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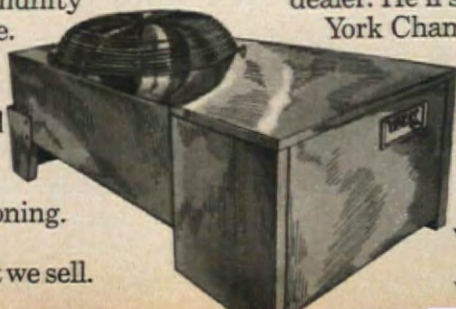
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of a barn.



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# American Home

FOR FAMILIES WHO KNOW HOW TO LIVE

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Art Director

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Copy Editor

HELENE BROWN  
Interior Design

BARBARA PLUMB  
Architecture and Environment

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American Treasury

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West Coast

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Production Coordinator

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Billie Heinrichs  
Kathy M. Ripin  
Nancy Rueth  
Julie C. Stevens  
Alexandra C. Wallner  
Barbara Weinfuss

CONTRIBUTORS  
Special Projects / Helen Carlton  
Building / Arthur J. Maher  
The Woman Driver / Denise McCluggage  
Gardening / Lawrence V. Power

W. PAGE THOMPSON, Publisher

A. EDWARD MILLER, President  
Downe Publishing, Inc.



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**COVER: Strawberry Shortcake—combining fluffy biscuits, crushed berries and slathers of whipped cream—is only one of many "Best-Loved American Originals" you'll find beginning on page 69. They are dishes you'll be proud to make for your family's contemporary dining enjoyment. Photographer: Irwin Horowitz**

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# LIFESTYLE

## The Howard Buzzards of Chester Springs, Pennsylvania



Linda, Buzz and the kids are proud of their restored farmhouse. Many of the antiques, such as the rocker and Tiffany lamp, are prized family heirlooms.

The old house (right) sits on 36 acres of rolling Pennsylvania countryside. Adjacent fieldstone summer kitchen will soon become a winter "party house," say the Buzzards. Linda (far right) arranges some dried flowers in a pitcher that originally belonged to her grandmother's grandmother.

When Linda and Howard ("Buzz") Buzzard decided they wanted something more personal and challenging than the efficient comfort of their split-level home in a Philadelphia suburb, they began to search for a new home to live in. They wanted a place in horse-riding country (Linda is the horse-woman), with woodland (Buzz is the hunter). Their answer: a run-down 18th-century farmhouse in Chester Springs, Pa.

"The house and outbuildings were in such bad shape," recalls Buzz, controller for a Philadelphia firm, "that the real-estate listing read '36 acres with buildings.' Everyone just assumed we would tear them down." But they didn't.

Their initial cleanup astounds: Bulldozers tore away weeds that were strangling the 14-room house; more than 50 truckloads of debris were shoveled out of the interior, and says Linda, "We discovered a third-floor bath we hadn't even known was there."

Slowly, things began to improve, and by September 1971, Linda, Buzz and the children, Mace and infant Charlyn—now 5½ and 1½—moved in. Even then, they lacked heat and drinkable running water.

Linda and Buzz did most of the remaining work unaided—"learning as we went along,"

he says. They painted the house and refurbished its beautiful, random-width flooring. Outside, 75 pounds of grass seed went down; inside, 20 pounds of plaster went up in the living room alone.

Major repairs are through now, and the Buzzards are happily concentrating on furnishing their warm, handsome house with the antiques they especially love. Spare moments, they serve as co-secretaries of the Yellow Springs Association, the local historical/cultural society. This springtime, they're setting up the group's annual festival—an old-time outing complete with flea market, carriage rides and exhibits by local artists.

Linda, herself an amateur artist with a growing interest in crafts, hopes someday to convert the nearby springhouse into a studio; she also plans to restore the big old barn so that it can hold horses. Right now, though, it's time for spring planting and cleaning the pond for swimming.

The Buzzards realize that their farmhouse will absorb them for years, but they don't regret the commitment. Says Linda: "We love fixing up our home, but never imagined we could do so much work ourselves. Until we discovered this place, we just weren't inspired."



Another "Lifestyle" follows.

# My Sears Kenmore Sewing Machine has 9 different stretch stitches—imagine!

says famous designer Bonnie Cashin.

"My mother was a dressmaker and before I could write I could sew," says Bonnie Cashin, the lady who so greatly influenced American fashion with the poncho—all those leathers and suedes—the boot. All Bonnie Cashin—all firsts!

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"Now, tell me, why pay more for a sewing machine when you can get one like this Kenmore at Sears?"

At most Sears, Roebuck and Co. stores and in the catalog.

**Sears** Kenmore Sewing Machine  
for women who want the best even if it does cost less.

Model No. 1803



## The Andrew Moreheads of Savery, Wyoming



Before they heard the call of the West, Andrew and Katherine Morehead spent 10 glittering years traveling while Andrew was in the foreign service. They lived in Chile, the Dominican Republic and Washington, D.C. "It was an exciting life and we loved it," Katherine recalls, "but the time came to try something else." The boys, Andrew, Jr., and Adam (now 6 and 4), needed a permanent home. So when Katherine's Wyoming-rancher father, Nelson Wren, wanted to sell his 300-head cattle spread and take it easy, the Moreheads decided to try ranching. Their new life in tiny Savery, Wyo., has been as much of an adventure as their decade of traveling.

Andrew, who grew up in New York City, knew nothing about being a cowboy, and Katherine hadn't lived year-round on the ranch since she was 12. But in summer 1971 the Moreheads renovated and moved into the 60-year-old

house where Katherine's grandparents had once lived. It has plenty of space for the family, which now includes 6-month-old Philip Noa.

Andrew has acquired a lot of ranching know-how with Mr. Wren and the hands. Winters are slow, but come spring there's the calving, then branding, mending fences and getting the herd out to graze. Summers, the cattle must be moved to the cooler mountains. By fall, Andrew is riding all day to round up the herd and take the calves to market.

Katherine tends an organic garden and works part time at the kindergarten young Andy attends in a nearby village. Once a week, she makes the 53-mile trip to the "big town"—Craig, Colo.—for shopping.

Adapting to ranch life has been a challenge for the Morehead bunch, but Andrew's new role has required the most effort. For proof of his new cowboy credentials—you should see him ride his horse!

**Top, left:** The Moreheads, with Grandpa but minus baby Philip, showoff their refurbished ranch home. **Left:** Adam and Andrew, Jr., feed a calf. **Below:** Dad is home on the range rounding up strays.



Stephen Green-Armytage

**A little-known fact about wood explains why you'll always have enough time to enjoy your house.**

This wood house is as beautiful today as it was ten years ago. Not because its owners have slaved to maintain it. But because wood has a remarkable ability to maintain itself.

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Outside, many wood sidings need no finishing or care at all. Others finished with long-lasting stains bring out wood's natural grains and sawn textures.

Wood stays beautiful naturally. And that's another reason to demand it in your new home. For more little-known facts and a free guide to wood products, just write **American Wood Council**, Dept. L, 1619 Massachusetts Avenue, N.W., Washington, D.C. 20036.



# WHAT TO LOOK FOR IN A SOFA.

A sofa is one of the most important pieces of furniture you'll ever buy. It can cost you anywhere from \$200 to \$2000.

And at any price you can—and should—get quality. Quality construction. Durable materials. So your sofa won't sag or buckle or bulge or simply turn out to be a lemon.

But would you know a lemon if you saw one?

Most people simply judge a sofa by its cover. And never stop to check any further. And wouldn't really know what to check for.

Simmons thinks you ought to know. What to look for when you buy a sofa.

## 1. Exactly the sofa you want.

Why start out making compromises? It's your money. And your living room. Simmons offers you a full range of styles to choose from. Including a new style designed especially for narrow rooms. And then you get your choice of over 400 fabrics. And then you get a choice of custom tailoring options, like quilting, deep tufting, contrast welting, and a choice of base and back treatments.

## 2. A choice of cushion filling.

Your sofa ought to feel right to you, too. That's why you should have a choice of cushions. Simmons offers you three choices, ranging from soft to springy. And made of superior materials. Our foam is a high-density polyurethane foam made exclusively for us. We choose polyester fibers for their special softness and resilience. And Simmons offers you a new super-soft cushion, which is a combination of superior polyurethane wrapped in polyester fibers to give a super luxury. All our cushion-cores are specially cut to fit the curve of the sofa, so they

won't gap apart when someone sits down. And, if you choose foam cushions, the inner cores should be 4 $\frac{1}{4}$ " thick, so the foam will hold up (and hold you up) well. A Simmons cushion measures up. Many others are only 4". Or less.

## 3. A hidden bed.

We think you aren't getting your money's worth if the sofa you buy doesn't also hide a bed. Especially since Hide-A-Bed® Sofas are priced in line with just-plain-sofas. From \$240 to \$1200.

## 4. A quality mattress for sleeping comfort.

Only the Hide-A-Bed Sofa by Simmons can offer you a Simmons Regency® or famous Beautyrest® mattress (illustrated here). You simply can't get these quality mattresses in any other convertible sofa. And Simmons gives you a full-length mattress (75"). Most other convertible mattresses are only 72" long. And most Simmons models are available with super-size mattresses too. And all Simmons' mattresses are protected from germs and mildew by a special Sani-Seal® treatment.

## 5. Seating comfort.

Simmons' hidden bed is set in so neatly, it won't interfere with seating comfort. And we keep the back comfortably angled to the seat at the ideal sitting angle. Others may give you no slant at all, which can make you feel like you're sitting in a straight-back chair.

## 6. Beautiful upholstery made to stay beautiful.

The outer surface of any sofa needs extra protection to keep the fabric neat and secure. So Simmons uses a special "Flexolator"® to provide the necessary extra "give." Most other convertibles have nothing like it and the fabric can wrinkle or pucker and filling materials may work loose into the frame. When you buy a Hide-A-Bed Sofa by Simmons, you can also buy extra fabric for drapes. But we also give you some extra fabric. Free. Enough to make arm covers if you like. Or to

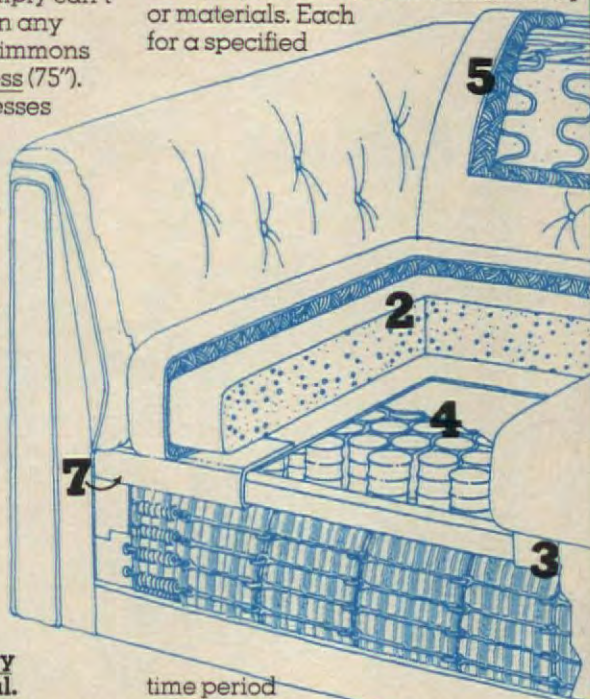
patch up disasters, like cigarette burns. And most of our fabrics are stain-resistant to require only minimal care.

## 7. An easy opening mechanism designed for safety.

The Simmons mechanism is easy to open—it requires only 20 pounds of pull-effort, compared to 30 or 40 for most others. Simmons has a "Lock Stop" control as an extra safety measure so the bed won't spring out, and recessed moving parts to prevent bumped shins or bruised fingers. And our mechanism is so well designed it won't leave wear marks on your rug.

## 8. A service guarantee.

Simmons guarantees the frame, mechanism, mattress and upholstery filling against defects in workmanship or materials. Each for a specified



time period and of course within reasonable limitations as listed in our written guarantee.

And because Simmons is a national company, our guarantee is good anywhere you move, all around the country.

If you think all these standards of quality we've listed simply add up to a sales pitch for Simmons, you're right. They do. But then think of it this way. Only the Hide-A-Bed Sofa by Simmons can use these standards to make a sale.

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Now that I know what to look for in a sofa, I'd like to look at some Hide-A-Bed® Sofas. Please send me your decorating booklet, "How to Buy a Sofa." I am enclosing 50¢.

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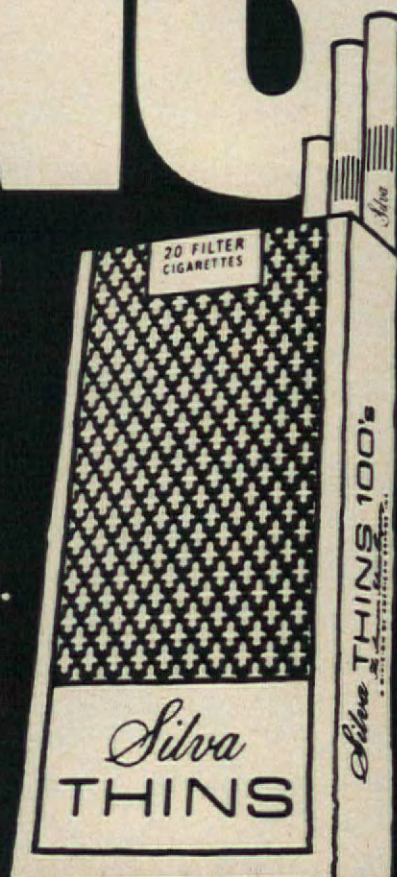
**The Hide-A-Bed Sofa by Simmons**



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Menthol too.



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

\*According to the latest U.S. Government figures. Filter and Menthol: 16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report August, '72.

## THE GOOD-LOOKING HOMEMAKER

How to look marvelous all the time without constant primping—that's something Connie Gatz has learned to do. Connie, 26, and married just nine months to Capt. James Gatz, an Air Force pilot, is having a great time settling into her new life in Newport News, Va. The former Atlanta belle is busily turning their house into home—painting and decorating, checking out local antiques shops and nearby Colonial Williamsburg for ideas. Connie and Jim want their home to be simple, yet just right—and Connie applies the same philosophy to her everyday beauty routine.

On a recent trip to New York, she decided to get a boost from an expert; she attended a department-store makeup demonstration given by Germaine Monteil's makeup director Richard Palumbo, and with his helpful hints, Connie has streamlined her makeup sessions to 5 minutes for her daytime face; 10 minutes for a dramatic evening look. (continued)

### THE 5-MINUTE A.M., 10-MINUTE P.M. FACE



Recently married Connie Gatz spends as little of her precious time as possible on makeup. With the help of an expert, she has worked out a system that keeps her pretty and perfect, day or night.

William Connors

## THE 5-MINUTE A.M., 10-MINUTE P.M. FACE continued

After her morning face cleansing, Connie starts with Germaine Monteil's Moisture Makeup in the Natural Glow shade. Since this is a cream makeup and moisturizer all in one, she needs no pre-foundation moisturizer for her slightly dry skin. Connie dots the makeup on her cheeks, forehead and chin, then blends it to a smooth, sheer finish with her fingertips (60 seconds).

To keep her naturally full brows from looking too heavy, Connie learned how to brush the brow hairs upward, then smooth them down along the top of the brow and create an even line (25 seconds). The point: to let some skin show through so there's no hard, heavy line. Connie uses the soft, pale Bluebell shade of Germaine Monteil's Acti-Vita Emollient Eye Color to shadow her lids lightly. After brushing it on, Connie smooths the shadow out with a fingertip to a mere whisper of color (60 seconds).

Mascara goes on next; Connie uses the new Acti-Vita Emollient Mascara in Brown. If you want a neat, clean look, you might try the trick she learned from Richard Palumbo: Hold the mascara wand straight up, not parallel to the lid, and color a lash or two at a time with the tip. Connie likes the natural effect this

clever technique gives her (90 seconds).

For daytime blushing, Connie prefers Germaine Monteil's Cheek Accent—an easy, blendable cream in the Copper Glow shade. She first pats a fingertip of blusher on the top of her cheekbones under the center of each eye, then blends outward and up toward her hairline to give a subtle warmth to her cheeks (40 seconds). Germaine Monteil's Lip Moist in Copper Gleam finishes Connie's fresh and easy look; she simply smooths it on with her fingertips (25 seconds).

For a night out with Jim or for a candlelight dinner at home, Connie has worked out a 10-minute session that spells glamour in the evening. She begins with a heavier foundation—Acti-Vita Translucent Cream Foundation in Bronze tone, a moisturizing makeup that gives total coverage yet still looks natural (60 seconds). When she wants an extra-dewy look, Acti-Vita Enriched Moisturizer gets smoothed on *before* the foundation (25 seconds).

For compelling evening eyes, Connie first adds a touch of Color Brow in Blonde; she is very careful to color just the brow hairs, feathering as she brushes, so no color gets on her skin (45 seconds). Afterward she applies

Wisteria eye shadow, the same way she did in the morning (60 seconds). Then on go the pink shade of Germaine Monteil's Royalbrights Eyeshadow, brushed lightly under the brow (30 seconds), and Germaine Monteil's Cake Eyeliner in Walnut—Connie finds the cake type simpler and quicker to use (50 seconds).

To complete her eye treatment, Connie applies Acti-Vita Brown mascara (90 seconds) and adds some extra lashes with a Palumbo trick that you might want to try: Cut up a lash strip into little bits of two or three lashes. Dip the base of one piece into a dab of eyelash glue, wait a few seconds for it to dry slightly, then place it among your own lashes. Do this in five or six places on each lid (2 minutes).

Next comes the Cheek Accent Connie uses by day, this time in Pure Pink to frost her cheeks (40 seconds), in Apricot to highlight her *upper* cheeks (40 seconds). An application of Acti-Vita Emollient Lipstick in Wood Violet keeps Connie's lips smooth and soft (30 seconds). Finally, a pat of Acti-Vita Pressed Powder in Transparent Tan on her nose and forehead (10 seconds) and Connie is ready for a lovely evening. END



## Shower your bath with color!

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She spends most of her day cooking, cleaning, chauffeuring, and looking after her family in a lovely suburban town.

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periods, oriental rugs, color, balance, lighting, and more.

You'll master all the principles of Interior Design: form, proportion, scale, balance, and unity.

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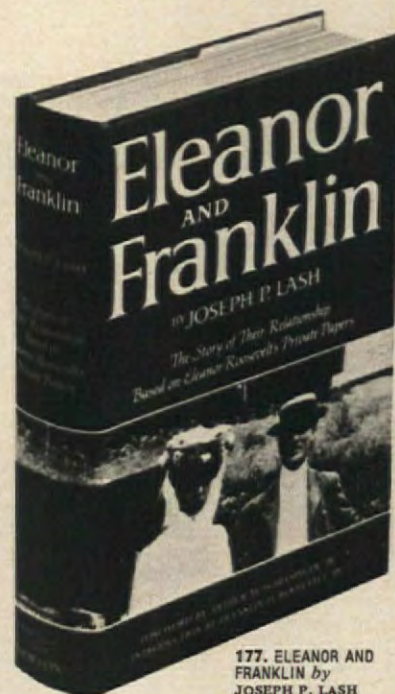
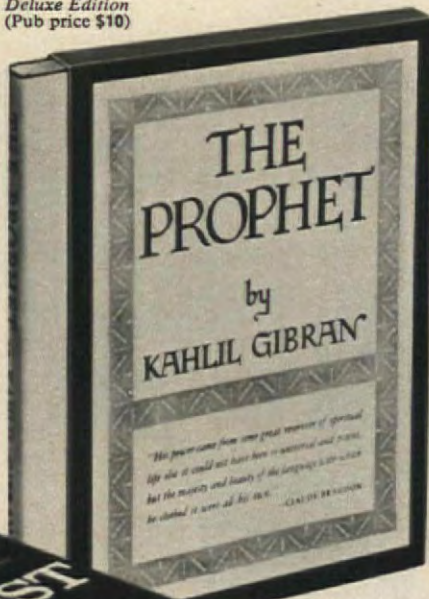
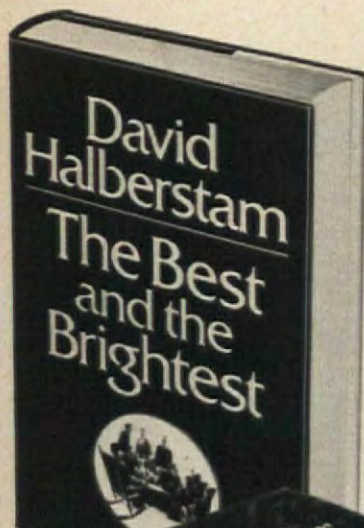
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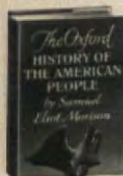
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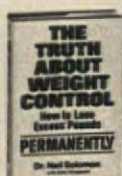


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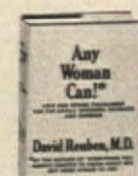
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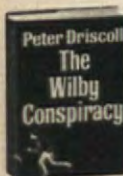
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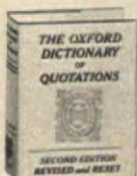
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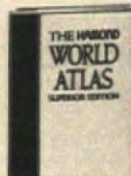
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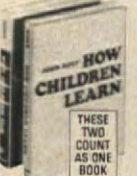
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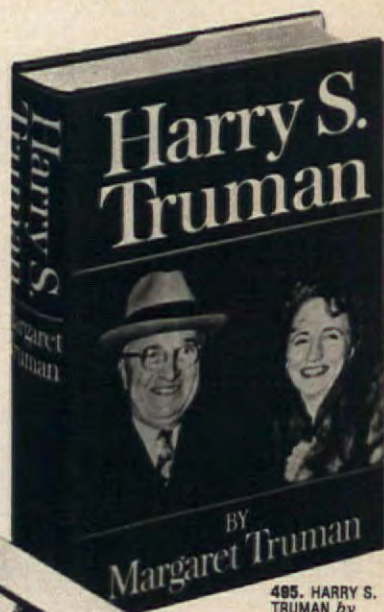
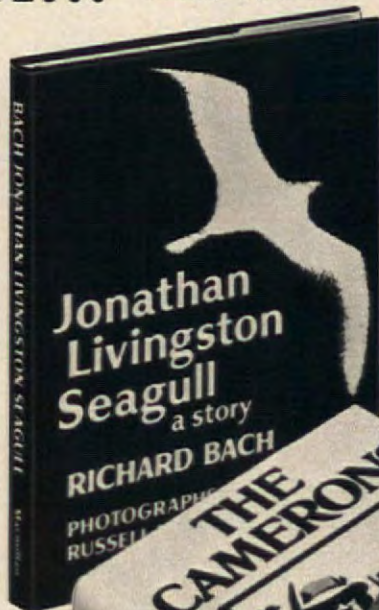
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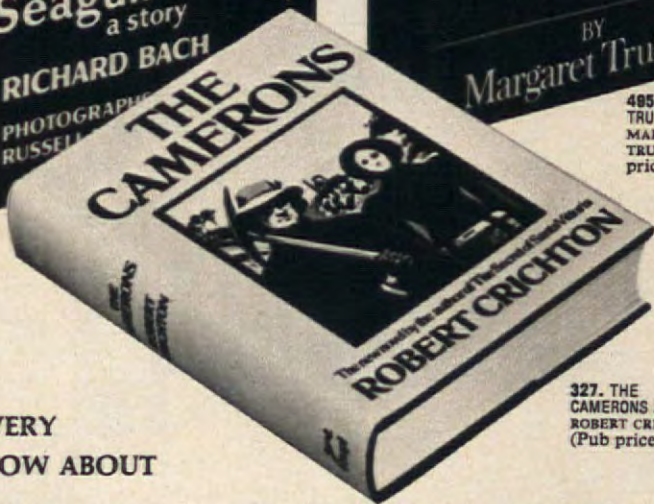
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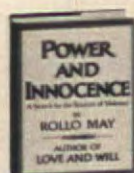
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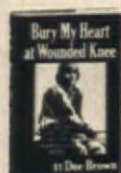
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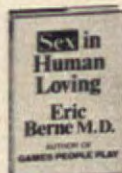
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Featured in our August 1970 issue, this award-winning house (below) took the fancy of one second-home-hunting family, and they ordered the plans.



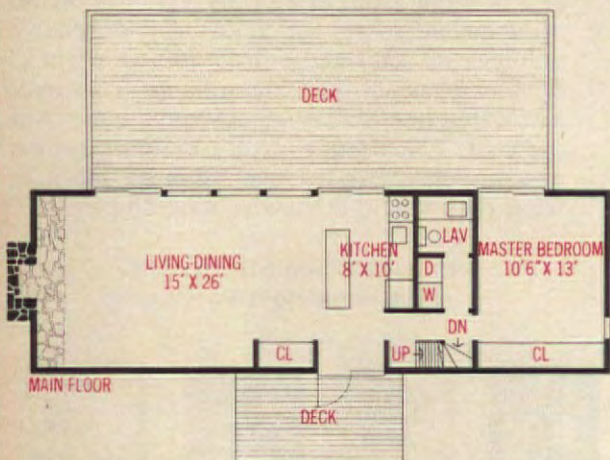
The Robert Mitchells worked from AH house plans to tailor a vacation house to their family's needs. Among their additions is a full basement.



Bradley Olman



**\$35,000  
GOOD-BUY  
HOME**



Following the alternate house plan, the Mitchells have a double-height living area (above) at one end of their three-level home. Floor plans (below) show first and second levels.



