



# The toaster that gives you a helping handle.



This new Toastmaster Toaster is for women who only have two hands. You can pick it up by the handle with one hand, while you're clearing the breakfast table with the other. When you finish with it, the handle swings out of the way, automatically.

The helping handle is handy lots of other ways, too. Like when you empty the crumbs. Or when you hold up this beauty with its chrome-



#### Why not go out and pick one up?





Division/McGraw-Edison Company/Elgin, Illinois 60120

## I moved out on my mother-in-law and lost 65 pounds

By Bonnie Franz as told to Ruth L. McCarthy

WAS ONLY 16 when I married. And since my husband and I had very little, we moved in with his folks. That's when I learned I was living with the best hot-roll maker in Williamsburg, Md. Yes, my mother-in-law is some cook. And her specialty isn't just baked biscuits. Why, in a matter of months, I'd gained 40 pounds.

As for my trying to cook, it wasn't easy. Specially since my husband's grandparents lived with us, too. Three women in a kitchen are just two too many. When I look back now, it seems like I did nothing but eat, read movie books and wait for our first baby.

There were tensions, too. And when Kenny and I'd be fussing, the rest of the family would take sides. So to console myself, I ate.

Fortunately, not long after the baby came, we managed to get a place of our own. An old trailer. And I was determined to take off that extra weight. I tried slimming chewing gum, and sugarless foods, even reducing drugs. Still I stayed fat. And this time I couldn't blame anybody but myself.

You see, my husband runs a general store and gasoline station. His hours are long. So to pass the time, I'd stuff on candy and soft drinks, or roll out a do-it-yourself pizza. Or I'd go get myself a submarine sandwich, come home, crawl into bed and just eat and read. I'll tell you, I got so big, I once got stuck in a telephone booth. Well, that's the way it was until my second daughter was born and I hit 198 pounds.

I knew it wasn't funny anymore. I had to reduce. But what was I to do? About then, I began reading of people who'd used a reducing-plan candy, called Ayds. Next time I went to the store, I asked the woman there about them. It turned out that she had been on the Ayds Plan and it had worked for her. So I bought a box of the plain chocolate fudge type, though later I tried the chewy vanilla caramel kind. Well, I started taking Ayds like the directions said. One or two before meals with a hot drink. For me, tea.

Now, I never cared much for breakfast. But on the Ayds Plan, I sometimes took an egg, because I know you should always eat in the morning. At



I'm not even 21 here, but at 198 lbs. nothing fit but old women's dresses.

dinner, I'd have meat, a vegetable, and a salad. And by having that candy before meals. I didn't seem to crave sweets afterwards. Of course, one of the biggest helps was that this time I wanted to reduce. I wanted Ayds to help me. And they did. They helped me curb my appetite, so I ate less.

Well, it wasn't long before weight began to come off. That made me feel so good, I changed my hairstyle and gave away my old women's clothes.

When I got down to 148 pounds, however, I quit taking Ayds, because I was pregnant again. But after my son was born, I asked my doctor about Ayds, and he said they were all right for me. You see, they don't contain any harmful drugs. So I followed the Ayds Plan until I reached 133 pounds.

I can't tell you what it's like to look and dress young once more. After all, I'm only 21 years old, and a size 12 dress sure has more style than a size 22.

I found that out at a Dutch Maid party I gave. It was great fun. You invite friends to your house, and a woman comes with a lot of new styles and you try on and buy what you like. And I sure liked to buy. When my youngest sister saw me dressed up and slimmed down, she said, "Bonnie, if you let yourself get fat again, don't noon, I'd have a sandwich. And for bother to visit me." Only then did I



I'd like to take off more weight, but at least at 133 lbs., I look my age.

realize how ashamed she was of me.

Well, I think my waddling days are over. At least, I hope so. Fact is, I want to take off another 10 pounds, so I'm trying the minty chocolate fudge Ayds now. That doesn't mean, however, that I never get to enjoy my mother-inlaw's cooking these days. But now, thanks to the Ayds Plan, it's a thinner me that goes to dinner.

#### Before and After Measurements

	Before	After
Height	5'5"	5'5"
Weight	198 lbs.	133 lbs.
Bust	40"	36"
Waist	38"	27"
Hips	49"	36"
Dress	22	12

# An extraordinary opportunity to own this handsome

# COMPONENT



#### **FEATURES:**

- Solid State Amplifier with integrated circuit. Treble, bass and separate volume controls for both channels allow you maximum stereo separation with perfect balance. 17½" x 4" x 10¾".
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- ... with automatic shut-off.

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# American Home

SEPTEMBER, 1969 VOL. LXXII. NO. 7

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COVER: First of a series called An American Treasury, our feast is part of an essay on the Shakers. Story on page 74. Photographer: Richard Meek.

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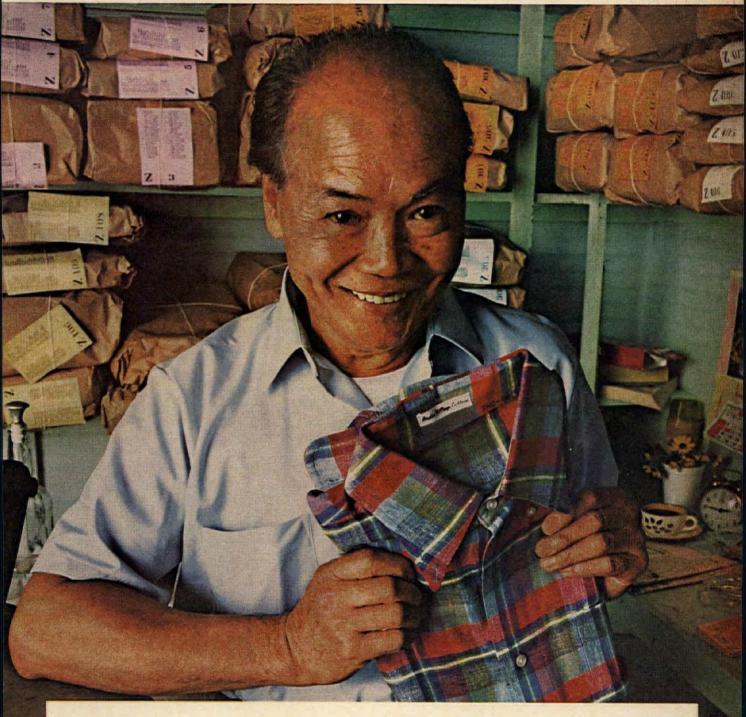
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#### DEAR READER

Yes, we did a little remodeling this summer—on our magazine. If American Home were a box of detergent, we might emblazon on the cover this month: "NEW! IMPROVED!" because there are a lot of things new about American Home this issue. The most



obvious change is that it comes in a handier size, although somewhat larger in content. You will now receive it 12 times a year instead of 10 (you get those two extra issues freel). There are many technical improvements also, including more faithful color reproduction so important to match Vera Hahn's decorating and to make Gini Habeeb's food pages look good enough to eat.

But there was yet a greater change!

There have been only three editors in the long and lively 40-plus years of *American Home*. It was my privilege to be one of these. Now it is my pleasure to introduce to you the magazine's fourth editor, the young man pictured here, Fred R. Smith.

In his 20 years as a magazine editor, Fred has specialized in architecture and fashion, travel and food, indeed in almost every facet of contemporary American life. Fred has traveled the world to bring his readers illustrated reports on the finest in home design, and he brings to his new post at *American Home* a continuing search and critical eye.

It's a new world, and Fred and his staff of able editors are planning to bring the very best of it to you.

Everything that you and we have loved about *American Home* continues—plus. Plus more news, more ideas, more help. Today, in almost every purchase, the choice of quality and style confronting the home owner is so great as to be befuddling. *American Home* will help you make the most of this age of choice, this time of unprecedented option to live your own way, in a home that reflects your own individuality.

This is not a time for cramped thinking any more than it is for cramped living. There is a freedom abroad in this land today that invites a richer expression of family lifestyle than has ever been our lot. Or, indeed, that of any other people in any other time, since a skin first was draped over the mouth of a cave. So *American Home* looks to the future, yes. And to the best of the past's traditions. But foremost, we look to the present and its exciting choices: to live with more freedom; with more youthful vigor; with more family fun; and with greater purpose.

As best expressed by Fred Smith: "At American Home we are expanding our viewpoint. In addition to furniture, food and architecture, we are going to focus on people, real people. We are going to stress the quality of life inside the home, around the home, in the community. This is the service we owe our readers."

Sincerely,

John Mack Carter President

Downe Publishing, Inc.



## Thomasville turns the sofa into a work of art.

We've a new idea in comfortable sofas . . . it's called beauty. Beautiful arms. So beautiful you wouldn't want to cover them up, even with our glorious yellow-striped fabric.

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A beautiful finish. This one's called "Connoisseur." And you can see why. Six finishes to choose from, including antique white, brushed with gold. Three sizes, too: 84" (shown), 96" and 60".



Want to see more? We'll send you our Thomasville Furniture Shopper's Kit, showing, among other things, 36 sofas . . . all works of art. Send \$1 to Thomasville, Dept. AH-99, Thomasville, North Carolina.

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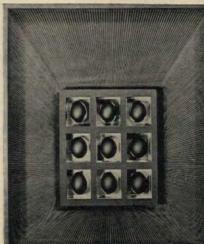
Armstrong

creators of THE INDOOR WORLD



Need a wig? False teeth, contact lenses? Try hanging around The Cyclone on New York City's Coney Island—it seems that on the wilder rides anything that can come loose does. Operators find hearing aids, false teeth, scarves, hats, handbags, wallets and wedding rings. Wigs, the amusement-park operators report, often sail free and drift to earth in the aquarium nearby—which must come as a big shock to their owners, their owners' escorts and the fish.

The egg has been called nature's mos nearly perfect form and Artist Ton Head could not agree more. He is cap tivated by the egg, and for two year has been working with the shape se off against the linear elements of tau string in rectangular boxes-the con structions being called, of all things egg-and-string boxes. Head empties hi eggs, undercoats and sands them and sprays them with paint. His eggs comfrom the supermarket, his string i fishing line from Abercrombie and Fitch and the absorbing constructions he makes of them may be seen at the Acquavella Gallery in New York City

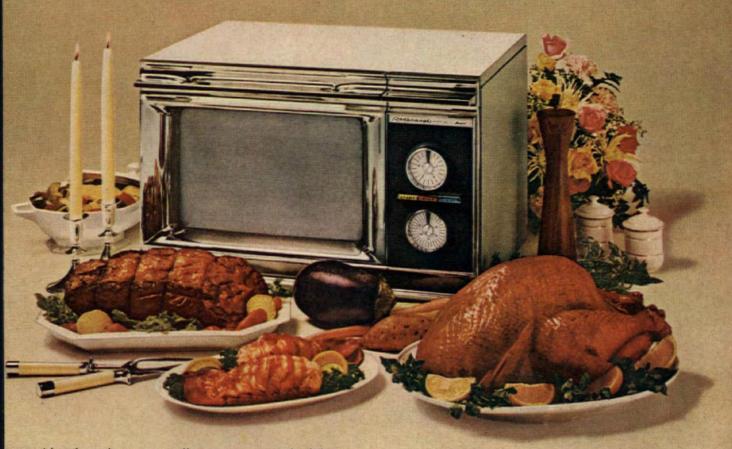


A new solution to an old problem—Mrs Brandon Sweitzer puts the high chai and baby into the shower, gets in hersel and when lunch is over, just sluice down self, baby, chair, dishes and all

continue

# Make the greatest cooking discovery since fire.

The incredible Amana Radarange Microwave Oven. It sizzles a hamburger in 60 seconds, does a 5-pound roast in 371/2 minutes, cuts most cooking times 75%-the flameless electric way.



Now from Amana, a totally new way to cook, defrost, or reheat food—The Radarange Oven, world's first portable microwave oven. Because the Amana Radarange Oven is portable you can enjoy cool, quick cooking wherever you want in your home. Plug it in anywhere, operates on standard 115-volt outlet, uses no more electricity than a fry pan.

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Amana Radarange Oven fits easily on kitchen counter (just 15" high, 223/4" wide, 171/4" deep overall).

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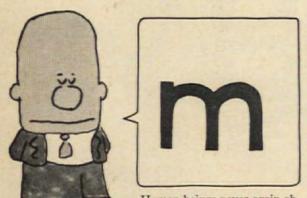
Flameless Electric Cooking Live the carefree way with



This Gold Medallion identifies a home where everything's electric, including the heat



Wooden-soled clogs, both open and closed, are the fastest selling item at Scandinavian Ski Shops of New York City. Other stores from coast to coast have been sold out all summer. Great for the feet, say the fans—it takes so much foot exercise to keep them on. Made for men, women and children, apparently every man, woman and child in the country wants them.



Human beings never again absorb knowledge at the rate they do in prekindergarten years. Also, it has been estimated that kids during this learning period spend more hours watching TV than they will spend attending the first six grades of school. So why shouldn't a child be picking up the alphabet as well as the names of 75 kinds of cereal? Sesame Street is the name of a TV program due in November for preschoolers. Developed by the Children's Television Workshop, it is designed to sneak up on the young with, say, the basic geometrical shapes or the understanding of numbers. "Commercials" pushing such "products" as the letter M will spot the hour-long program. Turn it-and your children-on. "Hey man, can you spare some bread?" The hippie who asks this of electronics engineer Walter Reynolds will end up with a pocketful of—bread. Reynolds and his wife have baked over 35 tons of bread and they give it away—like some 1000 loaves a day donated to Resurrection City. Baking in coffee cans and clean garbage cans, Reynolds has simplified his recipe so that no housewife should have trouble baking bread in quantity. At least not until she tries to put the garbage can into the oven.

Tattoo your dog. Veterinarians in growing numbers will mark your dog to protect it from dognappers with your social security number tattooed in double rows in its right groin. The process can, but may not be, painless. Check your vet's method.



Earthquake pillows—a plan-ahead solution to a problem that hasn't come up yet: huge, fat, foamfilled pillows for getting under when the roof falls in. Of course there is always the chance that the roof won't fall, but never mind—the pillows are fun.

Kites are supposed to date from 400 BC and have been used over the centuries for festivals and fun—as well as by our Army, Navy and Air Force and the German Submarine Service for everything from research to spying. Kites are more in—or up—than ever, drawing thousands in Massachusetts to the Great Boston Kite Festival, but probably the compleat kite man in this country is further west. In Palo Alto David Jue not only teaches kiteflying, writes books and gives demonstrations, but he also grows his own bamboo for the kites that he makes himself.



@Sears, Roebuck and Co.

Why did the Dave Brubecks, who could afford the world's most expensive dryer, want a Kenmore from Sears? Pianist-composer Dave Brubeck lives in a huge Japanese-style house in Wilton, Connecticut, with 5 pianos and 6 children.

Mrs. Brubeck runs this big musical household without any help except for a cleaning lady one day a week.

"With 6 children, I needed the best dryer there is," says Iola Brubeck, standing in her kitchen next to her new Lady Kenmore dryer from Sears, Roebuck and Co.

"Naturally, I try to buy everything permanent-pressed. Or I'd spend my life ironing. The great thing about our Lady Kenmore dryer is that it adjusts automatically for permanent-pressed fabrics.

"And this Sears dryer has something remarkable they call Wrinkle-Guard. It actually prevents wrinkles from setting in if you're not right there to take clothes out when the drying cycle is through. The Wrinkle-Guard automatically gives clothes a good tumble every 5 minutes for over 2 hours or until I have time to take them out.

"I know we could have paid more for a dryer, but you just can't beat the Sears Kenmore."

#### Sears Kenmore Dryer

for women who want the best even if it does cost less

By Mary Anne Guitar

#### HACKETTSTOWN IS FOR THE BIRDS

Not too long ago, we took songbirds for granted. They went about their business cleaning up the weed seeds, keeping the insect population in check, announcing spring with an exuberant song. In return for a few scraps from the table, they brightened the winter months. Now, unaccountably, we treat them like



2000 for open space. The air is sweet and clear at Panther Valley. No smog here. You can see for miles out over lush farmland, watch hawks soar on the thermal drafts created by air currents off the ridges. Once panthers roamed here, later the tract was the countryseat of financier Clendenin Ryan. Today

Birds relish red mountain ash berries.





Honeysuckle ripens its fruit in summer.

fussy guests, pampering them with sunflower seed, the filet mignon of bird food, throughout the year. Actually, all we have to do to keep them happy is build a landscape they'd like-packed with fruiting shrubs, free from poison and pollutants.

This is the lesson to be learned at Panther Valley, a "new town" just outside Hackettstown, New Jersey.

Panther Valley lies an hour as the crow flies from Manhattan. It caters not just to birds but to the needs of depleted urban/suburban dwellers who dream of an unspoiled Eden off the beaten track, yet accessible to it.

Going on the principle that what's good for the birds is even better for people, the developers of Panther Valley, The Frank H. Taylor & Son, Inc. and The Travelers Insurance Companies, have set aside 400 acres out of



Dogwood bounty is an all-time favorite.

it is a planned unit development capable of housing 2000 families with room to spare. Despite the construction underway, the bird population has multiplied because care has been taken to preserve its natural habitat.

Cardinals flash across the lawns, bluebirds are nesting again. The wren's insistent melody is heard along with the catbird's mocking call. Killdeer have come back, along with the meadowlark because of the golf course that runs along the heart of the valley. To the birds it looks like an inviting meadow. Ducks and sandpipers feed along the edges of man-made ponds. Thousands of fruiting shrubs and trees have been planted, others released by selective clearing. This is the work of a land-management expert named Philip Barske who believes that even the smallest backyard can serve as a bird refuge if properly

planted and maintained. "All you need is food and water, available year-round, plus cover for protection and nesting."

Houses are sited on at least threequarters of an acre and most of the native shrubs and trees have been preserved. Each home owner is the proud possessor of a mini-sanctuary. Best of all, it is self-supporting. No need to fill the feeder or spray for insects. Birds will thrive on a natural and dependable diet of berries and seeds, produced by the plants they like best. An added bonus must surely be the money saved on weed killers and insecticides.

Many of the shrubs which please the birds are generally overlooked in landscaping because they are not particularly exotic or expensive. When planted with a purpose, admirably expressed by Barske who says "every backyard needs a bird larder," they can enhance any house and garden.

Making the rounds with Barske at Panther Valley is an eye-opening exercise in seeing the possibilities in familiar plant materials. A true conservationist, he is a scavenger, keeping a thrifty watch on what can be salvaged, moved, reestablished for greater usefulness. "When we dug for the roads," he explains, "we saved the wild flowers and native shrubs like viburnum and hawthorn. We added a mixture of sumac, bayberry, black alder, bush honeysuckle, highbush cranberry, elderberry, shad. Nature is wonderful but she hits it all at once. We like to spread the fruiting time by planting a variety. We brought in dogwood, even though there was some here, autumn olive, mountain ash and several varieties of cedar."

Barske doesn't always see eye to eye with the golf course management. When his shrub borders creep out of line he's told by the greenskeeper, "The golfers want to know why these corners look so messy." Barske's kind of random planting and trimming ("privet should be allowed to spread if you want the birds to have a crop of berries") is bound to be an acquired taste for anyone used to orderly rows of evergreens. However, he has made converts. Landscape Architects Zion and Breen, who sited the town houses and rental units at Panther Valley, endorse the idea of using native plants. (continued)







#### FOR THE BIRDS continued

Rhododendron Maxima, indigenous to New Jersey, is a favorite. "Our aim is to keep it simple, keep it in scale, keep the flavor of the place." This seems to be a coming trend in landscaping.

At Salishan on the Oregon Coast, some 550 acres of untouched dunes have been intelligently transformed into a eisure community that makes the most of its spectacular setting.

"We should fit ourselves into the ecology," says Barbara Fealy, who was n charge of landscaping Salishan. "The flora and the forest, the natural materials which grow in a place, are the most beautiful because they belong there." The plantings at Salishan consist exclusively of natives, like yellow proom. They also suit the shore birds who regard this development not as an ntrusion, but as their natural habitat.

When enlightened developers take the pains to create a livable environment or the birds, they are amply rewarded. Some 1600 acres of interior forests have been set aside as a wildlife shelter at Sea Pines Plantation on Hilton Head, South Carolina. To date, the local Audubon Society has counted 240 species of birds drawn there by an abundance of food and cover.

Naturally, these conservation-concious developments please Barske who ravels for the Wildlife Management institute, working on conservation projects with garden clubs or mapping nature trails in newly acquired open pace. He had a hand in the early landise design of Columbia, the new town outside of Baltimore, but his most nfluential achievement may well be he Roy and Margot Larsen Audubon anctuary, a 110-acre, planned preserve et smack in the heart of cultivated Fairfield County, Connecticut, and nodel for the effort at Hackettstown.

When Philip J. Bowers II, President of Panther Valley, read about the Laren Sanctuary he talked Barske into loing the same kind of job for his ambiious project. Bowers shows visible satisaction and only a few pocketbook pangs when he describes what Barske has done. 'What started out to be a very casual elationship has developed into quite thing. We've spent a barrel of money out I think it's worth it."

At Panther Valley the bulldozer is narnessed in the cause of conservation. Walking trails may be cut, land conoured to prevent erosion, trees gently oried loose and lifted to a new home, but avaging nature is forbidden. No tree nore than six inches in





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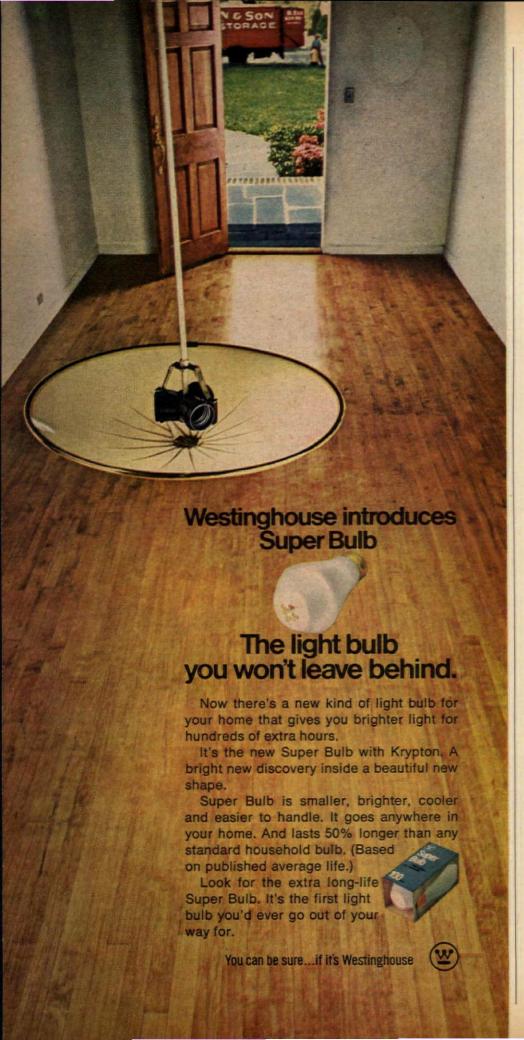
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#### FOR THE BIRDS continued

diameter can be cut without Bowers' personal okay. When a pheasant nested near a proposed house site the crew held off until mother and brood were ready to move on.

Barske makes regular runs from Connecticut to New Jersey, his car filled with bounty from the now prolifically stocked Larsen Sanctuary. It may be a dozen mallard ducklings, a basket of canary grass good for stabilizing soil or a pail of aquatics. His guidelines for planting are easily followed by anyone interested in setting up a backyard sanctuary:

Use plants that will assure food for wildlife all year long.

Select plants that will tolerate a degree of crowding to form thickets.

Ideally, at least three or four kinds of plants, more than one of a species, should be grouped in each unit.

Don't overplant. Leave or create open areas for bird species requiring them.

Barske recommends the Dutch Mountain Nursery (Augusta, Michigan 49012) for a complete planting list of birddrawing shrubs and trees. You can order from the nursery in quantity or simply buy specimen plants the birds like best. Find out from a local nature center which kinds of birds inhabit your area.

The catalogs from this prime source also make good reading. Indeed, the owner seems to have a remarkable sense of identification with the birds. ("Another fine autumn feed is Elaeagnus multiflora related to Russian olive but its small berries taste like red currantsand I eat them greedily.") One catalog describes the favorite foods of certain desirable species. For example, the evening grosbeak likes box elder, hackberry, Juneberry while the cardinal favors dogwood, mulberry, tulip and viburnum. If you want to attract hummingbirds you would plant Tatarian honeysuckle and mountain laurel. For "berry color in the winter" the nursery recommends bittersweet, cotoneaster, pyracantha, viburnum and other long-time favorites.

Once these favorite foods grew wild and the birds never went hungry. If we want them to live happily in a manmade environment we will have to save or restore the plant life they need. Surely, this is a small price to pay for their song and color.

Mary Anne Guitar has been a frequent contributor to American Home. She is president of the Redding, Connecticut, Land Trust, a group instrumental in preserving more than 100 acres of conservation land for nature study.

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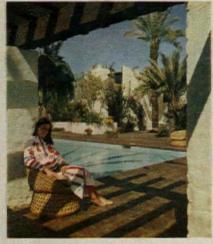
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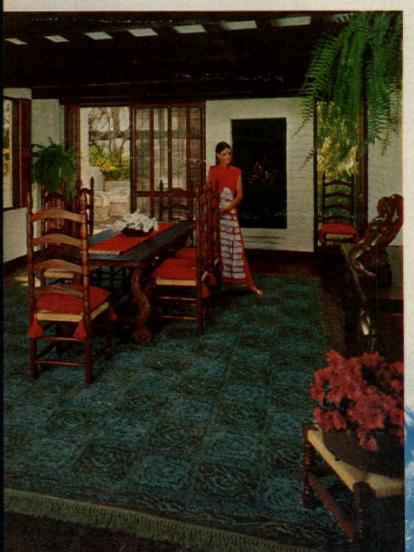
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From the dining room the view is Alexei by Karastan. This area rug of pure wool pile is available in 16 color combinations including Turquoise Tile, shown, \$275\* for the 9' x 12' size.

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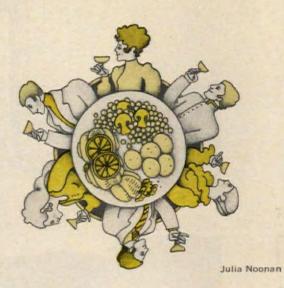
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#### COMPANY'S COMING

Your September dinner party may be the last one at your vacation home for summer friends or the first one back in town, ready to start a new season. Begin with Stuffed Mushrooms—chop the stems into your favorite shrimp or crab-meat salad and then fill the caps with the mixture.

