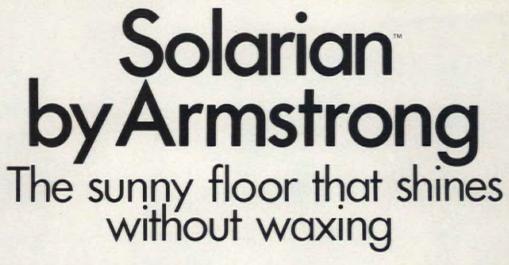


3 WAYS TO DECORATE DREAMY BEDROOMS





You've probably heard claims about floors that are supposed to keep a shine with no waxing. Armstrong has never made such a claim . . . till now.

Till Solarian.

Solarian is a totally new kind of floor. It comes with-and keeps-a gleaming shine with no waxing! And it takes a lot less work to keep clean.

Its secret is a major development from Armstrong research: the Mirabond™ wear surface. Just as an egg won't stick to the new coated frypans, most waxes won't stick to this unique surface. And, neither will most spills or tracked-in dirt. Even



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can use in these areas like any floor polish to maintain the shine the way you like it. Shown here are just three of the many designs and colors available. See them at an "Armstrong Floor Fashion Center" or at other flooring stores which

carry Armstrong Solarian. They're listed in the Yellow Pages.

And if you'd like more information about Solarian direct from us, write Armstrong, 7202 Pine Street, Lancaster, Pa. 17604.

Armstrong



THE INDOOR WORLD"

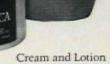


"You know the feeling.
I thought everyone was staring at my hands."

"Those horrid weathered age spots

made me so self-conscious I hated to play cards. Then the girls told me about this cream Esoterica. What a blessing. It's just made to fade age spots. And it creams your hands beautiful besides. You'll see."

Esoterica.
It's made to fade age spots
(and it creams your hands beautiful besides).



WINSTON'S DOWN HOME TASTE!

So Real. So Rich. So Good.



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COVER: Stylish utensils, like these from The Pottery Barn in New York, contribute handsomely to "The Joy of Kitchens." You'll find 7 pages of them-new and remodeled, starting on page 53-all with ideas for the heart of Photographer: Irwin Horowitz your home.

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"It makes a difference how you call Long Distance."



If you dial...

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This is the rate for a three-minute, coast-to-coast, station-to-station call, 8 a.m. to 11 p.m. Saturday and 8 a.m. to 5 p.m. Sunday, when you dial it yourself without operator assistance.

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Examples of Long Distance rates for station-to-station coast to coast calls

		Operator-assisted calls	Dial-direct calls	Your discount when you "dial it yourself"
Weekends	8 a.m. to 11 p.m. Sat and 8 a.m. to 5 p.m. Sun.	\$1.40 first 3 minutes	70c first 3 minutes	70¢ first 3 minutes
Evenings	5 p.m. to 11 p.m. Sun. through Fri.	\$1.40 first 3 minutes	85¢ first 3 minutes	55¢ first 3 minutes
Nights	11 p.m. to 8 a.m. daily	\$1.40 minimum call (3 minutes)	35¢° first minute (minimum call)	\$1.05 on the minimum call
Weekdays	8 a.m. to 5 p.m. Mon. through Fri	\$1.85 first 3 minutes	\$1:35 first 3 minutes	50c first 3 minutes

Rates shown (plus tax) are for the days, hours and durations indicated on station-to-station calls. Rates are even less, of course, on out-of-state calls for shorter distances. Dial-it-your-self rates apply on all out-of-state dialed calls (without operator assistance) from residence and business phones anywhere in the continental U.S. (except Alaska) and on calls placed with an operator where direct dialing facilities are not available. Dial-direct rates do not apply to person-to-person, coin, hotel guest, credit card, and collect calls, and on calls charged to another number.

*One-minute-minimum calls available only at the times shown. Additional minutes are 20¢ each.

Scrubbing



"We scrub your bathroom clean"

"So / you , won't have to"

bubbles:

Dow announces a remarkable kind of bubbles that scrub your bathroom clean.

Spray Dow Bathroom Cleaner on the tub, tile, sink, chrome. Watch the Scrubbing Bubbles go to work. You can hear them hiss and crackle as they foam. You can see them churn and bubble as they scrub... actually watch dirt being loosened and lifted out of grout crevices. And as they fizz and pop, the Scrubbing Bubbles destroy germs that cause odors, knock out mold and mildew.

Then, all is quiet. All is clean.

Nothing is tougher on scum and dirt, yet so gentle on bathroom surfaces. You just wipe or rinse. No streaking. No gritty residue. Scrubbing Bubbles leave nothing behind but a shine. And with our 20-ounce size, Dow Bathroom Cleaner gives you three ounces more for your money than the other leading brand.



SLUGGISH FOAM (theirs)

Most aerosol bathroom cleaners just lie on the surface when you use them. At a standstill. Limp, lifeless, quiet and settled.



SCRUBBING BUBBLES (ours)

Dow is the active foam. It churns into Scrubbing Bubbles that bubble and scrub soap scum away. More effectively than any other bathroom cleaner.





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Paul Revere

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to mix or match!

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And you are so decorator-right if your chair is Nichols & Stone!

In popular finishes, at better furniture and department stores.

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The Home of Windsor Chairs



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Nichols & Stone, Box 128, Gardner, Mass. 01441 Enclosed is 50¢ in coin for your 38-page booklet "How to Choose The Right Colonial Chair"

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THIS MONTH IN

American Home



Equipment Editor Jeanne Bauer in American Home's test kitchens.

Jeanne Bauer, the bright-eyed blonde peering over all of that gadgetry in the picture above, is one of the newest editors on our staff. Her domain at *American Home* is the world of home equipment—the tools, appliances and products that, if properly selected and well used, can make a woman's "homework" a joy instead of a bore. Our goal is to banish the bores.

As evidence of how important we consider the service area of home equipment, Jeanne has three stories in this issue. She tells you how to use your appliances to make a perfect cup of coffee (page 26), assembles a super-looking collection of one of the most basic of kitchen items, mixing bowls (page 30), and then in the lead story, beginning on page 53, she takes you on a tour of some of the happiest kitchens you have ever seen. Jeanne and photographer Stephen Green-Armytage toured the state of Colorado to photograph seven heart-of-America kitchens we're certain you'll love as much as their owners do, and from which you can borrow ideas unlimited for your home.

Heart of America is where Jeanne Bauer comes from, by the way Home was Campbellsport, Wis. (pop. 1,500), before she started her career trek through home ec. school at Milwaukee's Alverno College and the testing laboratories and consumer-relations departments of some of the giants of American industry, all specializing in products for the home: The Hoover Co., Lever Brothers and Westinghouse. Now she is putting that excellent experience to work on your behalf, and you'll be seeing a lot more about appliances, kitchens and equipment in our pages in the future. Have you any questions for Jeanne? Write: From Home Base, American Home, 641 Lexington Ave., New York, N.Y. 10022. What she doesn't know, she knows how to find out.

Turkanthe Editor



Little Friskies gives them both. 31% protein-6 delicious flavors!

Treat your cat to Little Friskies. All the protein he's known to need...in the variety he wants.

Flavors like Giblets and Liver, Country Chicken, Seafood, Ocean Fish, Tuna, Braised Liver flavors.



fest/le

A young Manhattan couple //// "recycles" old furniture, buildings, even neighborhoods.



Kristin and Bill Hubbard often go back to visit the friends they made when they worked as volunteers in the East Harlem community. The street mural behind them was one result of a neighborhood group's summertime beautification project.



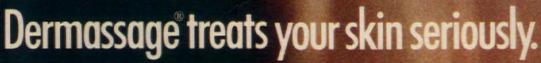
At home in their combination guest room and study, the Hubbards relax on the sofa that Kristin built of plywood and foam-rubber cushioning. A doit-herself musician, too, she has taught herself to play the guitar. Together, Kristin and Bill enjoy fixing up and refinishing discarded furniture that they find on the streets of New York.

Bill and Kristin Hubbard are urban conservationists who have made saving neighborhoods their personal crusade. Bill, one of the organizers of Earth Day 1970, left a prestigious Wall Street law firm last March to help set up and organize the nonprofit Center for Housing Partnerships in the City of New York. The Center buys rundown buildings in marginal neighborhoods and rehabilitates them for low-income families in the area. "Big cities can be saved," says Bill optimistically, "because there are many concerned people willing to tackle the problems, despite the frustrations."

Bill and Kristin got their first view of "the problems" in 1967, when they came to New York. Bill, fresh out of University of Virginia Law School, was a VISTA volunteer storefront lawyer in East Harlem, and Kristin worked at a nearby community center. Now on the staff of an industrial magazine, she devotes her free time to Center projects, taking photos for their fund-raising presentations and acting as liaison with community planners.

The Hubbards enjoy exploring city streets in search of discarded "treasures." Their \$95-a-month walk-up is a scavenger's paradise of found furniture. Says Bill, "People think nothing of throwing away pop bottles, furniture and even buildings." Bill and Kristin have made it their business and pleasure to do some of the picking up.

Susan Wood

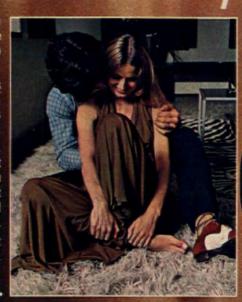


Dermassage is just the help you need for dry skin problems. Because that's exactly what it was made for. It was first created for hospitals—to help solve dry skin problems and help promote healing. But there's a soft side to Dermassage. While it does work more seriously than non-medicated lotions, it's so full of creamy moisturizers it adds softness to your skin the very instant you smooth it on.

Use Dermassage from head to toe. After a bath.
After dishwashing or even after shaving. Use it
to smooth away rough spots. Use it everywhere you
want your skin to be luscious to touch. But use it
every day to help keep your skin silky soft and
young looking.

If you want to treat your skin beautifully—treat it seriously with Dermassage.

You're only as young as you feel.







A Rolling Hills, Calif., family remembers the merry-go-round and the horses that fly.



Amid a herd of carousel animals (above), Suzi watches her brother Mark scrape a horse's head clean for repainting. The Summits also own one live horse, which they enjoy riding about their horse-minded community.

Roland and Mary Jo Summit love horses—not conventional ones but the grace-ful wooden creatures that once made flying trips on merry-go-rounds. Jo had loved carousel ponies since childhood, so for their first anniversary, 13 years ago, Rol gave her a flying horse. That's how the Summit stable began. Over the years, Rol and Jo have researched the history and craftsmanship of carousel animals—and collected and restored those they could find. In addition to four youngsters—Steve, 10; Suzi, 8; Mark, 6; and Cheri, 3—their Rolling Hills, Calif., home boasts a menagerie that includes several dozen flying horses, a dromedary, giraffe, giant hare, ostrich and pig. The Summit garage, now a workshop, is filled with broken animals awaiting repair. Such work is painstaking and time-consuming, but the results reflect the effort. The Smithsonian Institution has one of the Summits' flying horses in its permanent collection.

Rol, a psychiatrist, and Jo, who was an art major in college, are nostalgic about the vanishing breed they have been collecting. "The American merry-go-round tradition is a great one," says Rol. "But the art of handcrafting its magnificent animals died out when amusement parks began to close. Unless we preserve these beautifully carved creatures, a happy time in our history will be lost forever."

Cheri rides her favorite (right), a wooden centaur whose top half is aglum-faced soldier. The family collection includes another mythical beast: a hippocampus, which has the head of a horse and the tail of a dolphin.

Jo and Rol (far right) are restoring one of their carousel pets. Carving new parts, gluing seams, stripping off old paint and putting on new usually takes 300 hours.





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will give these youth groups \$250,000.



Boys Clubs of America need money to help guide 1,000,000 boys.



to help more girls become better citizens.

"Help Young America" and you may win \$10,000 **Boy Scouts of America** for vourself. need money to help to-

Every vote you cast means more money for one of these youth groups in the Colgate-Palmolive "Help Young America" Campaign.

day's Boypower become tomorrow's Manpower.

's easy ... all you have to do is vote.

Just pick your favorite youth group on the entry blank on this page. Your ote can mean money to the national organization as well as the local unit of

Here's how it works: First, Colgate will give each of these five national roups a donation of \$20,000 cash. Then each will share in another \$100,000 onation in direct proportion to the number of votes received.

And you may win a big cash prize for yourself and get a donation for the local nit of these same groups. A total of \$56,000 will be donated to these local units a random drawing of ballot entry blanks.

arand Prize: \$10,000 to the winner and \$1,000 donated to your favorite local youth unit named.

0 First Prizes: \$500 to each winner and \$500 donated to local youth unit

000 Second Prizes: \$50 to each winner and \$50 donated to local youth unit

No purchase necessary. See complete rules on the back of coupon insert receding this advertisement.

IMPORTANT: Be sure to write the name of your favorite national youth group

OFFICIAL "HELP YOUNG AMERICA" BALLOT & ENTRY BLANK











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Mail to: Colgate-Palmolive "Help Young America" Campaign P. O. Box 728, Rosemount, Minnesota 55068

Check the name of your favorite youth group.

☐ Boy Scouts of America ☐ Girl Scouts of the U.S.A. ☐ Camp Fire Girls □ Boys Clubs of America
□ Girls Clubs of America

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City	State	Zip Code
The name and addr	ess of my favorite local u	nit is:
Name		
Address		

IMPORTANT: Re sure to write the name of

With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.

A Presidential Committee has recently recommended that the Nation act now to conserve energy fuels. One of the best ways to do this is to make sure your home has adequate insulation.

In fact, if your home is more than 15 years old, it probably doesn't have adequate insulation and it may be wasting more than 45% of its fuel. Or costing almost twice as much as it should to keep your family comfortable.

If you're building a new home, you can nip this problem in the bud, by telling your builder to use Fiberglas*6"& 3" insulation. That's 6" of Fiberglas in ceilings and 3" in walls. It helps stop fuel waste, and can cut heating/cooling costs as much as 30%.

In an existing home, it's easy to find out if you're wasting fuel, either because of poor insulation, or other reasons:

Start at the top.

Take a ruler up to your attic, and measure the insulation. If it's less than 6" thick, you need more. Remember, heat rises. 6" of Fiberglas insulation in ceilings helps stop heat from escaping through your roof—allows significant savings in fuel costs. In summer, it stops solar heat gain that forces air conditioners to run longer than necessary. And finally 6" of Fiberglas insulation in ceilings will make your family feel a lot more comfortable year round.

Two thermometers let you double-check.

Place one thermometer against an outside wall and another thermometer in the center of the room. Leave them for 4 hours, then take readings. The thermometer on the outside wall should not be more than 5 degrees lower than the one

in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Start the heating season right. Have furnace serviced. Change air filters once a month. Dirty filters make your furnace work harder and longer, wasting fuel. Owens-Corning recommends Fiberglas Dust Stop* filters. In six packs.

The dollars and sense of Fiberglas insulation.

Installing 6" of Fiberglas in your attic isn't difficult or expensive.

You can do it yourself in less than a weekend. Cost for an average home is about \$100. If you're building a new home, the cost of 6" & 3" is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much you save with 6" of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating... Through Energy Conservation" prepared by the National Bureau of Standards and the Office of the Assistant to the President for Consumer Affairs. You'll find it's full of suggestions on how you can save fuel and save money.

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Attn: C. N. Meeks		

PRETTY MOUTH, LOVELY VOICE



Babette McDougall,
with daughter
Yvette, above, knows
that a radiant
smile can be
diminished by an
unpleasant voice.
She actually
landed her first
job because of her
telephone voice.

Twenty-seven-year-old Babette McDougall is a splendid example of today's active, vivacious woman. A native Californian, she is a film librarian for B.F.A. Educational Media (a division of CBS) in Los Angeles, in addition to her full-time job as wife to record-company executive Alan McDougall and mother to five-year-old Yvette.

To highlight her beautifully shaped mouth, Babette uses a transparent lip gloss. The look is glamorous, glossed and right on, in keeping with this year's beauty focus on the well-defined Sensuous Mouth. Babette knows that the trick to having beautiful lips is finding her own best style and working with it.

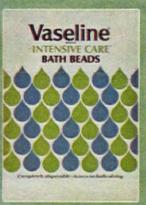
To form your own most flattering lip line, decide first which side of your mouth has the better shape by covering one side of your face and then the other, eye-examination style. Next, using a sable lipstick brush for good control, apply lipstick on that better side. With your mouth open in an "O," start from the corner of your top lip and go over the bow in one stroke (no pointed bows, please). Copy that shape on the other side, drawing from bow to corner. Outline your bottom lip corner to corner, then use either tube or brush to fill in.

Your luscious new mouth can be almost any shade on the color wheel; clear red, rich moist pink, bright golden orange, whichever looks best on you. If you feel too thin-lipped for the Sensuous Mouth, add fullness through illusionary color—by outlining your lips in a slightly darker shade. (continued)



OF YOUR SKIN AS YOU BATHE.

Vaseline® Intensive Care® Bath Beads... for skin easier to moisturize. Turns water delicately blue and fragrant, Leaves no oily tub ring.





Vaseline® Intensive Care® Bath Oil ... for skin difficult to moisturize. A unique blend of fragrant emollient oils for extra thirsty skin.

Free Trial. It's this easy: Decide which is just right for your skin-our bath beads or our bath oil. We'll send you a free sample good for one bath. Then, prove to yourself that when you rebuild your skin's moisture balance, you restore its softness. And its smoothness.

Send to: P.O. Box 1009 D, Jefferson City, Mo. 65101.

Offer expires June 30, 1972: Please send me my sample of:

□ Bath Beads, or □ Bath Oil (Check one).

Here's 10¢ to cover cost of mailing.

(Please print carefully: this is your shipping label.)

CITY, STATE, ZIP

STREET

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But make sure your beauty doesn't vanish the moment you open those lovely lips. A pleasant voice can always work wonders. Babette McDougall's actually got her her first job: When a well-known Los Angeles interior designer heard her, he said, "I want that voice answering my phone," and hired her.

Today's woman doesn't need the whispery purr of a sex kitten or the throaty throb of a femme fatale. But her voice should reflect her best self. Dorothy Uris, voice coach of singers, actors and people in many other professions, says, "American women are vigorously involved in all phases of life. Socially, politically, at home—on every level—a woman can be held back if her voice isn't as alive as she is."

According to Mrs. Uris, a voice can be a sensitive barometer of your emotional state, or it can be a tonal lie. You may sound like a chronic complainer when you're truly pleased, or seem tired when you're actually alert. Listen to yourself and find out what you sound like!

A high-pitched voice may sound gay, but watch out for screeches. It's the lowpitched voice that usually expresses authority and demands attention. Next time you're angry with the children, try lowering the pitch of your voice, rather than letting it rise to an ineffectual screech.

Do people seem to doze when you tell a long story? It could be that you're a monotone. You need to exercise! Open the upper and lower reaches of your voice with some old-fashioned do-remi's. With mouth wide open, ascend the scale one note at a time, stopping for a breath when you have to, until you can't go any higher without forcing. Then descend the scale the same way. With practice you'll reach higher notes, and even lower ones, with ease.

Swallowed words are wasted ones, so try Mrs. Uris's exercises for speaking up. Hold a pencil about eight inches from your lips as though it were a hand mike. Focus your words toward it. Can you feel your voice sail out?

In her latest book, Speech Can Change Your Life (Doubleday, \$6.95), voice expert Dorothy Sarnoff recommends that you watch yourself speak. If you don't look good speaking, you won't be lovely to listen to, either. Study your mirror for excessive hand action, mouth distortions on certain sounds, taut jaw or neck muscles. Also try listening to yourself on tape. It's the best way to discover speech blem-

ishes. Lacking a tape recorder, Mrs. Sarnoff suggests that you speak with your nose almost touching a large, half-opened magazine. The sound you hear, greatly magnified, of course, will pin-point most problems—other than insufficient volume.

Nasality, including that clenched-jaw sound that some think of as "Locust Valley lockjaw" or the "society sound," is very common and most unattractive. It is the result of tension in the throat and jaw. To ease this tension, drop your chin as far as possible while keeping your lips lightly pressed together. That open feeling in the back of your neck is an open throat. When the throat is closed, your voice has to come through your nose.

A whispery, hard-to-hear voice, one that shrieks or is strident, even one with an embarrassing squeak at moments of stress, can each be eased through improved breath support. To find your breath-support muscles, Mrs. Sarnoff suggests that you clench one hand into a fist and blow into it as you would into a balloon. Place your other hand against your upper abdominal muscles, right below the center of your rib cage. The muscles you feel hardening and contracting as you blow are those forming the girdle of your breath support. To strengthen these muscles, do Mrs. Sarnoff's "steam kettle" exercise. "Take a short sip of breath and, as you exhale slowly, hiss in a fine thin stream through your teeth. H-i-s-s-s. Count to yourself and see how long you can make the hissing last. Don't push your breath; let it just come out. You should be able to count to 30 the first time and to 70 later."

Mumbling, that earmark of shyness and uncertainty, may be merely a case of lazy lips. Enliven those lips with a sentence like, "Why do wily women win wealth and wed well?" Repeat slowly, carefully enunciating each syllable and sound. Progress to faster and faster recitals, but make sure you don't leave out any of the syllables.

Just as you do in changing your figure, you need a daily program of exercise to change your voice. "If I noticed that my daughter was developing an offensive voice," says Babette McDougall, "I would first try to make her aware of it; then I'd begin to work on it with her. You can only have control over your voice if you first become aware of how you sound."

That's exactly what all the other voice experts say, too.

THE BEAUTY COUNTER

For the year of the Sensuous Mouth, Charles of the Ritz has come up with a new "Mouth Maker" (\$3) that's just ideal. Built like a graceful mascara tube, it combines a superfine sable blend brush and a soft-color cream or frosted lipstick. Outline your lips with expert control and just the right amount of liquid color every time, giving them a soft, natural definition.

Feel your lips aren't shaped right? For reshaping, block out your lip line with Estée Lauder's new Lip Primer Stick (\$3.50). An opaque white that won't change lipstick color, it's great for disguising your own lip contour and giving lipstick extra staying power. If you want your lips to start the day moist and shining, there's Lip Night Creme, also from Estée Lauder. As rich as a complexion cream but just for the mouth, it's \$3.50 for a fifth of an ounce.

What could be righter than rain when it comes to moisture? Watch for Frances Denney's Rain-Washed Gels for lips and cheeks. Little pots of Lip Sheen Gel or Cheek Sheen Gel are available in many colors, at \$3.50 each. And in Gel Sheen Duos, lip and cheek gels share a pot: Each Rain-Washed combination pot contains either "Apricot Red" plus "Apricot Blush," "Gingerain" plus "Ginger Blush," or "Cocoaberry" plus "Cocoaberry Blush," at \$3.75 each duo.

