The Gift of CHRISTMAS
Beautiful decorations, crafts, furnishings, cakes & goodies, gift wraps and happy holiday ideas by the hundreds
Plus: 10 Best Christmas Plants
How To Take the Merriest Christmas Photographs Ever
If you've got a Spanish room, we've got the ceiling to match.

Armstrong introduces Santero, the first Spanish-style Chandelier® Ceiling.

You may have already seen our elegant Chandelier Ceilings, with their richly textured ceilings made to dine under, entertain under. But you've never seen one like our new Santero. It's the first Chandelier Ceiling designed especially for Spanish rooms.

There are lots of ways to capture this traditional look: carved Mediterranean furniture, rough-plaster walls, wrought iron. Now, you can complete the picture with a Spanish-style ceiling as well.

All you need are a few hours and a few dollars. Enough tile for a 10' x 15' room costs no more than $75. Any reasonably handy husband can install it, or your dealer can arrange professional installation.

You don't have a Spanish room? No problem. We also have an Early American and a French Provincial design as well as several contemporary Chandelier Ceilings to fit your particular style.

See the entire collection of Chandelier Ceilings at your Armstrong dealer's. To find the one nearest you, call this toll-free number: 800-243-6000. (In Connecticut, call 800-882-6500.) For a FREE INFORMATION PACKET on Chandelier Ceilings, write to Armstrong, 7212 Rand Road, Lancaster, Pa. 17604.
INTERIOR DESIGN AND DECORATING
32 Decorating Newsletter: Christmas Merry-Makings
53 The Gift of Christmas—Happy Holiday Ideas by the Hundreds
54 Rooms Full of Joy: Living Room
57 Dining Room
59 Children's Room
60 Bathroom
61 Guest Room
62 Family Room
64 Kitchen

FOOD
69 From Your Kitchen With Love: Sweets and Savories
70 Home-Baked and Beautiful
73 Cooking Lesson No. 51: Chestnut Yule Log
89 What's Stirring in Cookbooks?

EQUIPMENT
20 From Home Base: The Holiday Brunch Mates

GARDENING
67 The 10 Best Christmas Plants

FEATURES
6 This Month in American Home
11 Lifestyle: The Larry Bauers of Olvererea, New York
16 The Good-Looking Homemaker: Beauty at Your Fingertips
30 It's a Great Dog's Life
36 How To Take the Merriest Photographs Ever
80 Our Christmas Shoppers' Guide

HOME PROJECTS
85 Panda Needlepoint Kits

SHOP BY MAIL
94 American Home Market Place

COVER: A gleaming red-and-gold doily and gift-paper tree, surrounded by holiday glitter and wrappings, typifies the beautiful Christmas decorations you'll find all through our idea-packed "Rooms Full of Joy," beginning on page 54. Photographer: Ben Rose


Advertising and Sales: Patrick M. Linskey, Advertising Director; Robert E. MacVicar, Eastern Sales Manager; Frank R. Zita, Chicago Sales Manager; William K. Hughes, Regional Sales Manager; Richard Danholt, Los Angeles Sales Manager; Richard S. Wexley, San Francisco Sales Manager; Elizabeth Riggs, Manager Special Services; Stephen E. Silver, Marketing Director; Mary Powers, Director of Reader Reaction Bureau.

Manuscripts must be accompanied by self-addressed envelopes and return postage. Publisher assumes no responsibility for return of unsolicited manuscripts or art.

CHANGE OF ADDRESS: If you plan to move, notify American Home, P.O. Box 4568, Des Moines, Iowa, 50306, at least 8 weeks in advance. See coupon elsewhere in this issue. Send new and old address from a recent copy. Postmaster: Send form 3579 to same address.
Adventure Prints™
by Armstrong
If you've got the courage, we've got the carpet!

Not for the timid, our bold and beautiful Adventure Prints can transform any room into an exciting new world of pattern and color. Lively prints are what's happening in home fashion today. Use them with practically anything—big plaids, muted stripes, solid colors—whatever turns you on. This design, "Vaquero," comes in eight vibrant colors, and we have other designs in a wide range of shades.

Adventure Prints are as tough as they are beautiful, with a low-level, extremely dense nylon pile to give you great wear in the most active rooms of your home.

Send for our free color booklet featuring all the handsome new Adventure Prints style and color combinations. Just write to: Armstrong, 7212 Elliott Avenue, Lancaster, PA 17604.

Armstrong
CREATORS OF THE INDOOR WORLD™
Dry-hards are tough-to-clean foods—like macaroni and cheese, eggs, oatmeal, sauces—that dry and cake and stick. And stick. On plates. On forks. Filming glasses. But Electrasol, with its special formula, gets rid of dry-hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.
Why is this man smiling?

He’s smiling because he knows the strange thing that happens when your family eats a bowl of oatmeal. It makes you feel better.

That’s right. They eat Oatmeal, you feel better.

He knows they get more protein in Oatmeal than with any other whole grain cereal.

He knows they get just as few calories as they’d get in a bowl of Corn Flakes.

He knows they get warmth. He knows they get great taste.

He knows. And you know.

When you give all that you can’t help but smile.

Quaker Oatmeal

The more they eat the better you feel.
This year, once again, more than 40 million evergreen trees will be felled to glitter in tinsel and firefly lights for a brief season as Christmas trees. In the past, most of them have been wastefully burned after January 1, a practice many communities no longer permit. Since the commercial harvesting of Christmas trees, properly done, is no more harmful to the environment than the harvesting of any other farmed crop, we do not mean to damn the Christmas-tree growers. But that lovely tree which brought the fragrance of the forest into your home should continue its life cycle by being returned to the earth in some useful way, its branches trimmed to serve as mulch to protect plants in winter, or the entire tree ground into chips for use as flooring in a park. Many an enlightened town has a chipping machine for just this helpful purpose.

But better than cut a tree, you might follow the example of such families as the Larry Bauers on pages 11 and 14, and bring a live tree into your home this Christmas. Afterward, replant it outdoors, either in your own garden or in another part of your neighborhood where a tree is needed. This practice is increasing all over our environmentally conscious country. In Los Angeles, for example, a Chamber of Commerce affiliate—Los Angeles Beautiful—is urging people to make gifts of living Christmas trees to city parks and forest areas. A live tree, its roots protected by earth in a burlap bag, will cost perhaps twice as much as a cut tree—$20 and up for a four- to seven-footer—but it's worth the price. Consult your nursery about the kind of evergreen you will want growing in your garden or local park—one of the varieties of fir or balsam, pine or spruce, depending on where you live.

Choose your tree as early as possible—like right now—and dig the hole you will later plant in, lining it with mulch before the ground freezes, if you live in the North. Store the earth in your garage or cellar and keep the tree outside, on a porch or terrace, moving it into the garage or a cool room to let it adjust gradually to the warmth of the house. When finally planted in a tub or with its burlap ball wrapped in plastic to permit regular watering (room-temperature water), the tree should be placed away from direct sunlight, in a room where the heat is turned down several degrees. Do not decorate with strings of electric lights; their heat will harm a live tree.

The holidays over, transfer the tree outdoors gradually again, first into the garage, then into the ground already prepared for it. And by all means, let the children participate in the whole endeavor—from choosing the tree to planting it. They will love watching it thrive and grow, and it will become part of their memories of happy Christmases past. Why not keep a photographic record of the odyssey of your tree, from nursery to its moment of glory as the center of your Christmas and then to its place in your garden or community? It’s a Merry Christmas thought.
Salem refreshes naturally!

Natural Menthol™ Blend
(means naturally fresh taste)

Salem’s unique blend features natural menthol, not the kind made in laboratories. Like our superb tobaccos, our menthol is naturally grown. You’ll get a taste that’s not harsh or hot... a taste as naturally cool and fresh as Springtime.


Warning: 20 mg. tar, 1.4 mg. nicotine, av. per cigarette, FTC Report Aug. '72.
Sears Petit Plume draperies
and bedspreads.

Rich damask that needs no ironing!

It all started in a French museum. Sears saw a beautiful Napoleonic fabric. So we had the rich damask pattern re-created for your windows.

You loved the modern improvements too. Thermalgard backing for insulation. Perma-Prest fabric you can machine wash, tumble dry — with no ironing needed.

You loved it a lot. In fact, you made it one of America’s favorite draperies.

So now we’re giving you Petit Plume in bedspreads too. The same 16 great colors. The same great Perma-Prest fabric. All that’s been added is a deep fringe border. And matching shorty draperies.

Petit Plume. At most larger Sears, Roebuck and Co. stores, and the catalog.

Only at Sears
When your man was a little boy, he had to be coaxed to eat his vegetables. Now that you’ve got Birds Eye Combinations he doesn’t.

Oh, the things mother had to go through to get your man to eat his vegetables when he was a boy.

At Birds Eye, we never forget the little boy who lives inside every man. That’s why we’ve come up with Birds Eye® Combinations: 20 interesting vegetable combinations a man can love.

Our beans aren’t just beans. We add selected seasonings...and then, something extra: toasted almonds.

When we prepare our broccoli spears, we even add hollandaise sauce.

Tomorrow night, zip up your man’s meal with some Birds Eye Combinations. They’re nothing like the vegetables he had when he was a boy.

The vegetables mother never had.
For a young family in upstate New York, the Christmas season means a return to old-fashioned crafts and to the warmth of traditional family closeness.

Group caroling is a Christmas Day highlight for the Bauers. Nat joins Jenny, 6, and Tracy, 4, in chorus, while Larry accompanies them on an old pump organ that once belonged to a farm family. Larry and the girls fix the tree, which sits in an old flower cart that has been brightly repainted.

Larry and Elizabeth Bauer live year round in what they call a "Christmas kind of house." And that's one reason their home is always a holiday mecca for family. Relatives come from parts of New York state, Pennsylvania—even as far distant as Florida—to fill the house with Christmas cheer. "Everyone skis or goes tobogganing in the morning," says Larry. "We come home for hot hogs in front of a roaring fire and a gourmet feast that Nat has fixed." ("Nat," Mrs. Bauer's nickname, was given her by her sister in childhood.)

The Bauer home is a rambling, 110-year-old wood-frame house in tiny Oliverea, N.Y. (population, 35), surrounded by 11 acres of Catskill Mountain woodland. And neither Larry nor Nat, nor two lively youngsters, Jennifer and Tracy, minds being far removed from city hustle and bustle.

Although Oliverea has been home to the Bauers for only two years (before that, home was a New York City apartment), they have sunk their roots deep. First, they planted their garden, which now keeps family and friends supplied with fresh vegetables, homegrown fruits and canned delicacies. Then they began decorating the interior of their house. Nat's handiwork is visible throughout—on calico walls and curtains, and on patchwork pillows, quilts and place mats. Work on the house is a joint effort for Nat and Larry. Her craft and needlework skills are complemented by his carpentry. And on Sundays and holidays, Larry turns chef—sourdough pancakes are his specialty.

The Bauer country kitchen with its restaurant-sized stove (a housewarming gift, it was salvaged from an old boarding house) is the center of family activity. It's always filled with the aroma of bread freshly baked, pies cooling or a company meal in the making.

Preparations for the Christmas get-together begin in September, (continued on page 14)
HOW TO SET A GREAT COCKTAIL TABLE

Start with California Fruit Cocktail and Miracle Whip Salad Dressing, and any table is set beautifully. Miracle Whip’s special blend of spicy and creamy smooth texture add a lively teasing touch to this colorful blend of canned fruit.

COTTAGE FRUIT SALAD

| 2 1-lb. 1-oz. cans fruit cocktail | 3/4 cup Miracle Whip 
| 1 envelope unflavored gelatin | 1/4 cup toasted slivered almonds 
| 3 cups cottage cheese | 1/2 teaspoon salt 

Drain fruit cocktail, reserving 1/2 cup syrup. Soften gelatin in reserved syrup; stir over low heat until dissolved. Cool. Add to combined cottage cheese, salad dressing, nuts and salt, mixing until blended. Spoon into individual ring molds. Chill until firm. Unmold on lettuce-lined plates. Fill the center of the molds with fruit cocktail. Makes eight servings.

TRI-COLOR MOLDED SALAD

| 2 1-lb. 1-oz. cans fruit cocktail | 3/4 cup Miracle Whip 
| 1 3-oz. pkg. raspberry flavored gelatin | 1/2 cup heavy cream, whipped 
| 1 cup boiling water | 1 3-oz. pkg. lime flavored gelatin 
| 1 cup boiling water | 1 cup boiling water 

Drain fruit cocktail, reserving 1 cup syrup. Dissolve raspberry gelatin in boiling water. Add 1/2 cup syrup and 1 1/2 cups fruit cocktail. Pour into greased 2-quart mold. Chill until almost firm.

Dissolve lemon gelatin in boiling water; cool. Gradually add to salad dressing, mixing until well blended. Fold in whipped cream. Pour over raspberry layer. Chill until almost firm.

Dissolve lime gelatin in boiling water. Add 1/2 cup syrup and remaining fruit cocktail. Pour over lemon layer. Chill until firm. Unmold on serving platter. Garnish with lemon leaves. 10 to 12 servings.

PINK FRUIT FREEZE

| 1 8-oz. pkg. Philadelphia Brand Cream Cheese | 1/4 cup Miracle Whip 
| 2 1-lb. 1-oz. cans fruit cocktail, drained | 2 1-lb. 1-oz. cans fruit cocktail, drained 
| 1 quart strawberry ice cream, softened | 1/2 cup chopped nuts 

Combine softened cream cheese, ice cream and salad dressing, mixing until well blended. Fold in fruit and nuts. Pour into 9-inch square pan. Freeze until firm. Place in refrigerator 15 minutes before serving. Cut into squares. Garnish with cherries, mint and holly leaves if desired. Makes nine servings.
As the big day nears, the Bauers add finishing touches to handcrafted gifts and decorations.

Nat created this splendid needlework house to grace living room’s rustic stone mantel. Wrapped around the wooden frame are pieced patchwork walls, quilted roof, embroidered trim and appliquéd windows with lights behind. Plywood base is covered with hooked rug.

when most of the canning is done. Come December, the elderberry wine Nat started aging months back is ready to drink. A week before Christmas, the Bauers hike to the nearby woods to dig up a tree. They bring it indoors potted, roots and all, and replant it after the holidays.

"Readying ourselves for Christmas was a tradition in my family," Nat recalls. She and Larry have upheld the tradition, with some additions of their own. "Every year we give each of the girls a Christmas ornament," says Larry. "When they’re grown, they’ll have a lovely set of ornaments, each full of childhood memories."

Homemade gifts are another Bauer tradition. This fall, Jennie and Tracy were busy drying apples and stuffing them into hand-stitched stockings to give to friends—along with recipes for apple pudding and dried apple pie. For family they made macramé bracelets and belts.

Jennie, who recently learned to quilt, expects to try quilting a pillow next. Nat’s more ambitious projects included patchwork dolls, hand-stitched place mats, afghans and Christmas outfits for herself and the girls.

For a long time, Nat’s friends urged her to share her talents and turn her handicrafting into profit. So last spring she turned the Bauer barn into a shop called Puckihuddle. A free catalog is available for those who can’t visit in person. Write to Puckihuddle, Dept. AH, Oliveria, N.Y. 12462.

Stocked with table linens, patchwork quilts and pillows, appliquéd skirts, afghans, muslin aprons like the one Nat wears (below, left), fresh breads and sourdough starters, the shop looks like the Bauer house at holiday time. It glows with the kind of tradition that shines especially bright at Christmas.
THINK THINS

Think Silva Thins 100's. They have less "tar" than most Kings, 100's, menthols, non-filters.*

Menthol too.


THE GOOD-LOOKING HOMEMAKER

BEAUTY AT YOUR FINGERTIPS

Elizabeth Metz, 29, and her daughter, Jane, 7, caught in the act of gift-wrapping (above), know that well-groomed nails make graceful hands, and that the secret of both is consistent care. Liz’s nail-care routine is so automatic that her husband, Richard, a golf pro, seems unaware of it. “I only know Liz has very pretty hands,” he says proudly. The Metz family, which also includes Richard, Jr., 9, and a pet monkey named Sam, live in a roomy New York City apartment, which Liz is redecorating.

But no matter what the project is, Liz never forgets her hands. Each week she gives herself—and helps Jane with—a careful manicure. Liz makes sure Jane keeps her nails short and squarish, the best shape for an active little girl. For special occasions Jane tries on a pink polish, but for school days she sticks to colorless. Liz has taught her the knack of pushing her cuticles back with a towel after washing her hands. (continued)
No-iron sheers that glow like jewels.
Sears Royal Jewel Curtains.

Raspberry. Grape sherbet. Avocado. And eleven other beautiful shades that glisten and gleam. The secret’s in the special Dacron polyester ninon fiber. More threads are woven to the inch than in most other ninons. And the more yarn, the more color! Even more diamond brightness in Sears white “Royal Jewel” sheers.

For bedroom, living room — even kitchen or bath. In many widths, many sizes that machine wash and tumble dry. No ironing. See “Royal Jewel” at larger Sears, Roebuck and Co. stores and in the catalog.

Only at Sears
You can buy 8 Libbey Gold Brocade Glasses for about $8... about what you pay for party snacks.

And the glasses last.

New, raised Antique Gold decoration enriches the feel, the distinctiveness of Libbey's new Gold Brocade (shown). It looks expensive, yet is reasonably priced. Explore all the new Libbey designs, shapes, and stunning colors in today's glassware. For yourself and for appreciated gifts.

Libbey GLASSWARE by OWENS-IllINOIS
THE BEST KNOWN NAME IN TABLE GLASSWARE

BEAUTY AT YOUR FINGERTIPS continued

Liz learned her own good nail-care routine from Nena Rico of Nails by Nena, a salon (with branches in New York and Beverly Hills) devoted exclusively to nail care. Here's Nena's step-by-step manicure, which you can do at home, as Liz does. First, remove old polish by pressing a cotton pad moistened with polish remover against a nail. After a few seconds, wipe off. Use sparingly; its alcohol tends to dry nails.

With an emery board, shape nails to a gently rounded oval—a pointed claw breaks too easily. Always file from sides toward tip; sawing back and forth, and using metal files, can roughen and split nail edges. Avoid filing after hands have been in water and nails are fragile.

Clip loose bits of cuticle, but never cut into cuticle itself. This can lead to infection, or at the very least, to ragged edges and hangnails. Instead, soak hands in warm, soapy water a few minutes; then apply cuticle cream or oil around base and sides of nail—to soften cuticle so it can be nudged back with the blunt end of an orangewood cuticle stick.

Scrub nails with a brush. If you see any rough spots where you worked the cuticle back, rub gently with the fine side of an emery board, or with a water-soaked pumice stone.

Before applying polish, make sure all soap residue, cuticle remover and previous polish are completely removed and nails are dry. Then brush on a clear base coat to give polish a smooth foundation. A thin coat is all that's needed. Apply in three strokes, one down the center and one along each side. Dab a little under the tip of each nail, too, to protect the edges. If your nails are problem-free, use a base coat like Revlon Wonder Base ($1.25, ½ ounce); if your nails tend to split, peel or break easily, choose something therapeutic, such as Cutex Strong Nail ($0.50, ½ ounce) or Revlon Prolon ($1.10, ½ ounce).

Allow one minute to dry, then apply two coats of polish, using the same three-stroke technique.

Don't flood your nails with polish, but if you do, don't rush to the remover. Just dip an orange-stick wrapped in a tiny bit of cotton into nail-polish thinner, such as Revlon's Enamel Solvent ($0.65, ½ ounce), and brush lightly over excess polish.

When polish seems dry to the touch, it's time for a clear top coat for protection against chipping. Again remember to seal nail edges with a flick of the brush beneath each nail tip. To wipe away any excess polish around the nails, use the tip of a toothpick wrapped with cotton and dipped in remover.

If you experience frequent cracks or breaks, consider having Revlon's Nail Mender Kit ($2) on hand. It has everything you'll need for a quick repair job.

