BEST HOUSES OF THE YEAR

THE BIG MOVE TO

- spectacular skylights
- natural wood exteriors
- Planned-in privacy
- Entertaining decks
- Secluded courts
- Low-maintenance materials
- Built-in storage

CONDOMINIUM LIVING

Straight talk from owners on what’s good, what’s bad about it

DECORATING WITH ANTIQUES

How safe are kids’ car seats?

REPORT ON THE ENERGY CRISIS

- How thousands of you tell us you are doing about it

FOOD FOR FALL

- Low-Cost Super Pasta
- Easy “Convenience” Cooking
- Quick Show-Off Steak Diane
- New Nutrition Labeling
Armstrong introduces Gourmet.

The new Chandelier Ceiling that looks good enough to eat under.

Make your kitchen ceiling as appetizing as your entrées, with a new Gourmet Chandelier Ceiling from Armstrong. Apples, cherries, peaches, pears, and lemons make the design of Gourmet delicious. Gourmet is vinyl-coated so it's easy to keep clean. And it's acoustical, so it soaks up excess noise.

All you need is a few dollars. Enough tile for a 10' x 15' room costs no more than $90 (which is probably less than you spent for your last big dinner party). If you're reasonably handy, you can install it yourself. Or your dealer can arrange professional installation.

Once you see what Gourmet can do for your kitchen, you'll probably want one of our other Chandelier Ceilings in another room. We've got a ceiling to match any room in your house: Spanish, Early American, French Provincial, and Contemporary designs.

Santero
Colonial Sampler
Provinciale

See the entire collection at your Armstrong Ceiling Center or any building materials dealer that carries Chandelier Ceilings. To find the one nearest you, call this toll-free number: 800-243-6000 (in Connecticut, 800-882-6500). Or, for a dealer list and free color booklet, write Armstrong, 7309 Rand Rd., Lancaster, Pa. 17604.
The sunny floor that shines without waxing

Armstrong developed Solarian especially for people who like bright, shiny floors—but don't like the waxing it takes to keep them that way.

Solarian gives you the shine—without the waxing. Its special Mirabond™ wear surface has a shine of its own and keeps its high gloss—without waxing—far longer than an ordinary vinyl floor.

Of course, any floor shines brightest when it's clean; and that's another plus for the Mirabond surface. Most spills, dirt—even black heel marks—come up easily. Sponge-mopping with a detergent is all it takes to keep Solarian sparkling bright.

Eventually, heavy-traffic areas may begin to show a reduction in gloss. So in case you need it, your Armstrong retailer can supply a special Solarian Floor Finish that you can use occasionally to touch up the shine in these areas.

See all the designs and colors at an Armstrong authorized "Floor Fashion Center™" or other flooring stores that carry Solarian. They're in the Yellow Pages. Or, for our free color brochure, write Armstrong, 7309 Pine St., Lancaster, PA 17604.
Younger-Looking Skin Seems to Slow Down Time

Throughout the ages, youth-conscious women have yearned for a skin beautifier that might cause time to stop in its tracks. They have searched for some near-magic method that could keep their complexion at the peak of youthful perfection virtually forever. But of course such an appearance of eternal youth has never been possible. The years, regrettably, do pass and leave their tell-tale signs of age on your skin.

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 ingredients, 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.

At the end of a long day, lavish Oil of Olay on your face and throat before you relax in a tepid tub. You will emerge refreshed and revitalized.
Have you seen the New Pledge shine?
It’s a dead ringer for a paste wax shine.”

— George Montgomery, Actor and Furniture Maker

“I love wood furniture. That’s why I’ve designed and built furniture for myself and people all over the country most of my life. I always kept my furniture looking great with paste wax. I love that rubbed-in paste wax beauty. But Johnson Wax showed me how to get rubbed-in beauty a new, easy way. With New Pledge.”

“New Pledge now has an enriched formula containing key ingredients found in Johnson Paste Wax. Pledge brings out the natural beauty of the wood every time you dust. If you haven’t seen the New Pledge shine, it’s time you did. It’s a dead ringer for a paste wax shine.”

The rubbed-in beauty of paste wax instantly... every time you dust.
"STOP THE WORLD—OR USE IT BETTER!" was how we introduced the questionnaire on energy conservation in our March issue. Of the thousands of readers who took the time to answer, more than 75 percent are women; an equal number are between 20 and 40. Three out of four attended or were graduated from college; nearly half are working wives; three out of five have children at home. Nearly 84 percent live in homes they own, average value $30,000.

This cross-section of concerned readers often added extra pages of opinion to an already lengthy questionnaire. What were the conclusions? Our readers are not passing the buck; they're willing to actually do something to help use the world better. They're aware of the problems to the extent of making positive commitments in return for positive results. Here is a summary of questionnaire response. As you read, why not compare your own answers to the consensus we received?

TO CUT DOWN POWER USE at peak hours, we suggested four activities they might avoid. Three appealed to our readers; one proved highly unpopular. Better than 80 percent agreed to avoid doing laundry, using the dishwasher or other appliances during peak hours. But only 30 percent indicated they would avoid cooking during times of high power usage, suggesting that people are less inclined to change their habits when something as traditional as dinnertime is involved.

We asked what readers and their families were doing to conserve energy, and the responses were most gratifying. Turning off unnecessary lights, lowering the heat at night in winter, limiting air-conditioner usage in summer, using appliances more efficiently and less wastefully—all these and more showed the measure of reader involvement. There was also an expressed interest in learning which energy-conservation practices are most effective and how much power is used by various appliances—information that local utility companies have available for the asking, at no charge.

We asked readers how much extra they would pay for a house if they could recover an equal amount through lower utility bills in about five years. Some of them said they would pay as much as $5,000 more, others only a few dollars. The average extra payment suggested was $1,000. These responses indicate strongly that the concept of life-cycle costing has begun to take hold—also, that there is a new confidence that quality housing will pay off in the long run.

STYLING VS. ENERGY-SAVING—if two appliances cost the same and do an equally good job, which would be preferable, the one with the best styling or the one with the best energy-conserving features? The energy-saver won by a margin of nine to one. That's not to say that appearance is not important, but today's consumer is not fooled by minor cosmetic changes that don't add to the value of a product. Such "improvements" as a new handle or different color or an added chrome strip don't have a chance when measured against an energy-conserving feature that really does something. Pursuing the question further, we asked if consumers would be willing to pay more for the appliance that met higher standards of energy consumption. Four out of five said they would pay more to support their convictions.

Noise, say our readers, is as undesirable as dirty air or foul water. In fact, 81 percent said they would willingly pay more for an appliance with a lower noise level. This shows a definite change in attitude and is a mark of today's more knowledgeable consumers, for it was not long ago that people used noise level as a measuring stick when appliance shopping: The louder the motor, the more powerful the appliance—or so they thought.

Incidentally, when we asked readers to tell us what system or appliance gave them the most trouble, the television set headed the list Conversely, most people considered the washing machine the most satisfying system or appliance in their home.

(continued on page 44)
The timeless look of Tiffany in the brilliant colors of today.

Mr. Tiffany's shades were shaped like exquisite Oriental umbrellas. So are Sears. Mr. Tiffany brought color to the Victorian world. Now Sears brings you the colors for today's home. Not only our popular walnut tone but brilliant sunflower yellow, bright jungle green and cornflower blue.

The original Tiffany shades were handmade. So are ours. And the columns of every lamp in Sears Cane Collection are made of solid hardwood. (Mr. Tiffany would have liked that.) In table lamps, floor lamps, wall lamps, chain lamps. All U.L. listed wiring. With opal glass globes. At most larger Sears, Roebuck and Co. stores, and in the catalog.

The Cane Collection. Only at Sears
Your husband shouldn't be eating his vegetables just because they're good for him.

He should be eating his vegetables because they taste good. And because they're interesting.

Trouble is, the same old vegetables aren't too interesting, day after day.

That's why Birds Eye® invented Combination Vegetables. Delicious vegetables in combination with other good things like mushrooms, seasoned sauces, toasted almonds, even other vegetables.

Like Beans with Toasted Almonds, for instance. The tiny almond slices make the beans taste so good, they're almost like a whole new vegetable.

Sure, they're good for you. But that's not why your husband will like them.

Birds Eye® Combinations.
The first vegetables your husband might even notice.
The Brown family's weathered-gray barn (left) houses an incredible assortment of baskets from all over the world. Summers, it's a favorite tourist stop.

Roger, Philip, Joanne and Polly (below, left) gather in the kitchen, where baskets and the warmth of wood create a country hominess. Oval oak table and light fixture are local antiques.

The Brown family's weathered-gray barn (left) houses an incredible assortment of baskets from all over the world. Summers, it's a favorite tourist stop.

Roger, Philip, Joanne and Polly (below, left) gather in the kitchen, where baskets and the warmth of wood create a country hominess. Oval oak table and light fixture are local antiques.
Suburbia safely behind them, the Browns savor their unhurried new life on the Maine coast.

Rumson it was frustrating because experiences with nature came in such small doses. Here, it's different.

The Browns have a substantial organic garden, and they do a lot of canning and preserving to fill the larder for the cold months. Every fall, Philip and Roger hunt a deer to freeze for winter fare; Joanne is in charge of fattening up a lamb. "We've learned to adjust our standard of living considerably," says Roger, "and these economies are more necessity than sport."

Slowly, the Browns are reclaiming their overgrown orchard and, with Roger's carpentry skills, revamping the old house. Thus far, they've installed insulation, added new kitchen appliances and torn down walls to turn five cramped downstairs rooms into a spacious two. They've also installed a big sliding glass door in the dining room to take advantage of a much-prized view. The house is being furnished with local antiques, and when it's finished, the family wants to buy some weathered planks and add on to the barn. "In Rumson, Roger loved to putter around the house, but he never had enough to do," Joanne remembers. "Here, there's so much to do, he doesn't know where to begin, but he just loves it."

If all this activity sounds hectic, it's not. "It's a slower pace," Joanne insists. "We have learned how to be better friends within the family, and the children's lives are so much more enriched. It seems to me we're even healthier up here in the clean air—no more rounds of flu and winter colds. We were nervous at first about making new acquaintances, but we've all met many wonderful neighbors—some with backgrounds very different from ours, some not very different at all. You'd be surprised how many runaways just like us there are in Maine."
Congoleum's recipe for a luscious living room.

In one living room, mix:
1 Carpet by Congoleum in the four-color shades of Maxi shag. Soften the walls with whipped-cream white and heap the mantel with flowers and blue china.

Top with a marshmallow footstool and serve with lush green plants.

Yield: one delicious room from Congoleum. (See your yellow pages under "Flooring".)

Carpets and Shiny Vinyl by Congoleum

We've built a reputation you can stand on.
The Mark Talismans of Washington, D.C.

Jill Talisman, with her furry armload, Tavish (below), stands outside the handsome town house she and Mark have redone on Capitol Hill. Upstairs windows overlook the Supreme Court gardens and U.S. Capitol.

Jill Talisman (above) enjoys weaving on the handloom she made, while Mark (right) putters about in their little greenery, caring for some of the potted plant life the Talismans have placed throughout the house.

