and summer squash. But, lady, don't be a saboteur in your own kitchen after you have diligently spent effort and time in raising them!

You do not intentionally deprive your husband and children of their necessary vitamins and minerals. But it's the extra cup of water added to the already full pot of overcooked vegetables which is a fifth column act. Or it's pouring off vegetable water (there should be very little left when vegetables are properly cooked). Or it's cooking without a cover so air can come in and do its vitamin-deprivation act.

For more than a decade scientists have been scrutinizing with eagle eyes the causes of vitamin and mineral loss in vegetables. After years of meticulous research it has now been definitely proved that vitamins disappear if the vegetables are not handled or cooked properly.

What are the rules to follow? Of first importance is to keep vegetables fresh. If you're the fortunate citizen who has been raising a food garden, then you can get nearly 100 per cent vitamin and mineral return from the cooked



VII

# Early Vegetables





## A wonderful, wonderful party cake— with no shortening!

IT ISN'T A BUTTER CAKE. It doesn't take a mite of precious shortening—for all its melting richness!

It isn't a regular sponge cake, either. It uses just three eggs!

But it's the finest, lightest luxury cake you'd ever dream of

seeing in days of wartime shortages and wartime budgets. And Swans Down is the reason why! For Swans Down Cake Flour is especially made for making cakes—to give them that delicate texture, that truly marvelous tenderness.



### SWANS DOWN'S SPRING BEAUTY CAKE

1 cup sifted Swans Down Cake Flour  
1 teaspoon Calumet Baking Powder  
¼ teaspoon salt  
3 eggs

1 cup sugar  
2 teaspoons lemon juice  
6 tablespoons hot milk

Sift flour once, measure, add baking powder and salt, and sift together three times. Beat eggs with rotary egg beater until thick enough to stand up in soft peaks (5 to 7 minutes); add sugar gradually, beating constantly. Add lemon juice. Fold in flour, a small amount at a time. Add hot milk and stir quickly until thoroughly blended. Turn at once into ungreased tube pan and bake in moderate oven (350° F.) 35 minutes, or until done. Remove from oven and invert pan 1 hour, or until cold. Remove from pan. Pile Strawberry Fluff Topping on top of cake.

#### STRAWBERRY FLUFF TOPPING

Combine 1 egg white, unbeaten, ½ cup sugar, dash of salt, and ½ cup sliced strawberries in top of double boiler and beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook 3 minutes, or until mixture will stand in soft peaks. Remove from heat and fold in ½ cup sliced strawberries. (All measurements are level.)

Tune in: Kate Smith Speaks—CBS Network

If a cake is worth making,  
it's worth making with

# SWANS DOWN



vegetables—if you gather them from the garden but a few minutes before you intend to use them. Literally dash out to the garden, pull the carrots, clean, cook, serve. Fifteen minutes from garden to table is a good time schedule.

**RULE TWO** is: cook the vegetables in whole pieces, since the smaller the piece the more surface for air to contact. In other words, cook carrots and potatoes whole, and leave the skins on when cooking. According to scientific reports, the vitamin loss in potatoes is particularly noticeable when they are peeled, cut into small pieces for cooking and then riced or mashed. It's true, however, that toward the end of the potato season, potatoes do require a "disguise" like mashing or ricing; restore their food value with milk or butter, or both.

What is the correct amount of water to use for cooking vegetables? As little water as possible! Gone are the days when potatoes, carrots, and peas floated in a full cooking pan of water, losing more than fifty per cent of their nutrients and leaving only cellulose. Enough potatoes for a family of four can cook merrily in half a cup to a cup of water. Carrots need less water. Snap beans and shelled peas require only half a cup. The old rule of "add enough water to cover vegetables" should be discarded as old fashioned; add only enough water to prevent scorching or burning. Of course, such cooking requires careful attention. When the vegetables are really boiling, reduce the heat to the correct intensity to keep the water bubbling. Extra heat is a waste. Leafy vegetables, such as spinach, beet greens, and dandelion greens, require no additional water. Wash the greens and shake almost dry. The water which clings to the leaves is sufficient.

Cut down the cooking time of vegetables. The old-fashioned idea of cooking for hours and hours is taboo. Cook until tender and no longer. By observing such rules carrots will be done in about ten minutes, snap beans in about fifteen minutes, cabbage in ten minutes, shelled peas in ten minutes, potatoes in fifteen to twenty minutes—with vitamins intact!

Use whatever cooking utensils you have. Tests in laboratories have been made in glass, enamel, stainless steel, and aluminum. Vegetables may be cooked in a steamer, a pressure cooker, or a saucepan. The important factors are: use little water; cook only until tender, not to the mushy,

soft, and soggy stage; cover cooking utensils to prevent any vitamin loss from exposure to air.

It's a good nutrition rule to serve vegetables raw as well as cooked. When preparing raw vegetables for a salad, do not shred and blend until ready to serve. Clean in advance, and store in the refrigerator for chilling. The exposure to air wilts the vegetables and plays havoc with vitamins.

The early assortment from your own garden will include lettuce—the green, leafy type—spinach, carrots, summer squash, snap beans, and peas. Today we find many varieties of each type of vegetable. Formerly most of them grew wild in some part of Europe, usually around the Mediterranean. Only through cultivation have these vegetables survived and developed into the choice varieties of today. If man had not saved beans, peas, and carrots through cultivation and careful selection, our daily fare would be less nutritious. Your husband and children may secretly wish that glaciers or volcanoes or other historic disasters had eliminated all vegetables, particularly spinach—but you can change that attitude by skillful preparation!

**THIS YEAR** more home food gardens will be producing vegetables than ever before, relocating the usual sources of supply. This meets with governmental encouragement, since the large gardens in the South and the Pacific Coast areas which supply the markets of the Eastern and Northern states face wartime difficulties—labor, transportation, processing. Some varieties of vegetables are grown in every state. Because of climatic conditions, the productive period is longer in some states than in others, but the chief source of vegetables this year will be home gardens. Truck farms or greenhouses located in the vicinity of large cities will continue to supply metropolitan markets. Commercial canners, glassers, dehydrators, and freezers will still receive their vegetables from farms in specific localities used by them heretofore.

As a source of food value, vegetables have long been highly regarded. Government nutritionists and scientists, with the slogan, "Correct nutrition is better health for everyone," put green and yellow vegetables in the first group of essential foods. From the early vegetables growing in your home garden this would include: green—spinach, lettuce, snap beans, and peas; yellow—carrots and summer squash. Plan to serve some of the vegetables from this list



Armour ideas make the most of meat

## A week's delicious dinners with meat points to spare

These thrifty, appetizing meat meals come within the point allowance for a family of 4.

You have to get along on *less* meat now, because of the huge quantities going to our fighting forces. But you don't have to get downhearted about it. You can keep even the "meat-eatingest" family happy and satisfied all week long with carefully planned meals like these.

We worked them out in our Armour kitchens—and they're really practical. The total of 7½ lbs. of meat in the recipes comes within the point allowance for a family

of 4—leaving you enough points for butter, shortening and margarine as well as the cheese needed for Friday's dinner.

Watch for these Armour recipes, and save them. They not only show how to make popular meats go further, but also how to make the plentiful meats taste *good*—so they'll be welcomed by your family.

Remember, when trying these recipes, they are planned for 4 persons. You can easily adjust them for any family size. You'll find you can make *more* of your meat by planning meals a week at a time this way instead of from day to day.



**Sunday** 3 Pounds Meat, Boned  
(or buy 4 lbs. bone-in. Save bones for stock in Tuesday's meal.)

### LAMB SHOULDER ROAST Currant Barbecue Sauce

Rub 3 lbs. boned, rolled shoulder of Star Lamb with 1 tablespoon salt and ¼ tsp. pepper. Place on rack in pan. Roast uncovered in 325° F. oven for 35 minutes per pound. During last hour baste frequently with:

**Barbecue Sauce:** Melt 2 tablespoons Cloverbloom Butter, ½ cup currant jelly. Add 2 tablespoons vinegar and ¼ teaspoon dry mustard. Serve additional sauce with roast. This delicious roast is a fine Sunday dinner for 4—with enough left over for Tuesday's curry dinner.



**Monday** 1 Pound Meat

### HAM BALLS with Broiled Peaches

¾ lb. ground Star Ham Shank  
¼ lb. ground lean pork  
¾ cup crushed cornflakes  
1 tbsp. brown sugar ¼ tsp. cloves  
¾ cup Armour's Evaporated Milk  
1 Cloverbloom Egg  
4 canned peach halves  
1 tbsp. Cloverbloom Butter or margarine  
Mix cereal, sugar, cloves, milk, egg and ground meats. Shape into 8 balls. Place in flat open pan. Bake in 350° F. oven 20 minutes. Dot cupsides of peaches with butter. Place in pan under broiler for 10 minutes. Serves 4.



**Tuesday** (Use leftover Sunday Roast)

### LAMB CURRY ON RICE

1½ cups cubed cold lamb  
2 tbsps. Cloverbloom Butter or margarine  
¾ cup chopped onion  
¼ cup green pepper (if desired)  
½ cup diced celery 1 clove garlic  
1 tsp. curry powder 1½ tps. salt  
1 tbsp. Worcestershire Sauce  
2 cups stock (made from lamb bones)  
2 tbsps. flour

Brown the onion, pepper, celery, garlic in fat. Add meat, curry powder, salt, Worcestershire Sauce and stock. Cook about 30 minutes over slow heat. To thicken, mix flour with ¼ cup cold water and add to mixture. Cook 10 minutes more. Serve in ring of boiled rice. Serves 4.



**Wednesday** 1 Pound Meat

### LIVER PATTIES

1 lb. pork liver ½ cup chopped onions  
1 Cloverbloom Egg  
1½ tps. salt  
¾ cup dry bread crumbs  
3 tbsps. fat

Place liver in hot water for 10 minutes, grind coarsely. Mix with onion, egg, salt and bread crumbs. Form into 8 small patties, about ¾ inches thick. Brown in fat, 6 minutes per side. Too long cooking will develop a strong flavor. Place buttered carrots, green beans, peas or spinach in center of chop plate. Surround with patties. The egg, onion and bread crumbs help modify the liver flavor. This is an especially nutritive dish, because liver is the richest of all meats in vitamins. Serves 4.



**Thursday** 1½ Pounds Meat

### SPARERIBS — Celery Stuffing

1 side spareribs (1½ lbs.)  
2 tbsps. Cloverbloom Butter or drippings  
½ cup chopped onion  
½ cup chopped celery  
2 cups soft bread cubes ½ tsp. salt  
¼ tsp. pepper

Brown onions in fat. Add celery, bread cubes, salt, pepper and ½ cup water. Cover dressing with seasoned spareribs. Bake uncovered in 350° F. oven for 1½ to 2 hours. Serve with broiled tomatoes.

**Friday** ½ lb. Cheese  
Hard cooked eggs, baked in cream sauce to which ½ cup of Cloverbloom grated cheese is added for every 4 servings. Top with bread crumbs.



**Saturday** 1 Pound Meat

### STAR PORK SAUSAGE Corn Casserole

1 lb. Star Pork Sausage—links or patties  
3 tbsps. flour 1½ cups milk  
½ tsp. salt ½ tsp. pepper  
1 cup fine cracker crumbs  
1 No. 2 can whole kernel corn  
2 tbsps. chopped green pepper

Fry pork sausage 10 minutes. Measure 3 tablespoons sausage fat, add flour and stir in milk to form white sauce. Season. Alternate layers of crumbs, corn, sauce and sausage in casserole. Sprinkle with green pepper. Cover with more crumbs mixed with 3 tablespoons sausage fat and top with 4 whole sausages. Bake 30 minutes in 350° F. oven. Serves 4.



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Star Canned Meats  
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SEE THESE POPULAR PYREX DISHES AT YOUR FAVORITE STORE TODAY!

at least once or twice each day.

Stubborn fathers and sons will soon get over the idea of vegetables being a "sissy" diet when they realize that the Quartermaster Corps is very much concerned about getting enough vitamins and minerals to the soldier boys, the air cadets, the commandos, the sailors, the marines. Vegetables must be correctly cooked to look and taste appetizing, and we can't blame anyone for not zealously attacking a dish of soggy, wet, dissipated-looking greens. Have respect for vegetables, treat them with loving care, and your final result will be an "encore" from a particularly enthusiastic family.

The real reason that vegetables play such an important role is not the ageless adage "because they are good for you," but that vegetables are valuable storehouses of essential vitamins and minerals. These yellow and green vegetables are rich in vitamin A, some B-complex (thiamin, riboflavin, and niacin) and, when eaten raw, some vitamin C. Iron and some calcium is in evidence also. Specifically, when handled and cooked properly (not allowed to stand around in a warm kitchen), spinach and carrots are a source of vitamin A.

**FEEDING YOUR FAMILY** from the home garden will be an easy problem during the productive summer months. But what about the long, dreary winter months? Simple! "Put down" the extra vegetables you have in your garden, and your meals during the winter months will be taken care of. "Putting-down" vegetables can be a pleasurable task, instead of drudgery. Let us go on record—we do not advocate the all-day canning sessions which upset the household routine. There is a far better way! Every day or every other day can or preserve the extra vegetables from the garden which are ready to be used. We believe that if you planned to can or store or dry, every summer day when the garden is producing, just enough vegetables to take care of the family meals for two days during the winter, you would have an easy schedule and a good supply of canned vegetables. You won't be too exhausted, nor will you have a surplus of stored foods.

Here is how it would work. Supposing carrots are running good and plump in the garden. You decide to have carrots for dinner—but instead of pulling enough carrots for just one meal, you gather enough for three meals. You prepare the carrots, cook enough for



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*Preserves and Jellies*

**OLD FASHIONED TOMATO PRESERVES**

This old-time conserve harks back to grand-ma's kitchen. To choice, red-cheeked tomatoes we add sugar, spices and lemon peel for a luscious melt-in-your-mouth spread. Pure delight on toast!

Please be patient if your grocer is temporarily out of EVERBEST products. Our armed forces must come first!





# From Garden to

Use fresh vegetables generously in weekly menus

planned in advance to balance point, money, and nutrition values



• molded cheese salad



• summer vegetable soup



• wilted spinach



• summer squash



• home dehydration



• carrot ring mold



## • carrot ring mold

*Preparation time: 1 hr., 10 min.*

6 eggs  
2 tsp. salt  
¼-½ tsp. pepper  
2 tsp. chopped onion

2 cups milk  
4 cups grated raw carrots  
Spinach or left-over vegetables

**B**EAT whole eggs slightly, add salt, pepper, onion, milk, and grated carrots. Pour into an oiled 9" ring mold. Place mold in a pan of hot water and bake in a moderate oven (350° F) 50 min. or until firm. Unmold on a chop plate and fill the center with cooked spinach, green beans, or a *macedoine* of left-over vegetables. Serves 6 generously and makes a colorful and delicious meat substitute.