Growing good, long nails takes from three to six months, but be patient. Also, be attentive: Buff every time you give yourself a manicure. Buffing acts like a massage to help stimulate healthy circulation, which encourages nails to grow. You should stick with subtle pale shades while nails are growing in. Then, when they're in show-off shape, experiment with some of the newer, deeper tones, as Liz wears in the picture on page 16.

Charles of the Ritz's new Real Ritz collection contains six lustrous deep shades, including First Class Copper and Wall Street Plum (each: $3, ½ ounce). Ultima II's Perfect Makeup for Nails provides 20 Cloisonné Enamels, each with accompanying bottle of primer coat. The shades are newly deep and rich, like RoseMauve, Gingerwood and Wild Mushroom ($3.75, each two-bottle set).

It takes a little extra care to have pretty nails. But, says Liz Metz, "It's worth the effort. Nails are as visible as your face and say just as much about you." END
Get our Aqua-Vac for 49^{99}\$ and don’t cry over spilt milk.

You’ll find Aqua-Vac can clear up just about anything—liquid or solid, indoors or outdoors. Leaves? Fireplace ashes? Water? No problem! It even has a drain plug at the bottom for easy cleaning. And a 22-piece accessory kit makes it incredibly easy to use for all your cleaning chores. It comes with a dolly, brushes, crevice tools, squeegee, extension wands, replacement filter bags, floor nozzles—including one for shag rugs. If you’d like to have Aqua-Vac around the house, just come in and see us or fill in the order form below. Then start wondering how you ever managed without one!

Order early and you’ll have it for Christmas

Please send me the JCPenney AQUA-VAC as indicated below. I will purchase as indicated. PLEASE PRINT

Name ____________________________
Address ____________________________
City ___________________ State ______ Zip ______

How Many Item Number Purchase Price Total
7 L 952-4893 FA JCPenney AQUA-VAC $49.99

☐ CASH. I enclose my check or money order made payable to JCPenney Co., Inc., for The ORDER TOTAL.

☐ CHARGE. Add The ORDER TOTAL to my JCPenney Charge Account

Merchandise Total $________
State and Local Taxes $________
Amount Enclosed (if cash order) $________

Please Enter Your JCPenney Charge Number

SIGNATURE: ____________________________

(Include all handling & shipping charges.

Complete this coupon and mail this entire page in envelope to:
JCPenney Co., Inc., P.O. Box 674, Milwaukee, Wisconsin 53201

"Includes all handling & shipping charges."

JCPenney
We know what you’re looking for.
FROM HOME BASE

By Jeanne M. Bauer

"Come for brunch" is a popular invitation, for this is a delightfully freewheeling form of holiday hospitality. It suits any occasion and almost any size group, and portable electric appliances help make the event casual and easy. To turn brunch-giving into an even more relaxed experience for someone you care about, we've teamed several unbeatable brunch appliances with appropriate food combinations—to suggest ideas for holiday gift giving. Though the portables and foods we show are natural go-togethers, other combinations may occur to you. And brunches are only one of many uses for these handy little appliances.

The Panasonic Health Center (below, left), $70, contains powerful centrifugal juice extractor (with automatic pulp ejector) capable of producing healthful beverages whose variety is limited only by the imagination—and the availability of fresh fruits and vegetables. A four-speed blender attachment also comes with this multipurpose machine. As a gift, along with some unusual fresh fruits, it should please the most particular palate. If you have difficulty finding out-of-season or out-of-the-ordinary fruits or vegetables, write to Balducci, 424 6th Ave., New York, N.Y. 10011. They will air-freight a $10 minimum order, plus shipping charges, anywhere in the U.S.

Cocktail brunches will purr along smoothly with the effortless mixing provided by a blender. But Oster's 10-speed version (below, right), $30, is not just an aid to mixing cocktails. It's also an all-around appliance whose special cookbook accompaniment tells how to make anything from appetizers to desserts. For a doubly welcome present, a festive basket of packaged drink mixes (Whiskey Sour, Pink Squirrel, Pina Colada, for example), jars of pretty garnishes—maraschino cherries, pineapple slices, cinnamon sticks—and a selection of cocktail glasses.

A really superlative omelet requires the proper equipment, and The French Omelette, $27, from Hamilton Beach's International Collection (bottom), has it all. Setup includes no-stick omelet pan, wooden spatula, electric burner set into walnut cooking board—plus (continued on page 28)
Big Wally lifts the dirt right off the wall!

Introducing the aerosol foam that cleans walls better—without the mess!

Forget about buckets, mixing, streaking and rinsing. Big Wally cleans walls faster—and gets walls cleaner. With a new kind of foaming-action that actually gets down under the dirt—and lifts it right off the wall.

One can cleans four walls fast. With Big Wally you’ll be able to wash all four walls in a 10 x 16 room (over 400 sq. ft.) in about an hour. Just spray it on and wipe it away. Without all the hard scrubbing, messy dripping and extra rinsing you get with watery cleaners.

Clean walls faster and get walls cleaner with Big Wally. The foaming-action wall-washer that lifts the dirt—right off the wall.

It’s new from Johnson Wax
Here is the roomiest, most helpful recipe file, one that promises better organization than ever. Thousands of homemakers find these files an easy, permanent way to arrange their personal recipe collections. This unbreakable, polypropylene, pebble-finished file is light to handle and easy to keep clean. Capacity is about four times that of the usual small file box; it contains **24 index cards** tabbed in the categories you will find most helpful. Each index card has room for your own reference notes. **60 recipes** have been selected by our Food Editors, ready to clip and add to your own collection. For easy reference, an **equivalent chart** shows all measurements and equivalent quantities of basic ingredients. **100 clear-plastic sleeves** hold recipes clean and neat. You can buy more as needed. A **shopping-list pad**, including handy lists of food and household products, will make meal planning easy and take the indecision out of shopping. The pad can be reordered with the recipe sleeves.

Fill out coupon and enclose check or money order. Florida residents please add sales tax. Allow 4 weeks for handling and mailing. (Sorry, we are unable to handle Canadian or foreign orders.) Please indicate your zip code.

**American Home, Dept. 1514**
4500 N.W. 135th St., Miami, Florida 33054

I enclose $_________ for the following item(s):
- **Menu Maker Complete Set** (s) $5.98 each.
- **My color choice is:** □ AVOCADO 61057 □ GOLD 61058 □ COPPER 61059 □ WHITE 61060
  - □ 61061 (200 extra recipe sleeves and 1 shopping list pad) $2.00
  - □ 61062 (500 extra recipe sleeves and 2 shopping list pads) $3.98
- □ Send C.O.D. I enclose $2 goodwill deposit and will pay postman balance plus all postal charges.

Print Name

Address

City, State, Zip Code
Available direct from the publisher.

New edition of the world famous Encyclopaedia Britannica.

Plus Britannica Junior included automatically

You get all volumes now . . . pay later on easy Book a Month Payment Plan.

Yes, the latest edition of Britannica—the greatest treasury of knowledge ever published—is now available on a remarkable offer. Under the terms of this truly amazing offer, the latest edition of Britannica Junior will be included automatically when you choose Encyclopaedia Britannica. This complete program will be placed in your home NOW. You pay later on convenient budget terms. It's as easy as buying a book a month.

Britannica Junior is a big, 15-volume set written, illustrated, and indexed especially for children in grade school and junior high. Carefully matched to school subjects as a homework reference, it's rich in picture interest, and is easy to read and understand. And it leads right into Encyclopaedia Britannica.

Encyclopaedia Britannica Offers Thousands of Subjects of Practical Value. The new edition of Britannica has special articles on household budgets, interior decorating, medicine, health, home remodeling, child care and much more . . . useful information that can save you many dollars.

New Edition is Profusely Illustrated. The new Encyclopaedia Britannica offers over 22,000 magnificent illustrations—thousands in vivid color. But it does not merely show “attractive pictures” — it is the work of 10,400 of the world's great authorities.

Essential for Homework. For students, Britannica is indispensable. It is the finest, most complete reference published in America. It helps develop the active, alert minds that bring success in school and later life.

May we send you, free and without obligation, our new Preview Booklet which pictures and describes the latest edition of Encyclopaedia Britannica—together with a set of beautiful full-color global strategy maps? Just as these maps and their gazetteer spread the physical globe before you, so the Preview Booklet shows how the new edition of Britannica places at your fingertips a whole new world of information. We'll also give you details on how you can also receive Britannica Junior Encyclopaedia included automatically. For details on the complete program, just mail the attached postage-free card today.

FREE! Let us mail you this Britannica Preview Booklet and Extra Gift

If card is detached, write to Encyclopaedia Britannica, Dept. 727-D, 425 N. Michigan Ave., Chicago, Ill. 60611.
sandwiches, eggs, bacon. The perfect gift companions: rich waffle toppings.

For a great cup of coffee—up to eight at a time, in fact—Norelco makes a handsome electric coffee combination: a unique drip coffee maker, $40, and a coffee mill, $15 (top, right). The mill blends beans to a uniform grind in seconds. The maker quickly regulates time and temperature to capture the beans' best flavor and create a bracing brew. A compact unit, it comprises water holder, retractable water-flow arm, heater/warmer, filter and pot. Add a jar of coffee beans to complete your gift.

Cooking for a crowd calls for space, and the Presto extra-large griddle (top, center), $32, has plenty. It makes quick work of eggs, pancakes, meats and other frying jobs. Its Control Master, which assures even heat, detaches and allows griddle to immerse for easy cleaning. Griddle plus savory, smoked brunch meats—ham, bacon and sausage—are an enviable Christmas treat.

Another one is the General Electric Toast-R-Oven (not shown). $42. It's like having several appliances in one. It toasts up to six slices of bread, or bakes, browns, warms, oven-style. Assorted baked goods partner it neatly.

Small appliances and meal fixings make super gifts for brunch-crowd pleasers. Clockwise from top, left: automatic Wafflebaker plus bonus gifts of syrup and honey; electric drip coffeemaker, fresh coffee beans and a coffee mill for a really bracing brew; king-sized griddle presented with ham steak, sausages and slab of bacon.

BRUNCH MATES continued from page 20

steel chafing dish (not shown). Holiday brunch-goers will be wowed by omelets made right at the table. Combine this setup with a selection of herbs or cheeses to vary the basic recipe, and you have a spectacular gift for someone special.

Waffles are surefire winter warm-ups for the brunch bunch, and Sunbeam's no-stick, no-scour Wafflebaker (top, left), $30, makes them crisp and golden. For a change of pace, the baker becomes a griddle (waffle grids invert) for grilling.

Ronson, of course

Ronson Var aflame® / MK II butane table lighters... a rare combination of quiet elegance, exquisite design and precision engineering. Gifts to give or to keep, for people who appreciate beauty in all things for all time.

Ronson
AVAILABLE ONLY THROUGH THIS DIRECT-BY-MAIL OFFER

Complete line of 110 products

Discover the rewards of nature with Yves Rocher (Eve Roe-Shay) products of camomile, strawberry, linden, orange, chestnut, cucumber and avocado. There are rich moisturizers, velvety creams, sleek oils, pampering cleansers, satiny lotions, exquisite makeups, refreshing masques and haunting perfumes, all described in our big, richly-colored Guide to Natural Beauty.

These natural products are just now being made available exclusively through this offer...they are not sold in any American stores. The only way you, the American woman, will be able to discover the natural beauty world of Yves Rocher, to sample his products, and to see the amazing Yves Rocher Guide to Natural Beauty is to send in the coupon below.

Send for your 56-Page Color Catalog Plus Samples

Send Yves Rocher Ltd. 410 N. Michigan Avenue, Chicago, Illinois 60611

Please send me your 56 page catalog ("The Yves Rocher Guide to Natural Beauty") and samples of your natural cosmetics. (Enclose 25¢ for postage and handling, please.)

□ Mrs.
□ Miss
Address _____________________________ Please Print
City _____________________________
State __________ ZIP __________
Don’t forget man’s best friend-of-the-family on Christmas morning. Wherever his special corner is, it will be a brighter place if there’s a gift waiting for him. These accessories are from New York City sources—American Kennels, Canine Styles, Saks Fifth Avenue—but similar dog gear can be found throughout the country. Prices of items shown are approximate.

For the pampered, pocket-sized pup who has everything, Vuitton’s 14-inch pet tote ($150) travels elegantly. Larger pets will like the roomy Madeira wicker carrying basket ($14.50). Outings are best of all with your pet decked out in a warm wool plaid coat ($10), and on long winter nights he’ll delight in bedding down in a cozy wicker igloo that comes complete with its own red plaid cushion ($18).

For show time, consider a non-tarnish, all-aluminum food/water dish ($5) or non-tip ceramic bowl ($3). And for play, the durable Breath Sweet hard-rubber ball, which sweetens his breath as he chews, or the giant hard-rubber pull ring ($3 each) should keep him fit and frisky.

On the sleek side, there’s an attractive array of grooming aids to choose from: Oster’s stainless-steel air-jet hair dryer ($36) especially for pets—it’s on its own stand, to free your hands for combing or brushing; wooden-handled wire grooming brush ($2.80); wire “slicker” brush for long/soft-haired pets ($2.50); metal comb ($2.50); oval scrub/grooming brush ($2.80); stainless-steel trimming shears (two styles, $15.50 each); grooming rake for mats and tangles ($1.65); rubber shampoo brush ($1.90); and a grooming mitt that curries favor with short-haired dogs ($5).

For holiday strolls, there are gold-plated chain leads ($6 and $7) and a tinkly brass collar bell from India (90¢). There’s leather too: leashes in dark brown leather ($8) and rolled natural leather ($9); braided leather lead ($5); dark-brown rolled-leather collar ($7); braided leather collar ($7). Add dog biscuits to your package wraps, as we did, or dog toys—and your pet will know the gifts are just for him. This Christmas season, it seems, dogs have never had it so good. —Betty Borger
Instant Dinner for Dogs.

Loaded with vitamins and minerals. All you add is warm water for a completely nourishing dinner for dogs. Instantly. Chuck Wagon... what dogs like best and need most, all from one package.

Tender, juicy chunks

Golden, crunchy nuggets

Rich, savory broth
What Doctors Prescribe Most
For Pain of Arthritis
And Its Morning Stiffness

A twinge of pain flashes through your elbow as you reach around to pull on a belt. Your fingers are all thumbs handling a zipper. Little things suddenly become a difficult chore for anyone with arthritis.

Doctors who specialize in arthritis know that treatment must do more than relieve pain. It must also reduce inflammation of the joints and surrounding tissues. So, as you would expect, the pain medication doctors prescribe most for arthritis also has a most effective anti-inflammatory action.

What you should know is that this same medication is in today's Anacin® tablets. In fact, Anacin contains more of it than any leading aspirin tablet, buffered aspirin, or extra-strength tablet. In minutes, Anacin rush-es relief for minor arthritis pain, swelling, and stiffness to every part of your body, anywhere and everywhere this disease attacks. And Anacin's relief goes on for hours, gives you more freedom of movement without pain. Be sure to get Anacin with the reliable action that stiff, painful arthritic joints need.

Remember, only Anacin has a special formula that's stronger in the pain medication doctors prescribe most than any other leading tablet. Yet Anacin is available without prescription. Let Anacin tablets help you relieve minor arthritis pain and morning stiffness. And enjoy more freedom of movement without pain!

### Christmas Merry-Makings

Let your most festive fancies guide you in giving distinctive beauty to your Christmas gift wraps, as we did throughout our "Rooms Full of Joy" (pages 54-65). With inspiration from designers Bill Goldsmith and Nina Pellegrini, who created many of our handsome packages and Christmas touches, you can work with standard wrapping and party-decorating elements embellished with interesting materials you have on hand.

Our living room (pages 54-55) projects the rich glow of deep red and burnished gold—in package wraps as well as opulent decor. Our exquisite Christmas tree (also pictured on the cover) is made with red foil gift-wrap paper and gold paper doilies on a chicken-wire cone that's stuffed with Styrofoam strips. For a 29-inch tree, we cut 150 six-inch squares of the red foil paper and folded them into fans, eight pleats each, then folded them in half lengthwise to create 16 pleats each. We cut 50 large gold doilies into 200 quadrants. The fans and quadrants were attached with hairpins and staples and secured with glue. We finished off the tree with a gold-fan star. To make, cut two six-by-nine-inch pieces of gold foil paper. Fold in half lengthwise and make 18 half-inch pleats in each. Attach fans together to form a circle. Fasten to tip of cone with staples and hairpin. Secure with glue.

Our dining room (pages 56-57) glitters in silver and green, and the gift wraps carry out this color theme. A wide band of green velour around shiny silver paper is simplicity itself—also elegance-plus. And a green satin bow achieves importance with a silver Christmas ball glued to its center, or with radiating clear-plastic snowflakes. Instead of a fancy bow as a package-topper, use ready-made ribbon-covered Christmas balls.

In the children's room (pages 58-59), brightly colored in red, green and white, large crayons, badminton birds and a set of jacks are glued to striped and shiny glazed papers for a fanciful effect. Polka dots, sparkling stars, ribbon bows and old-fashioned Santa cutouts also add to a child's holiday wonder. The touch to be remembered: a balloon tree that buoyantly catches the spirit of the occasion. Gay ribbons anchor 13 helium-filled balloons to a base that resembles a giant letter-block. Cut king-size letters brightly colored in red, green and white, of each individual, must be given.)

### Decorating Newsletter

| January 1973 | PAGE 32 |
During the 1890's, everybody wanted to know the secret of Mr. McLellan's prize-winning smoked hams.

Even Mr. McLellan.

You've come a long way, baby.

VIRGINIA SLIMS.

Slimmer than the fat cigarettes men smoke.

Regular: 17 mg. tar, 1.2 mg. nicotine—Menthol: 18 mg. tar, 1.3 mg. nicotine av. per cigarette, FTC Report Aug. '72
STITCH A CHARMING BOUQUET

This flower-fresh Good-Luck Daisy Picture is easy to embroider. Finished, it's 12" by 30", perfect for many wall areas in your home. The giant daisies, one of which sports a bright ladybug, are made with simple lazy daisy, tufted, straight and outline stitches. Picture kit includes stamped, homespun-type fabric, embroidery yarn and instructions. (Stretcher and frame are not included in kit.) Price, $7. Frame shown with picture is handmade of wood strips with a gold-color rim. Price, $13.98. To order kit and frame, use coupon.
Accept Big FREE Copy of World’s Most Beautiful Cat Magazine

CATFANCY

Treat yourself, your family and your friends to the most glorious, most popular, filled with full-color, full-size magazine about cats and kittens! CATFANCY is filled with stunningly beautiful Full-Color and Black and White Photographs, Prints and Drawings on rich luxury texture inset papers that are perfect for framing!

CATFANCY is Warm! Exciting Down to Earth!

CATFANCY is filled with warm, exciting, lively Cat Stories, Tips on Cat Care, Health and how to give your cat a long and happy life. It will tell you How to Buy Kittens, Train, Show and Breed Cats. You will also read the latest about Top Show Cats as well as Back Alley Cats and household pets. CATFANCY will tell you all about the treatment and prevention of all cat ailments. It pictures and tells all about the origin and development of the elegant and exotic cats such as the Long Hair Siamese Aristocrats, Blue Tabby Kittens, White, Blue and Chinchilla Persians; Ruddy and Deep Red Abyssinians, Himalayans, Burmese, Top Show Brown Tabbies, Blue Creams and the Rare and Unusual Korat from Northern Thailand.

CATFANCY is down-to-earth! It tells you what to feed your cat: the dangers of meat-only or fish-only diets; what to do about cats that have problems when they drink milk and about feeding dog foods, or baby foods, to cats and what to do about cat malnutrition. You will learn what you should feed pregnant cats; what are the best overall diets for cats. CATFANCY is scientific, it tells you all about medication, anesthetics, tranquilizers and surgery as well as facts you should know about veterinarians.

CATFANCY travels you ’round the world and in history. It tells of cats that orientals feel “waiver on the borderline between the natural and the supernatural” in Chinese Art and art through the ages, in paintings and ceramics, in Ancient Egypt and in Persian Art.

All You Want to Know About Cats.