Stuffed Mushrooms
Baked Chicken Rosemary\*
Steamed Rice
Buttered Italian Beans
Minted Fruit and Sherbet\*
Vanilla Wafers
Coffee

#### BAKED CHICKEN ROSEMARY

2 broiler-fryers (2½ pounds each), cut up Salt Pepper

1/4 cup butter or margarine
1/2 cup minced onion
(1 medium)

(1 medium)
1 clove of garlic, crushed
½ cup water

1 envelope granulated chicken bouillon 1/4 cup chopped parsley 1 teaspoon leaf rosemary,

crumbled 2 teaspoons grated lemon

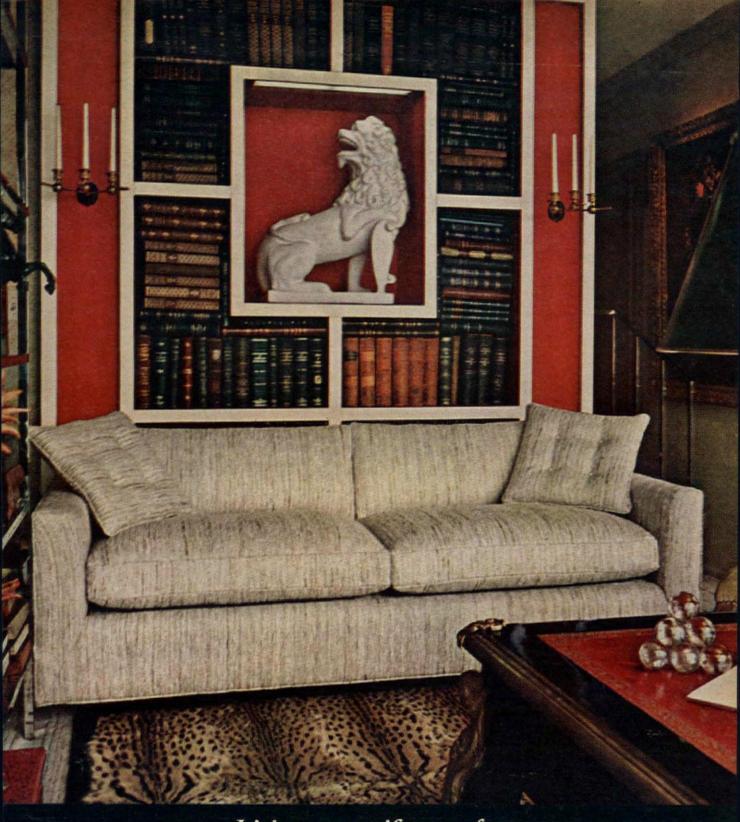
3 tablespoons lemon juice

Heat oven to 375°. Sprinkle chicken with salt and pepper. Brown chicken on all sides in butter or margarine in skillet; remove chicken to shallow baking dish. Cook onion and garlic until golden in fat remaining in skillet. Add water and bouillon. Cook, stirring, until bouillon and all brown bits in pan are dissolved. Add parsley, rosemary and lemon rind and juice. Pour over chicken. Cover. Bake 45 minutes or until chicken is tender. Makes 6 servings.

#### MINTED FRUIT AND SHERBET

1 cup sugar 1 cup water 1 pint strawberries, washed, hulled and 1½ cups honeydew melon balls 2 tablespoons chopped mint 1 pint fruit sherbet

Combine sugar and water in small saucepan. Stir over low heat until sugar is dissolved. Bring to boiling. Boil 5 minutes without stirring. Cool. Combine fruits in large bowl; add sugar syrup and mint; mix gently. Chill. Serve over sherbet. Makes 6 servings.



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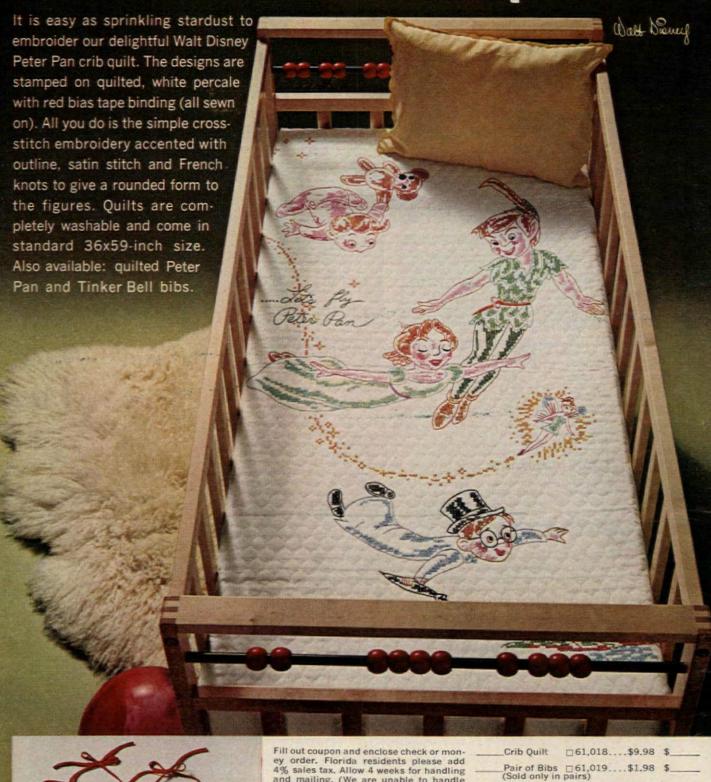
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#### THE BIG TREE By Nancy Gray

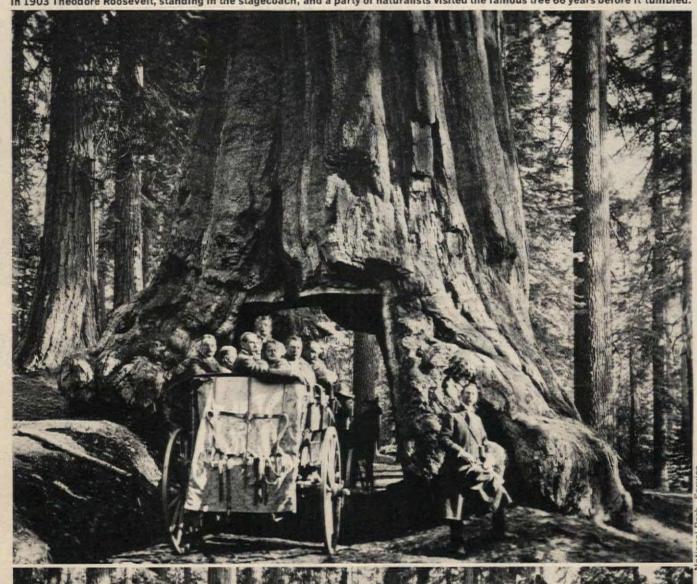
In the silence of a California forest, a giant fell. No one heard it. Only its mute companions witnessed it, and from them there is no report.

The giant, a 234-foot-tall Sequoia known as the Wawona Tunnel Tree, lies crumpled now, and with it lie the memories of traveling millions who have walked or ridden through the 26-footlong passage in its ancient, yawning trunk. Theodore Roosevelt, John Muir, William Howard Taft, the Shah of Iran and people—five generations of people like you and me—have made the trek up to the south reaches of Yosemite National Park just to see the Big Trees and this one in particular.

This toppled Sequoia was a sapling

when Christ was born. It was 400 years old when Rome fell. And by the time Columbus, Cabot and Vespucci came to the New World, it was gargantuan. Once Sequoias like it shaded vast portions of the earth, in prehistoric times, but the few thousand remaining are in a section of the Sierra Nevada Mountains. Three (continued on page 31)

In 1903 Theodore Roosevelt, standing in the stagecoach, and a party of naturalists visited the famous tree 66 years before it tumbled.



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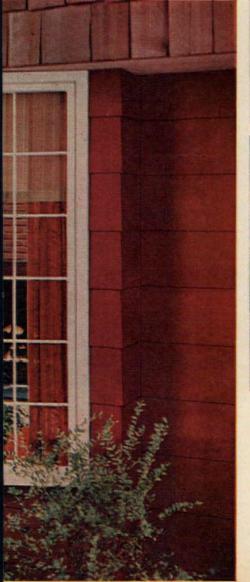
And that's pretty warm and charming.



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#### HE BIG TREE continued

roves—Mariposa, Merced and Tuoimne—are within Yosemite; others are ot far away in Kings Canyon and equoia National Parks.

Of all these Big Trees left, the Tunnel ree that sprawls now in the Mariposa rove has always been a little something lse—personally famous. "This was the vorld's most famous tree," a seriousaced young ranger said. "Not the tallest r the broadest, but the best known. Every geography book showed it. And ou know, it seems bigger to me now han it ever did when it was standing."

It does. Lying on the ground, uphill s it toppled ("just as though an exert logger had sighted it"), the famous ree has taken on proportions no textook or photo album or even upward lance would ever have suggested.

Old Wawona has also in retrospect aken on the role of a sacrificial tree, or its life was undoubtedly cut short by ne hewing of the very tunnel which aught the imagination of millions and purred the country toward protecting ne Big Trees and other natural splendors.

As we watched one recent afternoon, wo small boys jumped up and down on he old initial-carved, root-studded runk. Flyspecks in the sky. A tiny hihuahua sniffed irreverently around he hollow, fire-scarred core—indignity. new crop of initials already bloomed he freshly exposed rich red wood, and a new crop of tourists drew up connually to survey what they called "the ree." Standing at its top and looking own the broken length, you can feel ntiquity and hugeness. Its sections ump along like the vertebrae of a great inosaur, magnified many times.

All around, the other giants-some ven grander-stand guard. In the Tariposa Grove alone, there are over 00 imposing Sequoias (10 feet or ore in diameter), including one with a milar, though slightly smaller, tunnel. he California Tree, perhaps a quarter of mile below, was hewn out some 14 ears after the enterprising Washburn rothers made the Wawona Tunnel in 881. Dandy tourist attractions these arnums of the Big Trees decided, worth he \$75 each cost. And for years, the orse-drawn coaches of their Yosemite tage and Turnpike Company picked up burists in Fresno and Merced, Calirnia, and hauled them, bug-eyed, up e mountain to the grove.

In the fall, when the snows piled too eavily around the Wawona Tree, drivs were known to switch the signs and take their unsuspecting passengers through the tunnel of the lower California Tree instead. No one was ever reported to be the wiser. (In recent years, the California Tree's tunnel has been closed to cars. You may reach it by a well-marked foot trail, not far below the new main road.)

With all the drum beating, enough interest was certainly aroused to fill the coffers of promoters, but more important, along the way, to stir Congress to feel there was something worth preserving. The historic upshot: the day before Gettysburg, a harried President Lincoln took time out to sign a bill, looked on now as a sort of trail blazer for the

national parks we have today. It put the valley of Yosemite and the Mariposa Grove in public trust, the first such move toward public land. The State of California ran it until 1905 when, after the United States had bought nearly three-quarter million acres around it as a park (1890), California re-ceded these interests to the nation.

What are these Sequoias anyway? Known in botanical circles as Sequoiadendron gigantea, they're, next to the small Bristle-cone pines in Inyo National Forest (just south and slightly east of Yosemite), the oldest living things on earth, going back—some (continued)



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#### THE BIG TREE continued

of them-between 3000 and 4000 years. Certainly they are the biggest-up to 30 feet in diameter, 310 feet tall and a staggering 100 feet around. As one ranger explained, these are the world's most accurate history books. From the rings that mark each year of life, scientists can learn the story of the floods, the droughts, and the disastrous fires along the way. The rich brown-red wood they share with the towering lumber redwoods of the California-Oregon Coast, is strong and impervious to the insects that topple lesser trees. If men or storms don't fell them, chances are they can survive forever. Even when a giant does fall, as Wawona did this year, it's hard heartwood will stay around for centuries.

Interestingly, many bear great black fire scars on their trunks. And though the Park Service has assiduously tried to prevent fires through the years to protect them, there's growing knowledge that fire is vital to Sequoia life. It cleans out the heavy undergrowth that prevents seeds of the cones from germinating and continuing the cycle of giants. Talk now is of setting controlled fires for just such therapeutic clean-ups.

Peering up inside the fallen Wawona tree, you can see a brutal burn that reaches far within. It was, in fact, a fire scar that the Washburn brothe enlarged to make the famous tunnel the first place.

"In a sense," admits Lawrence Meriam, a former superintendent of Ysemite, "the Tunnel Tree's a freak, but provided a yardstick of sorts to she how big those trees up there really are Under today's approach, no tunn would be allowed, if the tunnel had been cut through, the tree might has stood for centuries more.

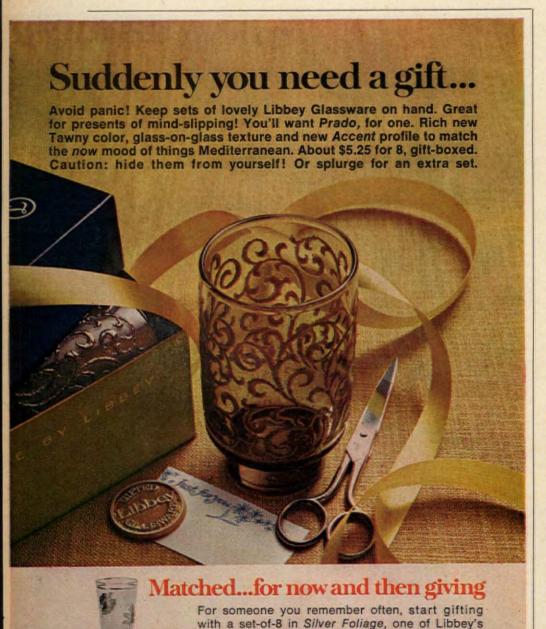
San Jose State's Dr. Richard Hartesveldt (Mr. Sequoia) who p formed an autopsy on the tree, ac other factors to its upending. The co de grace: a heavier than usual sn load late in the winter, accompanied gale winds during one of the last snow Add a venerable crack that showed when it was inspected on the groun and collapse seemed inevitable—subut inevitable.

What is going to happen to this gra colossus of the mountains? Immediat following announcements of its following poems of condolen notes of sorrow and an incredible nuber of suggestions for disposal of body. Build a bridge with it, sell sevenirs made from it, rebuild the true on a new base so people can dreathrough it again, or, as a small the wrote from Decatur, Illinois:

"Dear Ranger Lynn Thompson heared that Wawona fell. I also re the story about the tree in my read class. I liked it so much that I want Big Tree to be put in a museum so eve body can see it and enjoy it. If you c not do that, you could sell pieces o to people. I hope you can do it. Tha you. P.S. If you do sell some of Wawo I would like to buy some."

Sighs Wawona District Ranger, W Gammill, who has a long-standing finity for it, "That poor old tree suffered enough indignities. Let's j leave it there."

There is exactly where it will rem for generations more to explore, as to come to view some of the last Big Tr left on earth. An elephant train from parking lot below the Mariposa Granow carries travelers up the slope to point where the upheaved trunk blothe old road and a new road will around. The California Tree, as in days when the stage drivers switch signs, will doubtlessly stand in again the living wonder of the world. The ginal will testify to the splendor of nat and the transitoriness of man.



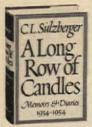
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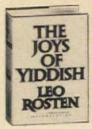
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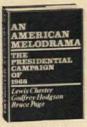
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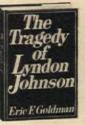
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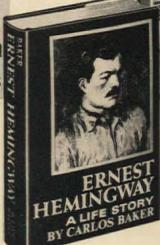
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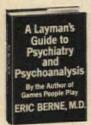
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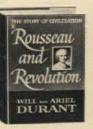
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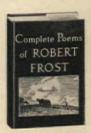
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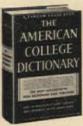




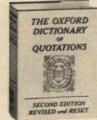
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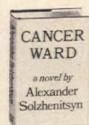
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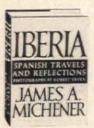
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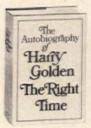
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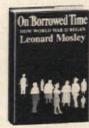
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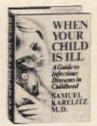
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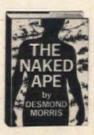
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HE EXPERIMENTAL MEMBERSHIP suggested here will not only prove, by your own actual experience, how effectually membership he Book-of-the-Month Club can keep you from missing, through sight or overbusyness, books you fully intend to read; it will also onstrate another important advantage: Book-Dividends. Through unique profit-sharing system members can regularly receive valuable ry volumes—at a small fraction of their retail prices—simply by ng books they would buy anyway.

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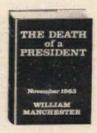
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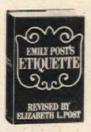
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### A SPA IN YOUR BATH By Constance Bartel

There it is—fluid, flowing, life-giving, soothing, beautifying. In a day when energy and good looks are the very least expected of you, and the Beautiful People are people who work like dogs to be beautiful, it is just not bright to overlook water, the wonder cosmetic. Especially when it is so available whether straight from the tap or filtered and softened (see page 58).

Whether you buy Freud's back-to-thewomb theory or think he's old hat, simple immersion in water creates a sense of well-being. Who doesn't know that after an absolutely terrible day, a warm bath makes everything more bearable—and that a tingly shower wakes up a drowsy mind and body.

You can update your thinking by realizing that your current bathtub, as is, has more than one kind of bath and more than one kind of benefit. Then experiment with still water, moving water, total baths, partial baths, hot, cold and tepid water and combinations thereof. Gather in a collection of mineral and herbal crystals, salts, oils and gels and reorient your baths to include some shameless vamping as well as vigorous cleansing.

Filling the tub with warm water and sinking therein, of course relaxes. But moving water, as in a whirlpool bath, first stimulates and then relaxes. Gushing, swirling water acts as an effective liquid massage, stimulates circulation, steps up body processes and relieves tensions. After a motionless bath, you are relaxed and ready to sleep. After a whirling bath, you are relaxed and ready to lick the world.

Until you own a whirlpool bath, which keeps water in motion by means of airjets, you can approximate swirling water by sitting in your tub backward, and getting the benefit of the action as the water flows from the faucet. Try leaving the drain open and adjusting the flow of water into the tub to the rate at which it flows out. Or have a whirlpool by American Standard or Jacuzzi Research installed when you next remodel.

Hot water and steam cleanse the pores and purge away the fall-out of air pollution; prolonged heat can be enervating, as well. But remember to rinse your pores again with cold water after that long, languid bath.

Do you ever take just a foot bath? As all-or-nothing Americans, we are inclined to think only of the all-out bath or in-and-out shower. But on a day when you are too busy to undress completely, simply standing in a few inches of cool water (pretending that you're wading in a mountain stream) puts a whole, new outlook on the hours ahead.

All this you can do with a simple bathtub and ordinary tap water. But to take a really pleasurable bath, sample some of the new products. Estée Lauder's new Azurée Mineral Bath Salts are yellow crystals that instantly turn your bath water a glowing sea blue. They foam seductively against your skin and smell like lemon peel in a forest. Azurée Mint Pick-Up Bath bubbles spectacularly and has the stimulating fragrance of freshly crushed spearmint.

Revlon's Seawater Bath Concentrate contains minerals and salts and smells like the sea. Vitabath aims at your feet with Touchstone, a gently gritty sponge made of treated seaweed, to rub away calluses and such.

Caswell-Massey, the landmark New

York drugstore established in 1752 and famous for its natural-ingredient beauty aids, is a treasure trove of special bath products. Their Bain Moussant from France is a dark green liquid containing seaweed. Frenjal is a cream bath whose active principle comes from Thuja, which gardeners will instantly recognize as evergreens of the arborvitae family.

Wolo Rosemary Bath Gelée comes from Switzerland, contains wheat germ oil and is scented with the herb you put on chicken—rosemary. Rado is a powdered mineral bath from England. (Caswell-Massey products are now available in some department stores outside of New York City. You can also write to Caswell-Massey Co, Ltd., Catalog Order Department, 114 East 25th Street, New York City, N.Y. 10010.)

Whatever you choose, make your bathroom into a spa, a place where you deliberately and wisely use water for all it is worth. END

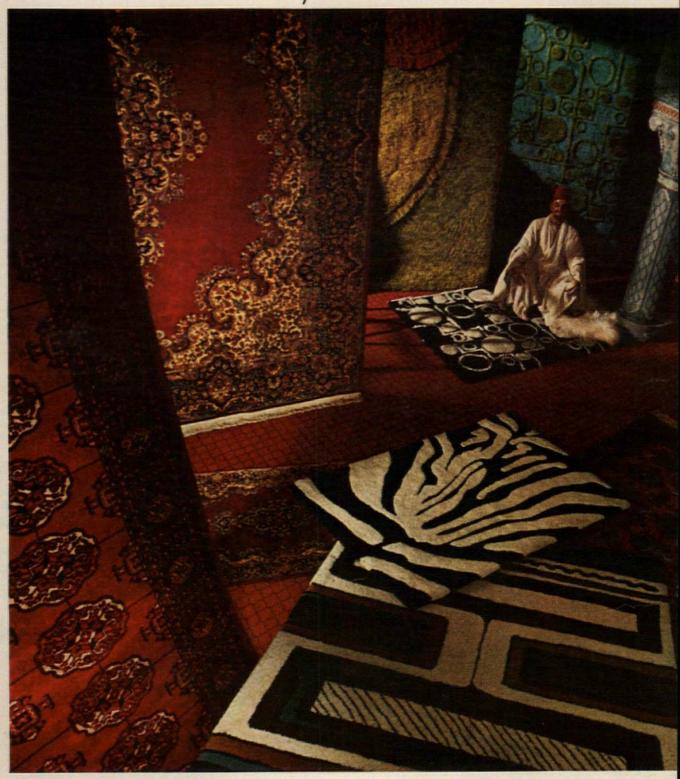


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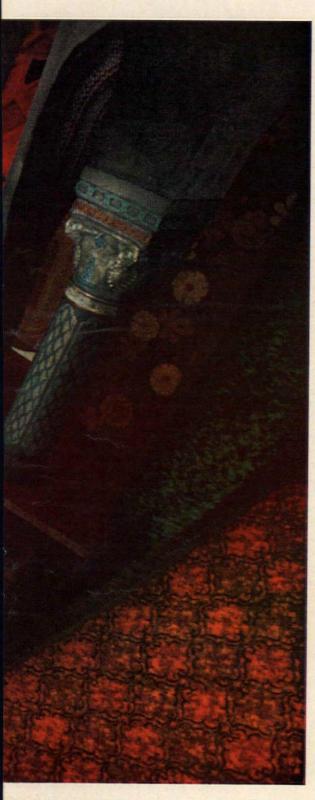
# Treat yourself like company. With Lady Scott



# 1,001 ways to cover



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# All in an exotic store called Sears.

Maybe your room needs some history. An oriental design from the past. Or maybe the sunshine of tile, the charm of an Early American braid.

Maybe your room needs a pattern inspired by the stained glass windows of Cologne. Or maybe the soft warmth of florals, the drama of furry throws.

Maybe your room needs excitement. The kind wild geometrics bring. Or maybe the elegance of shag carpeting spread wall to wall.

Maybe your room needs color. One of the 838 carpet colors at Sears. Colors in textures ranging from nubby to velour.

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You've changed a lot lately.
So has Sears

## EASY TOWING IS IN THE KNOWING

By William J. Toth



To say that Americans are a nomadic lot is only telling half the story. No grueling treks across steaming sands for us; we've even softened mundane highway travel by pulling comfort and convenience behind us. In the past five years alone, more than a million new trailers have traveled the slow lane, many of them hauling boats, furniture, luggage, even a vacation home. Trailers are easy to buy or rent, but towing one onto a superhighway cloverleaf involves a little more than hitching up and taking off. Plan ahead with the following in mind for safe, carefree trailering.

If you buy a car specifically to tow a trailer, the dealer can provide a kit of required equipment—heavier shocks, springs, radiator, rear tires and load-levelers. If this is a one-time effort, and the load is light, you can probably get away with a temporary hitch and trailer rented from a dealer. However, a large and heavy trailer to be towed some distance needs a permanent hitch (stamped with "Meets SEA standards") welded or lock bolted to the car frame.

To prepare the family runabout to tow a trailer, at least install heavier shocks, tires and load-levelers for economy's sake. The brakes and cooling system should be checked out by a professional repairman to insure efficient and safe operation.

Before starting, study this checklist:

State law requires trailers to have licenses with tags because they are considered separate vehicles.

Trailers weighing over 1500 pounds or more than 40 percent of towing car weight must be equipped with brakes operated off the tow car's foot brake.

Attach safety chains from trailer to car independent of hitch and bumper.

For safety's sake, install a device on the trailer that will automatically apply brakes if it separates from the car. Only about 10 to 15 percent of the trailer weight should bear down on the hitch. Too much weight on the rear of the car will cause the front of the car to rise, making steering difficult and headlights high at night.

Lights on the rear of the trailer are important for night driving and signaling at all times.

If rear vision is at all obscured, large side mirrors are needed on the tow car.

Anything carried in the trailer must be securely tied down. Spread the load evenly and check it periodically. A shifting load can cause the trailer to weave or even turn over.

After the skill has been mastered, most trailer towers claim that trailer driving is no problem at all. But here are some of the important tips they caution novices to watch for:

When moving out from the curb, signal then feed gas slowly and evenly while watching the mirrors closely. Once traffic permits, move into the proper lane carefully, keeping speed steady.

If traffic builds up behind you, pull over as soon as it is convenient and let the faster traffic by.

When turning, the wheels of the trailer always take a "shortcut," not following in the path of the car wheels. Make a wider turn to compensate.

In passing other vehicles, remember that the space and time needed is greater than usual. The car-trailer combination needs to be completely ahead of the passed vehicle before returning right.

Allow greater distance between your car and the vehicle in front. Stopping is more difficult because of weight.

When a large truck or bus passes a trailer-towing car, a thrust of air tends to move the trailer to the right. Experienced trailer drivers feed slightly more gas and steer a little to the left to compensate for the shift.

It is very important to practice backing before you get into traffic.

Backing a trailer is not easy nor can one become skillful by practicing just once or twice. If a second person is available, have him get out of the car and help guide the driver. It is easier to back to the left side where the driver can see the movement of the trailer over his left shoulder. If necessary, open the door slightly but always move the car slowly. To back the trailer to the right, first turn the steering wheel until the trailer starts right, then reverse the steering to the right and follow the trailer around to the right. Likewise, to back to the left, the steering wheel is initially turned to the right until the trailer starts left, and then reversed to the left to allow the car to push the trailer around to the left. If the trailer starts to buckle or get out of the intended path, pull forward and start the maneuver anew.

When the car engine overheats on long hills, pull over and stop. Put the car in neutral or park and depress the accelerator moderately to race the engine. This will draw air through the radiator and cool the engine more quickly than just shutting off the engine.

When the brakes are used continuously they tend to become inefficient. Again, by pulling over and allowing them to cool, they will regain their effectiveness.

One last caution: Never carry passengers in a moving trailer. In some states it is illegal and everywhere it is dangerous because sudden lurches, stops and starts can cause falls and injuries from poorly stashed materials.

#### INFORMATION SOURCES

Two good sources of information on trailers are: American Automobile Association, 1725 G Street, NW, Washington, D.C. 20006.