*196 cal. per serving. Source of vitamins A and B complex.*

*Recipe submitted by*

MARION M. SCHOEHLER

*Tested in THE AMERICAN HOME KITCHEN*

## • wilted spinach

*Preparation time: 20 min.*

1½ lbs. spinach  
8 slices bacon  
½ cup cider vinegar  
1½ tsp. sugar

¾ cup chopped green onions  
½ tsp. salt  
¼ tsp. pepper

**W**ASH spinach carefully and cut off stems at base of leaves; drain thoroughly and cut in pieces convenient for eating. Dice bacon into small pieces, place in a cold frying pan, and fry until bacon is crisp. Remove bacon to a piece of absorbent paper and add vinegar to fat in the pan; bring to a boil. Add sugar and green onions. Sprinkle spinach with salt and pepper and pour boiling vinegar mixture over it. Toss together, using two forks, until well mixed. Place crisp bacon on top and serve at once. If you like spinach more wilted, the spinach may be added to vinegar in frying pan, tossed, and steamed for one minute. Serves 6.

*117 cal. per serving. Source of vitamins A and B complex.*

*Tested in THE AMERICAN HOME KITCHEN*

## • home dehydration

*Use vegetables preserved in this way to extend Victory scrapie*

**F**OR perfect results use firm, fresh, thoroughly cleaned vegetables. Choose a sunny day for speedier, better results. Necessary equipment: Steamer, or deep kettle with wire basket and tight-fitting lid; paring knife; cheesecloth; automatically-controlled oven or oven thermometer; paper sandwich bags or containers for finished product.

To make drying rack, stretch two thicknesses of cheesecloth over oven rack; lace ends tightly back through wires. Keep oven at 165° F, oven door *open* 6"-8" throughout drying. **Snap beans:** Wash thoroughly; cut in thin strips or ½" lengths. Steam 6-10 min., dry off surface moisture. Spread out on cheesecloth-covered rack in thin layer. Dry 4½ hrs., turning over every half hour.

**Carrots:** Clean thoroughly; steam whole for 6 min. Remove skin and slice in ¼" slices (cut small carrots in strips). Dry as above.

**Spinach:** Clean thoroughly, removing tough stems. Steam 5 min., dry as above.

**Peas:** Shell young peas; steam 10 min. Dry off surface moisture; dry as above. When vegetables are dry, they are hard and brittle. For a family of four, store ¼-¾ cup dehydrated vegetables in moisture-proof sandwich bag inside covered container, in cool, dark place. Before using, soak 3 hrs. in water to cover; cook in same water.

*Tested in THE AMERICAN HOME KITCHEN*

## • summer vegetable soup

*Preparation time: 1 hr., 30 min.*

3 tbsp. meat drippings  
1 medium onion, sliced  
½ cup chopped celery  
3 cups chopped lettuce  
½ cup flour  
2 qts. hot water  
2-3 tsp. salt

¼ tsp. pepper  
¾ tsp. celery seed  
1 bay leaf  
2 cups cubed potatoes  
1 cup green beans, sliced  
½ cup watercress  
½ tsp. summer savory

**H**EAT drippings in Dutch oven or soup kettle and sauté onion and celery until lightly browned and tender. Add lettuce and cook 5-7 min. Sprinkle flour over vegetables and brown lightly. Add water, salt, pepper, celery seed, bay leaf, potatoes, and beans, and simmer 45 min. Add watercress and summer savory, and simmer 10 min. longer. Serve with a garnish of fresh watercress. Serves 6-8.

*102-139 cal. per serving. Source of vitamins A, B complex and C.*

*Tested in THE AMERICAN HOME KITCHEN*

## • summer squash

*Preparation time: 40 min.*

2 white "patty-pan" squash  
Salt and pepper  
1 tbsp. butter or vitaminized margarine  
1½ cups cooked chopped spinach

½ tsp. salt  
¼ tsp. pepper  
¼ cup cup cooked salted peanuts  
¼ cup whole salted peanuts

**W**ASH medium-sized squash and steam until tender (approx. 20 min.). Cut off top (may be scalloped to follow outside scallops) and remove seeds. Sprinkle with salt and pepper. Chop top part of squash and place in saucepan with butter or margarine. Add spinach, season with salt and pepper, and add chopped peanuts. When thoroughly salted, fill hot squash shells with spinach and top with whole salted peanuts. Serves 4.

*172 cal. per serving. Source of vitamins A and B complex.*

*Tested in THE AMERICAN HOME KITCHEN*

## • molded cheese salad

*Preparation time: 10 min.  
(allow 3 hrs. for chilling)*

1 pkg. lemon gelatin  
1 cup hot water  
1 cup grated raw carrot  
½ cup chopped olives  
½ cup chopped peanuts or walnuts  
1 cup cottage cheese, drained

½ cup milk  
¾ tsp. salt  
¼ tsp. pepper  
1 tsp. paprika  
Lettuce  
Red apple

**P**LACE gelatin in a bowl, pour hot water over it, and stir until dissolved. Let chill until slightly set, then whip with a rotary or electric mixer until fluffy. Fold in the carrots, olives, and nuts. Mix cottage cheese with milk, salt, pepper, and paprika, and beat until smooth. Fold into gelatin mixture and pour into a qt. size decorative mold or into 6-8 individual molds. Chill in refrigerator until firm. Unmold on a bed of lettuce and garnish with unpeeled apple wedges and watercress. If apple is to stand long, dip wedges in lemon or fruit juice to prevent discoloring. Serves 6-8.

*156-208 cal. per serving. Source of vitamins A and B complex.*

*Tested in THE AMERICAN HOME KITCHEN*

the current dinner, dehydrate the rest that same day and store for use for the procedure to follow when home-drying several varieties. We're enthusiasts about the process, having tried the method in our Testing Kitchen. And when the dried vegetables are soaked for three hours in just enough water to be absorbed, and then cooked, you will wager they are newly-gathered vegetables, they taste so garden-fresh!

den, we suggest specific methods for each vegetable. If you have a pressure cooker, pack your vegetables in jars and process them. The water-bath method and oven method work, but they are longer processes. We suggest home-drying carrots (cut in round slices and long strips), spinach, snap beans, and shelled peas. Summer squash and leaf lettuce cannot be preserved in any way. Harvest and enjoy them when ripe. If you are in the South, you will no doubt keep your late crop of root vegetables in the ground and use when needed; if in the North,



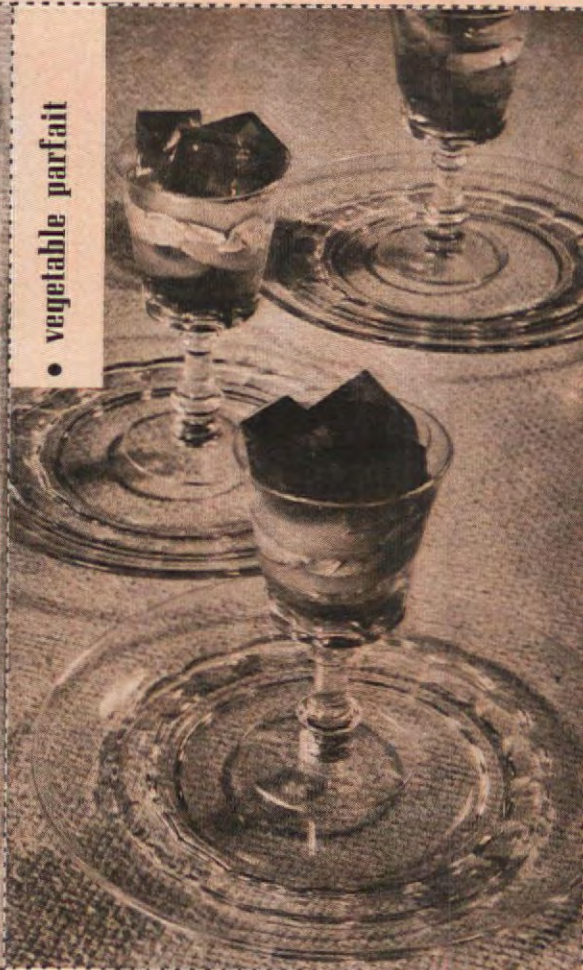
# Kitchen to Table

USE SOME OF THESE GLAMOROUS FRESH VEGETABLE DISHES WHEN RATION POINTS RUN LOW

• tomato cheese rolls



• vegetable parfait



• pressure canning



• rhubarb pie



• Herman's vegetable salad



• hot water bath and oven canning



Photog apbs, F. M. Demarest

Recipe printed on back of each photograph



## • hot water bath and oven canning

For the hot water bath, use a wash boiler or deep kettle with a close-fitting cover. It should have a rack for the jars at least  $\frac{1}{2}$ " above bottom of canner, and should be deep enough to cover jars with 1"-2" of water. Have water boiling and jars filled with hot food before starting.

For the oven method, your oven *must* have an accurate automatic heat control. For either method the jars should be placed  $\frac{1}{2}$ "-1" apart. *Do not* cut short processing times.

vegetable	preparation	packing	hot water bath	oven method (250° F.)
Snap beans	Wash beans, cut up. Precook 3 min. in tightly-covered pan. Slice; scrape off skins. Wash, sort for size. Precook 3-7 min. Wash carefully; steam until wilted.	Fill jars with hot precooked vegetables. Add $\frac{1}{2}$ tsp. salt to a pt.; cover with vegetable or boiling water to $\frac{1}{2}$ " of top. Adjust cap.	3 hrs.	3½ hrs.
Carrots			2 hrs.	2½ hrs.
Peas			3 hrs.	4 hrs.
Spinach			3 hrs.	4 hrs.

Tested in THE AMERICAN HOME KITCHEN

## • Herman's vegetable salad

Preparation time: 10-15 min.

ARRANGE strips or bouquets of freshly-cooked vegetables (snap beans, wax beans, beets, or peas) or raw vegetables (carrots, cauliflower, radishes) in lettuce leaves and serve with sour cream dressing.

### Sour Cream Dressing

$\frac{1}{4}$  cup sour cream  
1 tsp. drained horseradish  
1 tsp. catsup  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper

Blend sour cream, horseradish, catsup, salt, and pepper together. A fluffy dressing with a very subtle flavor, sufficient for 4-6 salads. If you prefer a more pronounced flavor, add more horseradish and catsup to taste.

23-24 cal. per serving.

Suggested by HERMAN SMITH

Tested in THE AMERICAN HOME KITCHEN

## • rhubarb pie

Preparation time: 1 hr., 15 min.

4 cups sliced rhubarb  
1 egg  
• 1-1¼ cups sugar  
3 tbsp. flour  
Pastry for double-crust pie

WASH and dry rhubarb. Do not peel unless skin is very tough and stringy. Cut in  $\frac{1}{2}$ -¾" pieces. Beat egg; add sugar, to desired sweetness, and flour, which have been well mixed; mix thoroughly with rhubarb.

Line a 9" pie plate with pastry, fill with rhubarb mixture, and top with crust or wide strips of pastry. Seal edges and bake in a hot oven (425° F.) 35-40 min. or until golden brown. Serves 6.

346 cal. per serving, Source of vitamins A and C.

NOTE: Strawberry rhubarb gives a pretty color—a luscious pink that you can hardly wait to taste; but other rhubarb is delicious, too.

Tested in THE AMERICAN HOME KITCHEN

## • pressure canning

WHEN using a pressure cooker, prepare vegetables as for hot water bath and oven method and place rack in bottom of cooker. Add hot water to level of rack, and place filled jars in cooker, allowing space between jars for circulation. Adjust and tighten cover of cooker. Petcock should be left open until steam escapes for 7 min., then closed. Start counting processing time when required pressure is indicated. When processing time is up, remove cooker from heat; let indicator return to zero. Open petcock gradually, remove jars. Before processing next load, fill cooker with water to rack level.

vegetable	time	Pressure cooker	lb. pressure
Snap beans	40 min.		10 lbs.
Carrots	35 min.		10 lbs.
Peas*	60 min.		10 lbs.
Spinach	60 min.		10 lbs.

\*Peas are usually packed only in pints, as too long processing makes them mushy. NOTE: For higher altitudes, add 1 pound pressure for each additional 2,000 ft.

Tested in THE AMERICAN HOME KITCHEN

## • vegetable parfait

Preparation time: 10 min.  
(allow 2 hrs. for gelatin to set)

1 pkg. lime gelatin  
1 cup hot water  
1 cup left-over vegetable water  
2 tomatoes  
Lettuce or salad greens  
Salt and pepper  
Mayonnaise  
Parsley

DISSOLVE gelatin in hot water and add vegetable water saved from cooking vegetables. Pour into an 8" x 10½" pan or two refrigerator trays and set in refrigerator until firm. When firm, cut in cubes. Serve in parfait glasses or orange juice glasses and arrange alternate layers of gelatin cubes, tomatoes, either chopped or cut in thin wedges, and salad greens, sprinkled with salt and pepper. Finish with a layer of gelatin cubes, top with mayonnaise and garnish with parsley. Gives colorful and sparkling appeal to the start of any meal. Serves 6.

95 cal. per serving. Source of vitamins A and C.

Courtesy of Best Foods Co. Tested in THE AMERICAN HOME KITCHEN

## • tomato cheese rolls

Preparation time: 3-5 hrs.  
(depending on amt. of yeast used)

1 cake yeast  
1 tsp. sugar  
¾ cup tomato juice  
1 tsp. salt  
1 tsp. onion juice  
3 tbsp. melted butter, or vitaminized margarine  
2¼ cups sifted enriched flour  
¾ cup grated sharp cheese  
3 tbsp. chopped parsley

CRUMBLE yeast cake into a bowl (if in a hurry, use two), add sugar. Heat tomato juice until lukewarm and stir into yeast and sugar. Let stand 5 min. Add salt, onion juice, and melted butter or margarine. Add half the flour, beat smooth, and add rest of flour. Beat until smooth and dough looks shiny. Place in a bowl, brush top with butter or margarine, and cover closely with a damp cloth or paper towel. Let stand in warm place or over warm, *not hot*, water until double in bulk. Turn onto floured cloth, knead lightly, and roll into a circle ¼" thick. Brush with melted butter or margarine, sprinkle with grated sharp-flavored cheese and chopped parsley. Cut into 16 pie-shaped pieces. Roll each from edge toward point. Place, point under, on well-greased cookie sheet. Brush with butter and let rise until light—approx. 30-50 min. Bake in a hot oven (400° F.) 12-15 min. Makes 16 rolls.

104 cal. per roll. Source of vitamins A, B complex and C.

Courtesy of Best Foods Co. Tested in THE AMERICAN HOME KITCHEN

Photograph printed on the back of each recipe



# Wartime do's and don't's FRIGIDAIRE

tells how to make room in a crowded refrigerator

If your refrigerator was crowded in normal times, chances are it has an even bigger job to do as you co-operate with necessary wartime measures. Less frequent deliveries, fewer trips to market, mean storing more foods and keeping them longer. You use more fresh vegetables; make soup, bake beans and prepare other foods you used to buy in cans!

Today, knowing what to leave out of your refrigerator may be almost as important as knowing what to put in! Here are some timely do's and don't's that may help you "stretch" your refrigerator a size larger!



Buy War Bonds for Victory

## Do



### Foods that must be refrigerated

**All dairy products.** Store all except ice cream on open shelves. Store ice cream in freezer. Store butter and "soft" cheese in covered containers; wrap hard cheese in waxed paper or clean cloth wrung out of vinegar.

**Meat, fowl, fish.** Keep in meat tray or loosely wrapped in waxed paper below freezer. Exceptions: Always wrap fish to prevent odor transfer. Wrap mildly cured meats like bacon in cloth wrung out of vinegar to prevent mold. Wrap and freeze ground meats, variety meats, and fish if not to be used at once; poultry and other meats if to be kept several days.