CATFANCY prints Cat Poetry, Fables, stories of Cat Personalities that ride high on owner’s shoulders, keep a pet mouse, and make friends with almost any animal alive. In CATFANCY you’ll find almost everything about cats—the beautiful phenomenon of odd-eyed cats, how coat color mutations can change a cat’s psychology, and amazing how-to-do-it cat projects like how to build your kitten his own “Inside-Out House.” CATFANCY fights for the cause of cats against anything that endangers cats — for good legislation to protect cats from accidents, starvation and scientific torture. Every issue contains helpful articles on care, feeding and health. Approved, supported and highly recommended by all leading authorities.

Enjoy Big, Beautiful Issue FREE—You Cannot Lose—Have Everything to Gain!

The world’s largest selling magazine about cats and kittens. Six magnificent 64 page issues per year, filled with delightful new feature articles about every breed of cat and kitten. And, it’s all yours—one big crammed issue FREE—then issue after issue chock-full of stunning cat art, photos, drawings, stories, facts, tips—a continuing cat-lover’s treasure house, all yours! Mail Big-Savings FREE-Gift Coupon Now!
People who keep track of such things say that Americans take more than three billion snapshots a year, many of them at Christmastime. And why not? This time of year the children are burnished with excitement, the house is at its colorful best, the family has gathered and treasured friends come visiting. It's a time when memories are made. And so, naturally, out comes the camera.

Whatever memories used to be like—flowers pressed in books, perhaps, a yellowed lace handkerchief—they are changed now, shaped by the modern camera that is easy to operate, inexpensive and ubiquitous. Kodak and Polaroid, makers of the most commonly used cameras in American households, have become the recording angels of our private histories.

Now is a good time to consider if you're using these angels to their fullest advantage and weaving for your children a rich fabric of memories. If you are project-oriented, here's one to do: a photo book "Christmastime '72." Think of it as a time capsule your family this year to another family—yours, say, 10 or 20 years hence. Consider it a kind of "personal anthropology," perhaps.

Plan your production ahead of time. Decide which aspects of your life and times to cover, make a list of the pictures you'll need and set out to get them. You'll doubtless want to devote some space in the book to what your children think is important in their lives—their special interests, special friends. If they have hobbies, shoot them at work on their rock collections, their macramé, their model planes. Surround them with the jackets of records they listen to now, the magazines or books they read. What is the fad of the moment in clothes?—shoot them in their favorites whether you approve or not.

When photographing your home life, don't overlook family vehicles and family pets. Line them up and get a shot of them: the cars, motorcycles, bikes or skate boards, the dogs, cats, guppies, parakeets or iguanas. If it's part of your household this Christmas, it belongs in your Christmas book. And why not get a shot of the postman coming up the walk loaded with Christmas mail? If you're using a Polaroid Land camera, take two pictures and give him one on the spot.

Consider including your holiday preparations: the decorations emerging from the closet (a shot that could guide your putting them back, by the way), as well as the family putting them up and the finished scene. The kitchen is one of the busiest places in most American households during the holidays—and also the least recorded. How about all those decorated cookies, date bars, rum balls and fruitcakes? Why not take some pictures of the process as well as the finished products? Maybe the recipes could go in the book, too!

How about the front door, the hallway, the stairs, the mantel, the tree, the dining-room table? Anything special this year? Of course. Everything is special this year, whether the decorations reflect long-standing tradition or new inspiration! This is the time-capule year, and everything is grist for that mill.

Don't overlook your town and your neighborhood in their special holiday mood—the street-corner Santas, the municipal decorations. And get some night shots of Christmas lights. Every town has some street where residents have plywood carolers on their lawns, reindeer on rooftops and lights outlining every eave and doorway—maybe your street. It's worth recording; this is history, you know.

You'll think of other shots to fill out your "Christmastime '72" book as you go along: the greeting cards, particularly interesting packages (ones you do yourself as well as those arriving). After gifts are opened, take a picture of each family member surrounded by his "loot." Such shots can also be reminders when it's thank-you note-writing time. And, incidentally, there's no better "thank you" than a picture of the recipient wearing the sweater Grandma knitted or playing with the stuffed toy panda she sent.

When Christmas has passed and you've recorded the taking-down of the tree—are you going to put your camera away? Future anthropologists, if they studied our culture from home photo albums alone, would probably conclude that this breed of man lived mostly at Christmas, indulged in a ritual with colored eggs at Easter, graduated from institutions frequently, celebrated birthdays mostly while young and had lots and lots of small animals. Further, they would conclude, children were usually freshly scrubbed, well combed and well dressed, and spent a great deal of time standing around squinting into the sun.

Do your picture-taking habits reflect these characteristics? If so, we are out to change your ways (continued on page 42).
How to finish off a great lunch in a couple of shakes.

Shake on the Bac*Os® and you've got it made!

Bac*Os are crunchy, bacon-like flavor bits that make a lunch lively. They add the finishing touch of flavor, texture and color to salads, eggs, potatoes and vegetables.

So before you serve lunch (dinner and breakfast, too) shake on the crispy garnish with the bacon-like flavor — Bac*Os, for the big finish.

Bac*Os makes what's good, better.
| Selections marked with a star are not available in reel tape formats |

<table>
<thead>
<tr>
<th>Catalog</th>
<th>Artist</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>223123</td>
<td>Liza Minnelli</td>
<td>Liza with a &quot;Z&quot;</td>
</tr>
<tr>
<td>222098</td>
<td>Carlos Santana &amp; Buddy Miles</td>
<td>Live</td>
</tr>
<tr>
<td>221424</td>
<td>Chicago V</td>
<td>Saturday in the Park State of the Union</td>
</tr>
<tr>
<td>220962</td>
<td>Neil Diamond</td>
<td>Moods</td>
</tr>
<tr>
<td>22130</td>
<td>George Jones and Tammy Wynette</td>
<td>Me and the First Lady</td>
</tr>
<tr>
<td>222646</td>
<td>Andy Williams</td>
<td>Alone Again (Naturally)</td>
</tr>
<tr>
<td>219477</td>
<td>Simon &amp; Garfunkel</td>
<td>Greatest Hits &quot;Live&quot;</td>
</tr>
<tr>
<td>216663-216664</td>
<td>Osmunds</td>
<td>Counts As Two</td>
</tr>
<tr>
<td>20796</td>
<td>Richard Strauss</td>
<td>Also Sprach Zarathustra</td>
</tr>
<tr>
<td>216978</td>
<td>David Houston</td>
<td>The Day That Love Walked In</td>
</tr>
<tr>
<td>218289</td>
<td>Sammy Davis, Jr.</td>
<td>NOW</td>
</tr>
<tr>
<td>221038</td>
<td>Hank Williams, Jr.</td>
<td>Eleven Roses</td>
</tr>
<tr>
<td>216093</td>
<td>Sonny &amp; Cher</td>
<td>All I Ever Need Is You</td>
</tr>
<tr>
<td>216416</td>
<td>The Partridge Family</td>
<td>Shopping Bag</td>
</tr>
<tr>
<td>212852</td>
<td>Carole King</td>
<td>Music</td>
</tr>
<tr>
<td>213538</td>
<td>Paul Simon</td>
<td>Me and Julio Down by the Schoolyard</td>
</tr>
<tr>
<td>22038</td>
<td>Ferrante &amp; Teicher</td>
<td>Play the Hit Themes</td>
</tr>
<tr>
<td>213728</td>
<td>Englebert Humperdinck</td>
<td>Live at the Riviera, Las Vegas</td>
</tr>
<tr>
<td>203919</td>
<td>Carpenters</td>
<td>Rainy Days and Mondays</td>
</tr>
<tr>
<td>221630</td>
<td>Donny Osmond</td>
<td>Too Young</td>
</tr>
<tr>
<td>221176</td>
<td>Elton John</td>
<td>Honky Chateau</td>
</tr>
<tr>
<td>221952</td>
<td>Donna Fargo</td>
<td>The Happiest Girl in the Whole U.S.A.</td>
</tr>
<tr>
<td>222016</td>
<td>Lynn Anderson</td>
<td>The 5th Dimension Greatest Hits on Earth</td>
</tr>
<tr>
<td>220731</td>
<td>Bobby Vinton</td>
<td>Sealed With a Kiss</td>
</tr>
<tr>
<td>207662</td>
<td>Everything You Always Wanted to Hear on Moog</td>
<td></td>
</tr>
<tr>
<td>219022</td>
<td>Ray Conniff and the Singers</td>
<td>Love Theme From &quot;The Godfather&quot;</td>
</tr>
<tr>
<td>219055</td>
<td>Johnny Mathis</td>
<td>All-Time Greatest Hits</td>
</tr>
<tr>
<td>216554</td>
<td>Switched on Bach</td>
<td></td>
</tr>
<tr>
<td>216545</td>
<td>Lynn Anderson</td>
<td>CRY</td>
</tr>
<tr>
<td>214650</td>
<td>Blood, Sweat &amp; Tears</td>
<td>Greatest Hits</td>
</tr>
<tr>
<td>212753</td>
<td>Arthur Fiedler</td>
<td>Plays the Music of Paul Simon</td>
</tr>
<tr>
<td>193748</td>
<td>Ray Price</td>
<td>For the Good Times</td>
</tr>
<tr>
<td>212159</td>
<td>Peter Nero</td>
<td>Summer of '42</td>
</tr>
<tr>
<td>207522</td>
<td>Barbra Streisand</td>
<td>Where You Lead - 9 more</td>
</tr>
<tr>
<td>207381</td>
<td>Tammy Wynette</td>
<td>Greatest Hits, Vol. 2</td>
</tr>
<tr>
<td>206573</td>
<td>Carpenters</td>
<td>Every Picture Tells a Story</td>
</tr>
<tr>
<td>222125</td>
<td>Rod Stewart</td>
<td>Never a Dull Moment</td>
</tr>
<tr>
<td>222406</td>
<td>Mac Davis</td>
<td>Hooked on You</td>
</tr>
<tr>
<td>201129</td>
<td>Tchaikovsky</td>
<td>1812 Overture</td>
</tr>
<tr>
<td>222016</td>
<td>Ross</td>
<td>Sons of the Union</td>
</tr>
<tr>
<td>22072</td>
<td>Janis Joplin</td>
<td>In Concert</td>
</tr>
<tr>
<td>216572</td>
<td>Apollo 100</td>
<td>Joy</td>
</tr>
<tr>
<td>215251</td>
<td>B.B. King</td>
<td>Baby I'm A Want You</td>
</tr>
<tr>
<td>215576</td>
<td>Neil Diamond</td>
<td>Gold</td>
</tr>
<tr>
<td>215665</td>
<td>Peter Nero</td>
<td>Greatest Hits Vol. 2</td>
</tr>
<tr>
<td>209726</td>
<td>Chicago</td>
<td>Close to You</td>
</tr>
<tr>
<td>187666</td>
<td>Andy Williams</td>
<td>Greatest Hits Vol. 2</td>
</tr>
<tr>
<td>209544</td>
<td>B.J. Thomas</td>
<td>Raindrops Keep Falling on My Head</td>
</tr>
<tr>
<td>201251</td>
<td>Marty Robbins</td>
<td>Greatest Hits, Vol. 3</td>
</tr>
</tbody>
</table>

* Selections marked with a star are not available in reel tape formats.
tapes for only $1.00

if you join now and agree to buy seven selections (at regular Club prices) during the coming two years

Yes, it's true! — if you join right now, you may have ANY 8 of these stereo tapes for only $1.00. Just mail the application together with your check or money order for $1.00 (be sure to indicate whether you want cartridges, cassettes or reel-to-reel tapes). In exchange... You agree to buy just seven tapes (at regular Club prices) in the coming two years — and you may cancel membership any time after doing so. Your own charge account will be opened upon enrollment... and the selections you order as a member will be mailed and billed at the regular Club prices: cartridges and cassettes, $6.98; reel tapes, $7.98... plus a processing and postage charge. (Occasional special selections may be somewhat higher.)

You may accept or reject tapes as follows: every four weeks you will receive a new copy of the Club's music magazine, which describes the regular selection for each musical interest... plus hundreds of alternate selections from every field of music.

... if you do not want any tape in any month, just mail the response card always provided by the date specified... If you want only the regular selection for your musical interest, you need do nothing — it will be shipped to you automatically... If you want any of the other tapes offered, just order them on the response card and mail it by the date specified... and from time to time we will offer some special selections, which you may reject by mailing the special dated form provided... or accept by simply doing nothing.

You'll be eligible for our bonus plan upon completing your enrollment agreement — a plan which enables you to save at least 33% on all your future purchases! Act now!

Columbia House
Time-Honored Music At Home

Tapes

222919 ENGELBERT HUMPERDINCK
222117 * EMERSON, LAKE & PALMER
220723 FOXY LADY
220418 * LOOKING GLASS
222131 TONY BENNETT
222208 * FARON YOUNG
192583 * ROBERTA FLACK
187112 GERSHWIN'S
219945 TOM JONES
187088 BARBRA STREISAND
214534 TAMMY WYNETTE
214403 NEIL YOUNG
214924 * Vikki Carr & Conway Twitty
211284 * Vikki Carr
211672 SONNY & CHER
216820 ROGER WILLIAMS
181909 SANTANA
203539 CAROLE KING
221382 JOHNNY CASH
222372 * GILBERT O'SULLIVAN
22000 T. REX
207324 T. REX
186809 SIMON & GARFUNKEL
216904 * LORETTA LYNN
219634 PETER NERO
220095 BOBBY GOULDSBORO
201780 3 DOG NIGHT
217422 THE 5TH DIMENSION
180166 TAMMY WYNETTE
196246 SLY & THE FAMILY STONE
211540 CHER
215147 SONNY JAMES
222560 RAY CONNIF AND THE SINGERS
210112 MANTOVANI
185843 HERB ALPERT & THE TIJUANA BRASS
219063 TAMMY WYNETTE
217679 JOHNNY CASH
Used well, the camera can be the greatest aid to memory since a string around the finger.

—to get you to let your camera out more often for a wider variety of pictures and a truer representation of the way you live. A photo book doesn’t really need Christmas; that’s just an excuse. All such a project needs is you, a camera and a desire to document “a day in the life of...” Any day—a busy day, a rainy day, a dull day, a Tuesday. The day is important because it is yours and you photograph it. So load your camera and come out shooting. Here are some ways to get you to let your camera out more often for a wider variety of pictures and a truer representation of the way you do things. Christmas is just an excuse. All such a project needs is you, a camera and a desire to document "a day in the life of..." Any day—a busy day, a rainy day, a dull day, a Tuesday. The day is important because it is yours and you photograph it. So load your camera and come out shooting.

1. Keep your camera loaded and handy. Behind the bread box or on the hall table—the more accessible your camera is, the more pictures you will shoot. And the more pictures you shoot, the better they'll be. Good photography is not a mystical talent bestowed whole and immutable on the few. Like cooking or sewing, taking good pictures is a skill that improves with practice. And your subjects improve with practice, too. The more you expose your children to the winking eye of a camera, the more they become used to it and the more natural your pictures will be. And do let them be as natural as possible. The best pictures are usually the result of a photographer's sharp eye, a quick squeeze of the button and a minimum amount of direction. Particularly with small children, too many orders—"Stop fidgeting!"; "look this way!"; “don't hold your mouth so funny!"—from too many people can create confusion.

2. Don't lose a member of the family behind the camera. Exchange the shutter-bugging with others so that your entire family is represented. You'll find that children, so visually oriented in this age of TV, can become remarkably adept at picture-taking. And on outings, don't hesitate to ask passersby to snap all of you in front of the lions' cage or the Grand Canyon.

3. Put action in your shots. A still picture needn't be a static picture. Hand a child a toy or something to eat. (A trick used by some experts: Put a little sticky transparent tape on a small child's toe or finger; the engrossment, not the tape, will show in the picture.) Props, such as flowers or small animals, are naturals to break down the self-consciousness a camera can create, and each subject's response will be unique. If nothing is handy and your imagination falters, you can always fall back on that old standby of newspaper photographers: Have one subject "point out" something to another.

Not that there is anything wrong with the straight, do-nothing portrait, but be sure the subject fills as much of the frame as possible. And to get past the nervous giggles or the tight smiles, try just waiting—with the camera aimed, of course. Almost always, there comes a brief moment at the end of lip-wetting and impatient sighing when the subject is open, relaxed, revealed. Shoot then. With experience, you'll capture more and more of those moments, and your portrait albums will improve. You'll even get good pictures of people who say they never have good pictures taken.

4. Get many shots of the same thing. Don't take a chance that a blinked eye or an unsteady camera spoiled a shot. Take another shot, and another. Pros shoot dozens and dozens of shots, with slight variations in angle and exposure, to better their chances of getting the picture. Why should an amateur expect to do his best with only one try? Film is the cheapest aspect of photography. The moment that is "now" is the dearest, and no amount of money can buy its return. Shoot!

5. Try for more variety. The greatest single defect in amateur snapshots, according to experts from both Kodak and Polaroid, is that the photographers fail to move in close enough. The eye sees selectively, zeroing in like a zoom lens on just what interests it—two people sitting on a sofa, for instance. The camera lens takes in everything—the scatter of toys on the floor, the painting on the wall you didn't notice was crooked. To the camera everything is equally important, so the photographer must do the moving in—and also the moving over.

Maybe if you stand just one foot to the right, the background will become less distracting—or more colorful. Or the lamppost that seems to grow out of someone's head will shift to the side. Remember, only the eye sees depth—things closer, farther and farther still. The camera sees everything flat, on the same plane, because film itself is flat. Another thing to remember here: Move up or move down, too. Crouching and pointing up at your subject can give you a new look to your shots. Standing on a chair and aiming down can also simplify the background, adding a new look to your shots.

Try a tilt or two, and throw in some vertical. Must all (continued on page 47)
Lady, be cool.

Say good-bye to hot taste. It's just not your style.
You like to think cool. Feel cool. Look cool. Smoke KOOL.
COME ALL THE WAY UP TO KOOL FILTER LONGS.

He's just a mutt who followed you home. Does he need a $10,000,000 dog food?

Whether your dog is a little sad-eyed tramp or a blue ribbon champion, the answer is yes, he does need a $10,000,000 dog food. Now, that may sound expensive, but it's not.

The most expensive way to feed your dog, may not be the best way.

Meat is the most expensive way. Expensive canned dog foods “without a speck of cereal” may sound good to you. But they may not be so good for your dog. Because they contain a lot of fat. And feeding your dog a lot of fat at every meal can be as bad for his health as it could be for yours.

The second most expensive way to feed your dog is about 15% sugar.

The little cellophane packets of canned dog food “without the can,” look like hamburger to you, and stay soft and moist for your dog. Well, remember, they stay “without the can” because they’re preserved with about 15% sugar.

It cost $10,000,000 to make the least expensive way to feed your dog, the best.

It’s Purina® Dog Chow.® We’ve spent around $10,000,000 over the last forty-seven years to perfect it. We even raised 15,000 of our own dogs to test it. Here's what you get if you buy it.

You get the dog food your vet is most likely to recommend. Because he knows Dog Chow has just enough fat for good nutrition. But not too much. And no added sugar.

You get total nutrition. 43 nutrients in one food. Put it in your dog’s bowl and you know he’s getting every single thing he needs.

Everything to help him live a long, healthy life.

We know. We’ve raised 14 generations of our own dogs on just Purina. And they’re beautiful.

Purina Dog Chow. The $10,000,000 dog food.
Sears “Flower Basket.”
The brilliant beauty of needlepunch.

Sears revives an American Colonial design. And an almost lost American art form—needlepunch. The deep dimension of the Flower Basket design is created by hand guiding each yarn loop through the fabric.

And what yarns these are! They’re an acrylic fiber that makes colors super-bright and beautiful against the off-white rayon and cotton blend background. Flower Basket is trimmed with fringe, and is easily dry-cleaned.

See Sears Flower Basket bedspread and draperies at larger Sears, Roebuck and Co. stores and by catalog.

Only at Sears
Let your pictures do the talking—by showing what you would have to describe or explain.

your shots run the movie-screen way of the world? Most cameras take pictures not only horizontally, but also vertically. For variety, and to suit some subjects better, turn your camera on end.