Mobilehome Dealers National Association, 39 South La Salle Street, Chicago, Illinois 60603. END

# If it means saving a bundle on air conditioning, can you remember 6&3?



6&3 stands for 6 nches of pink Fiberglas' nsulation in the ceilings and 3 inches of pink Fiberglas nsulation in the walls.

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To find the builders in your area using 6&3 Fiberglas Insulation, call 800 243-0355.

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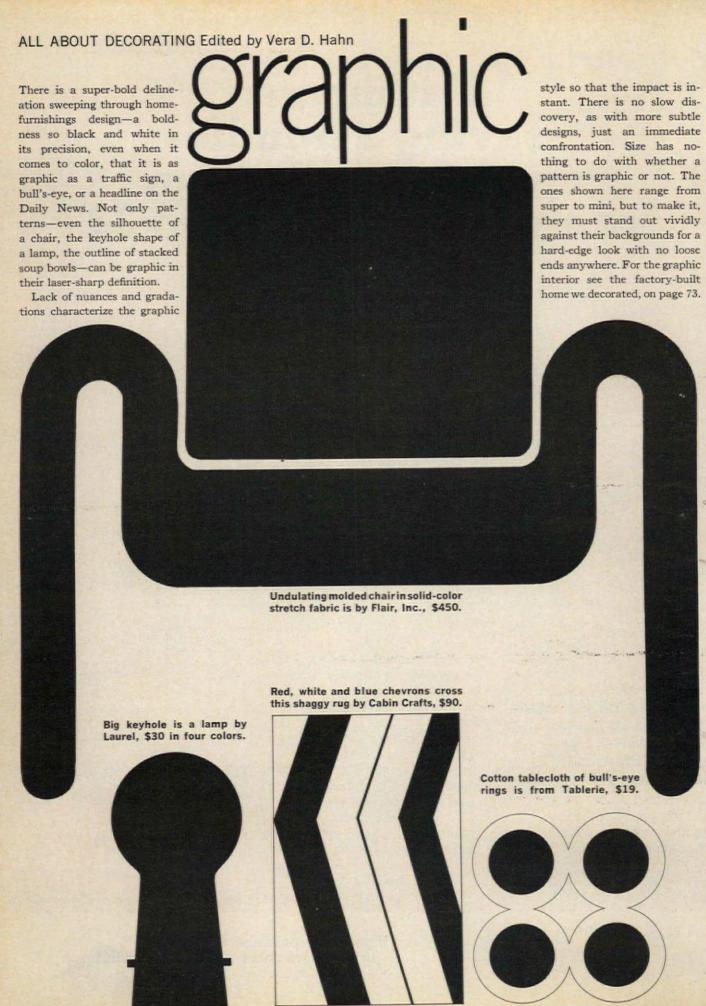
Owens-Corning Fiberglas Toledo, Ohio.

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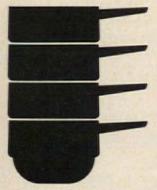








Numbered mural, about eight by 20 feet, is by Environmental Graphics, \$60.



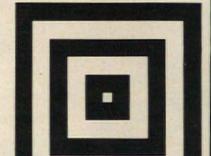
Soup bowls stack up into super shape in ovenproof china by Iroquois, \$3 each.



Clear-cut rainbows overlap on drapery fabric by Desley-Edson Inc., \$4 a yard.

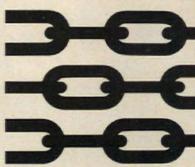


Flatly affirmative bath sheet is orange on white terry cloth, Now! Designs, \$6.



Russell Hinrichs

Superimposed squares cover clear shower of tain by Yves Saint Laurent for Fieldcrest, \$



Bold chain links are strung across this nate linen kitchen towel, Now! Designs, \$1.

#### NEWSLETTER

International style revisited. 50 years ago the modern movement, or at least that large segment later called "international" got its start with the founding of the Bauhaus (say bow, as in bow wow, house) school of art in Weimar, Germany. "50 Years Bauhaus" (Illinois Institute of Technology, Chicago, August 25th to September 26th) celebrates the event with an exhibit of 2500 items by former teachers and students. The Bauhaus alumni have had a profound effect on many phases of design in America. Best known is probably Ludwig Mies van der Rohe, the architect of New York City's Seagram building and Chicago's Lake Shore Drive apartment. The steel and leather Mies chair, originally designed for the 1929 Barcelona World's Fair has become one of the all-time greats in furniture design. Walter Gropius, Bauhaus's first director, was the architect for the controversial Pan-Am building that blocks the view down Park Avenue. Marcel Breuer was responsible for the Whitney Museum of American Art, also in New York City. Best known among the Bauhaus painters are Paul Klee and Lyonel Feininger. The hard-edge works of Albers and

Max Bill suddenly have a very contemporary, exciting look. It is probably just a happy coincidence that "50 Years Bauhaus" is coming to America as a great revival of modern is underway. There's no doubt that the exhibition will do much to convince the visitors of the validity of the style.

With the do-it-yourself harpsichord or clavichord kits, Baroque music buffs can now build their own instruments. One young couple we know got completely carried away by this new project, and ended up building a clavichord and a harpsichord in their small, walk-up apartment. The instruction booklet prudently warns the would-be instrument builders that a basement workshop is a must. Each instrument takes from 100 to 150 hours to build, according to the brochure, but our informants built theirs in only 80 working hours. Kits, from Zuckerman Harpsichords, 115 Christopher Street, New York City, N.Y. 10014, sell for \$150 to \$308, depending upon whether you want the basic kit only or prefer the complete version including legs and inner and outer cases. In addition to the harpsichord and clavichord kits, there is also

one for the spinet, a smaller instrument.

Color and pattern go to your floor with the new Light'n Lively vinyl Cushionflor design by Congoleum Nairn. Stylized daisies, one foot wide, come in five pretty combinations like true blue and parrot green, fire-engine red and marigold or azalea pink and Pernod.

Less specialized. Although this is supposedly the age of specialization our rooms are becoming less specialized all the time. Since the days of the Middle (or dark) Ages the trend has been to rooms that serve one purpose only. The "keep" (or living quarters) of a medieval castle had multipurpose rooms, actually big, drafty underfurnished halls. Slowly as customs became more refined so did the interiors, and by the 19th century there were morning rooms, libraries, dining rooms, parlors, drawing rooms, nurseries, servants' dining rooms, summer dining rooms, garden rooms, powder closets and more. Today, with the population explosion, space has again become precious and rooms are beginning to lose their single-purpose aspect. Take the family room. Is it another living room, a hobby room, or a living-dining room?

Stouffer's could make Macaroni and Beef with less expensive cuts of beef.

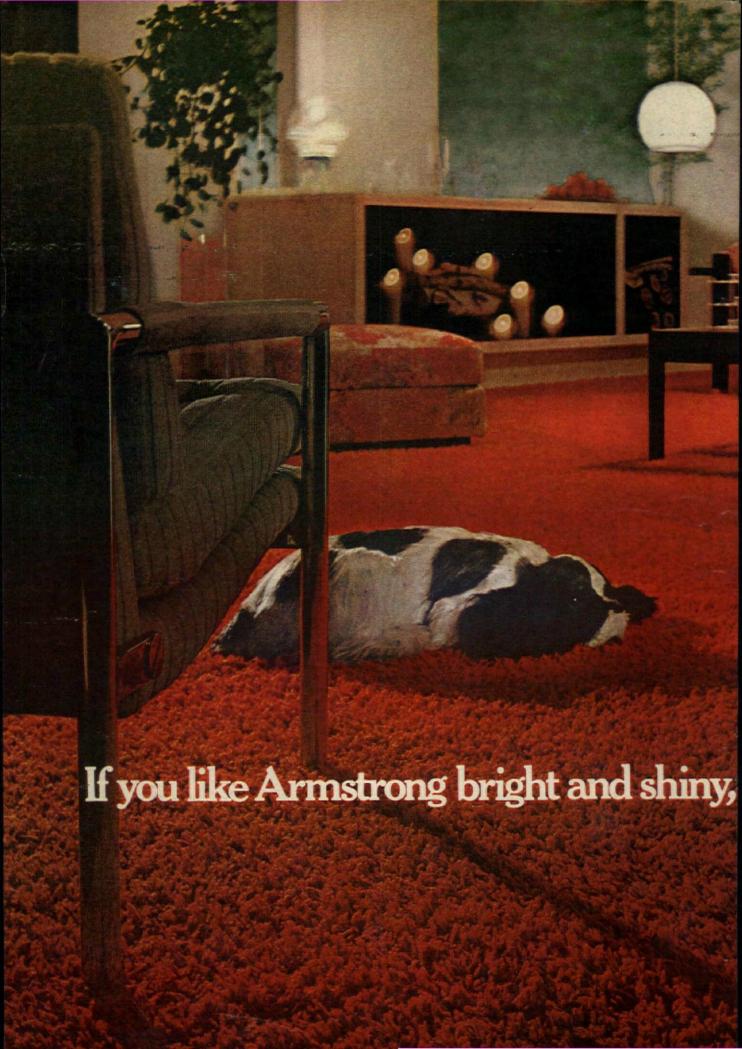
Or use artificial seasoning instead of slow roasting to bring out the flavor.

Or save a few cents with tomato paste, instead of whole tomatoes.

Stouffer's doesn't do any of that. Because then it wouldn't be Stouffer's Frozen Macaroni and Beef.

For the people you love, Stouffer's plays it straight.







# you'll love Armstrong thick and shaggy.

We've just created a whole new line of carpet: the Lancaster Line™.

It's not just one kind of carpet. It's shaggy carpet like the one shown here (we call it "Shagnificent""). It's sculptured carpet, patterned carpet, plush carpet, with hundreds of glorious colors to choose from.

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See our Lancaster Line right now. Call this number toll-free for the name of the Armstrong carpet man nearest you: (800) 243-0355. In Conn., call collect: 853-3600.

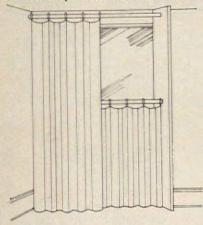
creators of THE INDOOR WORLD

#### ALL ABOUT DECORATING continued

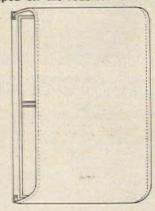
#### PROBLEM WINDOWS

The ugly windows and the problem windows found in many apartments and houses are devilish to decorate. Proportions are odd, placement is awkward and ordinary curtains often make the situation worse instead of better. Some windows can be made to look bigger or given a different shape. The completely hopeless ones should be camouflaged so they will fade away into the background. Be super critical about the faults and keep the solution as simple as possible. In the sketches shown only the most common hardware and easy-to-make or readymade curtains are used. The carpentry is not complicated and involves lumber in stock sizes only.-A. W.

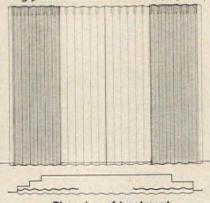
The small, poorly placed window can have architectural importance. Poles are hung between the side wall and a vertical board to the right of the window. The long curtain runs from the corner and overlaps the edge of the window. The short curtain drops from the sill to the floor.



The small bathroom window, meant to let light in but not to look out of, can be simply camouflaged with two bowed or projecting rods and tautly stretched fabric. The curtains can be slipped off the rods for laundering.

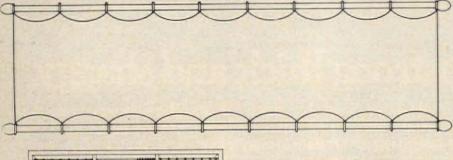


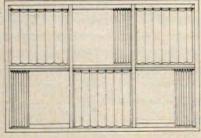
This typical apartment window is hemmed in by irregular structural columns. Heavy white drapery hides the columns and can be closed for privacy. Sheer curtains hung in front of the heavy drapery will soften an ugly view and still let the daylight in.



Plan view of treatment.

The clerestory or privacy window is often placed at an awkward height, above eyelevel. Regular cafe curtains look suspended in midair. To tie them down, the scalloped heading was duplicated across the bottom and the curtains strung between two poles.





A different answer to the hot-sun problem of plate-glass windows is a wooden frame dividing the window into sections. A ready-made cafe curtain is hung in each section on a spring-tension rod. Each curtain can be adjusted to control shifting sunlight without cutting down light.

Loring Eutemey

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A two-day forum on home air conditioning was sponsored by Air Conditioning and Refrigeration Institute and AH with a purpose to determine the benefits, technology and future of total indoor environmental control. Inventordesigner R. Buckminster Fuller (pioneer of the geodesic dome), addressing the forum, said that home ownership in the traditional sense seems likely to become obsolete as people tend more and more to reside "everywhere and anywhere on spaceship earth." He advised the airconditioning industry to go beyond the limitations of home and buildings to become a service industry that would provide environmental control where and when people want it, in much the same way the telephone companies have installed phone booths along highways and on streets.

Pet peeves from our fat notebook: Why is it that when we devote so much time, effort and space to buyer's guides with the latest news hot off the drawing boards, the sales clerk has often not heard of the feature or else, because he doesn't have it, he tries to sell us another idea entirely? Why is it that the express check-out counters at the supermarket, marked for six items or under is always the longest, most time-consuming line and always filled with shoppers with six items or more? And the minute we move from one line to another at the bank teller's window, the one we move from always moves fastest? Some banks are doing something about it. (The First National City Bank in New York has inaugurated the Ready Teller system. Everyone stands in one line and the one in front moves to the next free teller.)

At the 14th annual Homes for Better Living awards judging, sponsored by House and Home Magazine, the American Institute of Architects and AH, we spotted some major building trends recurring in the 414 entries: A renewed popularity of stucco—you will see it in two of our three award-winning houses in this issue (pages 63 and 66). The sharp whiteness of stucco goes well with the clean lines of today's architec-

ture and is a far cry from the textured surfaces used in the stucco of the 1930s. Another reason for its popularity is the soaring cost of wood. Other trends are atrium houses—houses that look in, that have courtyards for privacy on the crowded landscape of today; a growing popularity for the shed-roofed, shingled design of the New England barn look; and a boom in well-designed garden apartments.

Family safety, especially for children, is a feature of the first two-foot appliance cord just introduced by Belden Corporation. The new short cord, which fits all coffee makers and most non-immersible electric frypans, is designed to prevent household accidents. A safety prong makes it difficult for a child to pull the plug. It also ends counter-top clutter of curled-up cords. It costs about \$1.

News on the Range: An eye-level version now has a dishwasher where the lower oven used to be. The Cook-N-Clean Center by Modern Maid, Inc. combines vent hood, 21-inch top oven cook top and dishwasher in only 30 inches. Just as soon as we try it—we'll report to you on this first in the appliance industry.

Here's news on the home front for commercially frozen food: DuPont has introduced a new system for freezing foods through direct contact with Freon freezant at its boiling point, 22°F. below zero. Because the process is faster than conventional cold-air freezing, cells of the food are said to be less subject to damage. We're told that the system, consisting of both the freezant and equipment, took five years to develop. One challenge was to perfect an exceptionally pure Freon freezant to meet standards of the Food and Drug Administration. Approval was granted in 1967. The Gorton Corporation of Gloucester, Massachusetts, has adopted this method for freezing breaded shrimp. It is said to reduce freezing time for breaded shrimp from hours to seconds and has improved flavor and texture, giving a crunchier, crisper product.

By Virginia T. Habeeb

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## A DROP TO DRINK

By David X. Manners

After a summer of swimming, sailing, fishing, watering the lawn or sitting on the patio with iced drinks, it is easy to be grateful for a seemingly boundless supply of fresh water. Unhappily, we are reminded in every instance that water isn't what it used to be. Lakes and rivers are polluted, sprinkling the lawn isn't always allowed, and the refreshing drink, pouring clear and sparkling from a faucet, is only a memory.

There is no easy answer to this world-wide problem, but there is something we can do about water in the home, where we notice its degradation most. Modern technology makes it possible to act directly and provide better water for our homes and families.

Your water doesn't taste good as it flows from the tap? Consider the reason. Less than one percent of all water is used for drinking, while over 99 percent of it fights fires or flushes streets, sprinkles lawns and carries away wastes. For this all-purpose product you pay an average of only nine cents a ton, delivered. Think what it would cost if all water were good to drink!

There is a cheap, sensible way to make good-tasting water. As Europe learned long ago, the answer could be bottled water.

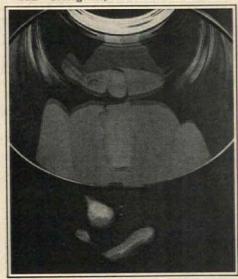
Sales of bottled water in this country have already made it a \$60-million-a-year business, its peak nowhere in sight. Southern California alone has more than 900,000 home-delivery customers, and no one knows how many more lug water home from the supermarket. It isn't just that regular supplies have gone sour; we've become more sophisticated in our taste and, affluent us, we demand more from daily needs.

Three kinds of bottled water are generally available. One is "purified" water from which all minerals have been removed. Another is "drinking water." This may be straight charcoal-filtered municipal water or a blend of it and demineralized water. A third kind comes from a natural well or spring. If locally produced, these don't cost any more, but if they have famous brand labels—Mountain Valley Water from Arkansas or Evian from France—prepare to pay

from 40 to 60 cents a quart. Competition and volume account for the price difference from area to area. Recently, bottled water has been packaged in plastic containers which eliminate bulk, bottle return and potential accidents from broken glass.

Another development that ends the bottle nuisance is a compact new appliance that can produce "bottle quality" water right in your own kitchen. Culligan Inc., made the first one (the Aqua 1 Purifier) about three years ago, and now the Lindsay and the Presto Companies make comparable models.

The new purifiers remove all the pollutants that make water taste and smell bad—detergents, chlorine and salt.



They employ a new space-age plastic membrane closely related to cellophane and a process called reverse osmosis.

The marvel of it is that they require no electricity and work on water pressure alone. The Aqua 1 unit, a flat case measuring less than 11 inches wide and 20 inches high, can be mounted anywhere a water line is available. You can buy it for about \$200 or rent it for \$6.50 a month. It produces three to six gallons of fresh, delicious water a day—more than enough for an average family—at a cost of under seven cents a gallon.

Quality water is also important to the flavor of coffee, tea, reconstituted frozen juices, soups, even gelatin desserts. It makes better formulas for baby. Because nothing spoils the flavor of good beverages like bad water, one firm has introduced Scotch Water. Look for the plaid front on the Aqua 1 unit and add it to your own home drink-mixing and entertainment center.

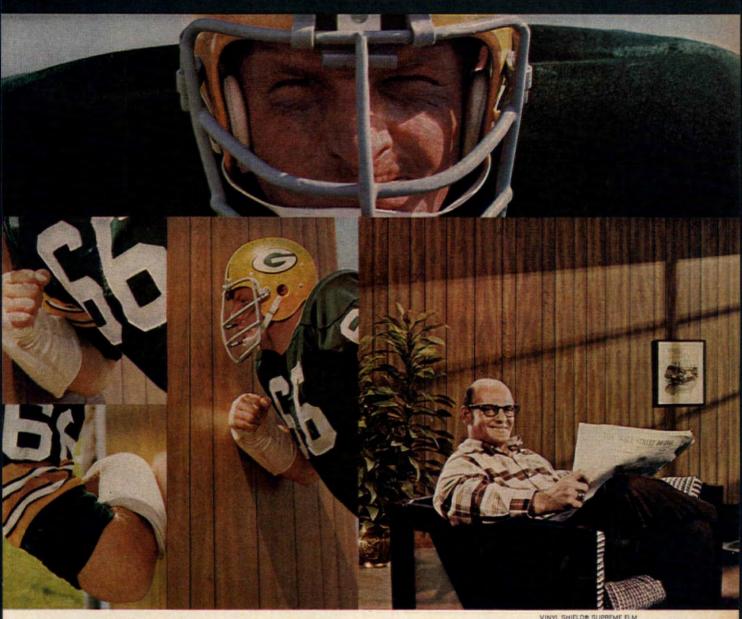
In Cincinnati, Philadelphia, Cleveland, Miami, Salt Lake City and Chicago, a big problem with water is its chlorine or phenol taste. If a medicinal taste faults your water, you can remove it with a simple cartridge-type filter that costs \$25 to \$40. One type by Eaton attaches to the sink faucet, requires no special installation. Filters that are installed under the sink, however, have greater capacity. Everpure has one that not only removes tastes and odors but polishes the water to crystal clarity as well. Pall, Fram, and Cuno are other leading filter makers.

Water is important to health in several ways. If we don't drink enough because it tastes and smells bad, bodily functions may become impaired. Good water is also important to personal grooming. For bathing, shampooing, shaving, skin care, a different kind of water constitutes "good"-soft or softened water. Water good for drinking is not necessarily good for washing. It may taste and smell good, but will obstinately refuse to lather, leaving skin rough; hair that would otherwise be lustrous if it were properly cleansed stays dull. The culprit is hard water. Its high salt content prevents soaps from lathering.

Most of us know hard water for the gummy ring it leaves around the bathtub. These same gummy deposits gray our fine linens, make baby's diapers chafe and also cling to skin and hair and cannot be toweled away to leave you really clean.

Water softeners have recently been improved on several counts. They are more compact, more attractive and cheaper to run. A big technological jump has been the development of a device called an Aqua Sensor by Culligan. Just as a thermostat regulates heat output, this new sensor monitors the softener's operation to produce a maximum amount (continued)

# Ray Nitschke meets his match!



## Vinyl Shield Wall Paneling

Ray Nitschke is tough. But the finish on Georgia-Pacific's Vinyl Shield wall paneling is even tougher. It took everything Green Bay's All-Pro middle linebacker could dish out, and came up looking good as ever. And that's good looking! Vinyl Shield resists stains, too. Cost? About \$20 for an 8' x 12' wall. In exciting wood grain patterns: Hickory, Pecan, Walnut, Oak, Teak, and new textured Vinyl Shield Supreme Elm in a variety of colors—at your nearby Georgia-Pacific registered building materials dealer. To find him, call free, anytime, 800-243-6000. In Connecticut, call collect 853-3600. Use Vinyl Shield wherever walls take abuse. You can't hurt it. Unless you're tougher than Ray Nitschke! Limited time offer: four large full-color football prints featuring great moments in the NFL for only \$1 at your G-P Dealer during his Fall Fixup Festival!





GEORGIA-PACIFIC/THE GROWTH COMPANY

Picture this in your new home: siding that doesn't need paint, gutters and downspouts that won't rust or corrode, windows that refuse to stick.

You can have this and more. All you need do is ask.

Tell your builder to use vinyl siding. Its color goes all the way through; and it resists blistering, peeling, warping or denting. vinyl clad frames that glide open and shut easily, need next to nothing in maintenance, and fit snug. Tell him, too, that you want vinyl gutters and downspouts because they keep their shape and won't rust.

We manufacture the raw material that others use to make these remarkable new building products. We call this material Geon vinyl. Among vinyls, it was the first.

Geonvinyl. Your builder probably knows where to get products that use it. If he doesn't, send us the coupon below and we'll see that you receive information directly from the manufacturers.

B. E. Goodrich Chemical Company



B.F.Goodrich

Then tell him to select windows with There is also more of it than any other vinyl. If anyone tries to keep you from enjoying maintenance freedom in your new home, tell him where to go. **B.F.Goodrich Chemical Company** 3135 Euclid Avenue / Dept. AH-6, Cleveland, Ohio 44115 Please ask manufacturers who use Geon vinyl to send me literature on finished products as follows: Vinyl siding Uinyl gutters and downspouts ☐ Windows, vinyl clad ☐ Windows, part vinyl ☐ Vinyl drain/waste/vent systems ADDRESS. CITY\_



#### DROP TO DRINK continued

soft water at minimum cost. Another provement has been the development the multipurpose water conditioner. not only softens water, but it ends her annoyances such as iron, sulfur d acidity. A third major improveent, by the Lindsay Company, is a in-1-Ron unit that greatly increases softener's capacity to eliminate iron m hard water.

If you are hampered by water reictions, or if you build in areas note from public supplies, the good ws is that private wells are better an ever. Fresh, safe ground water plentiful almost everywhere and new omersible pumps work so quietly and pendably that you will be totally aware of their presence. You don't ar them start or stop and they nost never need maintenance.

Barnes, a leader in the pump field, orts that more wells are going down feet and deeper, and that submerses are especially big money savers this depth. They produce more water d develop more pressure. More duole and efficient plastic pumps are lacing the best brass pumps. Goulds, vers, Reda, and Fairbanks Morse are ne other companies that make subrsible pumps.

Modern deep wells are sealed against face seepage and are usually free of st man-made pollutants. If you have acation cottage where water is taken m a surface source or is otherwise estionable, you can get a plug-in rice called Aquaspring that can distill ough drinking water for the average uirements. There is no plumbing; it filled by hand and produces two arts in just a few hours. It is genlly priced at about \$70.

Pall Corporation makes a specialized er with openings so small that dise-causing bacteria (typhoid, dyseny, scarlet fever, etc.) cannot get ough. Called Bacteria Guard, it ines a clean, healthy water supply.

Iappily, water is one resource we do deplete. We use the same water r and over and over again. The difence is we can no longer depend on ure to purify for us and polluted ter is not much better than no water all. If it is ever in short supply, or king in quality, the hardware now sts to correct the situation. Water is free, but no matter what we have do to make it good, it is still cheap. d we can do it ourselves, right in our



## If you act now and are sincerely interested in raising \$50 to \$5000 or more

for your group... I'll send you all of my famous Old-Fashioned Chocolate Pollywogs you'll need to reach your goal, without one penny of

investment by you or your group!

What a delightfully easy way to raise funds for your church, school, charitable group or any organization! Just decide how much money you want to raise-and with which of our \$1.00 gift packages of Chocolate Pollywogs. Then fill in and mail the Order Blank below.

Send no money. Send only the Order Blank. We'll send you all of our Pollywogs you'll need to reach your goal, whether you want \$50.00 or \$500.00 or \$5000.00 or more. We'll give you up to 60 days to pay. And we'll pay shipping charges!

What are Pollywogs? Pure eating pleasure that will help you fill your group's treasury fast! Yes, Pollywogs are one of the most popular Mary Leland Crisp pecans and cashews are combined with butter-rich caramel then covered with a thick coating of rich milk chocolate. Mmmm-m-marvelous! At only \$1.00 for gift box or tin, folks buy fast!

Order now; send no money. Just mail the Order Blank below! Chocolate Pollywogs are sent to you in "units" of 144 canisters or boxes per unit. Since each container retails for \$1.00, the unit brings in \$144.00. Send us the first \$94.00 you take in and keep the remaining \$50.00 for your group. On two units you keep \$100.00 . . . on three units, \$150.00 . . . and so on. Regardless of the size of your order, send no money now; pay nothing when your chocolates are delivered. Decide now how much money you want to raise and which container of Pollywogs to sell. Then fill in and mail the Order Blank today!

chocolates in America. Home of Fine Confections 330 South Wells Street . Dept. 4042 . Chicago, Illinois 60606

See What

\$2,000.00 for Band Instruments! "We've already raised \$500.00 for school Others

band uniforms with your chocolate," wrote a
California group. "Now that we see how easy
ti is. we want to raise \$2,000.001"

4-H'ers Raise \$1 000 001 In a sparsely populated area of Montana a 4-H group quickly sold out enough of our choco-lates to raise \$1,000.00 in cash.