**Frozen foods of all kinds.** Wrap and keep in freezer.

**Fresh green and salad vegetables.** Keep in vegetable compartment or other covered container.

**Fresh "ripe" fruits.** Store in covered container. Berries keep best in shallow pan, covered loosely with waxed paper.\*

**Other:** Cover\* and store cooked, opened, canned, and bottled goods (not mentioned under "don't" or "maybe").

\* Some refrigerators are designed to provide temperature and humidity conditions that make it unnecessary to cover foods.

#### FRIGIDAIRE REFRIGERATORS

When you need refrigerator help, call one of the approved Frigidaire Service Dealers listed under this heading in your classified telephone directory



PRODUCTS OF GENERAL MOTORS  
"FOR SERVICE CALL"

## Don't



### Foods that need not be refrigerated

**Sugar preserved foods.** Dates, jam, honey, syrup.

**Fresh foods.** Bananas (which should never be refrigerated) avocados, potatoes, sweet potatoes, parsnips, turnips, beets, dry onions, squash.

**Dried fruits** if in a cool, dry atmosphere. But in a warm, humid atmosphere it is best to keep dried prunes, apricots, etc., in the refrigerator.

**Other:** Vinegar, dried spices, split peas, popcorn, unopened canned and bottled goods (except fresh milk and cream), cooking fats (other than bacon grease and drippings) if they will be used up in a short time.

When in doubt, store in the refrigerator.

## Maybe



### Foods that can be refrigerated (if space is available)

Some foods do not require refrigeration for safe keeping, but are improved in taste when thoroughly chilled. Others keep better in the refrigerator but can be left out. Among these are:

Carbonated beverages\* Pickles and olives\*  
Fresh oranges, grapefruits, limes and lemons\*  
Fresh peaches and pears, not fully ripe\*  
Pineapple, melons\*, cabbage, cucumbers  
Bread, cakes, pies and other pastries  
Peanut butter and salad dressing

\* If space is limited, chill only enough foods and beverages for immediate needs. Store the remainder outside of the refrigerator.

Next Month: "Care of the Refrigerator"

### Get a Free copy of WARTIME SUGGESTIONS from your Frigidaire Dealer

Tells how to make your refrigerator serve better and last longer under wartime conditions. 36 pages of simple, helpful suggestions like those on this page. Get your free copy from any Frigidaire dealer. Look

for his store sign or find his address in your classified telephone directory under REFRIGERATORS—ELECTRIC. Or write Frigidaire Division, General Motors Corporation, 365 Taylor Street, Dayton, Ohio.

For Excellence



in War Production

## FRIGIDAIRE Division of GENERAL MOTORS

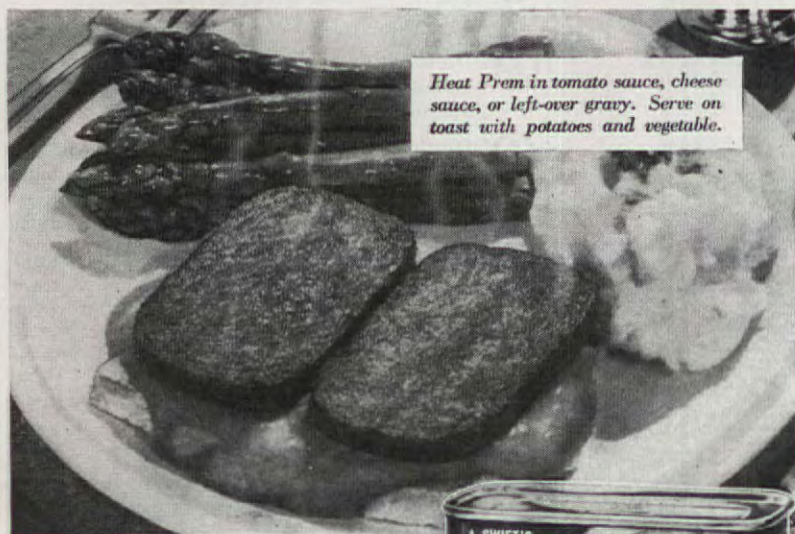
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# Pinch-Penny Privates

TEKLA BARCLAY

WE ARE the Pinch-Penny Privates of Uncle Sam's Army. We housewives of the nation have adopted as our slogan: Waste not, and win the war! The kitchen drain must go thirsty; the garbage pail must go hungry for want of bulk to fill it. The numerous ways of doing this can be fun—and, incidentally, it is good training for all of us to be even more thrifty housewives after the duration. We've been mobilized quickly; from peace-time regulations we've switched to war orders. Here are our first orders:

Don't throw away potato peelings! Nutritionists tell us that potatoes should not be peeled; in case you disregard this advice, at least save nutrition for your family by baking the potato peelings until crisp, after being salted and peppered. Serve as a vegetable.

Any left-over vegetables, particularly potatoes, carrots, turnips and sweet potatoes, make excellent patties when combined with egg and seasonings. Bake in muffin tins instead of frying, unless you have drippings—save fat, you know!

Don't soak a skillet in which meat has been browned, and lose all the meat flavor. Instead, fill the skillet half full of water and cook with onion, celery, dried peas, or beans to make a soup stock. Or add farina or oatmeal instead for a good quickie soup.

Instead of throwing away soggy slices of French toast or waffles, cut into squares and brown under the broiler until crisp—appetizing croutons! Or use bread crusts. Stale bread plus a custard mix make a super-quickie bread pudding.

Now that we Pinch-Penny Privates have the idea of how to save food, let's train with the kitchen as our barracks, the stove as our anti-axis gun, and food as our ammunition. Forward to victory!



**That takes too much time!**

Don't make toilet sanitation a chore. Why use a cleansing powder *plus* a disinfectant? Sani-Flush—made especially to do the whole job—cleans away the film, stains, and incrustations where toilet germs may lurk. Removes a cause of toilet odors. It's quick. It's easy. It's thorough.

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The Dennison Handy Helper says:

**"IF IT'S TORN—MEND IT WITH  
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TRANSPARENT MENDING TAPE"**

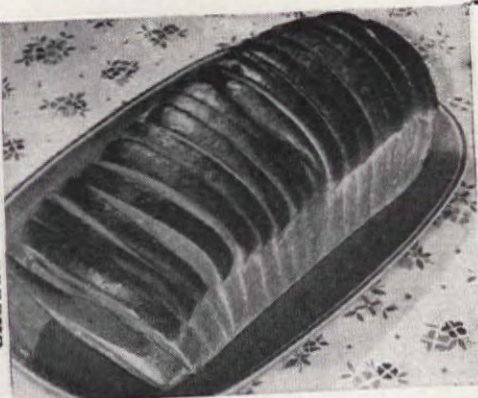


**"YOU NEED THESE, TOO!"**

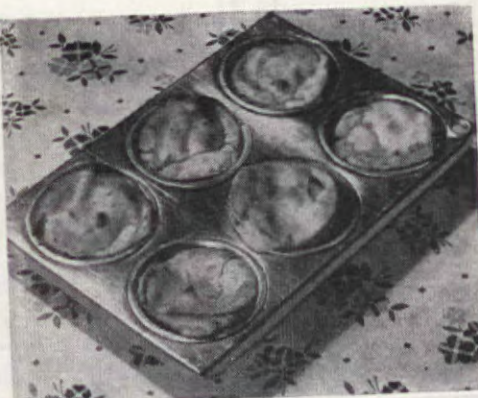
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DENNISON MFG. CO., Framingham, Mass.



• **toasted bread cheese sticks**



• **potato patties crispy peelings**



A LITTLE butter or margarine goes a long way when  $\frac{1}{4}$  cup, melted, is poured over a loaf of bread sliced almost through and toasted in oven. Cut left-over crusts into finger lengths, spread with butter, sprinkle with cheese, toast till crisp. Serve with soups.

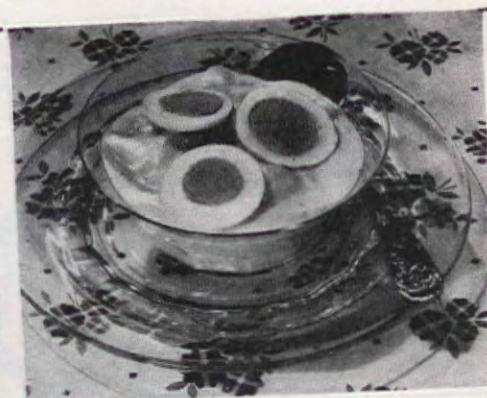
To 1 cup left-over mashed potatoes add 1 egg, 1 tbsp. milk, 1 tsp. baking powder, 2 tbsp. flour, a little salt. Mix thoroughly, bake in muffin tins ( $375^{\circ}$  F.) until brown. Make potato peelings thicker, dot with butter or margarine, and roast ( $450^{\circ}$  F.) until crisp.



**SAUCE for the GUESTS:** To give an epicurean appearance to the cheaper cuts of meats (less in point value, too) and simpler desserts, pour sauce over the food *before* it is brought to the table. Serve additional sauce in your best china, glass, or silver sauce-boat—the plainest dish can be exotic!

Besides, a good sauce is like money in the bank—when an emergency arises, you can meet it successfully. A repertoire of sauces is the quickest way to give flair and swank to any otherwise drab meal. When carrots or snap beans seem too monotonous for repetition but the victory garden is producing

• **white sauce with variations**



2 tbsp. butter  $\frac{1}{2}$  tsp. salt  
2 tbsp. flour  $\frac{1}{8}$  tsp. pepper  
1 cup milk

MELT butter or margarine in top of double boiler, blend flour in thoroughly and add milk. Heat and stir constantly until thickened. Cook 10 min. longer. This sauce may be made thicker or thinner by decreasing amount of butter and flour.

Variations:

Add 1 chopped hard-cooked egg to basic recipe for sauce to serve over fish. Add  $\frac{1}{2}$  cup grated cheese, stir until it melts, and serve over macaroni, rice, or toast.

Add  $\frac{1}{2}$  cup chopped cooked celery and add cooked diced chicken.

Add  $\frac{1}{2}$  cup sliced fresh mushrooms which have been sautéed in 1 tbsp. butter or margarine for a sauce to serve over left-over meats.

• **mustard sauce  
barbecue sauce  
raisin sauce**



**MUSTARD SAUCE:** Mix  $\frac{1}{4}$  cup dry mustard,  $\frac{3}{4}$  cup vinegar,  $\frac{1}{4}$  cup water, 1 cup brown sugar, and 2 tsp. flour together. Cook in top of double boiler until thick and pour over 2 beaten eggs. Return to double boiler and cook until thick. This sauce may be served hot or cold, and will keep for weeks when stored in the refrigerator.

For a really hot **barbecue sauce**, melt  $\frac{1}{4}$  cup butter or shortening; add  $2\frac{1}{2}$  cups water,  $\frac{1}{2}$  cup vinegar, 2 tsp. mustard, 2 tbsp. sugar,  $\frac{1}{2}$  tsp. onion salt or garlic salt or  $\frac{1}{2}$  onion (chopped), 1 tbsp. salt, 1 tbsp. chili powder, 1 tbsp. Worcestershire, 1 tsp. tabasco, and 2 tsp. black pepper. Mix and simmer  $\frac{1}{2}$  hr. Marinate meat in sauce several hours before cooking.

**Raisin sauce:** Mix together 2 tbsp. tarragon vinegar,  $\frac{1}{2}$  onion (chopped), 3 tbsp. currant jelly,  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  tsp. cloves, pinch of mace, 1 cup canned tomatoes, 2 cups brown gravy; simmer 15 min. Strain and add  $\frac{1}{2}$  cup seedless raisins which have been soaked in hot water and drained. Cook 3 min. longer. Nice with ham or tongue.

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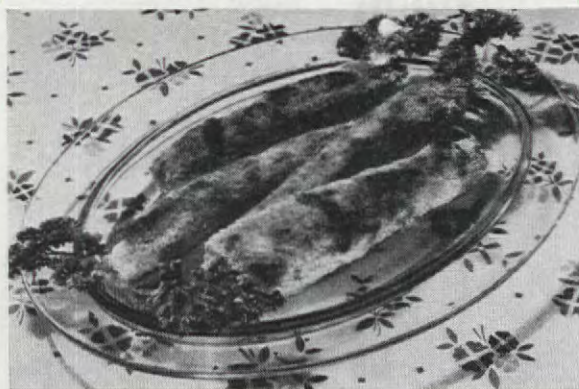
Name \_\_\_\_\_

Address \_\_\_\_\_

City and State \_\_\_\_\_

### carrots, gourmet "quickie"

Most folks like carrots, though some eat them only for curly hair and rosy cheeks. If your family is in the latter group, try fixing them "fancy" for a change. Then the carrots will really come into their own. Dip tiny whole cooked carrots, left over from last night's dinner, first in slightly beaten egg, then in cracker crumbs. Broil until golden brown on all sides and stick little bunches of parsley in the ends for "real" carrot tops. Look like they'd just been pulled from the Victory garden! Other vegetables, such as cauliflower or celery, may be fixed the same way. A quick way to use leftovers, and you may want to cook enough tiny whole carrots to serve this way for guests.



### bread pudding "quickie"

For a delicious bread pudding, cut stale bread in cubes; 1 cup is enough. Mix with 1 cup milk, 3 tbsp. sugar,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. vanilla, and 2 slightly beaten eggs. Sprinkle with nutmeg if you like and bake in a moderate oven (375° F.) until it is puffed up (about 25-30 min.); you see, it's that kind of a bread pudding. This makes enough to serve 3 or 4. If you have a lot of stale bread, you'd better double this recipe. It makes a good snack for the children when they come home from school, and it will keep nicely for the next day's luncheon dessert.

The crusts may be used right in the pudding or saved to make the cheese stick "quickie."



both, vary them with a parsley or egg white sauce.

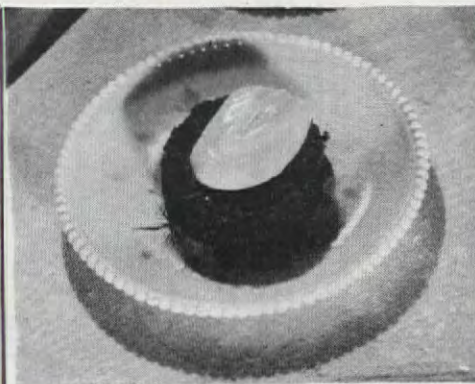
For the lower-point-value meat which seems to lack character, marinate in barbecue sauce and then broil. Serve this to the guests your husband brings home to dinner, and you won't need to wait for applause; your guests will be ecstatic!

When bread puddings or gelatin puddings lose

interest, re-vitalize them with a generous serving of custard sauce. Or serve the queen of all dessert sauces, Lemon Chiffon Sauce. It will make the dreariest-looking dessert come to life.