6. Make pictures, don't just take them.
Do you wish the wall were more colorful or less busy for the picture of your youngest in his high chair? Tape up a bold, bright tablecloth for a backdrop, or a poster or sheet of wrapping paper. Don't be limited by the scene as you find it; let your imagination create a flattering environment. Move things, move people— even move yourself.

7. Don't just look, really see. To a camera, a face isn't a face, familiar and loved, it's an interplay of shapes, a medley of light and shadow. Try to see it as objectively as a lens does, and your pictures will improve immediately. You'll seek a new angle when you see eye sockets as deep and black as holes, or a triangle of shadow under a nose. You'll move your subject, or yourself, until glints of light sparkle the eyes and features have no distorting shadows. Then, and only then, lock that image on film.

Don't think of your camera as just a memory-jogging time machine, magical as that may seem. It is also an invaluable down-to-earth household tool. Here are some other ways it can serve you.

TRAVEL
Packing. You have the trunk of the car or the rooftop rack packed the way you want it, with a snug place for everything. When your outing is over, how will you be able to get everything back in its place? Just snap an instant picture of it and tape the shot inside the trunk.

Lost luggage. "It was about as big as that one, sort of the color of that one and—no, a wider stripe than that one..." Identification is easier with a picture taken before you left.

What to tell the hairdresser. When your regular operator has the rollers in just as they should be, have someone take a few shots—from above, from the back, from the sides and again after the comb-out. There's no easier way to tell a strange hairdresser how you want your hair done—and it's good in any language.

FOR THE RECORDS
Valuables. Jewelry, objets d'art, collections, silver, furs. Lay them out in "still life" fashion and take a few shots from different angles. Keep them with your insurance policies and important papers in case of theft or loss.

Household inventory. Describing each item you own can take forever. Take a lot of pictures instead.

Household changes. Take pictures now as the "before" shots in case there's ever an occasion for those grim "after" pictures: flood, fire, big wind or a brakeless truck through the front wall. Or, on a happier note, take pictures "before" you remodel, put in a new storage wall or repave the driveway.

LOST, STOLEN
Photograph all the family vehicles and pets—bikes, motorcycles, dogs, anything that could ever be lost or stolen. Pictures posted on neighborhood bulletin boards or shown around at school might help locate the missing.

SELLING, GIVING, SWAPPING
An appealing picture of that record Utter is more likely to find the kittens or pups a loving home than words alone. Also, your "junk" may be someone else's treasure. Pictures of what you'd like to get rid of from your garage, cellar or attic can help find buyers. And if you're a collector— of Toby jugs, paperweights, whatever— carry shots of your swapables with you. You can never tell when you'll meet another collector.

HOUSE-HUNTING
In this mobile culture of ours, house-hunting knows no season or surcease. Pictures can make the task easier, particularly if the hunting ground is half a continent away. Pictures of all the choices, with notes on the back of each, can save your straining to recall which house had the screened-in porch but dreadful wallpaper in the hall, and which had the funny shutters. Interior shots help, too, particularly of the kitchen.

And for housebuilders, a few in-process shots can prevent a lot of hurried plans-studying and wall-thumping later on. Such pictures give you "X-ray eyes" where studs and pipes are concerned.

DECORATING
Shopping for a sofa? Take your camera along and make notes of dimensions; then ponder the matter at home with yardstick and decision-makers. Spouses who hate to shop may tolerate this way of doing it.

Pondering a window treatment? Photograph the window and write dimensions on the picture, using a grease pencil. One look and a sales (continued)
PHOTOGRAPHS continued

clerk will know if you need inside or outside hardware, for example.

Rearranging things? Whether it's a picture on the wall or an entire living room, get some help and get moving. Photograph each possible arrangement and save a lot of shuffling and reshuffling to decide which you like best.

Painters coming? The wall hangings, bookshelf displays, kitchen utensils—any arrangement of items you want returned to pre-painter status can be photographed beforehand, so you can duplicate it later.

STORAGE

To make sure the workbench is always in order, shoot it and post the picture as a visual aid to borrowers who can't seem to remember where they found the Phillips screwdriver. Is the basement, the attic or the children's closet in shipshape for once? Shoot it. Now anyone can see where the lawnmower fits best or where the boots go. How often have you wondered, "What's in that box?" Scrawled lists on covers can be more puzzling than helpful—photograph the contents and tape picture to box.

EVIDENCE

The roof that leaks, the paving job that breaks up all too soon, the chaos in Junior's room, the bike left in the driveway again, the fender that's dented while the car was parked at the supermarket, the mess the neighbors' dog makes of your garbage pail, the smoke belching from industrial smokestacks—your camera will record it all. And when everything in your garden is gloriously in bloom, make a pictorial map of it, so you won't have to guess where the bulbs are when fall comes around.

THE CAMERAS

Those most responsible for changing the photographic habits of America are the series of Kodak Instamatic cameras and Polaroid Land cameras. The Instamatic cameras range in price from $10 to $145 and in sophistication from the simple aim-and-shoot to those with automatic light metering and adjustable focus. All share the ease of cartridge-film loading (just snap in place, no threading necessary). The film is widely available and readily processed.

The Polaroid Land camera family has several models, including the Big Shot ($20) for close-ups and portrait photography, the Square Shooter, with $25 and $37 models that take square pictures, and the 450 model ($165) with its special portrait lens, electronic beeper that tells when pictures are ready and other refinements. What makes Polaroid Land cameras unique in all the world is that the pictures they make are printed in the camera—in 15 seconds for black and white, 60 seconds for color.

The latest Kodak Instamatic is the Pocket Instamatic, a handy miniature with its own cartridge size, even its own accessory slide projector. Priced from $30 to $130, these cameras have met with instant approval, particularly from women—because of the handy purse and pocket size.

Newest from Polaroid is the SX-70, not yet officially available. It will sell for around $170 and represent a major breakthrough in instant photo printing: Color shots will emerge from the camera at a rate of one every four seconds (if you want to shoot that fast), and develop outside the camera right before your eyes. The image will appear as if by magic—no need to peel anything away, no little heap of trash. Look for this model early next year.

END

CLIP THIS AD AND SAVE!

Kodacolor
FILM
DEVELOPED & ENLARGED

FOR KODAK
INSTAMATIC
CAMERAS
SIZE 126
12 EXPOSURE JUMBO
COLOR PRINTS

20 EXP. SIZE 126—$2.25

20 EXP. 35mm. KODACOLOR
FILM...ONLY $2.98

SKRUDLAND PHOTO SERVICE
Dept. AM, Lake Geneva, Wis. 53147

- FAILURES CREDITED
- SATISFACTION GUARANTEED
- PICTURES RETURNED THIRD CLASS MAIL POSTPAID

☐ Send first class. I have included 25¢ per roll for extra fast return.

OFFER GOOD TILL MARCH 31, 1973

$1 25

OFFER GOOD TILL MARCH 31, 1973
The man you love loves Joe Namath.

Of course he loves you best. But he also loves sports. So why fight it? This Christmas, give him what any sports lover is sure to want—a year of Sports Illustrated.

Does he like pro football, basketball, baseball, hockey? Tennis, golf, sailing, scuba-diving? Sports Illustrated covers them all, with yards of great color pictures and some of the most vivid writing anywhere.

So you can be sure—this is one gift that will fit him perfectly, no matter what size or age he is. And it's one gift that won't be put away and forgotten soon after Christmas. Every week... season after season...52 times next year...he'll be opening up a new surprise package from you.

You save $2 on every subscription after the first one. So it pays to give Sports Illustrated to all the sports lovers in your life.

Just fill in and mail the attached order card—it's the easiest shopping trip you'll make this Christmas season. As soon as we get your order, we'll send you handsome gift announcements to sign and put under the tree. And if you act soon, we'll be able to start your gift subscriptions right at the holidays with our spectacular year-end Double Issue.

Think about it—is there any other gift that gives a man so much good healthy pleasure... for so long...for so little money?

Mail the attached card right now. He'll love Sports Illustrated—and love you for it.

SPORTS ILLUSTRATED FOR CHRISTMAS
General Electric explains microwave speed.

Q. How much faster is microwave cooking than conventional oven cooking? Cookbook writer, Myra Waldo.

A. Microwave cooking is up to 8 times faster. Conventional cooking relies on the slow transfer of heat from the food surface to the inside layers. Microwave energy penetrates the food, causing the food molecules to vibrate, resulting in friction and creating heat.

General Electric markets two complete microwave cooking centers, (Model J896 and Model J856) plus a countertop portable microwave oven (Model JET80). And GE's Customer Care Service Everywhere goes with every microwave oven we sell.

Microwave cooking:...another reason why GE is America's #1 major appliance value.

CHRISTMAS MERRY-MAKINGS
continued from page 32

with strips of wide, green cloth tape.

In the bathroom (page 60), gleaming silver paper provides a mirrorlike background for bands, bows and ribbons of purple. Try creating a lattice effect with "woven" or overlapping bands; sprinkle with silver stars for even more sparkling contrast. And for that extra-special gift, accentuate with a giant, fluffy, tissue-paper pompon and purple streamers.

In our guest room (page 61), deep, contrasting colors and a variety of textures provide welcoming warmth for any visitor. Pinecones in clusters, atop packages or mingled with ribbons sound a happy seasonal note; marbleized bookbinding paper gets a new look when finished with bright bows; suede-finish wrap imparts a luxurious soft touch.

In the family room (pages 62-63), brightness prevails, and package wraps reflect a flair for home crafts and casual entertaining. For the knitting enthusiast, tie skeins of colored yarns to a package and embellish with a big satin bow.

Don't throw away paper scraps—and don't worry if none is big enough to cover a whole gift. You can combine two or more sheets, as we did, using both pink-and-white and yellow glazed papers. To highlight gifts in a stack, make petal-shaped paper fringes. Cut three layers of colored tissue paper in long strips, three inches wide. Cut petal shapes along one edge, through all three layers; gather straight edge slightly and attach with double-faced tape.

Our table decoration is a wreath made of thick orange-acetate sheets around a wide, dripless candle. To make wreath, cut acetate sheets into three-inch squares, with half-inch notches in all sides of each square. Bend corners. Interlock squares and secure with clear all-purpose glue. To complete the setting, we added painted balsa-wood doves imported from Sweden. If you decide to light the candle, keep a watchful eye on it, and make sure your room is draftless.

Our kitchen (pages 64-65), with its black, white and natural color scheme, suggests a host of possibilities for creative package trim. We embellished our gifts with small utensils, pot holders, wooden clothespins, a small hand mop. Our wreath is made of vine twigs and heavy twine, with wooden utensils, brushes, pot holders, measuring spoons and wire whiskes tucked or tied in.

Our pasta tree brings Christmas to the heart of the kitchen. We started with an 18-inch Styrofoam cone and put on a coat of pasta-colored poster paint. Then we glued assorted uncooked pasta to the cone in recurring rectangles. Adding in tiny pasta. Tree base is a small unopened tin can covered with spaghetti. We glued cone to base and finished off with a polka-dot napkin. —Phoebe Fox
Micronite filter. Mild, smooth taste. For all the right reasons. Kent.

Kings: 17 mg. "tar," 1.1 mg. nicotine.
100's: 19 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report Aug. 72.

Shades of the Tiffany look!

When Mr. Tiffany first saw pagoda umbrellas shading Oriental royalty, he went home and designed a lampshade. You loved it. We did, too. But it's been around a while. So now Sears takes the look of cane and bamboo, and updates the Tiffany! Table lamps, floor lamps, chain lamps. All U.L. listed. With opal glass globes and walnut-finish columns. Sensational! They'll add something special. A shade that actually decorates a room.

The Cane Collection. See it now at most larger Sears, Roebuck and Co. stores, and in the catalog.

The Cane Collection. Only at Sears
In the joy of love and sharing lies the timeless magic of Christmas. Here, in this issue, are holiday ideas by the hundreds to bring The Gift of Christmas all through your house and to all you love. You'll find glowing decorations, glittering furnishings and accessories, ingenious little trees and package wraps, happy ideas for children—even for the family dog. There are great things to buy, sweets, savories, home-baked treasures to make... all for the giving.

Some, like our "10 Best Christmas Plants" (pages 66-67), are presents-plus! The gifts and their charming, functional containers combine for a double, lasting remembrance. And to capture it all, a guide to the wonderworkings of today's new cameras (starting on page 36) should enable you and your family to enjoy a memorable replay of the fun and excitement for many years to come. Merry Christmas!

The Editors
ROOMS FULL OF JOY

Our Christmas house radiates candle glow and the warmth of giving. Here, the living room is ablaze with opulent reds and golds—the bounty of gifts lovingly handmade or purchased. Pleated red paper laced with gold doilies creates a dazzling Christmas tree.
For details on these and other holiday gift-wrap and decorating ideas, see page 32. Key to all items shown begins on page 80.
Dining room swathed in shimmery green moiré sets the scene for treasured crystal and silver, both old and new—all atop a glass-and-steel dining table. To further the festive mood: luscious candies, snow-white roses and wrappings of sparkling gaiety.
Children's room has gifts to dazzle and delight: toys, books, records, cuddly dolls and stuffed animals. Or visualize a whole new room in holiday colors to sound a cheery note all year round. The fanciful tree—a pileup of balloons anchored with a trail of ribbons to a package that we’ve wrapped to look just like a giant toy building block.

continued
Bathroom, a silvered showcase, gets fluffy new towels, fragrant potpourri, scented soaps, cosmetics and beauty aids that pamper—and handsome mirror-bright accessories.
Guest room readied for the holidays is a sumptuous retreat in purples, blues and rich browns. It's filled with thoughtful comforts certain to make visitors feel wanted and cared for.
Family room's lively charm encourages home crafts and other leisure-time delights, such as listening to music and popping corn on cozy evenings. Yellow nondrip candle is wreathed in interlocking colored acetate papers that form a nest for decorative orange doves.
Kitchen gifts reflect a new look: black and white with natural woods. Vine wreath is festooned with utensils and twine-tied. Tree is a tall pyramid of pasta, artfully arranged.
Clockwise from top, left: Christmas pepper is suspended in a clear glass cookie jar; azalea blooms in a wood-grained ice bucket; Norfolk Island pine, stately though small, looks festive in an enameled pot; male and female holly, needed to produce berries when transplanted—nestle in a tole box; delicate cyclamen seems to burst from a woven basket.

Artist: Betty Fraser
Through flowers, we convey our love, extend best wishes, show admiration and demonstrate good will. Since plants have a longer life than cut flowers and, like true affection, grow with time, they have an even greater appeal that makes them ideal Christmas gifts. The 10 plants shown were selected either because they are traditionally associated with Christmas, or because they put on a special display during the holidays. By pairing the plant of your choice and a container with a purpose and charm all its own, you can personalize your present, make it doubly thoughtful and please even the most discerning member of your gift-giving circle. (For fuller descriptions of each of our choices, and suggestions on how to care for them, see page 88.)
The gift you make yourself—something expressing you—truly reflects the spirit of Christmas. Whether it’s a favorite recipe or one of the appetizers, desserts, sauces and syrups above, package it in a jar, crock or glass and label it gaily—a heartwarming way to extend greetings. Recipes for all the delicacies shown begin on page 74.
Cookies, cakes, pies and breads—homemade for the giving—are a promise of joy for some lucky names on your Christmas list. And when each comes with serving piece or baking pan, the joy is doubled. Recipes for all eight begin on page 76.

HOME-BAKED AND BEAUTIFUL
Clockwise from below: Parmesan nibblers in a covered glass jar; crunchy macaroons gaily piled in a clear contemporary tube mold; rich pecan pie with its own pie plate; tiny, ridged Madeleines in their special baking pan; a jewel of a pink-frosted cake set off by a lovely pewter plate; soft and velvety fruitcake plus the springform pan it's baked in; twisted pumpernickel and whole-wheat bread presented on a board; crown-shaped bread with a delicious apricot filling, plus a handsome cork cheese server.
CHESTNUT YULE LOG

CAKE
1 cup sifted cake flour
1 teaspoon baking powder
3/4 teaspoon salt
3 eggs
1 cup sugar
1/2 cup water
1 tablespoon lemon juice
Confectioners' sugar

FILLING
3 cans (8 1/4 ounces each) crème de marron
(sweetened chestnut puree)
1/2 cup softened butter
or margarine

MERINGUE MUSHROOMS
1 egg white
Dash of cream of tartar
3/4 cup sugar
Chopped pistachio nuts

The traditional dessert at a French Christmas dinner is the Bûche de Noël or yule log. It may be chocolate, mocha or chestnut, as shown—a beautiful and sublimely rich-tasting finale to the feast.

CHESTNUT YULE LOG

COOKING LESSON NO. 51 By Jacques Jaffry
RILLETES
This recipe, made with pork and herbs, is a classic of Tours. It is served as an appetizer in the same manner as pâté glacé.

3 pounds fresh shoulder of pork, fat included
1 cup boiling water
1 bay leaf
2 teaspoons ground savory
1 teaspoon rubbed sage
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup lard
Cut pork into 1-inch cubes. Place in heavy saucepan. Add water and seasonings. Cover. Bring to boiling. Simmer, stirring frequently, 2 to 3 hours or until all water has evaporated and meat is very soft. Discard bay leaf. Let cool, stirring frequently to shred meat. Correct seasoning to taste. Pack mixture into small jars or crocks. Melt lard; pour over rillettes to seal. Serve with crackers. Makes 12 to 15 appetizer servings.

CORDIAL JELLY
6 cups sugar
4 cups dry white wine
1 bottle (6 ounces) liquid pectin
1/4 cup orange liqueur
1/4 cup crème de cassis
1/4 cup green crème de menthe
Paraffin
Combine the sugar and wine in a large kettle. Bring to boiling slowly, stirring constantly. Add pectin. Bring back to boiling. Add 4 cups cubed, cooked lamb or chicken, or 1 package (1 pound) frozen, shelled and deveined shrimp, cooked. Season to taste with salt. Serve over rice.

To use: Thaw 1 jar of sauce. Heat sauce and 3 tablespoons all-purpose flour in saucepan, stirring constantly. Gradually add 1/2 cups chicken broth or light cream (do not use milk, or sauce will curdle). Bring just to boiling. Add 4 cups cubed, cooked lamb or chicken, or 1 package (1 pound) frozen, shelled and deveined shrimp, cooked. Season to taste with salt. Serve over rice.

Praline Topping
1 cup sugar
1/4 cup water
1/8 teaspoon cream of tartar
1 cup chopped roasted almonds
1 cup light corn syrup
2 tablespoons water
Combine the sugar, 1/4 cup water and cream of tartar in large heavy saucepan. Bring to boiling over medium-high heat, stirring constantly. Cook without stirring, until mixture turns light caramel color. Wash down any undissolved sugar that clings to the sides of pan with a brush dipped in cold water. Add colored chocolate only after all sugar is dissolved. Continue boiling 10 to 12 minutes or until syrup registers 238° on candy thermometer. Remove from heat. Add orange peel. Let stand 5 minutes, stirring occasionally to cool and prevent peel from floating. Ladle in boîte à bonbons. Seal bottles. Serve over pancakes, cakes, puddings or pudding. Makes 1 1/4 cups.

ORANGE SYRUP
6 large naval oranges
4 cups sugar
1 cup water
1/3 cup orange juice
Paraffin
Remove the orange part of the peel from oranges with a vegetable parer. Cut peel into 2x1/4-inch strips. Place in saucepan; add cold water to cover. Bring to boiling. Boil 10 minutes; drain. Reserve peel. Combine sugar, 1 cup water and orange juice in saucepan. Bring to boiling, stirring constantly until sugar is dissolved. Continue boiling 10 to 12 minutes or until syrup registers 238° on candy thermometer. Remove from heat. Add orange peel. Let stand 5 minutes, stirring occasionally to cool and prevent peel from floating. Ladle into boîte à bonbons. Seal bottles. Serve over pancakes, cakes, puddings or ice cream. Keep refrigerated after opening. Makes 4 cups.