Brighter cheeks go with brighter lips, and so Elizabeth Arden introduces the new "balanced face" in colors that are sun-bright or earthy. Naturally Moist Lipcolor ranges from brilliant classics to deeper smoky tones in 12 different shades. And to coordinate with them, Cream Rouge in pots comes in four rich shades. For the "balanced face," pots and lipsticks are \$3 each.

Make an end to problem lips with a lipstick that has a long name. From Etherea of Revlon comes Special Formula Lipstick for Sensitive and Very Dry Lips, at \$3.75. Hypoallergenic, pure and fragrance-free, it smooths on in four new sparks-a'flying shades ("Pure Dynamite," "Flip Red," "Henna" and "Devil's Chocolate"). It contains conditioning proteins, a sunscreen and an abundance of precious moisturizers and emollients. So does its companion, Special Formula Shadowing Stick for Sensitive and Dry Lids, with all the same good qualities. For \$3.50, you get smoky colors like "Brown Gloss," "New Pewter" or "Mulled Orange."

The lady has taste.

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Everything about her says taste. Like her cigarette. Eve menthol. With its cool, refreshing flavor. Smooth menthol flavor which really lasts. Eve, the natural choice for the lady with taste.

Smoke pretty menthol ®ular

Menthol: 17mg, "tar," 1.1mg, nicotine, Filter: 17mg, "tar," 1.2mg, nicotine av. per cigarette, FTC Report (Aug. '71).

FROM HOME BASE

Today's coffee makers take the hit or miss out of brewing the perfect cupful.

Americans brew over 400 million cups of coffee every day. But how much of this is really good coffee? Are you known for the coffee you serve? You can be, for there's no mystery to making that perfect cup—just follow a few basic rules.

Good, fresh coffee is essential. Buy only enough for a week's use and store it in an airtight container in the refrigerator. Rather than buy one of the "all-purpose" grinds that are not ideal for any coffee maker, choose the one made for your pot: fine grind for a vacuum type; medium for the drip method; coarse or regular for a percolator.

Always measure accurately; precision is all-important. For medium-strength coffee, use two level tablespoons to each six ounces of cold, fresh water. (Six ounces, by the way, is what coffee-maker manufacturers consider a cupful, and that's the way measurements on their appliances are gauged.)

Use more coffee for a stronger brew; for a weaker one, dilute full-strength coffee with hot water. Remove grounds as soon as brewing is done to prevent coffee oils from making the coffee bitter. Never boil, reheat or let coffee stand for over an hour—its flavor and fragrance will be destroyed.

In the old days, any old pot would do for making coffee. Grandma added ground coffee, water, a pinch of salt and an eggshell (to clarify the brew); then she boiled this mixture until it seemed the right color and strength. It was all guesswork, and results were iffy. Today's coffeepots are both simpler and more sophisticated, and they brew a consistently good cup of coffee—without benefit of eggshells.

Vacuum-type coffee makers are usually nonelectric, and their capacities range from four to 10 cups. They consist of two bowl-shaped sections, one atop the other, with a filter in between. You bring the water to a boil in the

lower section, then firmly attach the upper bowl containing ground coffee. The tight fit enables steam from the boiling water to build up pressure and force the water into the top bowl. There it mingles with the grounds for one to four minutes. When you remove the pot from the heat, the bottom container cools, forming a vacuum that draws the coffee through the filter and back down into the bottom bowl. Take off the top container and your coffee is ready to serve.



For many coffee-lovers, the drip method creates the best brew. Actually there are two kinds of drip coffeepots to consider: The cone type fits over a server or can be an all-in-one flaskshaped unit; the three-piece dripolator has a top unit for boiling water, a middle one for coffee grounds and a bottom one for serving. The nonelectric drip pot comes in aluminum, glass or ceramic, with a capacity of from one to 20 cups. With the drip method, you pour boiling water over the grounds, which are in a perforated basket or on filter paper. The water mixes with the grounds and drips down into the lower serving container to produce coffee that's clear and flavorful.



The electric percolator is by far the most popular coffee maker, probably because it's the easiest to use. It turns itself on, brews the coffee and then keeps it hot. All you do is add water and coffee, cover and plug it in. The percola-

tor principle is simple. Boiling water bubbles up the stem and into the perforated basket containing the grounds. It filters through this basket and down into the pot. The "perking" process is repeated for six to eight minutes. Nonelectric percolators work the same way.

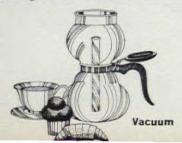
Among the slews of electric coffee makers on the market today, how can you select a good one? First, choose a model that makes the amount of coffee that most closely fits your needs. The reason: Percolators make the best coffee when more than 50 percent of their capacity is used. Look for a coffeepot that's sturdy, well balanced (not tippable), comfortable in your hand. A heatresistant handle and base are good features, as is a lid that stays put when you pour. Other good points are: immersibility, clear markings for water and coffee content: a smaller extra basket to use when you want only one or two cups; a light that signals when perking's done; easy-to-remove stem and basket assembly; and built-in timer/starter that you can set hours ahead.

No matter what kind of pot you use, be sure and keep it clean. Otherwise coffee oils will accumulate, turn rancid and spoil the coffee taste. Scrub every area of the pot with hot water and soap, then rinse and dry. If you have an electric percolator but don't have one of the cleaners made specially for it, try this: Fill the pot with water and add one tablespoon of baking soda for every five cups it holds. Brew just as you would coffee, rinse and dry—and you've got a clean pot.

The simple art of making good coffee owes much to today's electric grinders for the home. Coffee connoisseurs know that the best flavor and aroma come from fresh coffee—and what could be fresher than coffee you've just ground? If you're in the market for a coffee grinder, shop for one that produces an even, uniform grind. And for safety's sake, look for a model that operates only when the lid is locked in place.

Whatever your taste, in grinders or in coffee makers, follow the few rules and hints above and you're sure to come up with a brew that has everybody coming back for seconds.

—Jeanne M. Bauer





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explains.

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HOOKED RUG KITS

By Dorothy Lambert Brightbill

If you can tie a knot, you can make these two easy-to-hook rugs. The classic Chinese design above is so handsome that it could well become a prized heirloom. Called "Hankow," the luxurious rug is worked in a magnificent velvetythick all-wool varn with a silky sheen and texture that emphasize the color contrast. It is available in four sizes. "Merrythought" is the delightful name of the lovely and unusual semicircular rug at right, center. Because of its shape, it will adapt well to many settings: Try it alongside your bed as a cozy cushion for bare feet; or add its cheery note in front of your fireplace, before a chest of drawers or a chair. Like "Hankow," it is all wool, and both rugs will resist soil even with hard wear. "Merrythought" is available in two sizes.





An antique Oriental Ispahan rug inspired the jewel-like colors and intricate design of the rug pictured at left. Simple to make, this magnificent copy will bring a glow to any room, contemporary or traditional; its warmth is a perfect complement to both treasured antiques and handsome modern furniture. Made of wool yarn, the rug is durable and very easy to clean. It comes in two sizes.

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SAVING GRACES

Kitchen cues and comments from the food editor

THE QUESTION OF CARRAGEENAN

One day recently, one of our editors picked up a can of evaporated milk in our test kitchens and read the label: "Vitamin D and carrageenan added."

"What's carrageenan? It sounds awful!" was the immediate reaction. Turns

out it's a useful food stabilizer—one of several safe, natural products that come from animal, vegetable and plant materials. They include gelatin, starches, pectin, seaweed extracts (carrageenan, or Irish moss), agar, gum extracts (gum arabic, gum karaya) and seed gum extracts. In cereals they hold the added vitamins and minerals in uniform dispersion, so all portions will have equal amounts. They also improve the smoothness and uniformity of dairy products. Without these helpers, food might quickly lose its eye and appetite appeal.

NO CHICKEN FEED THIS!

Think you have a prize-winning chicken recipe? If you do, enter it in

the 1972 National Chicken Cooking Contest and it might win the \$10,000 first prize. Contestants must be 12 years or older and may not be professional home economists or cooks. Look for an entry blank in your supermarket or send a stamped, self-addressed envelope to National Chicken Cooking Contest, Suite 1100, 551 Fifth Ave., New York, N.Y. 10017 and ask for one. Closing date for entries is March 31, 1972, so hurry, and good luck!

BREAKFAST ON THE MOON

Children are sure to flip over Epicure Foods' Lunar Breakfast just like the ones all Apollo astronauts eat. Packaged in a



The Lunar Breakfast a cardboard rocketful of Apollo food.

16-inch cardboard "rocket," it contains one serving each of fruit cocktail, cornflake cereal, toast and a chocolate drink. Breakfast over, the rocket becomes a bank. Not a bad idea—since Lunar Breakfast, available in specialty shops, blasts off at \$5.

OUR COOKS SUGGEST

Need only a small amount of tomato paste in a recipe? Here's how to keep the remainder from becoming moldy. Transfer it into a cup and spoon over it a thin film of pure vegetable oil. You can store it in the refrigerator for weeks. To use, tilt cup to expose one side of the paste; take out what you need, and then let the oil re-cover the surface.

To salvage soft custard that curdles during cooking, put a teaspoon of milk into a bowl and add 1 tablespoon of the curdled custard, beating until it's creamy. Continue beating in custard, a tablespoon at a time. When it is all beaten in, follow recipe directions to finish cooking. —Frances M. Crawford

DECORATING NEWSLETTER

Nature inspires new furniture and tableware, and a museum salutes a traditional chair.

THE NATURALS IN FURNITURE . . .

Once we Americans became sensitive to our threatened environment, it was only natural that the impact would be felt in fashion and home furnishings, and designers would begin to let the outside in. The result is refreshing—all that plain cane and rushing, blond woods (natural and bleached), reed and butcher block. Naturals, in both wood finishes and color schemes, were dominant at the new furniture collections previewed recently in North Carolina. Manufacturers and designers really got down to basics.

The natural look begs to be mixed with handcrafts, baskets, pottery, woven fabrics, batiks, hand-screened prints and lots of real, live plants. The new naturals blend beautifully with each other and provide a nice complement to slick plastics and shiny steel.

... IN TABLEWARE

Inspired by California living and the natives' love of the out-of-doors, creative potters Taylor and Ng in San Francisco have designed two new flatware patterns, Habitat and Terrestrial, using materials found in nature. Handles of natural wood (Habitat) and stoneware (Terrestrial) have been combined with stainless steel to create a rustic, contemporary look. The handles are durable, and after exhaustive dishwasher testing, Messrs. Spaulding Taylor and Win Ng affirm that their designs are hot water- and detergent-resistant. Habitat pieces are \$1 each, Terrestrial \$1.25. Five-piece place settings are \$5 and \$6.25.

Taylor and Ng are also offering a new tea and soup group, made of a combination of glazed and natural stone-ware, that's influenced strongly by Oriental design. Teapots are offered in two different styles at \$7.50 each; matching cups are 80¢ each. The \$12.50 tureen, shaped like a Chinese winter melon, and its companion bowls (\$1.40), ladle (\$3.50) and spoons (65¢) make up the soup set. These earthly delights are available at Bloomingdale's and Bonniers in New York City and other fine stores around the country, or at Taylor and Ng, San Francisco.

SPOTLIGHTING AN OLD FAVORITE

"In Quest of Comfort: The Easy Chair in America," the current show at New York's Metropolitan Museum of Art, is the first of what is hoped will be a successful continuing series of small exhibitions of treasures from the museum's American Wing. In two galleries the stage-by-stage development of the easy chair in America is highlighted in an especially telling way. Landmark chairs are juxtaposed with stripped-down counterparts that illustrate how construction and structural design of the easy chair evolved.

Curator Morrison Heckscher spent two years researching the easy, or "easie," chair, which dates back to the 18th century. Then as now, the chair was comfortably upholstered. It was designed originally for the aged and infirm, who might be sitting in it all day. Its two side projections offered protection from drafts. Today, this style is popularly referred to as the wing chair. (continued on page 102)



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AZO BURE CORN OIL



Tasty Fried Chicken

1/2 cup flour 2 teaspoons finely crushed rosemary leaves (optional) 1-1/2 teaspoons salt Corn Oil

1/8 teaspoon pepper 1 (2-1/2 to 3-1/2pound) fryer, cut up I cup Mazola

Mix together flour and seasonings. Coat chicken with mixture. Pour corn oil into large, heavy skillet. Heat over medium heat. Add chicken and fry, turning once, about 30 minutes or until golden brown and fork tender. Drain on absorbent paper. Makes 4 servings.

> MAZOLA-POLYUNSATURATES.

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THE PLUMB LINE

Nicollet Mall, a daring experiment, is now a Minneapolis success story.

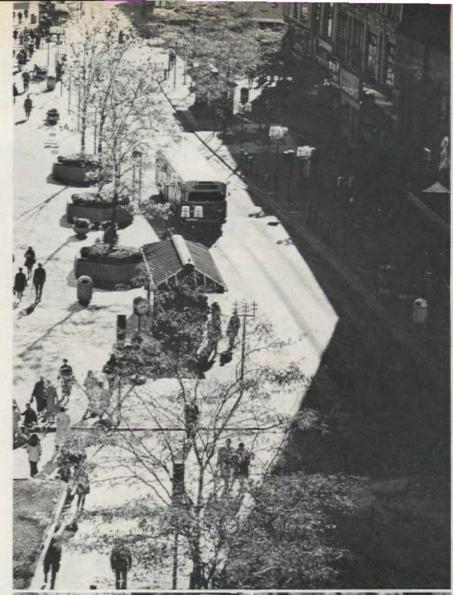
Back in the 1950s, in city after city across the U.S., the impact of a wide-spread flight to the suburbs first began to be felt. Not only were people moving out of the city, but in ever greater numbers they were deserting downtown stores for suburban shopping centers and branch stores. Core-city merchants despaired as the pulse of downtown commercial life slowly ebbed.

Not everyone stood idly by, however. In Minneapolis, for example, a committee was formed in 1957 to find some way to reverse the outward trend. The scheme that was finally adopted—with a price tag of \$3,875,000—was to convert eight blocks of Nicollet Ave., once a prime shopping street, into an auto-free mall. After a predictable number of delays, it finally opened in 1967—and gave downtown merchants as well as blue-sky planners a new lease on life.

Business in the shops and department stores along the mall is up 15 percent; \$169 million in new construction has risen nearby; and up to 40,000 bus passengers pour into the area daily—compared to 9,000 that once came by auto, taxi and bus. Nicollet Mall provides pedestrian promenades and a curving transit way for buses. It was designed by Lawrence Halprin, the San Francisco environmental planner whose Auditorium Forecourt Fountain for Portland, Ore., was featured in our April 1971 issue.

In Minneapolis, Halprin incorporated every known convenience plus some accouterments of his own to make shopping and walking along the mall a pleasurable, inviting experience: benches, drinking fountains, litter baskets, a do-it-yourself post office, a weather station, a sculpture clock and a stabile by Alexander Calder. To blunt the rigors of Minnesota winters, he installed 3,500 heating mats to keep promenades clear of snow, and infrared radiators to keep the bus shelters toasty.

Malls have also revived the heart of downtown Kalamazoo, Mich., Miami, Fla., and Pomona, Calif., and are being planned for New York.—Barbara Plumb







Nicollet Mall (top), with its ornamental trees and flowers that change with the seasons, has replaced a decaying street in the heart of downtown Minneapolis.

Granite fountain (left), which serves as a kind of walk-through-and-climbaround sculpture, is a design innovation of Lawrence Halprin.

A father assists his daughter at one of the many drinking fountains (above). Mall is for buses and people; autos use cross streets.

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3. Winners will be determined in random drawings conducted by Spotts International, an independent judging organization whose decisions are final.

an independent judging organization whose decisions are final.

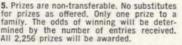
4. The GRAND PRIZE is an all-expense paid one-week vacation TASTE TOUR for two every year for 5 years to any city in the United States including Hawaii, Puerto Rico, and the Virgin Islands, or as an alternate prize \$10,000 cash. The vacation prize includes travel arrangements for one week each year for 5 consecutive years by Spotts International—round trip first class air transportation from winner's home airport to destination, double room hotel accommodations, meals, transfers, sight-seeing, services and taxes imposed by hotels and service companies. All 5 tours must be completed by December 31, 1977. 5 first prizes are 1972 Plymouth Satellite Sebring-Plus with V-8 engine, air-conditioning, automatic transmission, power steering, power brakes—front disc, AM push button radio, tinted glass and white sidewall tires. 250 second prizes—a Leeds Luggage Set which includes No. 931 Tote Bag, No. 921 21" Weekender and No. 930 Garment Carrier. 2,000 third prizes—"A salute to American Cooking" Cookbook.

5. Prizes are non-transferable. No substitutes for prizes as offered, Only one prize to a family. The odds of winning will be determined by the number of entries received. All 2,256 prizes will be awarded.

6. Local, state and federal taxes, if any, are the responsibility of the winners.

the responsibility of the winners.

7. Sweepstakes open to residents of the Continental United States and Hawaii only. Entrants must be 21 years of age or older. Employees and their families of R. J. Reynolds Tobacco Company, its subsidiaries and affiliated companies, its advertising agencies and Spotts International are not eligible. Void in Idaho, Missouri, Washington, Florida, Georgia and wherever else prohibited or restricted by law. All federal, state and local laws, and regulations apply. To obtain a list of winners, send a stamped, self-addressed envelope to: "DORAL WINNERS." P.O. Box 8248, St. Paul, Minnesota 55182. Winners lists will be mailed before line 1, 1979.





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PLUS: YOUR EXTRA CASH BENEFIT INCREASE 5% A YEAR, for 5 years—total of 25%—to keep pace with the ris ing cost of living!



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ber 22) at right.

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LOW MONTHLY RATES*

Age of Insured Policyholder*	Policyholder	Policyholder and Spouse
19-44 45-54 55-64	\$4.50 5.50 6.50	\$ 8.50 10.00 11.50
65 and over	8.00	14.50

Only \$2.00 more a month covers all your eligible children-NO MATTER HOW MANY. Sorry, only I policy per family.

*Premium based on age of insured and rate schedule on policy's effective date and at time of renewal. When husband and wife are insured, the husband is the policyholder.

MAIL NOW, ENROLLMENT ENDS MIDNIGHT, FEBRUARY 29, 1972



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**NO ADULT AGE LIMIT • NO MEDICAL EXAMINATION • NO SALESMAN WILL CA

... And Only \$1 Covers Your Entire Family for First Month.

22 Important Questions & Answers Tell Why:

National-Ben Franklin Extra Cash/Plus Policy is your best protection for the lowest cost

What are the chances of me going to the nospital?

out of 7 people do each year. Could be your wife, children — even you. You could yount on up to \$15,000 with Extra Cash/ Plus!

\$15,000? How Come Extra Cash/Plus

Pays So High?
Pays longer than most. \$600 a month, under age 65; up to 25 months for each hospital benefit period. No waiting; pays from the 1st day whether for sickness or accident NEL life large of Esta Carl (St.) dent. NBF-Life planned Extra Cash/Plus to plug gaps others miss.

3. What'll They Pay for My Wife

Same big benefit as yours, \$600 a month (under age 65); up to 25 months, to \$15,000 each hospital benefit period.

Are Maternity Benefits included?

4. Are Maternity Benefits included:
YES! Unlike many policies, Pays \$600 a
month, up to 25 months, for your wife's
hospital confinement for any pregnancy, or
its complications, beginning while both of
you are insured. No extra charge!

5. Does "Intensive Care" DOUBLE Our Benefits?

Yes, for adults under 65. Pays \$20 a day up to 30 days. Up to \$600 are added to your hospital income dollars. (Other generous benefits for other age groups.) Of course, regular recovery room service for less than 24 hours is not covered.

Does Extra Cash/Plus Cover Nursing

 Does Extra Cash/Plus Cover Nursing Home Care?
 Sure does and not many do. Regardless of ige, it pays up to \$300-\$10 a day for 30 lays (each hospital benefit period) for coninement in a nursing home or hospital con-alescent unit, starting within 7 days of a day covered hospital stay.

Just What is the 25% Cost-of-Living

hedge against even higher hospital costs!

Each person's original benefits will increase 5% for benefit periods which start after the end of the 1st year; similar increases for 4 more years. Totals 25% more cash for you. No added cost!

8. What If I Have Other Insurance?

Extra Cash/Plus pays in addition to group coverage, Workmen's Comp, Medicare, Blue Cross, or any other company's policy.

9. WHO Gets the Cash?

You do. No payments to the doctor, hospital or nursing home unless you say so. It's all yours.

10. All Mine? No Taxes?

11. Will Extra Cash/Plus Take Care of Our Children?

YES! Pays up to \$7500 . . . \$300 a month up to 25 months for any of your children's hospital benefit periods. Each new baby is covered automatically after 1 month of age.

12. All at One Price? What a Bargain!

One very LOW premium covers all your children, NO MATTER HOW MANY, over 1 month through 18 years old.

13. Do They Get the "Plus" Benefits, Too? YES! Up to \$300 addditional for Intensive Care; up to \$300 Nursing Home Care. Cost-of-Living Raises will increase children's \$300 benefits to \$375 after 5 years.

14. Just Who Can Get In On Cash/ Plus? Any adult who has not been hospitalized for sickness for more than a week in the last 2 years. No Physical and No Age Limit for adults to apply.

15. What are We Paid at Age 65 or Over?

Extra Cash/Plus pays you up to \$14,400... for up to 25 months (over 2 years) for each hospital benefit period. \$300 a month, first 2 months; \$600 a month for 23 months more. This helps lower your rates and the \$600 benefit means more money when you need it most — when Medicare stops.

16. Do We Get the "Intensive Care" Feature?

YES! At age 65 or over, \$10 a day for 30 days, up to \$300, is added to your hospital income payment.

17. What is our total Cost-of-Living raise? In 5 years, your original benefits will also go up to a total increase of \$375 for each of the first 2 months and \$750 a month thereafter.

18. What am I Paid for Less Than a Month? You're paid 1/30 of your monthly benefits for each day of confinement from the 1st

19. Can Premiums Be Changed or My Policy Cancelled?

Your policy can never be singled out for change or cancellation because of claims or poor health. Rate schedule changes or cancellation could only occur for all policies like yours in your class and State upon proper notice; nothing of the sort is foreseen. You're Safe with Extra Cash/Plus!

20. When Do New Benefit Periods Start?

Each eligible hospital stay for a new sick-ness or injury starts a new 25-month benefit period. Same or related causes are cov-ered for 25 months; if you're not confined for that ailment for 12 months, a new benefit period begins.

21. What About "Pre-Existing" Conditions? Even these are covered when hospitaliza-tion begins 2 years or more after protection starts.*

22. What Few Exclusions Are There?

Only a few — to help keep your rates low. They are: conditions resulting from declared or undeclared war or act of war, mental illness or nervous disorder; confinement in a federal hospital or federal convalescent facility. Even maternity is covered when both husband and wife are insured.