Jill, Mark and Tavish (above) relax in their favorite room—top-floor library. Tiny terrace reached through the tall cedar door, offers “one of the prettiest views in the city,” says Jill.

Jill and Mark Talisman love living on Capitol Hill. They enjoy the fascinating world of Washington people and politics, and Mark, administrative assistant to Ohio Congressman Charles Vanick, likes being able to walk to work. “Some people spend hours commuting,” he says, “and that’s a waste of time and creativity.”

Mark isn’t a man to waste time. His wife calls him “energy personified.” When not busy at his demanding job, he’s helping her redo their 19th-century townhouse. “The house was lovely,” says Jill, “but the last tenants were bachelors who neglected it.”

For Mark, who is a gourmet cook (he has just finished a cookbook he hopes to get published), the first priority was remodeling the small, dark kitchen. They turned it into a light, workable space with just enough room for Mark’s fast brand of fine cuisine. (“He can go shopping in the afternoon and have a multicourse dinner for six on the table three hours later,” says Jill.) Next, the Talismans resurrected a little boarded-up attached greenhouse. It’s now a growing place for cactus, ferns and orchids. They also turned the top floor of the house, with its spectacular Capitol view, into a library for Mark’s huge collection of old books. And the terrace outside the library has become a high-in-the-sky entertaining nook, where guests may dine alfresco on Mark’s specialties.

Right now, Jill’s activities are more subdued than usual—she’s expecting a baby in December. She enjoys tapestry weaving—her latest project is reproducing one of Mark’s abstract photographs on a pillow (he’s also a photographer, with several one-man shows to his credit). Jill has other hobbies: A music lover, she plays both the flute and piano.

The Talismans travel often, but they’re always happy to come home to the Hill. Says Mark: “Capitol Hill, with its beauty and blend of people, has a wonderful vibrancy. It’s a lively mixed neighborhood; there are young families, lots of shops and a healthy art community. Jill and I just wouldn’t think of living anywhere else.”
The elusive moods of the deep pine forest. Captured, at last.

Glowing and warm as the sun-dappled forest.
See our real pine veneered plywood paneling at your G-P building materials dealer. To find him, call free 1-800-243-6000. In Connecticut, call 1-800-882-6500.

Pinehill. For all the moods of the deep pine forest, from the people who know it best.

Georgia-Pacific.

Ever been someplace so quiet and so beautiful that you wished somehow you could take it home with you? Now you can.

Because Georgia-Pacific has captured all the moods of the deep pine forest in a brand new wall paneling called Pinehill. There's Pinehill Winterbark. Bold. Dramatic. Patterned and shadowed like wintry wood. Pinehill Springfrost. Pale and misty, like the woodland awakening. And Pinehill Autumngold.
**CONDOMINIUM LIVING**

"Condominium" has become the magic word in home building. Nearly 50 percent of all homes sold this year will be condominiums, compared to 30 percent last year and only 11 percent in 1977. Most condominiums are town houses, rows of attached houses with greenbelts and communal recreational facilities. This is clearly a new lifestyle for Americans. Is it working? A recent study of 1,800 condominium owners, sponsored by the Urban Land Institute, offers some answers. The following, fifth in our consumer-information series, is based on this study.

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Who buys condominiums? The answer is simple: everyone. While their early appeal may have been to newlyweds and empty nesters, this is no longer true. According to the Urban Land Institute study, there are more buyers in the 30-to-39 age group than in any other. Most buyers are married, but in California, where many new lifestyles originate, more than twice as many singles buy condominiums as in the East.

**Why do they buy condominiums?** "We're tired of paying rent," was the answer most commonly given. The purchase of a condominium, like that of a single-family home, gives the buyer a chance to build up equity, to have something to show for his monthly payment, and at the same time to earn tax deductions for his interest and real-estate tax payments.

A second reason for buying, also economic: Condominiums, in general, cost less than single-family homes. Close on the heels of these budget considerations was "freedom from maintenance." This loomed even larger in California, where outdoor maintenance is a year-round problem. Lesser reasons: better environment, recreation facilities, security.

**Do owners like condominium living?** In a word, yes. "About three-quarters of the residents are generally satisfied with condominium living for this stage of their lives," says the ULI report. This doesn't mean they will stay in condominiums permanently. In the East, the single-family home remains the ideal.

**What's good about condominium living?** Regardless of their original reasons for buying, owners surveyed said they quickly found that the best thing about condominiums was "easy maintenance." Even if owners were generally satisfied with life in their condominiums, there were many specific complaints. Taken together, they tell a prospective condominium buyer what to look for, what to avoid. Here are common irritants:

1. Overcrowding. People feel crowded when the developer builds too many units per acre. Ten is too many, seven or eight about maximum, fewer would be better. In general, look for a condominium with as low a density as you can afford, but details do make a difference. For example, small projects seem to have lower density; small neighborhoods and clusters are much better liked; short rows of town houses are better than long ones; variations in roof lines and setbacks make it seem less crowded; space around an immediate building is more valuable than a distant greenbelt; pleasant views make a difference; long rows of parked cars add to the density.

2. Lack of privacy and quiet. Another prevalent complaint was of noisy neighbors and their children. Look for soundproofed common walls, enclosed patios, small play areas away from the house, deeper setbacks from the street.

3. Dog control. As frivolous as this sounds, a surprising number of condominium owners objected to problems created by the large numbers of dogs in development. Find out whether a project has any restrictions controlling pets, you have strong feelings on the subject.

4. Rentals. Builders often rent out the last few units in a project. Or real-estate firms may buy units for rent income. Or owners themselves may rent when they are away. Rentals tend to lower long-term property values, so check whether they are allowed.

5. Parking. Lack of enough well-placed parking space was another major irritant. Two spaces per town house were not enough, and in many cases the parking was not properly situated.

6. The homeowner's association. In a condominium, there must be an owner's group to manage and maintain the common property. If the association is badly run, handling day-to-day affairs can be a constant annoyance. Before buying it would be wise to interview present owners specifically on this point.

7. Poor construction. This is as much a complaint with condominiums as it is with new single-family homes. If you are buying a new condominium, it is worth getting an engineer's inspection just as you would for a detached house.

8. Dishonest salesmen. Many owners complained that they had been promised open space or recreational facilities that never materialized. To make sure the facilities don't prove just paper promises, your best bet is to have a lawyer study the development plan and the condominium agreement to see that you are getting what has been promised.

Copies of this Urban Land Institute study, *Townhouses and Condominiums* by Dr. Carl Norcross, are available from the nonprofit ULI at 1200 18th St., N.W., Washington, D.C. 20036. Price: $15.
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Canadian members will be serviced from Toronto.
Offer slightly different in Canada.
How do we remove rust stains from a slate floor? Is there some way to protect this floor in the future?

Scrub the stains with a solution of 1 pound oxalic acid in 1 gallon water. Rinse and dry, then apply a penetrating masonry sealer. This is a tough, transparent material which, like oxalic acid, is available in paint stores. It penetrates and seals the pores of stone, slate, brick and concrete—and leaves a very thin surface film. Two coats are generally needed.

What should I do to prepare a basement wall for paneling?

First, make sure the wall doesn’t leak. Then apply 1-by-2-inch wood furring strips as a nailing base for paneling. If you are using solid-board paneling, install the furring horizontally—one strip at the ceiling and two equally spaced between ceiling and floor. If you are paneling with plywood, which is usually only 1/4 inch thick or less, install horizontal strips 16 inches apart from floor to ceiling. You also need vertical strips under the side edges of every plywood panel.

The easiest way to fasten furring strips to concrete is with steel studs installed with a stud driver, which you can buy or rent at a hardware store. If the concrete wall is at all damp, brush wood preservative on furring strips before installation; then staple sheets of heavy polyurethane film over strips, covering the entire wall, to protect paneling.

No paint will stick to a damp surface. You will have to open the ceiling and insulate the sweating pipe—if they, indeed, are the problem—with fiber-glass tape.
He is what he eats.

A healthy mouth: clean teeth, healthy gums.—Purina Cat Chow has crunch for his teeth. (Purina Cat Chow is food he can bite. Helps keep teeth clean and gums healthy.)

A satisfied gourmet.—Purina Cat Chow has variety for his fickle tongue. (Cats' tastes change, so Purina Cat Chow comes in 6 delicious flavors: Liver, Tuna, Chicken & Kidney, Sardine & Shrimp, Mackerel & Salmon and Original Blend.)

Alert and energetic. —Purina Cat Chow has protein for energy. (He uses an amazing amount of energy—all cats do—Purina Cat Chow provides all his daily protein requirements.)

Purina Cat Chow allows him to stick to his own timetable. (Purina Cat Chow can be left in the bowl all day with no loss of flavor. Perfect for the way cats eat...a little now...a little later...when he's good and ready.)

So let him eat.

Purina Cat Chow. Made for the way a cat really is.
DECORATING Q's & A's

Can you help me pick a dominant color for wallpaper in my dining room? The room tends to be somber, and I would like to brighten it. My furniture is dark mahogany, the chair seats are covered in a blue floral fabric, the carpeting is Kelly green.

M. Mitchells
Brooklyn, N.Y.

You already have a dominant color—your carpeting—so build around it. Choose wallpaper in a green-and-white print. Look for one with matching fabric and re-cover your chair seats at the same time.

I am planning to strip and refinish a small wooden cabinet that has pretty hardware and dainty carved flowers. How do I protect the hardware, and how can I keep the stain from getting on the beautiful carvings?

Mrs. A.C. Kumenker
Brighton, Mass.

Before you strip the cabinet, remove the hardware or cover it with masking tape. To protect the carving, you can do either of the following: If the wood of the cabinet is not porous (that is, if you brush a bit of stain on an out-of-the-way spot and it doesn’t spread), take a small paintbrush, outline carvings with stain, then stain rest of cabinet. If wood is porous, paint carved flowers with white glue thinned with water as a sealer. Stain cabinet; when stain dries, sealer with cloth dipped in plain water.

My living room has begun to look drab. It has a multigreen shag carpet, gold sofa, green chair, dark avocado green draperies and pale yellow walls. How can I pep it up on a tight budget?

Jane Furl
Clarendon Hills, Ill.

You can create liveliness with just a few changes. Keep the carpeting; paint your walls white and add new draperies in inexpensive orange casement cloth. Slipcover the sofa in an orange, yellow and green print, the chair in a yellow linen with contrasting white welting.

We recently wallpapered our kitchen in a lovely floral pattern, but somehow the walls still look bare. How can we break up the large areas of wall space?

L. Popple
Medford, N.J.

Try groupings of old fruit and vegetable prints. Useful kitchen objects such as copper pots and molds or antique utensils are also charming additions. Plants will also create a warm feeling.

Our living room is small and dark, and the space is broken up. Can you suggest a color scheme that will unify this room and make it seem larger?

A. Monroy
Bloomfield, N.J.

Pale lemon-yellow walls and matching louvered shutters at the window will add a light, airy look. If your floor is in good condition, strip and bleach it to a pale bone color. Top with a shaggy rug in lemon and orange stripes. Keep your furniture in small scale. Select fabrics in an overall small pattern; add accessories in Lucite—white and yellow.