When the Robert Mitchells of Fort Lauderdale, Fla., saw architect Robert Mobley's award-winning house (top, left) in the August 1970 *American Home*, they knew it was just what they wanted for vacation living. They had already bought five wooded acres in Gatlinburg, Tenn., overlooking beautiful Smoky Mountain National Park, and needed a house to put on their steep, sloping property. "We loved

the Mobley design instantly," says Bob Mitchell. "It had just the right character for the area, and we knew it would fit the site like a glove." So Bob, manager of J.C. Penney in Pompano Beach, Fla., sent away for the house plans. The three-level vacation home the Mitchells built (top, right), finished last August at a total of \$35,000, is an expanded version of the Mobley design. (continued on page 26)

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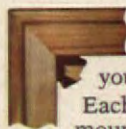
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**\$35,000 GOOD-BUY HOME** continued from page 22

Kathy Mitchell explains: "Since this was to be a second home for us, we decided to go all out and get the great, soaring living room we'd always wanted." Using the alternate design that came with the house plan, the Mitchells treated themselves to a 22-foot cathedral ceiling over their living-dining room (the basic Mobley plan called for an additional second-floor bedroom). On their own, they built a full basement containing playroom, additional fireplace and bath. And to take advantage of the hillside view, they

put in extra windows in the lengthened living-dining area and sliding glass doors in this same area, the master bedroom and kitchen, thus adding 64 inches to the house.

Their striking new home, with sleeping loft, two bedrooms—plus extra nook—and 2,112 square feet (the Mobley house had 1,460), provides plenty of space for the Mitchells and their five children. Says Bob, "We were right about this place; it's perfect for us!" —Jane Levy

To order the original Mobley house plans, see page 90.

Part of the family (below) gathers around cozy fire in the living area. Fireplace is native stone; walls and ceiling are rough-sawn fir.



Suzanne, 10, climbs up to a sleeping nook (not on floor plan). When there's no full house, she and Nancy, 15, share second-floor bedroom.



In master bedroom on first floor (above), 6-foot sliding glass doors open onto huge redwood deck that offers a view of the Smokies.

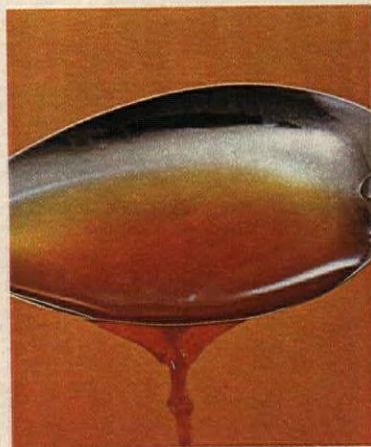
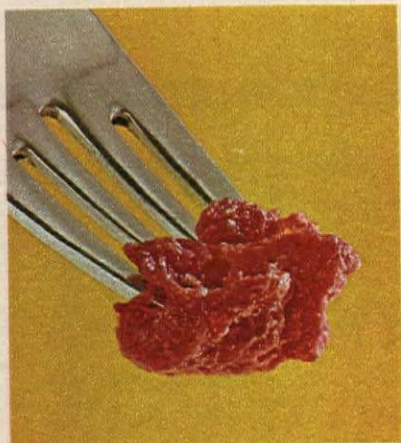


The Mitchells love having a vacation home that's open and easy. Here, Kirk, 16, calls down to Suzanne and his parents from the two-bed sleeping loft.

A young family enjoys vacationing in this inviting Tennessee variation on an award-winning *American Home* house-plan design.

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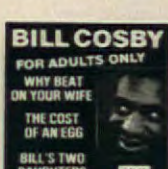
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New for the new year...  
from

# FASHION PRINTED PATTERN



## PATTERN F-1175

Flattering side wrap affect is accented with stand-up collar and dramatic button trim. Sleeve is of sheer contrast material. Sophisticated and right for all occasions. Easy to make. Size 14 takes 2 3/4 yards of 44-inch fabric, 3/4 yard for contrast sleeves. Can also be made sleeveless.



## PATTERN F-1400

Another new year charmer. This smart princess line dress features top-stitching and figure-flattering tab with button detail. The clean look is prettily slimming. Size 14 takes 2 3/4 yards of 44-inch fabric for long sleeve version, 2 3/4 yards for short sleeves.



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

Why not order your patterns for both of these charming dresses. They're easy to make, easy to wear. Just mail the coupon today.

FASHION PATTERN  
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Send \$1.00 plus 25¢ for postage and handling for each pattern ordered.

### PATTERN F-1175 PATTERN F-1400

SIZE 10 ☐  
SIZE 12 ☐  
SIZE 14 ☐  
SIZE 16 ☐

SIZE 10 ☐  
SIZE 12 ☐  
SIZE 14 ☐  
SIZE 16 ☐

☐ Yes, I'd also like to have your selection book of 60 latest patterns for which I enclose \$1.00.

Name  Please print — it prevents errors

Street Address

City

State  Zip

Be sure to include your Zip Code. AH 373

# STOP THE WORLD— OR USE IT BETTER!

Dear Readers:

We know from the mail we get that you are concerned about the quality of life in your community and your home. Today there are powerful forces threatening that quality—the impact on our land of a booming economy and an expanding population. At the same time, we are seeing how our national concern is fighting the uglification of our environment: such nature-guarding stances as Colorado's voting down the 1976 Winter Olympics, such visible urban restorations as are taking place in Savannah, Ga. (pages 53-59).

But the less visible threat of a national energy crisis caused by a dwindling supply of fuels and a soaring demand for power can have a disastrous impact on us all. The dimensions of the potential disasters are outlined dramatically in a just-published book, *The Energy Crisis*\* by Lawrence Rocks and Richard P. Runyon. Here's a sobering timetable from that book:

Curtailed heating (and air conditioning) in shopping centers, department stores, theaters and restaurants

the early 1970s

Curtailed heating (and air conditioning) in public buildings, schools, houses and hospitals

the late 1970s

Gasoline rationing for everyone: no pleasure driving, car pools, increased public transportation

the late 1970s if we are obliged to supply Japan and Europe; otherwise, the 1980s

A world conflict over energy resources and possible military conflict

by the 1980s

Can we make a significant contribution to the conserving of energy resources? Indeed we can. Almost 50 percent of all energy used does no useful work. Better-built homes, more efficient appliances and an abandonment of spendthrift attitudes about the use of all the labor-saving conveniences in our homes can stop that waste—and help change that ominous timetable.

To aid us in our campaign for quality homes that live better and waste less, please spend 10 minutes and an 8-cent stamp to let us know what you think, what you are willing to do to preserve America, by filling out this questionnaire (opposite). Just mail the clipped-out page to: Reader Reaction Bureau, *American Home*, 641 Lexington Ave., New York, N. Y. 10022.

*Julia Smith*  
Editor

## questionnaire

**1** How much of the average utility bill do you think could be saved per year if houses were better insulated or better built?

\_\_\_\_\_ % of bill could be saved.

**2** How much extra would you pay for a better insulated, better-built house, if you knew you could save that amount in perhaps 5 years through lower utility bills?

Would pay \$\_\_\_\_\_ more for house.

**3** If two houses cost the same, which would you prefer to buy:

The larger one without energy-conserving features.....

The smaller one that featured energy conservation.....

**4** What kind of fuel or power do you use for:

Electricity Gas Oil Other

Heating your home.....

Cooking.....

Hot water.....

Clothes dryer.....

**5** Do you have:

Central air conditioning... Yes\_\_\_\_\_ No\_\_\_\_\_

Room air conditioning... Yes\_\_\_\_\_ No\_\_\_\_\_

(How many units?\_\_\_\_\_)

**6** Would you live where you live if you could not have air conditioning? Yes\_\_\_\_\_ No\_\_\_\_\_

**7** Which type of air conditioner do you think would be better?

One that conserved energy but took longer to cool a room.....

One that cooled a room faster.....

**8** What kinds of fuel or power for home heating are available in your area?

Electricity\_\_\_\_\_ Gas\_\_\_\_\_ Oil\_\_\_\_\_ Other\_\_\_\_\_

**9** What one kind of fuel or power for home heating do you think is the *most* efficient and the *least* wasteful?

Electricity\_\_\_\_\_ Gas\_\_\_\_\_ Oil\_\_\_\_\_ Other\_\_\_\_\_

**10** Which of these reasons would persuade you to change the fuel or power system you are now using for home heating?

If the new system would save on fuel bills.....

If the new system would help conserve energy.....

If special low-interest loans were available for such a change.....

If installation costs were recoverable in 5 years.....

Other (explain):\_\_\_\_\_

**11** For how many years have you had your present appliances?

Range..... years

Refrigerator..... years

Hot-water heater..... years

Dishwasher..... years

Washer..... years

Dryer..... years

Air conditioner..... years

Television..... years

**12** When do you intend to buy your next appliances?

Range..... years

Refrigerator..... years

Hot-water heater..... years

Dishwasher..... years

Washer..... years

Dryer..... years

Air conditioner..... years

Television..... years

**13** If two appliances did an equally good job and cost the same, which do you think you would prefer?

The one with the best styling.....

The one with the best energy-conserving features.....

**14** What system or appliance gives you the most trouble?\_\_\_\_\_ the most satisfaction?\_\_\_\_\_



**15** Would you be willing to pay more for an appliance that met higher standards of energy consumption? Yes\_\_\_\_\_ No\_\_\_\_\_ Why? \_\_\_\_\_

**16** Would you pay more for an appliance that had a lower noise level? Yes\_\_\_\_\_ No\_\_\_\_\_ Why? \_\_\_\_\_

**17** What labeling system would be most helpful to you in identifying energy-saving appliances when you shop?

A government grading label.....

The manufacturer's own grading label.....

An industry code label.....

A consumer organization label.....

Other:\_\_\_\_\_

# QUESTIONNAIRE continued

**18** To cut down power usage in peak hours, would you be willing to:

	Yes	No
Avoid doing laundry....	_____	_____
Avoid any cooking.....	_____	_____
Avoid using dishwasher	_____	_____
Avoid using other appliances.....	_____	_____

**19** Name one thing your family is doing to conserve energy. \_\_\_\_\_

**20** If your community were to propose an increase in taxes for ecological improvements such as new sewage-disposal plants or water-purification systems, how do you think you would vote?

Yes \_\_\_\_\_ No \_\_\_\_\_  
Why? \_\_\_\_\_

**21** With good residential land becoming increasingly expensive, would you consider living in one of the new condominiums, cluster communities or planned unit developments, where the land is jointly owned by you and all your neighbors?

Yes \_\_\_\_\_ No \_\_\_\_\_



**22** Would you consider owning a vacation home in such a planned development?  
Yes \_\_\_\_\_ No \_\_\_\_\_

**23** Has your neighborhood deteriorated or been upgraded in the last 5 years?  
Deteriorated \_\_\_\_\_  
Upgraded \_\_\_\_\_

**24** If deteriorated, what are you and your community doing about it? \_\_\_\_\_

**25** If upgraded, what caused the change? \_\_\_\_\_

**26** Do you think the average home builder gives home buyers value for their money?  
Yes \_\_\_\_\_ No \_\_\_\_\_



**27** Do you think you would get better value and quality from a home designed especially for you?.....Yes \_\_\_\_\_ No \_\_\_\_\_  
Why or why not? \_\_\_\_\_

**28** What do you consider the worst features of today's houses? \_\_\_\_\_

**29** What do you think would best prevent inferior housing from being built?  
More stringent government standards.....  
Changes in building codes.....  
Demands by buyers for quality houses.....  
Other (specify): \_\_\_\_\_

**30** Do you: Own your home.....  
Rent a house.....  
Rent an apartment.....  
Live in a condominium...  
Other (specify): \_\_\_\_\_

**31** If you own your own home.....  
How old is it?.....years  
How long have you lived in it?.....years  
What is the value of your house?.....\$  
What, if anything, have you done to remodel or improve your home? \_\_\_\_\_

**32** Do you own a vacation home? Yes\_\_\_\_No\_\_\_\_

**33** Family Profile:  
Are you: Male \_\_\_\_\_ Female \_\_\_\_\_  
Are you: In 20's \_\_\_\_\_ 30's \_\_\_\_\_ 40's \_\_\_\_\_  
50's \_\_\_\_\_ 60's \_\_\_\_\_ 70 or over \_\_\_\_\_  
Education: Grade school \_\_\_\_\_  
High school \_\_\_\_\_  
Some college \_\_\_\_\_  
Graduated college \_\_\_\_\_  
Working wife? \_\_\_\_\_  
Number of children at home \_\_\_\_\_  
Ages of children at home \_\_\_\_\_  
City and state \_\_\_\_\_

You need not sign your name unless you wish:  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City and state \_\_\_\_\_

# "Why I picked out new Portsmouth™ paneling for Charlie."



"Well, I don't know much about wall paneling, but I do know Charlie. He's crazy about the kind of wood you'd find around old ships and seaports.

So when I went to my building materials dealer and found Georgia-Pacific's new Portsmouth paneling, I knew my troubles were over.

I was right. Charlie took one look at the paneling sample I brought home,

and went wild. Says it looks planked and pegged, just like it came right out of old Cape Cod.

He's still raving about the price, too. We paneled the whole wall for less than \$25\*.

The rest of the room? Simple! I got all the ideas I needed for paint and carpeting colors at Georgia-Pacific's Imagination Center.



Now Charlie's happy as a clam. And I am, too.

In fact, if I hadn't picked out Portsmouth for Charlie, I'd have picked it out for myself!"

*\*The price of Portsmouth plywood paneling is based on a 12' x 8' wall.*

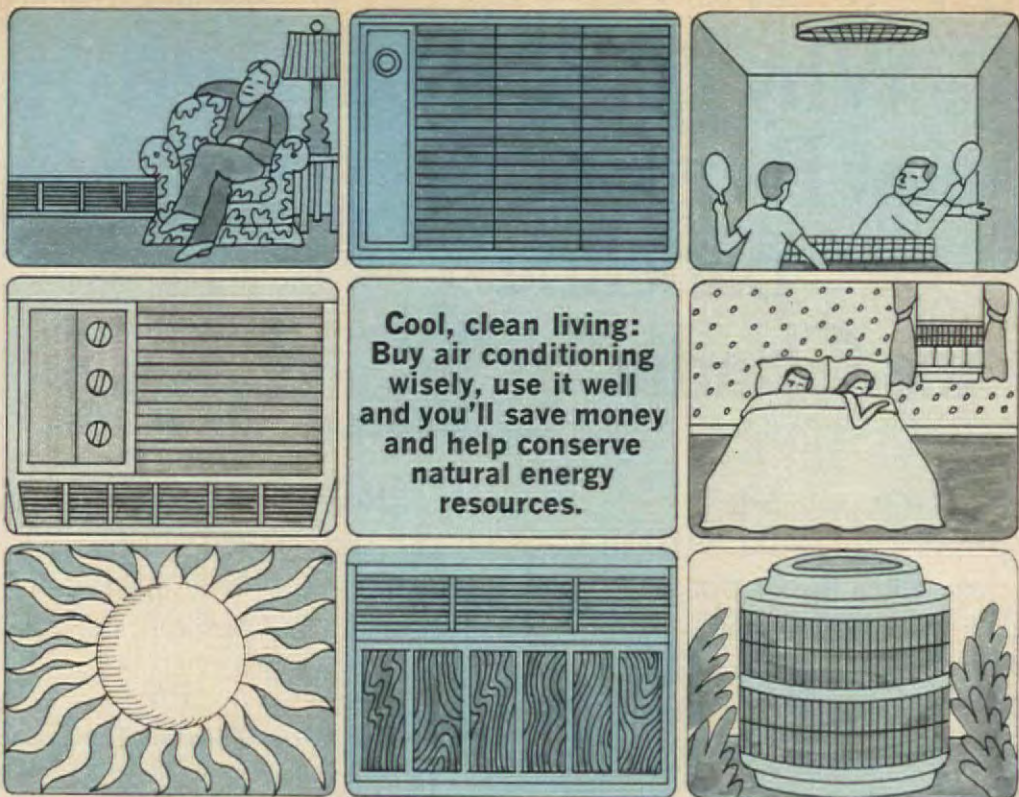
TO FIND THE NAME OF YOUR NEAREST DEALER,  
CALL FREE: 800-243-6000. IN CONNECTICUT, CALL 1-800/882-6500.



# PORTSMOUTH™

*A new paneling with Imagination from Georgia-Pacific*





**Cool, clean living:  
Buy air conditioning  
wisely, use it well  
and you'll save money  
and help conserve  
natural energy  
resources.**

## AIR-CONDITION NOW AND SAVE!

By Jeanne M. Bauer

There's nothing like a comfortable home to give you and your family a sense of well-being, and one of the prime ingredients of comfort is air quality. When a home is air conditioned—with cool, clean, well-circulated air—you all reap the benefits. Even in the hottest weather, you're comfortable at home: You sleep better, function better, feel fresher and more energetic. You look great because your skin and hair fare better; makeup stays on longer. Your house and everything in it stays cleaner. Hot-day cooking and eating are pleasanter, with the kitchen cool and appetites unstifled by the heat. And entertaining, when the house is cool, is more fun. All in all, air conditioning is a wise investment.

But why bring up air conditioning in March? Because right now, before the hot-weather rush, you can buy air conditioning at a 10 percent saving. And because the energy crisis demands that each of us give more consideration to our energy-consuming purchases.

Heating and cooling our homes account for almost two-thirds of the nation's residential energy consumption, but wise buying and proper use can reduce that rate. Some room air conditioners are less wasteful than others, for instance. And the *right* central air-conditioning system, designed especially for your home and lifestyle, and used well, can actually save on power consumption. Happily, wise buying and use mean savings for *you*, too—in lower fuel bills.

We think that the subject of air condi-

tioning and intelligent energy use are so important that we interviewed authorities from leading air-conditioning manufacturers and utility companies (who share our concern) to put together some guidelines to help you choose and use your air conditioner efficiently.

Over two million housing units in the U.S. were centrally air conditioned in 1972; of this number, many were newly built homes with dual heating/cooling systems for total year-round climate control. Homeowners everywhere are opting for air conditioning, not only because it makes for better, more comfortable living, but also because it adds value to a house. And they're increasingly opting for *central* systems because, on the average, these systems are 50 percent more efficient than room air conditioners for whole-house cooling.

Whether you're building a new home or improving an older one, your decision to install air conditioning will be based on a number of individual factors: Your location and the climate, the style of your house, your lifestyle, your income—all will enter into the decision.

Most homes can be centrally air conditioned. No matter what kind of fuel is common to your area, and no matter what kind of heating system you have, you can get a central air-conditioning system that will fit your home. Dual heating/cooling systems can run on a combination of any kind of fuel heating and electric cooling, electric heating and cooling, or gas heating and cooling.

Also, you can buy the system any way you like: You can get the central air conditioning alone, or with an accompanying heating system. Or you can get the heating first and, when the budget allows, buy the air conditioning.

For some 80 percent of homes already built, adding air conditioning is a natural, for these homes have forced warm-air heating systems; the air conditioning can use the same ducts the heating uses. Especially if the home is less than 10 years old, installation of a central cooling system is relatively simple and inexpensive.

When you're choosing the system that is right for you, keep in mind the newly popular, all-electric heat pump, which is particularly important from an energy-conservation standpoint. This system has what is called a *superior conversion factor*: Where most other units have approximately a one-to-one conversion factor (meaning that for every BTU of energy that's used, an equal amount of heating or cooling is generated), the heat pump's conversion factor averages about two to one—generating twice as much for the energy used.

Cooled air is circulated through a house by a fan or blower via concealed ducts. Your choice of size, shape and location of these ducts and air openings, or registers, will determine the amount of air the room gets. And for removing the air, you'll need return registers and ducts. The design of the air-distribution system (continued)

## Sears presents the no-sag, no-sag drapery rod. Made beautifully for your beautiful draperies.

The look is elegant. From traditional to gleaming modern to mellow Mediterranean. And this is just part of Sears exclusive traverse rod collection.

But what you can't see here is the craftsmanship. Tension-pulls that are engineered to keep nylon cords taut and to prevent tangling. Moving parts that are self-lubricated for silent, smooth-drawing draperies. And

extra-durable construction, so even heavy, heavy draperies draw smoothly—without sagging.

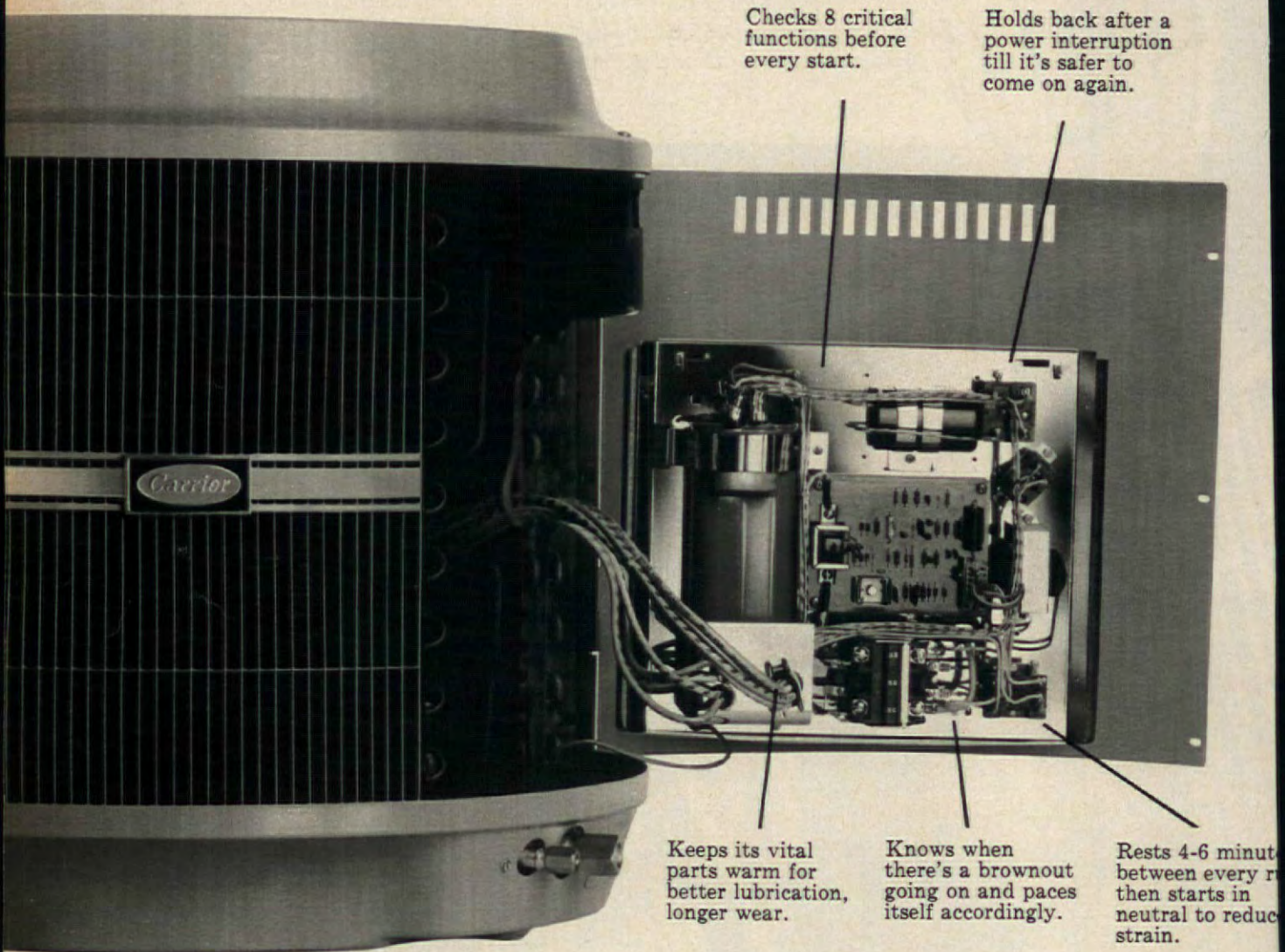
Sears trouble-free drapery rods. No snag, no sag—and nowhere else but at Sears. At your nearest large Sears, Roebuck and Co. store, or by catalog. At a price that will be sure to delight you.

Only at

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# CARRIER'S ROUND ONE PROTECTS ITSELF.



Air conditioning that's dependable depends on itself for most of its protection. Carrier's Round One has on its door a solid state protective system—most advanced ever built into a central air conditioning unit. Yet the Round One costs little if any more than other units. Check that with your Carrier Dealer. He's in the Yellow Pages.



No.1 air conditioning maker



## AIR CONDITIONING continued

depends on the layout and construction of the house, on climatic conditions and on the temperature/humidity ratio that suits your family best. Ducts may be located under the floor, with registers in floor or baseboards, or they may be concealed above the ceiling, with outlets high on the walls or in the ceiling itself. Your dealer/contractor will help you decide.

It's a good idea to shop around before choosing someone to install your air conditioning; you'll want a qualified, competent man. Here are some pointers:

1. Check the reputation of both dealer and manufacturer. Find out the names of people the dealer has worked for and check with them about the results.

2. Determine the price of the equipment and the flat installation fee. Equipment usually represents about one-third of the cost; the rest is labor and materials.

3. Check the guarantees. Many dealers offer a written guarantee in addition to the manufacturer's guarantee.

4. See if maintenance and service contracts are available. (The maintenance contract provides for periodic inspection and repair; the service contract for repairs when needed.)

5. If the dealer offers financing terms, check them against home-improvement loans offered by lending institutions.

6. Ask for an installation timetable—when he will start, how long he'll take.

7. Consult him along with the local utility company: Gas and electric rates vary in different parts of the country, and there may be advantages to using one fuel over another. Also, if yours is an older home, check to see if you need a change in electrical service; you may have to rewire to increase the amperage.

How much will all this cost? A general estimate: If you are building an average-size three-bedroom home, you'll need a three-ton central air-conditioning unit; installed during construction, this should run you from \$1,200 to \$2,000. If you are adding central air conditioning to an existing home, costs are greater; they depend on how easily your heating system can be adapted.