†Except under Missouri Policies *Washington and Montana Residents: 1 year

esidents of the following States may take advantage of this offer if they act now before enrollment closes! Alabama, Alaska, Arizona, Arkansas, Colorado, Delaware, Fiorida, i, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Jersey, North Dakota, Ohlo, pma, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, Washington, D.C., West Virginia, Wisconsin, Wyoming.

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OFFICIAL ENROLLMENT FORM

ENROLLMENT ENDS MIDNIGHT **FEBRUARY 29 1972**

ADDITION TO NATIONAL BEN FRANKLIN LIFE INSURANCE CODDORATION CHICAGO ILLINO

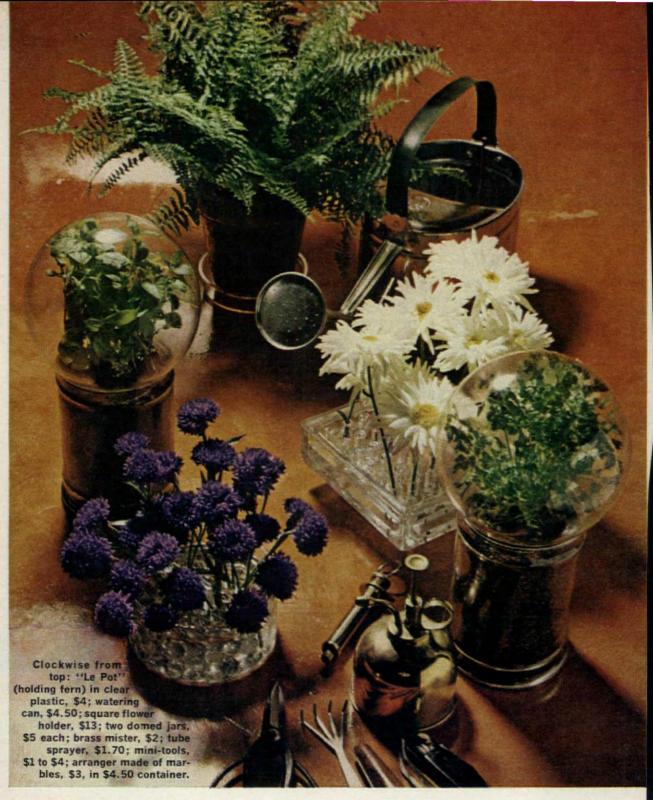
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		be covered. Use separate					
AME (PLEA	ASE PRINT)	DATE OF BIRTH (mo	o./day/yr.)	NAME (PLEASI	E PRINT) DA	TE OF BIRTH	(mo./day/yr.
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ase make check or money order payable to NBF Life.

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THE AVANT GARDENER
By Lawrence V. Power

GROWING THINGS IN STYLE

There's more to this picture than meets the eye: What appears to be simply a still life of handsome plant and flower accessories is really proof positive of today's fresh, new approach to things that grow.

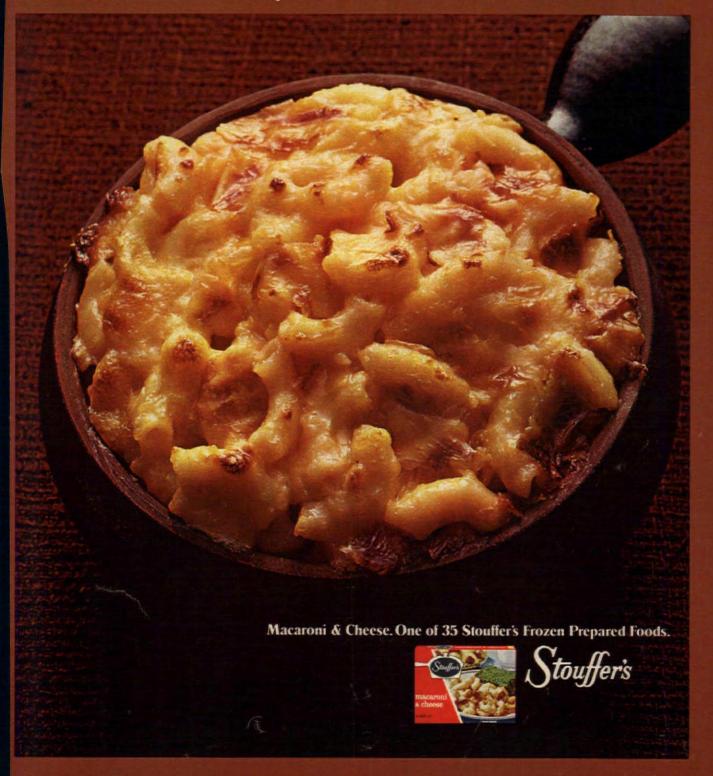
Pacesetters in the faddy '50s and the switched-on '60s once decreed that anything of worth had just to be slick, disposable or "in." Gardens, they felt, were the unrewarding property of the dreary drudges of this world. And gardeners were considered fusty, crusty fanatics who had dirt under their finger-

nails and nothing more exciting to do with their time.

But the enlightened '70s have changed all that. For one thing, we Americans have rediscovered the relevance of nature. Whether it's a sweep of forest, a garden of bright flowers or a simple fern in a window, we find the beauty of nature soothing and necessary in today's fast-moving world. We are turning to gardening—both indoors and out—to provide peace, to create a change of pace. The materialistic idea of achieving civilization by paving the (continued)

There aren't many babysitters like Nancy.
The kids adore her.
Maybe, because they know she feels
the same about them.
She even volunteers to do the dishes.

It's a good day for Stouffer's.

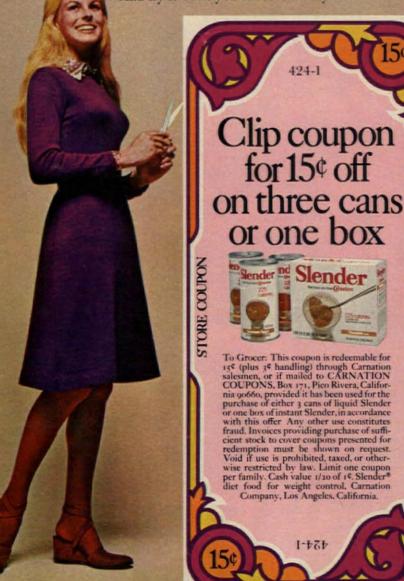


Want to lose 4 pounds fast?

Start now and save 15¢ on Slender

Just stick with 900 Slender calories a day and you'll get a thrill at the end of the week. We know. We put dieters who were at least 20% overweight on Slender for three weeks. Losses averaged more than 4 pounds the very first week. After that, they averaged 3½ pounds a week. Mixed with the substantial nutrition of milk or chilled from the

can, Slender's taste is unbeatable. So ask your doctor.
And try it while you can save money too!



GROWING THINGS IN STYLE continued

country from coast to coast has proved a flop. We've discovered that a world of synthetics is static; it doesn't offer the variety we need to maintain our interest. In short, it's boring.

And plants and flowers are becoming more and more a part of the contemporary scene because it has also been discovered that, when used with flare, they can be dazzling additions to the home. Designers have led the way, utilizing new materials for old functions and finding innovative uses for standard materials.

The indoor garden accessories pictured on page 44, available in fine stores around the country as well as in those mentioned here, are just a sampling of new ways to add long-overdue excitement to making things grow and displaying them with panache.

The two domed jars pictured—from Neiman-Marcus, Dallas—are a clever combination of form and function. They are attractive accessories for any room in the house and make perfect terrariums for raising moisture-loving plants. They are especially good for growing a kitchen herb garden, since they solve the white fly problem that plagues so many herbs grown indoors. To insurproper drainage, put a layer of pebble into the container before you add the soil.

The metal watering can, the mini tools and the tube sprayer, all at Taylo and Ng, San Francisco, prove what the Orientals have always known—that tending to plants can be an artful experience and not just a household chore. The brass mister (which emits a fin spray), also from Taylor and Ng, should be used for houseplants such as ferns dwarf citrus, most gesnerads and be gonias, which like a touch of moistur on their leaves to remind them of the morning dew in the outside world.

"Le Pot," a clear plastic flowerpot is a decorator's dream. From Jordan Marsh in Boston, it's available in six vibrant colors that can be mixed o matched to go with any room decor even if it's as traditional as Grandma o as now as a Fellini flick.

From Bonniers in New York, the square flower holder and the flower are ranger of marbles held by plastic in a round container solve the problem of small arrangements. They can and do make a simple group of cornflowers a scene-stealing as four dozen roses. And best of all, you can see over them at the dinner table.

Finally, a fabric softener that works in the wash cycle.

So you won't have to bother with the rinse.)

You put new Rain Barrel® in right at the start of your wash. Because it's made to work with your detergent.

And Rain Barrel's unique formula leaves all your clothes rainwater soft, rainwater fresh.

The women who've tried it ight in their own homes—say hey love the whole idea.

But why shouldn't they? It's lot less bother.



It works in the wash.

Laboratory tests

prove it.

Women say so, too.



Everything comes out rainwater soft, rainwater fresh.

You can feel it. They can feel it.

Rain Barrel

It's new from Johnson

A Special Introductory Offer for only \$298

60 PROFESSIONAL OIL PASTELS

New Professional Dustless Type



A huge assortment of pastels with no two colors the same. These professional dustless pastels can be mixed and blended but never make a mess. They are as convenient as pastels yet have the brilliance and color depth of oil paints. Sticks will not crumble or break easily and can be used on paper, board, cloth, stone or plaster. They are excellent for quick sketches as well as finished drawings and paint-ings. You may also use turpentine to blend colors and heighten the oil effect. Completed oil pastel paintings do not

require fixing and can be framed like a water color painting. Non-toxic composition makes them perfect for adults or young "Picassos"! Great for portraits, landscapes, anything at all. A great gift and a great buy for only \$2.98.

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Supplies are limited and orders will be

Supplies are limited and orders will be filled first come, first served so we urge you to order right now to avoid disappointment. The price is right and offer will not be repeated this season.

- MAIL 10 DAY NO-RISK COUPON TODAY!

PALM CO)., Dept. 6869, 4500 N.W. 135th St., Miami, Florida 33054
Enclosed check	or m.o. for \$

not delighted, I may return any item for a complete refund.

Oil Pastel Sets (#9760) @ \$2.98 (Add

50¢ postage per set)
Large 9x12" Artist's canvas boards
(#11487) @ 2 for \$1. or 5 for \$2. ppd.
Large 9x12" heavy pastel art paper
pads of 25 sheets (#11488) @ \$1. per
pad or 3 pads for \$2. ppd.

NAME	
ADDRESS	

STATE SAVE \$1. Enclose only \$5.96 for 2 Oil Pastel sets and we will pay the postage. Extra set will make a wonderful gift.

QUESTIONS

When planning to serve pasta I never know exactly how much to cook. How many servings are there to a pound?

> B. Wagner San Francisco, Calif.

It varies. If pasta is served as a first course, one pound serves four; if it accompanies meat, six; if it's a main course, count on three servings per pound. But remember, if the sauce is very rich, the portions of spaghetti or noodles people eat may be smaller and you will get more servings per pound.

I recently saw a reference to ugli fruit. Can you tell me what it is?

J. Ramme Palisades Park, Calif.

This is a fruit from the Caribbean that is now appearing in some specialty markets in the U.S. It looks like a badly colored, misshapen grapefruit and has a rough, pebbly skin that is often yellowish, blackish or plain green. Inside, it has orange segments that are mellow in flavor.

I always have trouble with dough sticking to the rolling pin when I make pastry. How can I avoid this?

S. Rebeck Brewerton, N.Y.

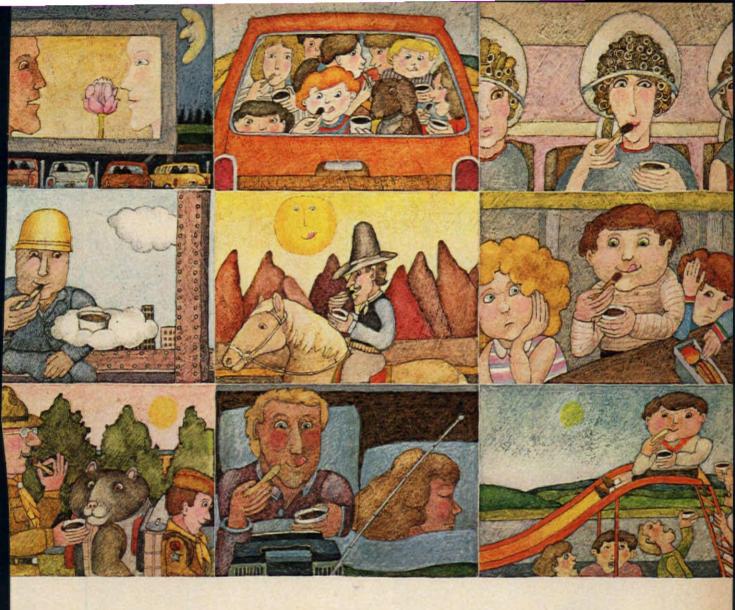
Flour the rolling pin very lightly or cover it with a pastry stocking (which you can find in most housewares departments). If you prefer not adding extra flour to your pastry crust, put the rolling pin in the freezer until it is very cold, then use it without flour. Whichever method you choose, always roll pastry with a light touch. Too much pressure will very often cause sticking.

Can bacon be frozen? And will freezing it make any difference when the bacon is cooked?

Mrs. G. Robertson Summerville, W. Va.

Yes, bacon can be frozen, but will shrink excessively if cooked from its frozen state. Thaw before using.

Direct any questions you have about food, food products and food preparation to: Food Questions You Ask, American Home, 641 Lexington Ave., New York, N.Y. 10022.



Cool'n Creamy leaves home.

Next time you go somewhere, take along something that's cold and creamy.

Birds Eye® Cool 'n Creamy™ pudding.

Cool 'n Creamy cups come frozen. Thaw in about 3 hours. So they're ready to eat just about the time you're ready to eat them.

Cool 'n Creamy cups are rich and smooth, like pudding. And they're cool and creamy,

like ice cream.

There's light chocolate, dark chocolate, butterscotch and vanilla. If you can't make up your mind which one to take, take one of each.

New Cool'n Creamy cups. The best thing since ice cream.



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Kit 61494 Frame for above @ \$8.98 each plus .50 postage Kit 61495 Strawflowers @ \$6.98 each plus .35 postage Kit 61496 Frame for above @ \$5.98 each plus .50	 Send C.O.D. I enclose \$2 goodwill deposit and will pay postman balance plus all postal charges. 		
postage61014 Catalog of other available kits @ \$.35 each61451 New Fall-Winter issue of Ladies' Home Journal Needle &	print name		
Craft Magazine bursting with beautiful things to make, to wear and to give. \$1.25 each	address		
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By Jeanne M. Bauer

THE JOY OF KITCHENS

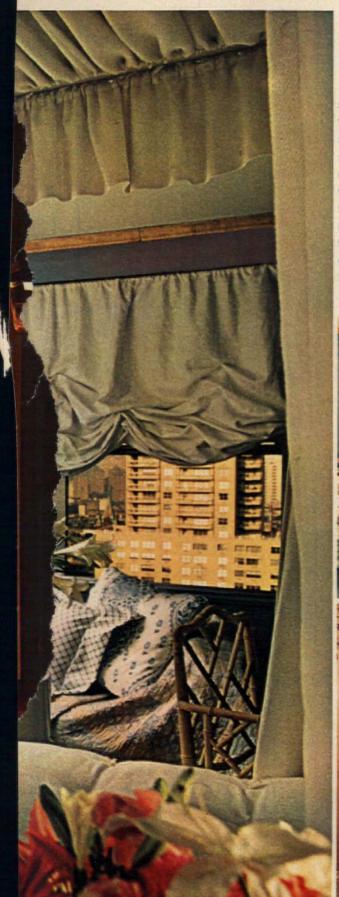


A delight to work in, a nice place to be—that's a good kitchen and an apt description of this one in the Kindel home.

The kitchen tells more about the people who live in a house than any other room: their personality, their lifestyle, their needs. The seven you see here and on the following pages were designed for particular families. Some are new; others have been remodeled; all are located in Colorado. But they vary, just as the families themselves do. Each was selected because it shows what the ideal result should be—the happy heart of a home. The Ted Kindels' kitchen (above) in Vail is among the larger ones you'll see. That's Nancy Kindel, mother of five, readying a roast to pass through to the dining room. Louvered doors cover the pass-through when not in use. Her son, "Tigger," helps by gathering silverware for the table.



USEFUL DREAM ROOMS BY DAY



The super bedroom is an intimate nighttime retreat abounding in comfort and serenity-and with practical, double-duty fringe benefits during the day. The whiteswathed haven you see here, for example, becomes delightfully useful, despite its ethereal mood. A portable sewing machine, concealed by night, creates a functional daytime sewing center when switched to the clearedaway desk. Directions for making the bed hangings and matching quilt begin on page 101. For other space-saving dream rooms, turn the page.





A working woman who sews created this luxurious bedroom. Using her sewing machine and drifts of white Belgian linen, she made a canopy and curtains around the bed, a bowsprinkled quilt and a balloon shade at the window. More of the fabric slipcovers a sofa and skirts a table.

Bedside desk (above, left) is used for cutting fabric and setting up sewing machine. Pine molding caps slate-blue-lacquered walls, which are complemented by oversized sofa pillows in a mix of patterns. An 18th-century armoire (left) houses the Singer and other sewing gear.



For her studio-bedroom (above and opposite, top), a young-married artist chose a white-and-cream color scheme. Flokati rug on double bed is heaped with handwoven pillows and accented by macrame wall hanging. Pine chests and open bookcases provide storage. Serving cart on casters is a wheel-about worktable. Unpainted stools and canvas blinds carry out natural look.

BEDROOMS-DREAM ROOMS continued

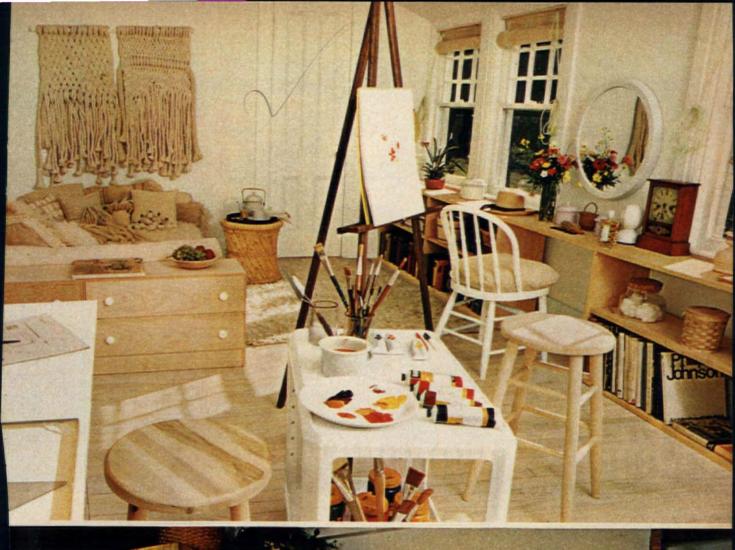
Convenience, comfort, versatility

One couple's way of devising an airy studio in their country home for the artist-wife was to break through the wall of two tiny bedrooms and create one large working-sleeping space. And in a city apartment, a young business couple converted their bedroom into a handy weekend office, mixing all the prosaic tools of work with their personal treasures. Though these bedrooms are geared to the special interests of their occupants, there's no reason why you can't stretch your imagination and make your bedroom just as versatile.

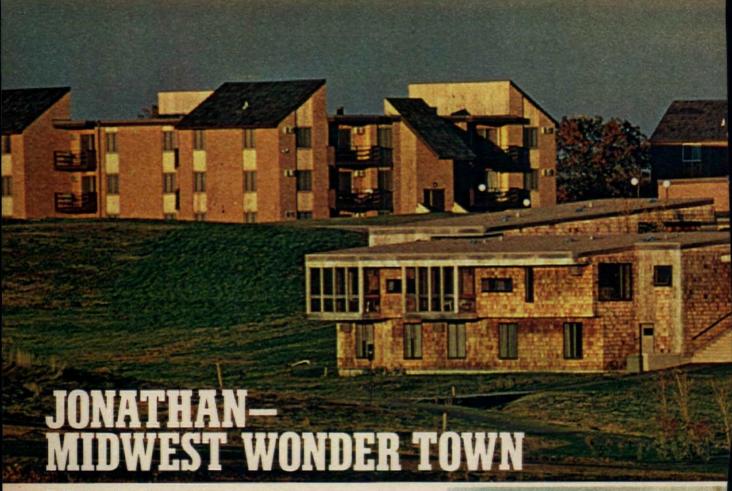
A career-minded but home-loving pair created this efficient office-at-home (opposite, bottom) without losing the charm of their bedroom. Wicker étagères housing their files and slick plastic-laminated Parsons tables used as desks mix with an antique brass bed, an embroidered Iraqi rug and a collection of patchwork pillows and quilts.









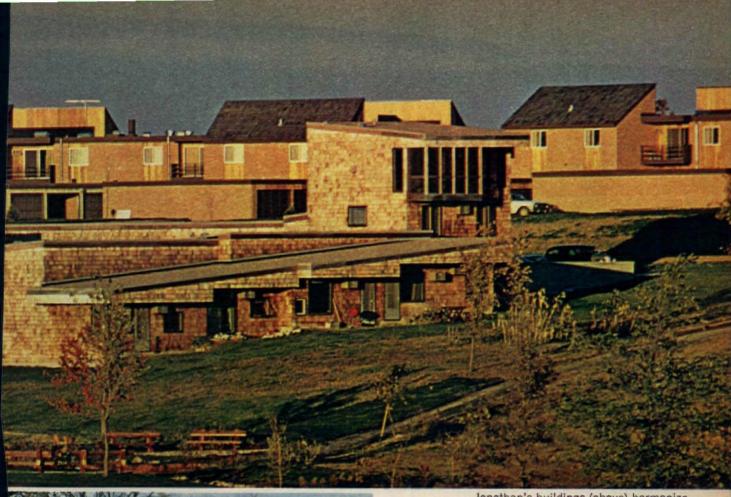


By Barbara Plumb

Gently rolling farmland studded with woods and artificial lakes sets the scene for the Midwest's first "new town." Named Jonathan, after Jonathan Carver, an 18th-century English explorer who discovered the Minnesota River, the 5,000-acre community is situated 25 miles southwest of Minneapolis. Now under construction, it will comprise five villages, an industrial park and a town center when completed in 1987. Each village will consist of single-family units, rental and condominium apartments and row houses, reflecting the planners' desire for a healthy, heterogeneous mix. In Village One, where nearly 1,000 people have already settled, highpriced dwellings sit next to low-income town houses; all children use the same playgrounds and recreation facilities. Jonathan's architectural innovation is a stackable modular system that can create almost any type of structure on any site. The first complex to be erected along these lines is the Tree Loft, shown right and opposite, which has one- and two-bedroom apartments with rents ranging from \$145 to \$200 a month-and such features as threestory living rooms and balcony sleeping lofts. For more on Jonathan, its plans, its planners and its style of living, see page 78.