GRAPE PUNCH BASE
2 cups water
4 long cinnamon sticks
1 tablespoon whole cloves
1 can (6 ounces) frozen grape-juice concentrate
1 cup lime juice
1/4 cup sugar
Bunch of grapes
Bring water, cinnamon sticks and cloves in saucepan. Simmer 5 minutes. Strain into bowl. Stir in concentrate, lime juice and sugar. Place grapes in jar or wide-mouthed bottle. Pour grape-juice mixture. Seal. Keep refrigerated. To serve: Pour punch base into pitcher. Add 1 bottle (1 quart) carbonated water and ice cubes. Makes 1 quart punch base or 2 quarts punch.

BRANDED ORANGES
12 small juice oranges
5 cups sugar
3/4 cup water
3 to 4 cups brandy

HERBED EDAM CHEESE
1 ball (31/2 pounds) Edam cheese
1/4 to 1/2 cups milk
1 package (3 ounces) cream cheese, softened at room temperature
1/2 cup chopped chives
1/4 cup minced parsley
1/2 teaspoon leaf tarragon, crumbled

PICKLED SHRIMP
2 pounds medium, fresh shrimp
1/4 cup olive oil
2 small onions, peeled and sliced
1 large carrot, pared and sliced
2 cloves of garlic, crushed
1 small red pepper, seeded and sliced
1 green pepper, seeded and sliced
1 large onion, peeled and sliced
2 small tomatoes, peeled, seeded and chopped
2 tablespoons white vinegar
1 small bay leaf
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1/4 teaspoon pepper

continued
Hotpoint introduces the tough new washer that does delicate fabrics as gently as you do them by hand.

Our new washer gives the same gentle care to fine items as you do when you wash them by hand. And it does it with Hotpoint's Handwash™ control.

You see, concealed beneath the washer's regular agitator is a smaller agitator that does the delicate work for you. When you need it, remove the large agitator, set the Handwash cycle and speed setting, and the washer is ready to do special items like lingerie.

Another worksaving feature is the Soak and Wash cycle. It soaks from twenty minutes up to ten hours. Then it goes into the wash cycle of your choice with fresh, clean water and detergent—all automatically.

And when you need something washed in a hurry, the special Rapid-Wash cycle puts your clothes through a complete wash cycle in only ten minutes.

You'll never have to do the messy job of cleaning the filter again. Instead, our exclusive new filtering ring has 5 feet of filtering surface that strains the wash water throughout every cycle. Then it cleans itself when washing is done. And the washer's extra large capacity lets you do up to 18 lbs. of wash all in one load.

But the work this washer saves you from is only half the story. We start with tough, proven parts. Then we continually check them: individually, assembled and in actual operation. And when they've passed every test we put them through, we know our washer is ready to give you year after year of dependable operation.

This tough new washer has a Hotpoint Permanent Press dryer to match it.

And like all Hotpoint washers and dryers, and every other Hotpoint appliance—ranges, dishwashers, compactors, disposers, refrigerators, freezers, and room air conditioners—it's built for a life of dependable performance.

And Hotpoint doesn't love you when you buy an appliance and leave you when it comes to service. Should anything keep a Hotpoint appliance from doing its job, a telephone call will bring a qualified Hotpoint serviceman to your door. And that's a promise.

Fast, dependable service.
SPICED APPLE RINGS
2½ cups water
1 cup sugar
⅓ cup red wine vinegar
2 long cinnamon sticks
1 teaspoon whole cloves
1 teaspoon whole allspice
⅛ teaspoon red food coloring
6 firm, nonsticky dough.
Combine water, sugar, vinegar, cin
namon sticks, cloves, allspice and food
coloring in large skillet or kettle. Bring
to boiling over high heat. Simmer 5 minu
utes. Cut apples crosswise into ½-
incheslices. Cut out core of each slice
with canape or hors d’oeuvre cutter.
Place slices in skillet. Cook 5 minutes.

LEMON CREAMS
⅛ cup softened butter or margarine
⅛ cup light corn syrup
1 teaspoon salt
1 package (1 pound) confectioners’
sugar, sifted
Yellow food coloring
⅛ cup confectioners’ sugar
Combining parsley, margarine, corn
syrup, lemon peel and juice in small
bowl of mixer at medium speed. Beat
in salt and half the sifted confectioners’
sugar until smooth, scraping bowl often.
Stir in food coloring to tint a deep
yellow. Stir in remaining sifted sugar
with a wire whip or long metal form.
Turn out onto a confectioners’ sugar-
dusted surface. Gradually knead in ¼
cup sugar or enough sugar to form a
firm, nonsticky dough.
Keeping dough covered with plastic
wrap until well cooled. Open dough
and shape into a miniature lemon. Place
in jars. Seal. Store in refrigerator.

SAUMON NATURAL
⅛ cup softened butter or margarine
⅛ cup light corn syrup
1 teaspoon salt
1 tablespoon salt
1 package (1 pound) confectioners’
sugar, sifted
Yellow food coloring
⅛ cup confectioners’ sugar
Combine margarine, corn syrup,
lemon peel and juice in small bowl of
mixer at medium speed. Beat in salt
and half the sifted confectioners’
sugar until smooth, scraping bowl often.
Stir in food coloring to tint a deep
yellow. Stir in remaining sifted sugar
with a wire whip or long metal form.
Turn out onto a confectioners’ sugar-
dusted surface. Gradually knead in ¼
cup sugar or enough sugar to form a
firm, nonsticky dough.

LEMON CREAMS
⅛ cup softened butter or margarine
⅛ cup light corn syrup
1 teaspoon salt
1 package (1 pound) confectioners’
sugar, sifted
Yellow food coloring
⅛ cup confectioners’ sugar
Combining parsley, margarine, corn
syrup, lemon peel and juice in small
bowl of mixer at medium speed. Beat
in salt and half the sifted confectioners’
sugar until smooth, scraping bowl often.
Stir in food coloring to tint a deep
yellow. Stir in remaining sifted sugar
with a wire whip or long metal form.
Turn out onto a confectioners’ sugar-
dusted surface. Gradually knead in ¼
cup sugar or enough sugar to form a
firm, nonsticky dough.
Keeping dough covered with plastic
wrap until well cooled. Open dough
and shape into a miniature lemon. Place
in jars. Seal. Store in refrigerator.

SAUMON NATURAL
⅛ cup softened butter or margarine
⅛ cup light corn syrup
1 teaspoon salt
1 package (1 pound) confectioners’
sugar, sifted
Yellow food coloring
⅛ cup confectioners’ sugar
Combine margarine, corn syrup,
lemon peel and juice in small bowl of
mixer at medium speed. Beat in salt
and half the sifted confectioners’
sugar until smooth, scraping bowl often.
Stir in food coloring to tint a deep
yellow. Stir in remaining sifted sugar
with a wire whip or long metal form.
Turn out onto a confectioners’ sugar-
dusted surface. Gradually knead in ¼
cup sugar or enough sugar to form a
firm, nonsticky dough.
Keeping dough covered with plastic
wrap until well cooled. Open dough
and shape into a miniature lemon. Place
in jars. Seal. Store in refrigerator.

ホームベーカリーと美味しく
continued from page 70

APRICOT CROWN BREAD
1½ cups milk
1 cup softened butter or margarine
7½ to 8 cups unsifted all-purpose flour
⅛ cup sugar
2 packages active dry yeast
1 teaspoon salt
2 large eggs
1 tablespoon grated orange peel
⅛ cup orange juice
1 can (12 ounces) apricot cake and
pastry filling
Heat milk and butter or margarine in
small saucepan over low heat until warm
(120° to 130°). Combine 2 cups flour,
sugar, undissolved yeast and salt in large
bowl of mixer with 1 cup milk mixture. Beat
on low speed until just blended. Add
eggs, orange peel and juice and 2 more
cups flour. Beat 2 minutes on medium
speed, scraping bowl with rubber spatula.
Remove from mixer. Stir in about 3 cups
more flour with spoon to make a firm
dough. Turn out onto floured board;
gradually knead in ¼ to 1 cup more
flour. Continue to knead until dough is
smooth and elastic.

SAUSAGE TOMATO SAUCE
3 tablespoons olive or pure vegetable
oil
2 cloves of garlic, crushed
1¼ cups chopped parsley
1 tablespoon salt
2 tablespoons leaf oregano, crumbled
1 cup grated Romano cheese
Heat oil in large skillet or saucepan.
Sauté garlic and onion until soft. Re-
move and reserve. Remove casing from
sauce; break up meat; add to oil re-
mainling in the skillet. Cook until well
browned. Pour off as much oil as pos-
sible. Return garlic and onion to skillet.
Add tomato paste; cook 1 minute. Add
tomatoes with liquid, parsley, sugar,
salt, oregano and cloves. Cover. Simmer
1½ to 2 hours, stirring occasionally. For
a thicker sauce, uncover during last
½ hour of cooking. Serve over hot, cooked
pasta. Or pour into jars. Seal. Store in
refrigerator. Makes about 2½ quarts.

LEMON CREAMS
⅛ cup softened butter or margarine
⅛ cup light corn syrup
1 teaspoon salt
1 package (1 pound) confectioners’
sugar, sifted
Yellow food coloring
⅛ cup confectioners’ sugar
Combining parsley, margarine, corn
syrup, lemon peel and juice in small
bowl of mixer at medium speed. Beat
in salt and half the sifted confectioners’
sugar until smooth, scraping bowl often.
Stir in food coloring to tint a deep
yellow. Stir in remaining sifted sugar
with a wire whip or long metal form.
Turn out onto a confectioners’ sugar-
dusted surface. Gradually knead in ¼
cup sugar or enough sugar to form a
firm, nonsticky dough.
Keeping dough covered with plastic
wrap until well cooled. Open dough
and shape into a miniature lemon. Place
in jars. Seal. Store in refrigerator.

MADELEINES (TINY RIDGED CAKES)
1½ cups sifted cake flour
1 cup grated Parmesan cheese
2 teaspoons baking powder
1 cup grated Romano cheese
2 tablespoons baking powder
1 cup grated Parmesan cheese
2 tablespoons grated lemon peel
Heat oven to 350°. Sift flour, baking
powder and salt together. Melt butter in
small saucepan. Skim off foam that
forms on surface. Cook 5 minutes.
Beat eggs on high speed until mixed
lemon-colored. Add vanilla. Add sugar
gradually, beating continuously until
volume has increased about 4 times.
Fold in flour mixture and lemon peel.
Measure ¼ cup melted butter, being
careful not to include the sediment in
pan. Stir butter into batter. Brush shells
of madeleine pan with some of remain-
ing butter. Spoon batter into each shell,
filling ¾ full. Bake 12 to 15 minutes or
until golden brown. Remove from pan;
cool on wire rack. Wash pan; dry; butter
shells. Repeat until all batter is used.
Makes about 3 dozen.

PARMESAN PUFFS
1 package (10 ounces) frozen, ready-
tobake patty shells, thawed
1 egg, slightly beaten
⅛ cup grated Parmesan cheese
Heat oven to 425°. Place patty shells
lightly overlapping on lightly floured
board. Roll to a 9x18-inch rectangle.
Brush with egg; sprinkle one half of
pastry with 2 tablespoons of cheese; fold
other half over to form a square. Roll to
12x16-inch rectangle. Cut lengthwise
into 3-inch-wide strips, then cut on a
diagonal to make diamond-shaped
pieces. Before separating, brush with
egg and sprinkle with remaining cheese.
Place pieces ½ inch apart on ungreased
cookie sheets. Bake 10 to 12 minutes or
until puffed and golden brown. Serve
hot. Store in airtight container if not used
ahead. To reheat, place on cookie sheet.
Heat at 425° for 5 minutes or until crisp.
Makes about 4 dozen.
It’s a fact... Nothing beats beef for the holidays!

It’s a fact... Beef is special.
Serve it with pride. Elegant roast beef is a tribute to your family and guests. Filling the house with its tantalizing aroma really says “Happy Holidays”.

It’s a fact... Beef is preferred for flavor.
Almost everyone would rather have tender, juicy beef for a real holiday treat.

It’s a fact... Beef is convenient.
It’s easy to prepare. No fuss before it goes in the oven. No basting as it cooks. And it’s easy to carve.
PECAN MOCHA PIE

3 squares (1 ounce each) unsweetened chocolate
1/4 cup butter or margarine
1/4 cup brown sugar, firmly packed
1/4 cup boiling water
2 tablespoons instant coffee
4 egg yolks
1 teaspoon vanilla
4 egg whites
1 cup chopped pecans
1 unbaked 9-inch pastry crust

Coffee Icing (see below)


COFFEE ICING
1 teaspoon instant coffee
2 tablespoons water
2 tablespoons softened butter or margarine

1 1/2 to 2 cups confectioners’ sugar

Dissolve coffee in water. Beat coffee, butter and 1/2 cup sugar in large bowl until blended. Gradually beat in more sugar to make icing stiff. Spoon into pastry bag with star tip. Pipe in a design onto pie.

PUMPERNICKEL-WHOLE WHEAT TWIST

Dark Dough:
2 squares (1 ounce each) unsweetened chocolate
2 tablespoons shortening
2 cups warm water (105° to 115°)
2 packages active dry yeast or 2 cakes compressed yeast
1/2 cup dark molasses
1 tablespoon salt
3 cups rye flour
3 1/2 to 4 cups sifted all-purpose flour

Light Dough:
1/2 cup milk
1/2 cup honey
1 tablespoon salt
1 1/2 cups warm water (105° to 115°)
2 packages active dry yeast or 2 cakes compressed yeast
1 tablespoon fennel seeds, crushed
3 cups whole-wheat flour
3 1/2 cups sifted all-purpose flour

Prepare dark dough: Heat chocolate and shortening in small saucepan over low heat until melted. Place warm water in large bowl; sprinkle or crumble in yeast; stir to dissolve. Add chocolate mixture, molasses, salt, rye flour and 1 cup all-purpose flour; beat until smooth. Mix in 1 1/2 cups more all-purpose flour. Continue to knead until dough is smooth and elastic. Put dough into large greased bowl; turn over to bring greased side up. Cover with towel. Let rise in warm place (85°), free from draft, about 1 1/2 hours or until doubled in bulk.

Prepare light dough: Heat milk, honey and salt in saucepan until bubbles appear around edge. Cool to lukewarm. Place warm water in large bowl; sprinkle or crumble in yeast; stir to dissolve. Add milk mixture. Stir in fennel, whole-wheat flour and 1 cup all-purpose flour; beat until smooth. Mix in 1 1/2 cups more all-purpose flour to make a firm dough. Turn out onto floured board; gradually knead in 1 cup more all-purpose flour. Continue to knead until dough is smooth and elastic, about 5 minutes. Put into large bowl as directed above. Let rise 1 hour or until doubled in bulk.

Grease a large cookie sheet (17x14 inches). Punch dark dough down; turn out onto board; knead to distribute air bubbles; divide in half. Shape one half into rope about 20 inches long. Knead, divide and shape light dough the same way. Twist a dark and a light rope together. Repeat with other 2 halves. Place twists side by side on cookie sheet. Cover. Let rise 45 minutes or until doubled in bulk. Heat oven to 400°. Brush twists with water. Bake 10 minutes; reduce heat to 350°; bake 1 hour longer. Cool. Wrap. Makes 2 loaves.

FESTIVE FRUITCAKE

2 1/2 cups sifted all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon grated lemon peel
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 cup soft butter or margarine
1 package (1 pound) brown sugar
4 large eggs, at room temperature
2 egg whites
1 teaspoon grated orange peel
1 tablespoon orange juice
1/2 teaspoon vanilla
1 1/2 cups mashed ripe bananas (5 medium)
3 cups chopped mixed candied fruits
1 package (8 ounces) pitted dates, cut up
1 tablespoon all-purpose flour
1 cup chopped walnuts

Blend confectioners’ sugar, 4 tablespoons water and 1 teaspoon vanilla until smooth. Add more water to make a good, spoonable consistency. Tint desired color. Brush crumbs off cake. Place cake on rack over flat pan. Spoon icing over cake to coat top and sides. Let excess icing drip into pan. Scrape up icing and return to bowl. Stir icing until smooth. Coat cake 2 times more. Let icing set; trim icing at base. Decorate cake with cut-up pineapple and cherries.

ALMOND-JELLY MACAROONS

10 tablespoons butter or margarine
1 1/2 cups sifted all-purpose flour
1 cup confectioners’ sugar
2 egg yolks
1 package (4 ounces) ground almonds (2 cups)
1 cup sugar
2 egg whites
1 teaspoon almond extract
Apricot preserves
Raspberry jam

Cut butter or margarine into flour with pastry blender until mixture resembles coarse meal. Mix in confectioners’ sugar. Add egg yolks; mix with fork. Gather mixture into ball; knead a few times to make a soft dough. Chill 2 hours or until dough returns to bowl. Stir icing until smooth. Coat cake 2 times more. Let icing set; trim icing at base. Decorate cake with cut-up pineapple and cherries.
Surprise!
Easy candy from a frosting mix.

With one package of Betty Crocker® creamy frosting mix (any flavor) and one simple recipe, you can make decorative peanut clusters, dreamy old-fashioned fudge or rich delicate wafers. It's delicious, easy-mix homemade candy, perfect for the holiday season or anytime.

Happy holidays from Betty Crocker.

Easy-mix candy from Betty Crocker.

2 tablespoons butter or margarine
1/4 cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker creamy frosting mix (chocolate fudge, milk chocolate, lemon, orange, creamy cherry, creamy white* or any of the other delicious flavors**)

Heat butter in milk over low heat until butter melts and mixture just begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy. 1 to 2 minutes. Do not overcook.

Makes 1 pound.

SQUARES - Stir in 1/2 cup chopped nuts if desired. Pour into aluminum foil-lined loaf pan, 9x5x3 inches.
WAFERS - Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly.
CLUSTERS - Stir in 1/2 cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper.

*Tint and flavor if desired.
**If using golden caramel frosting mix, reduce milk to 3 tablespoons.

Look for additional candy recipes inside specially marked packages.
OUR CHRISTMAS SHOPPERS’ GUIDE

Sources for items in “Rooms Full of Joy” (except gift wraps and fresh flowers) are keyed to shadow drawings below and following.

LIVING ROOM (PAGES 54-55)

4. Antique apothecary jars, David Weiss Importers, Inc., N.Y.C.
7. Bamboo vermeil demitasse spoons, Supreme Cutlery Corp.
13. Vallerina” velveteen, Crompton-Richmond Co., P. & T. C.
14. Cut-crystal bowl holding flowers, David Weiss Importers, Inc.
15. Silver-plated coffee service, Oneida, Ltd., Oneida, N.Y.
17. Sterling-silver, footed oval dish, Reed & Barton Silversmiths.

DINING ROOM (PAGES 56-57)

1. Moire wall covering, Cohama Decorative Fabrics, N.Y.C.
5. Antique crystal vase, David Weiss Importers, Inc., N.Y.C.
7. Hand-cut, full-lead crystal stemware, Val St. Lambert, N.Y.C.
11. Silver-plated ice tongs in barley-grain design, Hamacher Schlemmer, N.Y.C.
12. Cut-crystal bowl holding flowers, David Weiss Importers, Inc.
13. Silver-plated coffee service, Oneida, Ltd., Oneida, N.Y.
15. “Madrid” stainless-steel flatware, Oneida, Ltd.
16. Apothecary jar, David Weiss Importers, Inc.
17. Wineglasses, decanter, Gift Shop, Metropolitan Museum of Art.
19. Silver-plated, footed oval dish, Reed & Barton Silversmiths.

CHILDREN’S ROOM (PAGES 58-59)

1. Sassy Doll, Sas Colby at The Egg and The Eye, Los Angeles and San Francisco, Calif., and Scarabaebus Ltd., N.Y.C.
2. Stuffed animal, Gloria Shavel, N.Y.C.
4. Needlepoint initial Christmas stocking, Peri’s Homework, Larchmont, N.Y.
6. Red “Piglet” stuffed toy, Lighthouse Craft Shop, N.Y.C.
8. Vinyl wall-all, Vizual, N.Y.C.
9. Gingham tree ornament, Bloomingdale’s, N.Y.C.
This new glass was washed 2 times in New Lemon Freshened Dishwasher all. You don't see spots. Why? all has an anti-spot rinse agent formula.