Once your central air conditioning is installed, there are ways to save both money and precious energy. New owners have a tendency to keep juggling the thermostat: That's *not* the way to save either. Once you determine the temperature/humidity level you and your family like, set the

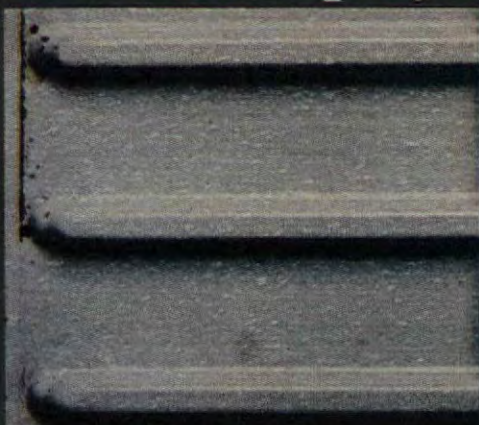
thermostat there and leave it alone. An illustration of this from Rossmoor, a planned community in New Jersey: Residents in a new section there, unfamiliar with central air conditioning, left their windows open during the day, until their homes became too warm, then closed things up and turned the air conditioner on "high." It took the units the rest of the afternoon and well into the evening to cool the homes to comfortable temperatures. Rossmoor residents soon found that it used more power and cost them more to operate their systems this way than to leave the units on all day at a low setting.

Another tip for efficient use of your air conditioner: In summer, select the highest temperature for comfort (for winter heating, the lowest); you'll save money *and* energy. Keeping your unit at 72 degrees takes 50 percent more energy than having it set at 78 degrees. Granted, 78 degrees *sounds* warm, but the decreased humidity that accompanies air conditioning makes it a very comfortable temperature.

Costs of operation may vary, of course, but you can cut down on them with some simple measures:

1. Draw shades or draperies against sun to cut down on heat buildup. (continued)

## Which spray cleaned better?



CLEANED WITH EASY-OFF



CLEANED WITH ANOTHER OVEN CLEANER

## Easy-Off® with 33% more power cleaner than another popular foam spray.

These ovens were identically dirty before one spraying of each cleaner. Unretouched photos show the difference. Easy-Off (left picture) got its oven sparkling clean. Other cleaner (right picture) left grease and dirt behind.



### Great for cleaning broiler pans too.

No scouring and scrubbing with powder or messy steel wool. Just spray on Easy-Off. Let stand as directed, then rinse and wipe sparkling clean!

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Regular or  
Lemon scented  
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oven cleaner

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7¢

STORE COUPON

7¢

2. Keep all windows and doors closed.
3. Use kitchen and bathroom exhaust fans to rid house of excess humidity.
4. To keep humidity level down during the hottest part of the day, do laundry early in the morning, or in the evening. Vent dryer to the outside.

5. Make sure the unit is operating at peak efficiency by keeping filters clean and ducts and condensers unobstructed.

There are times when the best cooling solution is a room air conditioner—if you live in an apartment, for example, or if your home's structural conditions make central air conditioning impractical, or if you simply want to cool one or two rooms.

Cooling an entire home by room air

conditioning uses more energy than cooling it with a central system. But recently, because of power crises in many cities, more efficient and less wasteful room air conditioners have become available.

It pays, then, to get a really efficient unit. Here's how you can check on an air conditioner's efficiency and economy (what the experts call its EYCO—Estimated Yearly Cost of Operation): First, determine the cost of electricity (the charge per kilowatt hour); you can find this out from your local utility company's Customer Service Department. Next, find out the unit's wattage, which is indicated on the unit itself. Now find the estimated usage for the

season; any well-informed salesman or your local utility company can tell you this. Multiply all three factors and you have the unit's EYCO.

Here are other points to consider:

1. Buy the right-size unit for the room. This is determined by actual dimensions of the room, its location, the number of windows and doors and the number of people who ordinarily use it. A knowledgeable salesman can help you. Don't buy an extra-large unit, thinking that it will cool the room faster and better: If it's too large for the room, it will cool so fast it won't take moisture out of the air.

2. Have an electrician check your wiring system to be sure the unit won't overload the circuit. Most air conditioners

use standard 115-volt current, but some large ones require 208 or 230 volts.

3. Check the warranty or guarantee and compare with those of other units.

4. If you can't install the unit, check the installation fee.

5. Be sure the unit will fit the window you want to put it in. Most air conditioners are made to fit double-hung windows, but models are available to fit casement, sliding or crank-out windows. There are also through-the-wall installations, and new low-profile units that obstruct less of the view.

6. Compare noise levels. A unit with less insulation will probably cost less, but make more noise.

7. Check to see how accessible the filter is for cleaning.

8. Look for a unit with a choice of fan speeds; it will be quieter, more flexible.

9. See that the thermostat is clearly marked and in a handy location. Models without thermostats must be turned on and off to keep the room at the desired temperature.

10. Check for movable louvers on air-circulating devices in unit's front grille; they will allow you to direct the air flow.

11. See if the unit has an "exhaust only" setting to remove smoke and odors.

12. Look for a "fresh air" setting, which lets you bring a new, fresh air supply from outside.

Once your room air conditioner is installed, it's best to run it all day on a low setting, as with central air conditioning.

Other useful tips can be found in "11 Ways to Reduce Energy Consumption and Increase Comfort in Household Cooling," available free from the Office of Consumer Affairs, New Executive Office Bldg., Washington, D.C. 20506. END



## There's no substitute for real wood.

We have no quarrel with modern technology. But we think man has yet to match the beauty of real wood. Compare the color and grain character of veneers on these "Novacraft" tables, for example, with the plastic or printed finishes being

used today. Compare the prices. Then ask if you're saving anything on the phonies. Sofa by Clyde Pearson, a division of Lane. For folders of Lane furniture, send 25¢ to The Lane Co., Inc., Dept. M03, Altavista, Va. 24517. In Can., Knechtel Furn. Ltd.

# Lane®

For a "Novacraft" dealer, phone free: 800-243-6000. (In Conn., 1-800-882-6500).

# A Touch-Down floor..Yours: in 2 hours or less!

Abracadabra! These days, you needn't be a magician to put down a beautiful tile

floor. All it takes are your favorite shears and self-anchoring Kentile Touch-Down: the two-hour floor.\* There's no mess, no fuss—because the adhesive's built onto the back of every vinyl tile. You just zip off the protective backing, touch tile to any clean, dry, smooth surface, and it's down—a perfect fit! The cost? Because this is economical vinyl asbestos tile, you can do any 10' x 15' area yourself (in 2 hours or less) for about \$60.

What's more, Kentile guarantees that Touch-Down® floor for as long as

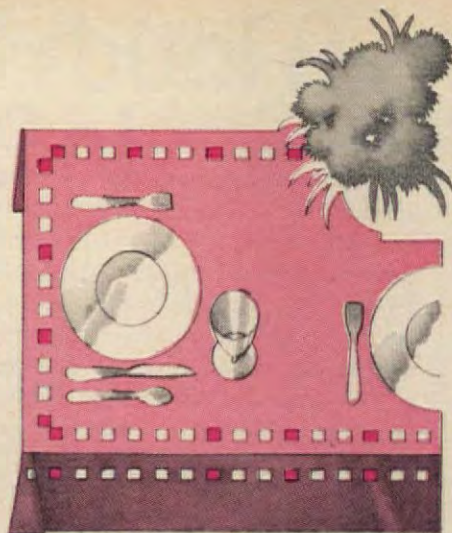
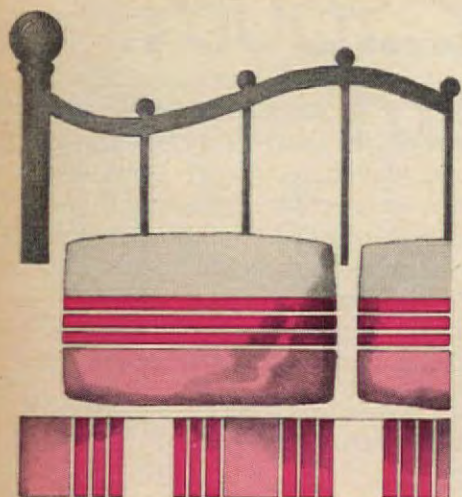
you live in your home. And because Touch-Down does not support combustion, it's a fire-resistant flooring. Shown below is Parkchester in Beechwood. Also comes in Walnut, White Birch, and Canary. See Parkchester™ and the many other best-selling Touch-Down styles soon. Kentile® Dealer? In the continental United States, dial toll-free 800-447-4700; in Illinois, dial 800-322-4400. Or, check the Yellow Pages under "Floors."

**Every Touch-Down style guaranteed for as long as you live in your home.\***

\*Guarantee: Kentile will furnish replacement tiles without charge for any Touch-Down® Vinyl Asbestos tiles that wear out or if adhesive fails to hold during your occupancy of your home wherein you installed a Touch-Down Vinyl Asbestos floor. Guarantee does not cover damage due to faulty handling or failure to follow instructions for installation and/or maintenance available at your Kentile Dealer's. The Certificate of Guarantee must be presented if claim is made.

## KENTILE FLOORS





#### FOURTH OF A SERIES

## YOUR MONEY-WISE GUIDE TO BUYING BED, BATH AND TABLE LINENS

By Carol L. Crane

"Domestics" is a folksy, old-fashioned term covering linens for the bedroom, bathroom and dining table; another archaic name for the same merchandise is "white goods." The connotation of dull, colorless napery couldn't be less accurate in reference to today's market. Thanks to the fiber revolution, the color explosion and the talents of top-flight designers, current offerings have reached new peaks in high fashion, as is vividly shown on pages 60-61.

**BED LINENS.** While still available for the hide-bound traditionalists, white bed linens are attracting fewer purchasers and occupying shrinking shelf space in the stores. Colored and patterned goods have taken the lead, with hues ranging from pastels to deep, bold tones, and prints running the gamut from fragile florals to uninhibited jungle designs and exuberant abstracts. And the list of innovators creating fashions in domestics—Vera, Marimekko, Hanae Mori, Pierre Cardin, Bill Blass, Yves St. Laurent, David Hicks—reads like a Who's Who of Design.

No-iron, easy-care blends of cotton and synthetic fibers, in sheets that look great, feel great and launder like a breeze, have made the mangle obsolete. One of the most successful blends is cotton and poly-

ester; the 50-50 mix adopted by leading manufacturers produces sheeting with the most desirable qualities of both fibers. Other blends combine cotton with Avril rayon or nylon for silkier but less substantial textures.

Know what you're buying by reading the package label, which indicates fiber content and percentages, and also shows whether the fabric is muslin or percale. Muslin is a coarse weave with a count of 112 to 140 threads per square inch; percale starts at 180 threads and goes over the 200 mark. The higher the count, the smoother, more luxurious and expensive the item.

**Sheet shopping.** Be sure to use your hands as well as your eyes when you shop for bed linens. Rub sheets with a scrubbing motion to check for sizing, a starchlike substance sometimes applied so fabric will appear to have more body than it actually does. A powdery residue remaining on your hands is a clue to the presence of sizing (which disappears after the first laundering, leaving the sheet limp and lifeless).

Hold fabric to the light to check for evenness of weave; reject articles with thick and thin spots, slubs, knots. Test selvages (woven edges) for firmness and strength; flimsy selvages that stretch out of shape

easily will probably tear easily, too.

When you shop, make sure you're buying the proper-size bed linens. Precise fit, particularly in contour sheets, is essential for comfort, appearance, maximum wear and bed-making ease. Too large is just as bad as too small. The stores are now stocking a wide range of standard sheets, from cot-size to king-size, although extra-long and extra-wide sizes are somewhat limited.

Standard-size flat sheets are made 33 inches longer and wider than the beds they're intended for, to allow for adequate tuck-ins at bottom and sides, and a fold-over at the top to protect blankets. Pillowcases come in a variety of sizes—from standard (36 by 42 inches) to king (42 by 48 inches), with greater variety available in the smaller sizes.

**Mix- and match-mates.** A broad survey of the current bed-linen market is incomplete without mention of quilts, blankets and dust ruffles in coordinated colors and patterns to mix and match with sheets. These make beds look well dressed and attractive even after the spread has been removed. (One line of bed linens even has its own matching spread.)

Ready-made spread ensembles offer wider selections in patterns and fabrics than ever before, taking the guesswork—and the (continued)



## It's for Monday, and Tuesday, and Wednesday, and...

With six flavorful varieties of Hamburger Helper dinner mixes to choose from, you can serve hamburger to your family as often as you like. One pan, one pound of hamburger, and one package of Hamburger Helper® make one happy family!

## get this helpful color selector kit



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you decorate  
even if  
you don't buy  
our paint**

**ONLY \$2 BRINGS YOU THIS EXCITING COLOR KIT.  
AND YOU GET A DOLLAR REFUNDED WHEN YOU  
BUY ONE GALLON OF SPRED® PAINT.**

You get three color wheels, a colorful 12-page booklet that shows how to choose fabric patterns, and an illustrated guide that includes recommendations for seven popular decorating styles of furniture and accessories. The wheels are easy to use. Just dial your carpet color and see the right color combinations to paint your walls and woodwork. There are 30 complete room decorating schemes you can use for years to come.

All for only \$2. But we include a certificate which entitles you to \$1 off the price of one gallon of any Glidden Spred Paint product. Mail this coupon with \$2.00 to: Glidden Color Studio, 900 Union Commerce Building, Cleveland, Ohio 44115. In Canada: 351 Wallace Avenue, Toronto 9, Ontario.

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## MONEY-WISE GUIDE continued

fun?—out of decorating a bedroom attractively and inexpensively. Spreads come in as many as eight sizes and styles; matching accessories may include pillow shams, wedge- or square-shaped bolster covers, short cafe curtains, long draperies in four different lengths, ready-made valances. Some lines also offer matching material by the yard, for make-them-yourself matches. Quality in both fabric and spread construction is of paramount importance. If either is inferior, the spread will not last as long as the rest of the ensemble.

Look for these quality details: corded and welted seams (they give the spread a neater, trimmer look and help keep it in place on the bed); lockstitched hems (running-stitch hems come out entirely if the thread breaks in a single place); overlocked seams (stronger, longer-wearing than rough-edge seams). Quilted spreads should have a backing of close-woven fabric like cotton sateen or muslin, rather than cheesecloth; patterned spreads should have pattern centered in middle panel of spread and matched at seams.

**BATH LINENS.** Because it is high in moisture absorption and color retention, cotton is the traditional fiber for toweling. And terry cloth—a fabric of uncut loops—is the traditional towel weave. But there can be a big quality difference between one cotton terry-cloth towel and another, accounting for the wide range of prices. Check for evenness of pile loops, making certain that loops are caught securely into the weave. Irregular loops make a new towel look shabby, and loose loops snag easily, weakening the towel and spoiling its appearance. Pile density is another quality clue; the thicker the pile, the thirstier the towel. Check weight in relation to size; the heavier the towel, the more yarn in the weave, and therefore the more absorbent. Look for firm selvages, even hems.

Pattern in toweling is achieved through printing or weaving. A printed pattern appears on only one side, while woven designs appear on both the front and back of the towel. In printed towels, look for sharp, well-defined edges in the designs, evenness of color and absence of dye splatter in unprinted areas. Jacquard weaving produces an elegant brocade pattern in which the design is reversed from front to back.

Color, in both patterned and solid towels, is available to complement any bathroom scheme, or to create a new scheme every time you change the towels. One well-known line of solid towels offers 19 shades, from white and pale pastels to rich, dark tones including black. If intense colors appeal to you, keep in mind that they should be washed separately, as the colors may bleed, even after repeated launderings. Matching accessories offered by leading manufacturers include fingertip towels, bath mats and rugs and lid covers in color-matched nylon pile.

**TABLE LINENS.** These, in every mood, from heavy homespun to striking signature prints and diaphanous laces, are now available in easy-care fabrics. Most of the new table linens derive their carefree ways from a combination of man-made and natural fibers. Others, straight from the test tube, are innately easy-care, while many, in pure cotton or 100 percent linen, have permanent-press and soil-release finishes applied after the fabric has been woven. Linen departments are prominently (continued on page 88)

# ORTHO cares more for your lawn.



The lawns in your neighborhood should look better than ever this year. Al, down the block, has a new ride-around mower. Charlie's bringing in top soil. So what's your plan?

We hope it includes ORTHO® because for most of 30 years ORTHO has specialized in greener, healthier grass and all the things that help you grow it. There are special ORTHO lawn foods, sprays and dusts to combat weeds and insects and custom applicators to apply them. And all of these items have been field tested to make sure they work. For example:



ORTHO Lawn Food is a favorite lawn fertilizer that helps you build green, healthy

lawns fast. It provides a balanced combination of nitrogen, phosphorous and potassium, plus iron. It's recommended by turf experts. ORTHO Lawn Food's uniform



pellets can be easily applied with ORTHO push-type or

WHIRLYBIRD® applicators.

ORTHO WEED-B-GON® is perhaps the most efficient and widely used broadleaf weed killer that you can buy. It's a unique, tested formulation that literally "grows" weeds to death, roots and all, yet which doesn't harm grass when used

as directed. Use ORTHO WEED-B-GON to get rid of dandelions, wild onions and other broad-

leaf weeds that compete with your grass and leave lawns looking unkempt.

Of course there are more ORTHO lawn care products. In fact, there's almost no lawn care problem that we haven't anticipated and solved for you, whatever the type of grass

you grow or climate you live in.

The time to start planning for the best lawn in the block is right now. We recommend a chat with your local ORTHO Dealer because his place is headquarters for lovelier lawns.

If it grows, ORTHO can help.



**ORTHO**

Chevron Chemical Company

TM'S: ORTHO, WEED-B-GON, WHIRLYBIRD, CHEVRON AND DESIGN—REG. U.S. PAT. OFF. AVOID ACCIDENTS: READ THE LABEL AND USE ONLY AS DIRECTED.



## Now there's a vegetable for husbands who'd rather eat dessert.

Husbands don't look forward to vegetables like they do dessert. Vegetables are good, alright. But they're not special. Or interesting.

Well, Birds Eye® has done something about that. With Combination Vegetables. Delicious vegetables in combination with other good things like mushrooms, almonds, brown sugar, even other vegetables.

Like our Carrots with Brown Sugar Glaze. They're sweeter than regular carrots. But not too sweet.

Just enough to get your husband's mind off the apple pie he's having for dessert.

For a minute or two, anyway.

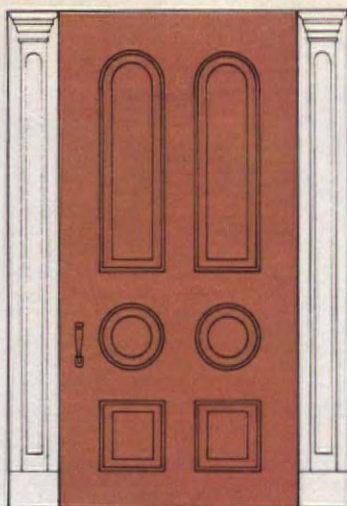


**Birds Eye® Combinations.**  
**The first vegetables your husband might even notice.**

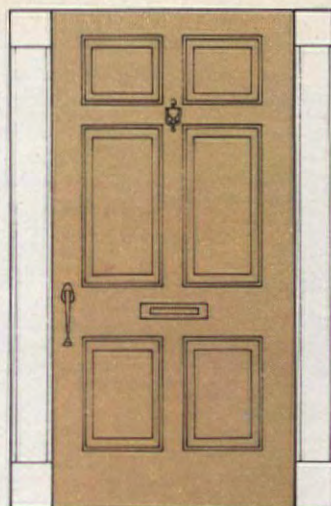
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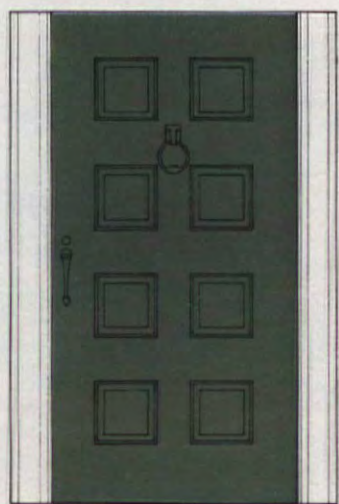
Pecan Pie



Pink House



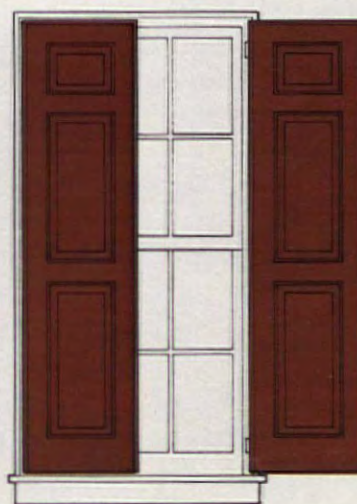
Wild Heron



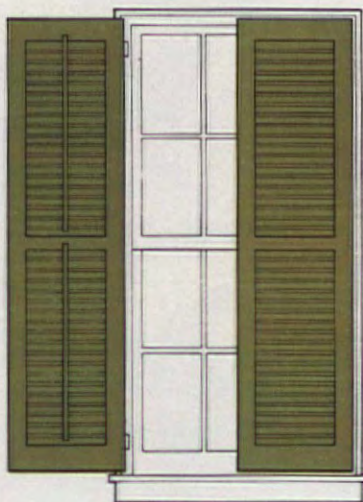
Oglethorpe Blue



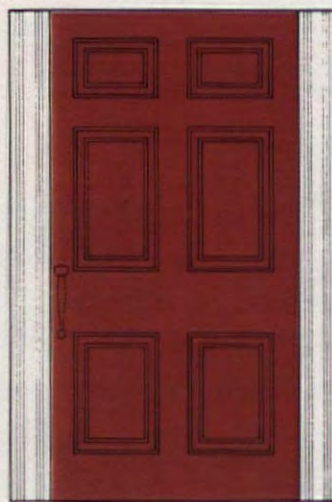
Peach Leather



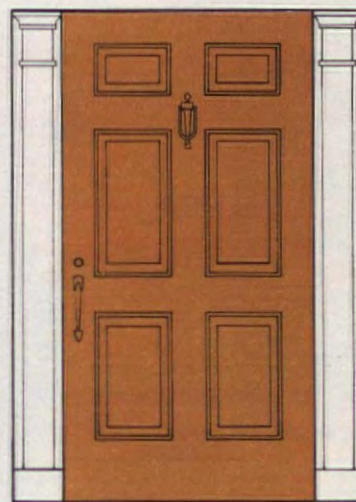
Tomochichi Red



Scuppernong Green



Yamacraw Red



Regency Lion

## PAINT YOUR HOME A SAVANNAH COLOR

Four summers ago, a group of volunteers, led by artist Ann Werner Osteen, began carefully chipping away at the mellowed façades of some of Savannah's great architectural gems (see "Savannah," beginning on page 53). Beneath layers of dirt and grime they uncovered the buildings' unique original colors. From the scrapings, Martin Senour Paints of Chicago developed a line of 56 interior and exterior paints, called "Savannah Spectrum," available nationally through their dealers. The nine colors above, shown on Savannah-style shutters and doors, reflect some of the history and flavor of this charming old Georgia port.



By Lawrence V. Power

## **SPRING DOGWOOD SPECTACULAR**

After barren winter comes the miracle of flowering trees, with dogwood the most dramatic of all. Spring finds its pink or white blossoms virtually everywhere. In the gardens of Fairfield, Conn., they're so abundant (above) among the azaleas and narcissus that an annual Dogwood Festival is celebrated. (continued)

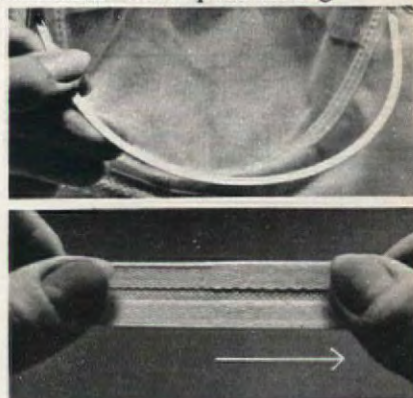
# The Sears Ah-h Bra.™

It understands  
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Just by looking you can tell our wire bra is different. It gives support and separation in comfort. There's no bulky framework to embarrass or burden you.

Next to your skin you feel a blanket of softness, our own Wonder-Fil lining. The side boning is thin, flexible. The fit is smooth, not rigid.

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Our strap is unique. The stretch part is woven to the nonstretch in one smooth piece. You get the release you need for comfort without feeling or seeing a bump.

You'll notice the center section gives, for easy breathing. And the top of the cup is elasticized at the side, to adapt to your fullness.

The Ah-h Bra improves any shape from 32B to 42DD. A Perma-Prest® fabric, (including the Dacron® polyester lace), it keeps its shape through many washings.

When you try it on, your experience should indeed be: "Ah-h!" You'll find saleswomen in Sears Figure Shop trained to measure and fit you correctly.

Let your body get used to the new feeling. Then look at your Ah-h Bra shape in our dressing room mirror.

If you like what you see, the Ah-h Bra is right for you.

Also available in tricot. At most Sears, Roebuck and Co. larger stores, through the catalog or by telephone, if you call Catalog Shopping Service.

**Sears**

The Figure Shop.

And inside.

\*We guarantee your Ah-h Bra underwire will stay in place for the life of the garment or return bra for free replacement.

## DOGWOOD continued

Sponsored by the Greenfield Hill Church, the festival is held each year in late spring, when the blossoms are at their peak. (This year's event runs from May 16 to 27.) Among the thousands of dogwoods there is a venerable row of white-flowered trees planted in 1795.

Festivals take place in many towns, for the hardy dogwood grows in most areas of the country and has about 40 varieties, some of which bloom early, some late. These include shrubs as well as trees, and range in overall height from two to 40 feet. Some dogwoods thrive in warm climates, others in cold; there are large- and small-blossomed varieties, and new scented ones. Dogwoods are not particular about soil, so long as the ground is not too dry.

The best times to plant a dogwood are spring or early fall. You can get bare-root stock from a mail-order firm

or buy a balled and burlapped specimen from a local nursery. Just make sure what you buy suits your climate—and that its color, growth habits and flowering time suit your pleasure.