We recently purchased a home whose living room has all-white draperies, carpeting and walls. My furniture is very muted—dark pine with needlepoint upholstery. How can I add color to the room, without buying new draperies or carpeting?

Mrs. E. Randolph
Banning, Calif.

For starters, why not paint your walls a bright yellow and dye the draperies the same color, sewing a plain red-ribbon trim to the edges? If you can, get an Oriental area rug to cover some of the carpeting. Add colorful paintings or posters, baskets of fresh flowers and plants, and the room will come alive.

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

Furniture for lovers

Comfort lovers. Because the sofa and tables come in white, black, yellow or bittersweet, all with Formica® tops. They curve in where you curve in, out. For folders of the rest of our furniture scene, send 25¢ to The Lane Co., Inc., Dept. M-09, Alavista, Va. 24517. In Canada, Knechtel Furniture Ltd.

For a “Vibrance” dealer, phone free: 800-243-6000. (In Conn., 1-800-882-6500)
Imagine! In 2 hours or less, a luxury "seamless-look" tile floor!

In refreshing new Kentile Stoneham® Touch-Down® tile, you can easily put down this handsome textured vinyl floor yourself. There's no mess, no fuss, because the adhesive's built onto the back of every Stoneham tile. Just zip off the protective backing; apply this fire-resistant tile to any clean, dry, smooth interior floor, and it's down—a perfect fit! As you can see, each Stoneham vinyl asbestos tile is actually four deep-textured designs in one. So, when you're all finished, the look is luxuriously seamless. Color shown: Blue.

4 others available. Cost? About $40 buys all the Stoneham Touch-Down tile needed to do any 9' x 12' area yourself... in 2 hours or less. And remember: Because this is famous Touch-Down tile, it's guaranteed by Kentile®! This week, see Stoneham and the many other smooth and textured Touch-Down styles. For your dealer's name, dial toll-free 800-447-4700 anywhere in the continental United States; in Illinois, dial 800-322-4400. Or, check the Yellow Pages under "Floors." Kentile: makers of quality resilient tile floors and distinctive carpets.

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

Note: 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.
The safety of your child in a car is largely a matter of packaging. To send a precious item by mail, you would not merely set it tenderly in a box several times its size and send it on its way. Why then would you drive with your child standing freely in the car seat beside you, or rattling around loose in the back?

Or maybe you would put him in a little hook-over car seat complete with steering wheel just like Daddy’s. Unfortunately, you might be increasing his vulnerability. Or maybe you would cinch him in tight with the lap belt just as you do for yourself. Here, too, your good intentions could be inviting serious injury. Nor are a mother’s loving arms the safest place for a child in a car—not even for carrying a newborn home from the hospital. Under the sudden, violent forces of a collision, the smallest child can momentarily weigh as much as a baby elephant.

Of course, thousands upon thousands of children ride safely in cars every day without any restraints whatsoever. Then again, 10,000 children under four have died in auto accidents in the past 10 years. The thought is sobering. However, in the two and a half years since government regulations of child-restraint systems went into effect, there has been no report of an accident in which a youngster died while using a child seat that met Department of Transportation standards.

To understand the solution, it might help to understand the problem. If your car is traveling 30 miles an hour, you can brake in such a way that it will come to a stop in a matter of seconds, without your noticing any stresses or strains. If you make a somewhat quicker stop, your upper body might rock forward and your handbag fly off on the floor. You make a somewhat quicker stop, to a stop in a matter of seconds, without

An accident might be defined as energy expending itself abruptly and unexpectedly. Your car has been stopped, but everything in it—people as well as objects—wants to continue traveling 30 miles an hour until something stops them—something like a windshield, a dashboard or the pavement outside. That’s the famous “second collision” that inflicts injuries. If you cannot avoid an accident altogether, the next best thing is having something that will spread all that energy over as large an area as possible, and for the longest possible time. That’s why seat belts and harness straps should be wide—and also why anything you are likely to come in contact with should yield gradually under your force.

Kids have special problems when it comes to dealing with the energy of an accident. For one thing, they have less area to spread it over, and are comparatively fragile. For example, a child’s pelvic structure is not yet capable of protecting the internal organs it shields and is thus more vulnerable than an adult’s to the sudden forces of a lap belt under rapid deceleration. Also, the little neck snaps forward more easily than an adult’s, the little body jackknifes more fiercely and the entire little person is more easily projected headfirst against the car’s interior hard surfaces.

Clearly a child needs special protection designed especially for him. Here are some things to look for when buying a restraint system that will package your child properly for auto travel. Understand, however, that just because a child’s car seat, or chair, meets government standards, the government does not certify that the chair is safe—safer, maybe, but with no absolutes. Nor can we make any specific claims for the chairs mentioned, except to say that they have met existing Department of Transportation requirements.

When shopping for a seat or system, look first for a label that lists the maker’s name and the place and date of manufacture. The law specifies that all child seats manufactured on and after April 1, 1971, meet Federal Safety Standard No. 213. If there is no label or a label with no date on it, selling that chair is illegal, and you can be sure the item has been no report of an accident in which a youngster died while using a child seat that met Department of Transportation standards.

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The type of restraint system your child needs depends on his age—or more accurately, on his height and weight. Manufacturers are required by law to state—on each label—the height and weight of child the seat is meant for. Also, directions for the proper installation of the seat must accompany it. Periodic spot tests are conducted by the government, and recall announcements are made from time to time to correct substandard webbing or to revise installation instructions.

To meet federal standards, all child seats must be built so they can be secured by a standard car seat belt. Makes no difference whether the belt goes around the chair’s metal runner around the child, in the seat or over a restraining shield that secures the child. Children should not use the seat belt alone, adult fashion, until they are four or five years old—or 42 inches tall with a seating height of 24 inches. Even then, pediatricians recommend that a harness or plastic cushion at least five inches thick be placed under a child to be sure that the belt crosses his body at the proper angle. It is recommended further that child not use an adult shoulder harness in conjunction with a lap belt until he is at least 55 inches tall.

Infants up to 20 pounds, or eight or nine months old, who cannot yet sit up securely on their own should not be placed in forward-facing child seats. There are special infant carriers that cradle babies in backward-facing position. Government standards for these carriers are still being formulated—it is difficult to determine the forces a tiny child can withstand. Several manufacturers have either conducted tests or submitted samples to independent laboratories for evaluation.

General Motors recently added a rear-facing Infant Love Seat as a companion to its Child Love Seat, a forward-facing molded bucket seat with side wings and high back. Both seats are being sold by mail as well as in GM auto showrooms. (All prices and addresses follow.)

Hamill Manufacturing Co. of Washington, Mich., a division of Firestone, makes the Love Seats for GM and their own Protecta-Tot as well. Unlike child chairs offered by such firms as Jamy, Kantwei, Bunny Bear and Teddy Tot, all of which are little aviator-looking seats complete with headrests and harnesses, the Protecta-Tot is essentially a booster seat with padded “impact cushion” curving up in front of the child’s seat. The back of the car seat itself is the back of the child seat.

Ford’s Tot-Guard also uses the car seat back as its child seat back, and is made up of three simple pieces. First is a seat pad to elevate the child, second a unique piece of polyethylene sculpture that makes a tunnel over the child’s legs and flares up in an interesting curve to become an impact shield, and third an energy-absorbing pad that fits over the shield. The car’s seat belt (continued)
When you're so far away you can't give anything but love on an important birthday, why not give a gift of yourself... in a Long Distance call? Long Distance is the talking, laughing, loving birthday greeting.
Donald Brooks turn jgn into KIDS’ CAR SEATS continued

Designer Donald Brooks.

The name sizzles with fashion. And with quality.

Brooks insists on quality so he insists on fastening around the tunnel piece without touching the child.

Adetachable rollingshield that allows a car’s seat belt to snug the child in without touching him is a feature added recently to the Bobby-Mac. This one as much a crusade as a kid’s seat.

Quentin H. McDonald of Scarsdale, N.Y., designed the Bobby-Mac for his infant son, and it is ingenious — the on-restraint device that can be used facing backward as an infant carrier and also facing forward as a child seat; thus takes far longer to outgrow. Also, with the addition of a folding frame, the Bobby-Mac can become either a reclining infant feeding chair or a toddler sit-up high chair, complete with tray. Teddy Tot takes a swing at versatility, too. One of its models, the Dubbl-Ride-R, fits neatly on a folding frame to become a stroller, complete with canopy.

There are some 15 American manufacturers, as well as Klippan, a Swedish company, whose seats meet Department of Transportation standards. But the April 1971 standards are now being revised. A consumer study has called government tests “inadequate” and declared all but a handful of chairs “unsafe.” In response, the government has committed itself to more—and more sophisticated—testing, so be on the alert for the announcement of a revised Safety Standard No. 213.

Here are sources and approximate prices for a number of standard-meeting child seat and infant carriers.

Bobby-Mac, Box 209, Scarsdale, N.Y. 10583. Child seat and infant carrier in one with shield, $20 to $24; with folding base for high chair, $32 to $35.

Bunny Bear, Inc., Nursery Lane, Everett, Mass. 02149. Several child-seat models, $22 to $29.


GM Love Seats, General Motors, Box 160, 1913, Minneapolis, Minn. 55460. Infant carrier, $13, child seat, $30.


Teddy Tot, International Manufacturing Co., 2500 Washington St., Roxbury, Mass. 02119. Several child-seat models, including one with impact shield, $6.50 to $25.

Note: Not all devices to restrain children in cars are seats. There is also the harness—vest and straps secured to the floor of the car without involving adult seat belts. A harness allows a child more freedom of movement than a seat. But even with a harness, he should not be allowed to stand up. Though prevented by the harness from hitting the windshield, a standing child is still dangerously vulnerable to whiplash. Harnesses are relatively inexpensive. Sears has two models that now come with tether strap to prevent a child’s standing up. Price of each is about $8; plus a comparable amount for installation.

KIDS’ CAR SEATS continued

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Wall-Tex is a brand name and only Borden makes it.
Your refrigerator is really just another kitchen cupboard—one that holds the foods that need to be cold or frozen. And no doubt you’ve come to rely very heavily on that cold-storage space, not just to keep milk fresh, but to help eliminate waste and cut down on food bills by keeping foods better, longer. So your refrigerator is an all-important appliance.

If you’re in the market for a new one, select it with care, for it will be with you a long time—the average refrigerator lifetime is about 15 years. Before you make a purchase, carefully measure the space available—don’t estimate—and note down the dimensions to take with you when you shop. (Refrigerators come in a variety of sizes, from 26 by 55 by 26 inches to 41 by 67 by 33 inches.)

Next step: Decide how much interior space you want for both cold and freezer sections. Manufacturers list the spaces in cubic feet; these measurements may mean little when you’re trying to visualize how much food the appliance will hold, but they can be a helpful comparison-shopping gauge. Look for a refrigerator with an AHAM (Association of Home Appliance Manufacturers) certification seal that verifies the manufacturer’s volume calculations.