THEIRS

YOU DO SEE SPOTS.

OURS

WE STOP SPOTS BETTER

LEMON NEW FRESHENED DISHWASHER all

Take this coupon to your store and save 7c.

NEW FRESHENED DISHWASHER all with Anti-Spot Rinse Agent

Good only towards the purchase of Dishwasher all. To dealer: Lever will reimburse you for the face value of coupon plus 3c handling provided you and the consumer have complied with the terms of the offer. Lever Brothers Company, Box 1385, Clinton, Iowa 52732.
CHRISTMAS SHOPPERS' GUIDE continued

BATHROOM (PAGE 60)


GUEST ROOM (PAGE 61)


FAMILY ROOM (PAGES 62-63)

The Presto Magic.
It doesn’t stop at pressure cookers.

Presto makes a lot of different products with a single important thing in common. We’ve built into every product outstanding features to set it apart from ho-hum, no-magic appliances.

Take our Presto Mist Hair Dryer. To our conditioning mist for resetting without reshampooing, we’ve added an extra-large hood for extra-big rollers.

Then there’s the Presto Vertical Broiler. We call it the Meat Toaster because it seals in flavor by cooking both sides at the same time. On top of that, we made it easy to take apart for cleaning.

Our Presto Coffeemaker in 9 or 12-cup sizes makes better coffee easy by making thorough cleaning easy. It’s completely submersible. Has an open, scrubbable spout. And what comes cleaner than stainless steel?

The Presto Jumbo Fry Pan is big. 15” big, in fact. Big enough to measure up to a meat-potatoes-and-vegetable meal for eight. Yet convenient enough to fit a cozy dinner for two.

And this is where it all started. The famous Presto Pressure Cooker. The original idea is as modern as tomorrow. And we’ve even added an electrical model with Control Master to maintain correct cooking temperature automatically.

But just like always, it cooks a surprising number of delicious things surprisingly fast. 3 to 10 times faster than pots and pans, in fact. How’s that for magic?
KITCHEN (PAGES 64-65)
1. Portable mixer, Hamilton Beach division, Scovill Manufacturing Co., Waterbury, Conn.
3. TV, Sony Corp. of America, N.Y.C.
4. Wooden salad bowl, Bloomingdale's, N.Y.C.
5. Kitchen scale, Terraillon Corp., N.Y.C.
6. Ice bucket, Rubel & Co., Decorative Accessories, N.Y.C.
7. Chromatics plates, Block China Co., N.Y.C.
12. Plate, Tablerie at Bonwit Teller, N.Y.C.
15. Translucent salad bowl, Eagle Affiliates, division of A.P.L. Corp., Brooklyn, N.Y.
17. Porcelain salad bowl, Georges Briard Designs, Inc.
18. Scandia 2 1/2-quart saucepan, The West Bend Co., West Bend, Wis.
19. Toaster (4-slice), Nesco Division, Hoover Co., North Canton, Ohio.
20. Pasta tree by Nina Pellegrini (how-to, page 50).
22. Covered skillel, Dansk Designs, Ltd., Mt. Kisco, N.Y.
23. Lucite canister set, Tic Tac Toe, Bayside, N.Y.
25. Ice crusher, Rival Manufacturing Co., Kansas City, Mo.
27. Lucite cookbook stand, Kanro Manufacturing, Inc., N.Y.C.
29. Wooden carving board, Bloomingdale's.
30. Vine/utensil wreath by Bill Goldsmith (how-to, page 50).
31. Lucite cutting board, Tic Tac Toe.
32. Glass pepper mill, Harvey L. Reid Co., N.Y.C.
33. Chrome trivet, Tic Tac Toe.
34. Butcher-block cart with drop-leaf sides, J & D Brauner.
36. Polka-dot napkins, Tablerie at Bonwit Teller.
37. Chromatics plate, Block China Co.
38. Casseroles (2-quart atop 4-quart), Dansk Designs, Ltd.
39. Chromatics cup, Block China Co.
40. Lucite wine rack, Rubel & Co., Decorative Accessories.
42. The Wine Book by Alexander Dorozynski and Bibiane Bell, Golden Press, N.Y.C.
43. Bentwood/cane stool, Be Seated.
44. “Midnight” napkin, H.J. Stotter, Inc.
45. Plastic wall-all, Format Sales, Inc., N.Y.C.
46. Argo Stripe stripable vinyl wall covering, United DeSoto, Chicago.

To change or correct your address
Attach label from your latest copy here and show new address below—include zip code. When changing address please give 8 weeks' notice.

All correspondence relating to your subscription should be accompanied by your address label. If you are receiving duplicate copies, please send both labels.

Subscription information:
Address all inquiries to: American Home, P.O. Box 4568 Des Moines, Iowa 50306.

Subscription prices:
U.S. and Possessions and Canada: One year $4.50.
Pan American: $5.50. All other countries: One year $6.00.

Name
Address
City State Zip

Postmaster: Send form 3579 to
United States Post Office Des Moines, Iowa.
Panda Needlepoint Kits

by DOROTHY LAMBERT BRIGHTBILL

Today, almost everyone visiting the National Zoo in Washington, D.C., falls in love with Hsing-Hsing and Ling-Ling, the two playful pandas that were Peking's gift to the United States. On this page we present a few pandas of our own, just waiting for you to needlepoint and take into your home. The appealing pair above is done on Penelope canvas; the finished embroidery is about 10 inches square. The kit includes all necessary wool yarn and easy instructions; the antique-gold-finished frame is also available. That cuddly fellow below can be either a pillow or a stuffed toy, and you embroider him on rug canvas with a heavy rug yarn that covers very quickly. Kit includes backing and easy-to-follow instructions for jiffy needlepoint and assembly.

Pandas are pretty popular these days, and this little needlepoint one is sure to win your heart. Finished stuffed toy (or pillow) is about 14½ inches tall.
Don’t be afraid of the dark.
Now there's a better way to take low-light movies.

With the all-new Focus-Matic® 672/XL Camera from Bell & Howell. A fast f/1.3 lens, plus a brand new shutter designed to make the most of the least light, lets you shoot indoors with the new, faster super 8 movie films. Without movie lights.

We didn't forget the great outdoors, either. Because Bell & Howell's new 672/XL is flexible enough to take movies in bright sunlight, too.

But what really sets the 672/XL apart from other low-light cameras is its features. Features to help you take better movies. Whether you're shooting in low light or bright light.

**Focus-Matic distance gauge.**
This exclusive Bell & Howell feature ends the guesswork about distances, to help you eliminate fuzzy scenes. Because it tells you exactly how far it is from the camera to your subject. To operate, just push a button, read the scale and set the lens.

**Built-in protection against over- or under-exposure.**
If there's too much or too little light for properly exposed pictures, a signal light inside the viewfinder warns you. So you can say goodbye to movies that don't turn out right because they're too dark or too light.

**Thru-the-lens viewing.**
You see exactly what the camera sees. This means you can compose your pictures in the viewfinder and follow the action, knowing you'll capture it all on film.

**2.8-to-1 power zoom lens.**
The 672/XL lets you zoom in for a dramatic close-up or back for a long shot just by pushing a button. The motorized zoom control gives you professional effects with a smoothness and steadiness not possible with the manual zoom found on some other home movie cameras.

**Professional pistol-grip.**
It makes the 672/XL easier to handle. And the better a camera handles, the less you have to think about. Which lets you concentrate on moviemaking.


---

**New Bell & Howell XL Camera**

(EXISTING LIGHT)
CHRISTMAS PEPPER: Late in the year this small tropical shrub is covered with ornamental red, yellow and green fruit. To make the most of the plant's good looks, give it warmth and even moisture, and shield from direct sun.

AZALEA: With good light and no hot afternoon sun, this plant will bloom several weeks if kept moist. In a cool spot (50 to 60 degrees), and fed every two weeks with liquid houseplant fertilizer. If you live in a temperate climate, you can transplant an azalea to a shady outdoor location in spring.

NORFOLK ISLAND PINE: Here's a hardy choice for that someone on your list who has trouble growing things. This easy-care plant resembles a full-sized tree in miniature. Indoors it reaches two to five feet, requiring moderate light and reasonable watering.

HOLLY: Always considered a sign of friendship, holly is now a traditional holiday decoration. A male and a female plant are both essential if berries are ever to grow. Holly needs light and should be kept moist and cool. Transplant outdoors in spring.

CYCLAMEN: With colorful flowers and handsomely shaped leaves, this is one of the showiest Christmas houseplants. Give it good light, but not afternoon sun, and it will bloom until Easter.

DWARF ORANGE: This is an excellent tub plant that produces flowers and fruit intermittently. To keep the plant healthy, give it good light and even watering. Feed biweekly—less often in late fall and early winter.

POINSETTIA: Often called "Christmas Star" because of its showy, star-shaped bracts, it can bloom up to six months with proper care. Poinsettia needs warmth and a lot of light, but should be watered only when soil is dry.

AMARYLLIS: Buy it in bloom or, to please a child, buy a potted bulb that hasn't begun to show its stem. With water and light, the bulb will sprout and lily-shaped flowers will appear eventually. Keep watered and feed biweekly.

GLOXINIA: Here's a fine houseplant with spectacular bell-shaped flowers that bloom for months if plant is kept moist and fed every two weeks. When last blossom is gone, cut off foliage and stems. If new growth doesn't appear soon, allow the plant to dry out and store it where light is dim and temperature between 50 and 60 degrees. When new growth finally appears, move plant back into light; begin watering and feeding to encourage bloom.

CHRISTMAS CACTUS: In early December, carmine-red pendants begin blooming on its glossy green, leaflike joints. To prolong flowering, feed plant every two weeks and keep soil moist. Move it outdoors under a shade tree in summer, until cool nights begin.
Probably the most distinguished book to give (or to get) this Christmas is James Beard's *American Cookery* (Little, Brown and Co., $12.95). This is a beautiful, big book—877 pages—with attractive illustrations, which puts our best traditional cooking on the gourmet map. Cooks using *American Cookery* had better leave themselves some reading time, however—it’s so easy to get carried away with the bits of background and lore that Beard serves up with his recipes. Ingredients are listed succinctly and separately at the side of each page. This is indeed a book to savor and curl up with.

Quite a different kind of book—but equally big and imposingly beautiful, with gorgeous color photographs—is Graham Kerr’s *The Complete Galloping Gourmet Cookbook* (Grosset & Dunlap, Inc., $25). New Zealand’s TV gift to America has written both a very personal memoir and a cookbook with international haute. A drawback for some people is that all liquid measurements are given in fluid ounces and in metric measure, because of Kerr’s crusade for precision. Conversion to cup units is listed on the endpapers.

From another well-known culinary expert comes a song of praise to the regional wonders of the American South—Helen Worth’s *Damyankee in a Southern Kitchen* (Westover Publishing Co., $8.95). Intelligently researched and warmly written, it will provide plenty of good reading and good eating.

Indicative of this year’s interest in Southern fare is another volume lauding the genre: *The Plantation Cookbook*, prepared by the Junior League of New Orleans (Doubleday & Co., Inc., $7.95). Devotees of the region won’t want to pass this one by, because in addition to the recipes, it offers a lengthy description of the city’s rich architectural beauty.

Still another aspect of the American epicurean scene is investigated in *Wine and Wine Cooking* by Anne M. Logan (Westover Publishing Co., $8.95). This informative book is subtitled “Entertaining and Cooking with American Wine.” Here our wines are described and given the treatment in depth they increasingly deserve. Wine is called for in nearly 200 recipes, ranging from Old Style Yam-Apple-Sausage Casserole to Brown Velvet Banana Pie.

Natural foods are a going concern today. A book whose good looks do visual justice to the simple sensuousness of the foods themselves is (continued)
A Special Introductory Offer for only $3.98

18 PROFESSIONAL ACRYLIC PAINTS

Extra Quick-Drying Paints That Have All the Brilliance and Beauty of Oils—With All the Ease of Water Colors!

A huge assortment of acrylics, 20 tubes, including 18 different colors. These modern resin-based paints have revolutionized the art world. They make painting easier, enable you to create landscapes, portraits, still lifes, and seascapes with quick drying bold, rich colors that have all the richness of oil paints. But acrylics are water soluble so they have all the ease of working with water color.

Experienced painters have acclaimed this remarkable new discovery. If Rembrandt, Van Gogh, and other giants of the art world were alive today they would surely paint with acrylics! You can paint on paper, canvas, board, cloth, anything and with a brush or knife or even your fingers. Set includes 2 tubes of “medium” for mixing and setting.

OFFER WILL NOT BE REPEATED THIS SEASON

Supplies are limited and orders will be filled first come, first served so we urge you to order right now to avoid disappointment.

MAIL 10 DAY NO-RISK COUPON TODAY!

GRENDALE STUDIOS, 2645 Greenland Bldg., Miami, Fla. 33054

Please send items checked. I understand if not delighted, I may return any item for a complete refund. Enclosed is check or m.o. for $.

- Professional Acrylic Color Sets (*11484) @ $3.98 (Add 50¢ postage per set).
- Large 9x12" Artist’s canvas boards (#11487) @ 2 for $1.00 or 5 for $2.
- Large 9x12" heavy art paper pads of 25 sheets (#11488) @ $1.00 per pad or 3 pads for $2.

NAME
ADDRESS
CITY _ STATE _ ZIP

☐ SAVE $1. Enclose only $7.96 for 2 Acrylic Color Sets and we pay postage. Extra set makes wonderful gift.

COOKBOOKS continued

Earth Water Fire Air (Macmillan Co., $7.95). Written by Barbara Friedlander and photographed by Bob Cato (the beautiful photographs are in crisp black and white), the book has 122 original recipes, using only natural ingredients.

Given the interest in the organic way, it comes as no surprise to find The Complete Yogurt Cookbook by Karen Cross Whyte (Ballaotine Books, Inc., paperback, $1.25), a charmingly illustrated primer on the lore and the use of yogurt.

Chinese cooking is gathering more and more enthusiasts every day. Stir-fry may soon be as much a part of our country’s polyglot culinary style as deep-fry. A first-rate compendium of the art is The Chinese Cookbook by Craig Claiborne and Virginia Lee (J.B. Lippincot Co., $12.50). Craig Claiborne is, of course, the former New York Times man-about-food, and Virginia Lee is an expert Chinese cook. Together they have come up with a thorough, entertaining, authoritative work with easy-to-follow recipes and procedures.

Lovers of Italy and Italian cooking will enjoy a gastronomical treat in Italian Home Cooking by Luigi Camacina (Doubleday & Co., Inc., $7.95), which explores the country region by region.

More European flavor turns up in Sandy Lesberg’s A Short Drive in the Country (The Dial Press, $12.95). Here are recipes from 10 countries, many from small-city restaurants and local inns. They provide an interesting introduction to each country’s basic cuisine.

The same author also has done Great Classic Recipes of the World (The Dial Press, $12.95), a sumptuous book of handsome color photographs with recipes from great restaurants around the globe.

Focusing on just one country is Margalit Banai’s What’s Cooking in Israel? (Thomas Y. Crowell Co., $6.95), though the fascination is in the blend of a great many culinary traditions. The dishes range from Quiche Lorraine Tel Aviv Style to Sephardic Omelette. The book also contains lots of information and anecdotes about Israel and its food.

Closer to home, there’s the Washington Cookbook (E. P. Dutton & Co., $10). Written by Marny Clifford, the wife of Clark Clifford, former Secretary of Defense, it has personal recipes and recipes from well-known D.C. personalities—geared, naturally, to party giving.

And finally, may we remind you that we have our very own cookbook, the American Home Cookbook (M. Evans & Co., Inc., $7.95) now newly revised, with more than 2,000 recipes, 16 color pages and 250 black-and-white how-to illustrations. A great, all-purpose book, we say modestly.

—Helen Carlton
Do you recognize your problem here?

When you were a child, you dreamed — as every child does — of the day when you would be "grown up". Adulthood, it seemed to you, meant total freedom and power — a time when all the fears, frustrations, and disappointments you knew as a child would be left far behind. Today, of course, you know it doesn't happen that way.

You know now that we don't overnight become the all-powerful adult of our childhood dreams. The child we once were can — and usually does — continue for years to frustrate our adult satisfactions, to embarrass and exhaust us.

This is the basis of a liberating new approach to psychotherapy that Dr. W. HIGH MISSLIDINE developed while serving as director of the Children's Mental Health Center in Columbus, Ohio. Through years of psychiatric work with children and their parents, he had many priceless opportunities to observe adult psychological problems in the making. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into adulthood. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into adulthood.

The road to full adulthood

Dr. Missildine knows how futile it is merely to admonish a person to "grow up." You cannot root out or destroy your "inner child." It is impossible to kill a part of yourself. You must learn to respect your "inner child of the past" — to manage it, and retrain it, the way a good parent would his own child.

You must — in effect — become a better parent to yourself.

At the same time, you must respect the parents who raised you. This book was not written for you — it's written for those who raised you. This book was not written for you — it's written for those who raised you.

If any of these descriptions fits you—this book can help you!

If you drive yourself very hard. People consider you successful. But you feel lazy, ineffective, inadequate. No matter what others may think, inwardly you believe you're a failure.

• You'll change your opinion of yourself when you read Chapter 10.

You dawdle, daydream, can't get started. You draw up lists of things to do each day, but can't get around to doing them. Something in you fights against doing whatever you know you ought to do.

• Even if you're a procrastinator, don't put off reading Chapter 11.

You are moody, frustrated, and sick of work. You can't settle down to persistent effort. You have regrettable bursts of temper. You feel very hurt if people don't do as you wish.

• For probable cause—and possible cure—see Chapter 12.

You are blasé, bored with everything. You wish you could develop enthusiasms, but you just drift along. You're passive. Though not a demanding person, you take it for granted that others will do things for you.

• Chapter 13 will show you how to put living back in your life.

You are always tired, have aches and pains, and are constantly doctoring yourself, though doctors insist there is nothing physically wrong with you. You seldom take part in activities, because you don't feel well.

• You'll feel better after you read Chapter 14.

You frequently feel that you are "no good" and deserve punishment. If a woman, you clean house until you nearly drop. If a man, you tend to seek grueling jobs. You are often filled with hateful desires to "get even.

• To learn why you hate yourself, read Chapter 15.

You can't feel close to people. You are lonely, but you keep others at arm's length. You drift in and out of relationships casually. People just don't seem to mean that much to you.

• Read Chapter 16 — and start to crack that shell.

You see yourself as a lone wolf, sort of an outlaw. You don't feel accepted by anybody, including yourself. Other people often accuse you of being half-centered and hostile.

• You'll begin to relax when you read Chapter 17.

You tend to emphasize the physical aspects of sex, and are often preoccupied with sexual fantasies, but your actual intimacies are generally disappointing. You cannot form or maintain a loving personal relationship.

• For a way out of this difficulty see Chapter 18.

If any of these descriptions fits you — this book can help you!

When you were a child, you dreamed — as every child does — of the day when you would be "grown up". Adulthood, it seemed to you, meant total freedom and power — a time when all the fears, frustrations, and disappointments you knew as a child would be left far behind. Today, of course, you know it doesn't happen that way.

You know now that we don't overnight become the all-powerful adult of our childhood dreams. The child we once were can — and usually does — continue for years to frustrate our adult satisfactions, to embarrass and exhaust us.

This is the basis of a liberating new approach to psychotherapy that Dr. W. HIGH MISSLIDINE developed while serving as director of the Children's Mental Health Center in Columbus, Ohio. Through years of psychiatric work with children and their parents, he had many priceless opportunities to observe adult psychological problems in the making. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into adulthood. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into adulthood.

The road to full adulthood

Dr. Missildine knows how futile it is merely to admonish a person to "grow up." You cannot root out or destroy your "inner child." It is impossible to kill a part of yourself. You must learn to respect your "inner child of the past" — to manage it, and retrain it, the way a good parent would his own child.

You must — in effect — become a better parent to yourself.