To plant, dig a generous hole, saving the topsoil and discarding the poorer subsoil. The hole should allow two inches below the roots and at least six inches around the root spread. Loosen the soil at the bottom of the hole; ready a mixture of two-thirds topsoil and one-third peat moss to place under and around the tree roots.

Deep planting always weakens a plant, particularly in poorly drained soil, and flowering dogwoods are sensitive to excess soil on their surface roots. Set bare-root dogwood as deep as it was in the nursery; the soil line will be apparent. With balled dogwood, set—then place a board over the hole; the

top of the ball should touch the board.

With a bare-root specimen, spread roots out, eliminating any that tend to encircle the trunk. Work soil between roots with a stick or, if plant is small, shake gently to induce soil to filter between roots. With balled plant, make sure soil ball does not break; after the plant is in place, loosen burlap near the top of the ball and roll it back to the sides—do not remove it.

Fill in with topsoil/peat moss and tamp down firmly. Water thoroughly. During the first two years, water once a week unless there is at least an inch of rainfall during a seven-day period.

In addition to spring-blooming dogwoods, there are other colorful flowering trees and shrubs whose blossom times vary from early spring to autumn frost. Here are some that are easy to grow.

**For spring blossoms:** The *flowering cherry*, with pink or white flowers, comes in many sizes and shapes. Weeping forms are the most dramatic. The *flowering crab apple* is vigorous and hardy. Its blossoms are red, pink or white (some are scented). They are followed by early-ripening fruit that is first-rate bird food. The *redbud* usually has brilliant red-to-pink blossoms, though there is also a white-flowering type. Autumn foliage is a clear, lovely yellow.

**For summer blossoms:** The *Kousa dogwood* is an Oriental import that blooms after leaves have appeared; its white flowers are like those of the spring-flowering dogwood, only smaller. The sturdy *goldenrain tree* grows to 30 feet; it tolerates a wide variety of soil conditions and bears foot-long terminal clusters of yellow flowers in July. The *sourwood* flourishes where winters are not severe and soil is acidic. Shaped like a pyramid, the tree reaches 40 feet and has lacy white midsummer flowers.

**For late summer and fall blossoms:** The *crape myrtle* is the belle of warmer climes, a shrub whose abundant clusters of ruffled white, pink, red/blue or purple flowers bloom for a month or more, beginning usually in mid-August. The *Franklin tree* is rather uncommon; it can grow almost anywhere, but sets fruit only in warm areas. From early August till frost, white, cup-shaped flowers unfold, a few at a time; in fall its leaves turn brilliant red. The *autumn cherry* does well in any part of the country. Its pink blossoms appear in the spring; then in Indian summer, after the leaves have fallen, it blooms again, when nothing else is in flower. **END**

**"Do you want a manicure or an overhaul?"**

**"It's dishwashing, Madge."**



**"Ever try Palmolive Dishwashing Liquid? It softens hands while you do dishes."**

Palmolive® Liquid is a lot more than just mild. Suds last from the first glass, clean through to the last greasy pan. And it softens hands while you do dishes.



# The Story of the Ugly Chair.

**Contour®** THE CHAIR LOUNGE THAT HELPS PEOPLE FEEL BEAUTIFUL!

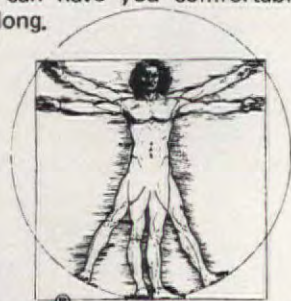
Not that everyone thinks the Contour Chair Lounge is ugly, mind you. Folks across the country have been buying them for, maybe, twenty-five years. And there must be a million families now who bought them because they liked their looks. . . and later discovered they had bought not just another pretty piece for the living room or den. . . but almost a new way of life.

How important can a mere chair be to your life style? For the answer to that, you'll have to look beyond the usual ideas of what a chair should look like. What you really must consider is what it was made to do for you.



Picture that conventional easy chair in your living room or den. Then try to figure out how you can rest your head. By slouching down so you're resting the bulk of your body weight on your spine? That's not going to be comfortable for very long.

What do you do with your legs? Cross them? Then recross them? Rest them on the cocktail table? On another chair? Or on an ottoman? All of these positions tend to restrict circulation or result in the concentration of an undue proportion of your weight on a single area of your body. None of them can have you comfortable for very long.



**CONTOUR IS THE WORLD'S ONLY "YOU" SHAPED CHAIR.**

Man has been making chairs of every description for thousands of years. But not until recent times has anyone thought of making a chair that

will conform to the contours of the human form. Not until Contour Chair designed its chair lounge with you in mind was there any form of seating that takes into account the way nature had fashioned your body.

**Contour® provides full support to your head in any position.**

Because the Contour Chair Lounge is available in a size that is compatible with your height, because it curves to provide gentle support for your head and neck, there is no longer the need for tensing your neck muscles while you're trying to relax. And this support is maintained in any chair position — upright, fully reclined . . . and in all positions in between.

**Contour® provides gentle support for the small of your back.**

In addition to relieving you of the usual body weight pressures on the lower back and thighs, the "kidney roll" design feature provides gentle support for the small of the back.



In Upright Position — only 31.4% of body weight supported by hip area.

In Semi-Upright Position — only 32.8% of body weight supported by hip area.

In Reclining Position — only 23.8% of body weight supported by hip area.

**Contour® elevates your knees in a "floating" position, raises and supports your legs.**

In a Contour Chair Lounge, the legs are always fully supported and comfortably raised. . . even above the body level. . . and for as long as you may desire.

**Choice of single or two-seater Cuddler models available with automatic push-button position changer, automatically changes your body position from "head high" to "feet-up" without effort.**



Contour Chair Lounges come in your choice of a wide range of colors, fabrics and styles.



< The Original!

The Cuddler® >  
(COMFORT FOR TWO)



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(WINGS & SKIRT)

Danish Modern >  
CONTOUR®



A Tiger for >  
Relaxation!



## SPECIAL OFFER

If you purchase a Contour® Cuddler or Contour® Power Slide® Push Button Positioner when installed on purchase of any new Contour chair, you will receive a \$50 U.S. SAVINGS BOND.

Offer void after June 17, 1973.

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*It took Marjorie Taylor 25 years to get up the courage to smoke in front of her husband.  
It took Mr. Taylor 25 seconds to pack his wife's bags.*



**You've come a long way, baby.**

**VIRGINIA  
SLIMS.**

*Slimmer than the fat cigarettes men smoke.*



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

Regular: 17 mg. "tar," 1.2 mg. nicotine—Menthol: 18 mg. "tar,"  
1.3 mg. nicotine av. per cigarette. FTC Report Aug. '79

*"A tranquil old city, wide streeted, tree planted...." That's what the English novelist Thackeray wrote of Savannah, Ga., in 1856 while visiting Andrew Low, a wealthy cotton merchant. Low's fine mansion (below) faces one of 20 squares that highlight the heart of the city.*



*Today, the charm of old Savannah has been rediscovered, and this once-busy cotton port — spared from twentieth-century "progress" — throbs with new vitality. Families have found that its graciousness and airy layout make it a wonderful place to live. (continued)*





In 1820, Isaiah Davenport, a talented builder from Rhode Island, completed his fine Georgian house (far left) on Columbia Square. Made of red brick with graceful double stairs leading from the front door, the house remained as elegant as any in Savannah for more than a century. But not long ago it was a run-down rooming house. Now restored and furnished as a museum, the Davenport house is also the home of Historic Savannah Foundation, Inc. Among the antiques in the dining room (left) are ancestral Davenport china and Hepplewhite and Sheraton furniture.

## A HERITAGE REVERED AND REBORN

By Rosemary L. Klein

*Savannahians have not always cherished their heritage. During the first half of this century, much of the city fell into decay, and many buildings were lost. The tide turned in 1955, when the lovely Davenport house (above and opposite) was saved from being demolished for a parking lot—and the restoration movement was under way.*



Dramatic contemporary staircase (above) is suspended on steel cables from third floor of Mimi and John Cay's 19th-century house. Its exterior has been restored authentically, but interiors reflect the family's lifestyle and taste. Cay boys Dawson, 10, and Robert, 7, play tag around an old bronze armillary (right) that stands in Troup Square near their home.



## YOUNG IDEAS AMID OLD TRADITIONS

SAVANNAH continued

*The livability of Savannah's splendid open-air plan—houses grouped around tree-filled squares that are the city's "outdoor living rooms"—has attracted families who once might have chosen the suburbs. With imagination, they restore century-old town houses, recent victims of neglect, and savor the pleasures of elegant city living in a historic setting. (continued on page 82)*

## CITY SETTING, COUNTRY GRACIOUSNESS



The Lamont Danzigs and their five children live in a brick town house off Madison Square (top, left). Meals are enjoyed in glassed-in dining room (top, right) that "floats" above courtyard at rear of house. Suzanne Danzig shares a laugh with daughters Karen, 10, and Emily, 2, in living room (above), which contains both new and old pieces and part of her graphics collection.

Susan and Reed Dulany, Jr., both born and reared in Savannah, lived in the suburbs briefly after their marriage, then moved back to the city five years ago. The Dulanys—with Suzanne, 11, Catherine, 10, and Reed III, 3—gather in Warren Square (below), their 1820 house behind them. Dining room (opposite), gleaming with old family silver and antiques, is set for a spring dinner. Hepplewhite-style table and chairs were made in the South; the Sheraton sideboard is English.

## FOR YOUNG FAMILIES, ROOM TO GROW







1



2



10

SAVANNAH continued

*The city's ornate style and splendor predate the Civil War.*

1 Along the waterfront runs Factors' Row: warehouses and offices that once bustled with the cotton trade. Curious iron bridges that connect buildings with street were platforms from which cotton brokers could watch bales being unloaded.

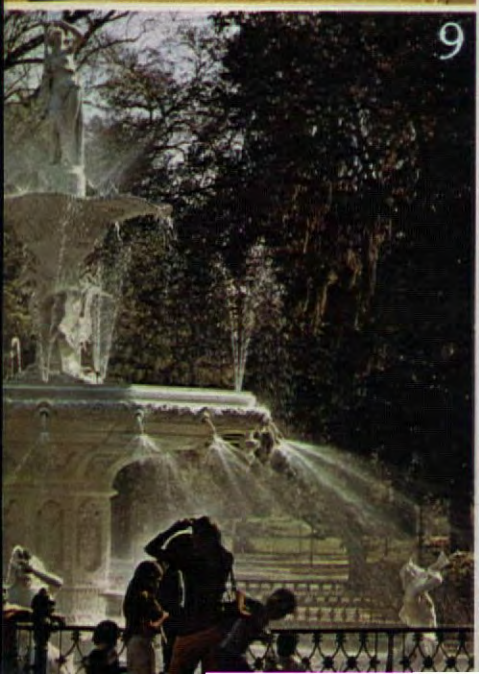
2 Monterey Square, laid out in 1847 and now lush with trees and flowering

shrubs, is one of Savannah's loveliest squares. Around it are row houses and villas lacy with wrought iron.

3 Four handsomely restored brick houses make up Marshall Row, which faces a broad avenue with a center strip of grass and trees. Houses, built in the 1850s, have characteristic high stoops and plain doorways.

4 Cast-iron window lintel and elaborately decorated balcony on this house in Monterey Square typify Italian-villa style, which was in vogue about 1860.

5 Cast-iron lions, probably made in New York in the 1840s, when house was being built, guard Low mansion (page 53), owned by Georgia's Colonial Dames.



9



8



*Now the great battle against decay is being waged and won.*

**6** General Lafayette greeted people of Savannah from the ivory-painted cast-iron balcony of Owens-Thomas house, where he stayed while visiting in 1825.

**7** The Owens-Thomas house (see detail at right) was designed by English architect William Jay and built in 1819. Now a museum, it is considered the finest ex-

ample of Regency architecture in America. Its color inspired "Regency Lion," shown with other Savannah paint colors on page 47.

**8** Parallel pairs of wrought-iron stair railings reach the street in sweeping curves, pointing up the urban grandeur of Gordon Row. These stucco and brick row houses are products of the 1850s.

**9** White-painted cast-iron fountain in Forsyth Park delights children and adults alike. They sit on its railing, feed pigeons and enjoy music of strolling guitarists.

**10** Arched window of a former cotton broker's office frames view of ship on Savannah River. Cotton is king no longer, but Savannah remains a busy port.





Because of their grace and the purity of their colors, flowers have always been artists' favorites. Now designers of bed linens have taken the cue; the latest are splashed with flowers bigger than ever, with bolder bursts of color. Yellow tulips, purple anemones, orange-blossom clusters, leafy, green ferns—all will bring a garden's loveliness into your bedroom. Pale pastels and solid-whites have had their day; now you can enjoy spring indoors perennially. Best news: the easy-care, no-iron polyester-cottons shown, in muslin and percale. —Barbara Weinfuss

## SHEETS PRETTY AS A PICTURE



- 1) *Springtime* by Vera, Burlington; 2) *Provincial Flowers*, Celanese House Collection, Wamsutta;
- 3) *Calico Buds*, Martex, WestPoint Pepperell;
- 4) *Oriental Flowers*, Fieldcrest; 5) *Calico*, Fine Arts Collection, J.P. Stevens; 6) *Dynamite* by Scuda, 7) *Soho Superlin*, both Wamsutta; 8) *Rain Forest*, Springmaid; 9) *Cut Flowers*, Martex, WestPoint Pepperell. On stool; *Charmed Circle* pillowcase, Springmaid.



By Helene Brown

# EASY HIGH STYLE

This bold contemporary house in California desert country is all about decorating the easy way: Everything in it, aside from the art and Indian accessories, is from Sears, Roebuck. Designed for a young family by Los Angeles architect Lester Wertheimer, the house was then decorated to echo the mood of the desert. Relying on Sears' retail centers and mail-order catalog, California interior designer Geré Kavanaugh found just-right furnishings of high style and durability. (continued)

**Living-room furnishings eschew the conventional: Flexible yellow ottomans can regroup with sofa; brass trays on wicker stands make coffee tables; floor lamps replace usual end-table arrangement. Painting is by Mary Sims Radakovic.**



## decorating to suit the environment

In this dramatic desert house, warm sand, orange and yellow tones create a lively young look. The handsome furnishings—all from Sears, Roebuck—are highlighted with beautiful Indian rugs, pillows, bowls and baskets, defining rooms that play up the unique quality of the landscape. The decorating throughout is an imaginative mix of elements: wood, brass, steel, easy-care plastic and brightly painted pieces, decorative plants and flowers. For more on the house's design and its architect, see page 90.



Cheerful family room (opposite, top) is also a guest room and home office. Plastic storage pieces are components that stack to create a custom unit. Trestle table, ordered unpainted, was treated to orange enamel. On the floor: Sears' new Rough 'n Tuff carpet.

Master bedroom (opposite, bottom), in quiet monochromatics, captures a spectacular view of nearby mountains through uncurtained windows. Bedspread is a Sears reproduction of an early American motif. Over bed are copies of old hand-carved kachina dolls.

Set off by Indian accessories so appropriate to this rough desert locale, furniture in the dining room (left) is spare and simple: Matching steel-and-glass étagères flank curtainless window with greenery and Indian pottery. Console table under window is used as a server. Chairs are inexpensive, unpainted ladderbacks.

Maris/Semel  
Shopping Information, page 86





Cutting-board top is handsome and practical. Make it by gluing a series of narrow wood slats to  $\frac{3}{4}$ -inch plywood, or buy one ready-made.

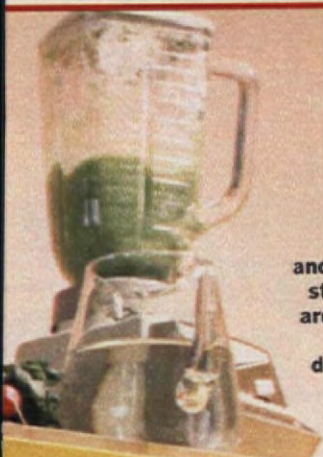
## KITCHEN STORAGE ON WHEELS

To make for under \$70

Here's a build-it-yourself solution to the perennial need for extra kitchen counter space and storage. This plywood cart is 36 inches wide, 24 inches deep and 35 inches high, topped with a cutting board. Storage is in three sections: pull-out center rack for pots, pans, lids, cords; shelves on both sides for small appliances. Casters, which make unit movable, can be locked for stationary use. To send for plans to build this unit (or a smaller version), see below.—Jeanne M. Bauer

Whether it stands free or against a wall, this sleekly functional cart offers the most storage for the space it uses. A weekend project for even a novice, it can be built for under \$70, using standard tools and DFPA plywood—two panels of  $\frac{3}{4}$ -inch, one panel of  $\frac{1}{2}$ -inch. Plans for this cart (a 24-inch square version is included) are available for \$1 from: American Plywood Assn., Dept. AH 373, 1119 A St., Tacoma, Wash. 98401.

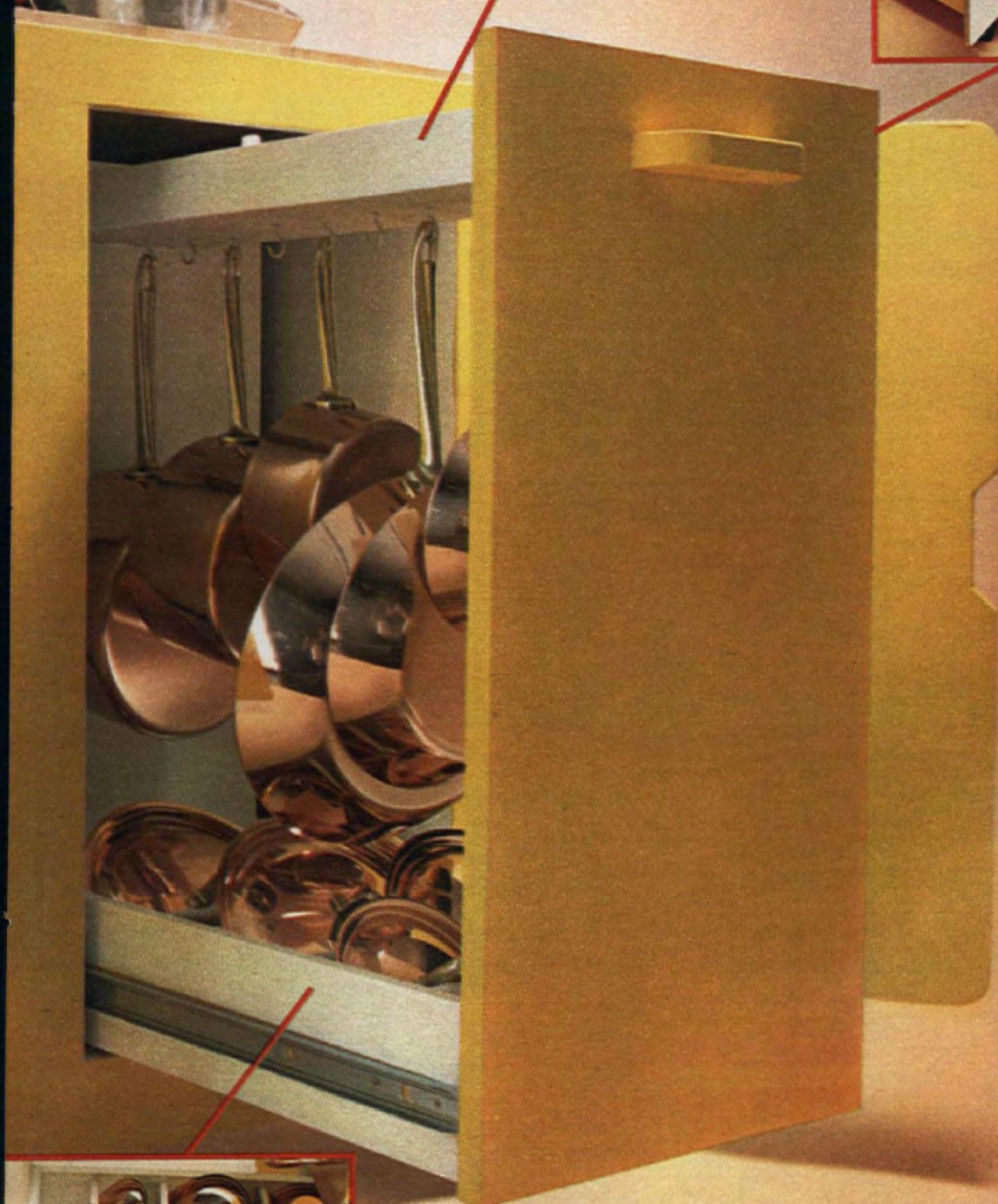




Appliance cords are kept handy and untangled when stored in recessed area over cookware rack—a simple dowel installation.



Shelves are 8 inches deep on one side (below), 14 inches on other (opposite).



A series of dowels spaced about 2 inches apart hold pan lids of every shape and size for orderly convenience. Located below the hanging cookware, they are highly accessible: as easy to put back as take out.

On the top shelf, from left:  
America's gift from the  
Indians, corn in its favorite  
form—on the cob; bubbly  
molasses-rich baked beans  
and their accompaniment of  
brown bread; fluffy baking-  
powder biscuits. Below,  
from left: the pride of New  
England, hearty clam  
chowder; sweetly glazed  
country ham; crisp, tender  
Southern fried chicken.  
Recipes for these dishes and  
more begin on page 74.





No phase of our daily living better reflects our history and the varied influences of our geography and culture than the foods we eat. Since colonial times, women across America have had to feed their families using foods most readily available. With ingenuity handed down through the generations, these clever cooks have created dishes that have become American classics. Those pictured typify our culinary heritage. Desserts follow.

## **BEST- LOVED AMERICAN ORIGINALS**

By Frances M. Crawford  
and Food Staff

AMERICAN ORIGINALS continued

## We take pride in the sweet things of life.

America has always had a sweet tooth. The desserts we enjoy most today had their beginnings a long time ago. Pies as we know them, round and shallow, were concocted by frugal Yankee women as a way to stretch meager food supplies. From the earliest settlements right up to the present, our kitchens have turned out a nearly endless repertoire of cakes, cookies, puddings and pies—all truly American, all delectably original.



PHOTOGRAPHS BY IRWIN HOROWITZ



From left, opposite: Devil's Food Cake, chocolate through and through; Black Bottom Pie, delicate rum chiffon atop chocolate custard; Toll House Cookies, rich with chocolate chips; Apple Pie, the all-American dessert; Strawberry Shortcake, rich biscuits layered with berries and whipped cream (also on cover); Key Lime Pie, a tangy legacy from the South. For recipes, turn to page 78.

**COOKING LESSON No. 53**  
**By Jacques Jaffry**

For food lovers, the rites of spring have a special epicurean meaning: the arrival of one of nature's most glorious gifts—fresh asparagus. Here we show how to cook it the French way to tender, delicate perfection. Serve with golden Hollandaise Sauce, for super savoring.



*Asparagus*



**ASPARAGUS**  
2 pounds asparagus  
Water  
Salt

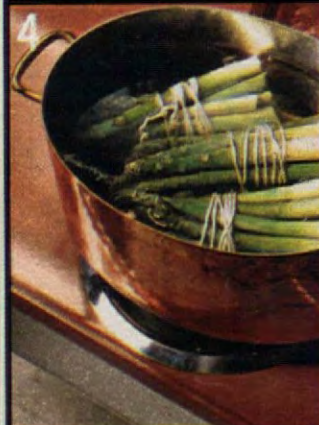
**1** Break off each stalk of asparagus as far down as it will snap easily. Wash the asparagus carefully in cold water to release sand.



**3** Tie asparagus in bundles of 8 to 10 stalks each, with clean, white string. This will make it easy to lift the asparagus bundles from the water after cooking is finished.



**2** Pare stalks thinly with a vegetable parer and trim the base slightly with a knife for better appearance on the serving plate.



**4** Put enough water into a large kettle to cover the asparagus well. Bring water to boiling. Add salt (1½ teaspoons per quart). Lower bundles of asparagus into water. Bring back to boiling. Reduce heat. Simmer gently 10 to 15 minutes or until lower parts of stalks are tender when tested with 2-tine fork. Lift asparagus out. Drain on rack or towel. Remove the strings gently. Arrange on serving platter. Serve warm with Hollandaise Sauce or with hot, melted butter. Or serve cold with mayonnaise or vinaigrette sauce. Makes 4 servings.

**SOUTHERN FRIED CHICKEN**

(pictured on page 69)

*This is probably the most renowned of all Southern fried chicken recipes. Made and served with cream gravy, it's said to be a Maryland original.*

**2 broiler-fryers (2 to 2½ pounds each), cut in serving-size pieces**

**Salt**

**Pepper**

**¾ cup flour**

**½ cup lard or pure vegetable oil**

**2 cups light cream**

Sprinkle chicken pieces with salt and pepper. Dredge pieces in flour. Shake off excess flour; reserve. Heat ½ cup lard or oil in large skillet over medium heat. Place chicken pieces, skin side down, in hot fat. Put only enough in pan so pieces are in a single layer and not crowded. Cook 6 to 8 minutes; turn pieces. Cover; reduce heat to low. Continue cooking until chicken is tender, checking from time to time to make sure it doesn't burn. Transfer first batch to serving platter and keep warm. Proceed the same way with remaining chicken pieces, adding more fat if necessary. Pour off all but 1 tablespoon of fat left in skillet. Add 1 tablespoon reserved flour; stir until well blended. Stir in cream gradually. Bring to boiling, stirring constantly with wire whisk until sauce is thickened and smooth. Correct seasoning to taste. Strain into sauceboat. Makes 6 servings.