So here are recipes for sauces and sauces; now have fun dressing up the meat, vegetables, and dessert in new frills!—SARAH SHIELDS PFEIFFER

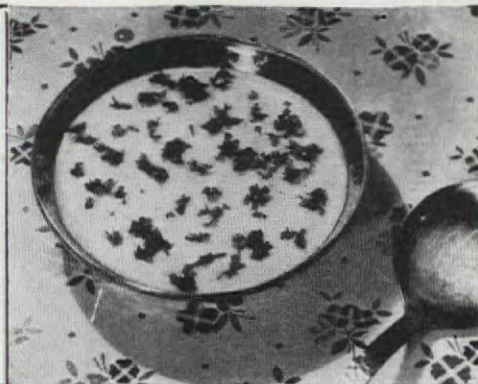
### lemon chiffon sauce custard sauce



**B**LEND 3 tbsp. lemon juice with 3 tbsp. sugar,  $\frac{1}{4}$  tsp. salt, 1 beaten egg. Cook over hot water until thickened. Cool and fold into 1 cup whipped cream. (To make light cream whip, add 3 oz. cream cheese to 1 cup cream. Have both thoroughly chilled and whip until fluffy. For this recipe the cream is measured after it has been whipped.) This sauce is delicious with fruit salads or desserts, over gelatin or tapioca desserts or served with sponge cake, leftover cake, or with cottage pudding. It holds up well, too, so it's good the second day.

**Custard sauce:** Scald 2 cups milk in top of double boiler. Beat together 2 whole eggs or 4 egg yolks,  $\frac{1}{4}$  cup sugar, and  $\frac{1}{4}$  tsp. salt. Pour hot milk gradually on egg mixture, blend well, and return to top of double boiler. Stir constantly until mixture coats a spoon. Serve with fresh or canned fruit, over lady fingers, or on gelatin desserts. By adding  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  tsp. vanilla, and 1- $\frac{1}{2}$  cups cream or evaporated milk, you have a good ice cream recipe.

### white sauce with variations



**U**SING the basic white sauce recipe, try the following for interesting variations: Add 1 tbsp. prepared horseradish, 1 tsp. Worcestershire sauce, 1 tbsp. gravy or brown stock, for a peppery sauce to serve over roast beef or ham.

Heat 1 cup oysters in their own liquor until edges curl; chop fine and add to cream sauce. Serve with a macaroni or noodle ring.

Add 3 tbsp. chopped parsley to make a sauce for vegetables and fish.

For a tomato sauce for chops and meat loaf, cook together 1 cup tomatoes, 1 chopped onion, 1 stalk celery, 1 bay leaf, and  $\frac{1}{2}$  tsp. soda. When mixture has simmered 15 min., strain and blend slowly into white sauce. If both are hot, there is less danger of the sauce curdling.

For curry sauce, mix 1-2 tsp. curry powder,  $\frac{1}{4}$  tsp. paprika, and 1 tsp. onion juice with water. Add to white sauce, cook until blended.



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**DO** have a shower made from a garden hose. It will tempt Dad too. Real fun with little energy expended on a torrid day

**DON'T** overwork or overplay. Moderation is the rule to safeguard health of old and young alike. That goes for eating, too

**DO** try that old Spanish custom of a regular afternoon siesta. "Mad dogs and Englishmen go out in the midday sun"

**DON'T** tan too quickly. Over-exposure can result in serious injury. Don't wear heavy or tight clothing either in summer

Photographs by  
Maurice L. Lehu



## *This Month's Guest Editor*

was born in Ashley, Pa. A graduate of St. Mary's School since 1936 she has been Supervising Nurse, New York City Acting Consultant in Tuberculosis Nursing, N. Y. Dept. of Health. Married to an attorney now in the service, mother of Kevin O'Connor. She'll receive her B.S. from Teachers College, N. Y. C.

## *Good Health*

**T**HIS summer scores of American families will settle down to the fun of "vacationing at home." Mother will have a chance to catch up on the many little things she has been putting off for so long. For Dad there is the opportunity—too long delayed—to know in a more intimate way the children he has seen for but a few hours a day during the long school year. Of deeper significance is the fact that, at a time when our very way of life is in danger, there will be developed in each of us, through this vacation at home, a richer and more reverent appreciation of the American home and all that it represents.

Healthy, pleasant vacations do not "just happen." They are achieved through careful planning and prudent management. In any language, vacation means time for fun. Health thus becomes a matter of primary importance.

Time was when the approach of summer was dreaded. For many it was a season of great discomfort, sickness, and sorrow. The rate of infant mortality in warm weather filled the hearts of young mothers with fear and trepidation. Hay-fever victims accepted as inevitable a period of general distress. Smallpox and typhoid fever were an ever-present menace to the traveler. Fortunately, through tireless effort and exhaustive research, many of these scourges of mankind have been brought under control, if not eliminated. With grateful appreciation to our men of science, we can, therefore, face cheerfully the pleasant months ahead if we but follow a few simple yet pertinent rules.

In the hot seasons we are concerned chiefly with maintaining a normal body temperature—in other words, keeping cool. Difficult as this may sound, it is largely a matter of moderation and common sense. In hot weather the skin collects dust and grime much more rapidly than during the winter months. Dirt mixed with the natural moisture of the skin will greatly hinder the evaporation of perspiration and seriously interfere with a person's comfort.

Throughout the entire world Americans are known for their fastidiousness in regard to personal cleanliness. It seems hardly necessary then to stress the importance of soap and water to an AMERICAN HOME family, but it is good for us to remember that in hot weather we need to exert extra care and effort in our daily cleansing. Regardless of how tired or pushed for time we may be, we cannot afford to omit our daily shower or bath. And in-between-times if we can manage it, applications of rubbing alcohol, cologne and toilet water applied to the skin surface aid immeasurably in getting rid of that hot, sticky feeling.



# Our Living Room is Looking Great!

MARY KEARNEY O'CONNOR

of Nursing, Brooklyn, N. Y.,  
Department of Health, was also an  
of Health; now on leave of ab-  
a five-months-old son, Michael  
College Columbia Univ. in June



## in *Hot Weather*

Strangely enough, one of the more serious transgressions of the rules of good health in summer-time is overwork. It is obvious that in the heat of the summer's day the body temperature is correspondingly affected. Few people realize, however, that over-indulgence in work in hot weather may increase heat production to such a degree as to seriously, and perhaps permanently, affect the proper functioning of the vital organs, particularly the brain. Try to relax whenever possible. Dad would do well to remember this as he putters around the house.

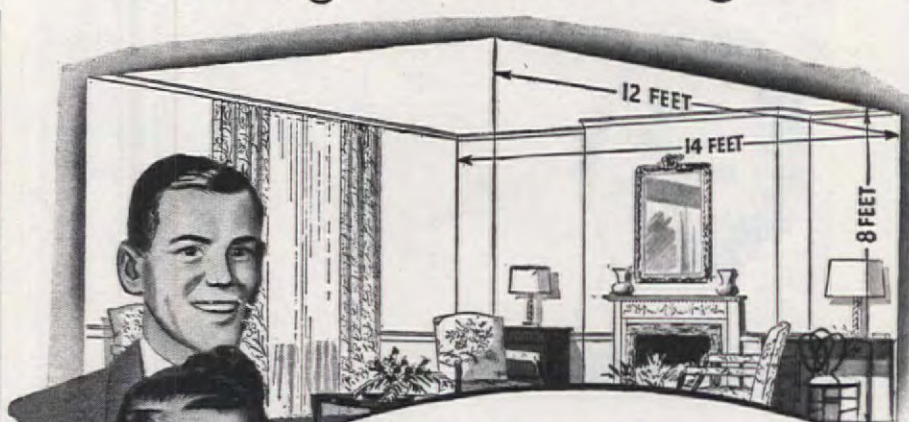
Four classes of people are more affected by hot weather than others. These are the very old, the very young, the sick, and those overweight. Perhaps if rationing grows more stringent none of us

will long be in the last category! But if any in your family fall under these four classifications it would be well for them to learn from your family physician any necessary health precautions.

Children are often innocent victims of too strenuous play in hot weather. They become tired, fussy, and irritable. This evil can, to some extent at least, be prevented by a careful selection of your children's play activities. On the warmer days endeavor to interest them in games and pastimes that call for a minimum expenditure of energy. Sunstroke, heatstroke, or exhaustion require prompt medical treatment. Summer ills are not to be dismissed as unimportant and trivial, and if there is the slightest suspicion of any of the foregoing difficulties the sick person should



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be put to bed at once, kept quiet as possible, and the doctor called.

Many parents have learned to take advantage of the summer months for attending to their children's health needs, thus assuring the children of a prompt return to school and a better chance of a healthy winter. It is a popular time for immunizations, dental care, tonsillectomies and so forth. As a rule, you will find the family physician is less busy in the summer and can therefore give you and the children more time and perhaps give a more exhaustive examination than he would have the leisure to do in the winter. Youngsters who are entering school for the first time should, by all means, have a complete health examination, their immunizations completed, and any physical defects as adenoids or tonsils corrected before they begin their school life.

Let's hope Mother will take time now, before she begins her career as a gardener and canner, to learn

the easiest and most efficient way of handling the tools and equipment she will use; and, more important, that she will find it possible to perform her heavier duties in the early morning or late afternoon—the cooler periods of the day. But if work she must during warm weather, let's trust Mother will alternate brief periods of work with periods of rest.

Remember that summer is the season for light, cool, and easily digestible foods. Thanks to our Victory gardens, it will be comparatively easy this year to keep well stocked with salads, fruits, and vegetables. Resolve to be particularly careful of refrigeration, especially of milk, meat and any other perishables.

Lest all these precautions dampen the enthusiasm with which you look forward to vacationing at home, we repeat—good health in hot weather is largely a matter of moderation and common sense. Be cool, calm, and comfortable.

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R. B. Cowles

## They Fly Through the Air

**FUN** for summer! First essential—a good strong tree. Tie \$1.25 worth of rope to a stout branch. Make a loop in other end. Mark spot where rope swings in largest arc, dig a hole, add cement (25¢), set in five-foot tree stump. Nail steps on stump and board on top for place from which to leap.—ELIZABETH BORNCAMP





ELIZABETH WEAVER McCAFFERTY

ONE of us (we are four) always seemed to be needing some bit of information that had been jotted down on a slip of paper and then mislaid—or must have been put in some other notebook. Being the “heels” of the household—wife, mother, and homemaker to you—I seemed to be deluged with questions, and eternally dashing around searching for this and that bit of information for my family. And so information pleas started this notebook that has developed into an important family project!

I purchased a sturdy binder-type notebook with pages 6" x 9½" (this size fits neatly into the bookcase with other books) for 25¢, also several sets of index-tab pages the same size, at 5¢ per set. The index tabs are lettered in ink with the subjects of the various sections of the notebook. Here are a few of our headings—you'll have your own, but this gives an idea of how much one such simple notebook can mean to family life!

**DATES:** With a page for each month of the year, it's easy to jot down the birthdays and anniversaries of the

Family and household memos kept in one well arranged notebook instead of scattered all over creation. Sensible and inexpensive!

friends, relatives, and sundry. Saves the embarrassment of overlooking such dates, and of sending little Jimmy a card for a five-year-old when he's a huge fellow of six!

**ADDRESSES:** If each member of the family has a page in this section to list his friends' names and addresses and telephone numbers, it will prove a great convenience—particularly at Christmas time when cards are being sent out.

**FAMILY AND FRIENDS:** Here go such notations as Great Uncle Herbert's aversion to lamb, Cousin Gertie's allergy to eggs, etc. Saves the bother of trying to remember such items about rare visitors.



## SO WE'RE Spoiled—EH?

Well, don't let these lily-white hands and manicured nails fool you. It's true we've had many conveniences to help make life easy for us, but now that the supply of household appliances is limited, we'll struggle along with what we already have, or do without.

If necessary, we'll bend our backs over washboards . . . we'll tire our arms ironing shirts and shorts, and if we can't get Hoover Cleaners we'll work our fingers to the bone brooming those rugs, mopping those floors, dusting those baseboards because, in this way, we too will be contributing to the war effort.

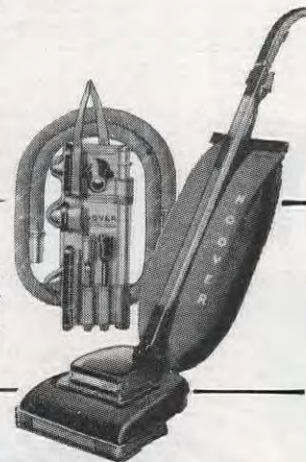
When the whistles, bells and sirens announce that day of Victory we'll all have “helps” like Hoover Cleaners again and we'll enjoy and appreciate them more than ever because we will have earned them the hard, honest American way.

\* \* \*

P.S.—In the interest of conservation, and to be assured of genuine Hoover service and parts, we suggest that Hoover owners register their cleaners with the Hoover Factory Branch Service Station (consult your classified telephone directory) or authorized dealer. If you cannot locate either, write: THE HOOVER COMPANY, North Canton, Ohio.



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White lead is also the backbone of other quality paints. In buying exterior paint it is a safe rule to follow: "the higher the lead content, the better the paint."



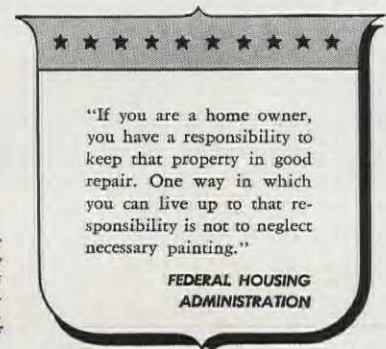
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shortage of white lead. Enough is available for all essential civilian as well as wartime needs. And its uniformly high quality remains unchanged.

So, when it comes to doing what the FHA calls a patriotic duty by protecting your property, you can use the paint which gives you the most for your money—pure white lead paint.

Indeed, with present buildings irreplaceable, it's good to know you can guard what you have with the paint that lasts and which makes things last.

**LEAD INDUSTRIES ASSOCIATION**  
420 Lexington Avenue, New York, N. Y.



**SIZES AND DIMENSIONS:** Here is where you record such items as that your sister-in-law wears size 6 gloves; nephew wears 14½ shirts with 33" sleeves; living room is 13' 4" x 18' 6"; the kitchen windows require 9 yards of curtain material. Handy to know at Christmas and for year-round shopping.

**PRESCRIPTIONS, ETC.** is worth its weight in rubber! Here is recorded (in ink, please) the number, pharmacy, and patient's name for each refillable prescription, with added notes as to what the prescription was for, along with the doctor's instructions regarding the care of the patient. (I'd give a lot right now to find the prescription number of a tonic ordered several years ago—before the book!)

**GIFT IDEAS:** lists suggestions for birthday, anniversary, and Christmas gifts. Clippings and pictures are often pinned to this page.

**HOBBIES:** Here is a fool-proof and practically loss-proof place to make a record of the date the last snapshots or movies were taken. (One can forget, between taking and finishing!) Miscellaneous information on all family hobbies can be noted here as well.

**LOAN LIBRARY:** A quick note of who borrowed what, when, simplifies running down such missing articles as books, dress patterns, card tables, games, etc. Here, too, are listed articles lent to us. Sauce for the gander, you know!

**ODD JOBS:** List here all the little things you want hubby to do: the painting jobs on one page, the carpentry on another, etc. Makes it easier for him, and gets more done!

**MISCELLANEOUS:** Under this you can include such notes as what number and brand crochet thread you used for your lace tablecloth; records on family history and heirlooms, etc.; also the names and addresses of the boy who mows the lawn, the man who files saws, and the woman who stays evenings with the children. We also keep a page to list our appliances, records of the dates they were serviced, and when last oiled.

Being a family record, our book is kept in the bookcase where it is easily accessible to all. Once a book of this sort is established, it is little work to keep it up-to-date, and what a wealth of information it holds! It's a wonderful boon to Mother, who is expected to be all-knowing. It holds the answers to innumerable information pleas!