Since total usable space is what you’re interested in, base your decision on the amount, size and shape of the foods you ordinarily keep on hand. If there has been an aggravating storage problem with your present model, look for a new one that will solve the problem. If there’s a feature that you’ve particularly enjoyed, look for it again. And you’ll be surprised to find that, due to design improvements, your new refrigerator will give you more interior space than your old model, though both may be the same exterior size.

An easy method of differentiation among the numerous types of refrigerators is the location of the freezer compartment: The top mount, which has a separate freezer section at the top of the refrigerator, is the most popular type. The bottom mount, with a separate freezer section at the bottom, has decreased a bit in popularity but is still available. The single-door or conventional refrigerator has a small, enclosed top freezer compartment but not a separate outside door, so it isn’t a true freezer compartment. The side-by-side model has two top-to-bottom sections for refrigerator and freezer. (Check the side-by-side’s freezer section to determine if it’s wide enough for the frozen food you use.)

Another way to categorize refrigerators is by their different defrosting methods: With manual defrost, you do the job by hand—turning the refrigerator off, taking out the food and removing the accumulation of frost. An automatic or cycle defrost removes frost from the cold section automatically, but the freezer section must be manually defrosted. Frostless or no-frost models remove frost from both refrigerator and freezer sections automatically. Although the no-frost feature increases the cost of operation, more than 80 percent of refrigerators sold today have it.

Here are some points to keep in mind when choosing a refrigerator:

- Materials used both inside and outside are important to a refrigerator’s life and good looks. Polyester, baked-enamel and acrylic finishes are the most common exteriors. Interiors may be porcelain-enamel or plastic. Porcelain is durable and easy to clean, though it can be chipped by a hard blow; plastics are better insulators, but as they are porous, will stain and absorb odors more readily than porcelain.
- The temperature control should be conveniently placed and easy to read. An up-front location in the refrigerator or freezer section is best.
- The condenser, which disposes of accumulated heat, is one of

(continued)
Sears Sudbury Square Collection.
Superbly quilted.
Beautifully priced.

Romance your bedroom with any one of these beautiful bedspreads. Choose from five exclusive designs. Like English country morning glories. Chinese tiger lilies. Or French roses wrapped in ribbons. Flowers to bloom all year in Sears Sudbury Square Collection.

Delicate looking. Yet made to last. The quilting is “lock-stitched” to prevent threads from raveling. And each design has its own unique quilting pattern that harmonizes with it.

The chintz is 100% cotton, backed with the same soft nylon tricot used in the finest lingerie. Lushly filled with Sears own Dura-Puff® polyester. Every bedspread is pattern matched at the seams. And each is easily dry cleaned, of course.

These are the elegant bedspreads you expect to find in a decorator’s shop. But they’re only at Sears. Look for them at most larger Sears, Roebuck and Co. stores. Or in the catalog. We think you’ll be astonished at the price.

Five elegant designs. Only at Sears.
HOW DO YOU RATE AS A 1973 WOMAN?

It used to be a man's world. But you've changed it. How much? Check a box for every yes. In the past year:

- Have you taken an active part in an election campaign, bond issue, school budget, zoning question?
- Have you expressed your opinion in areas where you used to just smile and nod, agreement?
- If you manage a home and family, does it upset you when someone says you're "just a housewife"?
- Do you have—or want—a job in what was once considered a man's domain?

Do you pay more attention to news, comments, editorials?
- The more "Yes" answers you have, the more involved, concerned and active you are. But now that you're tough enough to dish it out, you should be tough enough to take it. Frankly, you sweat. That's why you need an anti-perspirant that's tough enough to take it . . . Hour after Hour.*

It fights odor and all 3 kinds of wetness. From heat, tension and exercise. That's powerful protection. Yet it has a new fragrance that tells you you're still utterly feminine. Hour after Hour. Protects against 3 kinds of wetness. So you dish it out. We're tough enough to take it.

HOUR AFTER HOUR

* Both left- and right-opening doors are available, and many models have convertible doors that may be attached to open either way.

WHEN YOU OPEN THE FROSTY DOORS:
- Shelves should be sturdy, adjustable to more than one height and easy to remove, clean, and replace. Some models have slide-out shelves for easy access to food stored at the back. These shelves should have a retainer or rear ledge to prevent food from falling off.
- All interior and exterior surfaces should be smooth and free from clutter. Raised or recessed ornamentation may look attractive, but it's a dirt-catcher.
- Bottom rollers will make cleaning under, around and behind the refrigerator much easier.
- One or more interior lights, which go on when the refrigerator or freezer door is opened, should be located where they give good illumination without being vulnerable to breakage by tall containers.
- The fruit-and-vegetable bin, standard in most models, should maintain temperatures of between 40 and 45 degrees, according to the USDA. There may be one or more of these bins; they look about the same as the meat bin found in some refrigerators. However, to be effective in storing fresh meat ready for use, says the USDA, a meat bin should hold to 30 or 35 degrees.
- Special refrigerator storage compartments, usually on the inside door, include: egg storage (always store eggs with the pointed end down to keep them fresh longer); butter keeper that maintains a temperature you choose for good spreading; cheese keepsers.
- Some models have an inside "economy switch" to turn off the heater used to remove built-up condensation in humid weather.
- A fast-cooling section, designed to quick-chill room-temperature foods and beverages, is a handy feature.
- There are various ways to make and keep ice: You can have ice-cube trays (aluminum or plastic); ice injectors and storage bins; automatic ice-cube makers or the ultimate—a refrigerator that dispenses ice cubes, crushed ice and ice water without your having to open the freezer door.
- Special freezer compartments can include a juice-can dispenser and a frozen-food dispenser.
- A variety of decorator fronts, precut to fit refrigerator doors, is available from many of the manufacturers.

After the refrigerator is delivered to your home, read the "Use and Care" booklet to make sure you know how to clean the appliance and set temperature controls. Be sure your refrigerator is level; if not, it may vibrate and be noisy.

And for safety, see that it's plugged into a heavy-duty 120-volt, 20-amp grounded outlet.

Occasionally check the refrigerator's temperature with a thermometer—37 degrees is recommended for the cold section, 0 to 5 degrees for the freezer. Don't leave the door open any longer than necessary and be sure the door seal is tight. And remember, a defrosted refrigerator uses less electricity than one with a frost build-up.

To date there has been no official energy-use rating for different refrigerator models, but we predict that the industry will soon make this information available as a guide for better purchasing. Watch for it. —Jeanne M. Bauer
We too come in all different shapes and sizes and styles. So whatever yours is, you can show it with Bassett.

And no matter what your budget style, we can match that too. Why the Johnsons’ sofa cost less than $300. The armoire less than $350. Their complete living room, less than you can imagine.

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**SKILLET SEASON**

Must I season my new cast-iron skillet?

Mrs. Robert Ha
New Rochelle, N.Y.

You should. Seasoning prevents rusting, makes it easier to keep the skillet clean and prevents foods from sticking. To season, wash and dry the skillet. Then rub the inside with vegetable oil or shortening; heat for several hours at the top of the range at a low temperature or in the oven at 250 to 300 degrees. Re-season skillet when necessary.

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**REFRIGERATOR SWEETENER**

How can I remove a lingering food odor from my refrigerator?

Mrs. David Hei
Baltimore, Md.

Place a piece of charcoal on a dish inside the refrigerator. Use activated charcoal available at hardware and housewares shops. Being porous, the charcoal will absorb the odor. If you don't get results right away, persevere—-the odor has probably penetrated too deeply into the insulating material. Replace charcoal every few days until odor disappears.

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**“OFF” COFFEE**

My coffee has a slightly "off" taste whenever I do. Is it my percolator or my \( (Mrs.) \) Alice Griff
Boston, Mass.

It's probably the way you're using the percolator. Two tips: Be sure to remove the basket containing grounds before pouring your first cup; otherwise some of the bitter oils will get into the coffee. Also, clean your pot with a commercial coffeepot cleaner. A buildup of oils in the pot may be tainting your brew.

---

**SOCK STAIN**

I placed a wet pair of blue socks on the top of my dryer and now I have a stained top. What caused the stain? Can I remove it?

Mrs. P. C. Larsen
Tulsa, Okla.

Your dryer's surface is probably acrylic enamel, which is not stain-resistant as porcelain enamel would be. There isn't much you can do about the stain. Using a cleanser will only scratch the surface, and ammonia or bleach will take off the baked-on acrylic paint. Sorry—afraid you're going to have to live with it.

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Carpeting that’s made of Acrilan Plus not only feels bouncy, but even recovers after long wear under heavy furniture.

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Carpets of Acrilan Plus come in an endless variety of colors, textures and designs. All are resilient, easy to clean and fade-resistant. You can find them in carpet stores everywhere, made by America’s leading mills.

If you’re thinking of carpeting, don’t think of anything else.
Start fresh with Belair.
Just the right touch of menthol.

What could be better than a rustproof, 1-gallon, Polyethylene Cooler by Gott? Get one just like theirs for free B&W coupons, the valuable extra on every pack of Belair.

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

The U.S. RDA specifies how much of a nutrient is needed in a balanced diet; the MDR indicated the amount needed to prevent a deficiency. Another label inclusion involves packaged foods to which ingredients must be added in preparation. In all cases, nutrient contents of these additional ingredients may be listed, but directions for making the additions must be on the package.

**Cholesterol.** Aware that cholesterol and fatty acids are concerns of many of us, the Food and Drug Administration is providing help in this area. A voluntary aspect of their new program will allow a manufacturer to label a product with its cholesterol content and the type of fat it contains (saturated, polyunsaturated, other fatty acids). Total fat content as a percentage of the total calories in the food can also be listed. However, the label may not claim the product will modify or prevent heart disease.

**Dietary foods.** This is another phase of the FDA program, and its prohibitions are strict. No label of a diet-food product may imply, suggest or declare that dietary supplements are sufficient to prevent, treat or cure disease, though a diet of ordinary foods cannot supply adequate nutrients; that inadequate diet is due to the soil foods are grown in; that transportation, storage or cooking of food may cause inadequate diet; that non-nutritive ingredients added to foods have any value.

Special attention is given to vitamins and minerals. If a food contains
- less than half of the U.S. RDA, it is not a dietary supplement.
- half of to one and a half times the U.S. RDA, it is considered a dietary supplement.
- more than one and a half times the U.S. RDA, it must be sold as a drug.

**Imitation foods.** The word “imitation” on a package label, starting next year, will indicate that the food is nutritionally inferior to the food it “imitates.” If the two foods are nutritional equals, however, the substitute need not be tagged “imitation,” but its name will have to differ from that of the established product. For example, mellorine and paravine, which resemble ice cream, must be fortified to equal it nutritionally. With the new program, these two products will carry nutrition labels and will be sold under their own names—with no reference to ice cream or “imitation.”

All this may seem confusing, but by paying attention, you can make sure your family is eating a balanced diet. —Frances M. Crawford
Furniture, especially wood furniture, is subject to attack—from budding Michelangelos with ball-point pens to guests who have no appreciation of the fact that wet glasses leave rings. At any rate, a variety of problems can occur. Following is a round-up of these problems—with solutions.