**ROAST STUFFED TURKEY**

*The turkey is our own native bird—in fact, it was once proposed for our national emblem. Here, it is stuffed with corn bread, another native dish.*

**10- to 12-pound turkey**

**Corn-Bread Stuffing (recipe below)**

**Soft fat or melted butter or margarine**

Heat oven to 450°. Rinse bird with cold water; drain and pat dry with paper towels. Fill neck cavity with stuffing and skewer skin to back. Tuck wing tips under shoulder joints. Spoon stuffing into body cavity lightly. If opening has a band of skin across it, push drumsticks under it; otherwise, close opening by placing skewers across it and lacing closed with cord. Tie drumsticks securely to tail. Place turkey, breast side up, on rack in shallow roasting pan. Brush skin with soft fat or melted butter or margarine. Insert meat thermometer into drumstick; bulb should not touch bone.

Roast 35 to 45 minutes. Reduce oven heat to 350°. Tear off a piece of aluminum foil 2 to 3 inches longer than the turkey. Place, tent style, over turkey. Pinch foil lightly at legs to anchor it. Continue roasting, basting occasionally with pan drippings, 2½ to 3¼ hours or until thermometer registers 185°. When turkey is about two-thirds done, cut cord or band of skin at drumsticks so heat can reach inside of thighs. To test for doneness without a thermometer: 20 minutes before roasting time is up, press thick part of drumstick between fingers protected with paper towels. Meat should be soft and drumstick should move easily. Remove turkey to warm platter. Let bird rest 20 minutes before carving. Makes 12 to 16 servings.

**CORN-BREAD STUFFING**

**4 tablespoons butter or margarine**

**2 cups minced onion (2 large)**

**2 cups chopped celery**

**Turkey liver**

**4 cups soft white bread crumbs**

**(8 slices)**

**6 cups crumbled corn bread**

**1 teaspoon salt**

**¼ teaspoon pepper**

**1 teaspoon leaf thyme, crumbled**

**½ teaspoon sage**

**¼ cup chopped parsley**

**2 eggs, beaten**

Melt 3 tablespoons butter or margarine in large skillet over medium heat. Add onion and celery. Cook 4 to 5 minutes, stirring occasionally. Transfer vegetables to large mixing bowl. Add remaining butter or margarine to skillet. Cook liver until brown on all sides. Chop liver coarsely. Combine vegetables, liver, bread crumbs, corn bread, salt, pepper, thyme, sage and parsley. Add eggs. Mix well. Makes enough stuffing for a 10- to 12-pound turkey.

**COUNTRY HAM**

(pictured on page 68)

*The special curing methods used in some Southern states made their hams famous and highly prized. Glazing a ham during baking is an American innovation.*

**12- to 14-pound country ham**

**Dark corn syrup**

**Brown sugar**

Put ham in large kettle; cover with water. Let soak overnight. Scrub thoroughly with stiff brush to remove excess pepper and any mold. Place ham in clean kettle; cover with cold water. Bring slowly to boiling. Simmer very gently 15 to 18 minutes per pound or until small shank bone can be pulled out easily. Allow ham to cool in liquid. Drain. Remove rind. Score fat in large diamonds or other desired pattern. Heat oven to 350°. Place ham in shallow roasting pan. Bake 20 minutes. Coat ham generously with corn syrup; pat on brown sugar. Bake 35 to 40 minutes. Serve very thinly sliced, warm or cold. Makes about 18 servings.

**COUNTRY CAPTAIN**

*The captain of a ship engaged in the spice trade is credited with introducing this spiced chicken to Georgia, which now claims the dish as its own.*

**1 broiler-fryer (3 to 3½ pounds), cut in serving-size pieces**

**Salt**

**Pepper**

**3 tablespoons butter or margarine**

**½ cup minced onion (1 medium)**

**1 green pepper, seeded and diced**

**1 cup diced celery**

**1 clove of garlic, minced**

**2 teaspoons curry powder**

**½ teaspoon leaf thyme, crumbled**

**1 can (1 pound, 12 ounces) tomatoes, coarsely chopped**

**1 teaspoon salt**

**¼ cup dried currants (optional)**

**¼ cup toasted sliced almonds**

**2 tablespoons chopped parsley**

Pat chicken dry with paper towels. Sprinkle pieces with salt and pepper.

Melt butter or margarine in large skillet over medium heat. Brown chicken pieces on both sides. Remove; reserve. Add onion, green pepper, celery and garlic to fat left in skillet. Cook 5 minutes, stirring frequently. Stir in curry and thyme. Cook 1 minute. Add tomatoes with their liquid and salt. Return chicken pieces to skillet. Cover. Bring to boiling. Simmer 15 minutes or until chicken is tender. Transfer chicken to serving platter. Add currants to sauce. Cook 1 to 2 minutes. Correct seasoning to taste. Pour sauce over chicken pieces. Sprinkle with almonds and parsley. Makes 4 servings.

**PHILADELPHIA PEPPER-POT SOUP**

*When Washington and his troops wintered at Valley Forge, food was scarce and the weather cruel. Legend has it he ordered a good, hot supper for his men one night and all the cook could find was some tripe, peppercorns and scraps. This hearty soup was his ingenious improvisation.*

**1 pound tripe, cut in 1-inch-square pieces**

**1 veal shank (1 pound), cut in 2 pieces**

**3 quarts cold water**

**1 teaspoon salt**

**2 tablespoons chopped parsley (stems reserved)**

**1 bay leaf**

**¼ teaspoon peppercorns**

**4 whole cloves**

**½ teaspoon leaf thyme, crumbled**

**2 tablespoons butter or margarine**

**2 cups diced onion (2 large)**

**2 cups pared, diced carrots**

**2 large potatoes, diced**

**Crushed red pepper**

Place tripe and veal shank in large, heavy saucepan. Add water and salt. Cover. Bring to boiling. Simmer 2 hours or until tripe is tender, skimming off fat and scum occasionally. Remove tripe and veal with slotted spoon. Remove meat from shank; discard bones. Cut meat in ½-inch cubes. Reserve. Strain liquid; reserve. Place parsley stems, bay leaf, peppercorns, whole cloves and thyme in square of cheese cloth. Tie securely to form a bag. Melt butter or margarine in saucepan over medium heat. Add onion and carrots. Cook 5 to 6 minutes, stirring frequently. Add tripe, veal, reserved liquid, spice bag and potatoes. Cover. Bring to boiling. Simmer 15 to 20 minutes or until potatoes are tender. Correct seasoning to taste with salt and red pepper. Discard spice bag. Turn into tureen. Makes about 12 servings.

continued

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## AMERICAN ORIGINALS continued

### CIOPPINO

The tale is told that in old San Francisco, as Portuguese fishermen steered their boats into port, a cry of "chip in" went up, and a contribution was made to the pot of fish stew (cioppino) bubbling on the wharf.

3 tablespoons olive or pure vegetable oil

2 cups chopped onion (2 large)

1 green pepper, seeded and finely diced

2 cloves of garlic, minced

1 can (1 pound, 12 ounces) tomatoes

1 can (8 ounces) tomato sauce

2 cups dry white wine

½ cup chopped parsley

½ teaspoon oregano

1 teaspoon salt

½ teaspoon pepper

1 lobster (1 to 1½ pounds), cut in serving-size pieces

1 sea bass (2 pounds), cut in serving-size pieces

1 pound medium-size shrimp, shelled

12 littleneck clams or mussels, well washed and scrubbed

Heat oil in large, heavy casserole or Dutch oven over medium heat. Add onions, green pepper and garlic. Cook 2 to 3 minutes, stirring occasionally. Add tomatoes, tomato sauce, wine, ¼ cup chopped parsley, oregano, salt and pepper. Cover; bring to boiling. Simmer 20 minutes. Add lobster; cover. Cook 5 minutes; reduce heat to low. Add fish and shrimp; cook 5 minutes. Add clams or mussels; continue cooking just until shells open. Correct seasoning to taste. Transfer cioppino to a warm serving platter or serve directly from casserole. Sprinkle with remaining parsley. Makes 6 servings.

### NEW ENGLAND CLAM CHOWDER

(pictured on page 68)

Chowders came to the New World from France by way of Canada. New Englanders concocted the most famous version, using milk, clams and salt pork.

2 dozen cherrystone clams, well scrubbed

4 cups (1 quart) water

½ pound salt pork, diced

1 cup chopped onion (1 large)

4 cups potatoes, pared and cut in ¼-inch dice

2 cups light cream

3 tablespoons butter or margarine

½ teaspoon leaf thyme, crumbled

Combine clams and water in saucepan. Cover. Bring to boiling. Simmer until all clams are opened. Drain liquid through fine strainer or wet napkin. Reserve liquid. Remove clams from their shells. Chop coarsely; reserve.

Place salt pork in large, heavy saucepan over medium heat; cook until golden brown, stirring occasionally. Add onion; cook 5 minutes, stirring occasionally. Add clam liquid and potatoes. Cover; bring to boiling. Simmer 10 to 15 minutes or until potatoes are tender. Add cream, reserved clams, butter or margarine and thyme. Heat, but do not boil. Correct seasoning to taste. Makes 8 to 10 servings.

### CORN ON THE COB (pictured on page 68)

Corn, introduced by the Indians, is a favorite in its simplest form—on the cob.

Remove husks and silk, and snap ends of stalks just before cooking. Pour enough water into large kettle to cover corn. Bring to boiling. Add 1 tablespoon sugar per quart of water. Place ears in water. Bring back to boiling. Cook 3 to 5 minutes. Remove and drain well. Serve with butter or margarine, salt, pepper.

### CORN OYSTERS

Americans learned many ways to use corn, as in these fried, fritter-like cakes.

1 can (12 ounces) whole-kernel corn, drained

2 egg yolks, beaten

1 teaspoon salt

Dash of pepper

¼ cup flour

2 egg whites, beaten stiff

¼ cup shortening

Place corn in bowl. Stir in egg yolks, salt, pepper and flour. Mix well. Fold egg whites gently into mixture. Heat shortening in large skillet. Drop teaspoonfuls of batter into fat. Brown on both sides. Makes about 12.

### BAKED ACORN SQUASH

Squash and maple syrup are native to our land, so no wonder someone long ago thought of combining them.

3 medium-size acorn squash

1 teaspoon salt

½ cup melted butter or margarine

½ cup maple syrup

Wash squash. Cut in half. Remove and discard seeds and stringy portion. Scrape cavities with teaspoon, if very stringy. Sprinkle cut surfaces with salt. Place, cut side down, in greased baking dish. Bake at 400° for 25 minutes. Combine butter or margarine and syrup. Turn squash cut side up. Spoon syrup-butter into each cavity. Bake 30 to 35 minutes or until tender. Makes 6 servings.

### BOSTON BAKED BEANS

(pictured on page 68)

Here's a dish that's been Saturday-night fare in Boston since the Puritans.

4 cups pea or Navy beans

2 quarts water

2 medium-size onions

2 whole cloves

1 medium-size carrot, pared

½ pound salt pork, cut in 2 slices

1 cup molasses

½ cup dark brown sugar

2 teaspoons dry mustard

2 teaspoons salt

½ teaspoon pepper

Wash beans. Place in large saucepan. Add water. Bring to boiling. Boil 2 minutes. Cover. Remove from heat. Let stand 1 hour. Add onions, each stuck with 1 clove, and carrot. Cover. Bring back to boiling. Simmer 1 hour or until beans are almost tender. Drain beans, reserving liquid. Discard onions and carrot. Heat oven to 300°. Place one slice of salt pork in bottom of earthenware bean pot or casserole. Pour in beans. Combine molasses, brown sugar, mustard, salt, pepper and 2 cups reserved

bean liquid. Mix well. Pour over beans (beans should be covered; add more liquid if necessary). Stir gently. Score rind of remaining pork slice every ½ inch with cuts 1 inch deep. Push pork into beans, leaving rind exposed. Cover. Bake 4 to 5 hours, adding more liquid if level goes down. Uncover last ½ hour. Makes 8 servings. Serve with brown bread (recipe below).

### BOSTON BROWN BREAD

(pictured on page 68)

Originally, this moist, dark bread was steamed in baking-powder tins.

1 cup rye flour

1 cup cornmeal

1 cup whole-wheat or graham flour

1 teaspoon salt

¾ teaspoon baking soda

2 cups buttermilk

¾ cup dark molasses

1 cup dark seedless raisins

Wash and dry 2 empty 1-pound coffee cans. Butter them well. Combine rye flour, cornmeal, whole-wheat or graham flour, salt and baking soda together in bowl. Beat buttermilk and molasses in large bowl of mixer until blended. Beat in flour mixture gradually. Remove from mixer; stir in raisins. Spoon batter into prepared cans, filling them about ½ full. Cover each can loosely with a piece of buttered wax paper then a large sheet of heavy-duty foil. Tie with string.

Place cans on rack set in large kettle; add enough boiling water to reach halfway up the cans. Return water to boiling. Cover pan. Steam breads over low heat for 2½ hours, adding boiling water as needed to keep it at halfway mark. To serve breads immediately, remove foil and paper from cans. Turn loaves out onto a platter; slice and serve with butter. Or leave breads in cans, with foil and paper intact; refrigerate. Keeps well up to 1 week. To reheat, steam as directed above. Makes 2 loaves.

### BAKING POWDER BISCUITS

(pictured on page 69)

The biscuit as we know it is an American original; the dough contains an ingredient developed here—baking powder.

2 cups sifted all-purpose flour

3 teaspoons baking powder

1 teaspoon salt

¼ cup shortening

¾ cup milk

Heat oven to 450°. Sift flour, baking powder and salt into mixing bowl. Cut in shortening with pastry blender until mixture resembles cornmeal. Make well in center; add milk. Stir quickly and lightly with fork just until dough clings together into a ball. Avoid overhandling. Turn dough out onto lightly floured board. Knead gently 10 times. Roll dough or pat out with floured hands to ½-inch thickness. Cut biscuits close together with floured 2-inch cutter. Transfer biscuits to ungreased cookie sheet with spatula. Push leftover pieces of dough together; roll out and cut. For crusty sides, place them 1 inch apart; for soft sides, place them close together. Bake 12 to 15 minutes or until golden brown. Makes about 1 dozen.

continued

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## Jet-Dry® Water Spot Preventer.

**TOLL HOUSE COOKIES**

(pictured on page 70)

These luscious, crisp cookies were first served at Toll House Inn in Whitman, Mass. The proprietress had taken an old cookie recipe and added a chopped chocolate bar, trying for a shortcut to chocolate cookies. She expected the chocolate to melt in the dough during baking. It didn't. In time, a manufacturer introduced chocolate pieces especially for these cookies and today holds a registered trademark on the original recipe.

- 1 cup butter or margarine
- $\frac{3}{4}$  cup brown sugar, packed
- $\frac{3}{4}$  cup sugar
- 2 eggs, beaten
- 1 teaspoon baking soda
- 1 teaspoon hot water
- $2\frac{1}{4}$  cups unsifted all-purpose flour
- 1 teaspoon salt
- 1 cup chopped nuts
- 2 packages (6 ounces each) semi-sweet chocolate pieces
- 1 teaspoon vanilla

Heat oven to 375°. Cream butter or margarine in large bowl. Add brown sugar, sugar and eggs; beat until blended. Dissolve baking soda in water; add to butter mixture. Stir in flour and salt. Fold in chopped nuts, chocolate pieces and vanilla. Drop by half teaspoonfuls 2 inches apart onto greased cookie sheets. Bake 10 to 12 minutes. Makes 100 cookies. *Note:* When this cookie was made at Toll House Inn, the dough was chilled overnight, then shaped into 1-inch balls, to prevent cookies from spreading while baking.

**DEVIL'S FOOD CAKE**

(pictured on page 70)

No two recipes for this cake agree, and no one knows for sure how it got its name. What is certain, however, is that layer cakes were an American innovation.

- $\frac{3}{4}$  cup unsweetened cocoa
- $\frac{1}{2}$  cup sugar
- $1\frac{1}{4}$  cups milk
- 2 cups sifted cake flour
- 1 cup sugar
- $1\frac{1}{4}$  teaspoons baking soda
- 1 teaspoon salt
- $\frac{2}{3}$  cup shortening
- 3 large eggs
- $1\frac{1}{4}$  teaspoons vanilla

**Chocolate Frosting (recipe below)**

Heat oven to 350°. Grease two 9x1½-inch layer-cake pans; line bottoms with wax paper. Mix cocoa,  $\frac{1}{2}$  cup sugar and milk in medium-size saucepan. Heat over low heat until tiny bubbles appear around edge of pan, stirring constantly. Cool to room temperature. Sift flour, 1 cup sugar, baking soda and salt into large bowl of mixer. Add shortening, eggs, cocoa mixture and vanilla. Beat on low speed just until ingredients are moistened, scraping bowl frequently. Beat on medium speed about 3 minutes or until mixture is light and fluffy. Pour batter into prepared pans. Bake 30 minutes or until cakes spring back when lightly touched with fingertip. Cool on wire racks 5 minutes. Remove from pans; remove wax paper. Cool completely. Fill and frost with Chocolate Frosting.

**CHOCOLATE FROSTING**

- 4 squares (1 ounce each) unsweetened chocolate

- $\frac{1}{2}$  cup butter or margarine
- 1 package (1 pound) confectioners' sugar, sifted
- $\frac{1}{2}$  cup milk
- 1 teaspoon vanilla

Melt chocolate and butter or margarine in medium-size saucepan over low heat. Remove from heat. Stir in remaining ingredients gradually. Beat with spoon until smooth and thick enough to spread. Makes enough frosting to fill and frost two 9-inch cake layers.

**STRAWBERRY SHORTCAKE**

(pictured on page 71 and on cover)

Strawberries have long been enjoyed throughout the world. However, a classic American dessert was created when they were crushed to fill two biscuit-like layers.

- 1 quart strawberries, washed and hulled
- $\frac{1}{2}$  cup sugar
- 3 cups sifted all-purpose flour
- 3 tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{3}{4}$  cup shortening
- $1\frac{1}{4}$  cups milk
- Butter or margarine
- $\frac{1}{2}$  cup heavy cream, whipped

Crush or slice berries into bowl. Sprinkle with  $\frac{1}{2}$  cup sugar; let stand 30 minutes. Heat oven to 450°. Sift flour, 3 tablespoons sugar, baking powder and salt into bowl. Cut in shortening with pastry blender until mixture resembles cornmeal. Add milk; stir quickly with fork until dry ingredients are moistened. Divide dough in half. Spread in 2 greased 8x1½-inch layer-cake pans. Bake 15 minutes or until golden brown. Remove from pans; spread butter or margarine over tops of baked shortcake layers. Spoon half the crushed or sliced berries over 1 layer; top with second layer and remaining berries. Spoon whipped cream on top. Serve warm. Makes 6 to 8 servings.

**KEY LIME PIE**

(pictured on page 71)

An Old South dessert developed after the Civil War, this pie is made with condensed milk—the only kind available there at the time. Originally, it was flavored with juice from the small, yellow-skinned limes of Key West, Fla.

- 1 can (14 ounces) sweetened condensed milk
- $\frac{1}{2}$  cup fresh lime juice
- 3 large egg yolks
- 1 baked 9-inch pastry crust
- 3 large egg whites
- $\frac{1}{4}$  teaspoon cream of tartar
- 6 tablespoons sugar

Combine milk and lime juice in medium-size bowl. Blend in yolks; turn into cooled crust. Heat oven to 325°. Beat egg whites with cream of tartar in small bowl until soft peaks form. Beat in sugar, 1 tablespoon at a time, until whites form stiff, glossy peaks. Spoon over filling; spread to edge of crust to seal. Bake 15 minutes or until golden. Cool on wire rack to room temperature.

**BLACK BOTTOM PIE**

(pictured on page 70)

This rich, yet light, dessert was created by a West Coast restaurateur who topped a chocolate layer with a rum-flavored layer. It's a variety of chiffon pie.

- 24 gingersnaps, finely crushed (about  $1\frac{1}{3}$  cups crumbs)
- 2 tablespoons sugar
- $\frac{1}{4}$  cup melted butter or margarine
- $\frac{2}{3}$  cup sugar
- 2 tablespoons cornstarch
- $\frac{1}{4}$  teaspoon salt
- $2\frac{1}{2}$  cups milk
- 3 egg yolks
- $1\frac{1}{2}$  squares (1 ounce each) unsweetened chocolate, melted
- 1 envelope unflavored gelatin
- $\frac{1}{4}$  cup cold water
- 2 tablespoons light rum
- 3 egg whites
- $\frac{1}{4}$  teaspoon cream of tartar
- $\frac{1}{3}$  cup sugar
- 1 cup heavy cream, whipped
- 1 teaspoon grated unsweetened chocolate

Heat oven to 350°. Mix crumbs, 2 tablespoons sugar and butter or margarine thoroughly. Press mixture firmly onto bottom and sides of buttered 9-inch pie plate. Bake 8 minutes. Cool.

Mix  $\frac{2}{3}$  cup sugar, cornstarch and salt in top of double boiler. Combine milk and egg yolks; stir into cornstarch mixture. Cook over hot, not boiling, water until custard coats spoon, stirring occasionally. Remove from heat. Measure  $1\frac{1}{2}$  cups custard into bowl; blend in melted chocolate. Pour chocolate custard into prepared crumb crust; chill until firm.

Sprinkle gelatin over water in small saucepan. Heat over low heat until dissolved; stir into remaining custard. Chill just until it begins to set; stir in rum. Beat egg whites and cream of tartar until foamy. Beat in  $\frac{1}{3}$  cup sugar gradually. Continue beating until whites form stiff, glossy peaks. Fold custard mixture into beaten whites. Spoon over chocolate layer in crumb crust. Chill until set. Spoon whipped cream around edge of pie. Sprinkle grated chocolate over whipped cream.

**PUMPKIN PIE**

Present-day versions barely resemble the first pumpkin "pies": pumpkins with fiber and seeds scooped out, filled with milk and baked on an open hearth.

- 2 eggs
- $\frac{3}{4}$  cup brown sugar, firmly packed
- 1 can (about 1 pound) pumpkin
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon ground cloves
- 1 can (14½ ounces) evaporated milk
- 1 unbaked 9-inch pastry crust

Heat oven to 425°. Beat eggs slightly in large bowl; add brown sugar, pumpkin, salt and spices; mix well. Stir in evaporated milk; pour into pastry crust. Bake 15 minutes. Reduce oven heat to 375°. Bake 30 minutes or until thin-bladed knife inserted 1 inch from edge comes out clean. Cool.

continued

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Over the years many good things have been said about Frigidaire refrigerators. That's partly because they've been around so long.

And partly because some of the ones made over forty years ago are still in use today. Still doing their job and doing it well.

What helps make all our appliances like our refrigerators is their sturdy outside construction and their compact, efficient insides.

If you haven't heard these things about

every Frigidaire appliance, it might be because you haven't heard about every Frigidaire appliance.

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## Every Frigidaire is not a refrigerator.

## INDIAN PUDDING

*In colonial days, this dessert was baked in the warm ashes of an old brick oven for several hours.*

- 3 cups milk
- $\frac{1}{3}$  cup cornmeal
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup molasses
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{8}$  teaspoon baking soda

Heat oven to 275°. Heat milk in large, heavy saucepan over medium heat until bubbles appear around edge of pan. Stir cornmeal slowly into milk. Cook about 10 minutes or until thickened, stirring constantly. Remove from heat. Mix in sugar, molasses, salt, cinnamon, ginger and soda. Pour into greased 1-quart casserole. Bake 2 hours or until knife inserted in center comes out clean. Serve warm with whipped cream, if desired. Makes 6 servings.

## APPLE PIE (pictured on page 71)

*Although pies can be traced to ancient times and other cultures, the shallow, round, two-crust dessert version seems to have been an American original.*

### Pastry for 2-crust pie

- 1 cup sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon salt
- 2 pounds green cooking apples, pared, cored and sliced (about 6 cups)
- 3 tablespoons butter or margarine

Heat oven to 425°. Roll out half the pastry to a 12-inch circle; line 9-inch pie plate. Combine sugar, flour, cinnamon, nutmeg and salt in bowl. Arrange half the apple slices in pastry-lined pie plate. Sprinkle with half the sugar mixture. Repeat with remaining apple slices and sugar mixture. Dot with butter or margarine. Roll out remaining pastry for top crust; cut vents to allow steam

to escape during baking. Place over filling; seal; flute. If desired, brush pie with milk and sprinkle with sugar. Bake 40 minutes or until golden brown.

## PECAN PIE

*This was created by inventive cooks in the South, where pecans are abundant.*

- $\frac{1}{4}$  cup butter or margarine
- 3 eggs
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- 1 cup dark corn syrup
- 1 teaspoon vanilla
- $\frac{1}{2}$  cups pecan halves
- 1 unbaked 9-inch pastry crust

Heat oven to 350°. Melt butter or margarine; cool. Beat eggs, sugar and salt until well blended. Add corn syrup, vanilla and cooled butter or margarine; blend. Stir in pecans. Pour into pastry crust. Bake 40 to 50 minutes or until filling is set at edges but still slightly soft in center. Cool.

## ROBERT E. LEE CAKE

*This cake is an adaptation of a recipe used by Mrs. Robert E. Lee.*

### Cake:

- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- Dash of salt
- 8 egg yolks
- 2 cups sugar
- 2 teaspoons grated lemon peel
- $\frac{1}{4}$  cup lemon juice
- 8 egg whites

### Lemon Filling:

- 6 egg yolks
- 1 cup sugar
- 1 tablespoon grated lemon peel
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{3}$  cup butter or margarine
- Lemon-Orange Frosting:**
- $\frac{1}{4}$  cup softened butter or margarine
- 6 cups sifted confectioners' sugar
- 1 egg yolk
- 2 tablespoons lemon juice
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{4}$  cup grated orange peel
- 2 teaspoons grated lemon peel

**Prepare Cake:** Heat oven to 350°. Grease and flour two 9x1 $\frac{1}{2}$ -inch layer-cake pans. Sift flour, baking powder and salt together. Beat egg yolks until foamy. Add sugar gradually, beating continuously until thick and pale yellow. Reduce speed. Beat in lemon peel and juice. Beat in flour mixture gradually. Beat whites until stiff peaks form. Fold yolk mixture into whites. Pour into pans. Bake 20 minutes or until cakes test done. Cool in pans on wire racks 10 minutes. Remove from pans. Cool cakes.