Two indispensable books about all sorts of useful things to make at home and how to make them—the **PATTERN BOOK** especially for women, and **MAKE IT YOURSELF** for men. A wealth of grand ideas and detailed instructions for everyone with a bit of spare time. *Pattern Book*, 25¢; *Make It Yourself*, 50¢.



**SPECIAL—all three for 15 cents**  
Expert counsel on purchasing:  
(1) *Fruits & Vegetables*, No. 128  
(2) *Staples*, No. 104  
(3) *Canned Goods*, No. 105  
Send stamps and order by number  
**THE AMERICAN HOME**  
251 Fourth Ave., New York, N. Y.



# What do you mean—



## “FOR THE FAMILY”?

HOW CAN A HOUSE THAT IGNORES CHILDREN'S HEALTH AND HAPPINESS BE A “FAMILY HOME”?



MARJORIE HUTT

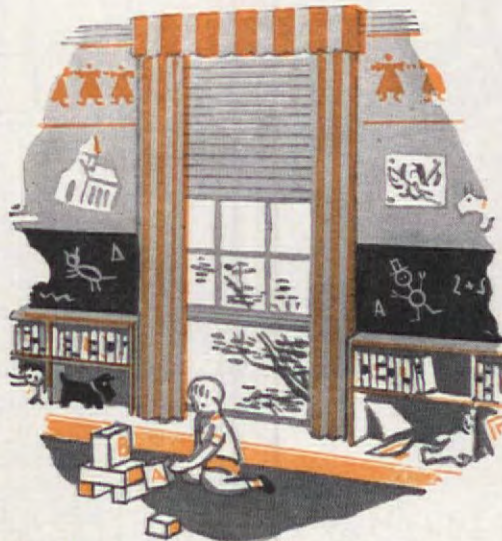
HOW WOULD YOU like to live in a room four years and not be able to see out of the windows because they are too high?

HOW WOULD YOU like to sit on a toilet so high that your feet dangled yards above the floor; or on one so large that you felt as though you were actually in danger of being drawn in by suction?

HOW WOULD YOU enjoy standing on the clothes hamper in order to reach the wash basin when you wanted to wash your hands?

AS THE mother of two small children I would like to suggest that we shake up our feather-bed minds and think with clarity about our children's comfort and convenience in their homes. Do we still have a hangover from our Victorian grandparents' era, when the advent of a “little stranger coming to occupy the home” was an occasion for blushes and surprise and secrecy? Or is it that we have not thought enough about a child's needs—so different from his elders'? Surely nowadays when two people marry and openly and naturally express their desire for children, their houses should be built with the needs and conveniences of the children in mind.

In a herd of elephants the pace is slackened to that of the youngest member of the herd. This consideration for the younger members is an instinct with all animals, but one which we are only now re-discovering for ourselves. I would like to see houses planned and equipped with this instinct—this consideration for the younger members of the tribe—in mind. Instead of waiting until a child grows up to the contents and furnishings and conveniences of a house, some of the conveniences should be small enough for



My ideal nursery would have windows such as you see at top of page—but any window could be adapted as you see it just above



You'll burn up  
less gas...



when you use the  
Classified more

No need to drive around, hunting for the tradespeople you want. Look in the Classified section of the telephone book for that beauty shop, upholsterer, used refrigerator shop. Then go straight there.

Next time, use the Classified—in your home, your place of business or at any telephone pay station. It's the easy way.





## And there's nothing like White Lead to **MAKE HOMES LAST!**

Today it's truer than ever that "There's no place like home." Today homes just can't be replaced. So it's up to you to *make yours last*. And good paint can help.

That's why the Dutch Boy reminds you that White Lead has been protecting the home front since Uncle Sam fought his first war. And that Dutch Boy White Lead, long famous in the *paste* form, now also comes as a ready-to-use *paint*.

**It's White Lead**—“First choice for making homes Last.” For White Lead not only makes property last long but lasts long itself—and it doesn't crack and scale...

**It's Dutch Boy**—the pure white lead that has been known to generations of Americans as home's staunch friend... and weather's stubborn enemy...

**It's Ready to Use**—Dutch Boy White Lead, all ready to spread... sparkling white... full of weather

fight. Yet it costs no more than regular quality paints...

For best results, note that the new Dutch Boy Paint comes two ways: (1) Special “Exterior Primer”—for a first coat with extra sealing, hiding and covering power. (2) “Outside White”—for extra durability in finishing coat and general painting.

And here's one place where you can still buy the best. For *there's no shortage of White Lead*—no change in Dutch Boy quality. *Paste or Paint* it gives your home “*paint-riotic*” protection. *Paste or Paint* Dutch Boy is “First choice for making your home Last.”



On Sale at Your Local  
Dutch Boy Dealer

### 2 FORMS

1. Special “EXTERIOR PRIMER” for a first coat with extra sealing, hiding and covering power.
2. “OUTSIDE WHITE” for finishing coat and general painting.

• A NATIONAL LEAD COMPANY PRODUCT •

**FREE**

Write for Free, 36-page, Color Illustrated Booklet! Tells you everything you ought to know about buying a wartime paint job. Address Dept. 466, care of the nearest office listed in coupon:

NATIONAL LEAD COMPANY—New York, Buffalo, Chicago, Cincinnati, Cleveland, St. Louis, San Francisco, Boston (National-Boston Lead Co.), Pittsburgh (National Lead & Oil Co. of Penna.), Philadelphia (John T. Lewis & Bros. Co.).

Sirs: Please send me a free copy of “In Defense of Your Home.”

Name \_\_\_\_\_ A. H. 6-43

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

him to use with dignity and comfort right from the beginning.

When my daughter was six months old I remember crawling around the nursery with her and realizing how inordinately dull it was from a baby's viewpoint. I had been fatuously disparaging, although secretly agreeing, when fond aunts and grannies declared it “just too darling,” and my conceit rose up and leered at me as I lay on the floor really taking it in for the first time.

The ceiling seemed as far away as the sky. Daddy stretched way up—two monstrously long legs and a smiling face almost lost in the upper vastness. The window was three feet from the floor, useful only for light and air. The walls rose plain and bare on all four sides, cream-colored, hygienic—and unspeakably dull.

Since my first baby arrived six years ago, because of my husband's work and because of the war I have lived in *seven* different homes—flats and houses—three of these in America and the remainder in England, but we always managed to have one room for the children for their own. Therefore, because of necessity, I've given this subject of small children in homes a great deal of thought. I know that, apart from the comfort of the child, we as adults would have a much easier life—less work and nervous strain—and far fewer

bath,” and I undressed, got in, and splashed about, and pretended to be having lots of fun. She very shortly climbed in, too, but it took her nearly a month to become confident enough to bathe in it alone.

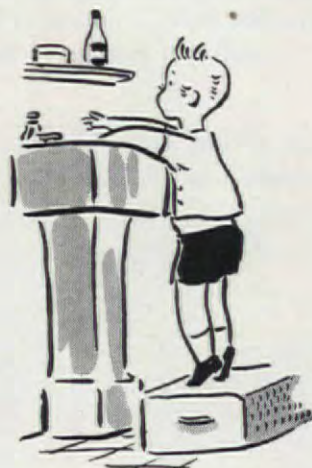
That bath was typical of what I mean by lack of consideration for children. I should like to see baths specially made for small children—not replicas of adult baths, but something attractive that would



appeal to a child and at the same time save the mother who bathes him from getting housemaid's knee or a permanent crick in the back.

Maybe it could be a small, flat tub, tiled like a swimming pool, and raised thirty inches from the floor, with a little flight of steps up which the toddler could climb—all mothers know how fascinating steps are to a toddler. It should be shallow and almost square, so that there is room to splash and play and roll without fear.

A small person earnestly intent on washing his hands as he stands on the clothes hamper in the bathroom, a half-buttoned pajama suit exposing a fat little behind, might bring forth a loving “Isn't it just too cute!” from an adoring auntie, or a “Don't you remember, dear, when...” from grannie to granddad; however, a built-in washbasin at just the right height would show more thoughtfulness and give the child a sense of pride in being able to do things for himself. The sight of two large bright blue eyes almost on a level with a pair of dimpled knees while the owner of both endearing features performs his daily “task” might be touching, but would not our concern be more fittingly expressed if we installed in our homes smaller, specially-adapted toilets, so that our children could sit on them comfortably with both feet on the floor? It would give them not only a sense of dignity but a sense of rightness, too. We would have fewer behavior problems, and fewer cases, in adult life, of that curse, constipation, brought about by



maladjusted children if we would only take them into consideration from the beginning—when most problems develop.

I remember in one of our houses there was a very long and deep old-fashioned bathtub—the kind with claw feet—and when bedtime came my daughter looked at it apprehensively: “Big bath—big bath—no Ann,” and she backed away. I knew that if I bathed her in it then and there she would develop a fear of some kind. There was nowhere else to bathe her, so I answered, “All right, Mummy



# Let's HASTEN THE DAY



It's our WAR  
let's fight it  
Now!

Buy  
WAR BONDS  
and  
STAMPS



**E**ACH day brings us nearer to that brave new world of tomorrow — a world that is swiftly and surely rising, like a new planet, from the blood, sweat and tears of all peoples as a shining tribute to Democratic Ideals.

Let the boys come home to a new America in which every one can live not only decently but well; in which, the luxuries of today will be the necessities of tomorrow. Modern Kitchens, for instance.

YPS designers and engineers are already planning new kitchen conveniences and new kitchen beauty for your present home or the new one you are planning.

There will be a YPS all-steel kitchen to fit your budget — and it will be worth waiting for!

**Youngstown**  
PRESSED STEEL DIVISION

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WARREN, OHIO





# MY FLYING MAN'S A HOMING PIGEON!



"Home on leave, Friday. Kill fatted calf. Love, Bill." When I read that, I knew I was on the spot! When Bill *does* get time off from instructing down at the airfield, he dashes home, expecting something pretty de luxe in the way of a snack. I never know when he'll arrive, or how many pals he's going to bring—so you see my problem. A hearty, he-man club salad seems to fill the bill—but my last attempt at a salad was not a success. So this time, lady be good!

**My Club Salad de Luxe** was a hit with Bill and his buddies right from the start! Plenty of hearty nourishment... cheese, meat, vegetables, fresh greens, nutritious mayonnaise... all on one big plate.

"Been learning new tricks, haven't you, Precious?" said Bill. "And who's been teaching you how to make salad dressing?"

"Not salad dressing, Bill," I said with housewifely authority. "It's *Real Mayonnaise*... with no starchy filler. It doesn't get watery when you add fruit juice or milk... stays rich and creamy the way you like it!

**Save Jars for Canning!**  
To learn how to get penny preserving seals, send stamped addressed envelope to The Best Foods, Inc., 88 Lexington Ave., New York.



## THIS CLUB SALAD DE LUXE—"Stretches the Meat!"

Wash one bunch of celery, keeping bunch intact. Using bottom 6 inches, cut into 6 pieces lengthwise, through the heart. Mix 1 cup grated yellow cheese with 2 tablespoons *Real Mayonnaise*, shape into small balls and garnish with pimiento strips. Arrange celery, cheese balls, 4 sliced cooked frankfurters, and 3 quartered tomatoes on shredded lettuce or salad greens, as illustrated. Garnish with parsley. Serve with *Real Mayonnaise*. Serves 6.

And it's nutritious, too—each delicious tablespoon adds valuable food energy!"

"To think I married you for your looks and disposition," Bill beamed, "and now I find you can make good salads, too! Better keep a jar of this ready for action when Your Hero comes home."



**Orders are orders** to this K.P.! I have *Real Mayonnaise* on hand all the time now—it pays to serve *Real Mayonnaise*!

## REAL MAYONNAISE FOR

### REAL NUTRITION

**WHOLESOME** ingredients—eggs, added egg yolks, "Fresh-Press" Salad Oil prepared each day as needed, vinegar, and seasonings. *No starchy filler!*

**EASY SPREAD FOR BREAD**—delicious and nutritious! It contains 3,140 food-energy units per pint.

**EATING FOR HEALTH** is "eating for fun" when *Real Mayonnaise* makes the salads we should eat *daily* taste so good!

undue strain on delicate muscles.

I think all houses should have these, not only in the bathroom but in a children's cloakroom on the ground floor which could be easily reached from the garden and so save tracking mud through the house and "putting-off."

Usually a child lives four years before he can look out of the average window, which is a piece of thoughtless cruelty on our part. For those parents who are fortunate enough to have nurseries I would like to see windows built in specially for the crawler and toddler—picture windows running the length of the room, from six to twelve inches from the floor, and from one and a half to two feet high, as a baby's horizon is naturally very low and his field of vision limited. There could be a higher row of casements to take care of ventilation.

But for the two parents who can have a nursery there are hundreds who have to be content with two bedrooms and one living room. For these parents one of the bedrooms could be turned into a day- and night-nursery; but where only a corner of the living room can be turned over to the child, then just one window could be so adapted. A round "porthole" would not detract in any way from either the outside or the inside appearance of the house and would add new interest to a toddler's life. It is not necessary, of course, to emphasize that the crawler's picture-window should if possible look out on something interesting!

Those bare, blank walls rising from the floor which started my revolt could be taken care of by means of gaily-colored friezes pasted on the wall immediately above the dado. You can buy fascinating trains and ships, and pretty flowers for the slightly older child. I was fortunate, in one place, in getting a border of children happily skipping, rolling hoops,

playing with dolls, and gardening: children busy in the many ways my children understood.

At one period, when we were living in a flat in London, the babies could not be turned out into a garden to play, but had to be taken to the park a mile or so away in a large perambulator. I was acting in the capacity of wife-cum-mother-cum-maid-cum-secretary, and my small daughter was left to entertain herself for long stretches of time. I screwed a large mirror, set in a deep frame, low down on the wall, and Ann played with the "other little girl" quite happily. They built marvelous edifices of bricks together and laughed uproariously when they toppled over. On one occasion, when we



were going on a long train journey and Ann just would not "do something," I placed her chair in front of this mirror and—*mirabile dictu!*—the "other little girl" immediately "did something" for me!

To bring those ceilings down from the loftiness of the sky I papered them with a bright rose-festooned wallpaper and brought it down three feet or so onto the



**BEST FOODS = HELLMANN'S**  
*Real Mayonnaise*



"What fun I had  
redecorating with **SPRED!**"

A revolutionary new paint  
made from Soy Beans



**SPRED** is a development from four years of soy bean research in the famous Time-Tested Laboratories. It is a concentrated alpha-protein paste that mixes with water to produce a durable, washable paint in a wide range of pastel shades.

It's fun to paint with SPRED because it's so easy to apply and so economical to use. No other paint brings you all these advantages because there's nothing else like it.

**Experience Unnecessary.** If your painter has gone to war, paint it yourself. Unskilled painting hands can get beautiful effects with SPRED. There's none of the bother and mess of ordinary painting.

**Really Washable.** Unlike many "water paints," SPRED can take

repeated washings. A damp cloth or soap and water make it look like new again and its smoother surface catches less dirt—stays clean longer.

**One Coat Covers.** SPRED's superior "hiding" qualities make one coat cover *wallpaper*, plaster, woodwork and wallboard. Porous brick, tile and concrete sometimes require two coats.

**Dries in ½ Hour — No "After" Odor.** Thirty minutes after painting, rooms can be occupied. And there's no painty "after-odor" to air out.