**SCRATCHES.** If the scratch is shallow, color it to match surrounding area: On walnut furniture, try rubbing the meat of a walnut or butternut into the scratch. Follow by waxing and buffing. If the piece is red mahogany, ordinary iodine colors it properly. Apply to the scratch with a cotton swab or No. 0 artist’s brush. When dry, wax and buff. For maple, dilute iodine about 50 percent with denatured alcohol. Commercial colorings are also available.

Major scratches require filling. The simplest way is with wax sticks. These look like crayons and come in a variety of colors. First, clean out the scratch with a razor. Wipe with naphtha. Rub stick along scratch, filling it and working it level. Wipe with a cloth. This type of repair is not likely to last long; a more permanent method is stick shellac, available in many colors. Heat a flexible knife. (If you use an open flame, quickly wipe the tool to remove soot.) Apply tool to shellac stick. Let shellac drip into scratch or wipe it in with tool. (Scratch should be clean.) Slightly overfill, let dry, then shave level with surface by scraping with a single-edge razor blade or 6/0 grade sandpaper. Polish with rottenstone (available at paint stores) and linseed oil.

**INK STAINS.** If ink does spill, immediately blot up, then pat stain with a damp cloth. Don’t rub. Keep turning cloth. If all the ink doesn’t come off, try rottenstone and oil, as in “white marks,” below.

**STAINS ON MARBLE AND TILE-TOP TABLES.** For coffee, tea, fruit juice and food stains, cold water and Spic and Span usually works. If it doesn’t, use laundry bleach. For ink, use laundry bleach or peroxide. Grease spots yield to one part sal soda to nine parts water.

When you don’t know what the stain is from, try a variety of things until one works: 1) With naphtha. Rub stick along if Ar denatured alcohol. Commer-

Here are easy do’s to banish the common blemishes furniture is prone to.

Spic and Span and cold water, 2) turpentine or white vinegar, 3) laundry bleach, or 4) 20-volume hydrogen peroxide or ammonia. (Never use bleach and ammonia together.) When using any of these cleaners, wipe on and give it half an hour; then clean with hot water and dry with a cloth. Wear rubber gloves. If none works, try some abrasive—first, fine-grade steel wool and a scouring powder (cold water). If this doesn’t do it, rub with fine-grade sandpaper and Spic and Span—but not on glazed tile.

**BURNS.** Handle a slight bum along the length with a single-edge razor blade. Smear white glue under veneer. Place wax and polish. Lay several thicknesses of cloth on dent. Place a metal bottle cap, top up, on cloth over dent. Press a hot steam iron on cap. Keep iron on only seconds at a time.

**WHITE MARKS.** There are two kinds—the rings left by glasses and the cloudy patterns left by hot objects. Follow the same procedure for both: Gently rub with a dampened finger and cigar or cigarette ash. Follow grain of wood; wipe clean when stain disappears. If it doesn’t, you need something more abrasive: Shake a little rottenstone into one saucer and pour a little cooking or linseed oil into another. Fold a small piece of cloth into a pad; dip in oil, then in rotten-

**CANDLE WAX.** Wax is easier to remove if you harden it first: Hold an ice cube against it for half a minute. Wipe away water; use a dull knife to pick off wax without touching wood. Then gently scrape away the portion sticking to furniture. When all wax is gone, rub area with furniture wax; wipe dry.

**DAMAGED VENEER.** A number of things can go wrong with veneer, all repairable. A common problem is that it separates from the furniture. If this happens, glue veneer in place with white glue. First, though, clean out all old glue and soil. Use a wooden pick to spread glue; press veneer in place, then pile heavy objects on until the glue has dried.

Another problem is a blister. If it’s split, poke into the opening with a damp cotton swab to clean it out; if there’s no split, make a small incision along the length with a single-edge razor blade. Smear white glue under veneer. Place wax paper over veneer, then place heavy books on it. If veneer will not be forced flat, apply a damp rag until it becomes pliable. When wax dried (overnight), pick and sand away wax paper, using medium-grade sandpaper. Wax and buff. —Tom Philbin

in our home, breakfast is the second most important meal of the day, and on Sundays it's often the first. Not that we eat huge down-on-the-farm breakfasts. But the day doesn't start out right if we don't have at least fruit, eggs, meat, toast and jelly or jam, and coffee—six basic ingredients.

Now at first blush you might think that with six basic ingredients to work from, our breakfasts would be infinitely varied. But they're not, and in that respect they are little different from substantial breakfasts that other people eat. Coffee is coffee. No chance for variety there. Meat is usually bacon, but sometimes it is sausage, scrapple or ham. Three or four different breads are used for toast, but since we eat each only two slices a day, it takes a monotonously long time to use up a loaf. Eggs can be boiled, fried, scrambled, poached, shirred and made into omelets. That's a pretty good change of pace; but when you get right down to it, an egg is an egg no matter how it is cooked. Fruit is almost always grapefruit—with orange juice a very occasional change—for about nine months of the year. In the summer, however, when our garden and orchard are in high gear, we switch around to a great deal.

So that leaves the jelly and jam. They are our mainstays for providing variety at breakfast time. By actual count we have found that there are approximately 75 one-fruit jellies or jams made in the United States. And this does not, of course, include the many two- and three-fruit combinations that are made. Neither does it include marmalades, preserves, conserves and butters.

You can see why we like jellies and jams and make lots of them. Oh, no, not 75-plus varieties in one year. If we have just 10 or 15, that's plenty for a change of pace. Going to the jelly closet becomes a pleasurable game. Which will it be this time—strawberry, quince, peach, guava? We hold them up to the light to enjoy their color. We can almost taste them through the glass. What a lovely way to start a new day.

Essentials for jelly. Four things are needed in jelly making: fruit, pectin, acid and sugar. Pectin is a natural carbohydrate that causes jelling. All fruits contain it, but not in the same amounts. The amount even varies between different varieties of the same fruit and between fruit picked this year and that picked last year from the same tree. All fruits have more pectin when underripe than fully ripe. Acid contributes to the flavor of jelly and also to jelling. Ripe fruits always have less acid than underripe fruits. Sugar also contributes to the flavor of jelly and gel formation. In addition, it acts as a preserving agent. In short, how well you make jelly depends on how well you combine the four essential ingredients. Fortunately, this is not difficult. Anyone can make good jelly—jelly with a pleasing flavor, pretty color, cohesive but delicately quivering figure and melt-in-the-mouth tenderness.

Equipment. Even though you should make jelly in small batches, you need a big, deep kettle to contain the mixture when it is cooking at a rolling boil. An eight- to 10-quart size is about right. This is also adequate for preparing the fruit. A jelly bag is needed to drip the fruit. For some reason, we usually wind up making an improvised jelly bag out of three or four thicknesses of cheesecloth. This works perfectly well unless we fill it with too much fruit or squeeze the fruit too hard; then we have a mess on our hands. That's why it is better to sew up an honest-to-goodness bag of unbleached muslin or several layers of cheesecloth.

A jelly, candy or deep-fat thermometer is useful if you make jelly without added pectin, but it is not essential. Another useful tool is a wide-mouthed funnel for pouring jelly into jars. A tiny double boiler for melting paraffin also falls into the useful-but-not-essential category. Other equipment needed—spoons, knives, a colander, measuring cups, etc.—is fairly obvious.

Jelly glasses and how to use them. The standard jelly glass holds eight ounces and has either a screw-on or slip-on cap. But there is no reason why you should not put up jelly in nonstandard jars that are not cracked or chipped. To prepare glasses, wash them in soapy water and rinse well. Then put them upside down in boiling water and scald them for about 10 minutes. Remove them several minutes before the jelly is done and let them drain upside down. They must still be hot when you fill them. Lids and bands should be washed and briefly dipped in boiling water.

When you get around to filling your jelly glasses, all you need is a ladle and a steady hand. We also like to use a wide-mouthed funnel because it helps to keep jelly off the rims of the glasses; but as we just said, this is not essential. If you are using jelly glasses with two-piece screw-on lids, fill them to 1/2 inch of the top. Wipe the rim clean with a paper towel. Put on the disc with the sealing compound next to the glass and screw the band down tight over this.

If you are sealing jelly glasses with paraffin, melt the paraffin in the top of a double boiler (it may catch on fire if you melt it in a pan directly on the burner). Fill the glasses to 1/2 inch of the top. Wipe the glasses clean on the inside with a paper towel. Then pour a 1/2-inch layer of paraffin on the jelly. This is all you need and is, in fact, better than a thicker layer because it expands and contracts more readily. If bubbles appear in the paraffin, prick them with a knife; otherwise they will leave holes in the top of the congealed-paraffin. When the wax is hard, cover the glasses with slip-on metal lids to keep out mice.

Preparing fruit and extracting juice. If you make jelly without commercial pectin, about a fourth of the fruit should be slightly underripe. If you use commercial pectin, all the fruit should be ripe but still firm. In either case, wash the fruit well in cold water, but don't let it stand in water.

The method of preparing fruit varies. Some fruits can be crushed and pressed without heating. Others need to be cooked somewhat, usually in a little water. When the fruit is ready, pour it into a damp jelly bag which is set in a colander over a large kettle or simply hung over the kettle. To get absolutely clear jelly, let the juice drip until it stops, then either throw away the pulp or use it to make a fruit butter. You will, however, extract more juice by squeezing the bag. In this case, after you have gotten out all the juice possible, re-strain it—without further squeezing—through a couple of layers of damp, washed cheesecloth or a clean, damp jelly bag.

Making jelly without added pectin. This is the old way of making jelly and it is still a very good way provided the fruit is rich in natural pectin. Crabapples, acid (continued)
HEAVENLY HOMEMADE JELLY continued

apples, sour cherries and slip-skin grapes are examples of such fruit. You use less sugar; on the other hand, you must boil the mixture for a longer time and you end up with less jelly.

If you are not sure whether a fruit has enough pectin, make the following test: Pour one tablespoon of the cool fruit juice and one tablespoon grain or denatured alcohol into a cup, stir slightly and let it stand for two minutes. If a solid mass of jelly forms, the fruit has a high pectin content, and in making jelly you should use one cup sugar for each cup of juice. If several small jellylike pieces form, however, the pectin content of the fruit is only moderate—you should use only ¾ cup of sugar for each cup of juice.

If the mixture forms many small particles, the fruit has too little pectin to make jelly unless you add commercial pectin. In any case, don’t taste the mixture; throw it down the drain. If the fruit contains enough pectin, measure it into a large kettle and bring it to a boil. Then add a measured amount of sugar, stir well until dissolved and boil rapidly until the mixture reaches the jellying point.

There are two simple, quick ways to test whether jelly made without added pectin is done. The most common but least dependable way is to dip a cold metal spoon into the boiling mixture, hold it a foot or more above the kettle—out of the steam—and turn it sideways. If the mixture forms two drops that flow together and fall off the spoon in a sheet, the jelly is done.

The second and better test is to use a jelly, candy or deep-fat thermometer. Before starting to cook your jelly, take the temperature of boiling water (it is not always 212 degrees). Then, after boiling the jelly mixture for a while, lower the bulb of the thermometer into it and read the results. When the jelly mixture temperature is eight degrees higher than the temperature of boiling water, the jelly is done. A third way is to pour a tablespoon onto a cold plate; refrigerate until mixture jells.