Young couples like Terri and Dan Desmond (right), who moved to Jonathan from Minneapolis, enjoy the openness of the Tree Loft's duplex apartments. They find living on different levels exciting.



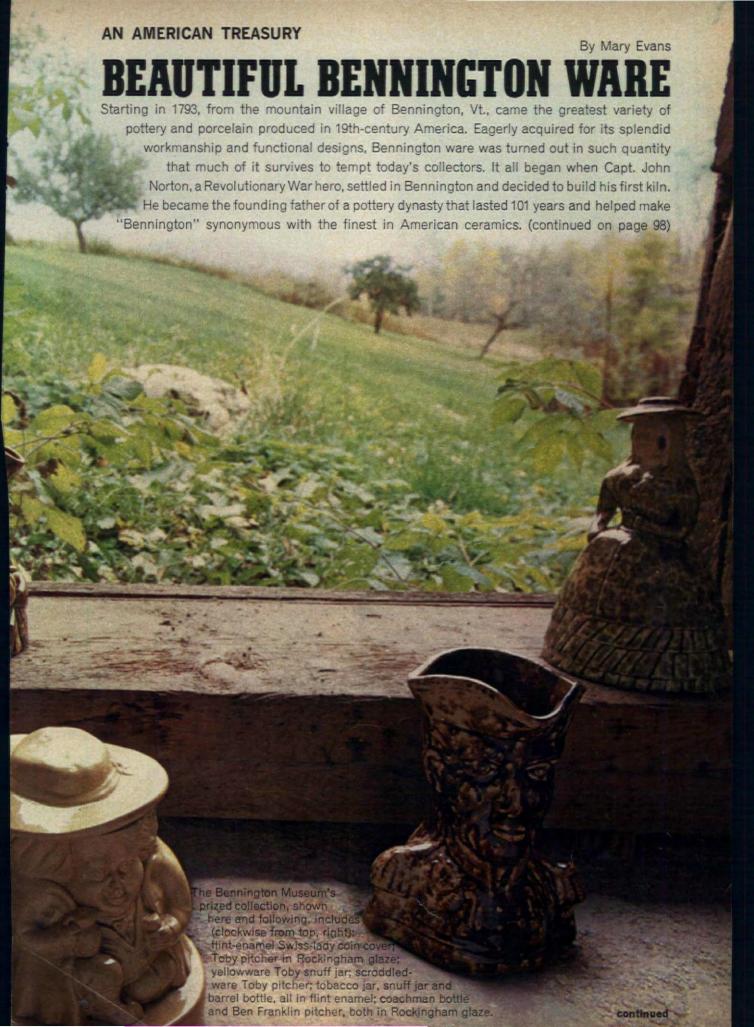
Jonathan's buildings (above) harmonize because of their simple shapes and human scale.



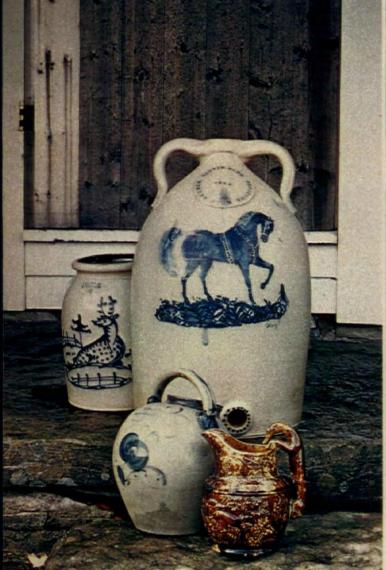
In the Tree Loft complex (above), slope-roof components resting on modular boxes expand interior space and make the rooms seem more like those in multilevel houses than in standard apartments.

Boardwalks connecting Tree Loft apartments (left) stand on stilts and wind around existing trees.





Color and glaze gave the pottery its rich texture...







Kitchen wares in warm colors are set on Vermont marble sink in Topping Tavern (above), near Bennington. Clockwise from top: redware jar, yellowware bowl, small jug in mottled Rockingham glaze, miniature stoneware crock, Rockingham cake mold, flintenamel pie plate and dark-luster pitcher.

Brilliant blue designs enhance simple lines of salt-glazed stoneware crock and two jugs (above, left). Hound-handled pitcher (foreground), which came in four different sizes, was made only in brown Rockingham glaze. Each of these pieces is a collector's item.

Shown (left) with tools of the trade at Topping Tavern's blacksmith shop are, from left: a brandy flask in Rockingham glaze, four flint-enamel bottles shaped like books and four different-shaped stoneware bottles.

with the human touch present in every single piece.

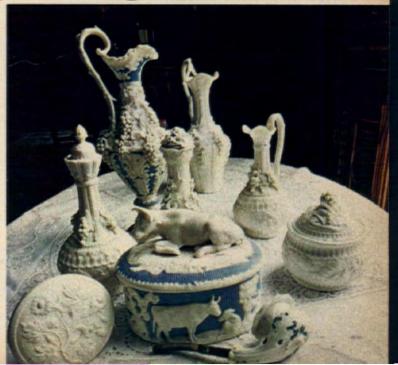


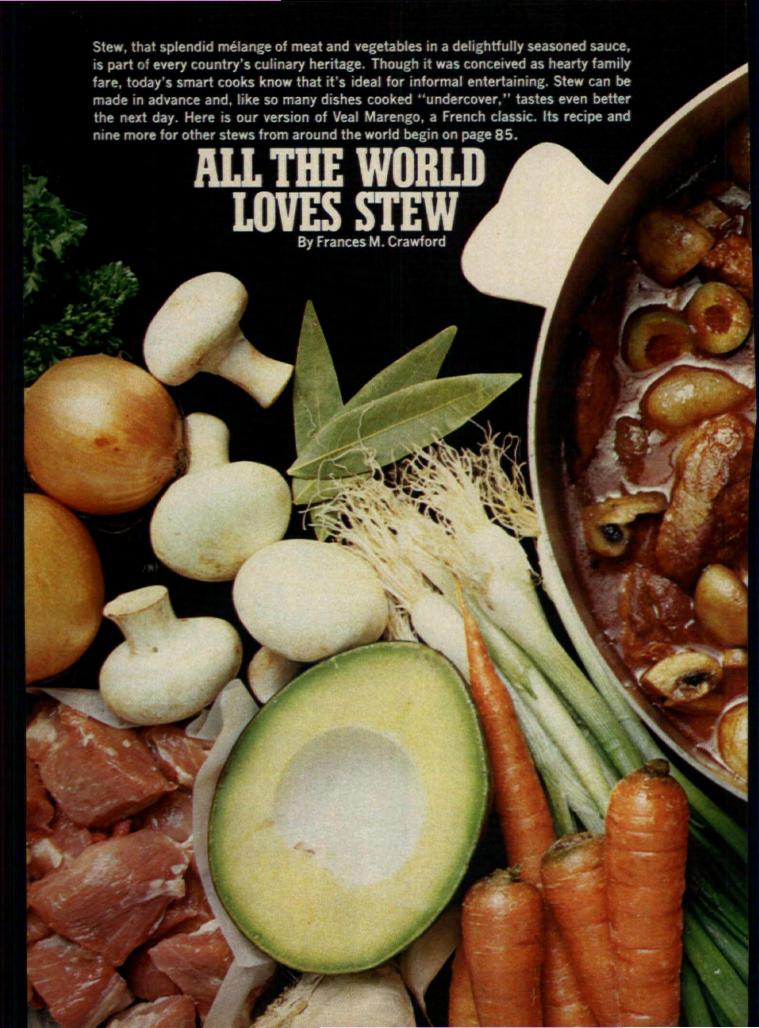


Historic Governor McCullough Mansion in North Bennington is the setting for these elaborate pieces of decorative Victoriana (above) in flint enamel. Pedestal-base oil lamp with original glass globe is framed by recumbent deer, rarest of Bennington animals.

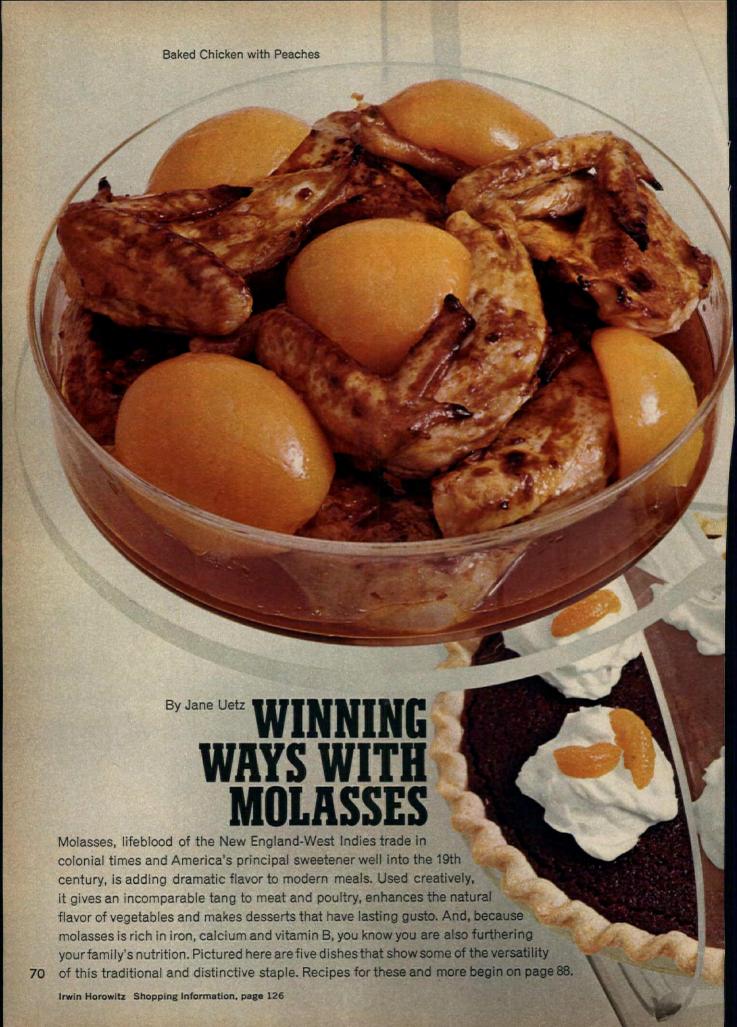
Solitary graniteware poodle with bright blue eyes (above, right) eagerly holds up an empty basket. Though this unique fellow never had a mate, poodles were usually made in pairs as mantelpiece ornaments, their baskets filled with tiny pottery fruit.

Heirloom tea cloth (right) repeats lacy swirls of Parian ware and blue-andwhite porcelain ewers, cologne bottles, trinket boxes, pipe and drapery tieback. Roses or grape bunches were applied separately to molded forms.



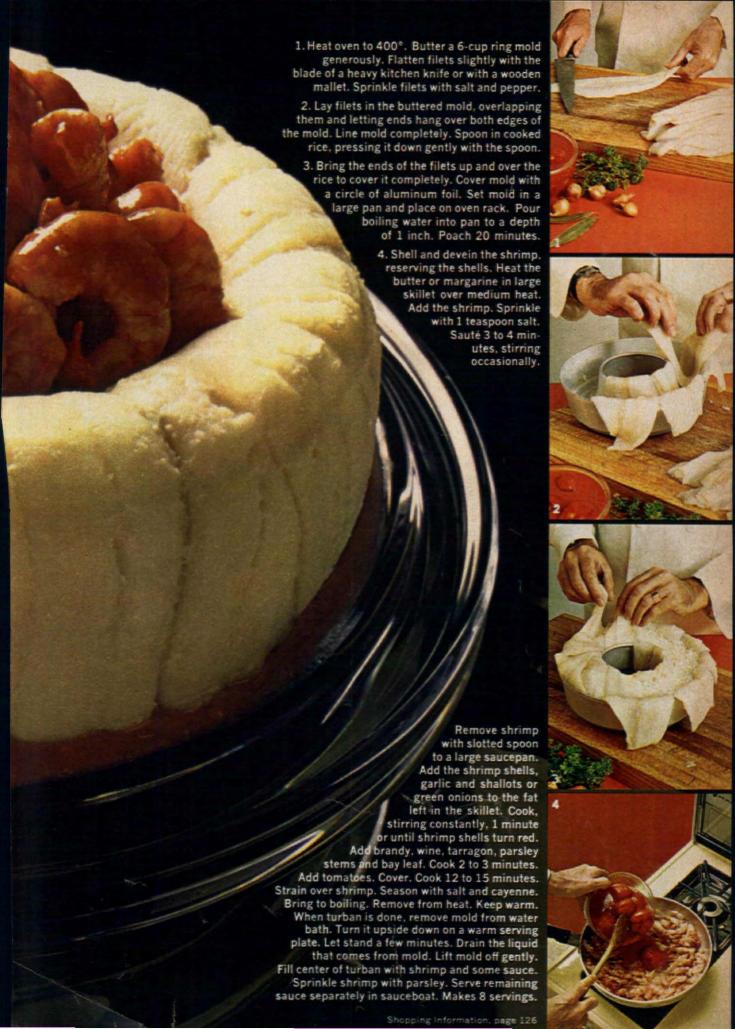












KITCHENS continued from page 57

This wood-rich room reflects the openness and majestic sweep of the Colorado countryside.

Eighteen feet tall at its apex, the Tom Hinsdales' kitchen in Steamboat Springs is high, wide and handsome. There are lots of windows for viewing the surrounding valley and mountains. The view also takes in an adjoining greenhouse. "I can see the bougainvillaeas blooming, even in the dead of winter," says Carolyn Hinsdale. The Hinsdales are an outdoor family. Both Tom and Carolyn enjoy skiing, hiking, horseback riding-anything they can do outside together with their two young children. Because they also love to entertain, their kitchen contains an enviable variety of modern conveniences.

There are double wall ovens (self-cleaning, of course), built-in gas surface units and an electric combination grill-griddle-rotisserie with a venting system that makes a hood unnecessary. There are also a built-in portable-appliance center, a side-by-side refrigerator-freezer and another big freezer in the adjacent mud room. To speed up cleanup, there are a dishwasher, garbage disposer and garbage compactor.

Butcher-block counter tops throughout ease food preparation. They also reflect Carolyn's love of natural wood. Counter tops, cabinets, breakfast bar even the floor is wood.

Carolyn does much of her party food preparation in advance; the two freezers come in handy then. She uses her indoor electric grill often for cooking steaks and roasts, and even more exotic dishes. Would you believe that Carolyn makes her own mincemeat out of elk meat?

Large enough to be a family center (activity area is to the right of the counter), the Hinsdale kitchen (above, right) lets Carolyn be part of family doings even while preparing a meal.

Equipment includes, from left: smallappliance center, garbage compactor, gas surface units, electric grill.





There was a time when the stories were more interesting than the vegetables.

Inside every man, lives a little boy who didn't like his vegetables.

Ask any man who was ever a kid. He'll tell you mother could turn

peas into buried treasure and carrots into rabbits and make asparagus taste as good as cotton candy at the circus on a Saturday afternoon.

Until the impossible happened: Little Jimmy opened his mouth as wide as his eyes and in went the vegetables, vitamins and all.

At Birds Eye, we never forget that little boy. That's why

we've come up with Birds Eye Combinations?

We started with the simple vegetables of old, like carrots and beans and peas. But Birds Eye Combinations aren't like the vegetables that gave all the

problems to yesterday's mothers.

We've combined green beans, peas, yellow corn and baby limas. All swimming

in an onion sauce. Put a delicious brown sugar glaze on the carrots. Added crisp, toasted

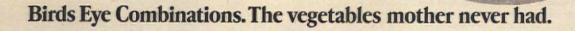
almonds to French green beans. With Birds Eye

Combinations on the table you can forget about the vegetables, for a change.

And concentrate on more important things. Like what you're going to serve him tomorrow night.

And the night his mother comes

to dinner.



A problem kitchen gets a super solution for smooth functioning.



With five doors, this kitchen in Steamboat Springs (above) has minimal wall space. So Duane and Barbara Rennels added an island counter that contains work space, a breakfast bar, Corning's Counter That Cooks and a built-in electric grill with a venting system like the Hinsdales', page 74.

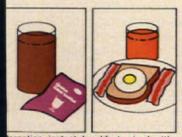
By using an adjoining pantry for wall ovens, extra counter space and storage (right), Barbara turned a cut-up kitchen with no discernible traffic pattern into a functional kitchen-pantry.





Breakfast Insurance

Real breakfast nourishment - without a big breakfast

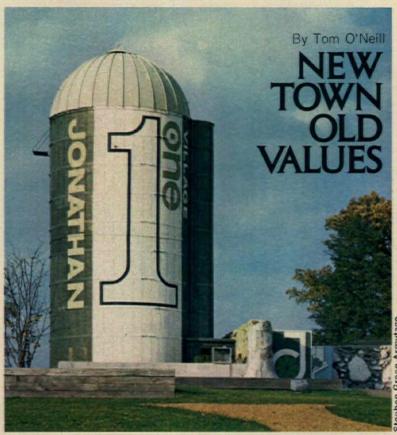


arnation instant breakfast mixed with nilk has as much protein, vitamins, minrals and food energy as a poached egg on oast, two strips of bacon and a glass of range juice. If there's one thing a body needs at breakfast time, it's real nourishment. And when you're too rushed for your regular breakfast, Carnation instant breakfast is real breakfast insurance. It delivers essential protein, vitamins, minerals and food energy... in an instant.

How does Carnation instant breakfast make a quick glass of milk a nourishing meal? Milk contributes substantial nutrition. (Read our package label.) Then to make milk a meal, Carnation instant breakfast contributes the rest of the protein, vitamins, minerals and food energy. It all adds up to as much nourishment as there is in a poached egg on toast, two strips of bacon and a glass of orange juice.

The next time you want real breakfast nourishment—without a big breakfast—get Carnation instant breakfast. It's real breakfast insurance on any hurry-up day. Keep it on hand.

Carnation® instant breakfast, Carnation Company, Los Angeles, Calif.



Master planning will make Jonathan, Minn., a model of peaceful coexistence for 50,000 people and 5,000 unspoiled acres.

From the air the land looks like a rumpled quilt, with undulating patches of green, gold and brown broken by irregular slivers of blue and fringes of green. This is the site of one of America's newest new towns, created from the ground up: Jonathan, Minnesota.

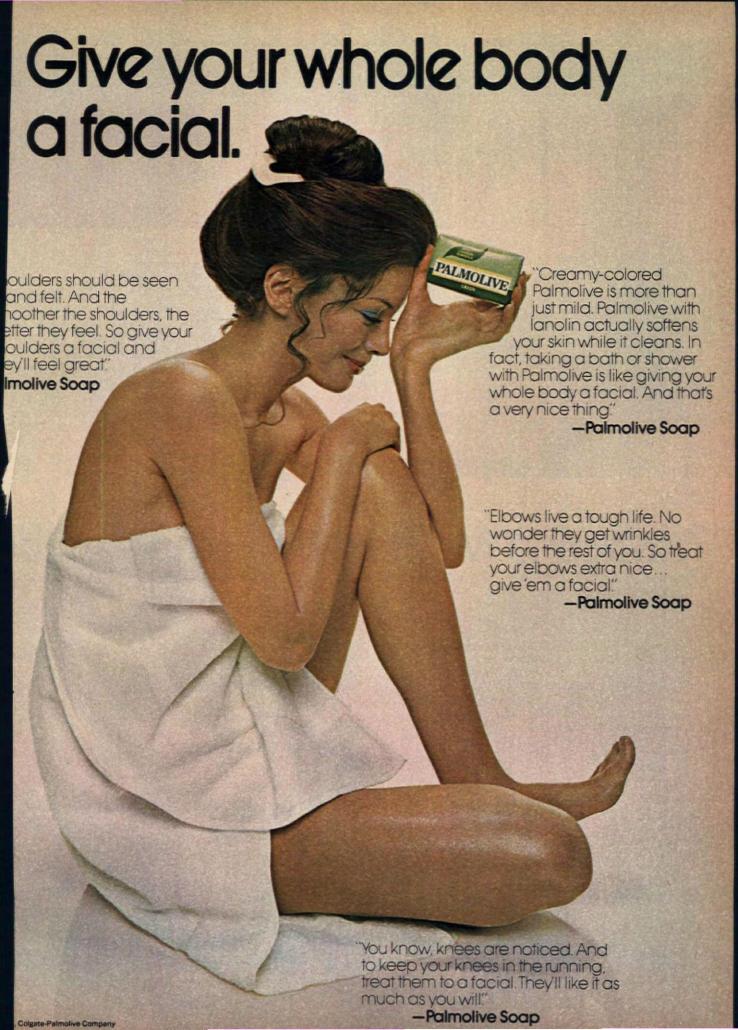
If you cringe at the thought that another piece of pristine American wilderness is being sacrificed on the altar of urban growth, rest your fears. This 5.000-acre development, ultimately the home of 50,000 inhabitants, is unusual. From the beginning its planners have been determined to preserve, not destroy, the countryside-to strike a delicate balance between land that is used and land left to nature. The indiscriminate bulldozer tactics associated with so many suburban developments are anathema to constituents in the Jonathan Development Corp., whose general manager, Ben Cunningham, is master planner for the entire enterprise. Cunningham, a noted architect, has

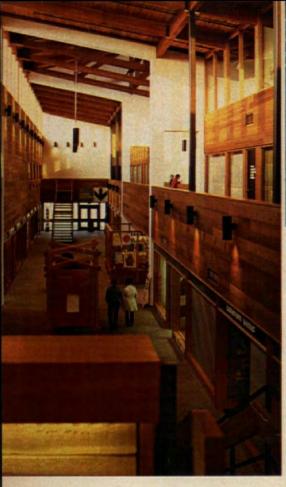
been careful to consider the existing topography when laying out each of Jonathan's five villages—and also to adhere to strictest ecological standards. Ground vegetation essential to erosion control is conserved; neighborhood clusters are separated by belts of green; homes and apartment complexes, roads, pedestrian walks and bicycle paths have all been carefully placed to disturb as little of the terrain as possible—and also to preserve the existing natural watershed systems.

Preserving land is one thing; making it serve the great demands of a growing population is another. But Jonathan aims to do both. When it is completed, in about 15 years, its residents will have the best of two worlds: countryside living and urban convenience. At present, downtown Minneapolis is an easy 30-minute expressway ride away; and an efficient rapid-transit system (possibly a monorail), expanding an existing railbed, is on the drawing boards.