**Prepare Filling:** Mix egg yolks, sugar, lemon peel and juice in heavy saucepan. Cook over low heat, stirring constantly, until sugar dissolves. Add butter or margarine; cook, stirring constantly, until smooth and very thick. Do not boil. Cool.

**Prepare Frosting:** Cream butter or margarine in small bowl. Stir in confectioners' sugar, 1 cup at a time; stir in egg yolk and lemon juice. Beat in enough orange juice to make a spreadable consistency. Stir in orange and lemon peels.

**Assemble Cake:** Cut layers horizontally into halves and spread filling between them. Frost cake.

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- 1 can (6½ oz.) tuna (drained)
- 1 can Durkee O&C Real French Fried Onions (The secret ingredient.)
- $\frac{1}{4}$  cup celery (thinly sliced)



- $\frac{1}{4}$  cup green pepper (thinly sliced)
- $\frac{1}{4}$  tsp. Durkee onion powder
- 1 can (4 oz.) mushrooms (drained)
- 1 can (10½ oz.) condensed cream of celery soup

Combine one-half can of French fried onions with other ingredients. Place in greased casserole. Bake at 350° for 25 minutes. Sprinkle remaining onions on top. Bake 5 minutes longer. Serves 4-5.

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When Gen. James Oglethorpe arrived from England in 1733 with a handful of families and established the colony of Georgia, he could not have dreamed that one day his settlement, Savannah, would stand alone as a unique example of superlative city planning, the finest of its kind in the country. Oglethorpe chose a site on the Savannah River, a few miles from the sea, where alligators were often seen basking in the hot sun. "The river here forms a half moon," he wrote back to England, "along the south side of which the banks are about forty foot high, and on the top flat, which they call a bluff. . . ." Oglethorpe and his followers scaled Yamacraw Bluff, made a friend and ally of the Yamacraw Indian Chief Tomochichi, who came to greet

them, and began to lay out the town.

The unique plan for Savannah, an Indian word for the surrounding marshy coastal region, is based on a neat grid system of streets broken at even intervals by a remarkable number of open spaces. Starting with just four squares, connected by streets and edged with long, narrow lots, Savannah expanded in an orderly manner. Whenever more space was needed, another unit comprising a square and its related houses and access streets was added to the existing town.

By the 1850s, there were 24 squares in the 2½-square-mile area of the city. All but four of them are still intact. Green and leafy, filled with live oaks, magnolias and flowering shrubs, they

bring light, air and openness into the old city. They are the key to its tranquil beauty and the livability of Oglethorpe's original plan.

Savannah is a place for walking, and people like the Daniel Dennys, who live on Monterey Square in a handsome house they restored in 1961, enjoy strolling down Bull Street to the center of town, passing through the long chain of squares that ends at Johnson Square near the river.

Johnson was the first square laid out by Oglethorpe, and named for his friend, Gov. Robert Johnson of South Carolina. It was there colonists gathered on a day in 1776 to hear the Declaration of Independence read aloud to them. Today, shaded by live oaks and splashed by fountains, Johnson Square is a favorite rest stop for people moving about the business and shopping districts.

Savannah's squares weren't always green and leafy. In Oglethorpe's day, when used as public gathering places and markets, they were sandy, as were the streets. The sand bothered everyone—visitors never failed to mention it. After suffering through a particularly windy day in 1804, a Massachusetts traveler reported, "It resembles my idea of the Arabian deserts in a hurricane."

By 1810, things had begun to improve. The squares were fenced off and planted with grass for the first time, and chinaberry trees and magnolias shaded the broad streets. Another century would pass, however, before the streets were paved and freed from sand.

Despite disastrous fires in 1796 and 1820, which destroyed most of the 18th-century buildings, periods of great prosperity marked Savannah in the 1800s. Cotton, which had become its most important commodity, was rapidly turning the quiet Southern river town into a vital port. In 1793, Eli Whitney, a New England teacher, had invented his cotton gin, and almost overnight the production of cotton leaped to unheard-of levels. Cotton brokers, merchants and manufacturers from England converged on Savannah, and waterfront offices and warehouses that had sprung up along the bluff hummed with activity. The city had developed "cotton insanity."

The men who were growing rich on cotton could now afford houses suited to their status. They brought architects from the North and from

(continued)

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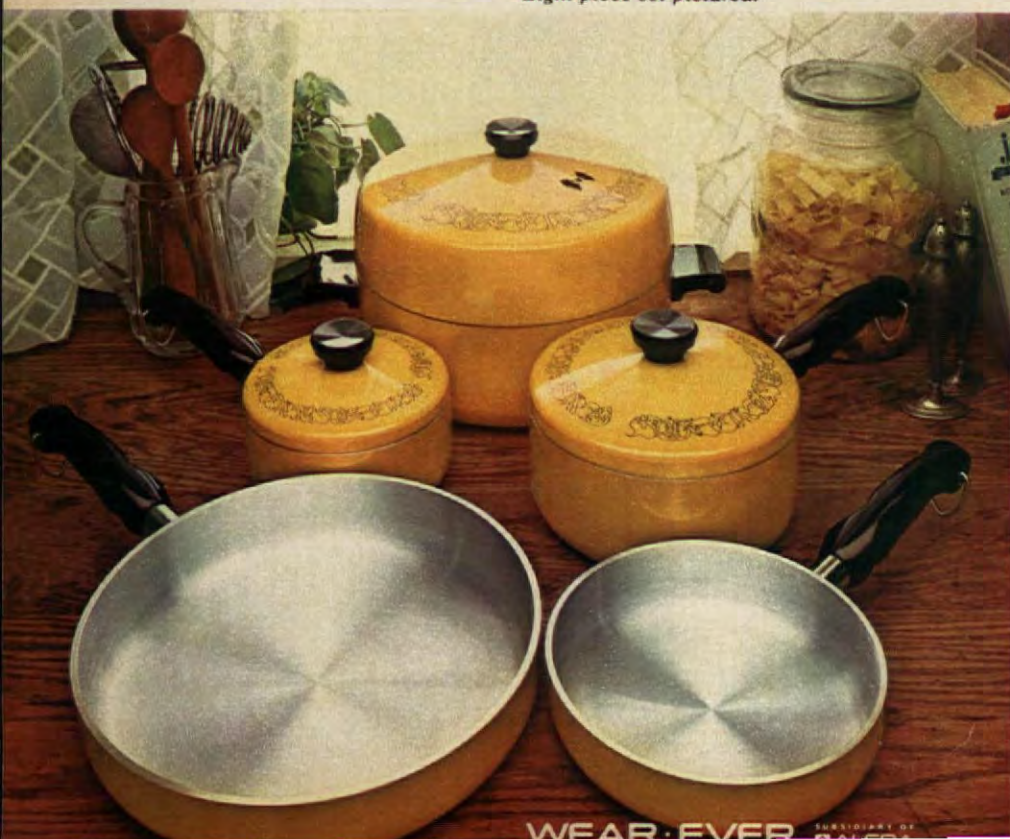
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## SAVANNAH continued

abroad to the city to design their mansions. The man who made one of the most distinguished contributions to Savannah's early 19th-century facade was William Jay. He was 25 years old when he arrived from London in 1817 to supervise construction of a tawny-gold stuccoed Regency building commissioned by a Savannah bank president. Facing Oglethorpe Square, the Owens-Thomas House, as it is called today, has a slender-columned, serpentine portico and an unusual cast-iron balcony on its south side, supported by giant acanthus leaves that seem to sprout up directly from the brick sidewalk (see page 59).

Jay built several other mansions and a theater before returning to London in 1824. All reflected his love of symmetry and graceful curves, and his skillful

handling of classical architectural details.

By the eve of the Civil War, Savannah could boast many fine dwellings surrounding the tree-filled squares. There were Italianate houses, graced with wrought ironwork and cast-iron window lintels, as well as neat, iron-trimmed row houses reminiscent of those in London. There was even a Gothic masterpiece, built for cotton exporter Charles Green. His delightful mansion, which resembles a fairy-tale pink castle, has handsome ironwork brought from England and a formal garden that faces Madison Square. The house cost \$93,000 to build in 1856, and its owner was so anxious about its fate that he invited General Sherman himself to stay in it during the Yankee occupation of Sa-

vannah. It was at this time that the General sent President Lincoln a telegram making him a present of Savannah, complete with 25,000 bales of cotton.

Cotton was king in Savannah for more than a century, but by 1900 its reign had ended. Sad days lay ahead for the lovely old city.

"In the first few decades of the 20th century, Savannah lost more buildings of historic and architectural merit than many cities have built in a century," says J. Reid Williamson, Jr., executive director of Historic Savannah Foundation, Inc., a group formed in 1955 to stem the tide of demolition. Many of the city's most magnificent homes became rooming houses, and as many as 11 families were squeezed into town houses where single families had lived a century before. Stucco grew shabby, wrought iron was left to rust and many houses were being razed for the price of their Savannah gray bricks alone. Three squares on the edge of town were cut through for a highway, and the City Market building was torn down.

To the rescue in 1955 came a small band of determined women, led by Mrs. Anna Hunter, an artist and descendant of an old Savannah family, who directed operations from her waterfront studio. Mrs. Hunter's group saved the elegant Davenport house (page 55) from an ignoble end, and Historic Savannah Foundation, Inc., was launched. By 1959, using a revolving fund inspired by one established to restore Charleston, S.C. (see April '72 *AH*), the foundation could begin buying up endangered buildings of historical significance and reselling them to people willing to restore and live in them. Law firms, architects and advertising agencies took over dilapidated houses or former cotton warehouses and skillfully adapted them for contemporary use.

Best of all, people who once had fled to the outlying suburbs, were gradually returning to the heart of the city. They delighted in finding run-down houses to restore to their former grandeur. And families that were comfortably settled in other cities have pulled up stakes and come to Savannah. Jerry and Nora Sue Spencer, for example, lived in Boston for seven years before moving to Savannah three years ago. They had been searching for a place that had some of Boston's urban charm but fewer of the problems associated with a large metropolitan area. "Savannah seemed tailored to our needs," says Jerry, a (continued)

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By Dorothy Lambert Brightbill

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But young-looking women in many countries round the world have discovered the benefits of a remarkable beauty blend that at least seems to slow down time. Skin becomes smoother, softer and younger-looking from the first day you use this unique beauty fluid.

Now share the world-renowned secret of this beauty blend, known in the United States as Oil of Olay moisturizing lotion. Oil of Olay was especially created by beauty researchers to help preserve youthful skin. A wealth of natural moisture, tropical moisturizing oils and emollients penetrate the all-too-visible surface layer of the skin quickly, to help soothe away the dryness that accents those wrinkles and little lines that make you look unnecessarily older.

As Oil of Olay, containing natural in-

gredients, is absorbed, it works with nature to maintain the delicate balance of oil and moisture needed if your skin is to look its youngest. This is especially important as the years pass and natural secretions begin to diminish. The treasured fluid helps retain your skin's own moisture-fluids, to keep you looking your best. Day by day, noticeably smoother, softer, more supple skin begins to return.

For the most efficacious and readily visible results, use Oil of Olay at least twice a day. Lavish on gently in the morning, to prepare your skin beautifully for the day. Again at night, on your face and throat, so the beauty blend can work its wonders during quiet hours of sleep.

You will find Oil of Olay, and its promise of a more youthful-looking you, at drugstores everywhere. Join the knowledgeable, younger-looking women who have discovered that smoother skin does, indeed, seem to slow down time.

### Beauty Hints

*Oil of Olay spreads so evenly and penetrates so quickly that it never leaves a sticky after-feel. So the beauty blend is a superb makeup base, which won't cause your cosmetics to streak or discolor. Instead they stay fresh for hours.*

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## SAVANNAH continued

senior planner with the Metropolitan Planning Commission. "We came here on vacation, loved it and decided to stay." The Spencers, whose daughter, Jennifer, is 2½, have bought a charming high-stooped, stuccoed brick house on Calhoun Square, and plan to restore it themselves.

Savannah in early spring is pure floral joy. Azaleas fill the squares and gardens, and bright stars of dogwood blossoms sparkle beside glossy magnolias. Everywhere the perfume is warm and sweet. "Commend us to Savannah in the Spring," a journalist wrote in 1842, and it is no less true today. Visitors, who come to Savannah in growing numbers, are always eager to be on hand for the annual house-and-garden tours. This year, two candlelight tours and "garden peep-ins" of houses in the historic district, and a daytime tour of houses in and near town, will take place March 22 through 24. Tickets are \$7 for each tour. For information—what to see, where to stay, tours to take—write: Dept. AH, Historic Savannah Foundation, Inc., Box 1733, Savannah, Ga. 31402.

## SHOPPING INFORMATION

Merchandise listed here is available in leading department and specialty stores. If you cannot find it, write to American Home, Reader Service, 641 Lexington Ave., New York, N.Y. 10022. Items not listed may be privately owned or custom made.

### \$35,000 GOOD-BUY HOME

**Page 22:** Basket, Rebel Corner, Gatlinburg, Tenn.; vase, Pigeon Forge Pottery, Pigeon Forge, Tenn. **Page 26:** Top, left: Juice set, tray, Pigeon Forge Pottery, Pigeon Forge, Tenn.; basket, bowl, lazy Susan, Rebel Corner, Gatlinburg, Tenn. Top, right: Needlepoint, World House Needlecraft, Gatlinburg, Tenn.

### EASY HIGH STYLE

All furnishings, except those otherwise indicated, Sears, Roebuck & Co. For additional information, write to Sears, Roebuck & Co., P.O. Box 11787, Chicago, Ill. 60611.

**Pages 62-63:** Indian-design pillows, rug, The Pillowry, N.Y.C.; Beverly Hills, Calif.; "Portrait of William's Wife" by Mary Sims Radakovic, Aronson Gallery, Atlanta, Ga. **Page 64:** Table cover, baskets, ceramic vase, wall hanging, Indian Wells Trading Post, Ridgecrest, Calif. **Page 65:** Top: Sofa fabric, Taylor & Ng, San Francisco, Calif.; baskets, ceramic pitcher, Indian Wells Trading Post, Ridgecrest, Calif. Bottom: Dolls, Steve Schuck, Santa Fe, N.M.; pillows, Taylor & Ng, San Francisco, Calif.; planters, baskets, ceramic rooster, Indian Wells Trading Post, Ridgecrest, Calif.

### KITCHEN STORAGE ON WHEELS

**Page 66:** Top shelf: Oblong dish, Copco, Inc., N.Y.C.; wire trivets, The Pottery Barn, N.Y.C. Middle shelf: Mixer, Hamilton Beach Div., Scovill Mfg. Co., Waterbury, Conn.; Crock-Pot, Rival Manufacturing Co., Kansas City, Mo. Bottom shelf: Toast-R-Oven, General Electric Co., Bridgeport, Conn. **Page 67:** Pull-out rack: "Limited Edition" copper cookware, Revere Copper & Brass Inc., Clinton, Ill. Cabinet inset, top shelf: Fish poacher, soufflé dish, The Pottery Barn, N.Y.C. Middle shelf: Coffee maker, West Bend Co., West Bend, Wis.; Osterizer blender (also on counter top), Oster Manufacturing Co., Milwaukee, Wis. Bottom shelf: Iron, Sunbeam Appliance Co., Chicago, Ill.; fondue pot, West Bend Co., West Bend, Wis.; coffee mill, Salton Inc., N.Y.C.

## PICTURE SHOW

What to do with all those photographs you took—of the winter holidays, the family get-together or that special Sunday outing? Here's how to show off your photographic efforts to best advantage.

**Slides.** You needn't confine them to projection on a screen, or even to small hand viewers. Camera shops sell light boxes of varying sizes you can hang on the wall or set on a table. Keep a selection of slides on display—perhaps with a magnifying glass nearby.

**Prints.** A great many albums are made especially for prints. All have self-stick surfaces that eliminate those funny little black "corners" that used to stick to your fingers as you stuck them in a book. And with the Plexiglas explosion, there is a proliferation of well-designed framing systems that hang, stand or just lie flat. Sizes are standard, and pictures are easily changed. Look for these new frames in department stores, camera and gift shops.

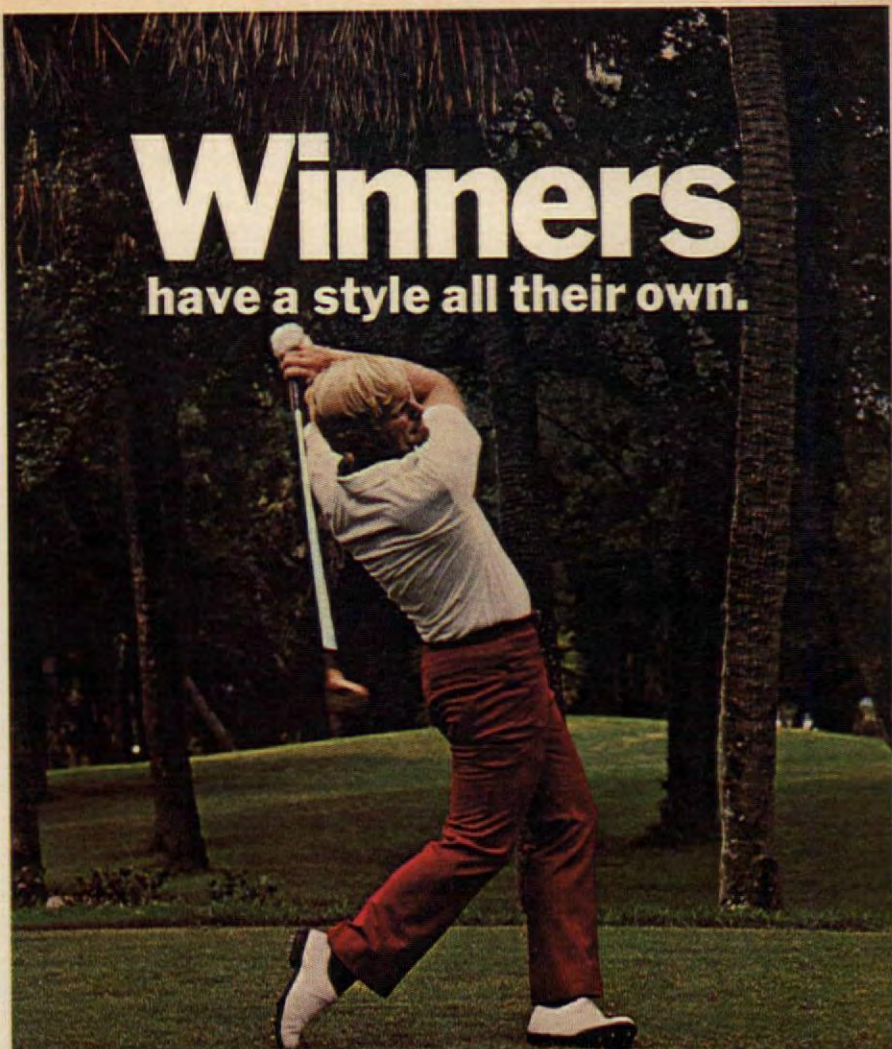
You can also create your own photographic display, using magnetic strips to hold pictures against a large piece of sheet metal. You can frame the metal, paint it any color, cut the magnetic strips to the various lengths your display requires—covering them with paper or lightweight fabric. The strips will hold photo edges flat and make crisp divisions between pictures. Or if you wish, you can back your prints with heavy mounting board available at art-supply shops. Apply with special mounting cement; beware of rubber cement or other adhesives that might make your prints fade or wrinkle.

**Conversions.** Prints can be made from color slides, and slides from color negatives. Black-and-white prints can also be made from color slides, as can negatives, duplicates in any number and enlargements (see below). If your camera is a Kodak Instamatic, your local dealer or druggist can handle the details for you. If it's a Polaroid Land camera, send off your prints in the envelope that accompanies each pack of film, and your enlargements, slides, duplicates or negatives will be mailed back to you.

**Enlargements.** It's probably a truism that nothing improves a picture like enlarging it. A treasured negative can be printed in any size. And you can turn undistinguished photographs into excellent pictures by careful cropping, eliminating extraneous matter at the edges and "moving in" on focal points. As to those under- or over-exposed pictures you thought were best forgotten, these can probably be saved by special printing techniques. —Denise McCluggage

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# DECORATING Q's & A's

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*S. Woodard  
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A bookcase with open shelves on top and a closed cabinet on the bottom will divide the room without cutting it off—

and also give you extra storage space. If your boys want privacy and the room is sizable, choose a bookcase that has a back. Cover the back with cork or burlap; they'll use it as a bulletin board.

*The living room of my new home has dark paneled walls and a brown corklike*

*floor. I plan eventually to replace my Early American furnishings with contemporary, so I need a color scheme that is suitable to both. My draperies are dull gold; other colors in the room are orange and rust. How can I perk up what I've got and at the same time create a setting for my future modern look?*

*(Mrs.) L. Harmon  
Dover, Ohio*

Ivory and bright orange are your best color choices. New draperies in ivory casement cloth or heavily textured linen—and perhaps a Parsons coffee table in orange lacquer—would be good beginnings. Continue adding these two colors in small accessories, such as pillows, until you change the style of your furniture completely.

*We recently inherited an old baby-grand piano whose finish is marred by water marks and scratches. We want to keep the piano, but can't afford to have it refinished professionally. What should we do?*

*(Mrs.) H. Bonnette  
Charleston, S.C.*

You can refinish the piano yourself, but be advised, it's a big project. You'll have to strip off the old finish and stain the wood underneath. Your local paint or hardware dealer can supply the materials needed. Choose a deep walnut stain, to be sure you can cover all the marks and scratches. If this process seems too ambitious, you might try one of the antiques-refinishing kits and paint right over the old finish. Here, too, a dark color is best.

*My living room has a beamed ceiling, brown carpeting and a fireplace wall of used brick. Would navy blue and emerald green be good room brighteners?*

*Sue Rasmussen  
Osseo, Minn.*

No. They would tend to cool the room. Yellow and orange, combined with splashes of white and black, would enliven the ambience without compromising its mellow charm.

*Direct your decorating questions to Decorating Q's & A's, American Home, 641 Lexington Ave., New York, N.Y. 10022. Letters will be published on the basis of broad general interest. Sorry, we are unable to send personal replies.*



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**You buy good fence by the year. Not by the foot.**

# CAT GROOMING

Why groom a cat? After all, what animal is cleaner? But if you've ever had to spend hours removing cat hair from furniture or clothing, you should know that a five-minute daily grooming will go a long way toward ending the problem. It will also help eliminate hair balls, which accumulate in the stomachs and digestive tracts of cats who have swallowed too much fur while licking themselves clean. As you groom the cat, you can spot external parasites before they start raising families, thereby saving him many a skin ailment. Finally, grooming will prevent mats of hair from forming on long-hairs and will give any cat a more beautiful coat.

Grooming is a simple job: Place the cat on your lap, on a table or on the floor (cats like to move around as they're being groomed). Start by brushing or combing, or both, against the grain of the fur to catch loose hair. If his skin is too sensitive for this, brush or comb *with* the grain. It's best to comb a long-hair; short-hairs can be brushed. (Most pet shops have good metal brushes and combs; be sure the teeth of the comb are rounded smooth.) Next, to get rid of extra hair, use short, downward strokes, gathering the hair as you go and putting it out of the cat's way.

If the cat resists brushing, moisten your palms and stroke him firmly. You can also remove excess hair by rubbing him with a piece of chamois leather or rough cloth. A special vacuum-cleaner attachment just for pets (it attaches to any vacuum hose) will dispose of dirt and loose hair, and we've been told that many cats even *like* to be vacuumed.

How about a bath? Unless he's a show cat or is extremely dirty, the answer is "hardly ever." If you think he looks a bit dirty, wipe him off with a damp towel and brush and comb him until he's completely dry. If you really have to lower him into a tub, use warm water and mild, unscented soap or a good cat shampoo. (You'd better have someone help you, too!) Keep soap away from his eyes and nose. If his ears have caked dirt, wipe them clean with a wet cloth, or dip cotton into warm olive oil and work the dirt free. Rinse him thoroughly and dry with a warm towel or a hair dryer, then put him in a warm, draft-free room. It's easy for a cat to get a chill, so make sure he's *absolutely* dry.

As for grooming, begin when the cat is little and he'll grow to love that daily ritual. Just try taking a day off—you'll see what happens! —Felicia Ames

Miss Ames is the author of *The Cat You Care For* (New American Library).



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"...After only 2 weeks, I can see a marked improvement..."  
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Imagine the curiosity, the envy of your neighbors as they watch you grow strawberries on a pole, trellis or fence. Imagine the interest and excitement as they watch this richly foliated plant reaching vigorously upward. Imagine your own delight as you watch enticing bright red strawberries appear. Just picture yourself leisurely walking through your garden picking real, red strawberries from your own exotic skyscraper strawberry plants . . . picking delightful tasting strawberries right off the vine . . . without having to wash off the dirt . . . and popping them into your mouth to enjoy their vine-fresh flavor!

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The Skyscraper Strawberries offered in this ad are cultivated exclusively for us and are available only through this advertisement and cannot be purchased anywhere else in the United States. Other varieties, such as Superfection or Ozark Beauty offered as climbing strawberries by others, are available at your local garden center.

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# 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

**A medically tested way to relieve minor pain and reduce the inflammation that causes stiffness.**

tablet. In minutes, Anacin rushes 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!

pretty pastels, point up the patterns of sheer organdy-look flocked Dacron cloths, or snowy cotton-and-Dacron lace cloths, at the same time protecting the tabletop from spills.