Making jelly with added pectin. This is our favorite method because it is fast and always produces a perfect product as well as a lot of it. No testing of doneness is necessary. The only slight drawbacks are that you use more sugar and you must follow the recipe exactly. Two types of pectin are sold in grocery stores. One is powdered; the other, liquid. We have always used the latter, but that doesn’t mean there is anything especially good about it or especially bad about the powdered pectin. They make equally good jelly and they are equally easy to use, though the procedure varies somewhat.

To use powdered pectin, measure sugar into a bowl to be added later. Measure the fruit juice into a kettle and mix in one box of pectin. Place over high heat and bring to a hard boil, stirring constantly. Stir in the sugar at once, and bring to a full rolling boil again. Boil hard for one or two minutes, depending on manufacturer’s directions. Stir constantly. Then, immediately remove the kettle from the burner, skim off the foam and pour the jelly into hot, sterilized glasses.

To use liquid pectin, measure the fruit juice and sugar in a kettle and mix well. Place over high heat and bring to a boil. Stir constantly. Immediately pour in pectin according directions. Bring back to a rolling boil and boil hard for 1 minute, stirring constantly. Then remove the kettle from the range, skimm off the foam and pour the jelly into glasses.

Storing jellies. After filling and sealing jelly glasses, they stand undisturbed for 12 hours. Then label them and move them into a cool, dry, dark place. The jelly will keep for a long time, but quality declines with each passing month.

How to make frozen jellies. This is a new way of making jelly out of certain fruits, such as strawberries and grapes, from which you can extract juice without cooking. The principal advantage is that the jelly tastes more like fresh fruit than conventional jelly. A secondary advantage is that you don’t have to spend much time over the range.

Frozen jelly is usually made with added pectin, either powdered or liquid. Unfortunately, there is enough variation in the way jellies are made with powdered pectin to prevent us from giving general directions here. To use liquid pectin, crust ripe fruit, place it in a jelly bag and press out the juice. Measure the juice and sugar into a large bowl and mix well. In separate bowl, mix pectin with water or lemon juice, as specified, and add it to the fruit juice. Stir for three minutes. The pectin will help the jelly into cool, sterilized jelly glasses or rigid freeze containers to ¼ inch of the top. Cover tightly (but a perfect seal is unnecessary). Let stand at room temperature until the jelly sets. Then store in your freezer. It will keep for six months or a bit longer. Once opened, however, it must be used up quickly. Frozen jellies can also be stored in a refrigerator, but only for three weeks.

JELLY (without added pectin)
3 ½ pounds grapes
½ cup water
3 cups sugar
Concord and similar varieties make the best purple jelly, but other American bunch grapes can be used. We recently used white grapes with just a few purple fruits added, and the result was an outstanding jelly in a very lovely shade of rose.

Wash and stem grapes. Crush, add water and bring to a boil. Simmer for 10 minutes. Extract juice and allow it to stand overnight in a cool place. Then strain through a double thickness of cheesecloth to remove tartrate crystals. Measure 4 cups into a kettle and add sugar. Follow standard procedure for making jelly without added pectin. Makes 4 8-ounce glasses.

JELLY (with added pectin)
3 pounds grapes
½ cup water
7 cups sugar
¼ bottle liquid pectin
Stem, wash and crush grapes. Add water, bring to a boil and simmer for 10 minutes. Extract juice. Measure 4 cups into a kettle and add sugar. Follow standard procedure for making jelly with liquid pectin. Makes 9 8-ounce glasses.

FROZEN JELLY
2 pounds grapes
4 cups sugar
2 tablespoons water
½ bottle liquid pectin
Stem, wash and crush grapes. If they are not very juicy, heat them slightly. Put in a jelly bag and squeeze out juice. Combine 2 cups with the sugar. In a separate bowl, mix water and pectin and add to fruit. Stir for 3 minutes. Pour into clean, cold jars and seal. Let stand for 24 hours at room temperature. Then put in freezer. Makes 6 8-ounce jars.

From "Preserving the Fruits of the Earth" by Stanley Schuler and Elizabeth Meriwether Schuler. Copyright © 1973 by Stanley and Elizabeth Meriwether Schuler. Used by permission of The Dial Press.
Storing clothes with today’s space savers is a simple matter. What’s the secret? A marvelous assortment of handsome, durable new items—from a paisley-printed jumbo storage bag for 20 dresses to a wood-grain-finished chest that doubles as a bench.

With fall just around the corner, it’ll soon be time to put away all those warm-weather clothes and accessories. But how best to store them? To help you, here are some storage hints and a quick rundown of the newest, nicest ways to cope with storage problems.

To begin with, vacuum closets regularly to help prevent moths and silverfish. Mothproofing is another good preventive, since the presence of these insects is hard to detect until their destructive deed is done.

Clean your clothes before storing them; remember, dirt and stains attract insects. And brush clothes before and after storing, to freshen them and help eliminate any moths that may be lurking in pockets, under lapels or in seams.

Hang clothes properly—zippers zipped and buttons buttoned—they’ll hold their shape better. And leave spaces between garments to help hanging clothes stay wrinkle free. Store heavy knits and sweaters flat and use tissue paper between folds to discourage wrinkles. Don’t store clothing in damp areas; mildew and odors can become a problem.

For your convenience, there is a great variety of ingenious, space-saving storage gear in notions departments and hardware stores. The items come in coordinated colors and prints, some even in handsome wood-grain finishes and are packaged under many different brand names. Many are made by Whitmor Mfg. Co., the Clopay Corp. or Scovill.

Hanging storage: If you have sufficient closet space, the best place to put suits and dresses is in hanging storage bags. These come in many materials—vinyl, nylon, clear plastic, denim, sailcloth—and sizes—from single-item bags to paisleyed jumbos that hold 20 garments. Most have special heavy-duty hangers and zippered sides; prices range from $2 to $12.

Flat storage: There are several alternatives for storing nonhangers. If you have shelf or floor space, box storage is the answer. The boxes, usually made of vinyl over a rigid frame, range in size from small, single-item types to large partitioned affairs; prices are $7 to $16.

Among other flat-storage solutions are units that resemble furniture. You can get low campaign chests that double as seating and you’ll find dressers in oil sizes to suit almost any space requirement. They are made of wood, synthetics, metal or cardboard with a wood-grain finish. Prices vary from $12 to $30.

Shoe storage: Now it’s easy to corral all your shoes into one neat storage space. You can use a hanging shoe file that has pockets on both sides of a fabric or vinyl strip, or a wall or door bag with pockets on only one side. You’ll find high, narrow dressers and partitioned shoe chests similar to the flat storage containers; all come in paper- or vinyl-covered cardboard. Finally, there is that superb organizer—the metal shoe rack that sits on the floor or hangs from the wall or door. Prices for all types of shoe storers run from $3 to $18.

Closet space savers: These little hanging marvels hold several garments in the same space as one. Tucked into your hanging storage bags, they can really help you stretch that limited space. You’ll find slacks racks that hold from four to six pairs, folded over, and skirt/slacks racks that use clips and hold up to six items. Especially nice are the combination hangers for skirt/blouse or shirt/slacks ensembles. And, of course, there are the indispensable tie and belt organizers. They hang in a closet or in your clothes bag and hold from 18 to 48 ties on individual arms, with a big bottom hook for belts. —Jeanne M. Bauer
Today’s unprecedented art explosion makes the old excuse, “I don’t know anything about art, but I know what I like,” nothing but a cop-out. You can’t know what you like until you’re familiar with what’s available, and with current interest crossing all boundaries of geography and income, art is all around us. Exhibits once confined to urban museums are touring the hinterlands by truck, trailer and rail-road. Colleges and universities are opening their doors to off-campus neighbors when art events are scheduled. Public libraries are lending their wall space for exhibits by local artists. Publishers of books, newspapers and magazines are expanding their art coverage, and TV stations are allotting prime time to special programs on art and its creators.

Unlike retail outlets—mail-order houses, discount stores, picture-of-the-month clubs, even supermarkets and drugstores—are contributing to the popularization of art, however questionable its quality may sometimes be. While all this exposure won’t turn you into an authority, it should, if you take the time to look, give you the self-assurance and viewing experience needed to make discriminating choices.

Back in the days when art was spelled with a capital “A,” collectors were usually the moneyed elite, and galleries gave off an aura more intimidating than inviting. Nowadays, it’s all different. Gallery owners are as friendly as neighborhood shopkeepers. And excellent originals—including oils, watercolors, acrylies, gouaches—are available to budget-bound buyers in the form of graphics, produced by the printing process under direct supervision of the artist. These “multiple originals” comprise the following categories:

LITHOGRAPHS. Lithography is a planographic medium—drawing and background are on the same plane. The technique relies on the antipathy of oil and water. An image is drawn with grease crayon on a special smooth stone that’s then bathed in a grease-repellent chemical compound. Ink applied to the stone adheres to the drawn lines but not to the undrawn background areas. The image is then transferred, in reverse, to paper, by use of a press that exerts a sliding or scraping force through a bar of wood.

WOODCUTS, LINOLEUM CUTS. These result from a technique that originated in 8th-century China and employs the relief method of printing. A design is drawn upon a smooth surface (a wood or linoleum block); then all areas except this design are cut away with special wood-cutting knife and gauge. The raised design is inked and reproduced on paper that is pressed against the block.

ETCHINGS, ENGRAVINGS, AQUATINTS, DRY-POINTS. These related media are examples of the intaglio method, which is the reverse of relief. A drawing is cut into a metal plate with acid or a sharp tool. Then the plate is inked, and wiped so ink fills just the cut-in lines. Plate and paper are passed through a press, and the drawing is transferred to the paper.

SERIGRAPHS. These are silk-screen prints; the technique used to make them is based on the stencil principle. Designs are created on finely woven silk stretched taut on a frame. The artist blocks out blank areas of his design with a stencil or with a glue that fills in the pores in the silk. Ink forced through the silk reproduces the pattern of blocked and unblocked areas on paper placed beneath the screen. Though old, this technique—called serigraphy—is especially well suited to contemporary art, since it permits a color intensity impossible to achieve with other graphic media.

Production of multicolor graphics involves repetition of the steps described above—the medium determines the actual technique—for each color used. For a more detailed survey of the world of graphics, you might investigate A Guide to the Collecting and Care of Original Prints by Carl Zigrosser and Christa M. Gachde, Crown Publishers, Inc. $3.50.

Before buying a washing machine—or any product for the home—you doubtless study the market thoroughly. Art purchases deserve the same.
ful research—maybe more—since art, dealing on its quality, is expected to increase in value with the passage of time, while a washerman depreciating the moment it’s installed. As shop, note that the price (but not the artistic value) of a fine print is determined by four main factors:

**The Artist.** The better his reputation, the higher the price. Buying the work of a recognized artist is a good assurance of a sound financial investment. However, this should not be your most important—or only—reason for making a particular purchase. Graphics by unknown artists may be acquired very reasonably, sometimes for under $50; if a print appeals to you, that should be your primary motive for making a chase. And there’s always the exciting possibility that your artistic judgment will be confirmed by later recognition of an unknown whose work you acquired before the rest of the world “overheard” him. By the same token, the relatively low prices of graphics keep misguided purchases from becoming major disasters.