Jonathan is the brainchild of Henry T. McKnight, a former Minnesota state senator and vice-president of a prominent real-estate development firm. As a result of a feasibility study he commissioned in 1964, his dream of creating a heterogeneous town began to take shape in a relatively unpopulated farm and woodland area. Many of the farms are still functioning, and some of the abandoned farm buildings are being used ornamentally—like the silo pictured above, which serves to mark the location of Jonathan's first completed village.

Four more villages are in McKnight's plan, each to have 7,000 people, its own churches, schools, recreation facilities and a village center with supermarket, medical facilities and a variety of shops. The villages will be linked by two access systems, one for cars and buses and one for pedestrians and bicyclists, with underpasses to assure safe crossing of major thoroughfares. (continued)







Village One Center is a feature attraction day or night (above). Easily accessible, it houses most of the villagers' everyday buying needs under one roof-a decided asset in the rugged Minnesota winters, Interior mall (left) contains shops and services, doctors' offices and a passageway leading to a supermarket.

NEW TOWN continued

The nucleus of Jonathan—department stores, offices, restaurants and theaters-will be contained in one Y-shaped Town Center, each of whose three wings will extend for three-fourths of a mile from a central axis. Upper floors of this megastructure will be devoted to apartments-to house 15,000 persons.

The figures are impressive; so is the

plan. But Jonathan is more than just numbers-people, acreage, miles of roads, strands of walkways and green belts. With Village One becoming a lively reality, a special character and flavor have begun to emerge. Unlike many of its new-town predecessors in Europe, Jonathan is not simply a lifesize architectural model, nor is it a

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She sent us the important things. The nutrients, vitamins, minerals, protein. And up here at Knox we blend them into a very healthy family indeed.

These drinks, for instance. Now most folks know Knox Gelatine Drinks are great for nails, but don't know about all the other good things inside. Like all the nutrition of gelatine protein. All the Vitamin C people need in a day. Plus, they never gel, they dissolve 100%, and they taste like Mother Nature had mixed them up herself. In orange, grape, cranberry-orange, grapefruit, and chocolate.



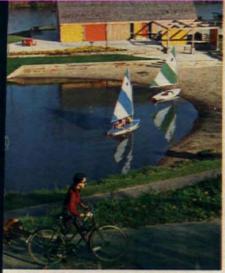












Bicyclist (above) pauses beside lake. Boathouse (rear) is a warming room in winter, a rec room in summer.



Trish Walsh, whose father owns a boarding stable near Jonathan, rides through a wilderness area of the new town.



A mock pirate's ship delights the children in Village One. Surrounded by a play area, it is climbed on daily.

place into which people are simply "put." For all its newness, Jonathan is not the 21st century; it contains not a hint of Brave New World.

Rather, it is a warm, casual, somewhat rustic community where people and land coexist in pleasant harmony. The structures are simple and unpretentious, their exteriors mostly roughsawn wood that is subtly stained to echo the soft but varied colors of the land-scape. Particular care has been given to siting, to avoid the cookie-cutter monotony so common in most suburban developments. One-fifth of all the land will remain untouched—unspoiled wilderness areas wind casually through all of the neighborhoods, assuring residents

of lovely, natural vistas. There are homes, apartments, town houses—all very different in style and price range, and all designed to suit a great variety of people-needs and income levels. Jonathan provides housing for top executives, blue-collar and white-collar workers, low-income families, singles, young marrieds and retirees. (continued)



NEW TOWN continued

But for all the variety, there is a unity of theme and a sense of identity. Jonathan is stamped with its own personality, which grows out of an abiding respect for traditions that were brought to this gentle but untamed land by its original settlers. Mostly Scandinavian, they were a hearty group, agrarian, adventurous and solid. They had an inborn respect for the land and a firm determination to make it work for them.

Today, in a way, history is repeating itself. The old values persist. It is to the planners' everlasting credit that in creating something new, they have the sensitivity to understand and incorporate the old. A strong sense of pioneer camaraderie is plainly evident among the people, along with great pride and a feeling of togetherness.

As Alvin Collins, a talented graphic designer for the Jonathan Development Corp., puts it, "I'm a Virginia transplant. I moved to Minneapolis, lived in the central city for a while, then in the suburbs, and now that I live in Jonathan I'm beginning to get the real feel of the Minnesota way of life. I may not be outdoorsy as most, but I enjoy relating to the land. I like just to look at the lakes and the trees. This is impossible in the city, of course, and the suburbs don't offer either the advantages of the city or the beauty of the country."

Collins also relates to the people of Jonathan. He enjoys the diversity so uncommon in middle-class, all-alike suburban communities. "In Virginia, things were much more rigid, more formal," he recalls. "Here there is a casualness, a certain open friendliness." This casual atmosphere begins with the look of Jonathan, the very architecture. "You won't find the formal, pillared facades on homes that you might find in Virginia," says Collins. "Almost everything here is reduced to its simplest line-call it 'rustic contemporary.' There are no meaningless frills and little 'curb appeal,' just honest structures designed to blend into the landscape as gently as possible."

Margarita Hidalgo lives in one of the Farmhill Townhouses, comfortable and efficient one-, two- and three-bedroom apartments, whose modest rents (because of federal rent subsidies to low-income housing) range from \$120 to \$162 a month. She and her husband and three children moved from the city about a year ago. "We love it here," says this young housewife. "The people are friendly, the trees and views are wonderful, and I don't have to worry about the children. We used to have to drive to get to any kind of recreation. Here we can easily walk to the playgrounds or to the lake for a picnic."

"I like to tell friends and relatives who live in the suburbs to come out to Jonathan for a walk," says Susan Carleson, a freelance artist married to a copywriter who works in St. Paul. "They can't believe it until they get here. They are so used to crawling in and out of cars that they find it difficult to believe that here we walk everywhere. It's almost a sin to use

a car. We walk to the lake, to the woods-even to visit friends." Mrs. Carleson has a year-old daughter. "You have no idea how marvelous it is to take the baby out and never have to cross a street."

Claude and Janet Seal recently celebrated their 50th wedding anniversary in Jonathan by having a big party in Village One

> Center. Some time back they sold their Minneapolis home and lived in a suburban apartment-but not for longbefore moving to Jonathan. "We didn't like the cramped feeling, the lack of privacy," says Claude, "and there was nowhere to go. Highways were everywhere, streets and

> > traffic. Here we can walk the trails, sun in the parks, and I have a workshop in the basement. No one feels afraid to go out at night around here."

And that seems to sum up the spirit of Jonathan. A place where people-all kinds of people-can relate to one another and to the land, where they are not victimized by automobile, pollution or the fear of one another. Jonathan is more than a

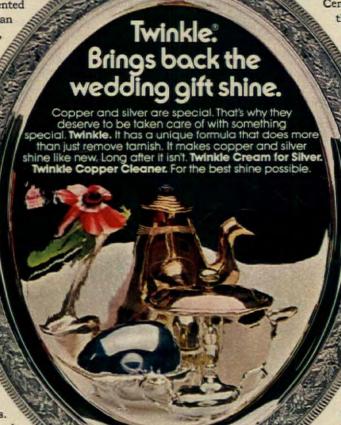
new town. It's a natural and organic thing-perhaps the beginning of the real greening of America.

To founding father Mc-

Knight, Jonathan "is actually in some ways rather oldfashioned. We believe in the

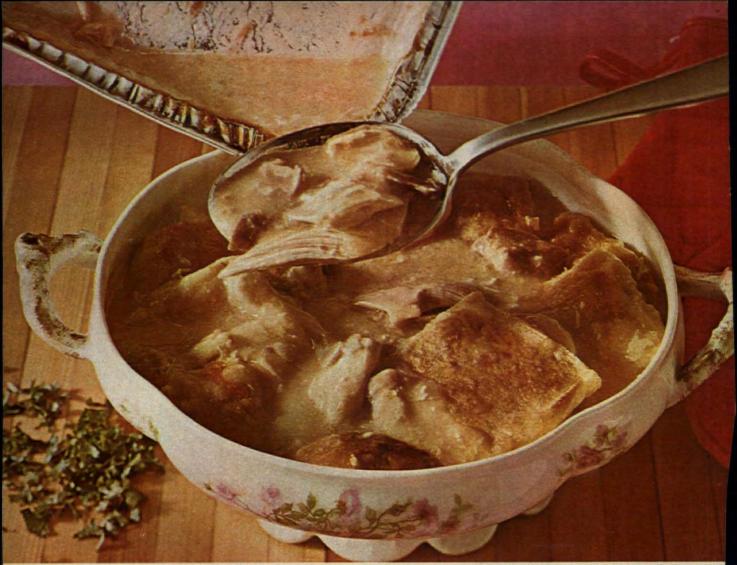
old-fashioned values of community and neighborliness, which we seem to have

gotten away from in the world these days." And then he adds: "The real difference between Jonathan and old-style towns and cities is that Jonathan is for people . . . planned for all kinds of people with all kinds of needs and all kinds of ideas about how they want to live. It is not planned for how many buildings can be crammed into it. It's planned for lakes and laughter and happy family times. And it is planned for clean air and clean streets. It's a town whose primary purpose is to have open space and parks and elbow room, after the town is completely built." END



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SHANGHAI PORK STEW (pictured above)

- 3 tablespoons peanut or pure vegetable
- 2 pounds pork shoulder cut in 1/2-inch pieces
- 6 green onions, cut in 1-inch pieces 1/2 cup chopped onion (1 medium)
- 1/2 cup soy sauce
- 1 can (133/4 ounces) chicken broth
- 1 tablespoon sugar
- 2 cups pared, sliced carrots
- 1 can (6 ounces) bamboo shoots, sliced (optional)
- 1 package (7 ounces) frozen snow peas, cooked and drained

Heat oil in heavy saucepan or Dutch oven over high heat. Brown meat in batches, transferring meat to bowl as soon as it is browned. Add green onions and onion to fat left in pan. Cook 2 minutes, stirring constantly. Return meat to pan. Add soy sauce, chicken broth and sugar. Bring to boiling. Cover. Reduce heat. Simmer 40 minutes. Add carrots and bamboo shoots. Simmer 10 minutes. Add snow peas. Heat through. Makes 6 servings.

HUNGARIAN BEEF GOULASH

- 1/4 cup lard, butter or margarine
- 2 cups diced onion (2 large)
- 3 pounds lean chuck or round cut in 11/2-inch pieces
- 2 teaspoons paprika
- 2 tablespoons flour
- 2 cans (101/2 ounces each) beef broth
- 1 can (8 ounces) tomato sauce
- 1 can (1 pound, 12 ounces) tomatoes
- 1 bay leaf Salt

Pepper

Melt lard, butter or margarine in heavy saucepan or Dutch oven over medium heat. Add onion and meat. Sauté until lightly browned. Sprinkle with paprika and flour. Cook 1 minute, stirring constantly. Add beef broth, tomato sauce, tomatoes and bay leaf. Cover. Bring to boiling. Reduce heat. Simmer 2 hours or until meat is tender. Remove bay leaf. Skim as much fat as possible from surface of sauce. Correct seasoning with salt and pepper. Serve with noodles or small boiled potatoes, as desired. Makes 6 to 8 servings.

VEAL MARENGO

(pictured)

- 2 tablespoons butter or margarine
- 2 tablespoons pure vegetable oil
- 3 pounds veal shoulder, cut in 11/2-inch
- cup minced onion (1 large)
- 1 clove of garlic, minced
- 3 tablespoons flour
- 1 cup dry white wine
- 1 can (133/4 ounces) chicken broth
- can (8 ounces) tomato sauce
- 1 small bay leaf
- 1/4 teaspoon leaf thyme, crumbled
- 1/4 cup butter or margarine
- 1 pound small mushrooms
- 1 can (1 pound) small boiled onions, well drained
- 1 cup sliced stuffed olives Salt

Pepper

2 tablespoons chopped parsley

Heat 2 tablespoons butter or margarine and oil in heavy saucepan or Dutch oven over medium heat. Brown veal on all sides, in several batches, removing meat as it browns. Add onion and garlic to fat left in pan. Cook 1 minute. Sprinkle with flour. Cook 1 minute, stirring constantly. Return meat to pan. Add wine, chicken broth, tomato sauce, bay leaf and thyme. Cover. Bring to boiling. Lower heat. Simmer 1 hour or until meat is tender. Melt 3 tablespoons butter or margarine in skillet over medium heat. Sauté mushrooms until tender, stirring or tossing occasionally. Remove from skillet: reserve. Melt 1 tablespoon butter or margarine in same skillet; add onions; sauté until glazed a golden brown. Add mushrooms, onions and olives to veal five minutes before meat is cooked. Simmer 2 to 3 minutes. Transfer meat and vegetables to serving dish with slotted spoon. Keep warm. Bring sauce to boiling. Simmer 5 minutes, skimming fat as it comes to surface. Correct seasoning with salt and pepper. Strain sauce over meat and vegetables. Sprinkle with chopped parsley. Garnish with toast points, if desired. Makes 6 servings.

IRISH STEW

- 2 pounds potatoes, pared and cut in 1/2-inch-thick slices
- 1 pound onions, sliced
- 3 pounds shoulder of lamb, cut in 11/2-inch pieces
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon leaf thyme, crumbled
- 1 teaspoon Worcestershire sauce
- 2 tablespoons chopped parsley

Arrange layers of potatoes, onions and meat in heavy saucepan or Dutch oven, seasoning each layer with salt. pepper and thyme. Add just enough water to fill pan half the depth of in-

gredients. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Add Worcestershire sauce. Correct seasoning to taste. Turn into serving dish. Sprinkle with parsley. Makes 6 to 8 servings.

MEXICAN LAMB STEW WITH CAPERS

- 2 tablespoons lard, butter or margarine
- 3 pounds boneless shoulder of lamb, cut in 1-inch pieces
- cups minced onion (2 large)
- clove of garlic, minced
- can (1 pound 12 ounces) tomatoes
- 1 jar (31/4 ounces) capers, well drained
- teaspoon salt
- 1 teaspoon dried oregano
- 1/4 teaspoon chili powder
- 1 avocado, peeled and sliced

Heat lard, butter or margarine in heavy saucepan or Dutch oven over high heat. Brown meat in several batches, removing pieces as soon as they are browned. Reduce heat to medium. Add onion to fat left in pan. Cook 2 minutes. Add garlic; cook 1 minute. Return meat to pan. Add tomatoes, all the capers except one tablespoon, salt, oregano and chili powder. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Remove as much fat as possible from surface of sauce. Correct seasoning of sauce with salt and pepper. Turn into serving dish. Sprinkle with reserved capers. Garnish with avocado. Makes 6 servings.

CATALAN BEEF STEW

- 1/4 cup olive oil
- 3 pounds lean chuck or rump, cut in 11/2-inch pieces
- 1 cup sliced onion (1 large)
- 1 clove of garlic, crushed
- 1/4 cup brandy
- 1 cup dry white wine
- 1 can (1 pound, 12 ounces) tomatoes
- 1/2 teaspoon salt
- 1 bay leaf
- 1/4 teaspoon leaf thyme, crumbled
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon leaf marjoram, crumbled

Heat oil in heavy saucepan or Dutch oven over high heat. Brown meat in small batches, transferring pieces to a bowl as soon as they are browned. Add onion and garlic to fat left in pan. Cook 2 minutes, stirring occasionally. Return meat to pan. Add brandy and wine. Bring to boiling. Cook 2 minutes. Add tomatoes, salt, bay leaf, thyme, cinnamon and marjoram. Cover. Bring to boiling, Reduce heat, Simmer 2 hours or until meat is tender. Remove meat to serving dish with slotted spoon. Keep warm. Correct seasoning of sauce. Pour over meat. Makes 6 servings.

continued

What makes Wonder Bread so fresh?



STEWS continued

ARMENIAN LAMB STEW

- 1 package (1 pound) red or navy beans
- 1 cup diced onion (1 large)
- 1 tablespoon salt
- 2 tablespoons olive oil
- 2 tablespoons butter or margarine
- 2 to 2½ pounds lean lamb, cut in 1½-inch pieces
- 1 cup minced onion (1 large)
- 1/2 cup coarsely chopped parsley
- 1/4 cup chopped shallots or green onions
- 1 teaspoon dill seeds
- 1 tablespoon dried mint leaves
- 1/4 teaspoon turmeric
- 1/4 cup flour
- 2 cans (13% ounces each) chicken

Salt Pepper

Wash beans. Drain. Place in large saucepan with 6 cups cold water. Add diced onion. Cover. Bring to boiling. Reduce heat, Simmer 1 hour, Add salt, Simmer 30 to 45 minutes or until beans are tender. Keep in liquid until ready to serve. Heat oil and butter or margarine in heavy saucepan or Dutch oven over high heat. Brown meat in several batches, removing pieces as soon as they are browned. Reduce heat to medium. Add onion to fat left in pan. Cook 2 minutes. Add parsley, shallots or green onions, dill, mint and turmeric. Cook 1 minute, stirring constantly. Stir in flour. Cook 1 minute. Add chicken broth. Bring to boiling, stirring constantly. Return meat to pan. Cover. Reduce heat. Simmer 1 hour or until meat is tender. Correct seasoning of sauce to taste with salt and pepper. Arrange stew in center of warm serving dish. Arrange beans around stew, using a slotted spoon to remove them from their liquid. Makes 6 servings.

AUSTRIAN RABBIT STEW

- 1 rabbit (2 to 3 pounds) or 1 package (2 pounds) frozen rabbit, thawed
- 2 cups sliced onion (2 large)
- ½ cup chopped shallots or green onions
- 2 cloves of garlic, crushed
- 2 tablespoons chopped parsley, stems reserved
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon peppercorns
- 1/4 teaspoon leaf thyme, crumbled
- 2 cups dry red wine
- 1/4 pound bacon, cut in
 - 1-inch pieces
- 1 can (1 pound) small boiled onions, well drained
- 2 tablespoons butter or margarine 1/4 cup flour
- 1 can (101/2 ounces) beef broth
- 1/4 cup currant jelly
- 1/4 cup dairy sour cream

Cut rabbit in 2-inch pieces. Place in large bowl. Place sliced onion, shallots or green onions, garlic, parsley stems, bay leaf, salt, peppercorns and thyme over meat. Add red wine. Cover bowl. Refrigerate 12 hours or overnight. Drain meat well; pat dry. Reserve marinade.

Cook bacon until crisp in heavy saucepan or Dutch oven over medium heat. Remove with slotted spoon; reserve. Add canned onions to fat left in pan; cook until lightly browned. Remove; reserve. Add butter or margarine to pan. Brown rabbit pieces on all sides. Sprinkle

flour over meat. Stir gently until all fat is absorbed. Add beef broth and reserved marinade. Cover. Bring to boiling. Reduce heat. Simmer 45 minutes to 1 hour or until meat is tender. Remove rabbit pieces to serving dish. Place reserved onions and bacon over meat. Keep warm. Strain sauce into saucepan. Bring to boiling. Reduce heat. Simmer until sauce is reduced to half its original volume, skimming foam as it comes to surface. Add currant jelly. Stir until dissolved. Remove from heat. Stir in sour cream. Cook 1 minute, but do not let sauce boil, Correct seasoning to taste. Pour over rabbit. Sprinkle with parsley. Makes 6 servings.

continued



STEWS continued

BRAZILIAN CHICKEN STEW

1 broiler-fryer (3 pounds), cut up Salt

Pepper

1/4 cup butter or margarine

- 1 cup minced onion (1 large)
- 1 green pepper, seeded and chopped
- 1 small clove of garlic, minced
- 1 can (10½ ounces) chicken broth
- 1/2 teaspoon coriander seeds, crushed
- 1/4 cup peanut butter
- 4 bananas, peeled and fried

Sprinkle chicken pieces with salt and pepper. Heat butter or margarine in large skillet over medium heat. Sauté chicken pieces until golden brown on all sides. Remove. Reserve. Add onion, green pepper and garlic to fat left in skillet. Cook 2 minutes. Add chicken broth, coriander and peanut butter. Bring to boiling, stirring constantly. Return chicken pieces to skillet. Cover. Reduce heat. Simmer 15 to 20 minutes or until chicken is tender. Garnish with fried bananas. Makes 4 servings.

ITALIAN PORK STEW

1/4 pound bacon, cut in 1/2-inch pieces

- 2 pounds lean pork, cut in 1-inch pieces
- 2 cups sliced onion (2 large)
- 1 cup sliced celery
- ½ pound sweet Italian sausages, each cut crosswise in half
- 3 tablespoons flour
- 1/2 cup dry white wine
- 1 can (8 ounces) tomato sauce

1 bay leaf ½ teaspoon dried oregano, crumbled 1 can (10½ ounces) chicken broth Hot, cooked rice

Cook bacon until crisp in heavy saucepan or Dutch oven over medium heat. Remove bacon. Reserve. Add pork pieces to fat left in pan; cook until brown on all sides. Add onion, celery and sausages. Cook 2 to 3 minutes, stirring occasionally. Sprinkle with flour. Stir until all fat is absorbed. Add wine, tomato sauce, bay leaf, oregano and chicken broth. Cover. Bring to boiling. Reduce heat. Simmer 1 hour or until meat is tender. Skim fat from sauce. Add bacon. Serve with rice. Makes 6 servings.



MOLASSES

continued from page 70

GINGER GLAZED CARROTS

(pictured)

- 2 cups sliced, pared carrots,
- cooked and drained 2 tablespoons butter or margarine
- 2 tablespoons light molasses
- 1 tablespoon lemon juice
 ½ teaspoon ground ginger
 Chopped parsley

Combine all ingredients except parsley in medium-size saucepan. Cook over medium heat, stirring occasionally, until carrots are well glazed and thoroughly heated. Turn into serving dish. Sprinkle with parsley. Makes 4 servings.

BAKED CHICKEN WITH PEACHES

(nictured

2 broiler-fryers (2 pounds each), quartered

Salt

Pepper

2 tablespoons butter or margarine, melted

1/4 cup molasses

- 3 tablespoons lemon juice
- 2 tablespoons finely chopped onion
- 1 teaspoon ground ginger
- 1 can (1 pound, 13 ounces) cling peach halves, drained

Heat oven to 375°. Sprinkle chicken with salt and pepper. Place in 2-quart shallow baking dish. Combine butter or margarine, molasses, lemon juice, onion and ginger; brush generously over chicken. Bake 30 minutes, basting once during cooking. Add peach halves; baste; cook 10 minutes or until peaches are thoroughly heated and chicken is tender. Makes 6 servings.