**One-up on table pads.** New under-cover plastic table protectors have replaced expensive table pads. The embossed, vinyl-topped, foam-backed material cushions table from dents, insulates it from heat and moisture. Soft and flexible, the material, sold in standard tabletop sizes, can easily be cut with scissors to special sizes and shapes. When not in use, the cover stands in a closet corner in its own plastic tube. It costs about \$5 for a 54-inch square, \$8 for 54 by 108 inches.

**WHAT'S NEW? Bed linens:** One manufacturer has solved the sheet-size identity crisis with coded stripes woven into the length of the selvages—one stripe for twin-bed sheets, two for double beds, three for queen and king sizes. . . . Another maker applies a soil-release finish to bedclothes, so greasy stains give up without a struggle.

**Bath linens:** New to towel collections are matching terry slipcovers for bathroom wastebaskets, matching print plastic shower curtains, matching wraparound bath sheets measuring a lush 36 by 70 inches, even matching terry bathrobes. . . . Some styles are also coordinated to a full complement of bedroom linens. . . . A new line of Jacquard towels now contains a small percentage of polyester, which speeds drying after towels have been used or laundered.

## MONEY-WISE GUIDE continued from page 44

displaying blends of cotton and polyester; other, less popular, mixes include cotton and rayon, polyester and rayon, linen and polyester, linen and rayon. Proper laundering is essential in every case.

When you shop for tablecloths, take along the table measurements, with and without extending leaves. The cloth should be 20 to 24 inches longer and wider than the tabletop, to allow for a proper drop on all sides. If the drop is too short, the table looks leggy and awkward, like an adolescent in outgrown clothes; if too long, the cloth drags in the diner's lap and gets tangled with his napkin (an exception here is the round table, which somehow looks best with a floor-length cloth).

**Mats in their place.** Casual, informal lifestyles and the new impervious-to-everything tabletop finishes have

spawned a bigger-than-ever selection of place mats: Madeira embroidery and hemstitched linen for the traditionalists, faceted Lucite and mirrored mosaics for the avant-garde, and all gradations between. One particularly versatile fiber for mats is abaca, an import from the Philippines. In fine, sheer weaves, it resembles organdy; in coarse textures, it looks like burlap; in rough, heavy twists, it could pass for sisal or hemp. Whatever the weave, abaca mats wipe clean with a cloth or rinse out in warm water, drying wrinkle-free.

Styles by big-name designers have brought plastic table dressings out of the kitchen to keep company with fine china and flatware. Vinyl-coated fabric tablecloths come with matching no-iron napkins; clear plastic laminated mats encase the fragile beauty of caning, sea grasses, bamboo peel; thin-gauge vinyl liners, in

**Table linens:** The "lapkin," a 12-by-22-inch rectangle, has been introduced by one manufacturer as a variation on the traditional 17-inch-square napkin. The new shape covers more lap territory and stays put better. Hedging its bet somewhat, the firm gives buyers the option of napkins or lapkins to match Madeira embroidered mats and cloths of Belgian linen and polyester, in an elegant blend that took 10 years to develop. . . . Incidentally, 10 easy and decorative ways to fold napkins are illustrated in "Fold a Pretty Napkin with Versatile Belgian Linen," available free by writing: The Belgian Linen Association, Dept. AH, 280 Madison Ave., New York, N.Y. 10016. . . . Here's the latest in match-mates: vinyl-coated fabric tablecloth, matching no-iron napkins and go-together rigid plastic napkin rings and serving platters—all in the same gingham check pattern. END

# I was bottom-heavy until I lost 46 pounds.

By Jeanne O'Connor—as told to Ruth L. McCarthy

In the dead of winter, my husband and I bought a swimming pool. Right then, I set my heart on having a great-looking swim suit to go with it. There was only one problem. I needed a slim figure to get into it. And at 165 pounds with a big bottom, I had a long way to go to be the backyard beauty of Scotia, N.Y.

Sweets were my weakness. They were always more important to me than meals, even after I married. I got fatter, too, during pregnancies. I had three sons in less than five years, and my weight just piled up.

The fact that I'm a rationalizer didn't help, either. I used to look at fat people on the street and say to myself: "She's fatter than I am." That made me feel slimmer, so I'd eat and feel content—until I'd look in the mirror.

Occasionally, I'd crash diet and live on liquids. Drinking my meals, however, would make me desperate for something to chew on, so I'd buy gum. But chewing gum just made me hungrier than ever.

That's why I decided, when we got our pool, to try some other way to eat less. I'd read about people who had taken those reducing-plan candies, Ayds®, so I bought a box of the chocolate fudge kind at the drug-store and I started on the plan.

I'd never been a breakfast eater, so I just had one Ayds, hot coffee and

juice. Mid-morning, I'd have another Ayds, with water or tea, instead of grabbing cookies, as I'd run for the phone.

Lunch was light, because I wasn't really hungry. Ayds, coffee and a sandwich would hold me until 4:00 p.m.

That was my weak hour—when I needed something sweet, and Ayds sure helped. For dinner, I might have Ayds and tea again, then maybe chicken, vegetables and salad. As I said, heavy meals were never my problem. Between-meal snacks is what made me gain. So I really looked forward to Ayds and tea about 9:30 p.m., watching television.

In three months time on the Ayds plan, I'd lost 26 pounds and felt marvelous. Then I discovered I was pregnant! Even though I knew Ayds contained vitamins and minerals, but no drugs, I thought it best to stop reducing. Especially since I always felt nauseous during my pregnancies.

I must say, however, that losing those 26 pounds made the next nine months the easiest I'd ever had. In fact, I was so delighted with what the Ayds plan had done for me, I was back on it two weeks after I came home from the hospital. And I only had eight pounds to lose over again.

I knew there was no magic potion in Ayds, but for me there was the sweet satisfaction that I needed to help me eat less. Those Ayds candies really helped curb my appetite. I was able to get down to 119 pounds on the Ayds plan and into a terrific swim suit. Why, when a friend saw me slim, she blurted out: "You look like you're 18 again!"

Sometimes I even get treated that way. Like a few weeks ago at a party. One man stared so hard, I got all flustered and self-conscious. But it was a great feeling! For my husband, Bob, too. After all, he'd had eight years of never having to think twice about what other men thought of me. Now, thanks to the Ayds plan, my husband can feel proud once again. And I don't have to worry about who sees me, when I'm at the pool.



At 165 pounds, even holding one of my sons couldn't hide that enormous thigh!

Like how I look now? Since I'm down to 119 pounds, I'll stand alone anytime.

## BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'6"	5'6"
Weight	165 lbs.	119 lbs.
Bust	37"	34"
Waist	31"	26"
Hips	40"	36"
Dress	16-18	7-9

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## **What Do Many Doctors Use When They Suffer Pain Of Hemorrhoidal Tissues?**

**Exclusive Formula Gives Prompt, Temporary Relief In Many Cases from Such Pain. Also Helps Shrink Swelling of Such Tissues Due to Infection.**

In a survey, doctors were asked what they use to relieve such painful symptoms. Many of the doctors reporting said that they either use Preparation H themselves or in their office practice.

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porary relief for hours in many cases from pain, itching in hemorrhoidal tissues. And it actually helps shrink painful swelling of such tissues when infected and inflamed. Just see if doctor-tested Preparation H® doesn't help you.

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## **EASY HIGH STYLE** continued from page 64

The house pictured on pages 62-65 was designed by Los Angeles architect Lester Wertheimer for a remarkable setting in Ridgecrest, in the high desert country of eastern California. Temperatures there can soar to 110 degrees and plummet to 30 within a few hours. And winds whipping out of the southwest can sometimes reach fierce velocities.

This is roughly the challenge the architect faced when a young chemist at a nearby desert naval research center called him in to design a house. The dramatic result, built on a modest \$35,000 budget (by the Bremor Corp. of Ridgecrest), looks like an angular sandstone outcropping. But it's utterly at home in its surroundings. Wertheimer designed a pair of one-way shed roofs that face the wind and act like slides, shooting breezes up and over the house and leaving an enclosed inner courtyard and front patio protected. The house turns its back completely on the wind, offering only a windowless garage-door wall. The major expanses of glass are on the front, where the structure itself shields them well. For a hardy exterior that would resist gale-driven sands, the architect chose plaster surfacing with integral color mixed in—close in tone to sand.

Taking advantage of the continuous walls that bind garage to house, Wertheimer managed to make a relatively small house (1,760 square feet) look like a big one. In what is otherwise a one-story plan, he lifted the master bedroom and bath to a second floor, slung in easily over the kitchen, dining room and downstairs bath. This not only offers privacy; it also provides what Wertheimer considers an altogether rare look at the unfolding desert. "Everyone sees it from ground level," he explains. "But move up one story and the view is 10 times better. In fact, from the bedroom and deck, you can see well into the next county."

—Nancy C. Gray

# WILL YOUR BUILDER KEEP HIS PROMISE?

By Lawrence Maloney

Home builders are being attacked and maligned today as never before. Are they really villains, or just misunderstood? The answer is that the *reputable* builder is what he should be—responsible, reliable, entirely forthright. And today the “good guys” in the industry far outnumber the “bad guys.” Many are beefing up their quality control and post-sale maintenance programs, and appointing full-time consumer representatives to handle buyer complaints. But *you*, the consumer, must still take much of the initiative—from the moment you choose your builder until you hopefully no longer need his services.

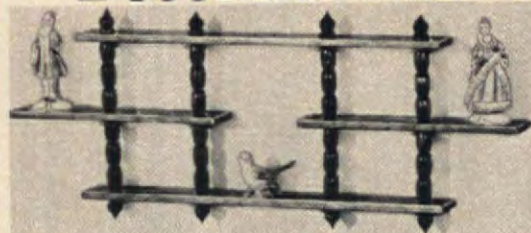
**Finding the right one.** How do you know if you can trust a builder? By his reputation, primarily. Check with your local Better Business Bureau, real-estate board or home builders' association. For additional assurance, consult the nearest office of the Federal Housing Administration (FHA), the area building inspector's office or a lending institution. Each of these parties has dealt with most builders in your community and knows their competence. Usually the most logical and valuable sources of information on builders are their customers. Drive out to a development and ring some doorbells. Ask residents what they think of the builder and what kind of after-sale service he provides. Similarly, when shopping for a custom builder, ask candidates for names of previous customers you can talk to.

**Viewing a model.** Thirty million Americans look at model homes each year, and many are persuaded to buy by what they see. Touring a model home *can* be a viable yardstick of a builder's work, so long as your enthusiasm for the model isn't based on a whirlwind tour. Look carefully—and don't be influenced by decoration.

That carpeting might be handsome for example, but does it come with the house—and what's the floor under it like? How good are the kitchen and bathroom appliances? Are they standard in all the builder's models? What about the quality of the hardware? Of the windows? And if you aren't told what's inside the walls—the kind of insulation—find out about it. You'll have to pay more for quality, but you'll no doubt save money in the long run.

**Studying the plans.** Before you sign your name to anything, go over the

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plans thoroughly. If blueprints puzzle you, call on the aid of a friend who knows a joist from a stud. If you don't have such a friend, ask your local builders' association to recommend a structural engineer who can help you understand the components of a house. In most parts of the country, an engineer will inspect a model home with you, examine blueprints and answer your questions—all for about \$50.

The quality standards of all housing components are contained in manuals that are read mainly by professionals. But there are some basics you should be particularly alert for today:

- **Power:** A 125-amp panel is minimum.
- **Insulation:** Depending on the kind of heating, ceilings should have R-11 to R-19, floors and exterior walls R-7 to R-11 (R means “resistance to heat flow,” and the higher number the better).
- **Subflooring:** Best are 1½ inches of plywood or the dense, pressed woods.
- **Heating:** In cold climates a 110,000 BTU furnace is needed for a 2,000 square-foot house.
- **Closet space:** Usual width is 8 or 9 feet in the master bedroom, 4 to 6 elsewhere.
- **Glass:** Insulated glass and storm windows are prime energy savers; safety glass is now required by law in shower areas and for sliding glass doors.

**Signing the contract.** This is perhaps the most important event in buying a

house, and it would be wise to have a lawyer at your side. The signing will be the last opportunity to make sure the features you've decided to have in your house are listed, and also to confirm its final sales price.

The contract should also specify the approximate date on which your house will be finished. A builder who claims he'll deliver in 90 days may change his tune if you ask him to say so in writing. And, before you sign on the dotted line, know exactly what you'll need to pay on closing day. In addition to closing or settlement costs, there are hidden charges—miscellaneous fees that accompany the lender's processing of your mortgage and may total as much as \$1,000: loan origination fee, appraisal fee, credit check fee, title insurance fee and so on. Have your lawyer examine the sales contract and find out from both builder and lender what closing costs you should expect to pay. Although many builders pay some or all of these fees, to make a sale more attractive, more often than not the fees are passed along to the buyer.

**Closing day and beyond.** Your next day of reckoning is closing day, when your new home is legally yours. Once again, a lawyer should be at your side to ascertain your rights. Be sure that you obtain all the warranty certificates and use/care booklets for (continued)

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### BUILDER continued

the water heater, furnace and whatever appliances come with the house. Insist on a demonstration of all mechanical items and find out where to go for service. Most builders provide homeowner manuals that explain care and operation of key home features. Study the instructions, and save yourself a lot of grief. You'll also avoid making unjust demands of the builder to repair damage that results from carelessness.

Most builders adhere to a basic one-year warranty policy regarding structural defects. Major failures in roofing, walls, subfloors and cement work are rare, however. More common complaints are chipping paint, nails popping out, damaged counter tops, improperly hung cabinets, malfunctioning heating or air-conditioning systems and unfinished "cosmetic" work.

These are generally minor problems that can be solved if the homeowner insists on a preclosing tour of his house. More and more builders are initiating such tours and providing a checklist of items inspected. The buyer initials his approval of everything he finds satisfactory. Problem areas are specifically noted, and the builder names a date by which all work will be completed. If he fails to make the repairs or solve the problems, you are justified in turning to the local builders' association for remedial action. Not all problems are evident right away, however. Some warping, settling, and minor leaks reveal themselves only after a house has been lived in awhile. Your builder should be willing to make whatever adjustments are then necessary. A new home is probably the biggest purchase you'll ever make, so it's up to you to make sure that the builder keeps his promise. END

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If you'd like, we'll send you a sample Joy's Newsletter for \$1.00 (fully deductible from first order) showing dozens of quality items such as Limited French Crystal Paperweights, Porcelain Figurines, Limited

Issue Music Boxes, and the finest in Limited Edition Collector Plates. We carry all the very best including the rare Cristal D'Albret "Bird of Peace" Plate for \$145.00, the Franklin Mint Mothers Day Plate at \$125.00, the scarce and beautiful "Tribute to Picasso" series in proof .999 pure silver, the Noritake Easter Eggs and the popular Veneto-Flair Plates from Italy. We have all years Bing and Grondahl from 1895 to present and all years Royal Copenhagen from 1908 to present, so take advantage of our two special bonus offers this month as they will never again be repeated. Become a Limited Edition Plate Collector not only as an investor, but because they make excellent wall decorations in your home. Shop at Joy's.



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## DEAR American Home

ONE READER'S PAT . . .

Your January issue was so inspiring that I decided to write and tell you how much I enjoyed it. Your "Lifestyle" articles are the ones I look forward to because it's reassuring to know that our country still produces hard-working, fun-loving people, leading wholesome lives.

Mrs. Jack Scantlin  
Northville, Mich.

. . . IS ANOTHER'S PAN

Your magazine is so colorful and timely. I cannot help but wonder why you don't take into consideration the soaring divorce rate and feature families other than business-world ladder-climbers or a drop-out husband, creative wife and blond children? Issue after issue of this for "Lifestyle" seems boring.

Carol Lusso  
Carpinteria, Calif.

NEW YEAR'S RESOLUTION

What a wonderful way to start the New Year! I'm referring to your January cover, articles on the basic foods and "Eating Right for the Good Life." Please keep hammering away with the hope that some of your advice will rub off on American teen-agers.

Clessie Welsh  
Fairmont Valley, Calif.

TREE TRIBUTE

I would like to compliment you on your relevant editorial letter for December. While people were planning for Christmas, it hardly seemed possible not to realize how many lovely trees were taken from an earth that truly needed them. Your thorough coverage of a very practical situation indicates a high-quality magazine.

Andrea Amend  
Highland Park, Ill.

PULLING POWER

The "Lifestyle" article (Aug. '72) you ran on our Mexican Shop was beautiful, and we thank you and all concerned very much. We have received 1,000 letters to date and they are still coming in at the rate of three to four a day. Each and every letter will be answered by myself or my wife as soon as possible. People are really interested in Mexico, and this experience has proven that for us.

Peter McCharles  
The Mexican Shop  
Pacific Palisades, Calif.

Address all letters to the editors to Dear American Home, 641 Lexington Ave., New York, N. Y. 10022.

Good Thru \_\_\_\_\_



By Dorothy Lambert Brightbill

## Three Very Special Needlepoint Kits

Here are three striking pillow designs for your needlepointing pleasure. The two flower-strewn beauties above will turn any corner of your home into a spring garden: The dainty, flower-bordered design is 15 inches square; the brilliant Persian creation is 17½ inches square. Our third pillow (below) is a touch of the whimsical, for those who love playing cards; it's 16 inches square. Kits include simple instructions, charts and all yarn; they do not include welting, backing or pillow forms.



Ben Swedowsky

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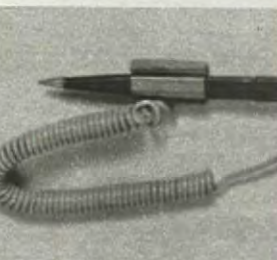
LYNN HEADLEY—Editor

# AMERICAN HOME MARKET PLACE



## Stitch a butterfly

"Flutterby" kit contains design handprinted on heavy 15% white homespun, 100% w yarns in pinks and ochres, embroidery floss, 2 needles, and instructions. \$3.95 plus 35¢ hdlg. The California Craft Guild, Dept. AH3, 3 W. Dyer Rd., Santa Ana, CA 92705.



## Write to the point

Handy coil pen "anchors" to phone wall—anywhere! Its walnut chrome slide holder is self-mounting to any smooth surface. Use standard refills. Retractable cord extends 5 times its length. \$3.95 Catalog, 25¢. Suburbia, Dept. 13 366 Wacouta, St. Paul, MN 55108.



## Awww, how adorable!

Flower Egg embraces genuine dried flowers in its solid, crystal-clear oval. Handcrafted in the Orient, no two are alike. 3". \$2.98. Bamboo design stand of gold-plated metal. Add 35¢ hdlg. Vernon, Dept. A3, 510 South Fulton Ave., Vernon, NY 10550.

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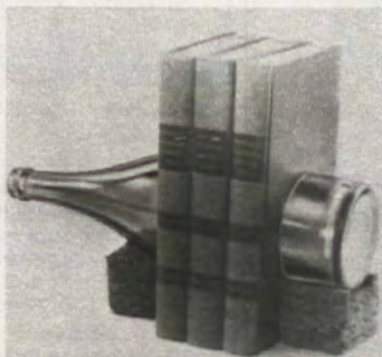
This neat little spice set is made from baby food jars. The covers are cut with a hole cutter using  $\frac{1}{8}$ " thick cork wall files, and decorated with ceramic cabinet knobs. Make as many pieces as you need. A great gift idea.



What do you do with those no-deposit, no-return bottles? Simple! Turn them into a great beverage service set, and help the ecology too. We used 10 oz. green glass soda bottles to make this group. With a little experience, you could even use fluted or embossed bottles for a real pop art effect.



A half gallon apple juice jar easily converts into a beautiful hanging planter. Just hang it with some leather shoe laces or rope, decorate with plants and a toy bird and presto... it's sensational!



Here's a bookend with a startling effect made from a large soda bottle that appears to pass through the books. The bottle parts are mounted to stacks of cork or wood with epoxy cement.

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**\$2<sup>98</sup>**

All the beautiful accessories shown here were made with our Super Bottle Cutter.



Don't just use the bottoms and discard the tops! Look at the lovely vases and bowls you can make. The fruit bowl is made by cementing the top of a large salad oil jar to the bottom of a small jar. We painted the inside of our candlestick with spray enamel in bright orange color.

## Make Your Own Glasses, Vases, Lamps, Ash Trays, Candy Dishes



Display family treasures under a glass dome made from the bottom half of a pickle jar. We used a cork base... you can also use a wood base and turn it into a cheese board.

Just think! With this safe, easy-to-use bottle cutter and your imagination, you can create wonderful glass accessories. You can use soda bottles, wine bottles... even gallon sizes or larger. And now you can more than make-up the purchase price on the first few glasses, bowls or vases that you make. Great for decorating your home... a wonderful way to make extra money... terrific for making unique gifts. The complete set contains everything you need to start right in (except bottles). The simple, easy-to-follow instructions also show great projects to make. Nothing extra to buy! Each Bottle Cutter is guaranteed for one full year.

The all steel cutter and frame comes complete with powder and finishing cloth, complete instructions, and great ideas for gifts and accessories.



**OUR SUPER BOTTLE CUTTER  
IS FUN AND SO  
EASY TO USE**

**BUY WITH CONFIDENCE  
YOU MUST BE SATISFIED OR  
YOUR MONEY IS REFUNDED**

**The Crackerbarrel** Dept. BC-852  
161 Cabot Street, West Babylon, NY 11704

Please send me \_\_\_\_ (qty.) Super Bottle Cutter(s) at the Special Sale Price of only \$2.98 each plus 75¢ postage and handling. I understand that if I am not completely satisfied, I may return the Super Bottle Cutter for a full refund.

Enclosed is \$ \_\_\_\_ (Check or M.O.)

Print Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. No. \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

☐ **SAVE \$1.50.** Buy 2 cutters for only \$5.96 pp. Extra cutter makes a fine gift.

☐ **JUST RELEASED!** 101 Projects For Bottle Cutters, by Walter Fishman. Hard cover, 132 pps., 6" X 9". Full of great ideas and easy-to-follow projects. \$4.98 plus 50¢ Shipping and Handling.

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HEAVY POLISHED STAINLESS STEEL!

Enjoy the Wok way of life—budget-wise, calorie-low, healthful. Serve gourmet treats, hearty one-dish family meals. Your one essential—our 12" wok! Reduces all your cooking—a wok "gentle" food, sautes with more drops of oil. Fluffs omelets, adds new flavor to old recipes! Polished aluminum dome lid for steaming and slow-simmering; hefty steel ring stand for even, search-free heat. Shaped jet-shiny handles and knob stay cool.

**#5782-Gourmet Wok, 3-pc. set..\$6.98**  
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What could be more charming than this field of wildflowers brought indoors. The kit for this delightful stitchery includes the design stamped on heavy white homespun; 100% wool yarns in soft shades of blues and greens; embroidery floss; two needles and complete instructions for completing either as a 9"x12" picture or as a 12"x16" pillow front. Send only \$3.95 plus \$3.35 postage to:

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Dept. AH-3

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contin

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## Shouldn't you start your own business NOW ...while still employed?

Before more jobs disappear through mergers, automation, and mechanization, shouldn't you at least investigate the way so many men have become owners of profitable businesses—starting spare time and now are independent of bosses, strikes, layoffs and automation? All that's needed is your name on the coupon. Facts mailed free. No salesman will call.

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This business can pay you far more than most men earn—with only the talent and ambition you now possess, and you can operate in any one of three ways.

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If this opportunity interests you, please send your name, on the coupon at the right, for a **FREE 24-page booklet** which gives complete details on the Duraclean Business. No salesman will call on you. After you've read the facts, decide in the privacy of your home if you wish to take the next step toward starting a business.

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"For the first time in 20 years I've got security—without fear of losing my factory job."

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"Life is happier and more prosperous for my family and me. Without Duraclean I'd still be going from layoff to layoff. Now moving to new 5-bedroom home."

**R.J.B., Mich.**

THESE ARE JUST A FEW OF THE LETTERS IN OUR FILES FROM MEN AND WOMEN WHO HAVE FOUND SUCCESS AS DURACLEAN DEALERS. (IN ANOTHER YEAR YOUR STATEMENT COULD BE HERE, TOO.)

## Duraclean<sup>®</sup> International

3-T63 Duraclean Bldg., Deerfield, Ill. 60015

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Two irresistible samplers. Each comes in kit form complete with oyster Belgian linen stamped for cross-stitch, floss in bright colors, 8 1/2" x 15" wood frame in maple or mahogany finish, and easy instructions. Also available, "Old Gardeners Never Die, They Just Spade Away." Allow three weeks delivery.

Grandmother Sampler Kit (shown) .....\$3.75  
Grandfather Sampler Kit (shown) .....\$3.75  
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# Tremendously More Potent than the Famous "Grapefruit Diet"! Far More Effective than the Popular "Hi-Protein Diet"!

**ABSOLUTELY NO DRUGS OF ANY KIND, NO EXHAUSTING EXERCISE, AND NO HUNGER PAINS... EVER. POUNDS AND INCHES BEGIN TO DISAPPEAR WITH YOUR FIRST HEARTY BREAKFAST OF EGGS, HAM, JUICE, TOAST AND COFFEE!**

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## THESE ACTUAL COMMENTS CONTINUE TO POUR IN... PROVING THE AMAZING EFFECTIVENESS OF THE MEGA-VITAMIN DIET REGIMEN!

"My entire family appreciates what you have created. I lost 14 pounds, my husband lost 22 pounds, my daughter lost 9 pounds and now my mother has started!"  
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"Isn't science wonderful. The Mega-Vitamins have made me into a NEW ME."  
—Miss B. A., Oklahoma City, Okla.

"I've tried them all and this is the only diet plan that has worked for me!"  
—Mrs. J. M., New York, New York

"I for one will attest to the value of the Mega-Vitamin Diet. I weigh 16 pounds less and I have never felt so good."  
—Mrs. E. E., Houston, Texas

This is not a starvation diet. You will enjoy a rich variety of hearty foods. You won't go away from your meals hungry. You won't feel deprived or depressed. The concentrated

power of your "MEGA-VITAMIN" Diet will enable you to eat steaks, chicken, hamburgers (including the buns), plus delicious desserts.