**The Image Itself.** One signed Picasso print from a numbered edition of 50 can cost $1,000; another print from an edition the same size could cost as much as $100,000, if it is rare and adjudged to be a more significant work.

** Rarity.** The law of supply and demand governs as well as other commodities. A graphic from an edition limited to 50 will cost more than a similar print from an edition of 200; however, the assurance you derive from owning a print has no relation to its cost, or to the fact that 199 other persons are sharing that pleasure. A penciled signature adds appreciably to the purchase price and esthetic value of a print, but a signed work has more artistic merit than an unsigned graphic that is from the same stone, block or plate.

Numbered, signed editions and unnumbered, signed prints are sometimes produced from the same negative; the signed, numbered graphic may cost as much as four times the price of the unsigned print, so it’s up to you to decide whether you’re making a financial investment or acquiring a work of art for the pleasure of living with it. Limited editions may be identified by two sets of numbers, separated by a slash, appearing in the lower margin of the print. The first set indicates the print’s position in the edition; the second is the edition’s total output. Thus, 19/200 means you have the 19th print in an edition of 200. All prints from a single edition are equal in value, the first no more valuable than the last.

**Condition.** Tears, stains and damages irreversibly reduce the value of graphics. Damaged prints can be repaired by experts, but the restored print can never again match the value of one in mint condition from the same edition. Improper framing can do as much damage to prints as carelessness or neglect. Did you know that commercial paper tapes and “sticky” tapes other than gummed white linen tape should never be used in framing? Proper framing is as important to the preservation of prints as it is to their appearance. Some galleries offer expert framing service; others provide clients with a list of recommended framers.

The advent of photo-mechanical means of reproducing graphics, however, poses a problem for the novice collector, who may easily be duped into buying a mass-produced copy misrepresented as an original print. Your first line of defense is education; expertise in distinguishing calendar art from originals will increase in direct proportion to your exposure. If you don’t have the time to become a print connoisseur, your best bet is to rely on the knowledge of an established, reputable dealer. His willingness (or reluctance) to issue a written guarantee of authenticity for your purchase is a good indication of his reliability. Most legitimate dealers will also promise, in writing, that an acquisition may be returned for full refund within a reasonable period (generally 10 to 30 days from purchase). Some galleries will also permit later return for full credit toward “trading up” to a more expensive acquisition.

Recognizing that reputations aren’t built overnight, the Art Dealers Association of America will not consider for membership any gallery that has been operating less than five years. And graphics dealers who have earned certification from the Print Council of America maintain rigid standards regarding the authentication of representation of original prints. (A list of certified dealers may be obtained by writing the council at 527 Madison Ave., New York, N.Y. 10022.) Recognition by either or both these prestigious organizations is a top-notch indicator of a gallery’s reliability.

Unless you’re an expert, be wary of buying at art auctions. Auction houses generally sell without guarantees, and operate on the principle of caveat emptor (let the buyer beware). Attend some art auctions just for fun (and for one of the best free shows in town). Take note of graphics sold and prices paid and then do some comparison shopping in the galleries. Don’t waste your time daydreaming of acquiring undiscovered, unrecognized treasures of the Rembrandt-in-the-attic type. Sylvan Cole, Jr., president of Associated American Artists and a director of the Art Dealers Association has purchased an estimated half-million prints during his career and recalls only five “undiscovered” bargains among them.

No one can tell you what fine art to buy; the graphics you choose to own are for you alone to select. But here are a few final pointers on how to buy: Don’t choose a picture just because it’s the right size or shape for that spot over the fireplace, because its style is in keeping with your country French furniture or because its colors go well with the living-room curtains. That kind of “accessorizing” is demeaning. Art should stand or fall on its own merit. Traditional and modern, representational and abstract—if the graphics are good, they’ll be in good company.
It's happening now, this month—easy sewing notions, gourmet cooking by cassette, heady winery sights and the latest fun in games.

**SEATS OF POWER**

For that World Series fan, how about a TV game-watching chair that looks something like a baseball? It's in gray velvet or vinyl, with simulated baseball stitching. Selig makes it to retail nationally at about $345. Or sink into the Pop-Over, a soft, rounded chair with a back button smack in the middle. Also by the Selig Company, it's about $280.

**THE CASSETTE CHEF**

The latest soothingest voice in the kitchen is that of master chef James Beard. In his new series of taped "Cook Along" lessons, he's right there beside you—offering helpful hints (dunk onions in boiling water for easier peeling), reminding you of basic equivalents, glorying in anticipation (his chocolate sauce will be "sinfully delicious"). Cassette contain full directions, menu and wine suggestions for two complete meals. Available at department and book stores, they're $6.95 each, $69.95 for the full set of 10 (20 menus).

**TREE TREAT**

Now you can fertilize trees and shrubs effortlessly—with Jobe's Tree Food Spikes ($2.95 for a package of five). Composed mainly of nitrogen, phosphoric acid and soluble potash, the spikes come with a removable rubber cap for protection when pounding them into the ground around the tree trunk. They are said to be three times faster to use than other tree fertilizers and require no additives, digging or drilling.

**SEW NICE**

Every time we're about to give up the whole thread-knotting, finger-stabbing business, someone comes up with a new invention that lures us back to the sewing room. This time that someone is 3M, whose "Scotch" has a whole bagful of notions: Pinless Pattern Holder, a spray adhesive that holds patterns and fabrics in place; ruled adhesive Sewing Tape for straight seams, pattern adjustments; Reflective Fabric Trim to apply to outdoor wear for night-safety's sake; Flexible Fabric Fasteners, an alternative to buttons and zippers. None costs more than $2. . . . Though priced at $469.95, Singer's Future 900 is a temptation. It works all sorts of stitchcraft, even making buttonholes automatically to fit any button you slip into its computer slot.

**SPIRITED SITES**

Heady news for traveling wine lovers: museums, east and west, dedicated to their favorite subject. In California, the Christian Brothers Winery toasts the opening in late fall of its Wine Museum of San Francisco, full of art, sculpture, books, artifacts and drinking vessels that tell the grapes story through the centuries. In New York State, the Grey- ton H. Taylor Wine Museum near Hammondsport currently displays all the tools of the vintner's trade plus collection of Presidential crystal. Admission is $1; no charge for visiting cent Bully Hill Winery, or for samples.

Speaking of which you might pick a bottle for home-mulling in the fall days to come. Simply simmer peels of 1 orange and 1 lemon with cinnamon sticks, 1 teaspoon sugar, quart burgundy; strain, serve in mugs.

**GOOD WORDS**

Nice to warm your heart by: a small volume of people-reaching thoughts from such disparate and undespering sources as Joan Baez and Boris Pasternak, Paul McCartney and Eleanor Roosevelt. Among our favorites: Phyllis McGinley—"A good day is waki after eight solid hours of sleep to find the sun shining through windows that have lately been washed . . . and to know on the insta of rising exactly what to get from the market for dinner. Lady Bird Johnson—"I like being real tired from getting the weeds out of the zinnia bed and finally sitting down with a glass of lemonade to see how pretty the flowers look . . . . There's something really satisfying about working and having gotten it done. A Hallmark Edition at $2.50, it's titled The Good Life, of course.
WAS THE BRASS MONKEY A WOMAN?

The speculations concerning the drink that defeated the Japanese Imperial Secret Service in World War II.

Bits and pieces of the Brass Monkey legend are still surfacing. As hard to pin down as quicksilver, as boneless as oysters, but as hard to ignore as the jolt of brass knuckles. The truth? Where does it lie? Candidly, we don't know.

It is rumored that early in 1942 the Japanese Imperial Secret Service began a concentrated search for an agent. Code name: Brass Monkey. Affiliation: our side.

Gossip had it that a trafficker in information, probably Ha Fat, the quinine dealer, had put the Secret Service onto a drinking club in the port of Macao.

The Japanese began around the clock surveillance.

Heavy Traffic
The Club's heaviest trade

was in a sunshine yellow drink. It was named, like the club itself, after a small brass figurine perched in a niche beside the entrance: The Brass Monkey.

Soldiers of fortune, riff-raff, purported agents, and double agents, ordered the Brass Monkey. Smiled, were content, and went on with their business, nefarious and otherwise.

A Clue
One night an Imperial Observer was said to have noticed an unusual pattern. The club entertainer—a Eurasian chanteuse of notable endowments who called herself Loyana—sang the same song repeatedly. Each time upon request.

Loyana's Swan Song
Next night, the Imperial Agent allegedly returned with a cryptologist from the Code Division of the Kempeitai. Could he discern a message in Loyana's song, 'My Love is a Man of Gold'? Was there a code in the lyrics? In the changing notes of the accompaniment?

What was the Brass Monkey a woman?
Perhaps Loyana was "invited" to give a command performance in a lonely, fog-wrapped warehouse.

Perhaps after hours of "persuasion" she was forced to tell it all.

In any event, the night following the time-of-many-singings, Loyana disappeared. Not long after, the club closed. Not the Japanese file on the case, though. Till the end of the war the Brass Monkey was rumored to be a monkey wrench in the plans of the Axis.

Still A Mystery
Who then, was the Brass Monkey? Legend has it that Allied Agents learned his identity from the coaster served with the Brass Monkey cocktail. When they crossed out the words, "No Evil," then removed all the letters from "The Brass Monkey" which did not appear in "See, Hear, Speak," they were left with the name: H. E. Rasske. That name, though, could have been an anagram for E. H. Kessar. Or Rhea Kess. A woman.

H. E.'s Homage?
Hearsay has it that every few years since the end of WW II, a gray-haired gentleman visits a nun's cloister in Hong Kong across the estuary from Macao. Could he be the same man who some say once enjoyed a relationship with Loyana? The same, perhaps, who is identified as H. E. Rasske, inventor of the Brass Monkey cocktail?

What's a Brass Monkey?
It's an absolutely smashing drink made from a secret combination of liquors. Tasty, smooth and innocent looking, but potent.

The color of sunshine with the mystery of moonlight.

The Brass Monkey. For men and women who don't just wait for things to happen.

HEUBLEIN COCKTAILS
Frame a window in color and light. Dress bed or babe with snug-bug warmth. Tone and texture an easy chair. Soften the floors with the new, deep carpeting. Do your own thing in your own fashions. All with the certainty of Chatham. We’ve been weaving and spinning that sureness for just about a century now. Crafting it into the finest synthetics and blends. Into upholstery for autos and furniture. Into drapery cloth and carpet yarns. Into fabrics for fashion and home sewing. Into our North Star and Esmond blankets.

So, whatever you see our name on, in, or under, has worth. Chatham Mfg. Co., Elkin, N.C. 28621.
A KITCHEN THAT CARES

At first glance the kitchen below, though sleek and handsome, does not seem out of the ordinary. Not so. Look closer and you'll find a forecast of what may well be a major revolution in design: It's General Electric's new modular system, the result of hundreds of queries to homeowners about what they want in a kitchen. Seen here in The Ryland Group's "Prototype '74" house (bottom, left) in Columbia, Md., the GE kitchen is a wonderful answer to a homemaker's concerns.