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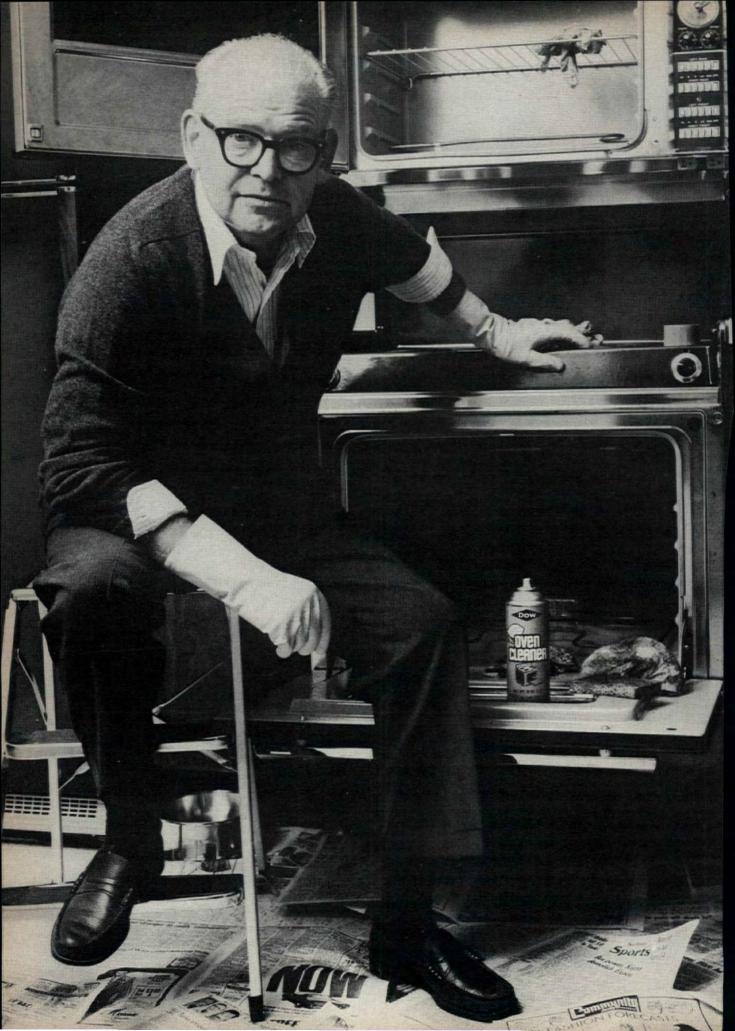
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*Results of Consumer Panel tests available on request.

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MOLASSES continued from page 88

MOLASSES BARBECUED SPARERIBS (pictured)

4 to 5 pounds spareribs, cut into serving-size pieces

Salt
Pepper
1/3 cup light molasses
1/4 cup undiluted frozen concentrated orange juice
1/4 cup tomato catsup
1/4 cup very finely chopped onion
2 tablespoons pure vegetable oil
2 tablespoons vinegar

Heat oven to 350°. Sprinkle spareribs with salt and pepper. Arrange in shallow baking pan. Bake 40 minutes; remove from oven; drain off all the excess fat from pan.

Combine remaining ingredients. Pour over ribs. Return to oven; bake 30 to 40 minutes, basting frequently with sauce, until ribs are brown and thoroughly cooked. Makes 4 to 5 servings.

SHOOFLY PIE

(pictured)

1½ cups sifted all-purpose flour ½ cup sugar ½ teaspoon ground cinnamon 3 tablespoons butter or margarine ¾ cup molasses

½ cup hot water

1/2 teaspoon baking soda 1 unbaked 9-inch pastry crust Heat oven to 350°. Sift flour, sugar and cinnamon together. Cut in butter or margarine with two knives or pastry blender until mixture resembles corn meal. Combine molasses, hot water and baking soda. Add molasses mixture to flour-butter mixture; stir only enough to moisten. (You must work rapidly after adding the molasses mixture. The bubbles that form act as a leavening agent, and over-mixing will result in a fallen or soggy pie.) Pour into unbaked pastry crust immediately. Bake 40 to 45 minutes or until filling is set. Serve with whipped cream or ice cream, if desired.

MOLASSES MARBLE SPICE CAKE (pictured)

2½ cups sifted all-purpose flour
1½ teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon salt
1 cup butter or margarine
1½ cups sugar
4 egg yolks
1½ teaspoons vanilla
½ cup milk
4 egg whites

1/3 cup molasses

Heat oven to 350°. Grease 9-inch tube pan lightly. Sift flour, baking powder, cinnamon, cloves and salt together. Beat butter or margarine and sugar in large bowl until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Mix in vanilla. Add flour mixture alternately with milk, beginning and ending with flour. Beat egg whites until stiff but not dry. Fold into batter gently. Divide batter in half. Fold molasses into one half. Spoon each mixture alternately into prepared pan. Cut through batter once with spatula. Bake 1 hour, 5 minutes or until cake springs back when lightly touched with fingertip. Cool completely. Remove from pan.

MOLASSES BRAN LOAF

The baking-soda/buttermilk/molasses mixture is the only leavening agent in this bread: It is essential to work quickly after these ingredients are combined.

2½ cups whole-wheat flour, unsifted 1½ cups wheat germ ⅓ cup brown sugar, firmly packed ⅙ teaspoon salt 1 cup raisins 2 teaspoons baking soda 1¾ cups buttermilk ⅓ cup molasses

Heat oven to 325°. Grease 9x5x3-inch loaf pan. Combine whole-wheat flour, wheat germ, brown sugar, salt and raisins in large bowl. Mix söda, buttermilk and molasses together. When mixture begins to bubble, stir into dry ingredients immediately. Spoon batter into prepared pan. Bake 1 hour or until bread is lightly browned. Remove from pan. Cool thoroughly on wire rack.

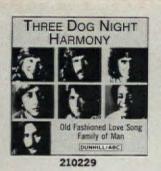
OLD-FASHIONED GINGERSNAPS

1/2 cup soft shortening
3/4 cup brown sugar, firmly packed
1 egg
1/3 cup molasses
2 1/4 cups sifted all-purpose flour
2 teaspoons baking soda
1/2 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground ginger
Granulated sugar
Water

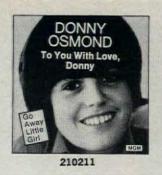
Combine shortening, brown sugar, egg and molasses in large mixing bowl. Beat until mixture is light. Sift flour, baking soda, cloves, cinnamon and ginger together; blend into molasses mixture gradually. Cover; chill 1 hour.

Heat oven to 375°. Shape dough into balls about the size of a walnut. Dip tops in granulated sugar. Place, sugar side up, about 3 inches apart, on greased baking sheet. Sprinkle each cookie with 2 drops of water. Bake 10 to 12 minutes or until cookies are lightly browned. Remove cookies immediately from baking sheet with broad spatula; place on wire racks; cool. Makes about 3 dozen.











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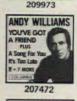














































































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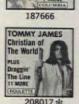
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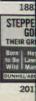






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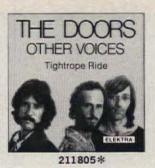
* Selections marked with a star are not available in reel tapes

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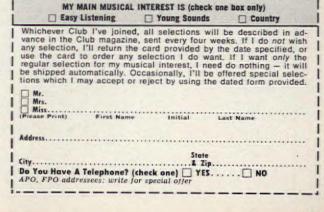
COLUMBIA HOUSE, Terre Haute, Indiana 47808 I am enclosing check or money order for \$2.86, as payment for the 14 records indicated below. Please accept my membership application for the Columbia Record Club. I agree to buy ten records (at regular Club prices) in the coming two years — and may cancel membership at any time after doing so.

TAPES
I am enclosing my check or money order for \$2.86, as payment for the 8 tapes indicated below. Please accept my membership application for the Columbia Tape Club. I agree to buy seven tapes (at regular Club prices) in the next two years — and may cancel membership any time after doing so. SEND ME THE FOLLOWING TYPES OF TAPES (check one box only) ☐ Cartridges (PN-W) ☐ Cassettes (PP-X) ☐ Reel Tapes (MH-Y)

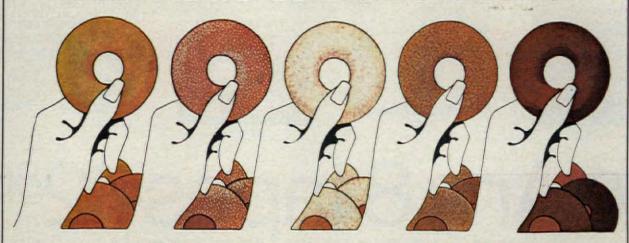
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- provided . . . or accept by simply doing nothing.

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THE ABC'S OF DOUGHNUTS



Fried cakes, in one form or another. have always been popular in America. It is said they arrived with the earliest Dutch settlers, though there is a legend that a playful Nauset Indian once shot an arrow through a patty his squaw was making, frightening her so much she dropped it into a kettle of hot fat. But who dreamed up the hole that makes a fried cake a doughnut? Hanson Gregory, a 19thcentury New England sea captain, claims that credit. As a boy in Maine, he complained that the center of the fried cake his mother had cooked was soggy and suggested she "cut a hole in the middle where it doesn't cook." The little "holes" are also fried now, and though traditionally they are set aside for children, many an adult thinks them the best part, too.

To make ideal doughnuts, here are some points to remember.

Chilling the dough makes it easier to handle and also helps the doughnut keep its shape while frying.

Forpuffier doughnuts, use a broad spatula to slip them into the fat.

Use a deep-fat thermometer.

DOUGHNUTS

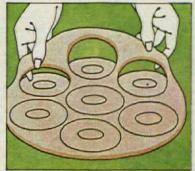
- 41/4 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 eggs
- 1 cup sugar
- 3 tablespoons soft shortening
- 1 cup milk
- Pure vegetable oil or shortening for
- 1. Sift flour, baking powder, salt, cinnamon and nutmeg together. Set aside.
- 2. Beat eggs, sugar and shortening in large bowl until blended.
- 3. Add flour mixture alternately with milk to egg mixture, beginning and ending with the dry

ingredients. Beat well after each addition.

- 4. Chill 1/2 hour.
- 5. Turn dough out onto floured
- 6. Roll dough out about 1/3 inch thick with a floured rolling pin.



7. Cut out with floured doughnut cutter. Be sure to flour the cutter each time.



- 8. Pick up trimmed-off dough around doughnuts. This makes it easier to handle them. Then take a thin spatula and lift out the centers. Set on a piece of floured wax paper. 9. Roll out and cut trimmings the same way until all dough is used. 10. Let stand, uncovered, 10 to 15
- 11. Put enough oil or shortening in a deep, heavy saucepan to fill 2 to 3 inches.
- 12. Clip a deep-fat thermometer to rim of pan. Be sure thermometer doesn't touch bottom of pan. 13. Heat to 375°.



14. Lift doughnut with broad spatula and slide it into hot fat. Put in only 3 or 4 doughnuts at a time. Don't crowd them.

15. Fry about 2 minutes or until golden brown on one side. Turn with a two-tine fork and fry the second side 2 minutes or until golden.



16. Remove from fat carefully; do not prick the surface. Drain on paper towels.

- 17. Fry remaining doughnuts the same way, checking the temperature of the fat before you add them. If the fat is too cool, doughnuts will absorb it before they brown. If it is too hot, they will brown before they are cooked through.
- 18. Fry the center pieces, a few at a time. Drain on paper towels.
- 19. Roll doughnuts in fine granulated or confectioners' sugar. Or shake them, a few at a time, in sugar in a paper bag. Makes about 2 dozen doughnuts and tiny balls.

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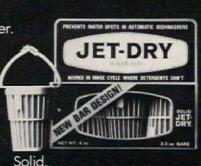
Jet by that water spots form after your detergent has any

(It's there that water spots form—after your detergent has gone down the drain.) Jet-Dry comes in liquid form for machines with dispensers. Or a solid little basket you hang in your dishwasher.

So the next time a dishwasher detergent promises you nothing but spotless, spotless, spotless, remember its claim goes down the drain when it goes down the drain.

Try Jet-Dry Water Spot Remover. You'll see what spotless really means.

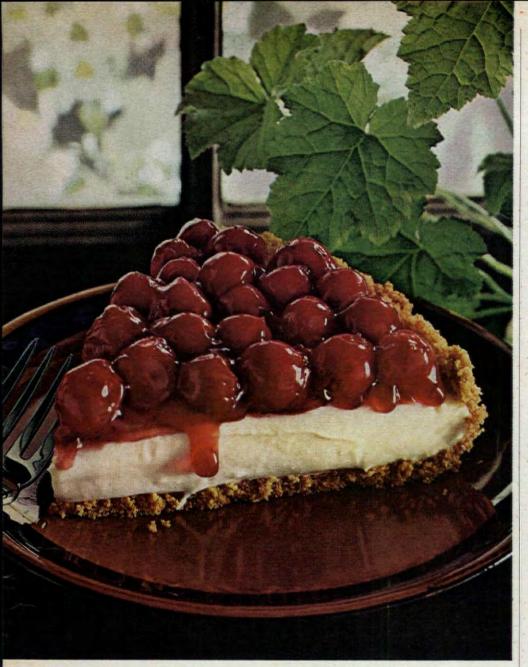
Promise.





Liquid.

Jet-Dry Water Spot Remover.



Cherry Breeze

A luscious no-cook, no-bake cream cheese pie with a crisp crumb crust. Convenience ingredients cut your time and work. All you do is blend and chill.

- 1 cup Kellogg's® Corn Flake Crumbs
- 1/3 cup regular margarine or butter, melted
- 1 package (8 oz.) cream cheese, softened
- 1 can Eagle Brand® Sweetened Condensed Milk
- (not evaporated milk)
 ½ cup ReaLemon®
 Reconstituted Lemon Juice
 (Measure accurately.)
- 1 teaspoon vanilla flavoring
- 1 can (1 lb. 5 oz.) chilled Comstock® Cherry Pie-Filling

Mix corn flake crumbs and margarine or butter thoroughly in 9-

evenly over bottom and sides of pan to form crust. Chill.

Beat the cream cheese until light and fluffy.

Add sweetened condensed milk. Blend thoroughly.

Stir in lemon juice and vanilla.

Turn into crust. Refrigerate 2-3
hours, or till firm. (Do not freeze.)

Top with chilled cherry pie-filling before serving. Serves 8.



BENNINGTON WARE continued from page 65

Using the clay he found in abundance his land, Capt. Norton began making the simple brown earthenware piece that were essential for households in pioneer community: jugs, milk pans are jars. Every rural housewife needed his wares, so Capt. Norton's busine thrived. Few of his early pieces survive however. The Bennington Museum has one charming exception—a tiny brow jug that was made for a young girl what treasured it—and tucked it away.

For its first 30 years in business, th Norton Pottery remained small, en ploying only six workmen. But durin this time Capt. Norton began selling hi products as far afield as Albany and Troy, N.Y., places where his pieces wer in demand and where clay was discov ered to be suitable to the more durabl stoneware he had begun to make. Afte a wagonload of Bennington ware had been sold, the driver would look around for a newly dug cellar and offer to re move the clay, free of charge. Thus returning pottery wagons rolled int Bennington with fresh loads of clay, no cost to Capt. Norton.

Most in demand from Norton w salt-glazed stoneware, which at first w completely plain. But by 1823 simple decoration gained favor—warm umbed that was quickly replaced by cobblue, which remained a Norton tracemark for more than 60 years. T painted designs were often of animals stags (like those that pulled a plow one of Norton's neighbors), a wond struck lion, a prancing horse.

Salt-glazed stoneware was not a N ton invention, having been brought North America by European immigran early in the 18th century. It was dura and heavy, ideal for butter churns, v ter coolers, crocks and jars. Its sub gray gleam was produced by the vap created when salt was thrown into a k during firing. Many potteries ma stoneware, and Norton's basic shar were no different from those produc by potteries all over New England. H the cobalt-blue decorations were finest and most delicate ever done, a there was considerable status attach to owning these highly individual d orated pieces.

The Nortons had nine children, a Capt. Norton liked nothing better the to gather them at his side in the enings, with their friends, to enjoy choor chamber music. Years later, the catain's son Luman carried on this tration of family gatherings in a slight different way. As devoted to (continued)

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About the Author

LESLIE M. LeCRON is internationally known as one of the modern authorities on hypnotism and self-hypnotism. He is the author of three textbooks and many technical journal articles on medical hypnosis, He is a Fellow of the International Society for Clinical and Experimental Hypnosis, an honorary member of the British Society of Medical Hypnosis, and a member of the American Board of Psychological Hypnosis.



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- Even if you've been smoking for twenty-five years you can give it up overnight—and actually enjoy the so-called "withdrawal" period
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BENNINGTON WARE continued

the poet Homer as he was fascinated by electric storms, Luman often summoned his family to the porch—and, according to legend, recited Homer over the rumbling and crashing of thunder.

In 1832 his daughter Louisa married Christopher Webber Fenton, a gifted young potter from East Dorset, Vt. At first young Fenton worked in the Norton Pottery and for a time was a partner. But his ambition and eagerness to expand and experiment led him to start a business of his own, in 1847. He called it the United States Pottery, and in its 11-year history it added a great variety of items in a dozen or so different wares to the reputation of Bennington pottery, which was already considerable. He hired the finest American artisans to work as designers and molders, and lured craftsmen from England and France—men skilled in the art of bringing beauty and sophistication to simple objects.

Fenton's company made pottery, which is opaque, and porcelain, which is translucent. Much of what they produced was highly utilitarian—cake molds, mixing bowls, even doorknobs. Other objects, though useful, were valued more for their whimsy: cow creamers, Toby jugs and flasks in the shape of books and boots. And there were exquisite animal figures—stags, poodles, lions—whose only function was to charm the eye.

Because of the extraordinary versatility of Fenton and his artisans, the term "Bennington ware" came to mean many kinds of ceramics—yellowware, graniteware, redware, Parian ware, for example—each of which reflects the composition of the clay. Among the most sought-after of all Bennington ware is Bennington Rockingham, a pottery whose mottled brown glaze is as deep and mysterious as tortoiseshell. No two pieces of Rockingham look exactly alike because they were all individually glazed—at first hand-dipped, later spattered as they revolved in a rotating vat. A work-

man would dip a paddle into liquid brown glaze and knock the paddle against the side of the vat so that color spattered down on the pottery. He could apply the color thick or thin, in spots or streaks, whatever way he wished. Pottery finished in Rockingham glaze has great depth and brilliance; one envies the housewives whose kitchens glowed with the subtle radiance of Rocking-

ham bowls and mugs, pitch-

ers and jugs.

Another kind of glaze, flint enamel, was created by sprinkling dry colors onto clear underglaze from a perforated box. During the firing the colors melted and ran, mingling with the glaze. Like Rockingham glaze, flint enamel looked different each time it was made, but unlike Rockingham it was created in combinations

of colors. Another unusual Bennington product is scroddled ware (like the other wares, it was made by many firms), whose marbled appearance comes not from a glaze but from the material itself. Clays of different colors were sandwiched together, then kneaded, before a shape was molded. As a result, color is not just on the surface; it appears throughout.

By trusting to his artisans' skill and judgment, Fenton oversaw the production of ceramics of infinite variation and beauty. He wanted each potter to share in the excitement of creation, and because of his interest in techniques and his desire to experiment, he extended the potter's possibilities. For example, Fenton became the first potter in America to make Parian ware, a delicate unglazed porcelain that originated in England. Because it resembled white marble, it was often used for statuary and decorative vases. Among the best of Fenton's Parian ware (and made in all the wares) are the famous Bennington poodles—curly-coated dogs with great eyes, carrying baskets between their teeth.

Fenton's Bennington ware was delivered all over New England—to Boston and even to New York—on wagons drawn by teams of four matched black horses, driven by young men in high silk hats whose jobs were much coveted in Bennington. But neither the company's prestige nor its magnificent output was destined to last. Rising costs and competition from cheaply made Ohio wares, which were flooding the East via the Erie Canal, forced Fenton to begin econo-

With Endust

mizing. By 1858 he had to close his doors.

The Norton Pottery, being more conservative, continued until 1894.

Today, pottery and porcelain pieces that graced the parlors and kitchens of many a Victorian home in the East-and were carried west in the sacks and satchels of wagon-riding pioneers-are museum pieces. And the finest collection of Bennington warepart of which is pictured on pages 64 through 67can be seen in the Bennington Museum, which is open daily from March to December. Travelinformation can be obtained from the Bennington Museum, Dept. AH, West Main St., Bennington, Vt. 05201. Admirers as well as collectors of Bennington ware might enjoy reading Bennington Pottery and Porcelain (Crown \$3.95) by

Richard Carter

Barret, curator-

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DREARY-DAY HOUSE LIFTS By Arthur J. Maher

Some days the weather is so dreary that you can't get enthusiastic about anything. Even curling up with that proverbial good book offers only short-lived relief from pervading boredom. So what do you do? Doze off and hope things will improve when you wake up? Hardly.

A better idea would be to devote the time to simple household repairs and improvements—tasks that are easy enough to finish in a day or less, yet important enough to give you a sense of accomplishment. A good idea? We think so. And we think you'll agree.

The time to plan these tasks is now. After all, your next dreary day might be a Sunday or holiday, making it impossible to buy necessary tools and materials. So think the jobs through now, and stock up on supplies.

REPAIR BATHROOM TILE

One job that meets dreary-day requirements is calking the open joints that may be appearing in your ceramictile bathtub and shower walls—unless, of course, your house is relatively new. Aside from being unsightly, these cracks let water in, thus accelerating the erosion that caused them in the first place.

The only tools you'll need are a putty knife, a stiff brush and possibly a flat stick with rounded ends—an ice-cream stick would do. Use the putty knife and brush to clean out all the loose grout you can find between the ceramic tiles, and between the tiled area and upper rim of your bathtub. Once that's done, wipe away all the resulting powder with a dry cloth.

Next you'll need a tube of calking compound. Anticipating this job, you will have bought the material in advance, right? Most hardware stores carry it under such names as tub and tile calk, bathtub sealer, etc. Chances are, your dealer will have two types on hand—one that's a silicone formula and one that's latex. Others might be butyl-based. They're all good.

If the only crack you have to fill is the one between the tub and the ceramic tile, we recommend the silicone; it lasts longest. But if you also plan to fill cracks between individual tiles, then latex is a better bet because it will do both jobs very well. If in doubt, read the label.

Directions on the tube of calking compound will tell you how to complete the job. Essentially, all you have to do is squeeze the compound from the tube into each crack. As you do so, move the tube along the crack. If you're using silicone calking, you then form the compound into a concave shape by running over it with the rounded end of an ice-cream stick. If you're using latex, this function can be performed by a moistened finger. Then you need only clean away any excess compound that has accumulated near the cracks.

HANG HOOKS HANDILY

One of the most useful things a bathroom can have is plenty of hooks—to hold bathrobes, towels and sleep-wear, until needed. Almost any hardware or housewares store can supply the hooks. Some are installed by using short screws that come with the hooks. Others, made of bent wire, have screwlike projections on them, and are installed by turning the whole hook clockwise to drive the projection into a hole—which you have drilled in advance.

Since screws will not hold in plaster or plasterboard, the best place for screw-mounted hooks is the back of the bath-room door or some other wood surface. If you want to have hooks on your ceramic tile, get the kind that can be mounted with adhesive. The adhesive will hold quite well, as long as you clean the tile before applying.