Sells Out in 1 Day! "I've never seen a candy sell so fast. as yours," wrote the leader of a Houston scouting group. "We sold out our entire order the first day!"

0	R	D	E	R	В	L	A	N	K

Check off the proper square, telling how much money you want to raise, and the container of Pollywogs you want to sell. Then fill out rest of this Order Blank and be sure it is signed by a qualified group member authorized to order. We'll send you the chocolates you need to reach your goal.

ORDER NOW! Send no money: take up to 60 days to pay. We pay shipping.
first Check the package of Pollywogs you want to sell.
SECOND Check the amount of money you
We'd like 50
Please send 1 Unit (144 \$1 packages) of Pollywogs. We'll take in \$144, send you first \$94, keep \$50 for ourselves.
We'd like 3100
Please send 2 Units (288 \$1 packages) of Pollywogs. We'll take in \$288, send you first \$188, keep \$100 for ourselves.
We'd like 500
Please send 10 Units (1,440 \$1 packages) of Pollywogs. We'll take in \$1,440, send you first \$940, keep \$500.

Please send 20 Units (2,880 \$1 packages) of Pollywogs. We'll take in \$2,880, send you \$1,880, keep \$1,000.

package of Pollywogs	Na For
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\$100 s (288 \$1 packages) Il take in \$288, send p \$100 for ourselves.	Add Au
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*1000	Sig

	PRINT CLEARLY	(If you are under 18, your Parent or the A Master, Teacher, Pastor, Band Director, as the qualified person authorized to orde	etc.) must fill in and sign below
-	For Which Mor Will Be Raised	ney	
		(Please show FULL NAME of school, church, club o ization. For example: "Borden High School F.B.L.A.	r other sponsoring organ- ", not just "F.B.L.A.")
	Address of Organization_	ease give street address as we cannot ship merchan	Zip Code
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	Name of Perso Authorized To Order		
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	Signature of Authorized per	son	Title
		(Please WRITE your name here. DO NOT	

MRS. LELAND'S KITCHENS . 330 S. Wells St. . Dept. 4042 . Chicago, III. 60606

# Sometimes Sears pink Jewel curtains look like rubies.



Take your ordinary, everyday window... and lavish our lovely pink curtains before it.

The result is a many-faceted glow of color. Which is why we named our sheer curtain Jewel.

You can conjure up emeralds with our green, sapphires with our blue. Ten colors in nearly countless lengths and widths make the possibilities almost unlimited. They're all available now at most Sears, Roebuck and Co. stores, or by catalog.

Use Jewel alone or with other draperies—with velvets, with brocades, even tweeds.

And rest easy. It's Sears own

Dacron\* polyester ninon that you can machine wash, tumble or drip dry. It wouldn't be much of a jewel otherwise, would it?

Another nice thing about our Jewel curtains—they cost so little. After all, Sears thinks every woman should have as many jewels as her heart desires.

\*Reg. T. M. DuPont

You've changed a lot lately. So has Sears

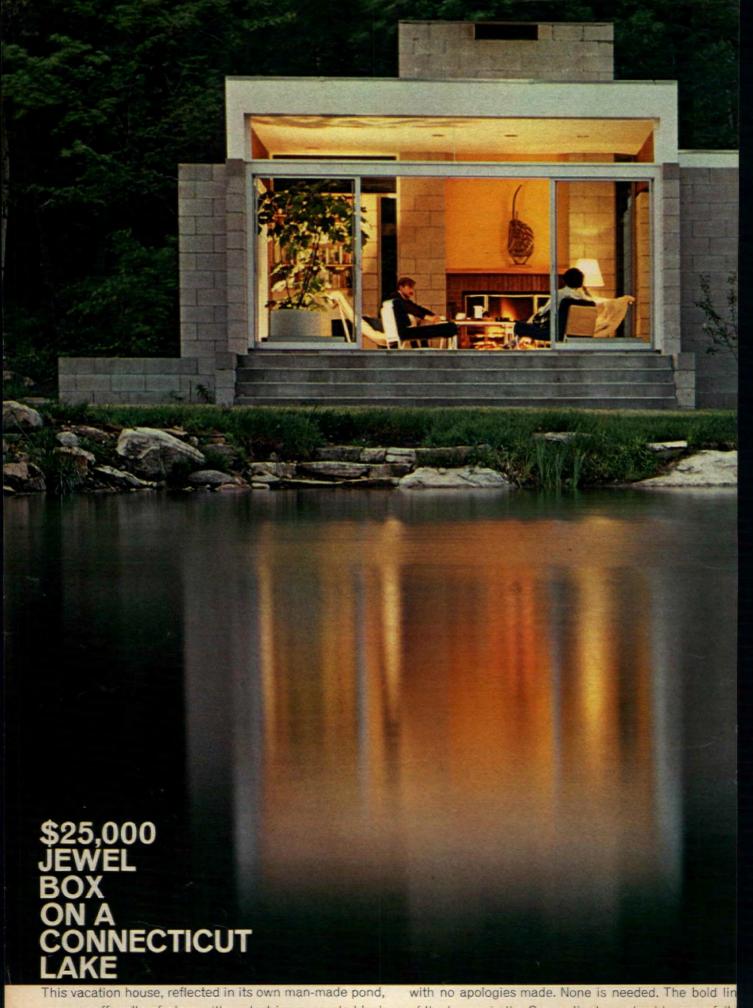
The farmhouse vigor of the dwelling shown here, all shape in stucco, pared of superfluous detail, made it one of the Honor houses of the year in the annual Homes for Better Living awards program sponsored by House & Home, the American Institute of Architects and American Home. The Honor houses on the following pages are each as vigorous, each a statement that makes 1969 a vintage year for U.S. domestic architecture. These houses sit firmly, their stucco and concrete planted in land appropriate to the design in lowa, Connecticut and California. Next comes a house for tomorrow that is something else again—rootless, ready to take off, an airborne fiber-glass egg that will settle by a lake, a beach, a ski slope and transform a family's lifestyle. A salute to the past rounds out this tribute to design. A new series called American Treasury begins with a look at the Shakers, the hardworking ascetics who produced some of this country's most beautiful furniture and interiors.

# TODAY TOMORROW YESTERDAY



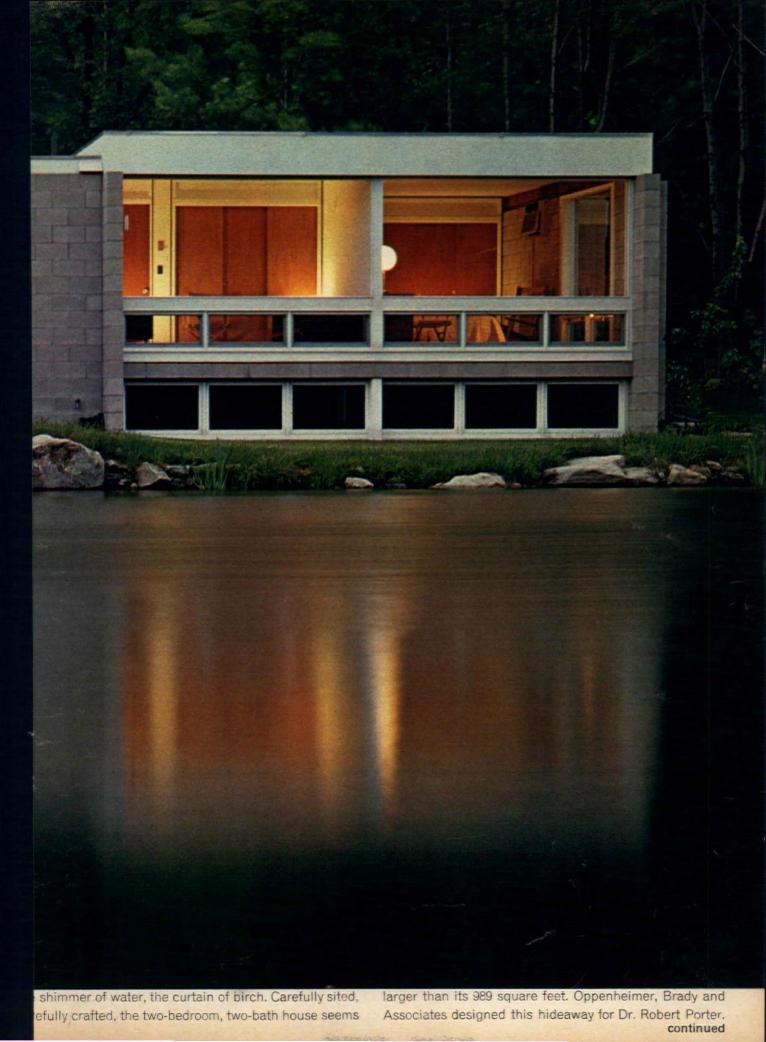
This lowa home has a silo form for a stairwell. The only color accent used with the stucco walls and terne roofing is the bright red door. The house was designed for the Frederick Weitz family by John D. Bloodgood.

Hedrich/Blessing



squares off walls of glass with pedestrian concrete block 64

of the house, in the Connecticut countryside, are a foil





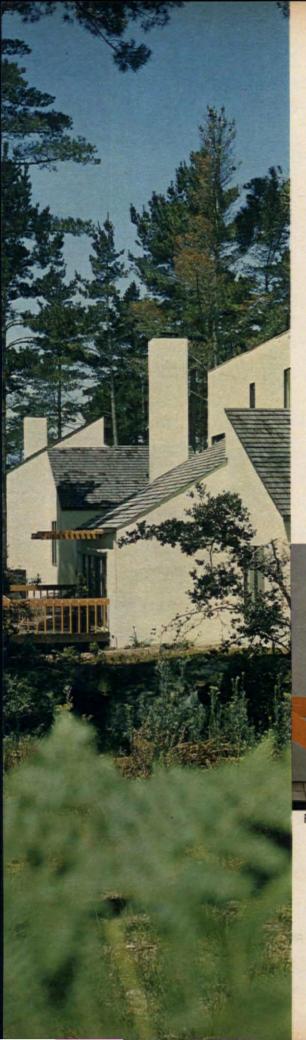
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### STUCCO SCULPTURE IN A CALIFORNIA FOREST

Nestled in a grove of Monterey pine and live oak and adjoining the new Spyglass Hill golf course at scenic Pebble Beach, this study in sculptured geometry provides maximum privacy in a minimum of space and a constant interplay of white stucco and redwood. On this expensive real estate, houses are closely clustered—four to an acre, in fact. Architect David Smith of Burde, Shaw and Associates faced them toward forests or fairways, with secluded gardens and courtyards for each.

The houses oriented in differ directions, five eight of th grouped aroun quiet, paved co Each house is fit to the terrain jacking up the fr or rear half to the slope, wit central stair connecting halves (below). E house is theref different. There two- and thr bedroom versi varying from 140 2600 square f



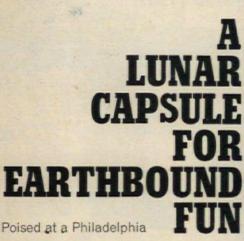


Details are carefully conceived to fit in with the overall design. Wooden baffle, at right, gives a bathroom privacy, yet allows light in and a view out from the sides. Below left, living room deck borrows open space and light from nearby golf course. Below right, privacy is maintained by walled gardens. Owners plant them as they please; open land is left natural.





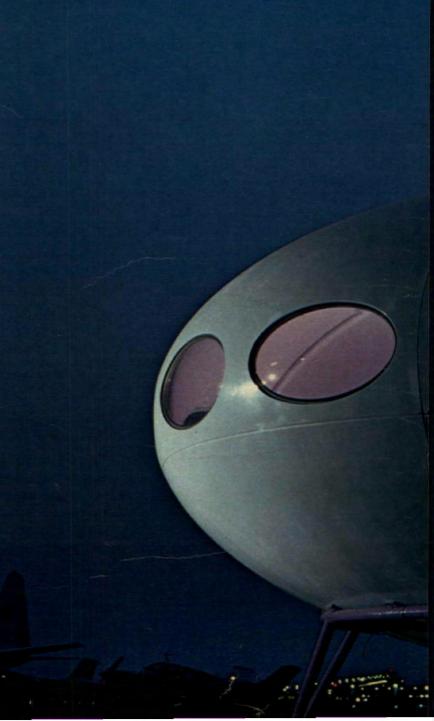
For floor plans and other details on all three houses, turn to page 116.

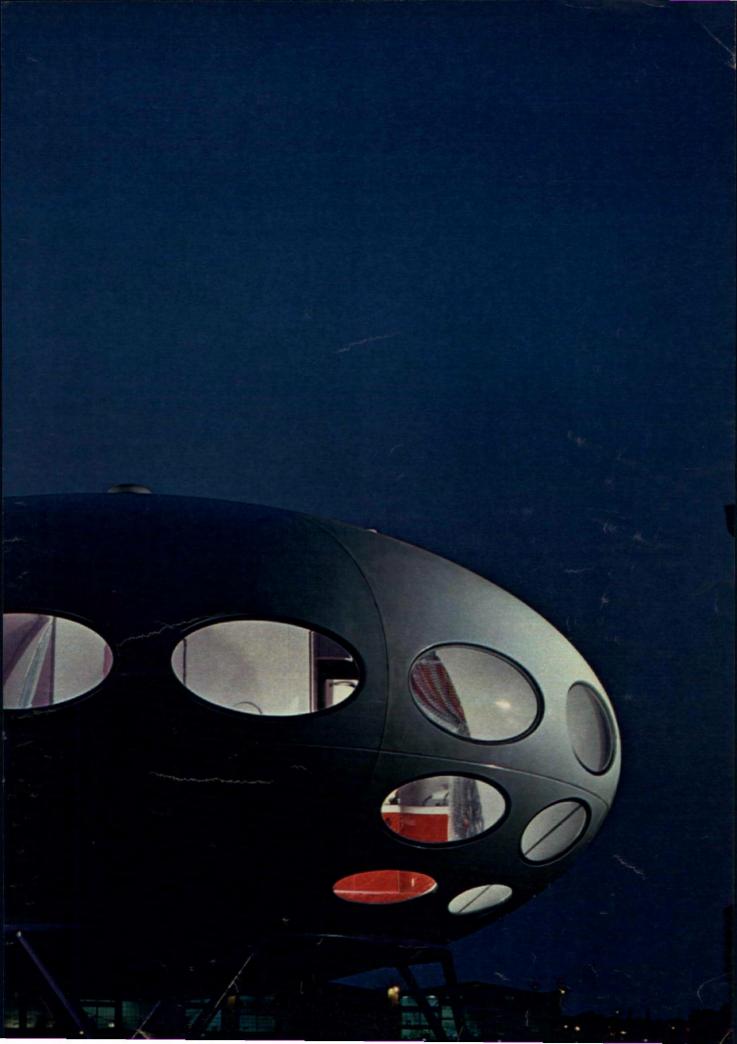


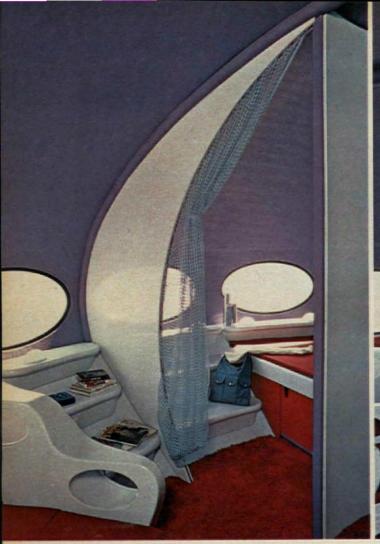
Poised at a Philadelphia airport under a waning moon, the vacation house of tomorrow, a shell of blue fiber glass, is ready to take off by helicopter to settle on your favorite landscape.

continued











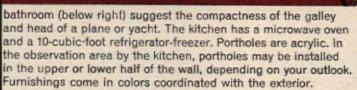
LUNAR CAPSULE continued

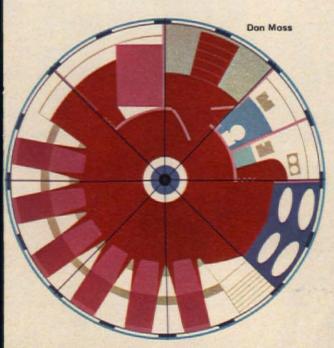
The inside is as sleek as the shell and stretches 26 feet across, 11 feet high. Philadelphia Architect Charlie Neuhardt tries one of six lounge chairs which turn into beds while his wife Susan looks in from the kitchen. The fireplace may be used as a grill. There is a double bedroom (left) with a fishnet curtain that can be replaced by a solid hatchway. Views of the kitchen (above right) and the

### only the beautiful essentials This moon craft, this Halloween pump-

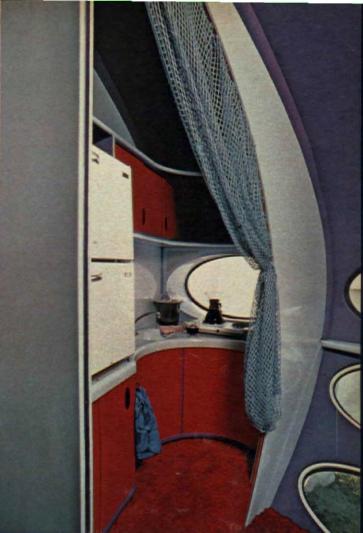
kin, this UFO-whatever it seems to you-is one of the most significant developments to be dropped on the American building scene in a light-year. For it is the first marketable house manufactured entirely of fiber glass. Its Finnish architects and engineers have labeled it the Futuro and have had such success with it that they are licensing its manufacture around the world. The first units will come out of an American factory just tooled up to make it this month, and 300 will be produced before the end of the year. The deliver-anywhere idea makes it likely to see the Futuro perched on a precipitous ski slope where no one could have built before, or nestled alongside a beach looking like an Easter egg in the grass (it comes in a choice of pastel colors), or crouched in a forest like a mushroom. This is no house for traditionalists in any sense of the word. American vacation living must be rethought for life in the Futuro. You will really be able to get away from it all, since there is no room to load up the station wagon and take it all with you. (continued on page 118)

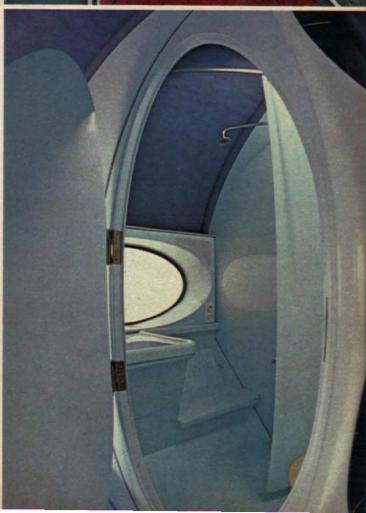






A view from the top shows the double bedroom, entry hatch, bathroom, kitchen, observation "deck" and the living area.











Roomy kitchen seen from dining area has tricolor doors to hide laundry equipment.

By Vera D. Hahn

## WHEELING HOME IN STYLE

It is 60 feet long, 24 feet wide, costs \$16,000 and arrives by truck. What is it? Son of travel trailer, successor to the mobile home, it is one answer to the shortage of low-priced housing—the factory-built or sectional house. This one was designed and decorated by *American Home*, built by Deluxe Homes of Berwick, Pennsylvania. In decorating this house we did not try to make it look like anything it wasn't. All we wanted was a fresh, new, graphic look done in the simplest, most inexpensive, practical materials. Living-dining area shown here (walls are U.S. Plywood Ranchero) illustrates this design thinking. Floors throughout are covered with Herculon fiber carpet. The desk and coffee table are topped with white Micarta. A simple shelf system turns the corner into the dining area and becomes a banquette. The window is curtained with vinyl-coated cloth tape. Everything you see can be easily adapted to your own home or to a remodeling project. More about this sectional home, its furnishings and custom plan on page 114.

Jon Naar





At left in the ma hallway of the Center Family House at Pleasant Hill, Kentucky, are reproductions of Shaker crafts. Hanging from th pegboards are chairs, a sconce and a clothes hanger. A slat-back chair stands on rag rug, a nest o boxes on a table From a towel rac hangs checked fabric. The doub cupboard was u for tinware. The "spirit drawing" is "Tree of Life. The clock is antique. Shoppi information is or page 115.

The Shakers, a curious and gifted religious group who thought work was prayer, were 19th-century America's most inspired craftsmen. Today, more than ever before, the work they created with devoted hands looks completely new—especially to newcomers to the American scene and the searching young. The Shakers were our first functionalists, designing everything to be perfectly useful. Their furniture and buildings have a breathtaking simplicity. Mystics, who worshipped through ritual shakings to cast off sin and whirling dances, heaven inspired, they were clever and ingenious in worldly matters, starting the first chair business in the United States, inventing among many other things the flat broom, and making the first patent medicines. The Shakers practiced celibacy and sought to create the kingdom of God on earth. To the right is the famous double staircase found at Pleasant Hill, Kentucky. The masterpiece of Brother Micajah Burnett, its simple curves are much more sensuous than that of most Shaker architecture. An essay on the Shakers appears on page 88.

# A RICH SHAKER LEGACY

AN AMERICAN TREASURY

PHOTOGRAPHS BY RICHARD MEEK



All Shaker houses had two doors and two staircases—one for men, one for women. Only Kentucky Shakers used a watchtower to spy on field workers.





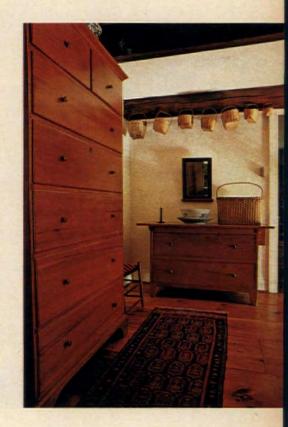




Dr. and Mrs. Upton are seated in their study at a ten-foot cherry harvest table made at Hancock, Massachusetts. On the walls are Shaker clothes hangers. The close-up view of the dining table shows how the legs curve in typical Hancock style. The floorboards and the yellow door were from the Hancock Sisters' Shop.



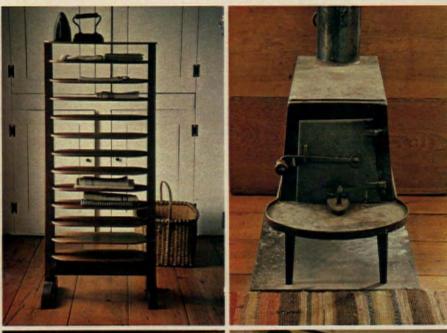
The cherry dining table at left is 11 feet long. It once belonged to a painter and was covered with paint when the Uptons bought it. The 9-foot counter has one hinged door and two sliding ones. The 61/2-foot chest in its original deep red paint stands flat on the floor. Although Canton ware and English pewter are not Shaker, they lend a proud warmth. Photograph at right shows a corner of the dining room. The chest of drawers belonged to friends who "wanted it to have a good home." The smaller chest has tirettes that slide both ways to support the extra leaf.



#### A Shaker treasure house

One of the best private Shaker collections belongs to Dr. and Mrs. Charles Upton. Both professors of American History at a New York state college, the Uptons were drawn to Shaker because "this is an original American style." The Uptons began their collecting in 1950. Although some of their finds came from antiques dealers and private owners, they acquired many of their finest pieces by buying directly from Shaker communities, especially those being demolished. According to the local dog census taker, their farmhouse was built originally by or for the Shakers. The remaining Shaker sisters sometimes come to visit, bring gifts of their own making, and enjoy the Shaker-like atmosphere. One, 93-year-old Sister Lillian, said she slept in a real Shaker bed for the first time at the Uptons.

Shelves for holding ironing (right) were used in a communal laundry room. A cast-iron stove has a damper held in place by a "sadiron." Below at left is a threelegged Shaker candlestand of perfect simplicity. The staircase was brought from Hancock where it was used by the sisters for 125 years. A similar set of stairs was used only by the brothers. Note the graceful handrails and spindles-the cloak on the landing.







The table and the chest in the master bedroom (opposite) are Shaker, but the spreads come from the Uptons. The jugs were used in making medicines. The nine-foot tailoring counter in the living room (below) is on rollers. With a drop leaf, it takes a 54-inch cloth. On top are nests of boxes, carriers and measures. The 1809 clock is by Benjamin Youngs, one of the few Shaker clockmakers. "Spirit drawing" is "A Bower of Mulberry Trees."

Though the furniture in the Uptons' collection is of museum quality, the house does not have a museum atmosphere—probably because everything in the rooms is in constant daily use. This comes easily, say the Uptons, because of "the function, the usability and the good design of Shaker furnishings." A double wash bench has served to store phonograph records and as a side table. Bed sheets with their woven tape headings easily became cafe curtains. The house is even built of Shaker parts—most of the floorboards and the woodwork as well as the staircase come from the Sisters' Shop in Hancock—but the Uptons do not hesitate to use their non-Shaker collection of accessories. The rooms are both warm and personal and everyone feels at home.



SHAKER continued Plain Good Food Celibate and self-denying, the Shakers were anything but austere when it

Arranged on a cheerful table in the dining room at Shaker Village in Hancock, Massachusetts, is a feast of everyday Shaker foods. The kitchen sisters used a vast collection of recipes and well-designed

equipment, including round pie ovens, to prepare savory meals for their large "families." In the center of the table sits a spicy cider-baked ham, a dish of pumpkin pickles and a pitcher of rose water-used

came to eating, as this harvest table shows. The recipes for these easy-to-make foods are found on page 96.



to flavor the floating island as well as ice cream and other sweets. Found clockwise from lower left are corn "oysters," corn relish and India relish. The Shakers made blueberry muffins from wild huckleberries.

Shaker "daily loaves" and cider were staples. Boiled apples (similar to baked apples), Shaker lemon pie and pound cake are classic desserts. Oyster pie and herb fried chicken were flavored with Shaker-grown herbs.





Seen through glass brightly are bunches of dried flowers, looking

not at all old-fashioned. The window at left is made of panes of glassed-in dried petals of poppies, roses, daisies, bougainvillaea and blossoms of delphinium. In the large basket are marigolds and baby's breath. The middle-sized basket holds wheat, seed flowers (fashioned from pods) and globecrest; the small basket includes daisies, marigolds, zinnias and roses. The large, exotic flower to the lower left is actually a dried artichoke. Dried flowers have all the charm of fragility, yet they will last for months, even years-often, thanks to new methods. If the colors do fade it doesn't really matter; the result is so beautiful that no one should ever use plastic flowers again. Out of your late summer garden come the best flowers for drying, but don't forget to hunt in the meadows and woods for flowering weeds and pods and grasses. Put them in casual bunches and place them in the simplest containers possible-baskets or jugs or mushroom boxes. The look should be yours, and proudly simple.