At the same time, you must respect the parents who raised you. This book was not written for you — it's written for those who raised you. This book was not written for you — it's written for those who raised you.

If any of these descriptions fits you—this book can help you!

If you drive yourself very hard. People consider you successful. But you feel lazy, ineffective, inadequate. No matter what others may think, inwardly you believe you're a failure.

• You'll change your opinion of yourself when you read Chapter 10.

You dawdle, daydream, can't get started. You draw up lists of things to do each day, but can't get around to doing them. Something in you fights against doing whatever you know you ought to do.

• Even if you're a procrastinator, don't put off reading Chapter 11.

You are moody, frustrated, and sick of work. You can't settle down to persistent effort. You have regrettable bursts of temper. You feel very hurt if people don't do as you wish.

• For probable cause—and possible cure—see Chapter 12.

You are blasé, bored with everything. You wish you could develop enthusiasms, but you just drift along. You're passive. Though not a demanding person, you take it for granted that others will do things for you.

• Chapter 13 will show you how to put living back in your life.

You are always tired, have aches and pains, and are constantly doctoring yourself, though doctors insist there is nothing physically wrong with you. You seldom take part in activities, because you don't feel well.

• You'll feel better after you read Chapter 14.

You frequently feel that you are "no good" and deserve punishment. If a woman, you clean house until you nearly drop. If a man, you tend to seek grueling jobs. You are often filled with hateful desires to "get even.

• To learn why you hate yourself, read Chapter 15.

You can't feel close to people. You are lonely, but you keep others at arm's length. You drift in and out of relationships casually. People just don't seem to mean that much to you.

• Read Chapter 16 — and start to crack that shell.

You see yourself as a lone wolf, sort of an outlaw. You don't feel accepted by anybody, including yourself. Other people often accuse you of being half-centered and hostile.

• You'll begin to relax when you read Chapter 17.

You tend to emphasize the physical aspects of sex, and are often preoccupied with sexual fantasies, but your actual intimacies are generally disappointing. You cannot form or maintain a loving personal relationship.

• For a way out of this difficulty see Chapter 18.

If any of these descriptions fits you — this book can help you!

When you were a child, you dreamed — as every child does — of the day when you would be "grown up". Adulthood, it seemed to you, meant total freedom and power — a time when all the fears, frustrations, and disappointments you knew as a child would be left far behind. Today, of course, you know it doesn't happen that way.

You know now that we don't overnight become the all-powerful adult of our childhood dreams. The child we once were can — and usually does — continue for years to frustrate our adult satisfactions, to embarrass and exhaust us.

This is the basis of a liberating new approach to psychotherapy that Dr. W. HIGH MISSLIDINE developed while serving as director of the Children's Mental Health Center in Columbus, Ohio. Through years of psychiatric work with children and their parents, he had many priceless opportunities to observe adult psychological problems in the making. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into the adult you, which concerns the author in this book.

If any of these descriptions fits you—this book can help you!

If you drive yourself very hard. People consider you successful. But you feel lazy, ineffective, inadequate. No matter what others may think, inwardly you believe you're a failure.

• You'll change your opinion of yourself when you read Chapter 10.

You dawdle, daydream, can't get started. You draw up lists of things to do each day, but can't get around to doing them. Something in you fights against doing whatever you know you ought to do.

• Even if you're a procrastinator, don't put off reading Chapter 11.

You are moody, frustrated, and sick of work. You can't settle down to persistent work. You have regrettable bursts of temper. You feel very hurt if people don't do as you wish.

• For probable cause—and possible cure—see Chapter 12.

You are blasé, bored with everything. You wish you could develop enthusiasms, but you just drift along. You're passive. Though not a demanding person, you take it for granted that others will do things for you.

• Chapter 13 will show you how to put living back in your life.

You are always tired, have aches and pains, and are constantly doctoring yourself, though doctors insist there is nothing physically wrong with you. You seldom take part in activities, because you don't feel well.

• You'll feel better after you read Chapter 14.

You frequently feel that you are "no good" and deserve punishment. If a woman, you clean house until you nearly drop. If a man, you tend to seek grueling jobs. You are often filled with hateful desires to "get even.

• To learn why you hate yourself, read Chapter 15.

You can't feel close to people. You are lonely, but you keep others at arm's length. You drift in and out of relationships casually. People just don't seem to mean that much to you.

• Read Chapter 16 — and start to crack that shell.

You see yourself as a lone wolf, sort of an outlaw. You don't feel accepted by anybody, including yourself. Other people often accuse you of being half-centered and hostile.

• You'll begin to relax when you read Chapter 17.

You tend to emphasize the physical aspects of sex, and are often preoccupied with sexual fantasies, but your actual intimacies are generally disappointing. You cannot form or maintain a loving personal relationship.

• For a way out of this difficulty see Chapter 18.

If any of these descriptions fits you — this book can help you!
Now! With the simple method of Foot Reflexology!

‘You Can Get Almost Immediate Relief from Aches and Pains All Over the Body!’

“I have brought relief to countless suffering people with this method—and have watched their joy of regained health and vitality—when all hope had seemingly been abandoned.”

—MILDRED CARTER, Professional Reflexologist

Dear Friend:

My name is Mildred Carter. I am not a doctor, but for over 14 years, I have been helping people receive remarkable relief from seemingly hopeless aches and pains all over the body, with a method—which you can use, too—called Foot Reflexology.

Foot Reflexology is a method for healing the whole body. If you’ve ever suffered from foot trouble, you know that it’s the feet that make the whole body ache. By rubbing and pressing gently on certain areas of your feet, I can show you how you may get almost immediate relief IN OTHER PARTS OF THE BODY!

Why? Because the feet contain Reflexes, which lead like telephone lines to all parts of the body. By pressing them, you help restore normal circulation and heal conditions in other areas. No one can guarantee a cure, nor is it a medical substitute, but:

• I have seen it relieve crippled hands and feet, caused by painful arthritis, straighten whole bodies and bring them new life!
• The pain of hemorrhoids stop immediately!
• Most headaches vanish immediately!
• I have seen it relieve liver and gall bladder troubles in a matter of seconds!
• I have seen it clear up stuffy sinuses almost immediately!
• I have seen it relieve back troubles, in a manner that does not make one feel weak!
• I have brought lastling relief to sufferers of varicose veins with this method. This is also true for cramps or pains in the legs!
• I have seen it relieve bladder trouble quickly, with great relief after the first treatment—burning or itching seems to disappear completely!
• I have brought relief to men, in every case of prostate trouble I have ever treated!

And still that’s just the beginning! You’ll find the full details of this amazing method of healing in a new book which I have written, called HELPING YOURSELF WITH FOOT REFLEXOLOGY.

Many Healings Reported!

Foot Reflexology is a safe, natural, and inexpensive way to help restore healthful circulation to all parts of the body.

Did you ever notice how quickly water freshens when good water is poured into muddy water? Foot Reflexology does the same for circulation in your body. Blood flow slows over the years. Naturally, glands and organs become sluggish. Stimulating a new flow of blood to these "tired" places brings new life, clears glands and organs of years of accumulated waste.

Here’s What I Say In This Book:

Gall Bladder Healing “There are many cases where Reflex Massage of the liver and gall bladder has saved people from having an operation, with the stones seeming to vanish after a few treatments.”—Quoted from Chapter 12

Anemic Conditions “Anyone who is anemic will find... improvement can be so rapid it is amazing. With pernicious anemia, results will be slower, but Nature will be there, changing new blood cells for old.”—Quoted from Chapter 11

Helping the Heart “No matter what the nature of the trouble is, the heart can be aided with this method. I have cured many cases of heart trouble with remarkable results from this scientific massage of the reflexes on heart patients.”—Quoted from Chapter 13

Relief for Leg Pains “I believe I have treated more cases of leg aches than any other malady, and most were caused by the sciatic nerve. Many people suffer for years without any relief. Yet it is so amazingly simple to banish all inflammation from this nerve in an unbelievably short time. In many cases this method has brought relief in one treatment.”—Quoted from Chapter 22

Varicose Veins “I have brought lasting relief to sufferers of varicose veins by starting the proper circulation with Reflex Massage, thus causing congestion to disappear. This is also true with cramps or pains of any kind in the legs.”—Quoted from Chapter 16

Relief for Hemorrhoids “Hemorrhoids are nothing more than a congested vein (known as piles). This is actually a varicose vein in the rectum. These can become so large as to protrude, causing inconvenience, much suffering, and in many cases bleeding. Though painful, they are usually suffered in silence by those who have them. Yet with Reflex Massage they are one of the quickest to respond to treatment. Here we will learn how to bring lastling relief to people who are the prompt relief!”—Quoted from Chapter 21

How to Make Reflexology Your Rejuvenator “Would you like to be young again? Would you like to walk expectantly into the future, to enjoy new experiences with new energy? We do not have to be old... Reflexology rejuvenates the entire body, giving new life to glands and cells. Blood flow slows over the years. Naturally, glands and organs become sluggish. Reflexology stimulates a new flow of blood to these tired places, clears glands and cells of accumulated waste, brings them new life!”—Quoted from Chapters 3 and 34

You’ll Discover...

• How Reflexology relieved a man’s hunchback—a huge, ugly hump that he couldn’t do the chin-up other men did. Today he sleeps like a baby every night!

• How a woman who had hurt her spine, and was in so much suffering that she called a bone specialist to take x-rays, received so much relief with Reflexology, she wanted it without any hesitation in recommending them. . . . 1 can give you many case histories from Aches and Pains All Over the Body.

• How Reflexology relieved a man’s stuffed sinuses. Says MILDRED CARTER, Professional Reflexologist.

My name is Mildred Carter. I am not a doctor, but I have been helping people receive remarkable relief from seemingly hopeless aches and pains!

What A Physiotherapist Says:

“During my forty-eight years as a Physiotherapist in my own Treatment Centers... I have had every opportunity to observe the amazing results of reflex massage. As a means of rehabilitation where physical trauma is involved, it ranks high in the esteem of all medical practitioners. The techniques described in Mrs. Carter’s book have been so helpful that I use them in the field of reflex massage, and we have no hesitation in recommending them. . . . For the reader of this book—that is everyone—other means short of opiate to achieve this objective are now available!”

—CLARENCE R. MUNROE
Registered Technician, Physiotherapy

“After the first treatment, he could suddenly bring his foot behind his side with no pain and he felt well again.

• How a woman who had hurt her spine, and was in so much suffering that she called a bone specialist to take x-rays, received so much relief with Reflexology, she wanted it without any hesitation in recommending them. . . . 1 can give you many case histories from Aches and Pains All Over the Body.

“After the first treatment, he could suddenly bring his foot behind his side with no pain and he felt well again.

• How a woman who had hurt her spine, and was in so much suffering that she called a bone specialist to take x-rays, received so much relief with Reflexology, she wanted it without any hesitation in recommending them. . . . 1 can give you many case histories from Aches and Pains All Over the Body.

Safe To Use!

“Reflexology will free you from sickness and suffering, and fear of pain, when used correctly. What’s more, Foot Reflexology is absolutely safe. It is the "drugsless" way to better health, and requires no exercise, no expensive equipment of any kind. It is also safe to use on anyone, from the youngest baby to the oldest person. In fact, it is a Rejuvenator that can actually win you years of new youth!

MAIL NO RISK CIRCULAR TODAY!

IMPROVEMENT BOOKS CO., Dept. 2047
13490 N.W. 45th Ave., Opa Locka, Fla. 33054

FAMOUS PUBLISHER: "HOLDING YOURSELF WITH FOOT REFLEXOLOGY, #80027, by Mildred Carter. I understand the book is mine for only $6.98 complete. I may examine it a full 30 days at your risk or money back. Enclosed is check or M.O. for $5.

YOU MAY CHARGE MY: [ ] MASTER CHARGE [ ] BANKAMERICAN

Acc. # __________________________

Inter Bank people: please check box that best applies.

(This above your name)

Expiration date of your card...

State __________________________

City __________________________

Address __________________________

Name __________________________

Please print __________________________
**LONG PLEATED DRESS** in style today for almost every occasion: office, wear, cocktail, dinner. (It can also be hemmed to knee-length.) Off-white bodice is 100% polyester crepe. Authentic tartan pleat of 100% acrylic charl is already permanent sunburst pleated and hemmed—just sew together. Kit includes pre-cut fabric, lining, zipper, tread, seam binding, snaps. Estimated ready-to-wear value, $79.95.

**SKIRT WITH NEEDLEPOINT BELT** lets you display your needlecraft skill proudly wherever you go. Adorn your pleated Belt kits along ordinarly sell for over $10. Sunburst Yellow or Marine Navy fabric is 50% cotton and 50% polyester brushed denim with a soft suede feel. Pre-finished slot seam pockets. Color-dyed matching zipper is completely concealed. Kit includes pre-cut fabric, original hand-screened belt, needlepoint yarn, zipper, thread. Estimated ready-to-wear value for skirt and belt, $45.

**Style 497. Your kit cost** $22.95

**Style 498. Your kit cost** $12.95

**Wonderful new high fashion ideal! Couturier pre-cuts at home sewing prices!**

Couturier designs have exquisite detailing which simply can’t be done in home sewing.

So we have specialty manufacturers do it for you. All you do is pin together and sew... and save up to 60%.

Now you can have the best of both worlds—the expensive styling and custom fit of authentic couturier fashions plus the satisfaction and savings of home sewing.

Truth to tell, even the best home sewing has a telltale “home made” look. There are certain exquisite fashion details in expensive creations which even the most skilled home seamstress can’t duplicate. That’s because they require specialty machines in the garment industry costing thousands of dollars.

Now here is a whole new approach to home sewing that gives you the savings without the “home made” look.

We start with the latest couturier fashion patterns... the styles that will set the pace in the coming season.

For each style, we buy specially selected expensive fabrics in huge wholesale quantities for barely ½ what you’d end up paying at retail. Then we invest the savings not only in precision pre-cutting but also in magnificent pre-finishing of details which simply cannot be duplicated by the home sewer. Such as leather piping... Schiulli embroidery... pin tucks... slot seams... applique... permanent pleating... hand-bound buttonholes... trapunto.

You can forget about rushing all over town for fabric, thread, buttons, zippers, lining, as you would have to do in working from a pattern. We supply everything in one kit with easy A-B-C instructions. All you do is pin together and sew. Each part is clearly stamped on wrong side to show you exactly what goes-where.

All pieces are fully adjustable to almost any figure. Full two-inch seam allowances give you plenty of material for flawless custom fit. And it’s impossible to permanently “ruin” your work because you do no cutting.

You save two-thirds the cost of expensive readymades... and half the time it would take you to cut out and sew a cheap imitation from a paper pattern and store-bought fabrics and notions.

Start with one or more of the fashions shown here. All are available in sizes 0-15 and 6-16. Just mail coupon with payment or your Master Charge or BankAmericard number.

© 1972 Universal Fashions

---

**Special Sale!**

**Couturier pre-cuts at home sewing prices!**

---

**Use Master Charge/Bank Americard Universal Fashions**

555 Madison Avenue
New York, N.Y. 10022

Please send one postpaid money-back guarantee of satisfaction the following Fashion in Parts kit(s):

**Style No.** | **Size Qty.** | **Fashion** | **Price** | **Total**
---|---|---|---|---
476 | 407 | Raincoat | $25.95 | $19.95
497 | 407 | Pleated Dress | 26-06 | $22.95
496 | Skirt & Belt | 15-00 | - | -
 □ Yellow □ Navy | $12.95

ADD $1.00 per item for postage & handling.

**DALLAS**

**TOTAL ORDER** $-

Residents of New York State add sales tax

□ I enclose payment to Universal Fashions

□ Charge it on my bank card:

MastEr CHARGE

Card No.

Bank No. (see lower left of card)

Expiration Date

BANKAMERICARD

Card No.

Expiration Date

Print Name

Address

City

State

Zip

Signature

---

**Guarantee**

We are so sure you’ll be delighted with your choice of fashion kits, we make this unconditional guarantee. If you are dissatisfied in any way, simply return your kit within 60 days (even if you have already used it) and your money will be promptly refunded in full.
SLEEPING BEAUTY
Dreamy Peony le petit soft, opaque Nylon Tricot. Flaring sleeve, tunic and pull-on pants are luxuriously finished in ecru nylon lace. Machine-washable. Rose, Mauve, Blue. Sizes S, M, L.

$10
Add 60¢ post.
Air Mail 50¢ addl.
$5 deposit for COD

LYNN HEADLEY—Editor

AMERICAN HOME MARKET PLACE

Pine medicine chests
Just what the decor-doctor ordered! Mirrored; magnetic latches; rack; locking drawers. Maple or walnut finish. 28½x18x9½ in., $69.55; 28½x18x13½ in., $79.55. Kit: $24.95; $39.95. Add $5 ltdg. plus $1 w. of Miss. Yield House, A12-2, No. Conway, NH 03860.

For goodness sake!
Irish Toast ceramic tile helps to "guarantee" a safe trip to "above." In the meantime, tile serves as a great hot plate or wall plaque! Cork backing, 6x6 inches. $3.98 plus 40¢ ltdg. Anthony Enterprises, Dept. A12, 585 Market St., San Francisco, CA 94105.

By appointment only
Three-Year Calendar with roomy squares lets you keep track of reminders and appointments. Unclutters your mind for other things. Each sheet shows month at a glance. Leather-like cover. 8½x11 in. $1.98, Walter Drake, AHEB Drake Bldg., Colorado Springs, CO 80940.

Birth date tree twinkle
Festive tree twinkle turns into a family tradition! "Merry Christmas bells in gold-plated metal are engraved with first name and year of birth of each child. Please print in. $1 each; 6, $5.50. Add 25¢ here and there. Vernon, AD1, 560 S. 3rd Ave., M. Vernon, NY 10550.

Sweet as syrup
Mini-Pitchers are precious containers for pretend or real posie. $1 each, single servers for cream, syrup, etc. Hand-crafted stone ware in glaze earth tones. All different. 2½x2½x2½. $3.95 plus 40¢ ltdg. Country Gourmet, AD54 S. 4th St., Mt. Vernon, NY 10550.

Pillow partner

Fireside finery
It's so cozy by the fire, but it's a good idea to spark-protect floor carpet with a regal American Eagles rug on heavy, flameproof cotton duck. Pretty anywhere! Black w/ bright gold eagle. 27x53 in. $6.95 plus 50¢ ltdg. Holiday Gifts, Dep. 621-D., Wheatridge, CO 80033.
Eat your Fill of Tasty Foods — yet lose 10 pounds in 10 days with Newest Grapefruit Diet

What a crazy way to diet... but it works!

New, Special Way to Catabolize Fats out of your body—without unsafe drugs, annoying exercises or strict dieting.

FORT LAUDERDALE, FLORIDA (Special Report) - A new, different Grapefruit Diet, that really works, is sweeping the country. Overweight persons everywhere are losing excess poundage faster and easier than ever before, with this unique diet. Now they can eat all the foods they love—including thick steaks, potatoes, bacon, scrambled eggs, fried chicken, even alcoholic drinks. This special, high speed grapefruit diet begins to work within 24 hours—even while sleeping.

Absolutely no medicines. No muscle twitching exercises and no strict starvation diets, either! Instead, dieters can fill up on scrumptious, satisfying meals. Nevertheless they shed excess poundage fast—up to 10 pounds, or more, in 10 days.

This is the reason why: this diet combination wakes up your body to flush out excess fat out of the body, quickly and safely.

DOCTORS WARN AGAINST STRICT DIETING

The United States Department of Health, Education and Welfare, plus many doctors warn against restricted diets deficient in vitamins, minerals, proteins, fats and starches. You need all these elements for abundant health. If you eliminate any of them, you get only temporary weight loss. Eventually, your body fights back and ugly fat returns, pound after pound. Super "C"—Grapefruit Diet is different. It works with you, not against you. No hunger pangs, ever. No skipped meals. You feast on hearty breakfasts, lunches, dinners. You enjoy a rich variety of good eating—foods you've always craved for. Just imagine, you can partake of formerly "prohibited" foods, such as ham, bacon, stews, rich casseroles, creamy desserts, etc. You certainly fill up on many delicious foods.