FOIL THE UNFRIENDLY

Possibly the quickest job for a dreary day is installing one-way viewers in your front and back doors—for the obvious purpose of enabling people inside to size up and/or identify people who ring the bell. These viewers are available at many hardware and housewares stores, and from some mail-order firms. They are tiny metal "telescopes" equipped with wide-angle lenses, and fit most wood and metal doors. Just be sure the ones you buy are suited to the thickness of your doors. Install them at eye level in the center of each door.

To do so, drill a hole clear through the door. Usually, this is a half-inch hole, but it might be smaller, depending on the viewer you buy. For doors clad with heavy steel, use high-speed drill bits, which stay sharp even with heavy use. To keep a wood door from splintering when the drill goes through, hold a block of scrap wood behind the door, so the drill bit can cut into it after passing through the door. Once the hole is drilled, you need only insert one part of the viewer into each end of the hole, then screw the two parts together by turning clockwise until firmly seated.

IMPROVE YOUR KITCHEN

One room that can always stand improvement is the kitchen. It's likely, for example, that your counter work area could use better illumination, because the storage cabinets above it block out light from the ceiling fixture. If this is true of your kitchen, you can buy a small fluorescent fixture called, by an odd coincidence, a fluorescent counter light. It's only an inch or so thick and can be fastened to the bottom of a wall cabinet with ordinary screws. Simply remove the fixture's plastic cover, drive a couple of screws, replace the cover and plug in.

Almost as easy, and just as useful, would be the addition of a shelf under the wall cabinets. Make the shelf of 1-by-8-inch pine and fasten to the wall with metal brackets from the hardware store. The shelf should be 8 to 12 inches below the bottom of your cabinets.

Fasten the brackets to the shelf before you fasten them to the wall, using half-inch screws. (To make sure they fit, buy them at the same time you buy the brackets.) With brackets screwed to the shelf, position the shelf on the wall, and with someone helping you hold it in place, mark on the wall the location of each screw hole. Then take the shelf away and drill a quarter-inch hole at each mark. In these holes you'll place not screws but little metal cylinders called hollow-wall fasteners. Only one end of a fastener will fit in a hole so you can't go wrong there.

After inserting a fastener, you'll notice a small screw head in the end facing you. Turn this screw clockwise as far as you can. This will cause the fastener to expand behind the wall, anchoring itself in place. When each hole has been fitted with its own fastener, remove the screw from each one. Now hold the shelf in place again, replace the screws in the fasteners, tighten—and your shelf is ready for use.

Next time the weather keeps you indoors, make an inspection tour of your home. No matter how well you maintain it or how well built it was, it can always use a little lift. END

TEA CONNOISSEURSHIP

Nothing's quite so good on a chilly afternoon as a hot cup of tea. Popular all over the world, this inexpensive and refreshing beverage is simple to make and a delight to drink. To brew a perfect pot of tea, first preheat your teapot by rinsing it with hot water. (A china, pottery or heat-resistant glass pot is best for keeping tea at a constant temperature.)

Bring freshly drawn cold water to a full rolling boil. Never reheat water—that makes tea taste flat. And only boiling water will extract the full flavor from the tea leaves. Add tea to the

heated pot, using either one teaspoon loose tea or one teabag per cup. Pour in the water; cover. Let steep from three to five minutes to open the pores of the leaves and release their flavorful oils.

Don't judge the strength of your brew by its color, because some weak teas produce a dark brew and some strong teas a light one. If you like weak tea, add water after the brewing.

If you're making iced tea, brew the tea as usual, but use 50 percent more per portion to allow for melting ice. Let it cool to room temperature, then pour

over ice cubes. Do not refrigerate hot tea; refrigeration makes it turn cloudy. If clouding occurs, add a little hot water.

Tea comes from the dried leaves of an evergreen plant grown in hot sun and abundant rain. India, Ceylon and Indonesia are the world's leading teagrowing countries. There, every 14 to 16 days, harvesters in the "tea gardens" pick the new young shoots (called "flushes") from the top of the two- to three-inch tea plants.

Differences in processing these green flushes give us the four main types of tea: green, oolong, black and scented. The flushes are dried or steamed (for green tea) and then "rolled," a process that breaks up the cells, softens the

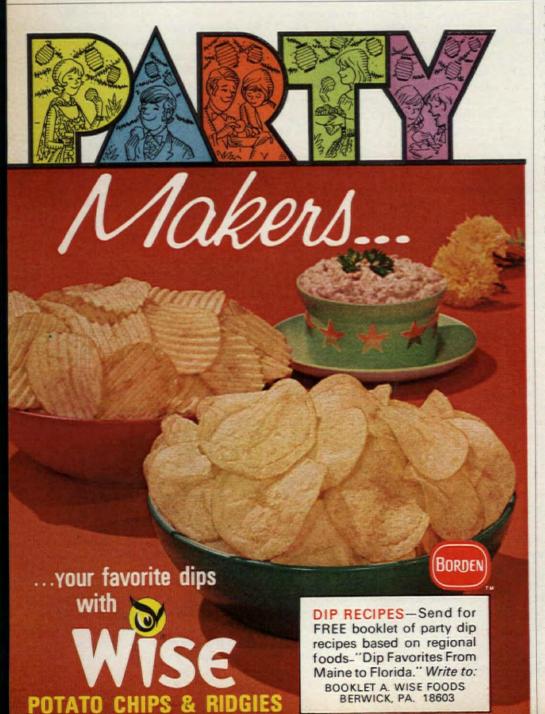
> leaves and liberates the oils. Most leaves are then placed in a cool, damp room to oxidize and turn a copper color. They are then dried to prevent further oxidation.

Green tea is steamed to prevent any oxidation. The dried leaves remain green, and will brew a light green tea that has a wonderfully subtle flavor. Oolong (from the Chinese wu-lung, meaning "black dragon,") is semi-oxidized, the leaves part brown, part green; it brews a light and winelike tea. Black tea is fully oxidized; it has a dark color and a hearty flavor. Scented teas have been exposed to another substance.

There are literally hundreds of teas available today, all variations of these four types. Most of what we see in the markets are blends of different teas.

According to legend, tea was first discovered about 2737 B.C. Servants to the great Chinese emperor Shen Nung were boiling his water as a health precaution when a few leaves from a tea tree blew into it. The boiling water took on a delightful aroma and flavor; everyone, it is said, was enchanted with the discovery. Through the years, people drank tea as a cureall as well as for pleasure. In the 17th century teareached the West. In Amsterdam and New Amsterdam, it soon became the drink of the fashionable and the rich (the price was then \$30 to \$50 a pound).

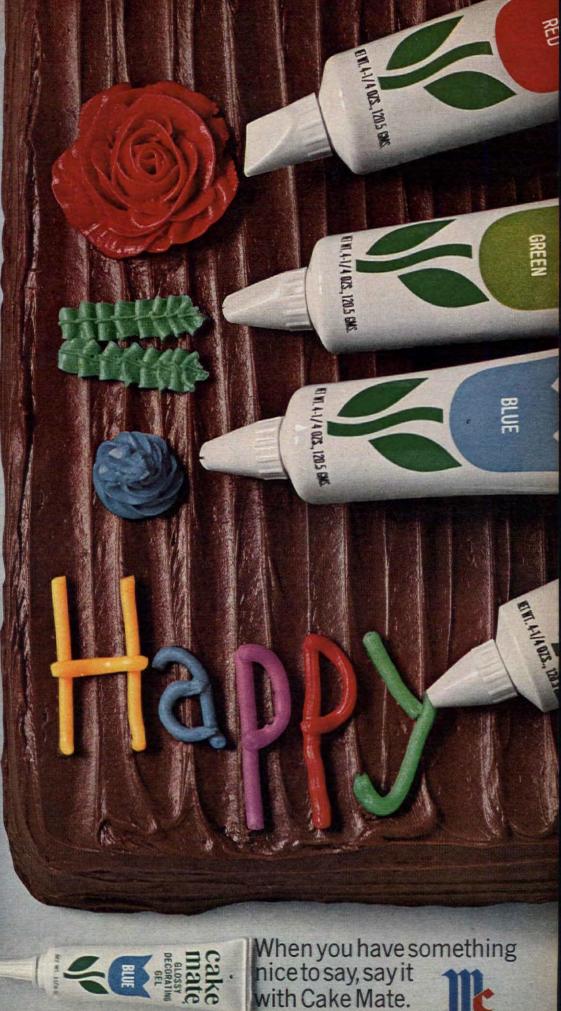
Today tea is just as popular, but its price is more democratic. Back then, the only tea was loose tea; now we not only have tea bags but powdered *instant* tea. Convenience, variety and flavor all go hand in hand—today anyone can be a tea connoisseur. —Colleen McGee



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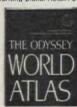
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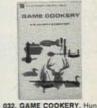
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Mail order coupon today or write to this address: WOMAN'S HOW-TO BOOK CLUB • 44 Hillside Ave., Manhasset, N.Y. 11030 BEDROOMS continued from page 59

Make a bed canopy and a matching quilt

BED CANOPY

The bed canopy shown on pages 58–59 takes time, effort and a fair amount of money to make, but for sheer luxury, it's well worth the investment. The canopy consists of a shirred-fabric ceiling, corner draperies and valance made of unpatterned 54-inch-wide fabric. The canopy of the 60-by-76-inch bed pictured required 65 yards of Belgian linen. Each unit was hung from ³/₈-inch metal rods supported from the ceiling by ordinary curved cup hooks and pipe clamps.

Sewing instructions for canopy

For shirred-fabric ceiling: From fabric, cut and piece together a section equal to 21/2 times the length and width of the bedplus 10 inches. (Cut bed-width neasurement on the length of abric.) Turn under a 1-inch finshed hem on the short sides. titch and press. Then, with grong sides together, fold back 1/2 inches of fabric on the long ides. Turn under 1/2 inch of the aw edge; stitch close to this. Press. Stitch 1 inch in from outer nd-fold to form a 1-inch heading nd a 2-inch casing. Press.

For corner draperies: Cut nd piece together four fabric ections 79 inches wide and equal a length to the distance from oor to ceiling plus 10 inches. Cut drapery length on the traight of the fabric; piece the rapery width at the inside with

French or other enclosed seam.) Turn nder a 1-inch finished hem at the sides. Then, with wrong sides together, fold ack $3\frac{1}{2}$ inches at top, turning under a $\frac{1}{2}$ -inch raw edge. Stitch close to this dge, then stitch 1 inch from top edge to orm heading and casing as with ceiling abric. Press. Turn up hem at bottom.

For valance: Cut and piece together wo fabric sections 27 inches wide and wice the length of bed. Cut long sides cross fabric width, so that valance will ang properly. Turn a 1-inch finished em at short sides; stitch. With wrong des together, fold top edge over 3½ inches and bottom edge up to make a 2-inch valance. (Let top fold overlap ottom fold.) Turn under ½ inch of top

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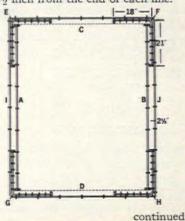
Doesn't it make good sense to try fast-acting, extra-strength Anacin Analgesic Tablets?

section's raw edge. Press and stitch close to this edge. Then stitch 1 inch from top end-fold to form heading and casing. Stitch at ends, casings open; press.

Instructions for installing hardware

First, draw in pencil on the ceiling a rectangle equal to the dimensions of the bed (A, B, C and D in sketch right). Then draw 18-by-21-inch L-shaped lines E, F, G and H at corners, as indicated. Next, draw around the outside two large L-shaped lines I and J for the valance, as shown. Install cup hooks in ceiling facing away from the center, as follows:

every 10 inches along A and B; every 3 inches along E, F, G, H; every 10 inches along I and J. Finally, install ½-inch pipe clamps into the ceiling at ends of A, B, E, F, G and H, ½ inch from the end of each line.



ontinued



Standard body measurements for size 14 are: Bust 36, Waist 27, Hips 38 (New sizing).

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BEDROOMS continued

Hanging instructions for canopy

For shirred-fabric ceiling: Slide through the casing on one side of ceiling section a $\frac{3}{8}$ -inch metal rod the length of your line A. Distribute casing evenly along rod. Slip rod-ends through pipe clamps at ends of A. Then pierce cup hooks through casing on the wrong side of the fabric and under the rod. Draw shirred fabric straight across ceiling to side B. Slip rod B through casing on other side and hang just as rod A.

For corner draperies: Bend four 39-inch-long 3/8-inch metal rods into L shapes, each 18 inches on one side, 21 on the other. Slip through casings; distribute casings evenly. Slip through pipe clamps at ends of E, F, G and H. Then pierce cup hooks through casings on wrong side of fabric and under rods.

For valance: Bend two long 3/8-inch metal rods to fit your I and J dimensions. Slip rods through valance casings and distribute casings evenly over rods. Hang rods from cup hooks at I and J, slipping cup hooks through casings as you did for ceiling and corner draperies.

MATCHING QUILT

Use the same unpatterned 54-inchwide fabric as for bed canopy. (It took 16 yards to make the quilt featured or pages 58-59.) To begin, measure your bed and add 32 inches to its width, 16 to its length. Cut front and back of quilt piecing evenly on each side of center panel (as shown in sketch, below) to arrive at the width you need. Place front and back quilt pieces right sides together with all edges even. Pin two layers of Dacron fiber-fill to one wrong side; pin around edges through all thicknesses. Then stitch a ½-inch seam around three sides, leaving one short side open. Trim the seams.

Now turn quilt right side out and press. S'ip-stitch the fourth side to close. Find center of quilt. Using an embroidery needle, and sewing through all the thicknesses, tack satin bows or buttons to quilt 10 inches apart.



To make quilt both pretty and plump, affix buttons or satin bows at intervals

Sewing instructions are by the Singer Company, Inc.

DECORATING NEWSLETTER continued from page 37

The high point of the Metropolitan show is a wing chair made in Newport, R.I., in 1758. The original and uniquely colorful flame-stitch needlepoint on the front, sides and cushion is completely intact. A charming arcadian scene has been crewel-embroidered on the back. This chair, with its walnut frame and gently curving Queen Anne front legs, was featured in "A Wing Full of Glory," an American Treasury in our December 1969 issue.

The exhibition at the Metropolitan is a treasury of its own and should appeal enormously not only to serious collectors of American furniture but also to anyone who has ever owned, or wanted to own, a wing chair. The illustrated show catalog, which traces the background and development of the easy chair—its regional derivations and variations in upholstery and use—can be obtained by sending \$1 to The Metropolitan Museum of Art, Book Shop, Dept. AH, Fifth Ave. at 82nd St., New York, N.Y. 10028.

STITCHING STRAIGHT

If you can knit, crochet and do macramé but can't sew a straight seam or turn up an even hem, take heart. With TapeStitch, Belding Corticelli has come to the aid of women who like to sew but tend to stray from the straight and narrow. The new sewing aid is a yellow achesive that's marked at various intervals across its ³/₄-inch width—and perforated so that it can be torn of easily at the desired width. To use simply apply to fabric, sew and the remove.

TapeStitch can be helpful in perfecting topstitching, altering patterns, simplifying zipper installation, stabilizing stretchy fabrics, measuring buttonhologlacement, guiding machine stitching tape-basting hems and marking an holding vinyls, suedes and leathers the would be damaged by pins. It works of everything except pile or napped falrics, comes in 10-yard rolls (along with diagrams of possible uses) and is avaitable at department-store notions counters for about \$1. —Christine B. Rot

Merchandise listed here is generally available in stores around the country. For further information write to Reader Service, America Home, 641 Lexington Ave., New York, N. Y. 10022.

I went on the warpath and lost 55 pounds.

By Shirley Paul - as told to Ruth L. McCarthy



At 180 pounds, you grin and bear it. Or you do something about it.

Potato chips, pop, pizza, layers of lunch meat between fat slices of bread—these were just a few of the stuffers that filled my evenings. And made my days miserable. For when you're 22 years old, five feet two, and 180 pounds, the world is a pretty dreary place.

"Shame fat" is what I used to call all that extra weight I carried around. I don't know whether it's a Hoosier expression or not. But I come from Gaston, Indiana, and when I used to cook for my husband and three children, I'd just make much too much. Then I'd feel ashamed to waste such good food, so I'd eat it. And that became my "shame fat."

Actually, I had learned to cook enormous meals during my teens. I had come from a large family of seven where everybody had big, big appetites. After I married, I just couldn't get used to cutting down on the quantities I cooked. So I'd make enough to feed an army. Why, I got so heavy, that each time I became pregnant, I had to wear maternity clothes in my second month.

I must say that my husband, Steve, never made any nasty remarks about my size. Maybe because he was gaining, too. But deep inside I'm sure that my looks must have bothered him a lot. For instance, when we were going some place, and I'd finish dressing, Steve would just say: "Are you ready?" when I really wantedhimtosay: "You sure look pretty."

Still I did nothing about my weight. On the contrary, each time I thought about it, I'd make a stack of sandwiches and eat myself into another pound. Even my sister got on me about the way I looked. But it was not until a friend of my husband made a snide remark that I finally decided I had to reduce.

You see, I carried much of my weight from the waist down. As a result, I could never find panty hose to fit. So I wore regular stockings with the fat bulging over the top. And with short skirts, I'm afraid it was there for all the world to see.

Well, one night at a party, this fellow turned to his slim wife and said: "Why don't you wear hose that lets people see your legs?" It was a sick kind of humor. But it hurt enough to jolt me into action. I have Cherokee blood in me and I'll tell you this. That crack put me on the warpath against fat.

Luckily, I remembered that my mother had used those reducing-plan candies, Ayds[®], and that the plan had worked for her. So I picked up a box of the vanilla caramel kind at a drugstore and I started on the plan.

Incidentally, I was glad to see in the folder that Ayds contain no drugs. So I took two before each meal like the directions say — with a hot drink — and that actually helped me cut back on what I was eating.

I had plenty of meat and fish and I ate my vegetables bare. No butter or seasoning or anything like that. And I began to lose. As for those sandwich snacks, I took Ayds instead. They have only 26 calories apiece, so I was way ahead.

The Ayds plan kind of became a family project, for both me and my husband. Because when he saw how well I was doing, he started taking Ayds, too. The butterscotch fudge kind. They're terrific.

Another thing. Since we both like to dance, we did that for exercise. And we discovered a whole new life together. As a matter of fact, by the time I had gotten down to 130 pounds, Steve had gone from size 42 trousers to size 36. I'd show you a picture of him, but he wants to get to size 34 before bragging.

I'm working on taking off 10 more pounds myself. Then I'll be satisfied with my figure and completely free from the late-night sandwich trap. You see, Ayds takes care of that craving just fine.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'2"	5'2"
Weight		
Bust	40"	35"
Waist	34"	27"
Hips	42"	35"
Dress	18-20	11





Crystal hurricane set

Shimmering hurricane lamps made of old-fashioned wavy glass are in two pieces each for easy washing. 93/4 in. high overall. Pair, \$6.50. 6-in. ivory candles, 50¢ a pair; 90¢ for 4. Catalog free with order; otherwise, 25¢. Order from Sturbridge Yankee Workshop, AH1 Brimfield Turnpike, Sturbridge, Mass. 01566.



Hurray!

For the red, white and blue barber pole to brighten a bar, den or family room! 18-in. beauty is illuminated; inner cylinder revolves. Of stainless steel. For 110 V. outlets. \$59.50; a pair, \$110. Table model, \$64.50; pair \$120. Free brochure available. From Betsy K. Ltd., Dept. AE-2, P.O. Box 21, Lake Forest, III. 60045.



Pretty put-on

Toss-On Bolero features an expensive hand-crocheted look with a pretty shell stitch and scalloped. ribbed trim. Bolero is "light," yet it takes off the chill. Of washable orlon acrylic. In white, black, pink or light blue. Sizes 32 to 46. \$5.50 plus 45¢ postage. Ferry House, Dept. AH-2, Briarcliff Manor, N.Y. 10510.

LYNN HEADLEY-Editor

AMERICAN HOME MARKET PLACE



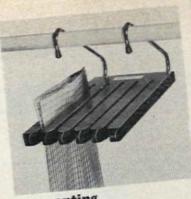
Aztec calendar

Antique gold finish Mexican wall decoration is an authentic reproduction of the Aztec calendar. Handcast in plaster by Mexican artisans, it's stunning in any room. 17 in. Ready to hang. With "Story of the Aztec Calendar," \$8.95. Catalog 25é. Mexico Shopping Tour, Dept. AH-2, Box 849, Del Mar, Calif. 92014.



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Enjoy nutritionally sound bread and pancakes today, just as did the old prospectors of yesteryear from San Francisco to the Yukon. Includes enough dough starter to last a lifetime, cookbook plus earthen storage crock. \$6.95 plus 70¢ postage. Catalog, 25¢. Suburbia, Dept. 112, 366 Wacouta, St. Paul, Minn. 55101.



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Hubby in a hurry and tired of searching in his closet for that particular pair of pants? Pants Rack holds 5 pairs in one neat, compact and easy-to-see area! Great for ladies' slacks, too! Solid cherrywood with chrome plated hangers. \$5.95. House of Minnel, Dept. AH-2, Deerpath Rd., Batavia, III. 60510.



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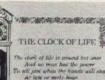
From A to Z

Home's Best sampler says it best in an easy-to-finish cross-stitch kit! Includes meaningful message stamped on oyster Belgian linen, colorful floss, needle, instructions, and 13x15-in. wood frame in maple or mahogany finish. \$3.50 plus 45¢ postage. Victoria Gifts, 12 A Water St., Bryn Mawr, Pa. 19010.

continued

From Fabulous San Francisco, ANTHONY ENTERPRISES unveils 20 Exciting new ideas for gifts and better living

CERAMIC TILES



The clock of life in around but once And we man has the power To set just when the hands all sing A line or early hour. Now so the only time yes own, Law love, tod with a will Place no faith in "immores" for The clock may then be sail.

当中学的特色的人类的类似的一种

CLOCK OF LIFE

ay the roads rise with you, and the wind be always at your back: And may the Lord hold, you in the hollow of his hand.

GAELIC ROAD



as long as he can hold on to ne blade of grass and not fall off the face of the earth .