(continued on page 120)

# IN YOUR SKY

Only the walls are clouded in this sky-room, found in a young New York couple's apartment. When Mr. and Mrs. Anthony Prisendorf-Tony is a journalist, Donna, a photographerfloat in with their friends after the theater they keep their entertaining light and easy with omelets-a cinch to turn out with the new front-and-center table cookers. The Prisendorfs' dining room is painted all acloud from floor to ceiling, the clouds as stylized as a Japanese screen. Who did it? A 26-year-old English designer of environments, Keith Nelson-Payne, was spatter-deep in the job when his visa ran out, so Tony (at left) finished the floor. On the shiny clear table are set parslied potatoes, crusty bread and a dry white wine, and the omelet makingseggs, of course, plus mushrooms, fines herbs, tomato, or cheese to go inside. Donna flips an omelet for Ben Mason and his wife Timmy, watched by Chris and Kathy Lloyd. To learn how to cook an omelet, see page 110. A Buyer's Guide to table cookers is found on page 112.





Here with a "chittara"—a modern version of the Italian housewife's classic "spaghetti guitar" or pasta machine—are three great pasta dishes just as delicious as the native product and twice as easy to make. Spaghetti with Sausages, Chicken and Macaroni à la Reine and Fettucini al Burro are European specialties that start off with an American package. These and other recipes plus some tips for cooking the perfect pasta begin on page 108.

# pasta: happy Italian gift



# Let'emeat steak!

Campbell's Soup makes steaks to meet the budget.



#### STEAK ITALIANO



2 chuck steaks (1½ pounds each, ¾-inch thick) 2 tablespoons shortening

1 can (10% ounces) Campbell's Tomato Soup ½ cup water

1 can (2 ounces) sliced mushrooms, drained

1 large clove garlic, minced 1 teaspoon oregano, crushed

Trim fat from meat. In large skillet, brown meat in shortening. Pour off fat. Stir in remaining ingredients. Cover; cook over low heat 1½ hours or until tender. Spoon off fat. 4 servings.



#### SWISS STEAK



1/4 cup flour 1/2 teaspoon salt Generous dash pepper

1½ pounds round steak (about ¾-inch thick)

2 tablespoons shortening

1 can (10% ounces) Campbell's Vegetable Soup ½ soup can water

1 cup sliced onions

flour, seasonings; pound into steak with meat hammer or e of heavy saucer. In large skillet, brown steak in shortenpour off fat. Add rest of ingredients. Cover; simmer 1 hour minutes or till tender. Stir now and then. 4 servings.

608 more exciting recipes in Campbell's "Cooking With Soup" Book. send 60¢ with your name and address to COOKBOOK, Box 575, ple Plain, Minn. 55359. Please allow 3 weeks for handling. Offer good in U.S.A. and Puerto Rico. Void if restricted or forbidden by law.

I'm! M'm! Good and easy!

#### PEPPER STEAK



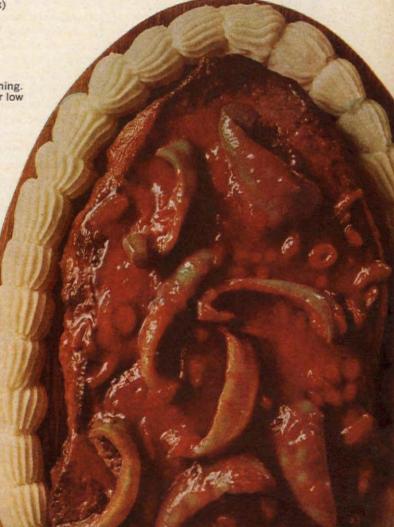
2 tablespoons flour ¼ teaspoon salt Dash pepper 1½ pounds round steak (¾-inch thick)

2 tablespoons shortening

1 can Campbell's Onion Soup 1/2 cup ketchup

1 medium green pepper, cut into 8 strips

Combine flour and seasonings; pound into meat with meat hammer or edge of heavy saucer. In skillet, brown meat in shortening; pour off fat. Add soup and ketchup. Cover; cook over low heat 1 hour. Add green pepper; cook 20 minutes more or until tender. Stir now and then. Serve with mashed potatoes. 4 servings.



## THE SHAKERS: A GIFTED PEOPLE

By Mary Evans

The Shakers are an odd and unusually gifted religious group who flourished mainly in 19th-century America. To most of us, many of their ideas on living seem unnatural and unworkable. Yet the Shakers were our first functionalists. They admired what worked, and they were forever thinking up the most ingenious ways to make things work better—at the same time pleasing to look at.

They designed a wooden slat-back chair in which every piece of wood is just as thick as it need be and not a whit more—and the result is a light, delicate-looking, but perfectly strong, classic chair admired today even more than ever. Having designed a masterful chair, they set up the first chair factories to be organized in post-Revolutionary War America, selling their beautiful products all over the country. They devised the swivel stool and popularized rocking chairs, which they had perfected originally for the comfort of their elderly members.

As well as seating a good part of America, they seeded much of it too, turning their scenic but rocky northeastern lands into the first nurseries, producing garden seeds of the highest and most uniform quality. With the same commitment to excellence, they grew herbs and produced medicines which were shipped all over the world. They were our first makers of reliable patent medicines, the forerunners of the American Pharmaceutical Society. Inventing everything from the clothespin and the flat broom to rotary saws and institutional washing machines, they worked out the same mass-production concepts we still follow today.

In all this admirable and dazzling productivity, they were not seeking mere gain or fame. They were out to establish the kingdom of God on earth, nothing less. With such an incentive, no wonder only the best would do.

They worked not for themselves but for their communities, 18 of which were scattered through New England and upper New York, Ohio and Kentucky.

Mary Evans' native heath is hard by Shaker territory—she was born in East Hampton, Massachusetts, and graduated from Wellesley College. She lived in Japan for six years, where she wrote movie reviews and acted on Japanese television. Her first novel, set in Japan, will be published this fall by McCall's.

Within these communities they lived in "families" of 30 to 125 people, men and women both, living together in amiable celibacy. Dwellings were designed to have separate doorways for the men and women as well as separate stairways, for it was even against the rules for a man and woman to pass on the stairs.

Shaker communities were most active 30 years just before the Civil War, when they had as many as 6000 members at a time. Now only a handful—at latest count 16, all women, and mostly elderly—survive, living in their big square houses at Canterbury, New Hampshire, and Sabbathday Lake, Maine. But the vision is as challenging as ever.

Many of the Shaker buildings are still standing—as they should be, for they were meant as models of simple excellence, to last a dedicated age. The chairs, and the chests with a drawer for everything so that perfect tidiness would prevail, are in homes and museums and being copied in craftsmen's workshops.

Soon all the world will know of the beauty of Shaker design: Shaker chairs and chests and even their wall pegboards for hanging clothes (and chairs, at cleaning time, there being "no dirt in heaven") will be part of the United States Pavilion exhibit at the Osaka Expo in 1970. Already those Japanese designers who have seen Shaker furniture and interiors have marveled at their likeness to Japanese interiors, with their common love for the natural properties of wood.

The Shakers would not be surprised at the renewal of interest in their ways and works. They always knew they were something special. Their founder was a woman, Mother Ann Lee, who was born in Manchester, England, in 1736, the daughter of a blacksmith. Early in her life she came under the influence of a dissident group who thought the Second Coming of Christ was imminent, as foretold in the Book of Daniel, and with it the millenium or thousand years of perfect peace and goodness. Somehow, through visions, it became apparent to this serious young woman and her friends that she was in fact the second Christ.

This was an earth-shaking idea in itself; but in fact the Shakers got their name from their style of worship. They shook. They shook their fingers, their whole bodies, and of course the house too, shaking out evil as they called it. They also fell into trances, or whirled in one spot for hours at a time, or cried out in gibberish.

They were upsetting to ordinary folk in other ways as well. Mother Ann believed that the root of all evil was "generative lust," as she put it. This notion came to her in visions, but it may also have come from her having suffered from an unhappy marriage and the deaths of all four of her children in early infancy. At any rate, she was convinced that the physical passions held people back from their highest fulfillment. Marriage was all right for ordinary people but not for those who were destined to build the perfect society.

Apart from her views on celibacy, Mother Ann's views on the perfect world were farseeing: She wanted complete equality for men and women, complete democracy, pacifism. Everybody was to work and all property was to be held in common.

Most of these ideas did not set well in 18th-century England, and so Mother Ann loaded her followers into a leaky ship and set off for America. At first things did not go at all well. The Revolutionary War was on and the Shakers would not take sides; could they be spies? And there they were, breaking up marriages and engagements, encouraging people to turn over to the colony worldly goods and lands that should have stayed in the family.

As for their worshipping, heaven knows what really went on. Nature will out somehow. And so there were riots and beatings and jailings. Even worse, the Shakers had thought to become self-sufficient apart from the world by farming, but the land their early converts turned over for common use was usually situated on high ground—with desirable views but very poor soil.

Somehow by hard work the Shakers began to establish their communities economically, which made them seem more respectable; they were admired for their scrupulous honesty and the high quality of their products. Then a wave of religious revivalism brought searchers to their door. By 1800 the Shakers were on their way.

The Shakers understood that if their communities were to survive, they had to be economically sound. As much as possible they made what they needed They did buy some (continued)

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#### A GIFTED PEOPLE continued

things, notably lemons, which they found useful for everything from warding off colds to curing dandruff. Everyone, from the highest spiritual leaders on down, had to do some form of manual work. In fact, work was a form of worship. "Put your hands to work and your hearts to God," advised Mother Ann. And so work they did.

The women (called sisters) worked in the communal kitchens and sewing rooms, the sick room, the cannery, and the herb rooms where they prepared their excellent and widely sold medicines. The men (called brothers) worked in the fields growing food and seeds. Perhaps the only things they didn't grow were melons; the sprawling vines were probably too untidy and space-consuming for the efficient Shakers. The men also excelled in the workshops, where they produced everything from shoes to stoves and cut nails. They were the first to standardize the sizes of nails. And, of course, they made chairs.

The Shaker chair grew out of the ordinary colonial chair of wood with a woven or rush seat and a ladder-back. The Shakers refined this simple and often clumsy style until it was a thing of exquisite beauty. They scorned decoration; nothing should distract the eye from the virtues or faults of a piece. Chairs were strong but light, so that they could easily be hung on the wall pegs at cleaning time. And so the craftsmen whittled and adjusted, until they designed a graceful and perfectly balanced chair—a model of functionalism.

They adjusted their chair design to every need, sometimes fitting chairs to a particular person's body, or cutting down the backs of dining room chairs so that they would slide neatly under the table between meals. When the men couldn't resist tipping back in their chairs, the craftsmen designed a ball-and-socket device that fitted into the back legs of a chair so that they would stay flat while the chair was tilted.

To help in serving food, the craftsmen made a rack of shelves, each set back from the one below, which they called "a flight of shelves." The rooms were kept meticulously neat and clean with all the chests designed to sit flat on the floor and to have just the right size drawers for everything. Beds were set on large wooden wheels so that they could be rolled to one side and the floor under them kept immaculate. Bed slats, made of woods with differing amounts of "give" adjusted to the weight and contours of each body—a forerunner of the

innerspring mattress we have today.

Shaker dwellings and villages were models of cleanliness, order, and useful activity. Yet, why would anyone want to join? For one thing, that period of history was one of constant religious hysteria, especially along the frontiers. There would always be people who did not want to marry, and life as a Shaker was a dignified, even exalted alternative to being a maiden aunt.

Most of all, the Shaker society worked economically. The Shakers were richer than most people around. To many a back-country family, the Shakers' standard of living must have looked incredibly elegant. If things went badly, if a farm failed, there were worse alternatives than to swear off sex and join up. The Shakers were plagued by winter converts, who, come spring, left well fed and refurbished in time for the sowing.

The world was never far away; many visitors, including such famous writers as Charles Dickens, came to call. (Married visitors had to sleep in separate rooms.) Also, the Shakers were on to whatever was new, from science to food fads. You could stop worrying about money; the trustees or business managers took care of that.

In a sense, you became a child again. You had your chores to do, but they were varied and not onerous. There were even children around—those born before their parents converted or those taken in as wards—and these were generally cared for in their own house, where, if they learned anything, it was decorous behaviour. (Few of these children stayed on as adults.) True, no flowers or pets

were allowed but farms are full of blossoming plants and gentle beasts. As in a family, everybody's sleeping room was on the same floor; only the men were at one end of the hall and the women in a dormitory at the other.

Temptations were always present, so rules were strict. Not only were the stairways separate, but there were separate gathering rooms, and even separate doors, side by side, opening into the main halls. A man and woman couldn't consult together without a third person being present. Work was kept separate, though a brother would do the heavy carrying and fetching for a sister who worked in the kitchen.

On the other hand, they were all living together. Special friendships couldn't help but form. To help assuage the tensions, each sister had a brother under her care whose clothes she tended and whom she sent off to the bootmaker when needed; but she was never to mend anything while he had it on. Visiting was allowed among the brothers and sisters on certain evenings; a small group of sisters would call on a small group of brothers to sing, to share the daily experiences and probably to yearn.

The real release came on Sunday. On Sundays everybody dressed up, putting on soft-soled shoes that wouldn't scuff the floor, and meeting began. Meeting was actually a theatrical performance, thought of as divinely inspired dance.

After the early twitchings and outbursts, the Shakers soon devised dances and marches involving considerable rehearsing and executed with such perfection and fervor that people (continued)

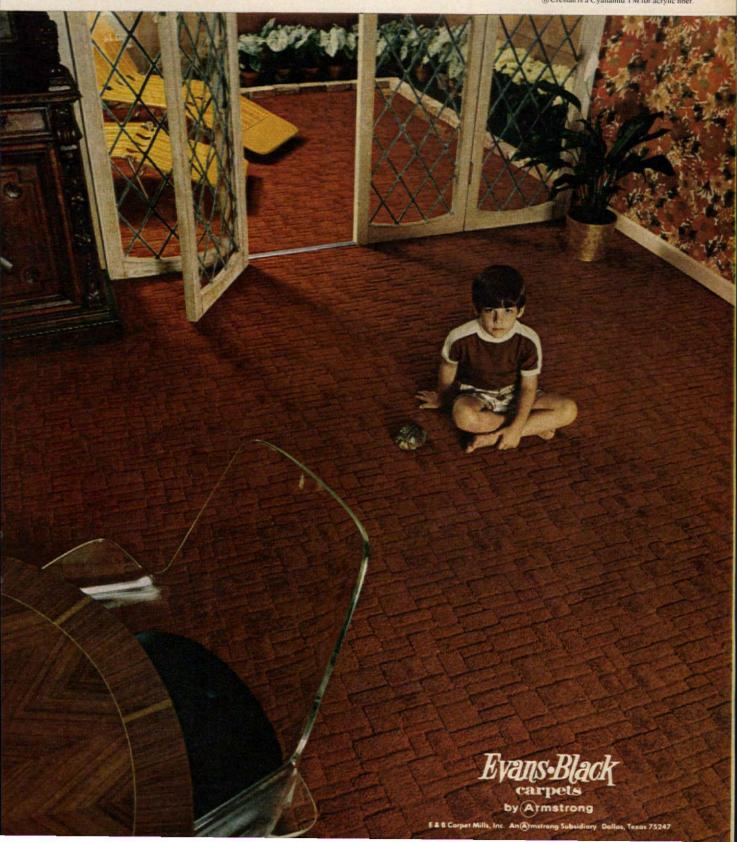
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#### GIFTED PEOPLE continued

came from miles around to see the show. (They were encouraged to do so, with special benches to sit on, it being hoped that a few converts would be made.)

The Shakers, men in matching shirt sleeves and women in delicate white or pale blue, advanced in lines, sometimes moving their hands to "gather the blessings" or "treading out evil" under their feet. Sometimes they performed intricate circles within circles. They usually sang hymns they had composed themselves, occasionally crying out, like pioneer hippies, "Love, Love!"

As if this balletic outburst were not

enough, there were other, odder ways of letting off steam. Their daily life may have been as regulated as a library file, but there is no holding down the human spirit. The Shakers had "gifts," and there was, by agreement, no looking a gift in the eye.

These "gifts" were considered direct communications from the world of spirits. Some gifts were fairly ordinary—such as the hymns in undecipherable tongues, carefully written down and learned by everyone. A hymn might be "given" to a sister by a dear departed spirit, such as the late Mother Ann,

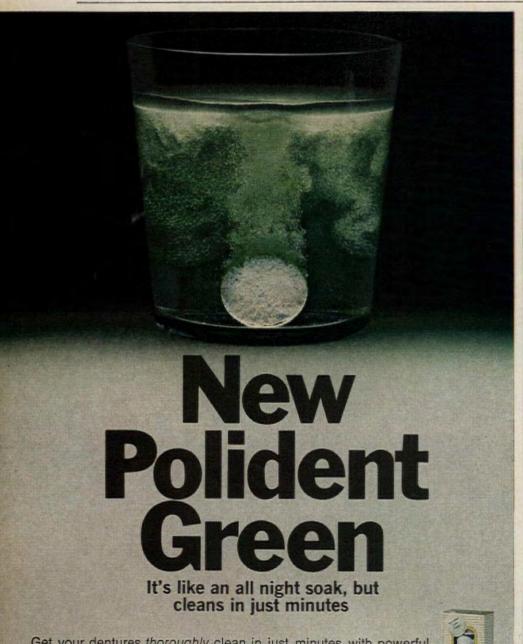
through the intercession of an ang Sometimes during the height of a dansomeone might be overwhelmed by "gift" to sit down, to smoke together to hand each other spiritual flowers invisible baskets of fruit.

In addition to the shakes and the creasing deliveries by spiritual floris there were rituals. Some of these ritual though compulsive, were fairly decous, involving frantic, symbolic clearing of the already pristine premises, helpfully sowing the newly plowed fie with the seeds of virtue. But then the was the matter of the Holy Hills. Eacommunity had to pick a hill as sacre and plant on it a sacred stone arou which to dance and march and singnice a bit of druidic paganism as exconfounded the Puritans.

More secret were the "spirit dra ings"—direct gifts from beyond in a form of meticulous pen drawings paintings. Some were maps of the spi land, others were genealogical cha with Christopher Columbus sharing branch with that other renowned expl er, Mother Ann Lee.

When word of this got out, it did : help the Shakers' reputation with t world. Not that the people of the wo had always been very sympathetic. Wh Charles Dickens stopped by, he p nounced everything "grim, grim, grim Nathaniel Hawthorne, who lived ne by, was appalled by the lack of priva everyone was always being spied by someone. To some Victorians, us to plush and rosewood, the Shaker st looked sparse and forbidding, wh the quiet within the Shaker dwelling seemed to stifle all life. There were a financial problems, then the Civil V came. With the growth of big cit somehow nobody wanted to be a Sh. er anymore. One by one the villages w closed, the beautiful furniture and solid houses sold off.

But everyday young hippies and s dents, having heard that there was communal society which for a long ti in its own way worked, come to inquat Hancock or the villages of Cant bury and Sabbathday Lake. Told the must agree to be celibate they stare credulously. "Man, things are differ now." But are they? Mother Ann produced that when the Shakers number less than seven there would be a great vival. It doesn't seem likely, but strait things have happened before.



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## FROM SABBATHDAY LAKE TO PLEASANT HIL

Fall is a particularly good time to pile everyone into the car and set off to visit a Shaker site. Many Shaker villages were located in hilly regions of New England, which are at their best at this time. Two villages, no longer actually used by Shakers, have been reconstructed and furnished to give a very good idea of how the Shakers actually lived during the height of the communal experience. Hancock Shaker Village, located near Pittsfield, Massachusetts, is so well done it has recently been named a National Historic Landmark by the National

Park Service. Be sure to see the famous round barn. The Village is open daily through October 15th. Another fascinating site is **Shakertown** at Pleasant Hill, Kentucky, near Lexington. Open through October, Shakertown is surely the finest Shaker site in the South. Do not miss the twin spiral stairs in the Trustees' Office (shown on page 75).

Two villages in New England still have small groups of Shakers, mostly elderly women. Near Concord, New Hampshire, is Canterbury, with a fine church and barn. Sabbathday Lake Shaker community is at Poland Spinear Portland, Maine, and is note its fine meeting house and minis shop. Both villages welcome visexcept on Sundays and Mondays. terbury is only open to visitors the Labor Day, but Sabbathday Lake be visited through October 1st.

A number of museums have collections of Shaker furniture and facts. One of the finest is owned b Philadelphia Museum of Art, bu cently the exhibition rooms have under reconstruction and closed t public, so be sure to check before g Two superb rooms of Shaker furn are at the Henry Francis DuPont W thur Museum, Winterthur, Dela These can be seen only on guided t so you must write to the reserva office asking for a place on the noon tour, giving the date and alte dates and specifying that you wi see the Shaker exhibit. Wait for reply; but do try, it is worth it. closed Sundays and Mondays.

The Boston Museum of Fine the Metropolitan Museum of New and Shelburne Museum in Shelb Vermont, have small but excell chosen Shaker collections. At Chatham, New York (near Alb is the Shaker Museum, an enor hodgepodge of Shaker objects. No has been omitted, so it is all instrubut confusing. It is open daily the October 31st. In Ohio, see the W County Historical Society Museum Lebanon, which has Shaker of from the former Union Village.

from the former Union Village. There are some excellent books a able on the Shakers. For general ground, consult The Shaker Ad ture, by Marguerite Melcher, Pr ton University Press (out of print try your library). Available in paper is another fine book, somewhat he reading: The People Called Sha. by Edward Deming Andrews (D \$2.50). Shaker Furniture (D \$2.25), by Edward D. and Faith drews, is the standard work on Sl furniture and has many photogra To appear this month is a bool "spirit drawings," Visions of Heavenly Sphere: A Study in S er Religious Art. Published by University Press of Virginia (\$15) book is copiously illustrated in color black and white and opens a new o ter in the history of American art. I

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#### PLAIN GOOD FOOD (continued from page 81)

The Shakers, in their quest for perfection, were always looking for improved techniques. This was our cue to update many of the following recipes from those in the current books on Shaker cookery.

#### SHAKER DAILY LOAF

1 package active dry yeast or 1 cake compressed yeast

1/4 cup warm water

13/4 cups milk

3 tablespoons butter or margarine

2 tablespoons sugar

2 teaspoons salt

6 to 61/2 cups sifted all-purpose flour

Dissolve yeast in warm water in large mixing bowl. Scald milk; stir in butter or margarine, sugar and salt. Cool to lukewarm; add to yeast. Add 3 cups flour; beat until smooth. Add enough additional flour to make a soft dough. Turn out onto lightly floured board. Knead until smooth and elastic, about 8 to 10 minutes. Form into smooth ball. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down. Let rest for 15 minutes. Divide dough in half. Shape each half into a loaf. Place each loaf in a greased, 9x5x3-inch bread pan. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake at 400° about 30 minutes. Remove from pan and cool. Makes 2 loaves.

#### SHAKER FRIED CHICKEN

- 2 broiler-fryers (2½ pounds each), cut up
- 3 tablespoons soft butter or margarine
- 1 tablespoon minced parsley
- 1 teaspoon minced fresh marjoram or
- 1/4 teaspoon dried marjoram
- 1/4 cup all-purpose flour

Salt

Pepper

2 tablespoons butter or margarine

2 tablespoons shortening

Wash chickens; wipe dry with paper towels. Rub thoroughly with soft butter or margarine; sprinkle with parsley and marjoram. Let stand 1 hour. Mix flour, salt and pepper; roll chicken in mixture. Heat butter or margarine and shortening in skillet; add chicken. Cook until golden brown on all sides. Continue cooking about 30 minutes or until chicken is tender, turning several times. Makes 6 to 8 servings.

VARIATION: To serve chicken with a cream gravy as the Shakers do, brown the chicken on both sides in butter and shortening, pour 1 cup light cream over the chicken and simmer covered, 20 minutes or until chicken is tender.

#### BLUEBERRY MUFFINS

- 2 cups sifted all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 egg, beaten
- 1 cup milk
- 3 tablespoons butter or margarine, melted
- 1 cup blueberries or huckleberries Flour

Heat oven to 375°. Grease twelve 2½-inch muffin-pan cups. Sift flour, baking powder, salt and sugar into bowl. Mix egg, milk and melted butter or margarine; combine with dry ingredients. Stir just to moisten dry ingredients. Batter will be lumpy.

Dust berries lightly with flour and fold into batter. Drop by spoonfuls into muffin cups so cups are two-thirds full. Bake 25 to 30 minutes or until golden brown. Loosen with spatula; remove from pan; cool on wire racks. Makes 1 dozen.

#### CORN "OYSTERS"

2 egg yolks, slightly beaten

2 cups grated fresh corn

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup all-purpose flour

3 egg whites, stiffly beaten

Combine egg yolks, corn, salt and pepper in medium-size mixing bowl. Mix in flour. Fold in egg whites. Heat a well-oiled skillet over medium heat. When skillet is hot, drop batter by tablespoonfuls. Brown on both sides. Serve at once. Makes about 2 dozen.

#### BAKED HAM IN CIDER

1 fully cooked ham (about 12 pounds) Whole cloves

1 cup boiling water

4 cups apple cider

2 tablespoons brown sugar

1 small onion, quartered

1 tablespoon lemon juice

1 tablespoon flour, browned\*

Remove rind from ham. Score fat in diamonds. Place ham in open, shallow roasting pan. Stud with cloves. Combine boiling water, cider, brown sugar and onion in saucepan; bring to boiling; boil 10 minutes. Heat oven to 325°. Strain cider mixture; pour over ham in roasting pan. Bake, basting frequently, allowing about 14 to 17 minutes per pound or until meat thermometer registers 130°. Remove ham from oven. Transfer ham to heated platter. Strain liquid in roasting pan; add lemon juice and thicken with browned flour. Serve as sauce with ham. \*Browned Flour: Place 1 tablespoon flour in small skillet over low heat and stir constantly until browned.

#### OYSTER PIE

Pastry for 2-crust pie
2 tablespoons flour
1 quart oysters, drained
1 teaspoon salt
Dash of pepper
Dash of ground thyme
3 tablespoons butter or margarine

Line a 9-inch pie plate with pastry Sprinkle crust with 1 tablespoon flou Place a layer of oysters over the floure pastry; season with salt, pepper an thyme; sprinkle with a little flour an dot with half the butter or margarin Add remaining oysters and butter of margarine. Cover with top crust. Bak at 350° for 40 minutes or until crust lightly browned. Makes 6 servings.

#### CORN RELISH

2 cups chopped onions (2 large)
2 cups chopped ripe tomatoes
(3 medium-size tomatoes)
2 cups chopped cucumber
2 cups corn, cut from the cob
2 cups shredded cabbage
2 cups sugar
1½ teaspoons salt
1½ teaspoons celery seed
½ teaspoon turmeric
2 cups cider vinegar

Mix chopped vegetables together large saucepan. Add remaining ingr dients. Bring to boiling; reduce hea simmer 20 minutes uncovered. Put in containers; seal. Makes about 1 quar

#### INDIA RELISH

3 cups brown sugar, firmly packed 2/3 cup water

3 pounds small green tomatoes, quartered

1 stick cinnamon, 2 inches long

2 teaspoons ground ginger

1 lemon, thinly sliced

1 cup seedless raisins

3 tablespoons orange rind cut in julienne strips

Combine sugar and water in large saucepan. Bring to boiling; boil unter the consistency of syrup. Add tomatoe cinnamon, ginger, lemon, raisins an orange rind. Boil slowly until fruits clear, about 30 minutes. Pour interest containers and seal. Excellent with cold meat. Makes about 1 quart.