**Economical.** A gallon of SPRED mixed with a half gallon of water produces enough paint for an average size room. And SPRED costs only . . .

**\$2.98**  
A GALLON  
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SPRED is now on demonstration  
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Glidden • Heath & Milligan • Adams & Elting • Climatic • Campbell • T. L. Blood • Royal • Forest City • Billings-Chapin

"Color for America helped me select just the color schemes I wanted"



If you want a preview of SPRED colors in your home, see the "Color for America" book. It shows rooms of all types, styles, and arrangements — rooms like your own — finished in many SPRED color harmonies that will suit your taste. Your Time-Tested paint dealer will be glad to show you "Color for America" or loan it to you for an evening of home color planning.





*This is how a*  
**NEW 1943 NORGE**  
*would look in your kitchen*

Startling, isn't it? But here is the new 1943 Norge Rollator Refrigerator which you are doing without.

The American behind the pair of guns can swing his turret completely around as swiftly as you can point your finger. In a flash, he can tilt his sights up to the sky or dart them toward ground or water.

No foe in air, on land, on sea is fleet enough to elude his searching aim. The target found, he can check his motion in a hair's breadth and, in the same split instant, can loose a shattering stream of fire.

Such is the new Norge for 1943. It embodies more than the actual steel and other critical materials which would have gone into your refrig-

erator. Into it have gone, too, the bold imagination, the conscientious skill, the mechanical deftness, the "know-how" which have made Norge refrigerators so fine in the past and which would have made your new Norge the finest ever built.

Your reward for doing without your new Norge is the knowledge that you, too, have helped to speed the day of Victory and Peace.

When the guns are stilled, you can be sure that Norge thinking and Norge skill, stimulated by the stern school of war, will bring you even greater satisfaction, greater convenience than you have enjoyed before.

NORGE DIVISION BORG-WARNER CORPORATION, DETROIT, MICH.

# NORGE

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ROLLATOR REFRIGERATION • ELECTRIC RANGES

WASHERS • GAS RANGES • HOME HEATERS





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WHY TAKE CHANCES!

"When it's CLOROX-CLEAN it's hygienically clean!"

**KEEP YOUR FAMILY HEALTHY...** for America needs manpower on the job for Victory. That's the urgent request of government leaders and health authorities. One easy, effective health precaution is to use Clorox in routine cleansing of kitchen, bathroom, laundry germ "danger zones".

Clorox is intensified in germicidal action... it is free from caustic, an exclusive feature. And more, its extra-gentle bleaching action lessens rubbing in laundering... thus prolonging life of linens. Clorox is concentrated for economy. Use as directed on label to avoid waste. There's only one Clorox.

AMERICA'S FAVORITE HOUSEHOLD DISINFECTANT

**CLOROX** Disinfects  
DEODORIZES BLEACHES  
REMOVES STAINS  
FREE FROM CAUSTIC

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## HOSPITALIZATION PLAN

**POLICY PAYS**  
Hospital and Doctor Bills for Sickness or Accident up to:

\$6.00 Each Day	<b>HOSPITAL \$540</b>
Room and Board for Adults up to 90 days	
\$25 Each Week	<b>LOSS OF TIME \$300</b>
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<b>DOCTOR \$135</b>	
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<b>LOSS OF LIFE \$1000</b>	
Many other liberal benefits. All plainly stated in Policy.	

Don't go into debt when Sickness or Accident strikes. Be prepared—protect yourself NOW! This dependable Hospital and Doctor Expense Policy PAYS YOUR BILLS FROM THE VERY FIRST DAY exactly as provided. Any recognized Hospital and any Doctor may be selected by yourself. Policy issued to individual or Family. No red tape—no medical examination—no agents. Write today!

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walls. Of course colored ceilings to reduce height were not new, but flowered ceilings in nurseries were.

When the children reached the scribbling age I pasted black wallpaper on the walls which could be drawn on with blackboard chalk over and over again. Above this I tacked a piece of wallboard about twelve inches wide, on which I thumbtacked anything that interested the children—picture postcards, magazine illustrations, cut-out letters, and richly-tinted autumn leaves, too, have found their way there. The blackboard is always handy when the impulse to write on the walls overtakes my budding artists.

These last few things—the friezes, the colored ceilings, the black wallpaper—are very inexpensive and well within the reach of all, and they more than pay for themselves. The other things are, of course, expensive, but if babies could, they would clamor so loudly for them that I am sure they would be part of every home. But as babies are inarticulate, let us—architects, interior decorators, and parents—show as much consideration of them as we do of adults.



IN these days of Victory Gardens, finding space for both flowers and vegetables in the average backyard garden has proved to be a problem. Since vegetables must literally have their place in the sun, I turned to shade-loving flowers for our garden color. But dogs love shady spots, especially when covered with luxuriant growth, so we built the "keep out" contraption shown in the first sketch. It consists of plant stakes about a foot apart, nailed to cross-pieces the length of the flower bed. Instead of setting this up fence fashion, which would keep out only small dogs, we leaned it against the building. I had to give up my sunny sweet pea spot to vegetables, so I fastened an old wire lampshade frame to a stout pole. Strings running from pegs in the ground up to this frame made a wonderful support for the sweet peas, which looked well and took up only a small ground space.

—GENEVIEVE RUDOLPH CRUELL



## WAR AIM

• A free man's home is his own castle, a place where he may shield his happiness from the world. Today, on battlefields that gird the globe, free men are fighting for the preservation of the home... for the right to sit by a friendly fire in peace.

• For many years the Western Pines\* have helped to bring warmth and grace to thousands of American homes. People have found these fine, soft-textured woods pleasant to live with.

• While your plans for remodeling and building may be projected somewhat into the future, now is the time for you to learn more about the charm, economy and amazing versatility of the Western Pines. Write today for your FREE copy of "Western Pine Camera Views." Western Pine Association, Dept. 174-F, Yeon Building, Portland, Oregon.

\*Idaho White Pine \*Ponderosa Pine \*Sugar Pine

THESE ARE THE WESTERN PINES

## BRIGHTEN PAINTED WALLS WITH TRIMZ

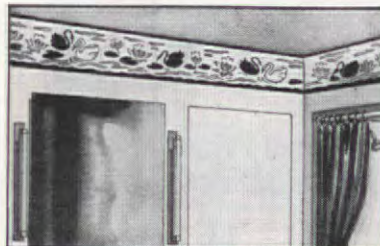


Now—with **TRIMZ** Ready-Pasted borders—you can quickly, easily bring new beauty to kitchen, bathroom, living room—every room painted or plainly decorated!

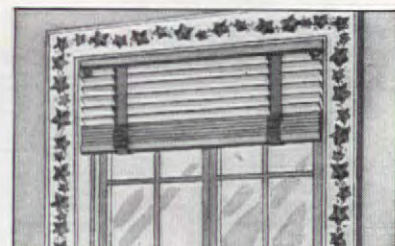
They're sunfast! They're washable! And gay, colorful patterns in endless variety are available at your department, hardware, paint or dime store.

All you do is wet **TRIMZ** and put it up! Comes 12 feet to the roll, 1 1/8, 3, and 4 inch widths, 15¢, 20¢ and 29¢. Colors and designs galore, to go with any decorative scheme. Brighten your home with **TRIMZ** today!

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Brighten-up your bathroom with **TRIMZ**—along walls and ceiling, around windows, mirrors, doors!



**TRIMZ** will bring added charm to your living room. And add a glamorous note to furniture, waste baskets, cabinets, too!

**TRIMZ** Ready-Pasted Borders



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Now you can have an earlier, bigger, better and more productive VICTORY GARDEN of your favorite vegetables and fruits by VITAMIZING this new, easy way with



No Fuss, No Mess, No Bother. No special Nozzle, No Special Sprayer, No Extra Attachments to buy. The VITAMIST Cartridge fits any garden hose or automatic sprinkler. Simply insert Cartridge into hose, turn on the water and sprinkle. One VITAMIST Cartridge will Vitamize 1,500 square feet of area. VITAMIST will also assure you of a most luxuriant lawn. Requires only one application a week.

**THIRTY WEEKS' SUPPLY . . . \$1.00**  
For Sale in garden sections of department stores, hardware stores, florists, seed and nursery stores.

If your Dealer cannot supply you, order direct from

**BURGESS SEED & PLANT CO.**  
418 V. S., GALESBURG, MICH.



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Don't let insects spoil your garden. Use Ever Green Garden Spray. Ever Green kills many common chewing and sucking insects. Safe and easy to use on tender plants. Contains pyrethrins. 35¢ bottle makes six gallons of spray. At good hardware, drug, seed, flower and department stores.

## EVER GREEN Garden Spray

## SPECIAL COLLECTION STASSEN TULIPS

**100 DARWINS \$3.30**  
Buy now while present low prices prevail, and stock is available for fall planting. This splendid collection of BLOOMING SIZE TULIP BULBS are all long stemmed May Flowering of selected colors. 100 for \$3.30 postpaid.

**30 GOLDEN DAFFODILS \$1.20**  
Giant Yellow Trumpet Daffodils, for beds, borders, edging, or under trees, a permanent addition to the garden.

**50 GRAPE HYACINTHS \$1.00**  
Muscaris, Heavenly Blue. For rock garden or edging. Recommended for planting in front of Daffodils for gorgeous display of blue and gold.

**All 3 above offers \$5.00 postpaid**  
Guaranteed shipment at proper planting time. CATALOG OF SUMMER and SPRING Flowering Bulbs FREE, contains special offers of Danias, Glads, Tulips, etc.

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Rid your lawn and garden of ants easily, economically, with CYANO GAS\* ANT-KILLER. A small amount of this gas-producing powder poured directly into the ant nest kills all ants instantly! CYANO GAS is simple to use and AMAZINGLY EFFECTIVE. A little goes a long way. Keep a supply on hand. Drug, hardware, seed stores carry CYANO GAS or can get it for you!  
\*Reg. U. S. Pat. Off.  
**30¢—ENOUGH TO KILL A MILLION ANTS**

## 100 DARWIN TULIPS \$2.50

GORGEOUS ASSORTMENT of shades and colors, including red, white, pink, lavender and yellow. Guaranteed to bloom next spring. Order Now—a postal card will do. Bulbs will be sent by parcel post, C. O. D. at the right time for fall planting.

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MOWING MACHINERY SPECIALISTS FOR OVER 20 YEARS

## BUGS IN YOUR VICTORY GARDEN?

Use Red Arrow Garden Spray to kill insects in Victory Gardens. Safe when sprayed to humans, birds, pets. 35¢ bottle makes several quarts. Buy Red Arrow Spray where you buy garden supplies. Send post card for new illustrated "Garden Insect Identification and Control Chart." Address: McCormick Sales Company, Dept. 1A6, Baltimore, Md.



## Magic GREEN FINGERS

Stimulate Rapid, Sturdy Growth in Plants—Outdoors or Indoors

Use these handy wood sticks impregnated with active B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub> and other growth factors. These vitamins are released to plant by watering or rain. Inserted in soil close to roots, each stick feeds one plant for one month. 12 Magic Green Fingers, 10¢. 36 for 25¢. 6 Giant Size for large shrubs, 25¢. At Dept., Hdq., Woolworth, Grant and Ben Franklin stores, or send coin or stamps direct to

**SMYLES LAB.** Dept. A, 108 Hennepin Ave., MINNEAPOLIS, MINN.



**PRATT & LAMBERT PAINT**  
MADE BY THE MAKERS OF  
"EI" Floor Varnish

PRATT & LAMBERT, INC. • NEW YORK • BUFFALO • CHICAGO • FORT ERIE, ONTARIO

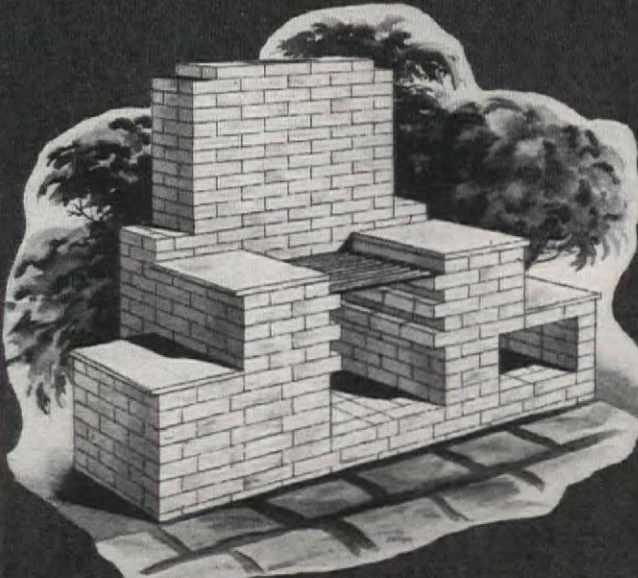
## HOMESWORK



AMERICAN HOMECRAFT A604

THE Call of the Great Outdoors is limited to a "yoo-hoo" in your own backyard this summer, but that should bring your friends running, complete with ration books, to your outdoor fireside. Tissue pattern for chef's apron and cap, plus embroidery transfers for snappy emblem for apron pocket, A604, 15¢

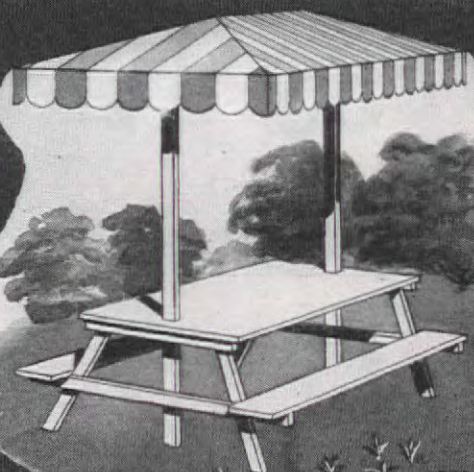
A605: A barbecue beauty that will make you famous, is fun to make, and requires no materials that are hard to come by (as we go to press!). Complete plans, material specifications, and instructions, 15¢



AMERICAN HOMECRAFT A605



A606

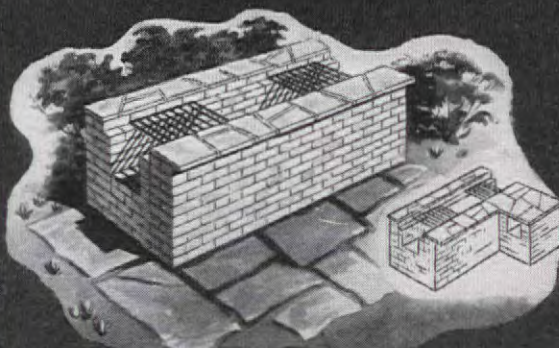


A606: Simplest possible construction that's tried and true makes this roomy picnic table, with or without canopy. Plans and instructions for making table and chair, below, included in pattern, 15 cents

AMERICAN HOME CRAFT A606

A606: This chair is the result of Arthur Hamilton's search for a comfortable lawn chair, and his success. It's light, yet strong enough to hold a 200-pounder. Pattern includes construction diagrams, material specifications, and instructions for chair (and table above), 15 cents

A607: A barbecue pit that accommodates a little or a lot, with or without warming oven. Plans, material specifications, and instructions, 15¢



Sketches, Sigman-Ward

AMERICAN HOMECRAFT A607

ORDER AMERICAN HOMECRAFT PATTERNS FROM  
AMERICAN HOME PATTERN SERVICE,  
251 FOURTH AVE., NEW YORK CITY

# WIN THE WAR

*and you can build it!*

Here is a home you've always wanted—maybe a little smaller or a bit larger than you need—but just as carefully planned for beauty, comfort and fine living, for firesafety, long life and low annual cost as your home should be.