**NO WAITING! THIS INTER-DEPENDENT "MEGA-VITAMIN" TEAM ATTACKS IMMEDIATELY!** Here's how your excess pounds will disappear... faster than you ever dreamed possible... even while you sleep!

Your SUPREME "MEGA-C" tablet contains more natural Vitamin C than a full-size supermarket grapefruit. In fact, you would have to eat an entire grapefruit every day skin included, to get the same weight-loss effect as these super-concentrated Mega-Vitamins. Right away, you are getting all the citrus bioflavonoids to make this part of your diet tremendously effective.

## POWERFULLY POTENT FORMULA

A newly developed SUPER PROTEIN TABLET, CREATED ESPECIALLY FOR THIS DIET, contains a whopping 570 milligrams of solid natural protein. Each tiny milligram zeros-in on fatty tissues to break down and burn-off many, many times its equivalent weight. A dozen T-bone steaks could not provide as much undiluted, fat-free, natural protein as this one, tiny, super protein tablet.

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## TWO YEARS IN THE MAKING—YOUR MEGA-VITAMINS ARE GUARANTEED SAFE, BUT EXTREMELY EFFECTIVE!

Each of the twelve compounded ingredients are guaranteed to be free of any side-effects when taken as directed. Any normal, healthy adult may enjoy the Mega-Vitamins with absolute confidence.

A demanding quality-control program guaranteeing freshness makes it necessary

to order Mega-Vitamin Diet Regimen directly from the Vitamin Education Institute. The Mega-Vitamins are not available over-the-counter.

## HERE'S WHY IT WORKS FASTER & FASTER!

Your "MEGA-VITAMIN" team taps nature's ultimate resources. These natural products assimilate into your body faster... working on your body while the more common synthetic, chemically manufactured products would still be lying fallow, waiting for your body to accept the foreign object.

## YOU WILL LEARN HOW TO STAY SLIM & TRIM AND STILL EAT THE DELICIOUS, NUTRITIOUS FOODS YOU NOW ENJOY!

To obtain your "MEGA-VITAMIN" Diet Regimen with the 10-day trial supply of "MEGA-VITAMINS," plus FREE "STAY SLIM FOREVER PLAN," send \$4.95 (or \$9.95 for the 30 day supply) to Vitamin Education Institute at the address below.

You must lose a minimum of 10 pounds in just 10 days. If you're not absolutely delighted with your new shape, return the Diet Regimen and you'll get back every penny. All you can lose are those ugly pounds. Do it now!

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## ANSWERS TO THREE VITAL QUESTIONS!

1. What happens if the Mega-Vitamin Diet does not work as effectively on me as it does on others?

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Here are two examples that typify the tremendous potency of your Mega-Vitamins. You will be taking about 800% more Vitamin C than the Standard Daily Minimum. Your Ultra-Iron tablet contains about 1000% more than the daily minimum. You would not want your Mega-Vitamins to be any more powerful.

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P.O. Box 5879, Dept. AH-1  
Sherman Oaks, Calif. 91413

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**JUST THINK OF THE ODOR PROBLEMS C-D COULD SOLVE FOR YOU...IN THE HOME OR INDUSTRY, BOATS, CARS, PETS**

## READ HOW COMMERCIAL USERS SOLVE ODOR PROBLEMS

Cars that have had fires and have been repaired are treated with C-D to eliminate smoke odor. Acceptance of car is by owner and it must be odor free. C-D handles this big problem easily.

—Major Auto Insurer

Big trucks can carry leather hides one day and flour (foodstuffs) the next. How do they pass inspection? Four drops of C-D in the empty truck for 15 minutes (if refrigerator equipped turn unit on) and no odor.

—AMS Trucking Co.

This airline can carry thousands of monkeys into the country for scientific experiments. Imagine what the cargo hold smells like after it is unloaded. One drop of C-D every six feet and passengers can board 20 minutes later without any malodorous discomfort.

—Flying Tiger

When the plant was built, no one lived out here. Now it's the center of a community. Eight bottles of C-D are hung on strings around the plant. So far, no complaints from residents.

—Municipal Sewage Treatment Plant, Florida

C-D is used in the kitchens, and laboratories, C-D has kept these rooms at very low or no odor levels.

—Fordham Hospital, Bronx, NY.

Plastic food service trays hold odor. Two dashes of C-D in the washer water keeps them odor free.

—United Air Lines

Holding tanks (honey buckets) unloaded from airliners are treated with C-D while awaiting pick up.

—Airline Maintenance Service

## STOPS COOKING ODORS IN 15 SECONDS

### DOES NOT MASK ODORS, BUT DESTROYS THEM

Use in infants rooms (for regurgitation, diaper pails). Use in bathrooms, sickrooms. Use on boats (kill fish odors, use in bilges, in heads). Use in garages, in refrigerators. Use for musty and damp odors in basements and summer homes. Use in outhouses, kitty litter boxes. Wash pets in solution of two drops C-D to a pail of water. It will eliminate any odor (including skunk) your pet has picked up. Use on pet in heat to keep other animals away from her. Use in central air conditioning systems to keep entire home odor free. One drop in each corner of room when painting will keep room odor free. An open bottle in the corner of a musty closet will keep clothes odor free for a year.

**"SATISFACTION GUARANTEED OR MONEY BACK"**

**The Crackerbarrel**

Dept. CD-B39

61 CABOT STREET, WEST BABYLON, NY 11704

Please send me the quantities checked on full money back guarantee if not satisfied.

☐ One Shaker Bottle @ \$3.00 Postpaid

☐ Industrial Pack of 12 Shaker Bottles @ \$26 Postpaid

Enclosed is \$\_\_\_\_\_ (Check or Money Order)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Apt. No. \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

☐ **SAVE MORE.** Buy two for only \$5.50 Postpaid.

----- NY State Residents Add Sales Tax -----



**ODORS ARE DRAWN TO C-D** and chemically broken down and eliminated. Odors are not masked. C-D has no cover-up fragrance.

### WARNING:

Do not overuse — two drops will eliminate most odor problems. C-D is highly concentrated and will last for one year under average household use. One bottle is equivalent to sixteen 16 oz. aerosol cans.

### SAFE:

Contains no dangerous chemicals. Harmless to humans and animals. Spillproof Shaker Top.

© 1972, THE CRACKERBARREL



Actual unretouched photograph of a five year scarlet maple.

# UNQUESTIONABLY THE MOST BEAUTIFUL FAST GROWING SHADE TREE IN AMERICA TODAY

- This gorgeous tree is known as the scarlet maple, the red maple, or the EVER CHANGING MAPLE.
- Beautiful Red Scarlet leaves in the fall of the year, and beautiful deep dark green leaves in the spring of the year.
- Grows approximately 30-40 feet over a five year period, which makes it one of the fastest growing shade trees in America today.
- Many landscape architects, nursery men, and gardening experts refer to this tree as the "2 in 1" tree, because of its dual qualities of beauty and speed.
- Now is the ideal time to plant this tree.
- Shipped at 4 to 6 feet — all shipping cost paid.
- Due to the tremendous demand for this tree please allow two weeks for delivery.

**Beauty** — This beautiful shade tree blazes a brilliant red color in the fall and an olive green color in the springtime. Yes, recognized tree experts agree it is the one tree that delivers beauty throughout the year.

**Height** — This magnificent tree grows approximately 30 to 40 feet over a five year period (see photograph) and eventually soars to a height of eighty feet or more.

**Hardiness** — This tree is very hardy as the wood from maple trees is recognized as the hardest anywhere.

**Adaptability** — "The scarlet maple has one of the widest ranges of our native trees, growing from eastern central Canada to Florida, and because of its ease of transplanting it adapts to any type of soil." (From *All About Trees* by E. Johnson). The one tree experts agree will grow anywhere in the U.S.A.

## TO BEAUTIFY YOUR HOME NOW ORDER TODAY ON A TWO WAY GUARANTEE

Imagine! This beautiful tree shading your front yard and the looks of admiration and words of praise it will bring to your house and home. You'll agree it lends lovely contrasts to its surroundings. Now the retail price of this tree is \$4.98, but during this spring planting season our price is only \$4.49. Yes, just a mere \$4.49 for this beautiful shade tree. **ORDER TODAY—YOU WILL BE PLEASED.**

### TWO WAY GUARANTEE

We are so sure that this is the most incredible shade tree that you've ever seen, here is our 2-way, ironclad guarantee: (1) If, upon arrival, you are not completely satisfied, then return for a full refund; (2) Free replacement, for any reason, up to one full year. When have you ever seen a stronger guarantee?

## OUR CHALLENGE TO YOU

It's almost too good to be true, but we feel so sure that these trees are some of nature's most prized possessions that we are making you an outstanding offer. Our knowledge and experience of many years and our own research about this tree gives us confidence in the following challenge. If you can find just one negative comment by an expert printed in any magazine, periodical, or gardening book, we will give you any item from our catalogue of over 400 varieties absolutely free of charge. We send a catalogue with every order. This offer is hard to beat! We are sure that anything you read anywhere about this beautiful scarlet maple will have nothing but praise and acclaim.

### NURSERY BARN

Dept. AH

RFD #1, McMinnville, Tenn. 37110

Please send us these beautiful shade trees, on a two-way guarantee, the trees indicated below.

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Shade Tree .....\$ 4.49            | <input type="checkbox"/> 4 Shade Trees (Save \$6).....\$11.98  |
| <input type="checkbox"/> 2 Shade Trees (Save \$2).....\$ 6.98 | <input type="checkbox"/> 8 Shade Trees (Save \$12).....\$21.98 |
- I enclose \$\_\_\_\_\_ in ☐ cash ☐ check ☐ money order

Name \_\_\_\_\_

Address \_\_\_\_\_

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

# The complete guide for browsing and buying from Colonial Williamsburg



"Williamsburg Reproductions" is much, much more than a catalogue for the Craft House at Williamsburg. It is a decorating guide, an art book, a reference manual. It's beautiful for browsing and essential for serious decorators. Everything from paint chips to wallpaper, furniture to decorative accessories. Over 200 pages, full-color illustrations throughout.

\*Identifies Registered Trademark of Colonial Williamsburg



**NEEDLEPOINT & YOU** was written with both novice and expert in mind. Each basic stitch is diagrammed in photo and drawing. Learn how to develop your own personal talent in your own style. Endless list of handy hints to help you enjoy this craft to the very last stitch. Only \$1.98 ppd. The Emporium, Box 1569A, Glendale, CA 91209.

## CURTAIN CHARM BALL FRINGE ON UNBLEACHED MUSLIN



20", 25", 30", 36", 40" long 4.00 pr.  
2 pairs to window as shown 8.00  
45", 54", 63", 72" long 6.00 pr.  
81", 90" long 7.50 pr.  
(All pairs 80" wide)  
Matching Valance 9"x80" 1.75  
Please add 75¢ to each order for handling.

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. Satisfaction guaranteed. Check or money order, no COD's please. Mass. res. add 3% sales tax. Write for free brochure.

## COUNTRY CURTAINS

At The Red Lion Inn  
Stockbridge, Mass. 01262 Dept. 31



**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 ppd. Money back if not pleased. Free decorative box for purse or desk. Order from WALTER DRAKE, 3043 Drake Bldg., Colorado Springs, Colorado 80940.

## RATTAN CEILING LAMP

Handwoven in graceful tulip shape, comes electrified with dimmer switch, 18 ft. chain and hook for hanging. Adjustable height from ceiling, 15" dia. x 11" high. Painted in white, green, yellow, blue, orange, pink or black add \$3.00. Use up to 150 watt bulb.

SEND 25¢ FOR CATALOG VISIT OUR WAREHOUSE SHOWROOM  
**FRAN'S BASKET HOUSE**  
89 W. Main St., Dept. AH3, Rockaway, N.J. 07866



## NEW DELUXE HI TIME CLOCK

Imagine! Time "tip-toeing" across the ceiling over your bed. You won't have to rouse yourself into wakefulness merely to check on the nightly hour... just glance at the ceiling and there it is. Projected by an invisible beam in large clear numerals 3" in size so you won't need your glasses (when clock is placed 62" from ceiling). A warm Walnut wood and gleaming. Brass finish. Electric with alarm 2 3/4" x 6 3/4" x 5 1/2". 1 year factory warranty.

\$34.95 ppd. Ill. Res. add 5% Tax. Gift Catalog 25c

## HOUSE OF MINNEL

Deerpath Road Dept. 133 Batavia, IL 60510



## Bedsread caddy saves time

Easier bed-making without nightly tugging, folding heavy spread. Just pull hidden caddy from beneath mattress and lay bedspread across. Legs swing into position. Gold-flecked caddy glides out of sight by day. Ideal for Hollywood beds or low-foot boards. For king-sized or double beds, get two. \$6.98, 2 for \$12.98, plus 90¢ postage.

## GARRETT'S

Box 8415-72 Dallas, Texas 75205

## SPECIAL OFFER

30-8"x10" Full Color Art Reproductions. Only \$3.00 ppd.

Authentic reproductions of 30 superb paintings — pets, birds, wildlife, horses and old masterpieces. Ideal for framing and decorating homes, offices, lodges, classrooms. Wide variety of subjects permit frequent change. Satisfaction, money-back guarantee. All 30 for \$3.00 ppd.

## COLOR PRINTS UNLIMITED

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## Save 1/2 on WALLPAPER

See wonderful values in big 1973-74 catalog — Actual Sample Sheets, 60 selections — excellent quality in today's most wanted colors, designs, textures — all pre-trimmed, washable, vinyl-bonded to resist soil. Wallpaper values to \$2.95 and more, only 50¢ to 99¢ single roll! Matched paints too. Send 25c today for huge catalog. You'll be delighted!

## MUTUAL WALLPAPER

Dept. 36, 228 W. Market  
Louisville, Ky. 40202

## HEARING AIDS

Huge savings on tiny, all-in-the-ear, behind the ear, eyeglass and body models. New space age models are so tiny and well concealed your closest friends may never even notice. FREE HOME TRIAL. Low as \$10 monthly. Money back guarantee. Order direct and save. Write today for free catalog. PRESTIGE, Dept. T-46, Box 10947, Houston, Tex. 77018



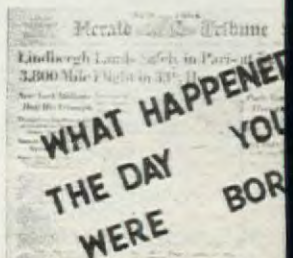
## "Dawn" is a gem!

A delight in gold or white leather. Soft cushioned 1 1/2" heel. Adjustable back. Elegant for entertaining; casual. Sizes 4 through 12. W. \$11.95 plus 75¢ hdg. 10 \$1 extra. Sofwear Shoes, 1711 Main, Houston, TX 77054



## Puzzled

Over what to give? Have a photo blown up into a big black and white jigsaw puzzle! Send \$2.99; 11x14", \$3.99; 12x18", \$4.99. Full color 8x10", \$5.99. Photo Poster, Dept. X311, 223rd St., New York, NY 10011



## Front-page present

What were current events on the front page of your birth? Get a front page copy of the New York Herald Tribune as it was published on your day. Any date from Jan. 1, 1900 through Dec. 31, 1964. (If you're 18 or older.) \$1.50 ppd. Holiday Gifts, 603-C, Wheatridge, CO 80033



## Rear Viewer

Beauty aid leaves both hands free for easy setting and combing hair and you can see the back of your head! Just slip on with a back to any large mirror and gaze into Rear Viewer reflector. \$3.95. Formulax Labs, Dept. Box 6508, Houston, TX. 77054

## our famous ACTION-BACK STATION WAGON CLASSIC

Easy snap-on front, graceful 7-gore skirt. In no-care, machine washable 100% Cotton Denim Chambray. CADET BLUE stitched in white. Sizes 10-20.

\$16

Add 80¢ post. Satis. Guar. Sorry no COD's

VICKI WAYNE

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Tucson, Arizona 85716

## AMERICAN SHIELD Wall Plaques

Handcrafted in Brilliant Transparent Acrylics, Red, White & Blue, 13" x 16 1/2" size, 1/4" thick, perfect for den or office—can be placed in window so light shines through. \$9.95 & 90¢ handling. WARREN HIPSEY 313 N.E. 36th Okla. City, Okla. 73105

# Amazing Vitamin E-Plus<sup>T.M.</sup> Applied Directly to the Skin DOES WONDERS FOR THESE 12 SKIN PROBLEMS:

- \* Blemishes
- \* Wrinkles and lines
- \* Creases
- \* Acne and pimples
- \* Brown age spots
- \* Depilatory burn
- \* Sun and wind damage
- \* Roughness and flaking
- \* Surface scars
- \* Scales and dryness
- \* Turkey throat
- \* Even body stretch marks!

**T**HRILL to clear glowing skin and recapture the dewy look of youth again. A single drop of precious Formula E concentrate combined with amazing Aloe Vera can help banish horrid skin problems even when all else has failed.

## Stops Skin's Gasping for Oxygen!

Not a cover up, Formula E is a safe (but powerful) formulation that works directly on skin tissues and cells. Concentrated Vitamin E conserves the precious oxygen supply in each cell, while miraculous Aloe Vera balm penetrates deep to help heal and restore. Wrinkles and creases begin to disappear, as if by magic. Dryness and flakiness give way to a dewy, youthful glow. Pimples, acne, even old surface scars begin to vanish.

## See Results at Once!

Start by applying Formula E each night, after thoroughly washing the skin. In the morning before making up, apply a few more precious drops. Many notice a decided difference in 3 days. You can see amazing results in 5 days. Then a few drops only once or twice a week keep the process working.

After a few weeks wouldn't you like to write us like this:

"... A fantastic transformation. I look 10 years younger. One so-called friend even hinted that I had a face lift!"

"... Made my horrible acne go away completely... Even the old scars and pits are disappearing. I still can't believe it."

"... Would you believe, forehead wrinkles are almost all gone, and the deep creases in my throat are filling in. Even my hands and elbows are looking years younger."

## The Vitamin E Story

Lately, books, magazines and scientific journals have reported on the incredible results from pure vitamin E. They say it makes even severe burns heal rapidly—



and without leaving scars! Whats more, when our astronauts were found to be suffering from a mysterious anemia, Vitamin E was prescribed as the answer. It is even claimed to halt the harsh effects of air pollution on the skin.

Some scientists report that vitamin E helps prevent the deterioration through oxidation of parts of the cell membrane. And it is the oxidation process that causes aging in humans. By conserving the oxygen, vitamin E halts and prevents premature aging in skin cells.

## The Aloe Vera Story

Meanwhile, medical sleuths claim equally miraculous properties in an age-old plant—Aloe Vera. The rubbery leaves of this rare tropical plant contain a white milky sap that acts as an entire medicine chest for some primitive tribes of the Amazon. They supply a crushed leaf directly to an open wound or a bad burn. They chew

the leaf when they have a stomach pain. Their skin remains beautifully smooth, supple and young looking. And scientists are hard-pressed to find evidence of even a single ulcer scar!

## Try It for 5 Days Without Risk

Both ingredients have been combined, undiluted and uncut, into a remarkable new powerful formula. So, every single precious drop contains 100% of incredible beauty power... 100% of the pure essence, to help you become lovelier.

Formula E is not yet distributed to stores. So order with the coupon below. If you do not see a decided improvement within 5 days, return the unused portion and we'll refund 100% of your money.

**VITAMIN E-PLUS (Suite 205)**  
407 N. Maple Drive, Beverly Hills, Cal. 90210

- |   |      |
|---|------|
| <input type="checkbox"/> Sampler 1/2-oz. .... | \$ 6 |
| <input type="checkbox"/> 1-oz. ....           | \$10 |
| <input type="checkbox"/> Save! 2-oz. ....     | \$15 |

## No-Risk Coupon

**VITAMIN E-PLUS (Suite 205) Dept. 130**  
407 N. Maple Drive, Beverly Hills, Cal. 90210

Please rush Formula E<sup>T.M.</sup> skin care formula. I understand I may return the unused portion within 5 days for a full refund.

- |   |      |
|---|------|
| <input type="checkbox"/> Sampler 1/2-oz. .... | \$ 6 |
| <input type="checkbox"/> 1-oz. ....           | \$10 |
| <input type="checkbox"/> Save! 2-oz. ....     | \$15 |

Enclosed is \$\_\_\_\_\_  
Cal. res. please add sales tax.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

From the wine country of Northern Italy where good food is a tradition -- this fantastic new gourmet cooking discovery makes steaks, chops, chicken, fish so exquisitely flavor-

ful, so unbelievably succulent and tender, guests will beg you for your secret. But your secret is not a recipe its a new way to cook.

WITHOUT FAT, GREASE, WATER OR SOFTENERS.



# LaCotta STEAK MAKER<sup>TM</sup>

## The Natural Greaseless Way To Turn On Flavor

**BIG STEAK FOR TWO  
FREE RECIPES**

**La Cotta is Totally and Tastefully Different**

It's made of special volcanic rock found only in Northern Italy's wine country. This porous rock works like magic to draw out fat, bitterness and acidity from food. Five different lead-free stones are ground together in a secret formula, then moulded into the cookware; aged, sun dried, and now ready for your gas or electric range. The result is a revolutionary new way to cook; a new taste experience.

**The La Cotta Cooking Revolution Obsoletes The Metal Pan**

It doesn't build up the intense temperatures that toughen meat. ■ Porosity draws out fats, bitterness, acidity -- Lets you taste natural food flavors. ■ Spreads and holds heat evenly, so there's less shrinkage. ■ Self-basting, preserves natural juices. ■ Makes meats tender, succulent without tenderizers or spices. ■ Easily cleaned in plain hot water -- no soap necessary.

**SPECIAL INTRODUCTORY OFFER LIMITED TIME ONLY -- \$7.95**

As exclusive distributor for the U. S., American Consumer is proud to offer La Cotta to you at this special introductory price, backed by American Consumer's own money back guarantee. Over one million La Cotta Brand cookers have been sold. So join the Cooking Revolution NOW. Prompt delivery guaranteed -- we've received a huge shipment, but hurry and get your order in!



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American Consumer, Inc., 195 Shippin Avenue, Stamford, Conn. 06904. Store Hours Monday thru Friday 10:00 A.M. to 4:30 P.M.

**LIMITED  
TIME ONLY \$7.95**



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Dept. LS-4

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Come in or Mail No Risk Coupon

Please send me the original La Cotta Steak Maker at \$7.95 ea. I may try it for 10 days and if I'm not delighted for any reason I may return it and you will refund the full purchase price (except postage and handling). Save -- 2 for \$14.98. Please include \$.50 per grill to partially cover postage and handling. Check or money order, no COD's please.

Quantity ..... Amount Enclosed \$ .....

Name .....

Street ..... Apt. ....

City ..... State ..... Zip .....

(Connecticut residents add sales tax)

# The longer you smoke, the more you'll like KOOL Longs.

The extra length of ordinary longs can taste extra hot. Extra length calls for extra coolness. And Kool Longs are the only ones with the taste of extra coolness. Come all the way up to Kool.

## Lady be cool.



8 mg. "tar," 1.4 mg. nicotine av. per cigarette, FTC Report Aug. 72.

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

# CREATE YOUR OWN CASSEROLES

CHOOSE ONE INGREDIENT FROM EACH COLUMN

## PROTEIN FOOD (1½-2 cups)



Cooked ham, sliced



Cooked or canned chicken or turkey



Canned luncheon meat



Cooked beef, veal, lamb or pork



Hard-cooked eggs



Frankfurters



Cheese



Canned tuna or salmon

## SAUCE

Condensed Soup + Liquid Soup (1 can) (1/3 cup)



Cream of Celery



Milk



Cream of Chicken



Buttermilk



Cream of Mushroom



Cream



Cream of Potato



Sour Cream



Green Pea



Tomato Juice



Cheddar Cheese



Vegetable Juice



Tomato



Water

## COOKED VEGETABLES (1½ cups)



Browned green pepper, celery, and onions



Cooked or canned green beans



Cooked or canned peas



Cooked or canned carrots



Cooked or canned asparagus

## COOKED PASTA, ETC. (1½-2 cups)



Noodles



Macaroni



Rice



Potatoes



Spaghetti



Corn

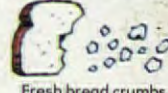


Sweet potatoes

## TOPPING (2-4 tablespoons)



Crushed potato chips



Fresh bread crumbs



Fried onion rings



Crushed corn flakes



Potato sticks



Slivered almonds



Cracker crumbs



Crushed stuffing mix

## DIRECTIONS:

1 Center Reveal in casserole dish and add ingredients.



2 Bring 2 plain edges up over top, overlapping excess film 3"



3 Double-fold foil strips. Pierce top with meat fork 6 times. Bake at 400 F. about ½ hour, or until bubbly and golden.



**With a little help from Reveal,™ you can cook hundreds of exciting, clean-dish casseroles, or a 25 pound turkey, or just 1 succulent artichoke.**

Imagine. A different casserole for almost every day of the year. Every one deliciously moist from top to bottom, in a dish that doesn't need scraping and scouring. But then, Reveal does beautiful things for just about everything you cook. A turkey or any meat roasted in Reveal turns out its juiciest and

most flavorful. And Reveal makes fresh or frozen vegetables come to life, because their natural goodness is locked inside, instead of being poured down the drain.

Once wrapped in Reveal, you can prepare casseroles in advance and

freeze them for later cooking. Or, you can freeze cooked casseroles in Reveal and re-heat them in the same wrap. Yet no matter when you bake, there'll be no crust left on the pan when you're through. Reveal not only makes cooking faster and easier, it makes after-cooking easier, too.

Don't miss the Colgate-Dinah Shore Winners Circle Golf Championship—April 14 and 15 on ABC-TV.

**REVEAL** see thru ROASTING WRAP

For your FREE Reveal Recipe Booklet send name, address and zip to: Reveal Recipe Booklet, P.O. Box 429, Brooklyn, N.Y. 11202

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