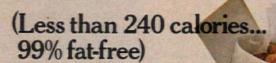
#### CARROT MARMALADE

3 cups pared, chopped, cooked carrot 2 tablespoons grated lemon rind ½ cup lemon juice 3 tablespoons grated orange rind ½ cup orange juice 6 cups sugar

Combine all ingredients in lar saucepan. Cook slowly 45 minutes until it jells on spoon. Skim, pour in containers; seal. Makes about 1 quar

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#### PLAIN GOOD FOOD (continued) GOLDEN PUMPKIN PICKLE

The pickle should come out a clear golden color and must be watched as it cooks. Overcooking darkens the color but does not spoil the good flavor or texture.

- 2 tablespoons whole cloves
- 2 tablespoons broken-up stick cinnamon
- 4 pounds white sugar
- 1 quart cider vinegar
- 5 pounds pumpkin, pared and cut in inch cubes

Tie spices in double thickness of cheesecloth. Combine sugar and vinegar in large saucepan. Add spice bag; bring to boiling. Add pumpkin. Cook until tender. Remove spice bag. Spoon pumpkin into sterile jars; cover with syrup; seal at once. Makes 5 pints.

#### SHAKER POUND CAKE

- 1 cup butter or margarine
- 1 cup sugar
- 5 eggs
- 1/2 teaspoon rum extract
- 1/4 teaspoon ground mace
- 2 cups sifted all-purpose flour

Cream butter or margarine until very light and fluffy. Beat in sugar. Add eggs, one at a time, beating well after each addition. Stir in rum extract. Sift mace and flour together. Stir flour into batter mixture. Pour into a greased and floured 9x5x3-inch loaf pan. Bake at 350° for 45 minutes or until cake tests done with a cake tester.

#### SHAKER LEMON PIE

2 lemons 2 cups sugar Pastry for 2-crust pie 4 eggs, beaten

Slice lemons paper thin, rind and all. Place in mixing bowl; mix in sugar. Let stand 2 hours or longer. Line a 9inch pie plate with half the pastry. Add eggs to lemon mixture; blend thoroughly. Pour into pie shell. Cover with top crust and crimp the edges. Cut vents in top crust to allow steam to escape. Bake at 450° for 15 minutes. Reduce heat to 350°; bake for 30 minutes or until a knife inserted in the center comes out clean.

#### SHAKER BOILED APPLES

6 red cooking apples, cored Cold water 1/2 cup sugar

Place apples in a large saucepan. Add enough water to measure a half inch deep. Pour sugar over apples. Boil gently about 20 minutes or until apples are tender. Turn apples carefully several times. Serve with the sugar syrup. Makes 6 servings.

#### SHAKER FLOATING ISLAND

1 tablespoon cornstarch

4 cups whole milk

5 eggs, separated

1/2 cup sugar

1/2 teaspoon rose water\* or vanilla

1/4 teaspoon salt

3 tablespoons sugar

Combine cornstarch with 2 tablespoons milk. Scald remaining milk in large saucepan. Beat egg yolks in small bowl. Add cornstarch mixture and 1/2 cup sugar to egg yolks. Stir in half the heated milk. Stir into milk remaining in saucepan. Cook over low heat, stirring constantly, 3 minutes. Add 1/4 teaspoon flavoring. Pour into serving dish. Cool.

Beat egg whites until very stiff. Add salt, 3 tablespoons sugar and remaining 1/4 teaspoon flavoring. Drop mixture by spoonfuls into a pan of boiling water; cook each "island" 2 minutes. Remove with slotted spoon; drain; float on custard. Chill before serving. Makes 6

For a festive touch, drizzle caramel or maple-blended syrup over the islands. To make caramel syrup, melt 1/3 cup sugar in a small, heavy skillet over very low heat, stirring constantly with a wooden spoon. Remove from heat. Stir in 1/4 cup water. Return to heat. Simmer until smooth and slightly thick.

\*Rose water is made by distilling the flowers with water or steam. It may be purchased in specialty food stores and in some drugstores.

#### SHAKER GINGER FLUFF

21/4 cups sifted all-purpose flour 11/2 teaspoons baking soda 1/2 teaspoon salt 11/2 teaspoons ground ginger 1/2 cup butter or margarine 1/2 cup sugar 2 eggs, beaten

1/2 cup dairy sour cream

1/2 cup molasses

Heat oven to 350°. Grease and flow 9x9x2-inch pan. Sift flour, baking sod salt and ginger together. Cream butt or margarine and sugar in large bowl up til light and fluffy. Add beaten egg mix thoroughly. Stir in molasses. A: sifted dry ingredients alternately wit sour cream. Begin and end with flo mixture. Turn into prepared pan. Bal 35 minutes or until cake tester inserte in center comes out clean. Serve h with Lemon Sauce. Makes 8 or servings.

#### LEMON SAUCE

1/2 cup butter or margarine 1/2 cup sugar 1 egg, beaten 1 teaspoon grated lemon rind 1/2 cup boiling water 3 tablespoons lemon juice

Cream butter or margarine and sug in top of double boiler until light ar fluffy. Beat in egg and lemon rind. Ad boiling water gradually, stirring co stantly. Place over hot water, not boiling water, making sure bottom of pot do not touch the water. Cook 5 minute Remove from heat. Stir in lemon juic Serve hot. Makes about 11/2 cups.

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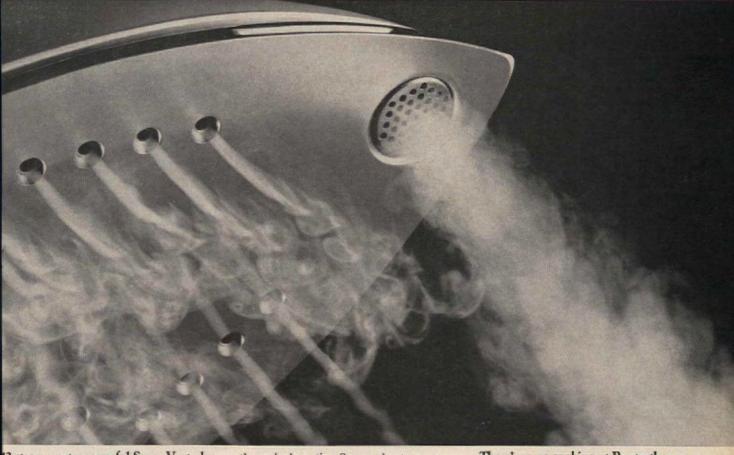
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# Presto's Spray-Steam iron. Puts more steam to work than any other.



2 steam ports, powerful Spray-Vent plus cool padded handle. Now in Lime-ice and Ice-blue colors. This is the steamingst iron of them all with 42 steam ports—blus Presto's exclusive Spray Vent. You get a concentrated spray of steam not water that spots) right from

the soleplate tip. So much steam, you iron any fabric without sprinkling! Other features: cool padded handle, ice-blue or lime-ice color, push-buttons matched to fabric settings. Optional Teflon® soleplate. The Presto Deluxe Spray Steam Iron. It makes a lot of ironing easier to take.

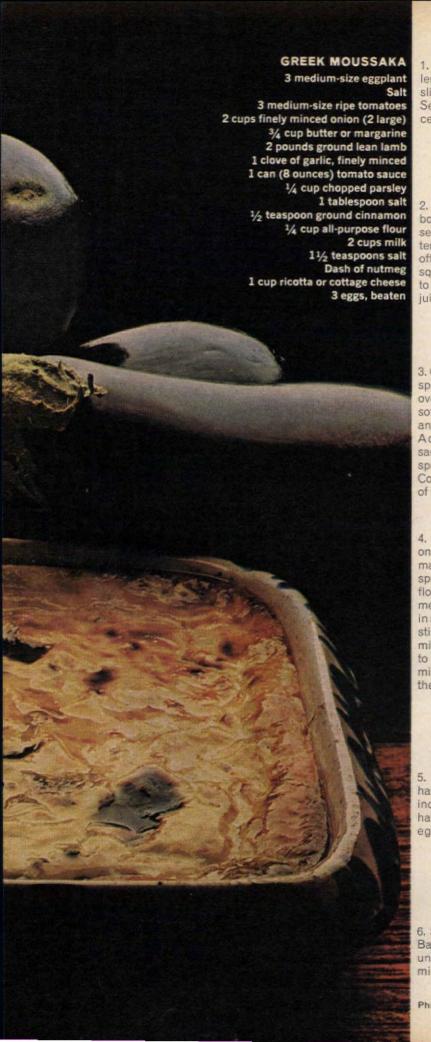
There's more cooking at Presto than pressure cookers. Coffeemakers, Fry Pans, Griddles, Can Opener/Knife Sharpener, Toaster-Broilers, Portable Ranges, Hot Servers, Corn Popper, Deep Fryers, Cordless Toothbrushes, Hair Dryers, Portable Manicure, Electric Hairbrush/Massager, Heaters, Humidifiers. National Presto Industries, Inc., Eau Claire, Wis. 54701.



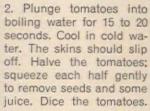
# **GRECIAN FAVORITE**

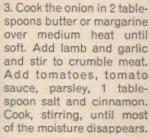
Zorba loved it, so does Melina—the Near Eastern dish called Moussaka that has become a national favorite of Greece. Moussaka is a layered eggplant and ground lamb delicacy that varies with subtle nuances from one country to the next. Ours is the Greek version, seasoned with cinnamon and nutmeg and topped with a ricotta or cottage-cheese sauce. At right are our easy-to-follow how-tos. Try Moussaka as a new family dish or give your next dinner party a Greek theme. Serve it with a green salad, hard rolls, a dry red wine. (Why not Greek Pendelli?)





1. Pare eggplant and cut lengthwise in 1/2-inch-thick slices. Sprinkle with salt. Set aside to draw out excess liquid and bitterness.





4. Dry eggplant. Brown on both sides in butter or margarine, using 2 tablespoons per batch. Blend flour into 2 tablespoons melted butter or margarine in saucepan. Cook1 minute, stirring constantly. Add milk, saltand nutmeg. Bring to boiling, stirring. Boil 1 minute. Cool slightly. Stir in the cheese and the eggs.

5. Heat oven to 375°. Laver half the eggplant in 13x9x2inch baking dish. Spoon half the meat mixture over eggplant. Repeat layers.

6. Spoon on cheese sauce.

Bake 30 minutes. Brown under broiler. Let stand 15 minutes. Makes 8 servings.











Phil Marco

It's a serious business, this cereal biz. Twenty billion bowls a year-that's a lot of grain. Our p

# 55 million bowls every single day



ze interview below tells you why. If it is pink, orange, and Beatles all over, you're in. For more about cereal, turn to page 104. "I have a record of the tiger on the box." "It makes me strong and I happen to like it anyway." "But I don't really like the "My tummy is full orange part." so I don't want no

# WHERE HAVE ALL THE CORNFLAKES GONE?

Snap, crackle, pop! Not to mention puffa-puffa, twinkle, krinkle, sparkle, burst, clock and smack! What would Ceres, ancient goddess of grain, think of today's cereal crop? She'd probably roll over, like oats, in her grave. Even some modern mommies do not know what to make of it all. Whatever happened to plain old cornflakes, good old grape nuts and doughty old oatmeal? Today if you want to sell cereal, you have to turn on, swing, sock it to 'em with everything your research, marketing and advertising departments have.

Now we have cereal in the shape of loops, stars, checkers, honeycombs, charms, Os and Ks, Ps and Qs and, of course, animals (the new Dr. Doolittle pushmi-pullyu critters). We have cereal in psychedelic orange, pink and yellow. We have cereal that tastes like anything but—chocolate, maple syrup, apples, berries, cinnamon, spice, you-name-it. We even have cereal with multicolor marshmallow bits.

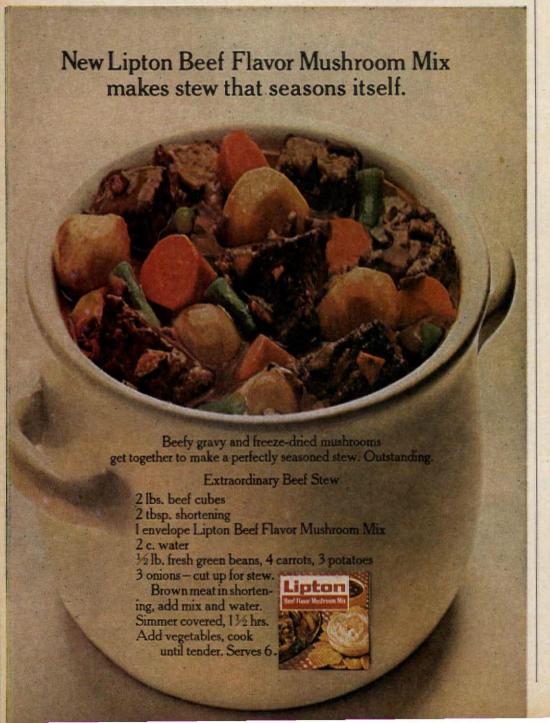
For anyone old enough to remember Jack Armstrong, the grain gap is something to grapple with. One can't help wondering—what will the cereal methink up next? Well, probably wever they think the little ones we for next. They not only eat it, but cording to a recent Rutgers Universaper in the Journal of Adversaper in the Journal of Adversaper, they also buy it—if no of pocket, out of pleadings and pour

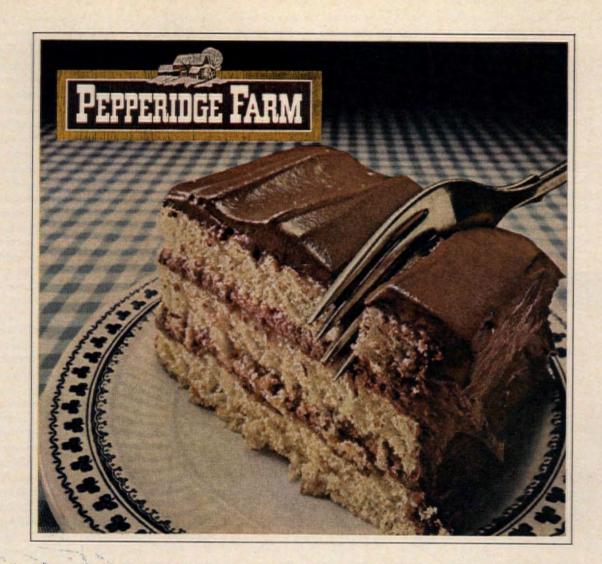
So you can't blame the cereal p for trying to woo the cereal set bigger and better giveaways and aways, brighter boxes, cutesy-cat names, yummier flavors, kookier sh and zanier cartoon characters like winkle, Toni the Tiger and Yogi In 1968, about 1.2 billion poun tricked-up corn, oats, rice and were sold to Americans. With only a dozen companies sharing 95 pe of the cake (while 50 others scrafor the remaining crumbs), the petition at the breakfast table is

But you can't blame us for wo ing—what do children go for in a congression of the market (at least a that them new in the past five years). Clear day in the supermarket, yo see the shelves of gaily colored forever. What is it that makes a go ape for one cereal and not the congression.

The young samplers on page 10 vided a number of thought-tie answers. We turned up others i own private, nonexhaustive, o depth survey. After poking into X ber of pantries and collaring Y nu of schoolchildren, we can report they buy a particular cereal be-1) they want the giveaway insithey want the send-away on the side, 3) they like red boxes (or b green), 4) they like the funny nar they like the funny shape, 6) they to be a football star, 7) they saw TV, 8) they saw it at their best fr house, 9) their best friend hasn't yet, 10) their mother said they' it, 11) their mother said they wo like it, 12) their mother said the too many cereals already and better eat the others up first-wa

So much for why children buy of Now for the reason children eat of They like it. Period. Over and again, we got the same illuming response from toddlers as well as agers and a few stray over-40s—"I know—I like it." Obviously, a the cereal that is swept off grands shelves must sit around like wallf on the home shelf. Two of (continuous properties of the continuous properties of the same shelf.





# Remember the layer cake your mother made, with icing so good you begged to lick the spoon? Pepperidge Farm remembers.

Of course, you ruined your appetite for dinner, out that icing was worth it.

And somehow, you'd get down enough of the vening's lamb chop and peas to deserve the cake tself. Remember?

Pepperidge Farm remembers. We still make hat kind of cake. Three layers high and iced all round, of course. And we freeze it fast, so you can ave it fresh at home.

And we make a cake to suit most very taste: Vanilla, Chocolate udge, Golden, Devil's Food and Coconut. They're all cakes like your nother made, and you remember ow good they were.

# A cake like Mother's, and 50¢ back in the bargain.

Just mail this coupon with your name and address and the words "Ready To Serve" from the front panel of any Pepperidge Farm® Frozen Layer Cake to: Pepperidge Farm, Inc., P.O. Box 10 P, Mount Vernon, New York 10559

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#### CORNFLAKES continued

the boxes in his home, confided one of our young informants, had been there for years and years. He had only wanted the prize inside, and after his daddy had jiffy-assembled the stupid plastic car, his stupid dog had chewed it up

If you're between 14 and 45 you're in never-never land, cereal-wise. Little kids and old folks are the nation's big cereal consumers. Of course, maybe the Cereal Institute's now-famous Iowa Breakfast Studies will wake up some of the country's breakfast-skippers and breakfast-skimpers. The Studies proved that a good basic breakfast (fruit, cere-

al, milk, bread and butter) definitely makes for peppier performance at the office and better grades in school. What's more, they disprove the old wives' and dieting teenagers' tale that skipping breakfast is good for the figure. But wait, we did find one teen-ager who likes cereal. She likes a certain vitaminpacked, energy-powered, enriched, readyto-eat-cereal so much that she can manage to go through eight big boxes in one week!

With all the new extra-peppy, super enriched cereals around today, everybody but everybody ought to be getting a raise and straight As. But we wonder

homogenized

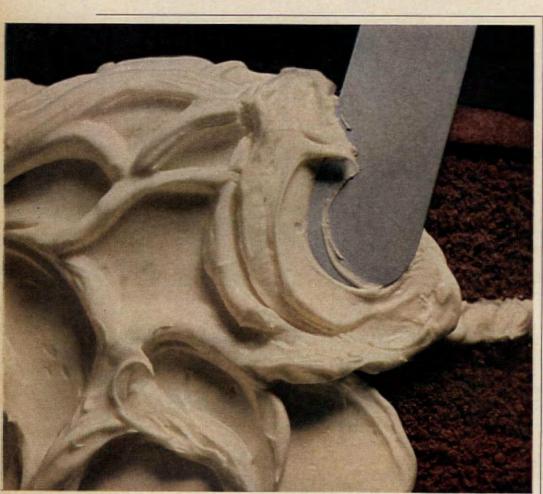
frosting.

how many mothers are paying u cents more a box for vitamin junior would probably soak up a The fact is, the body takes on vitamins it needs and simply to the rest. If one serving of cereal p 100 percent of the body's m daily requirements, as set up United States Government in 19 are not ten times better off w times that much. If any normal, I three-square-meals-a-day child of his vitamins in one full sch breakfast, aren't his lunch and vitamins just going down the dr well, the wonder is that the children run like rabbits from all that g themness. Mothers know it ar know who they have to the dear, blessed, crazy cereal

Sure, the cereal people may Mom up the wall with their tot ing freebies, the take-forever away-fors, endless Saturday cartoons and kooky new varietie other week. Sure, she may grip those handy resealable package vided she gets to open them fir the half-empty boxes that go st soggy before she can sell them fickle brood, but at least the wal you're bound to get in every jol ety pack of individuals are lit boxes to throw out. She may e her pretty teeth when Sally wa Grapo-and Jimmy yells for the that puffs out of a volcano-ar will only eat what Johnny Unit But nobody can get really mad American institutions as Mr. Mr. Post et al. And nobody reall to go back to the colomsts' India meal mush and porridge cooking stove all day. Today's delicious tious, in-the-dish-ish cereals greatest boon to motherhood s introduction of diaper service.

So, where have all the co gone? Nowhere, thank you. A these years and all those zing-fl zow-powered, zweet-coated Zest Zoom-Zooms (cereal makers, n offer), plain old cornflakes the nation's number one fa Mmmmm, anyone for a r crunchy, toasty bowlful-drizzl thick, rich dairy cream-sprinkl sparkly, snow-white sugar and with red, ripe strawberries?

Jeanne O'Neill gathered a good her material at home in Towson land, where she lives with her h and two cereal-eating children.



Homemade creamy frosting won't spread this easy, taste this creamy.

## Not even yours.

Betty Crocker Ready-to-Spread Frosting is homogenized. Homogenized so smooth it spreads easier, tastes creamier than your best butter cream frosting. Try Chocolate, Milk Chocolate, Vanilla, Butterscotch, Sunkist\* Lemon or Dark Dutch Fudge. Six delicious ways to top yourself.

\*T. M. of Sunkist Growers, Inc.



Pry-Hards are tough-to-clean foods—like fruit pie, oatmeal, meat fats, eggs, auces—that dry and cake and stick. And stick. And stick. To plates. In forks. Filming glasses. Electrasol, fortified with 20% more active cleaning agredients than other leading dishwasher detergents, really removes Dry-Hards. ets your dishwasher give you cleaner, brighter, film-free dishes.



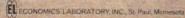
u would never perform a test like this, tit proves fortified Electrasol's superity against Dry-Hards. Plate with Dryard paste of blueberry pie, oatmeal and g baked on for ten minutes at 330°F me outlike this when washed in another ding brand. Any dishwasher detergent n remove soft food soils. The ultimate st for effectiveness is on a Dry Hard.



Same Dry-Hard plate—but cleaned in Electrasol, fortified with 20% more active cleaning ingredients than other leading brands. Electrasol removes tough Dry-Hard soils like blueberry pie, oatmeal and egg—prevents them from drying into spots on dishes, glasses and silverware. Try Electrasol. It's especially designed to give you cleaner, spot-free dishes.







The perfect pasta should be served at once-pronto, pronto. Use plenty of salted water-6 quarts of water and 2 tablespoons of salt for a pound of macaroni or spaghetti and not less than 4 quarts of water for a pound of egg noodles. If you wish, add a tablespoon of olive oil to keep it from sticking together. Cook pasta until it is firm, but not hard, all the way through. (This is what the Italians call al dente.) Drain it in a large colander, then return it to the pan in which it was cooked or put it in a heated serving dish.

#### 2 whole chicken breasts Salt Pepper 2 tablespoons butter or margarine

CHICKEN AND MACARONI A LA REINE

1 cup finely minced onion (1 large)

2 tablespoons flour 1/2 cup dry white wine

1 can (133/4 ounces) chicken broth

1 cup heavy cream

1 package (8 ounces) shell macaroni, cooked and drained

Skin and bone chicken breasts; cut each in half; season with salt and pepper. Melt butter or margarine in skillet over medium heat. Sauté breasts on both sides for 2 minutes, regulating heat so as not to brown the meat. Add onion to skillet; place breasts on top of onion. Cover. Reduce heat to low; cook 8 to 10 minutes or until chicken is tender. Remove breasts; reserve. Sprinkle flour over onion; mix well. Stir in wine and chicken broth. Bring to boiling. Stir in cream. Simmer 5 minutes. Correct seasoning to taste. Return chicken breasts to sauce. Simmer until meat is heated through. Arrange chicken over macaroni in serving dish. Pour sauce over chicken. Makes 4 servings.

#### SPAGHETTI ALLA CARBONARA

1/2 pound sliced bacon

2 eggs

1/2 cup grated Parmesan cheese

1/2 teaspoon salt

1/8 teaspoon pepper

1 package (8 ounces) thin spaghetti or vermicelli, cooked and drained

Cut bacon in julienne strips. Brown in large skillet. Drain on paper towels. Beat together eggs, cheese, salt and pepper. Place spaghetti in warm bowl. Add bacon and egg-cheese mixture. Toss quickly to coat spaghetti evenly and thoroughly; the heat of the pasta will cook the raw eggs. Makes 4 servings.

VARIATION: Replace half the bacon with 1/4 pound of cooked ham cut in julienne strips and sauté 2 minutes in 2 tablespoons butter or margarine. Proceed as in the recipe above.

#### SPAGHETTI WITH SAUSAGES

11/2 pounds Italian sweet sausages

1 cup minced onion (1 large)

2 green peppers, seeded and diced

1 clove of garlic, finely minced

1 can (1 pound) tomatoes coarsely chopped

1 can (8 ounces) tomato sauce

1 teaspoon leaf oregano, crumbled

1/2 teaspoon salt

2 tablespoons chopped parsley

1 pound spaghetti (linguine) cooked and drained

Cook sausages in large skillet over low heat until browned on all sides. Remove from skillet. Reserve. Add onion and green peppers to drippings remaining in pan. Cook 5 minutes. Add garlic, tomatoes, tomato sauce, oregano, salt and 1 tablespoon parsley. Return sausages to skillet; bring to boiling. Reduce heat: simmer 20 to 25 minutes. Correct seasoning to taste. Serve over spaghetti. Sprinkle with additional chopped parsley, if desired. Makes 4 servings.

#### SPAGHETTI WITH SHRIMP

2 tablespoons butter or margarine

1 cup finely sliced celery

1/2 cup minced onion (1 medium)

I pound small shrimp, shelled and deveined

1 cup water

1 small clove of garlic, minced

2 tablespoons lemon juice

1/2 teaspoon salt

Dash of pepper

1 tablespoon melted butter or margarine

1 tablespoon flour

1 cup heavy cream

1 pound spaghetti, cooked and drained

Melt 2 tablespoons butter or margarine in saucepan over low heat. Add celery and onion. Cook until celery is tender, stirring occasionally. Add shrimp; cook just until pink. Add water, garlic, lemon juice, salt and pepper. Bring to boiling. Cook 1 minute. Remove shrimp with slotted spoon. Keep warm.

Combine melted butter or margarine and flour. Add to liquid in saucepan. Cook over medium heat, stirring constantly, until sauce has thickened and is smooth. Stir in cream. Bring to boiling. Correct seasoning to taste. Return shrimp to sauce. Pour over spaghetti. Makes 4 servings.

VARIATION: Substitute meatballs for sausages or use them with sausages. Mix 1 pound ground chuck, 1 cup soft bread crumbs, 2 tablespoons chopped parsley, 1 egg, 2 tablespoons grated Parmesan cheese, 2 teaspoons grated onion, 1/2 teaspoon salt and 1/4 teaspoon pepper. Shape into small meatballs. Brown on all sides in ¼ cup olive oil.