You can't build this home today!

But you can plan it and you can make *sure* you will have it. The bonds you buy now to win the war will help finance your peacetime home.

Now is the time to study the many advantages of low-annual cost concrete for cottage or mansion. Write for free literature which will help you plan your concrete home for tomorrow.

## PORTLAND CEMENT ASSOCIATION

Dept. 6-5, 33 W. Grand Ave., Chicago, Ill.

A national organization to improve and extend the uses of concrete  
...through scientific research and engineering field work

**BUY WAR SAVINGS STAMPS AND BONDS**

## NEW WINDOW DISCOVERY FOR YOUR HOME!

AMAZING DEVELOPMENT GIVES YOU  
SUMMER SCREEN AND } *Both in*  
WINTER STORM SASH } *One!*

CHANGED FROM INSIDE THE HOUSE

NOW is the time to get rid of those worn out, old-fashioned screens and storm windows—the ones that cost you extra time, trouble, and money every spring and fall. Or, if you still need storm windows to meet probable fuel shortages, here's an opportunity to get better winter storm protection, plus summer screening—ALL IN ONE FRAME! Just open the window and in a jiffy interchange two separate lightweight panels from inside the house. Convenient. No ladders to climb. Much less storage.

**ACT NOW! WHILE STILL AVAILABLE!**

Get full details on the exclusive features of these outstanding Chamberlin all-weather combination windows today! Get more comfort and convenience... save fuel, time and money. Hurry! These toxic-treated, pine wood-frame units are still available at all Chamberlin branches, for all types of windows in homes, apartments, hotels, etc. Fitted by Factory Branch experts! Painted. Buy with no money down, 3 years to pay.

**FREE!**

Valuable U. S. Gov't Information on winter fuel savings with Storm Windows, Weather Strips, Rock Wool Insulation, Calking. Write for this booklet or a FREE estimate.

CHAMBERLIN METAL WEATHER STRIP CO., INC.  
1393 LaBrosse St. Detroit, Mich.

Send at once *without obligation* complete details on Chamberlin Combination Storm Sash and Screens, plus *free* fuel saving book. I have \_\_\_\_\_ windows.

**MAIL THIS COUPON TODAY!**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_



YOUR HOSPITAL AND DOCTOR BILLS PAID!



**3¢ A DAY HOSPITALIZATION PLAN**

**SICKNESS or ACCIDENT**

Don't allow Hospitalization expense to ruin your life savings. Insure NOW...BEFORE IT'S TOO LATE! In case of unexpected sickness or accident you may go to any Hospital in the U. S. or Canada, under any Doctor's care. Your expenses will be paid in strict accordance with Policy provisions. Individual or entire family eligible (to age 70). No agent will call.

**POLICY PAYS**

Hospital Expenses for Sickness or Accident up to  
**\$540.00**

Doctor Expense up to  
**\$135.00**

Loss of Time from Work up to  
**\$300.00**

Loss of Life  
**\$1000.00**

War Coverage ... and other valuable benefits.

**MAIL COUPON AT ONCE**

**NORTH AMERICAN MUTUAL INSURANCE CO.**  
Dept. AH3-6, Wilmington, Del.

Please send me, without obligation, details about your "3c A Day Hospitalization Insurance Plan".

Name .....

Address .....

City ..... State .....

## MANY NEVER SUSPECT CAUSE OF BACKACHES

**This Old Treatment Often Brings Happy Relief**

Many sufferers relieve nagging backache quickly, once they discover that the real cause of their trouble may be tired kidneys.

The kidneys are Nature's chief way of taking the excess acids and waste out of the blood. They help most people pass about 3 pints a day.

When disorder of kidney function permits poisonous matter to remain in your blood, it may cause nagging backache, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness.

Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will help the 15 miles of kidney tubes flush out poisonous waste from your blood. Get Doan's Pills.

## CORNS GO

**Dr. Scholl's 4-Way Relief Acts Instantly**

- 1 Sends pain flying
- 2 Removes corns
- 3 Prevents corns, sore toes
- 4 Eases tight shoes



Lose no time on your job for Victory! Dr. Scholl's Zino-pads relieve your misery from corns and gently remove them—while you carry on! Instantly stop tormenting shoe friction and lift painful pressure. Separate Medications supplied for speedily removing corns. Cost but a trifle. At Drug, Shoe and Department Stores everywhere.

**Dr. Scholl's Zino-pads**

# JACKET DRESS LEADS



Order these Advance Patterns from  
**The American Home Pattern Service**  
251 Fourth Avenue, New York City

**I**F YOU have a jacket dress or two in your wardrobe, plus a simple tailored dress, well, that is your wardrobe, almost. With this combination, there aren't many situations that you can't meet smartly. Your pattern goes a long way, too. Use the same one to make variations on the jacket theme. Make one to match the dress, one to contrast. Jacket dress magic is infinite in its sleevevariety!

**3264:** Here's a honey of a jacket dress. Jacket,  $\frac{3}{4}$  sleeves, takes  $2\frac{1}{8}$  yards 39" fabric in size 16,  $1\frac{3}{4}$  for short sleeves. Dress with  $\frac{3}{4}$  sleeves takes  $3\frac{1}{8}$  yards of 39" fabric in a 16, 3 yards for short sleeves. Sizes 12 to 20. Advance Pattern, 25¢

**3605:** Another jacket dress idea. Dress with  $\frac{3}{4}$  sleeves takes 3 yds. 39" fabric or  $2\frac{3}{4}$  yds. for short sleeves, in a 16. Jacket with  $\frac{3}{4}$ -length sleeve takes  $2\frac{1}{4}$  yds. 39"; short sleeves, 2 yds. 35" or  $1\frac{1}{8}$  yds. 54". Sizes 12 to 20. Advance Pattern, 35¢



Cleanliness Bureau

ONCE UPON A TIME, there was a bride whose groom was a second lieutenant. They went away off to live near his camp. She did her own washing. She was proud of her lovely things and a very careful housekeeper. So she read all the labels—did just what they said: Lukewarm





# DOUBLE LIFE



3267



These jackets lead an interesting separate life, too. Done in matching or contrasting material, they can go happily off with separate skirts, other dresses like the one on the left, or even slacks



3320

**3267:** Your tailored dress, ma'am! A 16 takes  $3\frac{1}{2}$  yds. 35" fabric or  $3\frac{1}{4}$  yds. 39". Buttons down front, 2 pleats each side, panel back. Sizes—12 to 20. Advance Pattern, 25¢

**3320:** Sweet, cute bolero, four-gore skirt, peasant blouse. Size 16 takes  $3\frac{3}{4}$  yds. 39" fabric for bolero and skirt,  $1\frac{1}{2}$  yds. 39" for blouse. Sizes—12 to 20. Advance Pattern, 25¢

water, mild suds; whites, light shades first; no rubbing—no wringing—no stretching; just squeezing; hang in sun to dry; iron when damp; use a lukewarm iron on rayon. Then she put them away carefully. She was a Smart Bride!



## NONE OF YOUR LIP!

WHEN I CHANGE DRESSES—I BITE ON A KLEENEX\* TISSUE—IT PREVENTS LIPSTICK STAINS —SAVES CLEANING BILLS!  
(from a letter by R. M. H., Alliance, Ohio)



**WIN \$25.00**  
(MATURITY VALUE)  
**WAR SAVINGS BOND**  
FOR EACH STATEMENT WE PUBLISH

WRITE NOW THE USE OF KLEENEX TISSUES SAVES YOU MONEY AND HELPS WIN THE WAR  
ADDRESS—KLEENEX  
919 N. MICHIGAN AVE., CHICAGO



**Makes Good Cents**

DURING COLDS I USE KLEENEX INSTEAD OF HANKIES. WHAT I SAVE ON ONE WEEK'S LAUNDRY PAYS FOR A BIG SUPPLY OF KLEENEX! (from a letter by J. C. K., Virginia Beach, Va.)



**Well I'll Be...**

said the Duchess!

NOW I FURNISH GUESTS WITH KLEENEX TO REMOVE FACE CREAMS AND OTHER COSMETICS. IT SAVES MY GOOD LINEN TOWELS...SAVES ME MONEY!  
(from a letter by E. G., New York, N. Y.)

**Remember Delsey?**  
—soft like Kleenex

Hope there'll be more Delsey\* Toilet Paper after the war



\*Trade Marks Reg. U. S. Pat. Off.

WHEN YOU CHANGE ADDRESS—Be sure to notify the subscription Dept. of THE AMERICAN HOME at 251 Fourth Ave., N. Y. C., giving the old as well as the new address, and do this at least four weeks in advance. The Post Office Department does not forward magazines unless you pay additional postage.

## REDUCE 3 to 5 Pounds a Week Yet EAT Plenty!

**USERS SAY**

Physician's Wife: "I lost 15 pounds in 24 days." Mrs. C. M., Ithaca, N. Y.: "My hips were 53 inches; now 43 inches. I feel like a new person, I like the taste also. My doctor says it was O. K." Mrs. P. M., Fresno, Cal.: "I lost 18 pounds in 3 weeks." Miss H., Wash., D. C.: "Had to tell the wonderful news! Reduced from 200 to 136 pounds in 3 months following your plan. It's great to be able to wear youthful clothes. My friends are amazed, and many of them are following the plan now."



Money Back Guarantee

**MEN** and women all over this country are reporting remarkable results in losing weight easily. Many lost 30 pounds a month and more. They are following the Easy Reducing Plan of Dr. Edward Parrish, well-known physician and editor, former chief of a U.S. military hospital and a state public health officer. Dr. Parrish's Easy Reducing Plan makes reducing a pleasure because it has NO STRICT DIETS, requires no exercises. HARMLESS, too, because it calls for no reducing drugs. Here is Dr. Parrish's Easy Reducing Plan EXACTLY as given over the air to millions: For lunch take 2 teaspoonfuls of CAL-PAR in a glass of juice, water or any beverage. Take nothing else for lunch except a cup of coffee, if desired. For breakfast and dinner EAT AS YOU USUALLY DO, but eat sensibly. Don't cut out fatty, starchy foods—just cut down on them. By following Dr. Parrish's Easy Reducing Plan, you cut down your daily calorie intake, thus losing weight naturally. You needn't suffer a single hungry moment. CAL-PAR is not a harmful reducing drug. It is a special dietary product, fortifying your diet with certain essential minerals and vitamins. Most overweight people are helped by Dr. Parrish's Easy Reducing Plan. Try it and you and your friends will marvel at the vast improvement in your figure. Get a \$1.25 can of CAL-PAR at health food and drug stores.

- NO EXERCISE!
- NO REDUCING DRUGS!
- ABSOLUTELY HARMLESS!

If your dealer hasn't CAL-PAR a special introductory can containing 18 DAYS' SUPPLY will be sent you direct, postpaid, FOR ONLY ONE DOLLAR. This \$1.00 can is not sold at stores. Money back if not satisfied. Fill out the coupon, pin a dollar bill to it and mail today. We will also send you FREE, Dr. Parrish's booklet on reducing containing important facts you ought to know including weight tables and charts of food values. CAL-PAR Dept. 30H 685 Broadway, New York, N. Y. I enclose \$1.00 for a special CAL-PAR can, to be sent postage paid, and Dr. Parrish's booklet on reducing. If not satisfied I may return unused portion and my \$1.00 will be refunded. (C.O.D. U.S.A. only.)

NAME.....  
ADDRESS.....  
CITY.....



## Who are the Users of Tampax?



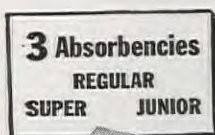
It takes all kinds to make a world, and the use of Tampax has grown so rapidly that it includes just about everyone you can imagine . . . Smart women wear Tampax to avoid costume bulges. Progressive girls love the freedom it brings and sensitive ones find it relieves embarrassment. How do you feel about it yourself—about this help from a doctor for woman's ancient sanitary problem?



Tampax needs no belts, pins or pads. As it is worn internally, no odor can form, no chafing can occur. Made of pure surgical cotton, it comes in throw-away applicator. Insertion is quick and dainty—disposal easy. Wear Tampax with shorts or bathing suit—wear it in tub or shower or in swimming. It's really modern!



Three sizes (Regular, Super, Junior) provide a choice of three different absorbencies for early days and waning days. Ask at drug stores, notion counters. Introductory size, 20¢. Bargain Economy Package gives average 4 months' supply. Tampax Incorporated, Palmer, Mass.



Accepted for Advertising by the Journal of the American Medical Association.



Sketches by  
Clare McCanna

THIS is a hair-lifting story, a little on the shady side—stocking shady, let us add! The summer of 1943 will probably go down in history as the *Stockingless Era*. To all intents and purposes, most of us will be as bare-legged as a spinnet piano, but we needn't look it. The cosmeticians have been working overtime, perfecting their respective leg make-ups against the summer, when stockings will be saved like mad. Leg show depends on makeup. Lots of the "kinks" of yesteryear have been worked out of these products. Your leg make-up will show off and stay put better; the business of water-spotting is pretty much under control, and most of the preparations will be found to be less drying in their effects. There are no priorities on this kind of hose, so learn the art of putting on your make-believe stockings, ladies, and, come what may in rationing, you'll be left with beautiful legs to stand on.

**THERE IS A CATCH.** If legs aren't hair-free, they'll look like old lace without the lavender, if you put on leg make-up, and even if you don't. There are ways of removing hirsute adornment to suit all temperaments, needs, and places, so there's no excuse for being left out on a hairy limb. There are a few general rules to remember, no matter what method is concerned. It's best always to wash off the area of operation with some mild antiseptic such as witch hazel before you start, and do the same when you have finished; then put on a good lotion. The best time to do your hair-lifting act is before you go to bed. It is *not* advisable to put on leg-make-up immediately after removing your "feebies."

**IF YOU'RE OF THE RAZOR SCHOOL,** and we hope you're not, although we must admit it's quick, be extra careful not to nick, or no make-up for you until your wounds have healed. If you must shave, the ideal answer is your male relative's electric razor.

**IF YOU'RE OF THE CREAM DEPILATORY SCHOOL,** like the young lady at the top of the page, you can do a very fine, professional job at home. Your skin will be soft as silk, and the hair, when it

does come in, will be a little later, and not so stubbly as the razor addict's. It's important in using this or any other kind of hair remover to *follow instructions carefully*. The little foot-tub trick for home consumption's a good one when the wash-off comes.

**IF YOU'RE A WAX ADDICT,** chances are you go to some salon to have it done, and it's well worth it. Using the wax treatment at home is a major operation. One of our brave guinea pigs, who does hers at home via the wax method, finds that if she takes a hot tub just before she applies, it makes each little hair stand up and beg to be pulled out. If you go over the same area again, after the hair has been removed, it retards the return of the hair even more.



Fast, light strokes, on the up beat, put on a smooth "stocking"



# TO STAND ON



And it will be a very good-looking pair if you follow the few simple suggestions we've outlined below for your guidance

toward care-free summer grooming

F. M. Demarest photographs

**IF YOU'RE OF THE ABRASIVE SCHOOL**, you won't graduate if your hair is on the wiry side. Friction pads and mits are best for the fine- and sparsely-haired and for the normal-skinned.