Yet, by following this fast and easy 10 day plan, you can catabolize pounds and pounds of accumulated fat out of your body. Right up to 10 pounds (or more) in 10 days!

HOW DOES IT WORK?

Your body burns up fat very much like a car burns gas. This natural process is called CATABOLISM. After years of faulty dieting, excess fats become hardened and lazy—locked up in body tissues. Meantime your body catabolism may also slow down. Result: cholesterol fats may clog up arteries, placing life itself in jeopardy. Fats become lodged in arms, thighs, buttocks, etc. You look older. You also act older.

NOW there is an easy way to wake up that lazy, sleepy catabolism! With 24 hours, the Super "C" Diet starts to catabolize this dangerous fat out of your body. The unsightly bulges and awkward pot belly vanish. You eat your fill without regrets, yet strange but true, you lose pound after pound — even if you gorge yourself on scrumptious foods. This great diet helps you feel younger... act younger and regain that sparkling, youthful look of long ago.

KEEP IT OFF—ALL YEAR!

This newest grapefruit diet will be mailed to all interested readers. Write today and also receive Full Year Maintenance Plan—at no extra cost. Tells you how to reduce down to your ideal weight and keep it down! How to win that slim, attractive look not for just 10 days—but for year after year.

REDUCE OR PAY NOTHING

To obtain your copy of this complete diet and the Full Year Maintenance Plan, mail handy order form below with $2.00. They are fully guaranteed. Try them 10 days at our risk. If you should not lose weight, simply return diets and get your $2.00 back at once — no questions asked.

Address: Safe Diet Div. (577-D) 1233 E. Las Olas Boulevard Ft. Lauderdale, FL 33301

CLIP HANDY FORM BELOW

Brochures rushed by First Class Mail. Do it now, before you forget. Win that trim, slim figure of years ago—without ever going hungry! Remember: it's not how much or how little you eat, but the right combination of foods that catabolizes dangerous fat out of your body!

— Form for Readers' Convenience —

Safe Diet Div. (577-D) 1233 E. Las Olas Blvd.
Ft. Lauderdale, FL 33301

□ Included $2 for 1 set of diets
□ Included only $3 if you want 2 sets—one for self, another to a good friend. You save $1 when sent to one address.

Print Name

Address

State

Zip

1972 Safe Diet Div.
Travel 1st Class with — Elect. Converter-Adapter
Now, take your heating appliances anywhere in the world. New mini-transformer safely lets you use hair dryers, irons, coffee makers, etc., anything up to 1000 watts on AC current. Use travel case. WT.—4 oz. Free British adapter plug and full year warranty.
New 88 page gift catalog—25c
Suburbia, Inc.
Mail Shopping Service
366 Wacouta, Dept. 127 St. Paul, Minn. 55105

Family Heirloom Bell $1.98.
First in new dated series for collectors. Solid jeweler's bronze, 4" tall, with family name engraved on side. Dynamo powered, on sliding clapper. A helpful gift that will last a lifetime.
Print names, add 25¢ each, postpaid.

Feed back
A tempting pocketbook partner yummy suede. Long zipper make locatin' easy! A hungry 11x7x7” in Brown, black, navy, copper sued or glove leather black, brown, $1 plus 70¢ hidg. Old Pueblo Trade.

Invisible cutting board
A kitchen counter is neater toppe with clear plastic cutting board save surfaces from scratches a whole lot easier! Dishwasher safe. 8x11 in., $1.98; 12x16 in.$3.95; 14 inch round, $5.98. Colonial Garden, AHE-12, 270 W. Merri Rd, Valley Stream, NY 11523.

The devil, you say
Famous "Gossip" picture appears to be a devil portrayal. Look again it depicts chatting women. An optical illusion, this visual "lesion" shows how subtly the devinem is caused by nong. Fascinating con-version piece. 8x12 in. $1.25 PICTURE, Dept. 140, Box 176 Park Ridge, Il 60068.

 Invisible cutting board
A kitchen counter is neater toppe with clear plastic cutting board save surfaces from scratches a whole lot easier! Dishwasher safe. 8x11 in., $1.98; 12x16 in.$3.95; 14 inch round, $5.98. Colonial Garden, AHE-12, 270 W. Merri Rd, Valley Stream, NY 11523.

The devil, you say
Famous "Gossip" picture appears to be a devil portrayal. Look again it depicts chatting women. An optical illusion, this visual "lesion" shows how subtly the devinem is caused by nong. Fascinating con-
pretty in porcelain
A delicate porcelain Lady doll is a dream of an early American reproduction. She is hand dressed and hand colored, comes with wire stand. Bendable at sit. Stands 8½ in. for $5.25 for $9.50.

New England snow scene
Watercolor in black on ivory-white parchment is mounted on black be metal wastebasket with gold rim. 16 in. high. Ideal, too, for leaves, dried flowers, etc. Stunning Mt. $6.95. With catalog; or, 25¢. Sturbridge Yankee Workshop, Rte. 25S, Sturbridge, MA. 01566.

Backslider on safety?
Sliding doors are nice, but can be in invitation to other than guests. With Safety Bar, it’s impossible to open sliding door when lock is in place. Adjusts up to 50 in. Easy to install. $5.98 plus 98¢ hdg. Catalog, 25¢. House of Minnei, 1122 E Deerpath Rd., Batavia, IL 60510.

Prince of a basket
High, wide-mouthed and handsome rattan frog basket performs princely duties as holder for toys, paper, sewing, etc. 19 in. $16.96 plus $2 hdg. In white, blue, yellow, green, pink, orange, or black, add $3. Catalog, 25¢. Fran’s Basket, AH12, 89 W. Main, Rockaway, NJ 07866.

Baby bracelet, a charmer
A forever-memory is this beaded bracelet dotted with simulated pearls that spell baby’s first name and topped with a gold-plated heart. Specify blue or pink beads; if for adult, teen or child: print name. $2. Etane Originals, Dept. 10, 160 Amherst St., E. Orange, NJ 07019.

Frame your treasures
Handsome shadow box with antiqued wood frame for shells, coins, etc. $8x10 in. inside, with 1 in. between glass and pluffy red back. If hanging box, glue or tape your precious goodies. $5.98 plus 50¢ hdg. Vernon, AD1, 560 S. 3rd Ave., Mt. Vernon, NY 10550.

On the beam with time
Squinting to see the time in the wee hours? Ceiling Alarm Clock with invisible beam “zooms” the time from top of clock onto your ceiling in clear numbers! Nice alarm. Electric. 7 in. $29.95. Catalog, 25¢. House of Minnei, 1122 E Deerpath Rd., Batavia, IL 60510.

Bedtime story
And so the king said, “Turn your twin beds into king-size quick as a wink.” Span-A-Bed is an “instant” king bed converter. Of polyurethane, fits snugly between twin beds. No special bedding, 6 ft. $5.98 plus 75¢ hdg. Holiday Gifts, Dept. 612-C, Wheatridge, CO 80033.

WIN $500.00 Every Week!
PRIZES PAID EVERY WEEK! NEW PUZZLE EVERY WEEK! NO TIEBREAKERS! WE PAY ALL POSTAGE!

Free Pantry Hose!
You can have a pair of our First Quality 100% nylon Hollywood Pantry Hose without cost or obligation (you pay only a small charge for postage and handling). This sensation offer is being made to show you that we have the finest quality, best fitting, no bagging Pantry Hose offered anywhere!

Just select your proper size and your favorite fashion color, check the proper boxes, and mail this entire coupon with only 50¢ to cover postage and handling and we will rush you your Hollywood Pantry Hose the same day we get the coupon.

Choose Your Size Here
- Petite: 4’11”-5’3” 90-115 lbs.
- Medium: 5’3”-5’6” 115-130 lbs.
- Tall: 5’6”-5’9” 130-150 lbs.
- X Tall: 5’9”-6’3” 150 lbs.

Choose color here
- Beige (Natural)
- Suntan (Warm Brown)
- Coffee (Deep Brown)
- Nurse’s White

Hollywood Pantry Hose, Dept. 107, 6381 Hollywood Blvd., Hollywood, Cal., 90028
Yes, I have checked my favorite fashion color and my size. Rush my Free Hollywood Pantry Hose, without obligation. Enclosed is 50¢ in cash, check or money order to cover postage and handling.

Miss
Mrs.
Mr.

Address
(City) (State) (Zip)

(Credit to can deliver in U.S. and possessions only)
ADDJUSTABLE T.V. POLES
Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep. 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!
Made in U.S.A.
$12.95
Add 10c in 25 states. Extension for higher ceilings $3.50
Write for Free Catalog
Holiday Gifts
Dept. 612-A
Wheatfield, Colo. 80833

CURTAIN CHARM
Ruffled Unbleached Muslin Tieback
45"-54", 63"-80", 80"-100" . . . 5.50 pr.
61"-90" long . . . 6.00 pr.

Write For Free Brochure

Our UNBLEACHED MUSLIN curtains have all the original New England simplicity, warmth and handmade look for every room in the house. Practical, long-wearing, these off-white muslin curtains will retain their crisp appearance with a minimum of care.

LIFETIME POCKET SCREWDRIVER
Handiest gizmo ever! Only 2 5/8 long. Fits in your or her pocket, purse, pocketbook. Perfect for photo, polaroid print, cartoons or magazine photo for slides, and negatives and add $1.00 per poster ordered. Better originals please. Posters 8½ X 11" better posters. Giant blow-up poster mailed in tube.
1½ FT X 2 FT $2.50
3 FT X 4 FT $7.50
RUSH SERVICE, POSTAGE CHARGED. Only.
Shipped 1st class in 1 day. Add $2.00 per poster ordered to slides.
PHOTO JIGSAW PUZZLES from any photo $1.50
(40 pairs 70" wide)
Matching Valve
11" x 17" . . . . 1.75
Please add 75¢ to each order for handling.

COUNTRY CURTAINS
At The Red Lion Inn
Stockbridge, Mass. 01262
Dept. 122

1000 RETURN ADDRESS LABELS $1
Quick, easy way to put your name and return address on letters, books, records, etc. ANY name, address and zip code up to 4 lines beautifully printed in black on crisp white gummed labels.
Rich gold trim. 2" long. Just $1.00.

BLOW YOURSELF UP TO POSTER SIZE
A great gift or gag idea. Ideal room decoration. Perfect for photo, polaroid print, cartoons or magazine photo for slides, and negatives and add $1.00 per poster ordered. Better originals please. Posters 8½ X 11" better posters. Giant blow-up poster mailed in tube.
1½ FT X 2 FT $2.50
3 FT X 4 FT $7.50
RUSH SERVICE, POSTAGE CHARGED. Only.
Shipped 1st class in 1 day. Add $2.00 per poster ordered to slides.
PHOTO JIGSAW PUZZLES from any photo $1.50
(40 pairs 70" wide)
Matching Valve
11" x 17" . . . . 1.75
Please add 75¢ to each order for handling.

PHOTOS $2.00

100 pages, 4 color, finest imported silked silks, rings, diamonds, sapphires, cosmetics, foods, candies, cookbooks, cooking utensils, fine china, china miniatures, breeding ware, candle molds, cut and sew animal toys, clothing, much more.
Address Dept. C39
HERBERT'S INC., VINTAGE WASECA, MINN. 56173

25¢ TELLS YOU ALL YOU NEED TO KNOW
How to make 40 exciting and useful home projects in sparkling Plexiglas acrylic sheet. Send 25¢ to Rohm and Haas, P.O. Box 4470 AD, Philadelphia, Pa. 19140.

THE STRONGITE CO., INC.
Kansas City, Missouri

AMERICAN STAIR-GUARD® CORP.

THE STRONGITE CO., INC.

34th St. and 6th Ave.
New York, N.Y. 10036

Edward G. Robinson says:
"SAVE YOUR HEART"

with a STAIR-GUARD® stairway elevator

RENTAL-PURCHASE Program Available

Your STAIR-GUARD® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 3 days.

STAIR-GUARD® ... the nation's largest selling stairway elevator!

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITICS, SENIOR CITIZENS, RESTRICTED PHYSICAL ACTIVITIES, POST OPERATIVES...and household convenience.

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU!

AMERICAN STAIR-GUARD® CORP.
201 West 86th Terrace, Dept. AH-21
Kansas City, Missouri 64114

FRANKLIN STOVES
Provides more heat in the comfort of your home for less money. Franklin Stoves are made in the USA. They are made of cast iron and are covered by the Franklin Stove warranty. Send for your free catalogue and free Franklin Stove catalog.

WALLET PHOTOS

SPECIAL! 36 Black & White only $1.00

Professional style silk finish COLOR Wallet Photos. Photos from Polaroid color print, photo (up to 3" x 5") neg. or slide. SPECIAL 36 black & white $1. Orig. returned unsold.

50 savings. Add .65 each for order of 25 or less.

NAME TOTE BAG in natural straw, $8.95...

FREE OF DEALER NEAREST YOU.

1000 RETURN ADDRESS LABELS $1

Professional style silk finish COLOR Wallet Photos. Photos from Polaroid color print, photo (up to 3" x 5") neg or slide. SPECIAL 36 black & white $1. Orig. returned unsold.

ADD 35¢ per order for shipping.

NOVAH STUDIO
1 L.I.C., N.Y. 11101

THE NAME IS NEEDLEPOINT

The name is needlepoint

Name Tote Bag in natural straw exclusively yours as you add your name in needlepoint! Kit: $9.95. 4 1/4 in. bag, canvas, lettering needle, wool in red, green, navy orange, brown or lavender. $3.50 plus 50¢ handling. Victoria Gifts, 12 Water St., Bryn Mawr, PA 19010

Spot senses his spot
Train-O-Mat housebreaks petals saves floors, carpets from stain. Odorizorized mat attracts at "comfort" time. 18x18-in. washable holdo 2 mos' supply disposable mat $4.98. With 6 mos', $6.98. Mail add, 50¢. G&G Research, A112, Box 8395, Dallas, Texas 75202

Champagne calendars
"Cherries" to convenient metal calendars that attach easily to a men's watchbands! Champagne colored, morbustrious, yet "tells" the date in easy-to-see numbers 1-yr. set $1.25; 3 or more sets $1 each. West-Berg, AH12, Box 4749, Colorado Springs, Colorado 80930

Nautical 'n' nice
No matter who's the captain of your ship, Captain and First Mate cotton shirts are ideal husband and wife apparel companions. Navy or powder blue, S, M, L, XL. Specify captain or mate. Sweatshirt, $3.98. T-shirt, $2.98. Holiday Gifts, Dept. 612-E, Wheatfield, Colo. 80833.
A three-panel advertisement page from a magazine or catalog, featuring various products and offers, including:

- **Comfort Cushion**: New TWIN-REST Seat Cushion gives needed relief to sensitive areas, fights fatigue and soreness, avoids side-squishing and maintains balance, $10.95 each.

- **SWEET OFFER**: Send for free catalog of antiques and collectibles. Also, For Sale and Want Ads. The Antiques Journal, Box 1046-E, Dubuque, IA 52001.

- **Golfer's diet put-on**: Score a gift-hit with golfer's diet plaque. Message tees off with ball boldly encased on green background. 5¢ plus 25¢ hdlg. Anthony Enter., AH12, 585 Market St., San Francisco, CA 94105.

- **Ornamental Hangers**: 3 for $2.95. Order by waist size. With trouser hangers, $2.95. 50 disposable liners, $1.98 plus 30¢ hdlg. Anthony Enter., AH12, 585 Market St., San Francisco, CA 94105.

- **Soft Liners**: 20 soft, washable orlon acrylic. White, black, beige, pink, or blue. 32-46. $50 plus 50¢ hdlg. Ferry House, 112, Briarcliffe Manor, NY 10510.

- **Dog Groomer**: Remove knots and tangles easily and painlessly. 15 sharp blades with 180° curvature do it safely. $6.95. West-Berg, AH12, Box 4749, Colorado Springs, CO 80909.

- **Baby Safety Chair**: Cakey put-on. Sis-Sol Bolero features an expensive hand-crocheted look with shell trim and scalloped, ribbed trim. Light "on, but takes off the chill. Also portrait stands (shown), $3.25-45. 95 plus 95¢ hdlg. Ferry House, 112, Briarcliffe Manor, NY 10510.

- **Crtsy rossetses**. Scandinavian cookies are fun to make. Fit handles to patterned iron and dip from batter to fryer. Crispy good, sprinkle with powdered sugar. With recipes, rosettess set, $7.95 plus 85¢ hdlg. Gift catalog, 25¢. Suburbia, Dept. 126, 366 Wacouta, St. Paul, MN 55101.

- **Antiques Journal**: Richly illustrated, fact-packed magazine of articles on art, colored glass, dolls, bottles and many other types of antiques and collectibles. Also, For Sale and Want Ads. The Antiques Journal, Box 1046-E12, Dubuque, IA 52001.


- **Baby's first shoes?**: Send for free catalog of antiques and collectibles. Also, For Sale and Want Ads. The Antiques Journal, Box 1046-E, Dubuque, IA 52001.
Yours to try at no risk in your own kitchen...

Knives so sharp and tough that we'll give back your money if they ever need sharpening!

How can we make this daring offer? Because these super-sharp, super-hard knives are crafted from full-tempered molybdenum chrome steel—one of the toughest, strongest steels known to science. They’re designed not to bend, not to rust, and to last indefinitely in normal household kitchen use—without ever requiring old-fashioned sharpening. Simply “dress” the blades now and then by honing them on the back of a fine porcelain plate—and if they don’t stay incredibly keen and sharp, return the knives for full refund of your purchase price!

Use the carving knife to whisk through roasts, fowl, ham, steak with professional ease. Split chickens, disjoint bones, cut chops from a rib or loin with a few deft strokes of the cleaver. Pare vegetables and fruit, dice salad and soup makings, cut wafer-thin slices of carrots, onions, cucumbers with the paring knife and utility knife. Use the set for just about anything you have to cut, carve, slice, mince, chop, trim, whatever.

Knives are light in weight, have handsome rosewood handles—and squared tips for safety. And with the set, we’ll include a rich-looking wall rack (or you to display these professional-looking beauties... keeping them safe from dulling in a drawer while adding a gourmet chef’s touch to your kitchen decor.

But don’t take our word on how wonderful these knives are. Try them at no risk in your own kitchen. Then if not absolutely thrilled, just return them within 15 days for a full refund of your purchase price.

To order one or more knife sets, for yourself or to give as gifts, just mail the coupon.

GUARANTEED: If you are dissatisfied in any way with the appearance or performance of your knives, you may return them within 15 days for a full refund of your purchase price. Further, this refund guarantee applies even after the 15 days should the knives ever require sharpening (other than honing on a porcelain plate) as a result of normal residential kitchen use. Address for returns and refunds: Direct Shopping Service, 555 Madison Avenue, New York, N.Y. 10022.
The way people feel about cheeseburgers, dogs feel about Cheese Flavor Gaines-burgers.

Remember when you first tasted cheese on a hamburger? Ah...Cheeseburgers! No wonder people are crazy about them.

And strange as it may sound, we've found a lot of dogs who are just as crazy about having cheese along with their burger. So we're introducing Cheese Flavor Gaines-burgers.

They've got real cheese added to the good meaty taste of the regular burger.

They've got all the nutrition that regular Gaines-burgers have. With beef by-products, beef, vegetable protein and all the vitamins and minerals a dog needs to stay good and healthy.

And they've got all the convenience of regular Gaines-burgers. No odor, no can, and no leftovers to store.

Ask your dog if he likes new Cheese Flavor Gaines-burgers. Years from now, he'll look back and remember the day he found out burger didn't always have to be just burger.

And he'll love you for it.

The cheese taste makes the burger taste better.
Spend a milder moment with Raleigh.

Highest quality tobaccos—specially softened for milder taste.

Capture those milder moments with an Argus Super 8 movie camera like theirs. Get one for free B&W Raleigh coupons, the valuable extra on every pack of Raleigh.

To see over 1000 gifts, write for your free Gift Catalog: Box 12, Louisville, Ky. 40201.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health