#### NOODLES WITH VEAL SAUCE

2 tablespoons butter or margarine

pound veal, cut in 1/2-inch cubes

1 cup finely minced onion (1 large)

1 clove of garlic, finely minced 1/2 cup dry white wine

1 can (8 ounces) tomato sauce

1 can (133/4 ounces) chicken broth

1/2 teaspoon salt Dash of pepper

1/2 teaspoon leaf oregano, crumbled

2 tablespoons melted butter or margarine

2 tablespoons flour

1/2 pound noodles, cooked and drained

1 tablespoon chopped parsley

Melt 2 tablespoons butter or margarine in saucepan over medium heat Sauté veal until lightly browned. Stir ir onion and garlic. Cook 2 minutes. Add wine, tomato sauce, chicken broth, salt pepper and oregano. Bring to boiling Cover. Reduce heat and simmer 35 to 45 minutes or until veal is tender. Jus before veal is cooked blend melted but ter or margarine with flour. Add to sauce; stir until sauce thickens and i smooth. Correct seasoning to taste. Ar range noodles in serving dish. Place veal and sauce in center. Sprinkle with chopped parsley. Makes 4 servings.

#### FETTUCINI AL BURRO

1 package (1 pound) medium egg noodles

1/2 cup butter

2 cups grated Parmesan cheese

Cook noodles according to package directions; drain. Return to pan. Add the butter. Toss, adding 1 cup chees gradually, until butter is melted and noodles are well coated. Serve at once Pass remaining cheese in separate dish Makes 4 servings.

VARIATION: Fettucini All' Alfred is prepared as above, except for the ad dition of 1/2 cup warm, heavy crean when you add the butter. Continue a for Fettucini Al Burro.

#### SPAGHETTI WITH WHITE CLAM SAUC

2 cans (8 ounces each) minced clams 1/2 cup olive oil

2 large cloves of garlic, finely minced 1/2 cup chopped parsley

1 package (8 ounces) spaghetti, cooked and drained

Drain clams. Reserve liquid. Hea oil in skillet over medium heat. Saut garlic for 1 minute, being careful not t let it brown. Add parsley and clar liquid. Simmer 3 to 5 minutes. Correct seasoning to taste. Add clams; hea through. Serve over spaghetti. Make about 4 servings.



ATTAIN SOCIAL SUCCESS OVERNITE

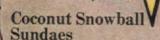
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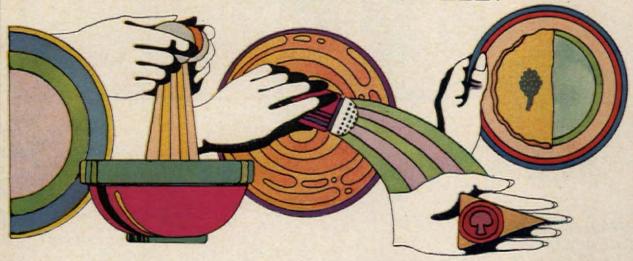
EXPERIENCE PRAISE AS A DESSERT QUEEN



Start with about 1 1/3 cups of Baker's Angel Flake Coconut. Place half in a pint jar, add a few drops of red food coloring. Cover, shake until coconut is evenly tinted. Scoop 1 quart of vanilla ice cream into 8 balls. Roll 4 in pink coconut, 4 in remaining plain coconut. Spoon strawberry sauce in each dish, add plain coconut snowball. Top with more sauce and pink snowball. Makes 4 servings. (Use chocolate sauce if desired.) Now, isn't that an improvement over plain ice cream?

Baker's Coconut. Desserts deserve it.

## THE ABCS OF THE OMELET



To make a perfect omelet-one that is soft in the center and firm on the outside-you must practice and master some techniques. Once you learn the tricks, you'll be proud to show them off in front of your guests (see page 84).

Use a utensil that is rounded where the bottom and sides meet. It can be a skillet, a special omelet pan or the small blazer pan of a chafing dish. First, season the pan. Scrub it until it is bright and shining; wash and dry it. Put in vegetable oil to a depth of one inch and heat 20 minutes over medium heat. Pour off the oil. Wipe the pan with a paper towel.

Omelets can be made on the range or in one of the new tabletop-cookers. When using these, you cook over alcohol, canned heat or with butane fuel. It takes just a little more time to cook over alcohol or canned heat.

Omelets cook quickly and should be served at once. Keep the party small-four to six people-and have everything ready including a variety of fillings to offer your guests for their selection.

5. The butter or margarine must be hot when the eggs are added. When the foam subsides, pour in the eggs. If by some mischance. the butter or margarine turns brown, throw it out, wipe out the pan and start over.



- 6. Now begin stirring the eggs in a circular motion with a wooden spoon or the flat of a fork, bringing the edges toward the center. Stir until free liquid begins to set.
- 7. Pat the omelet with the spoon or the back of the fork so that it lies flat in the pan. Let it stand for a few seconds.
- 8. The omelet is now ready for you to roll. If you plan to fill it the



10. Hold a warm serving plate in your left hand. Grasp the pan handle in your right hand, palm up. Tilt the pan and let the omelet roll over on itself and onto the plate. Makes 1 serving.

#### THE FILLINGS

Tomato Omelet: Sauté 2 tablespoons minced onion in 1 tablespoon butter or margarine. Add 4 peeled and guartered tomatoes (canned or fresh), 1/2 teaspoon salt and 1/2 teaspoon sugar. Simmer gently, uncovered, 10 minutes. Spoon on omelet before folding. Enough for 4 omelets.

Mushroom Omelet: Add 8



@Sears, Roebuck and Co.

"Our Kenmore self-cleaning oven from Sears could pass even a mother-in-law's inspection," says Eve Arden.

The delightful film, stage and TV star Eve Arden ("Our Miss Brooks," "The Mothers-in-Law,"etc.) lives in a charming green farmhouse in Hidden Valley, California. (With husband, actor-artist-rancher Brooks West, their four children, two dogs and a horse.)

Besides filling the house with his paintings and her needlework, the Wests like to cook.

"Brooks is the creative cook in this family," says Eve Arden. "And now I let him barbecue chickens to his heart's delight—because I don't have to clean up after him. We've got a new Kenmore

stove from Sears, Roebuck and Co. Our old stove was a Kenmore, too. But this one has a *self-cleaning* oven.

"Now, instead of coping with the splatter and grease after Brooks' barbecues, I just lock our Kenmore's door, turn on the 'clean' cycle, set the timer, and walk out of the kitchen.

"My Kenmore oven cleans itself to perfection. Front, back, every corner.

"Our new Sears Kenmore also has a top oven and a rotisserie. We also got the vent that keeps smoke out of your kitchen. Why pay more when a Sears Kenmore gives you so much."

Sears Kenmore Stove

for women who want the best even if it does cost less.

### BUYER'S GUIDE TO TABLE COOKERS

Table cookery is a marvelous way to entertain. Hostesses like the idea because they can serve a simple menu with sophisticated flair and never disappear into the kitchen. Besides the traditional methods of cooking with chafing dishes and fondue pots-using canned heat or alcohol burners-there are gas-fired butane cookers and a versatile variety of automatic electric utensils more handsomely styled than ever. Your repertoire of recipes can include Swiss fondue, fondue Bourguignonne, seafood Newburg, steak Diane, cherries jubilee, Japanese sukiyaki, veal Smetana, chicken livers sauté, beef Stroganoff, chocolate fondue, crepes Suzette and café brûlot.

The pots and pans come in bright enamelware, plain or fancy; traditional earthenware; copper and sleek stainless steel. (On page 85 you see Vollrath's new stainless-steel table cooker and blazer pan or skillet that we used for

our omelet party. Table cooker, \$20, 81/2-inch skillet, \$13.)

A cheese fondue pot is usually earthenware. It is shallow but wide so that there is plenty of room for eager dunkers. A beef fondue pot is generally metal-stainless steel, enameled metal or copper. It is deep and rounded and narrow at the lip to keep hot oil from spattering about. The chafing dish is essentially a glamorous double boiler. Water is put into the bottom pan and heated. The gentle heat from the bubbling water does the cooking of the food in the top pan. This is why the chafer takes so well to the cooking of delicate sauces. Top pan or blazer (or there may be a separate blazer-crepe pan or skillet) goes directly over the flame for fast-frying, sautéing or flaming. As you can see, the traditional table-cooker designs and recipes have been developed to cook foods successfully with the single flame of the alcohol or canned-heat burners.



Stainless-steel beef fondue pot, stand, tray. Ekco, \$20; set of four wooden-handled forks, \$4.



Copper utensils by Revere. Crepe pan, \$25; stand, \$25; sauce pan, \$20; and casserole, \$20.

Gas cooker has two individually



Swiss fondue pot. La Cuisinière. Stand, \$15.50; pot, \$12.50.

Table range coordinated with

West Bend's other utensils. \$29.



Electric, \$36; back, Presto, \$33. ie-broiler. Toastmaster, \$40.



Versatile skillets. Front, General Smokeless, spatterless rotisser-

The slow-heating earthenware of the cheese fondue pot absorbs the heat, thus slowly warming the delicate cheese sauce. The oil used in the beef fondue pot and the water used in the chafer perform much the same job—absorbing and tempering heat and spreading it evenly. For chocolate fondue, use either a chafing dish or an earthenware metal pot. Fondue pots and chafing dishes are somewhat limited in their use, but who cares? They are great fun and produce superb food within their limitations, adding dramatic flair to your entertaining.

For those times when you don't care to confine your table cooking to the glamorous recipes of the chafing dish or those of fondue pots, gas-fired electric table ranges or automatic appliances will do a great job. With these portable appliances there is usually an instruction book that includes a selection of recipes that will help you vary your party menus from simple to gourmet. The gas-fired units, with controlled heat, use any cooking utensil. They have a spread flame (instead of the single, piercing flame of the alcohol or canned heat purner) and low-medium- or high- heat

Slide-Out Lid Rack: 18%" long x 7" wide, reg. \$4,98 Now \$3.98 settings. Among the electric appliances, automatic skillets rank as favorites for table cooking, but in your enthusiasm, don't forget the existence of automatic griddles, waffle irons, corn poppers, kabob cookers and table ovens. For those who want the best of two worlds, there is even an electric fondue pot.

#### **BUYING TIPS**

When you buy table cookers, check them at the store for the following:

Be sure the cooking stands are sturdy and sit firmly on a flat surface. The pot or pots should fit securely and snugly. There should be a tray underneath the stand unless your cooking surface is of heat-resistant material.

The utensil material should be a good heat conductor.

The handles should be comfortable and easy to grip—long enough that there is no danger of your hands touching the hot metal—and should be made of heat-resistant material.

Look for easy-cleaning features such as smooth, seamless surfaces, rounded corners and no crevices to harbor food particles.

Pans should be evenly balanced, both

standing on their own and when set on the stand or table range.

You may want a variety of table cookers to go with a variety of menus and party themes.

#### TIPS FOR USING

Be sure to follow directions for your own particular table cookers.

Keep your menus simple and memorize your recipes before you attempt to cook for guests.

Prepare the ingredients ahead of time and place them in their proper order on a pretty tray.

For fondue parties, plan to have one fondue pot for every four or five people.

Every person has not only a regular set of utensils, but also a fondue fork which is used to cook beef or seafood or dip bread into cheese sauce in the case of cheese fondue.

When serving beef fondue, it will save waiting if you heat the oil in the fondue pot in the kitchen then bring it to the table to be put over the burner of the set.

Keep your guest list small; this is an intimate way to entertain.

By Barbara Karr

Slide-Out Drawers:

(all 19½" long)
9" wide, reg. \$3,98 Now \$2,98
12" wide, reg. \$4,29 Now \$3,25
14" wide, reg. \$4,69 Now \$3,65
16" wide, reg. \$4,98 Now \$3,98

Vegetable Drawer: 9" wide x 19 %" long, reg. \$4.98 Now \$3.98



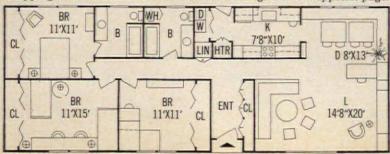


WHEELING HOME IN STYLE (continued from page 73)

Deluxe Homes is now turning out 100 of their factory-built houses each month and it is just one of many companies that are in mass production. The \$16,000 price tag including painting and carpeting. Cost of delivery to your site is approximately \$1 per mile from Berwick, Pennsylvania. The house is manufactured in two sections so that it can travel on U.S. highways and is bolted together on arrival.

In redesigning and decorating this house we worked with the standard model and made relatively few changes. We simplified the plan for the average family by eliminating one of the four bedrooms to enlarge the other three, and then added a second bath. The same technique converted a back hallway into additional kitchen space, giving it a pass-through linen closet.

We created an entry by repositioning and enlarging the guest closet and gave every bedroom a wall-to-wall closet. On the outside, the white clapboard exterior with shutters has a pleasing appearance to make it a welcome addition to its neighborhood. Above, a big helping of strong color and bold graphics in fabrics is framed by painted plywood at the feet of the two beds in the girls' room. The total look is neat, compact, built-in. Shopping information for materials and furnishings is on the opposite page.



Bill Ward

### SHOPPING NFORMATION

Merchandise listed here is available in eading department and specialty stores. If you cannot find it, write to American lome, Reader Service, 641 Lexington ve., New York, N.Y. 10022, for additional information. Retail stores are listed with their cities. Items not listed may e privately owned or custom made.

RIB QUILT

AGE 24: Crib, Children's Workbench, I.Y.C.

EWEL BOX ON A CONNECTICUT LAKE age 64: Rugs, Scandinavian Marketing ssociates, Inc. Throw pillows, D/R International, N.Y.C. On dining table, napins, D/R International. Other accespries, Bonniers, N.Y.C.

#### UNAR CAPSULE HOUSE

age 71: Capsule dress is from Marinne Ohm of Sweden.

### HEELING HOME IN STYLE

age 72: Paneling, Ranchero, U. S. Plyood. Bookcases of Duraply, U. S. Plyood. Carpet, Rain or Shine, Chris Craft dustries, Inc. Plates, Georg Jensen, .Y.C. Red chairs, The Workbench, .Y.C. Flag pillow, Raymor, Inc. Folding esk chair, Nana, The Otto Gerdau Co. n desk: Lamp, Macy's, Herald Square, .Y.C. Telephone, Trimline, Bell System. crapbook, Azuma, N.Y.C. Wall decoraons: Marimekko fabric, D/R Interational, N.Y.C. Kite, calendar, Azuma. age 73, top: Carriage House cabinets, el-Mar. Micarta counter tops, White findows, U. S. Plywood. Bifold doors, . S. Plywood. Olefin carpet, Field Straw, udlow. Oval mirror, Macy's, Herald quare. Items on shelves: Striped plates, ellow vases, salt and pepper shakers, eorg Jensen. Orange stool, Scarabaeus, Y.C. **Bottom:** Sofa, ottomans, cigarette ox, lighter, floor lamp, Raymor, Inc. TV, CA. Page 114: Walls of Stribord texred hardboard, U. S. Plywood. Olefin arpet, Field Daisy, Ludlow. Fabric for edspread, Chevron, Unika-Vaev Corp. amp, Raymor, Inc. Purple chair, The orkbench. Print, Raymor, Inc.

### HAKER LEGACY

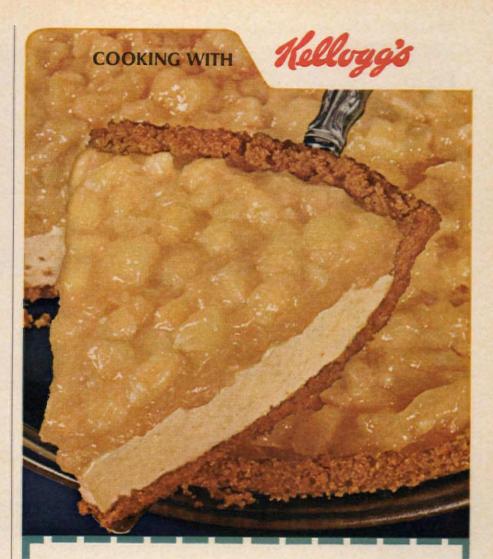
age 74 (From left to right): Hanging andle sconce, \$15. Tin candlestick on conce, \$4. Shaker pin board, \$10 for a 5" section with 5 pegs (also available in 2" and 24" sections). Square table, 37.50. Ladder-back chair, \$45. Rag Ig, 3x5', \$24. From Shakertown at easant Hill, Harrodsburg, Ky. 40330. Oval, wooden boxes in 13 sizes, \$7 to 29. Spirit drawing, Tree of Life, \$15 unamed. Pine towel rack, \$30. From the uild of Shaker Crafts, Spring Lake, ich. 49456.

Checked linen, \$11 yard, Greeff Fabcs Inc. Double cupboard, Shaker red hish, \$225, Guild of Shaker Crafts, Inc. riple hanger, on pin board, \$1.50. hakertown at Pleasant Hill.

I prices are approximate. For information ordering write to the above.

ASTA

AGE 86: Pottery dish, Bonniers, N.Y.C.



### ice-creamy pineapple pie

New, no-bake refrigerator dessert you make with Kellogg's Corn Flake Crumbs and Dole Crushed Pineapple.

1 cup KELLOGG'S® CORN FLAKE CRUMBS 2 tablespoons sugar % cup regular margarine or butter, melted

1 cup milk

1 pint vanilla ice cream, softened

1 3%-ounce package instant vanilla pudding mix

nt 2½ cups (1 lb. 4-oz. can)
DOLE\* CRUSHED PINEAPPLE
1 tablespoon cornstarch

 Combine Corn Flake Crumbs, sugar and margarine in 9-inch pie pan; mix well. With back of tablespoon press Crumbs mixture evenly and firmly around sides and bottom of pie pan. Chill.

2. Pour milk into large mixing bowl; add pudding mix and ice cream. Beat slowly 1 to 2 minutes or until well-blended. Pour into Crumbs crust; refrigerate.

3. To make Pineapple glaze, drain Crushed Pineapple reserving ½ cup syrup. In small saucepan, combine cornstarch with small amount of syrup until smooth. Stir in Pineapple and remainder of the ½ cup syrup. Bring to boil over medium heat stirring constantly until thick and clear. Refrigerate until cold. Spread evenly over pie. Chill about 1 hour before serving.



©1969 by Kellogg Company

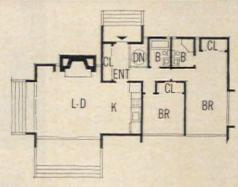
®Kellogg Company

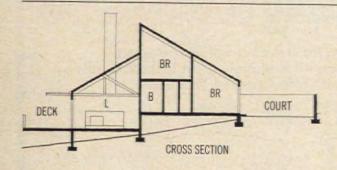
\*Reg. T.M. of Dole Co.

### AWARD-WINNING HOUSES continued from page 67

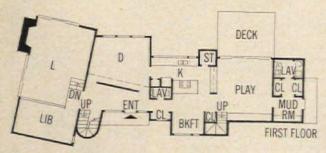


The plan of the Porter house, shown on pages 64 and 65, is forthright and compact. There are two baths and a study that doubles as a guest room. Later, two more bedrooms will be added in the basement. The living-dining area, has two sides of glass to catch the view. The furniture is sturdy, comfortable and remarkably economical. The lounge chairs at left retail for \$100 and the chair at right is \$140. The group, designed by Rudd Eckstrand and Christer Normann, is called Formula and is sold by Dux Incorporated, a Division of General Interiors.

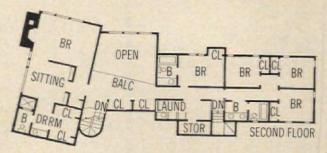




The Spyglass Hill houses, shown in color on pages 66 and 67, are basically variations on a theme. A highly developed form of the split-level idea, the houses accommodate themselves to the slope without excessive site work. Placed in groups around a courtyard, each house has a private garden and entry on higher ground. Bedrooms are also on this level. Stairway in center of house (where upper and lower sections join) leads up to another bedroom and down to living areas. The difference in height between two sections is adjusted to suit the terrain.



The angled plan of the Frederick Weitz home, on page 63, follows a bend in the nearby river: The adult areas are in the "tilted" part of the plan, the children's spaces and a back stairway in the other half. There is a mud room and playroom on the first floor and on the second floor, a



girls' suite with three bedrooms and a bath, and a boy's room, with its own bath. The parents have a suite with bedroom, sitting area and dressing room. Curved tower at front contains main stairway. The two-story dining room has skylights to transform it into a greenhouse.



# LUNAR CAPSULE continued LESSON FROM THE FINNS By Stuart Wrede

The Futuro house you see on page 69 was designed by Finnish architect Matti Suuronen who originally was commissioned to design a ski house for a client who required something that could be heated quickly in below-freezing weather. His first idea was an igloo built of plastic blocks with skylights. He brought the idea to the Polykem Corporation, a company specializing in plastic domes and skylights in Finland, where eventually it evolved into the present mass-production design. Today it is being manufactured in 11 countries.

In this country, it is being manufactured under license by the Futuro Corporation of Philadelphia. It is worth noting that this innovative, mass-produced vacation house was not the product of some corporate giant with an enormous research staff, but rather of a small company where a few individuals seized upon the idea when it presented itself and said, "Let's do it."

More about the house itself: It sits firmly on a tubular steel ring four feet above the ground, with four V-shaped legs transferring the weight of the building to small concrete piers in the ground, the only foundation necessary. The piers can be made as tall as necessary on any side to accommodate the house on all but the steepest land. The house is entered by means of a retractable stairway in the underbelly. The stairs operate by counterweights; from the inside, you crank the stairs up or down. This makes it impervious to burglars.

The living area is about 500 square feet. Built-in furniture units are placed around the edges of the circle to utilize the space where the ceiling is lower. The floor of the Futuro is set quite a bit below the halfway level of the cross section. This leaves an 11-foot ceiling in the center and space underneath the floor to contain utilities, heating and airconditioning equipment. Sixteen oval windows are spaced evenly around the circumference and four more in the observation-deck area.

The unit is electrically heated and operates on a positive-pressure ventilating system—which is a necessity as all the double-paned acrylic windows are sealed. The house can be hooked up

to the outside utilities, where they are available, but for remote areas, independently operated chemical toilets and water tanks are offered.

The structure very neatly solves the insulation problem that initiated the whole design effort. The panels that form the walls are support, wall surface and insulation all in one. This stressed skin construction uses two-inch-thick fiber-glass sandwich panels, with polyurethane-foam insulation inside. These are bolted together to form the house The joints are chemically sealed to give a completely maintenance-free, weather proof exterior. The house can be heated from minus 20 degrees to 72 degrees above in less than half an hour.

Since the walls are self-supporting there is no need for interior posts. It also results in a lightweight unit that is easily transported.

For easy acquisition and installation the Futuro house enjoys all the ad vantages of a mobile home. You car just fly it in by helicopter and plug ir its electrical pigtail. The only prior work necessary on the site is the prep aration of the four concrete piers.

The house will retail for \$10,000 bare, i.e., with no furnishings. Complete with built-in furniture and equipment it sells for \$14,000. Shipping costs, air conditioning (if desired), and hooking up utilities at the site are extra but would exceed about \$2000 only ir certain extreme cases.

Five- or ten-year financing is avail able from the manufacturer. An all-risk insurance policy is provided for al financed units and is optional on other units. The estimated life span of the house is over 30 years.

The Futuro is available for Class or II fire ratings and is suitable for sparsely developed areas or in towns which accept National Building Codes

It comes in white, pale blue, yellow forest green, and pink.

The makers of the Futuro are aware that they cannot compete with mobile homes on a price per square foot basis Fourteen thousand dollars, however, is a reasonable price for a furnished vacation house and for most vacationer the 500 square feet is plenty. The Futuro is aimed at people who want are elegantly designed, distinctive vacation house without having to go through the time, effort and expense required to have an architect design one for them.

Helicopter delivery, of course, is the jazzy way to lay your nest egg (or eggnest, if you please). This is an idea long contemplated but never tried on a larg scale. The present units, shipped in 1

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A tough job for you.

But easy for a KitchenAid Food Preparer.
A KitchenAid Food Preparer takes kneading yeast dough in stride. It has the power to knead dough for bread, pastries, rolls. As well as mix heavy batter for fruit cakes, etc.

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The KitchenAid Food Preparer (Model K45) comes in all the newest fashion colors—golden harvest, avocado, sandalwood and white. For colorful literature, send the coupon.

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sections, weigh 8500 pounds, complete with furnishing. This is too heavy for all but the largest helicopters. They will continue to be shipped in by truck and assembled on the site. This will cost \$600 to \$700 per 500 miles. The new model, in top and bottom halves, is 1000 pounds lighter, thus making helicopter transportation feasible within a range of 300 to 400 miles. It will likely cost \$1000 for every 100 miles—expensive. It will almost certainly become cheaper with the end of the war in Vietnam, when an enormous number of pilots and helicopters will be diverted to civilian use.

Although the Futuro has a sleekly complete air about it, it is still undergoing modifications and improvements. The dining table is being increased to a 48-inch size. The bed has been made a rectangular three-quarter size one instead of the slant-edge one originally used. Still, there is little provision for storage, the chairs aren't all that comfortable and people would probably prefer to use sleeping bags rather than making their beds up every night and stripping them in the morning. The house can accommodate up to eight people but this is not very desirable for much longer than a weekend or a short ski vacation. For longer stays, four people would seem to be a maximum. Even so, the kitchenette and bathroom would be taxed. The bathroom could be improved by using a separate stall for the toilet. These deficiencies are probably the result of designing an economical wrapping and later trying to fit in all the impedimenta for comfortable living.

Leonard Fruchter, the head of the Futuro Corporation expects to produce 10,000 houses next year. With leasing arrangements to companies, and with plans to promote them as motel and resort units, as cabanas, classrooms, drive-in banks, field offices and shopping centers, there seems to be a bright future for the Futuro. The knowledge gained from this modest project may eventually contribute to developing new models and techniques necessary to produce highdensity, low-cost industrialized housing needed in this country. And well it could, for the Futuro itself seems to fit in everywhere. A hotel chain in Africa wants them because they are so easily air conditioned and termite-proof as well. What more can you ask.

Stuart Wrede is a fourth-year graduate student at the Yale School of Architecture and co-editor of *The Yale Architectural Journal*. He is also a native of Finland, the land that produced the Futuro house.



### PICK, DRY AND KEEP continued from page 79

Many dried flowers can be bought at your florist. Available are baby's breath, Queen Anne's lace, thistles and wood roses, along with the pods of lotuses and poppies and dried artichokes and okra. A superior new commercial process called Tenaflowers, soon to be available nationally, preserves the colors of even very delicate blossoms. However, there is no need to limit yourself to what is on sale when it is so easy and cheap to do your own drying.

There are several methods of drying flowers. Whichever you follow, pick only blossoms that are perfect at the peak of their color. However, roses dry better if picked just before full bloom. Discard any flowers that are bruised or faded. Pick the flowers when they are not damp with rain or dew—late in the afternoon is a good time, or in the morning after the dew has dried. Do not try to work when the weather is damp.