**NOW PUT ON YOUR "STOCKINGS"!** Your legs are smooth, you've washed them free of last night's lotion, put on after you'd done away with "hose" or hair. Cup your hand, and pour about a half tablespoon of make-up in it. Starting at the instep, blend the make-up upward and outward, using fast, light strokes, like our model, until the leg is smoothly covered. Stop blending just before your "stocking" gets dry or you'll smudge it. When it is thoroughly dry, it can be buffed with the palm of your hand to give it an expensive sheen, and a more durable finish. . . . If your make-believe hose get rain-spotted, *let them dry*, and then buff again and the spots will disappear. . . . When bedtime comes, wash off your leg make-up with soap and water, and apply lotion to counteract any dryness.

A few tricks to the stockingless trade: wear little inner-socklets that don't show above the shoe; use powder in your boots.



## SPECIAL INGREDIENTS

*in this cream  
WORK  
for your skin*



**T**ODAY it isn't enough for a cream to be just an aesthetic luxurious cosmetic. It must *do something*—must *work* for your skin.

That's why Phillips' Milk of Magnesia Skin Cream fits today's needs so fully. It contains *special* ingredients which do something constructive—like tempering oiliness, dulling shine . . . helping to ease out blackheads and prevent enlarged pore openings . . . supplying dry flaky portions of the skin with needed moisture and oils.

Phillips' Skin Cream contains cholesterol which holds moisture in the skin. It contains softening suppling oils. And something else—something no other cream offers—fine genuine Phillips' Milk of Magnesia.

**Use it at Night!** Let these ingredients do their beneficial beautifying work unhampered at night—to soften, to supply moisture and oils, to neutralize any acid accumulations found in the external pore openings.

**Use it as a Foundation!** You'll discover in Phillips' Skin Cream a base for make-up that's truly remarkable. It seems to prepare the skin so that powder and rouge go on evenly and hold for hours.

Phillips' Milk of Magnesia Skin Cream is helping so many women to attain the *quality* of skin they want—fresh, dewy, delicate. Put it to work on *your* skin.

**PHILLIPS'**  
*Milk of Magnesia*  
**SKIN CREAM**

**PHILLIPS' MILK OF MAGNESIA CLEANSING CREAM**  
It's a different kind of cleansing cream . . . not only loosens surface dirt but penetrates outer pore openings and rolls away accumulations. Makes skin feel so soft and look so fresh and clean!



AROUND THE CLOCK...

AROUND THE WORLD

## IT'S SEAFORTH FOR MEN!



At an officers' club in Calcutta, a colonel says: "Suli, I'm stepping out in style tonight. Fetch me that jugful of U.S.A.—the one that says Seaforth, For Men!"

In a very hot barracks in Trinidad, a Yorkshireman rubs his chin before the mirror. "Now then," he grins admiringly, "we ain't got Hollywood plumbing 'ere, but can't a man do wonders with Seaforth!"



On an advanced airfield in North Africa, six flyers split a cake of shaving soap six ways. "Catch the crumbs, Harry," says a bombardier. "Remember, son, that's Seaforth!"



SOME THINGS in this world, such as billiards, and detective stories, and good tobacco, have a universal appeal to men. With pride, and grateful wonderment, we have seen Seaforth raised to full-fledged membership in that category... in just about four years.

TODAY, the superb Seaforth toiletries are used by sailors and their admirals; by soldiers and their generals; by shipyard workers and bank presidents. These sturdy stoneware jugs and mugs are prized equally in New York, in Sydney, in London, in Samoa, on flying Clippers and on ships at sea. The Seaforth idea explains this best, perhaps. Named for Scotland's Seaforth Highlanders, styled to a man's taste, these products are the ultimate in masculinity. The soaps are made from the world's finest oils. The scent of all products is tangy heather and fern, without a trace of cloying sweetness. Down to minute details, each Seaforth package is planned to give a man the kind of grooming he likes best.

**ALFRED D. McKELVY CO.**  
10 ROCKEFELLER PLAZA • NEW YORK

SOLD EVERYWHERE at a man's price  
...Single items one dollar. Sets  
two to seven dollars.

# Seaforth!

FOR MEN

SHAVING SOAP • SHAVING LOTION • MEN'S TALC • MEN'S  
COLOGNE • DEODORANT • HAIR DRESSING • HAND SOAP

## For a pleasant and profitable summer

HAVE your menu problems multiplied since the task of balancing money values, point values, and nutrition values entered your life? We're pretty sure they have, so we recommend that you consider our new **Monthly Menu Service**. It will banish a lot of headaches by carrying you through the "daily three" for the entire month. Your order will bring you not only the menus themselves, but also market orders and time schedules. Price 6¢ per month. Ask for No. 150.

**Saving Food.** Here's another doubt-settling suggestion: a new booklet on "Home Canning, Home Drying and Home Storage of Fruits, Vegetables and Poultry." We planned it specially to help every amateur who realizes the importance of wise food-plant conservation, and it will lead you through all the processes of canning, drying, and storage. With it you can save your garden surplus for winter meals. Ask for No. 149; price 6 cents.

**What's Cookin'?** Simple snacks for hungry gangs—twelve swell recipes that are just perfect for teen-age groups to whip up quickly in their rumpus or club rooms. No. 146, 6 cents. It's a first-class companion booklet for **Dance Floor Fun**, over a dozen different ways to promote fun and conversation for service-boy parties—ice-breakers, cut-ins, elimination dances, games, and what-not. No. 147, 6 cents. Or both No. 146 and No. 147 for 10 cents.



**Canoe Trips** are piles of pleasure—and use no gas! We've compiled a booklet full of suggestions on where to go and what you'll see in many different states. No. 132, 6¢. Send stamps, order by number.  
THE AMERICAN HOME  
251 Fourth Ave., New York, N. Y.

If you have a  
**SEPTIC TANK**



• Because of the action that takes place in septic tanks—owners are extremely careful what products are used for sanitary cleaning purposes. Here is good news for all owners of septic tanks.

It is no longer necessary to scrub and scour toilet bowls to insure complete toilet sanitation. A detailed report by eminent scientific authorities shows how quickly and thoroughly Sani-Flush cleans toilet bowls without messy work. It proves—without a shadow of doubt—that Sani-Flush is one toilet cleaner which is perfectly safe in all types of septic tanks, used according to the simple directions on the can.

**FREE FACTS:** This authoritative report is available for use by septic tank owners. It's free. For complete information just address a post-card to The Hygienic Products Company, Dept. DD, Canton, Ohio.

### Sani-Flush

CLEANS TOILET BOWLS WITHOUT SCOURING



## SAVE Valuable Paint Brushes!

After every use a DIC-A-DOO PAINT BRUSH BATH keeps bristles flexible, useful, new! DIC-A-DOO Brush Bath will soften and cleanse discarded, hardened brushes—right down to the heel. Dic-A-DOO restores life and service to bristles—does not leave them limp or flabby. 5¢ package cleanses several brushes. At paint hardware and 5 & 10¢ stores. Patent Cereals Co., Geneva, N. Y.—makers of famous DIC-A-DOO PAINT CLEANER.

**DIC-A-DOO PAINT BRUSH BATH**



Good News for Homeowners!



**NOW! A New Multi-Use FIBRE PIPE**

• Worried about broken drain pipes? Here's the ideal pipe for foundation and sub-soil drainage, septic tank filter beds, house-to-sewer or septic tank lines and a hundred other uses around house, lawn and garden. Light and easy to handle—can be cut to any length with saw. Will not corrode—impervious to root growth. Non-metallic—available now without any priority. Not a substitute—an improvement over tile and cast iron for non-pressure uses. Low in cost, too. Ask your plumbing contractor.

**ORANGEBURG FIBRE PIPE**

The Fibre Conduit Co., Orangeburg, N. Y. Please send information about Orangeburg Fibre Pipe. Also name of nearest dealer. (AH-6)

Name..... City.....

THE AMERICAN HOME, JUNE, 1943

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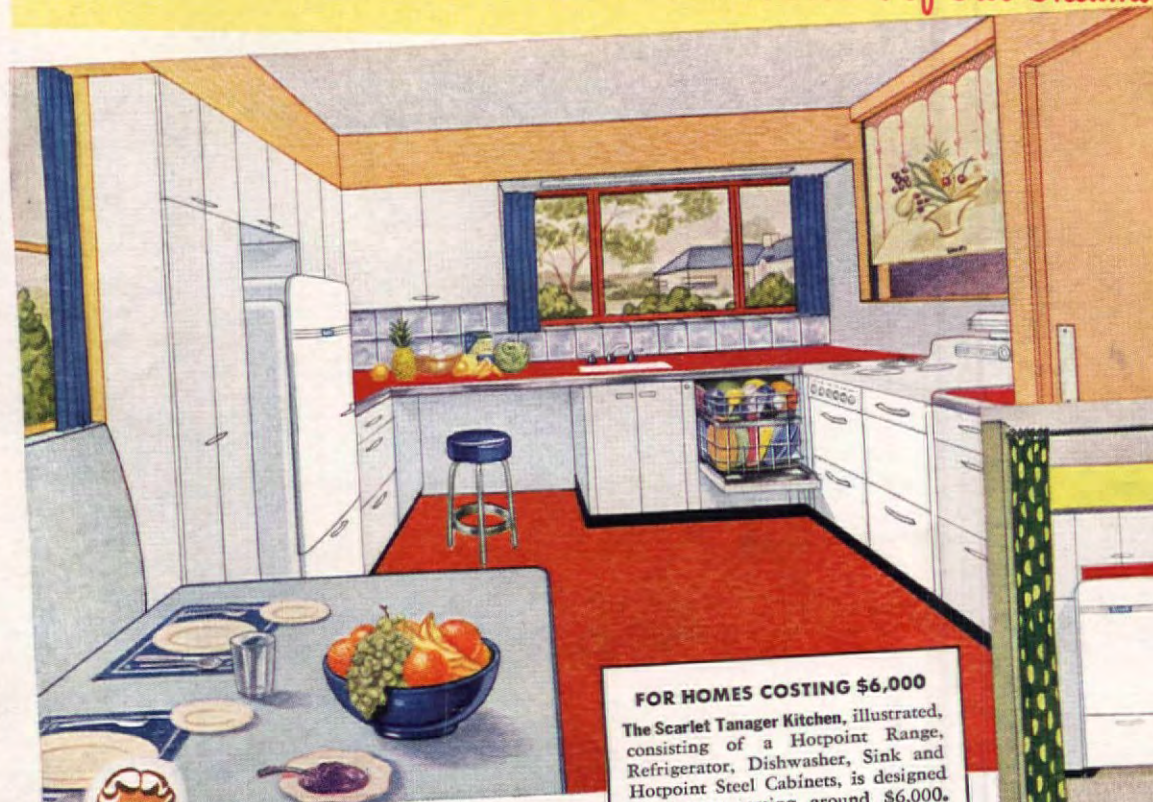




# Every Time We Buy a WAR BOND-

TOM and I have said goodbye to frills for the duration. We're sending our money to the front on the bond wagon. Every dollar we can spare goes into War Bonds every pay day. This kind of saving is double-fun . . . knowing we're helping to win . . . and planning what we'll buy after Victory. We're set on a Hotpoint Electric Kitchen with the newest labor-saving appliances. That's my idea of the *better life* for a homemaker.

- We're So Much Nearer the **ELECTRIC KITCHEN** of Our Dreams



**FOR HOMES COSTING \$6,000**  
The Scarlet Tanager Kitchen, illustrated, consisting of a Hotpoint Range, Refrigerator, Dishwasher, Sink and Hotpoint Steel Cabinets, is designed for homes costing around \$6,000.

The cost of a Hotpoint Electric Kitchen averages about 10% of home-building costs.



**FOR HOMES COSTING \$6000**



**FOR HOMES COSTING \$4000**



**FOR HOMES COSTING AS LITTLE AS \$4,000**

The Green Parrot Kitchen, equipped with Hotpoint Range, Refrigerator, Sink and Hotpoint Steel Cabinets, is ideal for homes in the \$4,000 class.



**BUY WAR BONDS TODAY-**  
*An Electric Kitchen Tomorrow!*



• You'll be able to save a lot of time and money by buying perishable foods in quantities on bargain days. And foods stay fresher longer in the Hotpoint Electric Refrigerator.



• Your accurately controlled Hotpoint Electric Range will insure perfect baking results! And of course cooking the speedy electric way is both safe and clean. The air in your kitchen will be free from fumes!



• Two of your most tedious tasks will be done away with when you have a Hotpoint Automatic Electric Dishwasher to do your dishes—a Hotpoint Disposall to get rid of food waste before it becomes garbage.

## HOME PLANNING FILE



START YOUR PLANS NOW for tomorrow's Electric Kitchen. Save ideas for remodeling or building your new home in Hotpoint's Home Planning File. Size 9"x12", of heavy box board, ten divisions, folder for War Bond purchases. If your electric company or dealer cannot supply you, send 25 cents in coin or War Stamps.

Edison General Electric Appliance Co., Inc.  
5623 W. Taylor St., Chicago, Illinois

Enclosed find 25 cents, for which please send Home Planning File.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

**ELECTRIC Hotpoint KITCHENS**



Give me a **SHREDDED RALSTON** breakfast  
I've got a job to do!

THAT GOES  
FOR ME, TOO!



Everyone has a job to do today...to help win the war. Seeing the job through takes energy and that's what you get in Shredded Ralston. Whole wheat energy and a hearty hit-the-spot flavor that's made Shredded Ralston a national favorite. Enjoy Shredded Ralston often—it's nourishing—it's plentiful—it's not rationed.

#### Delicious Wartime Dessert

Mix 3 tablesp. melted butter or other shortening,  $\frac{1}{3}$  cup sugar, 3 cups Shredded Ralston,  $\frac{1}{4}$  tsp. salt, 1 tsp. grated lemon rind. Put in greased baking dish with  $1\frac{1}{4}$  cups diced fruit (fresh apples, oranges, cooked prunes, canned peaches, fruit cocktail or pineapple). Add  $\frac{3}{4}$  cup fruit juice or  $\frac{1}{2}$  cup corn syrup mixed with  $\frac{1}{4}$  cup water. Bake 35 min. at 375° F. Serve warm or cold. Serves 6.



GET RID OF FAT... PITCH IN, HELP WIN!

*Reduce The Ry-Krisp Way*



**Victory Dinner**  
Fresh vegetables and Ry-Krisp. A meal that looks inviting, tastes grand, provides many nutrients needed for keeping in trim.



**Mrs. A. is fat.** She can't work like other women—excess fat drains her energy. She should try the Ry-Krisp reducing plan for normally overweight and enjoy Ry-Krisp as bread. Each delicious wafer has only about 23 calories.



**Mrs. D. is slim.** She works all day, is a Nurse's Aide at night. Wisely enough, she keeps in trim and stays slim the sensible Ry-Krisp way.  
**FREE!** Ry-Krisp reducing plan for normally overweight. Write Ry-Krisp, 21 Checkerboard Square, St. Louis, Mo.



**Mrs. S. is smart.** She always has Ry-Krisp handy for her family. She knows this tempting whole grain bread with its rich rye flavor always makes a hit. She knows it's good for them, too! Try Ry-Krisp! It comes in crisp slices, serves as crackers, toast, or bread.