IRISH TIPPLER



SERENITY PRAYER

ay you be in beaven a half hour before the Devil knows von're dead." 安徽北

IR.SH TOAST



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Of Your Past.

e Ceramic Tiles used as wall es or trivets. Cork base hanger, 6x6", Designs wil

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Twisty Key Ring.....\$1.29 Mailing 15¢ Each



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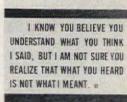
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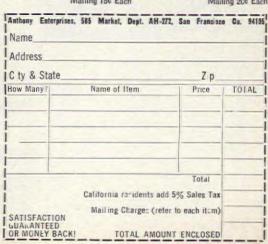
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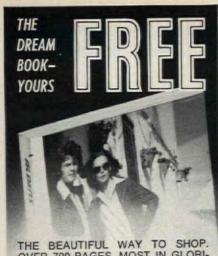
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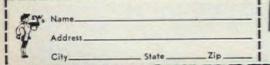
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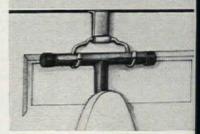
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To have and to hold

A personalized wedding or anniversary plate of fine translucent china with colorful figures of man and woman is handpainted in pink, blue and gold. Specify 2 first names and date. 71/2 in. With hanger. \$3.98 plus 50¢ postage. Barclay, Dept. 57B, 170-30 Jamaica Ave., Jamaica, N.Y. 11432.



An eye for apples?

A handsome set of crystal "apple" dishes are delightful for puddings, jello or other desserts, 51/2 in. Set of 8, \$4.95. For soups, salads or cereals, 61/2 in. Set of 8, \$5.95. Add 75¢ postage. Colonial Garden, Country Kitchen, Dept. AHE-2, 270 W. Merrick Rd., Valley Stream, N.Y. 11582.



Take heart, amateur

Tru-Oil obtains that "hand-rubbed" look easily whether finishing new wood or refinishing old. Blends linseed and other vegetable oils to get a deep, tough finish without hard work! 8-oz. can: liquid, \$2.95; aerosol, \$1.95. Birchwood Casey, Dept. AH, 7900 Fuller Rd., Eden Prairie, Minn. 55343.



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Cotton-shirts can spell out club name, etc., for fun wearing and easy washing. Up to 30 non-fade letters printed on shirt in navy blue or powder blue. Sizes: S, M, L, XL: Sweatshirt, \$4.50; T-shirt, \$3.25. All ppd. Order from Holiday Gifts, Dept. 602-C, 7047 Pecos St., Denver, Colo. 80221.

continued







FREE Sample of the finest dish cloth you've ever used.

Your group spends no money — not one penny! Send name and address and name of your organization today for full information and free samples.

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DEPT. BB187, BEDFORD, VIRGINIA 24523



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Restore your antique and heirloom chairs easily and inexpensively with a Newell Caning Kit, Tools, natural Cane & "easy-to-follow" instructions postpaid for only \$2.50; Extra cane \$1.25 chair-lot, Illinois residents, please add 5% sales tax.

NEWELL WORKSHOP #128 Drawer, Dept. AH HINSDALE, ILLINOIS, 60521



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BOTTLE CUTTER KIT—Turns old bottles into distinctive glasses in minutes. Also makes lamps, goblets, vases, etc. Takes makes lamps, goblets, vases, etc. Takes any jar or bottle with smooth, round surface of 2" diam, and up. Adjustable for varied heights. Includes everything for perfect cuts—smoothing edges, full instructions and many ideas. Just \$10.95 plus 85¢

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Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose. [Also available are Texas Flag, Maple Tree, Treble Clef, or Palette.] Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1½x½.". Packed in neet plastic box. 500 on white or 250 on gold for \$2 ppd. Or on DELUXE SIZE, 1¾x¾." for \$3 ppd. Specify Initial or Design desired? Via oir, add 33¢ per order. Bruce Bolind, 162 Bolind Bldg., Boulder, Colo. 80302. Thank you kindly!

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Makes Cuts, Tears, Holes Disappear from Suits, Coats, Dresses . . . KNITS, TOO! Invisible menders (Reweavers) who do 2 \$5 jobs a day can earn \$240 a month, all profit! And a \$5 job can be done at home in about ½ hour by expert Fabricon Mender, Invisible Reweavers and Rebuilters are score; service

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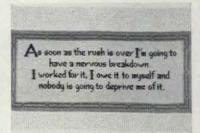
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Personalized napkin rings

Old-world Victorian pattern flatters these delicate silver plated napkin rings. A festive holder for each family member (specify names or initials), and order extras with "guest." Set of 4, \$2.98. Extra rings, 75¢ each. Add 35¢ post. Country Gourmet, A2, 545 So. 4th Ave., Mt. Vernon, N.Y. 10550.



Keeps you in stitches

Indulge yourself and stitch this witty needlepoint motto. The black letters and red border have already been worked on 12x24 in. canvas, "As soon as the rush is over," it's nice to give. \$7.95 plus 55¢ postage. Add \$4.80 for ivory background yarn. The Stitchery, AH-2, Wellesley, Mass. 02181.



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Chandelier Spray keeps your crystal chandeliers sparkling and also protects and preserves all surfaces with an invisible coating of silicone. Just spray it on and allow to dry. 7-oz. can is \$1.98 plus 30¢ postage. Anthony Enterprises, Dept. AH-2, 585 Market St., San Francisco, Calif. 94105.



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Wallet photos make nice gifts for friends and family. 16 color photos for \$1.98; 32 for \$2.98. Send color negative, photo or slide. 36 black and white photos for \$1; 76 for \$2. Send photo or negative. Add 30¢ to each order for shipping. Philips Foto Co., Dept. AW-1, Elmsford, N.Y. 10523.

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These superbly styled s-t-r-e-t-c-h wigs look, feel and behave better than real hair. Made of Kanekalon fibre, these Wash 'N Wear pre-set creations are the very latest in style, convenience and high fashion. They are perfect travel wigs for the Girl-On-The-Go . . . you just wash them, pack them and forget them. A flick of the brush when you unpack makes your wig ready to wear-and the set will stay in permanently! These are the perfect wigs to complete a wig wardrobe or to start one. If you have always wanted fine quality wigs, now is your chance to get them-and at only a fraction of their regular price.

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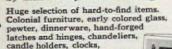
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Can't see it? Well, it's there . . . taking those chops and slices and cuts while saving your table or counter top. Crystal-clear Lucite lets pretty Formica or table cloth colors and patterns show through. Acts as a protective hot plate, too. Unbreakable, heat resistant . . and so unobtrusive, no need to hide it when not in use.

8" x 11" \$1.98; 12" x 16" \$3.95; 14" round \$5.98. Shipped postpaid. Prompt delivery. Money back guarantee.

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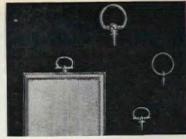
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The brass ring is a catch

Do-it-yourselfers go for this swinging assortment of 19 brass-finished swivel rings. Kit has four 1 in., ten 3/4 in., and five ½ in. rings. With illustrated instruction brochure on decoupage plaque making. Swivel Ring Set, \$1.98 ppd. Flair-Craft, Dept. AH-2, 4046 East 25th Place, Tulsa, Okla. 74114.



Personalized recipe cards

Quaint stove and bowl decorations in red adds a dash of old-fashioned charm to these recipe cards imprinted with your name in black. Fill in recipes in the roomy space provided. 100 cards (3x5 in.), \$2.75; 200 (same name), \$5. 100 not personalized \$1. Bolind, AH-2, Boulder, Colo. 80302.



Hold it!

Feel as though you're fighting your way through a wet paper bag because of a sticky-wet, blowing shower curtain? Try plastic snap-on magnetic shower holders to keep curtain tight to tub or stall. 3 for \$1.29 plus 15¢ post. Anthony Enterprises, AH-2, 585 Mar-ket St., San Francisco, Calif. 94105.



No fuss for Fido

And no mess for you! Chemically odorized Train-O-Mat attracts dog for easy housebreaking. Detachable pole and 18-in. sq. holder easy to wash. Mats disposable. With 2 months' supply of mats, \$4.98. With 6 months', \$6.98. Male pole, add 50¢. G & G Research, AH-2, Box 8395, Dallas, Tex. 75205.

LIVE LONGER AND BETTER

In One Of The Healthiest, Sunniest Climates In All America—Deming, New Mexico.

Your Own Ranchette Just \$349-Only \$6 a Month!

(*See Below)

Do you know people who wake up to sunshine 355 days out of each year . . . people who don't know what it is to be oppressed by humid heat in the summer or by the cold clutch of winter damp? Do you know people who can say that in their State the rate of cancer and heart disease is half of what the Nation as a whole faces? Do you know people to whom a suntan is a year 'round commonplace? We know such people. They live in New Mexico.

There isn't a place on earth where the air is purer, where body health is more lavishly bestowed. No place where the words at the top of this page - live longer and better - fit more

than they do in New Mexico.

And in all New Mexico itself it would be difficult to match the climate and beauty of the region surrounding Deming. As spectacular as the northern portion, but without the cold of winter. As dry and pure as Arizona, but not as hot in the summer. And, as actively vigorous and prosperous as the city you now live in, yet without the fever, without the

To live anywhere in New Mexico is to live better. The superb climate, naturally air-conditioned in the summer and brilliantly sunny in the winter the breathtaking beauty of a lavish Nature-the young vigor of a state that is causing a business and investment boom—these are the reasons that tens of thousands of Americans already have come here to live.

Consider then: Here in the center of this miraculous climate and beauty are towns which have grown amazingly in the last few years. Las Cruces, for example: In 1950 it had 12,000 people. By 1960, 37,000 . . . a rise of 300% in 10 years—and still growing. Like Tucson and Phoenix, this area has the same desert allure, where pure air, pure drinking water permits lovely towns to flourish. Statistics show the same 85% of possible sunshine, summer and winter, of Phoenix and Tucson.

Beginning 3½ miles from the flavorful city of Deming (population 8,500) are 24,000 acres of former ranches whose farthest boundary is 28 miles from town. Spectacularly set off by the breathtaking Florida lountains, this land is so typical of the romance of the southwest that it has been photographed for the covers of many magazines. In this lovely basin every DEMING RANCHETTE fronts graded earth roads already dedicated to Luna County in widths of 50 and 80 feet. Every Ranchette has direct access to avenues leading to three major highways—U.S. Highways 70 and brand new Interstate 10.

DEMING is blessed with water which is called "America's finest drinking water, 99.99% pure." There are homes already built on DEMING RANCHETTES and they all have electricity. When you are ready to build your new home, electricity will be made available to you. Schools, hospitals, churches, shops, movies, golf course, tennis courts—are all located in the growing city of Deming. Fertile soil is yours for the planting. Almost everything will grow here when watered - fruits, vegetables, flowers, trees.

Deming's friendliness captivates the fancy of people from every state in the Union. To visit us is like going back to the warmth of one's own family. Here are the practical benefits of living anywhere near Deming.

GOLF-The Rio Members Country Club Golf Course is right in Deming itself. It is a beautiful course with the Florida Mountains towering in the background. You play 12 months a year and green fees are very

HUNTING AND FISHING—What are you after? Deer, antelope, wild turkey? Or maybe bear mountain lion? Well, you can get deer, quail and big jack-rabbits right in your own backyard, in the Floridas. For really big game, and great fishing, try the Gila National Forest 60 miles directly north. Almost 2,000,000 acres set aside for camping, hunting and fishing. Just 65 miles to the northeast is the Dam-Elephant Butte Reservoir, the second largest man-made lake in the United States where you can boat, fish, swim or go water skiing.

HORSEBACK RIDING-You'll find the Florida Mountains enthralling. Bring along a treasure pouch and join other rockhounds seeking amethyst, agate and opal.

INVESTMENT - More than 18,000 people have bought Ranchettes

through the mail and on site.

The new U.S. Interstate 10 is now being built with interchanges right in the heart of Deming. Consider other developments such as the new Retirement Home and the new road being built from Palomas, Mexico (33 miles south of Deming) into the interior of Mexico and you will agree with us that Deming has a tremendous future.

And the price of your Ranchette? Just \$349 for a full half-acre and low monthly payments of \$6, including interest at the annual percentage rate of 6%. At this moment you may reserve as many half-acre sites as you wish but please bear this in mind: DEMING RANCHETTES is not an enormous development and land such as this goes fast. At these prices, you may want your Ranchette to be larger — one, two — even five acres. Send

for your free color kit now. After you have studied the material sent you for your free color kit now. After you have studied the material sent you and discussed it with your friends or relatives, you may reserve as many acres as you wish. And you take no risk, Your reservation does not obligate you. You have the unqualified right to change your mind within 45 days after we send your Purchaser's Agreement, Property Owner's Kit, Maps and Photographs — 15 days to go through the portfolio, check our references, talk it over with the family. If, during that time, you should change your mind your reservation will be cancelled with absolutely no obligation. Then you have an ADDITIONAL 30 DAYS AFTER you have made your first monthly payment to change your mind and request a full made your first monthly payment to change your mind and request a full refund of every dollar you have paid in. If this makes sense mail the coupon today.

*The terms for each 1/2 acre are:	
Cash Price	\$349
Cash downpayment	6
Unpaid balance of cash price	

Unpaid balance is scheduled at 67 monthly payments of \$6 and 1 monthly payment of \$2.95 for each 1/2 acre. payments including interest at the annual percentage rate of 6% resulting in a finance charge of \$61.95, and a total of payments of \$404.95, or a deferred payment price of \$410.95. NOTE: If you order 2 half acres (1 acre), double all of the above figures except the period of repayment will remain the same. For 3 half-acres (11/2 acres), triple the above figures, etc.

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Gentlemen: I wish to	reserve the following site:	
□ ½	2 acre	1½ acres
	acre	2 acres
erty Owner's Kit, Ma	ps, Photographs and all da	rchaser's Agreement, Prop- ta. It is strictly understood hin 45 days after I receive
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For big little braves

Or pint-size squaws, this teepee playhouse promises many hours of fun. Colorfully decorated with Indian lore, it's made of heavy duty fiberboard. Sets up in seconds and folds flat for storage. 41/2 ft. Ideal for playroom. \$5.98 plus 95¢ post. Harriet Carter, AH-2, Plymouth Meeting, Pa. 19462.



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Because your bowling score is low? "The Secret of Bowling Strikes" by Dawson Taylor, shows you how to get more strikes, more spares to up your score. A must for beginner or 250bowler. 35-pin average increase guarantee? \$2. Felton Dist. Dept. 100 E. Ohio St., Chicago, III. 60611.

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when I planned to

retire before fifty

this is the business that made it possible

a true story by John B. Haikey

Starting with borrowed money, in just eight years I gained financial security, sold out at a profit and retired.

"Not until I was forty did I make up my mind that I was going to retire before ten years had passed. I knew I couldn't do it on a salary, no matter how good. I knew I couldn't do it working for others. It was perfectly obvious to me that I had to start a business of my own. But that posed a problem. What kind of business? Most of my money was tied up. Temporarily I was broke. But, when I found the business I wanted I was able to start it on a little over a thousand dollars of borrowed money.

"To pyramid this investment into retirement in less than ten years seems like magic, but in my opinion any man in good health who has the same ambition and drive that motivated me, could achieve such a goal. Let me give you a little history.

"I finished high school at the age of 18 and got a job as a shipping clerk. My next job was butchering at a plant that processed boneless beef. Couldn't see much future there. Next, I got a job as a Greyhound Bus Driver. The money was good. The work was pleasant, but I couldn't see it as leading to retirement. Finally I took the plunge and went into business for myself.

"I managed to raise enough money with my savings to invest in a combination motel, restaurant, grocery, and service station. It didn't take long to get my eyes opened. In order to keep that pusiness going my wife and I worked from dawn to dusk, 20 hours a day, seven days a week. Putting in all those hours didn't match my idea of independence and it gave me no time for my lavorite sport—golf! Finally we both agreed that I should look for something lise.

"I found it. Not right away. I invesigated a lot of businesses offered as ranchises. I felt that I wanted the uidance of an experienced company vanted to have the benefit of the plans hat had brought success to others, plus he benefit of running my own business nder an established name that had ational recognition.

"Most of the franchises offered were oo costly for me. Temporarily all my apital was frozen in the motel. But I bund that the Duraclean franchise offered me exactly what I had been looking for.

"I could start for a small amounta little over a thousand dollars-and that amount I could borrow. I could work it as a one-man business while getting a start. No salaries to pay. I could operate from my home. No office or shop rent or other overhead. For transportation I could use the trunk of my family car. (I bought the truck later, out of profits.) But, best of all, there was no ceiling on my earnings. I could build a business as big as my ambition and energy dictated. I could put on as many men as I needed to cover any volume. I could make a profit on every man working for me. And, I could build this little by little, or as fast as I wished.

"So, I started. I took the wonderful training furnished by the company. When I was ready I followed the simple plan outlined in the training. During the first period I did all the service work myself. By doing it myself, I could make much more per hour than I had ever made on a salary. Later, I would hire men, train them, pay them well, and still make an hourly profit on their time that made my idea of retirement possible—I had joined the country club and now I could play golf whenever I wished.

"What is this wonderful business? It's Duraclean. And, what is Duraclean? It's an improved, space-age process for cleaning upholstered furniture, rugs, and tacked down carpets. It not only cleans but it enlivens and sparkles up the colors. It does not wear down

the fiber or drive part of the dirt into the base of the rug as machine scrubbing of carpeting does. Instead it *lifts* out the dirt by means of an absorbent dry foam.

"Furniture dealers and department stores refer their customers to the Duraclean Specialist. Insurance men say Duraclean can save them money on fire claims. Hotels, motels, specialty shops and big stores make annual contracts for keeping their carpets and furniture



fresh and clean. One Duraclean Specialist recently signed a contract for over \$40,000 a year for just one hotel.

"Well, that's the business I was able to start for a little over a thousand dollars. That's the business I built up over a period of eight years. And, that's the business I sold out at a substantial profit before I was fifty."

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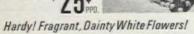
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THE JOY OF KITCHENS

Page 53: Cabinets, Wood-Mode Kitchens, Kreamer, Pa.; counter top, "Curry" by Formica Corp., Cincinnati, Ohio; sinks. Cuisine Center by Elkay Mfg. Co., Broadview, III.; dishwasher, KitchenAid Division, Hobart Mfg. Co., Troy, Ohio; freezer, Gibson Refrigerator Sales Corp., Greenville, Mich. Page 54: Electric surface cooking units, wall ovens, Thermador Division, Norris Thermador, Los Angeles, Calif.; built-in grill, Majestic Char-Grill, Majestic Co., Huntington, Ind.; wallpaper, "Bittersweet" by C.W. Stockwell Co., Los Angeles, Calif. Page 55, top: Surface cooking unit, wall ovens, GE Co., Louisville, Ky.; fan, Nutone, Cincinnati, Ohio; yellow casserole, Dansk Designs, Ltd., Mt. Kisco, N.Y. Bottom: Dishwasher, range, GE Co., Louisville, Ky.; hood, Trade-Winds Division, Norris Thermador, Los Angeles, Calif.; blender, Rival Mfg. Co., Kansas City, Mo. Page 56: Surface cooking unit, wall ovens, Frigidaire, Dayton, Ohio; hood, Broan Mfg. Co., Hartford, Wis.; grill, Majestic Char-Grill, Majestic Co., Huntington, Ind.; refrigerator/freezer, Chambers Corp., Oxford, Miss.; red casserole, Dansk Designs, Ltd., Mt. Kisco, N.Y.; copper pan, Bazar Français, New York, N.Y.; racks and spices, Spice Island Division of Leslie Foods, San Francisco, Calif. Page 57: Range, dishwasher, GE Co., Louisville, Ky.; counter top, "White" by Formica Corp., Cincinnati, Ohio.; toaster, Sunbeam Appliance Corp., Chicago, III.; canisters, Patricia Moore, Aspen, Colo. Page 74: Surface Cook Top, O'Keefe & Merritt, Los Angeles, Calif.; Trashmasher, Whirlpool Corp., Benton Harbor, Mich.; built-in grill, Jenn-Air Products Co., Indianapolis, Ind.; dishes by Tomala, Casa Mañana, Monterey, Calif.; built-in Food Center, Nutone, Cincinnati, Ohio. Page 76: Counter That Cooks, teapot, Corning Glass Works, Corning, N.Y.; built-in grill, Jenn-Air Products Co., Indianapolis, Ind.; sink, Moen Division of Stanadyne, Elyria, Ohio; cabinets, "Athena" by Yorktowne Colonial Products Co., Red Lion, Pa.; wall ovens, Magic Chef, Inc., Cleveland, Tenn.; refrigerator/freezer, Whirlpool Corp., Benton Harbor, Mich.; vinyl wallpaper, "Español" by Birge Designs, Brooklyn, N.Y.; canisters by Rene Gottran, L.S. Fick Co., Steamboat Springs, Colo.

RESTFUL BEDROOMS BY NIGHT-USEFUL DREAM ROOMS BY DAY

All sources N.Y.C. unless otherwise noted. Page 59: Bamboo chair, The Door Store; antique pine armoire, Ann-Morris Antiques; fabrics on sofa pillows, Hannett, Morrow, Fischer, Inc. and Boussac of France, Inc.; box spring and mattress, Simmons Co., Elizabeth, N.J. Top: Plexiglas-and-paper wall sculpture by Nancy Miller, Environment Gallery; Acrilan carpeting by Cabin Crafts, WestPoint Pepperell, Dalton, Ga.; round white Combo Unit from Beylerian, Ltd., available at Bloomingdale's; desk, Thayer Coggin, High Point, N.C. Lucite desk organizer and paperweight, Obelisk Shop; brass pin-up lamps, Koch & Lowy, Inc. Page 60, top: Unpainted chests, Furniture-inthe-raw; white flokati rug on bed, Ziozis Imports, Inc.; white linen flax rug, Saxony Carpet Co., Inc.; Irish knit pillows, Thalia Falk; handwoven woolen pillows, Carol Schwartzott, Niagara Falls, N.Y.; round wicker table, India Nepal, Inc.; tea service with tray, Dansk Designs, Ltd., Mt. Kisco, N.Y.; clock, "Caravelle" by Bulova Watch Co., Inc., Jackson Heights, N.Y.; art supplies, Sam Flax, Inc.; Kartel rolling cart, Beylerian, Ltd.; hanging cone shade, Robert Sonneman Associates, Inc.; mirror, Contemporary Craftman Corp., Danbury, Conn.; white snake lamp, Bonniers, Inc.; off-white duck for window shades, John Boyle & Co., Inc. Bottom: Silk-screen print on back wall by Eduardo Paolozzi, Pace Editions; cane and bentwood chairs, Thonet Industries; Wicker étagères, Lord & Taylor; brown Parsons tables, The Door Store; electric typewriter, Olivetti Corporation of America; Lucite pencil holder, Obelisk Shop; brown velvet bed-cover fabric, Crompton-Richmond Co., Inc.; baskets, patchwork pillows; The Jo-Jo Shop; embroidered rug from Iraq, Design Research.

ALL THE WORLD LOVES STEW

Page 69: Mexican dish, Castilian Plaza, N.Y.C.

WINNING WAYS WITH MOLASSES

All sources, N.Y.C. Pages 70-71: Lucite stand, Lucidity; oval dishes, Blooming-dale's.

TURBAN OF SOLE

Pages 72-73: Serving pieces, Georg Jensen, N.Y.C.

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