The simplest way of drying is to let the air do it. This method works best with ferns, weeds, goldenrod and feverfew. Strip off the leaves. Tie a bunch together loosely with string. (A bunch means about six stalks of Queen Anne's lace or two dozen of grass-and it's best to keep the bunches all one of a kind.) Hang the bunch upside down in a cool, dark, airy room. For a variation of color, you might dry some of the grasses in the sun-they will fade, like streaked hair-then mix them with other flowers. To dry large blooms, such as zinnias and chrysanthemums, cover a box with wire mesh. Cut the flower stems to about two inches and slip them through the wire so that the mesh supports the blossoms. An attic makes an excellent drying place, but a cellar is apt to be damp. After a few days take a look and throw out any with mildew. Just how fast the flowers dry depends on their size and the dryness of the weather. In about two weeks check again and if the flowers are dry and crisp they are ready and can be covered with a large plastic bag to keep off the dust until you want to use and display them.

Another simple way to dry flowers is to press them. This is a very good way to dry ferns and leaves, but it also works well with flowers, especially if you start pressing within half an hour after picking. Very small delicate flowers can be pressed as is; big flowers should be taken apart and pressed petal by petal. Use a heavy telephone book as a press or an old book with vellum pages if you have one you don't mind staining. It's best to use two clean white blotters and to put a heavy weight on top of the book. Never open to check on the drying process-still-damp flowers may stick and pull apart. Leave flowers for three or four weeks for best results, and afterward handle them with tweezers. Keep blossoms flat in the book until you use them.

The ways to use them are only limited by your imagination.

One fascinating new thing to do with pressed flowers is to compose your own petal pictures on panes of glass. Put the petals together as your eye tells you—in an accidental cluster or a delicate pattern. Just use a dab of clear plastic glue to attach the back of the petal to a pane of glass. Cover with a second pane

and fasten with tape or, preferably, a wood or metal frame. Keep the flowers of the same thickness. Almost any flower can be mounted in this way—asters, marigolds, nasturtiums, sunflowers, roses—if you remember when pressing to take apart the larger blooms. You might make an all petal-picture entirely out of flowers picked and pressed while on a trip to a foreign country. Or all the flowers might come from your own garden.

If possible, place your glassed-in flowers against a plain background so that they make a lovely silhouette. Try making a winter window garden in an old window frame, like the one made by French Designer Jean-Pierre Durante in the photograph on page 79, or abstract patterns like the others he designed on these pages. You might decorate a kitchen window in this fashion.

Some of the most spectacular dried flowers result from burying the full blossom in a substance that draws out the moisture but leaves the color fresh and bright. White beach sand can be used, provided it is washed, dried and warmed just enough to be comfortable to the hand. The warmth draws the moisture and kills any bacteria in the sand that might cause mold; too much warmth, however, will curl the petals. A better method, especially for softpetaled flowers like pansies, is to bury them in a mixture of five parts cornmeal to one of borax. This method is cheap, takes from one to three weeks, and works quite well although sometimes it leaves the flowers a trifle dusty. The best method is to use silica (continued)



Light shines through a beigeand-white petal geometry.

Custom fit for any dress you make guaranteed on this precision adjusting form-or no cost!

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- Each shoulder raises, lowers.
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If you're without a dress form—just trying this one can change your life.

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This custom fit form saves hours adjusting patterns and fitting clothes—up to 50% of sewing time. It saves struggling, twisting, turning—trying to get the right fit. It saves ripping out seams for a simple alteration, or just because your skirt didn't hang properly the first time.

It's perfect for beginners. Here is why all of this is so.

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The secretis custom-adjusting of standard patterns to your differences (there's only one you). When you pin the pattern to an exact duplicate of you, this adjusting is simple and easy.

is simple and easy.

And this custom-fit life-size dress form becomes-exactly YOU-with YOUR waist -YOUR shoulders - YOUR neck - YOUR but line-YOUR shoulders - YOUR neck - YOUR but line-YOUR hips.

This is because in each body area an ingenious size computer "dials" your measurements. A Tab (like a tape measure) slides through a slot under the area answer window, When your measurements appear in each window, just clip lock in position. Automatically the DUPONT NEOPRENE processed body material has already adjusted—in each body area—to become YOU! Custom adjusting of patterns to you has become as easy as before it was difficult.

### A LIFE-SAVER FOR BEGINNERS

Because the hardest part of home sew-ing is making adjustments—exactly what ADJUST-O-MATIC makes so simple. With it beginners easily make hems— adjust hemlines— make alterations so perfectly, store-bought clothes fit like made-to-order. You save the \$3 to \$5 paid before to fix a shoulder line—shorten

A professional precision adjustment form (DuPont Neoprene) gives body material great flexing and holding power.

"dial" your measurements into size computer—clip lock—form becomes YOU.

Adjusts to regular, half sizes ... many variations 8 to 20 (also model 20 to 50).

A dividence of the professional pro

### DOES MORE THAN ANY OTHER FORM

This master pattern-maker's form has every possible professional dressmaker trick and short cut built right into it.

It's unlike any other form. To adjust there's no maze of wire and boits to struggle with. Simply slide, adjust and clip lock. It's pinnable—throughout. No gaps down front or side or around neck give difficulty.

Scientifically placed guide lines let you know when your dress is perfectly centered on the form.

The light steel stand is so adjustable raises or lowers precisely to any point 4' 2" to 5' 6" (add length of your head from neck up to measurements of any form). It's handsome, rubber-tipped, gives steady support. It assembles, takes apart easily.

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Or have a Cardio-Vascular Condition

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Continuing research proves conclusively that the way we live, what we eat, our smoking habits, how we control our tensions, how we exercise are directly responsible, not only for the original heart attack—but for our chances for a complete recovery. recovery.

Your doctor knows you - and your condition. But remember, he is a busy man. Pamphlets, brochures, papers from various organizations have been available to the public, many of them containing excellent information on specific topics relating to heart disease

This material is not always available to the average person.

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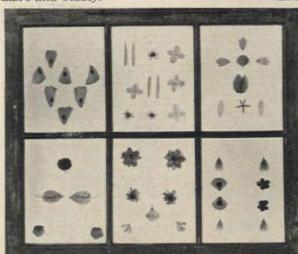
Heart-O-Gram, In	nc.	(ICP approved)
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	fer of \$5.00 for first year good or	nly when accompanied by
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### PICK, DRY AND KEEP continued

gel because it works very fast-from two days to a weekand leaves flowers with an astonishingly bright, fresh color. Silica gel can be easily bought under the trade name Flower Dri. A five-pound can may cost about \$7, but the chemical can be dried out in the oven and reused indefinitely. Cut the flowers with an inch or two of stem, except for flowers like stock and delphinium whose stems are to be retained. (These directions also apply to using borax or sand.) Take a container with a tight lid-a cookie tin or fruitcake tin is excellent-and pour about two inches of the silica crystals into the bottom of the container. Most flowers dry best face up. Space the flowers so that they are well apart. Don't try to do too many at a time. Sift the crystals carefully around the blossoms and between the petals. Cover each flower with about an inch of the silica gel. If there is room to process another layer, try to stagger the rows of flowers; too much weight on the blossom will spoil its shape. Stalk flowers like larkspur may look better face down and should be dried in that position. Lilies and snapdragons, for instance, may have to be dried in a pail because of their length. When the flowers are completely covered, seal the container with tape. After about 48 hours pour off some of the silica crystals very gently and see if the petals are crisp and dry. If so, they are ready. If not, put them back for a day or two. But be careful; if the flowers are dried out too much they become brittle and almost impossible to handle.

Silica crystals must be used absolutely dry. They are packaged with telltale crystals which turn from blue to pink if the crystals are damp and need to be dried out in the oven. It's a good idea to process the flowers in a warm, dry room. Generally the stems have to be replaced; this is done by inserting a short piece of floral wire up the cutoff stem and bending it back to form a little hook. The shrinkage of the flower as it dries helps to secure the wire.

Dried flowers can last several years, but they do need to be kept away from moisture. For instance, they don't hold up well in bathrooms. In addition, Tenaflower and other chemically dried flowers are likely to wilt in summer dampness. Make a point of placing your dried-flower arrangements in air-conditioned rooms, or pack them away in a jar or plastic bag with a few crystals of silica during the humid midsummer months. But no matter how you keep your dried flowers, you must not expect them to last forever. After all, they are real flowers and that's their beauty.



An old window becomes a see-through flower picture.

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### DEAR **AMERICAN** HOME



Do you have a question, a comment, a reaction, a problem, a gripe, kudos? Write to Dear American Home, a new feature designed to bring you, the reader, into closer dialogue with our pages. The lightest, liveliest and most provocative letters will be published each month.

### REQUESTS ANSWERED

Many of us would love to see you devote an entire issue to one particular period and style, ranging from Early American to French Provincial to modern. I could then throw away my two huge files of collected AH clippings.

Mrs. Lloyd Painter Monmouth, Maine

See page 74 for American Treasury: A Rich Shaker Legacy. There will be more Treasuries in future issues.

I like your magazine and enjoy the fresh, modern approach to decorating, but please remember some of us still love our antiques and semiantiques.

> Mrs. Don Ketchmark Des Moines, Iowa

### CHRISTMAS IS COMING

Last November I purchased three Christmas ornaments in your kit to complete myself, and have never enjoyed myself so much as making them. I sincerely hope you will have something of the same type to offer this fall.

Mrs. C. Mechavich Waite Park, Minnesota Look for them in October!

### **OBJECTIONS**

Decorators will do anything for sensationalism; case in point is the house featured in your June issue called "That's Pucci." The house is decorated like a child's playroom, and it is a deplorable situation when the housewife must choose the color dress she must wear rather than go "against" the furnishings. Mrs. T.A. Jones

Norfolk, Virginia

You criticize and highly disapprove of Spanish-Mediterranean-styled furniture (American Home, May). As a great proponent of this style of decorating, and one who has decorated her whole house in this manner, with a little Mexican thrown in, I object!

> Mrs. William Tenebrusc East Meadow, N.Y.

### WHAT ARE THEY?

I saw the idea that two young architects used on page 62 (American Home, April)-crash pads. My man and I have scoured the streets of Philadelphia only to be met by blank stares, and "What's a crash pad?"

Betsy Oswald Philadelphia, Pa.

Crash pads are used in practice for parachute jumping. Try an Army Surplus Store.

Will you enlighten me as to the meaning of the word "greige"?

Gloriajoyce Page Sherman Oaks, California

Greige is the French word for fabric in an unbleached, undyed state before finishing. In the U.S. it is called "gray goods" or "grey goods." Greige also describes a color between gray and beige.

Could you please tell me if marzipan and almond paste are the same thing?

> Mrs. C. Rubinger Bronx, New York

Almond paste is nothing more than ground, blanched almonds. Marzipan is the candy made from almond paste. It usually consists of sugar, egg white, and a flavoring such as orange blossom or rose water.

### LADY, BE BRAVE!

I have noticed that it is almost impossible to find fabrics and accessories in colors that are considered passé. Will I be making a mistake with an avocado-gold scheme?

> Mrs. E. T. Prouty St. Albans. Utah

If availability is your only criterionstop. This combination is on the way out. But if these are really your favorites, take a chance and go ahead.

### COOKING PROBLEMS SOLVED

Please explain how to beat egg whites until "stiff but not dry."

> Mrs. Peggy J. Maduke Toronto, Canada

To beat egg whites until stiff but not dry means that the whites are airy, moist, glossy, soft and elastic. They stand in peaks that droop over a bit when the beater is raised. Until this state is reached, don't stop beating.

I would like to ask why, when making scallop potatoes, the milk always curdles. What am I doing wrong?

Mrs. C.E. Beyer Proctor, Minnesota

There are two ways to keep scalloped potatoes from curdling. The milk must be heated before adding to the potatoes, and be sure your oven temperature is not higher than 350°.

I would love to know how to keep raisins from falling to the bottom of my cakes and muffins. I've boiled, strained and floured them and they ill go to the bottom while baking. Mrs. V.A. Mayo Long Island City, New York

ot every cake batter is thick enough support dry ingredients such as nuts d dried fruits. If your batter is thin, opping the raisins coarsely will reduce e chance of having them sink.

hen making a cream sauce or avy—if allowed to boil the sauce ill never thicken. Is there an planation for this?

> Mrs. C.E. Masters Buffalo, New York

here are several thickening agents at will not thicken a sauce or gravy they are overcooked. Cornstarch and rowroot are destroyed by overcooking. Description of these starch products ast be brought to a boil and then refully timed to avoid overcooking, hen egg yolks are used to thicken a ace, boiling will cause the sauce to rdle and become thin. If flour is being ed as the thickening agent, sauces d gravies should be brought to boiling cook the raw flour. When you are eparing sauces and gravies be certain follow cooking instructions carefully.

y family loves dry mushrooms, at they are very expensive. Can the esh variety we buy in the stores dried?

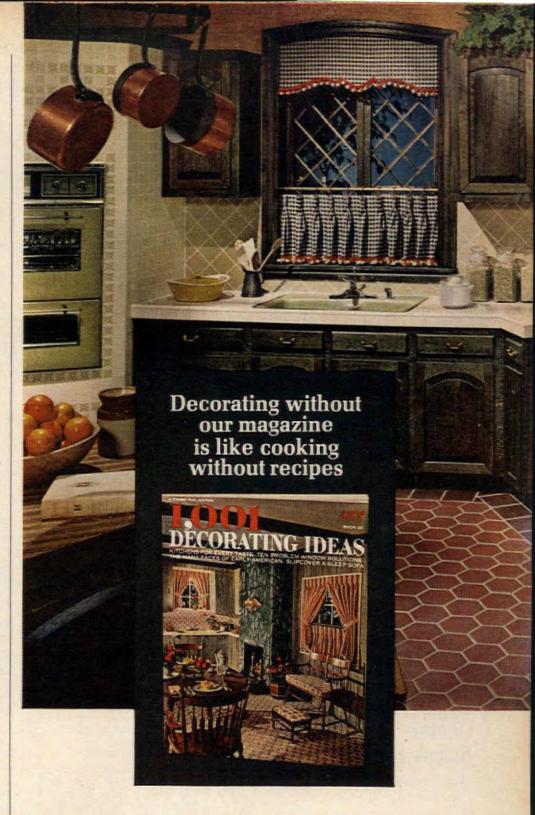
> Mrs. J. Strazzulla Pacific Grove, California

de American Mushroom Institute ggests that mushrooms be dried by aning a string through the center of a mushroom stem and on through the b. Make knots in the string, separing mushrooms at least one inching mushrooms outdoors on dry, any days. After several days, hangem in a dry, airy room. To use them, are mushrooms in any bowl that is not stal. Pour over hot (not boiling) ter to cover. Put tight lid on and let and 20 minutes. Drain well. Replace and let stand 15 minutes to plump again. Use as usual.

#### CORATING DILEMMAS

vould like to keep my new couch an for as long as possible. I've en using a couch cover but have en told that this causes too much ar on the upholstery fabric. What ould I do?

Mrs. K. Peck Covington, Kentucky continued



If you're an expert, you might get away with it. If not, you'll find all the help you may need in 1,001 Decorating Ideas. The Fall issue is full of ways to make your home a more interesting place to live in. Things you can do yourself.

Would you like to create a kitchen with a mood? We'll show you how. Perhaps you have problem windows. Well, they won't be, after you see our suggestions. And if you find the term "Early American Furniture," confusing, let us shed some light on the subject for you.

Page by page, we'll take you through your house (even if you live on a boat), and give you ingenious new ideas. With instructions for you to follow. Whether it's hooking a simple rug, or coordinating a whole decorating theme with trim. So get your copy of 1,001 Decorating Ideas today and start cooking up some excitement.

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### LETTERS continued

Stop worrying and realize that fair wear and tear is a fact of life. And remember, it takes quite a bit of living to turn a house into a home.

Our home is furnished in a mixture of French and English antiques. In our living room there is a Chesterfield sofa and a pair of Chesterfield love seats upholstered in antique gold velvet. The Victorian chair is done in aqua silk. Would a white shag rug be correct?

Mrs. M. Mills APO, New York

No, it would not. Your scheme sounds somewhat formal and a shaggy rug or carpet is always considered informal. An aqua velvet carpet would be prettier.

#### MOBILE HOMES ARE IN

I have just bought a mobile home is there anything I can do to make it more elegant?

> Mrs. S.Z. Anne Beachwood, Ohio

Too many people think of elegance as the red velvet and gilt look. Real elegance, like real taste, is much harder to define, but it has a lot to do with appropriateness. The look that we think is appropriate for a mobile home, factory built or sectional home is illustrated on page 73.

I am going to be married this month and my husband and I will live for the next two years, until we both finish college, in a second-hand trailer. I would like to make the trailer look more like a house and less like a box than most of them do.

> Patrice Jose Presque Isle, Maine

Happy Wedding! We hope we've answered your question too.

### **EARLY AMERICAN**

Help! As an avid reader (and subscriber) to your magazine I've decided to write and ask a favor. Lately, your magazine has been featuring op, pop and pow in color schemes and decorating ideas—have you forgotten us Early American nuts?

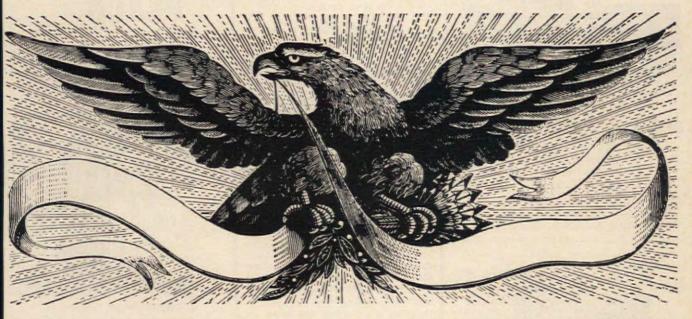
Here's hoping I twisted your arm just a little bit.

Margaret E. Raso Tappan, New York

END

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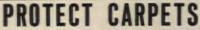
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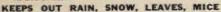
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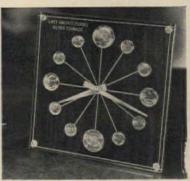
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Black mock turtle #11505 Brown mock turtle #12506 Matching handbags \$7,99

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- STOPS TEACHES
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### Portable bed board

Here's a 4-fold bed board that's ideal for travel or use at home. It's 5 feet in length and 1/2 in. thick to give firm comfort. Folds into four 15-in. sections. Linen finish is easy to clean. Cot or one side of double-bed size, \$5.49; twin, \$6.95; double, \$9.95. Ppd. Better Sleep, Dept. AH-9, New Providence, N.J. 07974.

### Mexican Wall Decoration



### AZTEC CALENDAR

- · Antique gold finish
- · 17-inch diameter
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WALLCOVERINGS



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### "Yes! I lost 84 lbs. of Ugly Fat. In only 2 short months!!"

HERE IS MY ALMOST UNBELIEVABLE STORY ON HOW I LOST 84 POUNDS OF EXCESS WEIGHT IN ONLY 2 SHORT MONTHS... NO DIETING... NEVER HUNGRY... NO CALORIE COUNTING... NOR DOCTOR'S PRESCRIPTIONS.

In July of 1965 I came across an article written in a leading women's fashion magazine about an entirely new method to end the fat problem forever. This article told how a Viennese doctor, after 14 years of endless scientific study, finally came upon the real reason why some people can eat like horses and never gain a pound, while others, like myself, could eat like a bird and put on pound after pound of ugly fat. Disbelieving this doctor's theory, myself, I thought I would try this method, for I had nothing to lose, but some time and plenty of excess weight. To my utter amazement I was able to eat! eat! and eat! those pounds away! Wasn't hungry at all . . . and the more I ate the faster and more weight I lost. Could this really be true? Was there something wrong with me physically that I don't know of? Was my scale wrong?? . . . and what I saw in the mirror untrue? Well believe me it worked like a miracle, and I've remained slim and trim ever since. Yes, I'm 84 pounds lighter and what a difference it makes on my health and appearance.

### **NOW! YOU CAN ACTUALLY OVEREAT** AND LOSE POUND AFTER POUND

And lose weight as fast as you like and best of all increase your vitality and improve your phy-sical condition while you shed those excess pounds and inches.

### EAT, EAT, THOSE POUNDS AWAY PERMANENTLY! YES, BELIEVE IT OR NOT THE MORE YOU EAT THE MORE WEIGHT YOU LOSE!!

Let's face the facts. I know as well as anyone how hard it was for me to lose even a few pounds before I came upon this wonderful new technique. How I starved and deprived myself of the joys of eating delicious tasting foods that I loved so much. . . And how sometimes I would watch others gorging themselves while wondering to myself: "Was it all worth it?" . . . and even so if I did lose a few pounds, the weight kept coming back faster than I lost it . . . plus more. Now this depressing story is in the past. . . . Since I came upon this Sensational Discovery. Discovery.

### MY AMAZING PLAN IS RECOMMENDED THROUGHOUT EUROPE

AND IS USED BY THOUSANDS OF OVERWEIGHT PEOPLE WITH COMPLETE SUCCESS AND SAFETY!

Yes! Now with the use of this Amazing Method could lose as much as or as little weight as I could lose as much as of as little loss. I desired and so can you . . . by following my simple directions.
I call my Method "BEL-DOXIN". Yes, the

"BEL-DOXIN" Method was certainly my means of ending the "FAT PROBLEM" and the an-swer for Tens of Thousands of men and women throughout the country . . . and it can be yours

### YES, AFTER AN EXHAUSTIVE STUDY THAT LASTED FOR 14 FULL YEARS THE PROBLEM OF CONTROLLING YOUR WEIGHT **EASILY AND PERMANENTLY** CAN NOW BE ACCOMPLISHED

Here's how simple it is to use the "BEL-DOXIN" Method, Take 3 "BEL-DOXIN" Tablets a day, one before breakfast, 1 before lunch, and I before dinner . . . following the enclosed method. And that's all. "DEL-DOXIN" will do the rest. My formula was so fast ACTING that when I looked in the mirror I had to look a second time. . . . Was it Really Me? As though a miracle took place I had trimmed down to almost half the size I was. I felt and looked like a different person and my body was still in perfect proportion.

### DRAMATIC WEIGHT LOSS OF 20-50-90 POUNDS OR MORE MAY NOW BE ACCOMPLISHED IN JUST 60 DAYS OR LESS

The "BEL-DOXIN" Formula is made under strict control by a leading manufacturer and in the opinion of medical authorities is probably the BEST POSSIBLE SYSTEM FOR REDUC-ING AVAILABLE TO THE GENERAL PUB-LIC TODAY.



Uncomfortable

Now this is what I Look Like after Losing 84 lbs.

THIS IS THE RATE OF SPEED THAT THE FAT MELTED AWA' AS I USED THIS METHOD!!

"I LOST 23 POUNDS OF EXCESS WEIGHT IN THE FIRST 2 WEEKS.
I LOST A TOTAL OF 44 POUNDS BY THE END OF THE FIRST MONTH AND I WENT ON TO LOSE A TOTAL OF 84 POUNDS BY THE END OF THE SECOND MONTH!!"

TOTAL WEIGHT LOST = 84 POUNDS IN ONLY 60 DAYS!

EVERYONE KNOWS THAT IF YOU STARVE YOURSELF YOU'LL LOSE WEIGHT. BUT WHO WANTS TO SUFFER STARVATION AND

ALSO RUN THE RISK OF A SERIOUS VITAMIN DEFICIENCY THAT CAN DAMAGE YOUR HEALTH!

"BEL-DONIN" is completely SAFT, FAST ACTING, AND EFFECTIVE TO LOSE THOSE POUNDS AND INCHES.

THE SAME FORMULA IS FOUND IN SOME OF THE FOREMOST MEDICAL JOURNALS AND CLINICAL EVALUATIONS IN THE WORLD. NOW ALL THIS SCIENTIFIC KNOWLEDGE IS AVAILABLE TO YOU!!!

#### I GUARANTEE RESULTS IN SEVEN DAYS OR MONEY BACK!!!

Remember, with the "BEL-DOXIN" Method you get results and fast. So take advantage of my FREE TRIAL OFFER TODAY. Remem-ber, results guaranteed or money back. The positive proof of what "BEL-DOXIN" can do is to try it yourself at my expense.

### HERE IS MY GUARANTEE TO MY CUSTOMERS:

- 1. You MUST see pounds and inches start disappearing almost immediately.
- 2. You MUST see faster results than you have ever witnessed before.
- 3. You MUST feel and look better.
- 4. You MUST lose the amount of weight you desire - or return the unused portion for a complete refund.

KARARARARAKI

BEL-DOXIN INC.

### PLEASE FILL IN ENCLOSED INFORMATION BLANK AS TO HOW QUICKLY YOU DESIRE

I would like to lose pounds in 15 days.

I would like to lose pounds in 30 days.

I would like to lose pounds in 45 days.

I would like to lose pounds in 60 days.

I would like to lose pounds in 90 days.

I would like to lose pounds in 120 days.

### SHIPPED IN PLAIN WRAPPER!!

### BEL-DOXIN INC., Dept. 367

P.O. Box 135, Peck Slip Station, New-York, N.Y. 10038

Enclosed is my payment in FULL for your wonderful "BEL-DOXIN" Formula. I understand that if I do not Lose pounds and inches after following your "BEL-DOXIN" Method . . . I am entitled to a refund of the complete purchase price. Enclosed is: ☐ Money Order

☐ Cash Check

30 Day Supply of "BEL-DOXIN" only \$5.98
60 Day Supply of "BEL-DOXIN" only \$10.00 (Save \$2.00)
90 Day Supply of "BEL-DOXIN" only \$15.00 (Save \$3.00)

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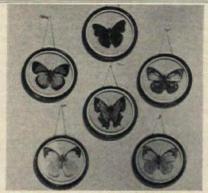
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Real butterflies are mounted under glass on white plaques with lacquer frames. Each is complete with silken cord for hanging. Can be arranged in a number of ways for striking wall decore. 6 different, colorful butterflies. 3½" diameter.

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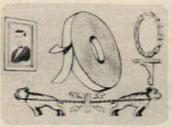
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6021-Instant Concerte ...



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### HAIR HEIGHT-NO TEASE!

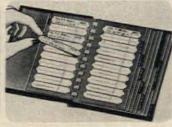
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### GARDEN HOSE HANGER

Without disconnecting hose, handy hose holder hangs on any faucet. No nails, screws. For standard sized hose, just lift off to move. Made entirely of aluminum, will not rust or corrode. Capacity 200 feet. Will solve messy garden problems.

4453-Hose Holder



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With removable tabs, you'll never need another address book. Slip tabs in and out as needed and it stays "alive" forever. Leather-like gold-stamped binding holds many names, has supply of extra tabs.

2107-Address Book 2107B-Deluxe (large)



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7112-Circling Train Top......\$3.98, 2/\$6.98





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4976-Air Fern



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D-293-Pocket Printer



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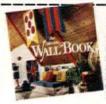
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