To begin with, it provides extra, more convenient cabinet space (see profile drawings, below, right), with an innovative back-of-counter storage shelf for small appliances. Cleaning it is super-easy, since counter-top and cabinet surfaces are of durable plastic laminates. Another plus: Continuous soft lighting comes with the cabinets to let the soup-stirrer and vegetable-cutter really see what they're doing. Finally, since major appliances are designed to fit flush to the cabinets, and since the abundant storage space is so tidy, the kitchen is trim and finished-looking.—Jeanne M. Bauer

Prototype kitchen (above) features a back-of-counter shelf for canisters, spices, small appliances—even plants. Cabinet-door widths are restricted to 12 inches, so no upper door extends beyond the counter edge—an important safety feature. Still in the development stage, the GE kitchen, in several configurations, is being introduced first to builders in Kentucky and Florida.

Raised ledge at rear of counter (left) is big enough so that small appliances can stay at hand ready for use. Columns have electrical outlets. Nook at center is ideal for electric can opener.

Cabinet profiles (left) show some of the prototype kitchen's storage advantages: Base cabinets are deeper than standard size; upper cabinets provide a third more shelf space. And within an average person's easy reach, there are two shelves instead of the usual one.

Standard cabinets

Prototype cabinets

PROTOTYPE '74: TESTING THE FUTURE

The traditional look of the house at left is deceiving. It's actually a testing ground for a number of breakthrough building products and techniques, including the GE kitchen system shown above. Brainchild of The Ryland Group, a leading home builder, "Prototype '74" is full of surprises, such as: waterproof wood foundation of Osmose-treated lumber; combined sheathing insulation of Dow Chemical's Styrofoam panels; aluminum floor joists by Alcoa; molded Fiberglas entrance door from Owens-Corning; one-piece interior walls from Upson panels; and solid vinyl siding from Certain-teed.
These exceptionally charming designs for the youngster in your family were created for us by Cathy Irvin. Though delicate, they are sturdy enough to be long-lasting heirlooms. The beguiling Grow Chart (right), 9 1/2 by 28 inches, is stamped on soft antique beige linen. The embroidered numbers can be omitted, if you wish, and the panel used decoratively instead.

The exquisite Birth Record design (above), 11 1/2 inches square, is stamped on white linen. Instructions for lettering are included, but you can omit the letters and hang a treasured miniature (top) or gold watch for an entirely different effect. The frame is also available. Both of these kits come with stitch charts, color guides, easy-to-follow instructions and crewel yarn.

Family tree (below), a memento to cherish, is 16 by 19 inches, stamped on white linen. Frame is available.

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These designs are available from American Home, Dept. 3942, 4500 N.W. 135th Street, Miami, Florida 33059. Prices include postage and handling:

- Kit 61733 Grow Chart $8.98 ea. plus $.75 post. & hdg...
- Kit 61734 Birth Record $6.98 ea. plus $.50 post. & hdg...
- Kit 61735 Frame for Birth Record $3.98 ea. plus $.50 post. & hdg...
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WHICH TYPE OF AIR CONDITIONER would be better: one that conserved energy but took longer to cool a room, or one that cooled a room faster? The energy-saver was preferred by 83 percent, with only 12 percent opting for the faster cooler. These figures suggest another heartening change of attitude. People are now willing to sacrifice a little comfort to conserve power and reduce fuel bills.

HEATING, FUEL AND INSULATION are three subjects that are very closely allied. Regardless of the heating system now in use, we asked what would persuade readers to change to a new type of fuel or power system. If the new system would save on fuel bills, 65 percent might be persuaded to change. If the new system would help conserve energy, 53 percent expressed interest in changing. If installation costs were recoverable in five years, 42 percent said they might change. And if special low-interest loans were available for such a changeover, 14 percent found some likelihood of change. Thus it seems that our readers are flexible in their thinking about a change to some better system.

It was also surprising—and gratifying—to find readers showing an awareness that better insulation and better home construction would result in lower fuel bills, regardless of what type of fuel was being used. In fact, our readers calculated that about 25 percent of their fuel costs could be saved this way.

Another pressing question that we put to our readers concerned the rising cost of good residential land and whether they would consider living in one of the newer forms of housing—condominiums, cluster communities, planned unit developments—in which land is owned jointly by all the neighbors. Here we ran smack up against tradition, with the majority favoring detached single-families houses on their own land. Only one-third would consider any of these new forms for their permanent home, three out of eight for a vacation home. Traditionalists were aware of the continually inflating price of land and its effect on future homeownership. But as one woman put it, “We want our little white cottage with a fence around it, though I'm not sure that it's what our children will want or be able to afford.”

THE QUALITY OF BUILDING is something a great many homeowners are clearly dissatisfied with today. When we asked if they thought the average builder gives home buyers value for their money, four out of five readers answered with a resounding no. What could be considered the worst features of today's houses? One in five mentioned poor construction, poor workmanship and poor quality of materials. Nearly one in listed poor insulation, poor wall stripping, wasted space, poor plans and small rooms. And the rundown and complaints went on to include doors that don’t fit, lack of close space, use of green lumber, bad plumbing, and unnecessary damage to tree leaves. We received this response repeatedly, “The builder doesn't seem to care!”

What’s the best way to prevent ferocious housing from being built? To cut out of four readers felt that a demand for quality housing would be most effective in combating poor quality. Most insisted, however, that stronger action was needed. Some 42 percent suggest changes in building codes, and 30 percent recommended more stringent government standards. An interesting fact note: 76 percent of our readers felt that new houses designed specifically for them would get better value if they had house designed specifically for them.

SIZE VS. ENERGY SAVING did prove an imperable. If two houses cost the same, but one is larger, it lacks energy-saving features and other is smaller but features energy conservation, fully three-quarters of the readers who answered the questionnaire say they would choose the other. Their reasoning was sound, too, for as one reader stated, “The extra space isn’t as valuable to me as the energy-conserving features that will continue to save money, year after year.”

Increased taxation is never popular when asked our readers would they vote yes or no if their community were to propose an increase in taxes to fund ecological improvements—such as sewage-disposal plant or water-purification system—71 percent said they would vote yes. Feelings ran high for making the community “a better place to live,” children. And on a broader plan, many readers wrote with great emotion about the “far-reaching worldwide effects of pollution” and the need to “save the planet Earth.”

In general, the people who completed our questionnaire said they believed their neighborhoods had been upgraded during the last five years—the result of new home building and the pride and concern of individual owners in the homes and community. Though 83 percent of the three readers reported a definite improvement, 18 percent reported some type of neighborhood deterioration and 11 percent noted no change.

We were enormously impressed by the number of readers who, in filling out and mailing the questionnaire, expressed not only knowledge and concern for today’s environmental issues, but also willingness to take positive steps to help solve the problems. —The Editor.
LESS "TAR" THAN MOST KINGS, 100'S, MENTHOLS, NON-FILTERS.

MENTHOL TOO.

THINK SILVA THINS 100'S

*According to the latest U.S. Government figures.
Filter and Menthol: 15 mg. "tar", 1 mg. nicotine av. per cigarette, FTC Report Feb., '73.
The soaring cost of building is now the silent design partner of many residential architects, to judge from trends evident in the 18th annual "Homes for Better Living" judging, sponsored by American Home, House & Home and the American Institute of Architects. With few exceptions, the winners reflect close attention to cost—by efficient use of space and of less expensive materials.

To make the most of every inch, the houses cited feature decks more closely integrated into floor plans, interior sun courts usable even in cooler months and more extensive built-in furnishings and storage. To dramatize smaller interior spaces, the award winners include spectacular skylights, high ceilings and balcony rooms.

Making a virtue of necessity without sacrificing quality, most of the architects have used lower-cost materials, but in fresh, new ways. This means natural wood exteriors are prominent, lessening long-term maintenance problems.

Here through page 52 are vignettes of 17 of the 20 award winners. On this page are five in the year-round custom-house category (the remaining three are shown in color starting on page 57).

—Guy Henle and Jane Levy

1 Unusual rock outcropping on a Stamford, Conn., site dictated the changing floor levels of this cedar-sided house. One-story living area flows into two-story bedroom tower. Architect: David Kenneth Specter. Honor award.

2 Situated atop a grassy knoll overlooking the Pacific at Sea Ranch, Calif., is this two-house complex. Host and guest houses both have stepped-back design, giving major rooms in each an ocean view. Architect: Kirby Ward Fitzpatrick. Merit.

3 Its night glow reflected in a quiet pond, this house sits serenely on four-acre site near Old Westbury, N.Y. House, designed for a large household and extensive entertaining, is an interplay of forms and spaces. Architects: Richard Meier & Assoc. Merit.

4 Glass-enclosed living area high in the trees occupies most of top floor of Berkeley, Calif., house designed for architect's family. Lower floor has apartment-like space for three young boys. Architects: McCue Boone Tomsick. Merit.

5 A 25-by-40-foot courtyard is the focal point of this architect's home in Tacoma, Wash. Protected on three sides, courtyard serves as a sun trap in cool climate and adds to livability of 1700-square-foot house. Architect: Alan Liddle. Merit.

continued
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*We guarantee your Ah-h Bra underviwe will stay in place for the life of your garment or return it for free replacement.
Sensitive consideration for the land is a recurring theme among these award-winning multifamily projects.


7. Design and siting of condominiums at Sahalee Village in Redmond, Wash., represent an effort to retain landscape and also insure individual privacy. Architects: Mithun and Assoc. Builder: Swanson-Dean Corp. Merit.
A kid in the cavity-prone ages can wind up with a mouthful of cavities. 11 is average between the ages of 5 and 15. But a Colgate fluoride treatment every day can help prevent some of those cavities. Colgate* with MFP* fluoride helps strengthen teeth against decay. Remember, only your dentist can give teeth a better fluoride treatment. Ask him.
1 Country: Detaching and moving the garage (before, top) began the updating of this Cape Cod house in Princeton, N.J. Garage was replaced by contemporary bedroom-playroom wing, then breezeway was enclosed (above). Garage is to the left, out of photograph. Architect: William H Short. Merit.

2 Lake shore: Cantilevered deck (right) and glass-enclosed study (far right) were added to a 1920s house near Seattle to exploit views of Mt. Rainier. Study and deck are joined by landscaped walks. Architect: Keith R. Kolb. Honor.

The remodeling winners: A sense of today reaches out to three diverse locations.

3 City: Though the facade of this converted stable on Boston's Beacon Hill could not be altered (far left), traditional brick court at the center was surrounded by two-story glass that worked a dynamic change (left). Architects: Childs Bertman Tseckares. Merit.
The End of The Naked Bathroom.
It begins with Sears washable bath carpet.

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BEST HOUSES continued

Two vacation-house winners take different approaches—one a radical departure, one a return to indigenous design.

1 Anchored by steel beams to the fractured rock of a limestone cliff in Door County, northeastern Wisconsin, this glass box (above) hangs out over a 150-foot drop. Except for teak planking on roof deck, the house is sheathed in self-weathering steel that creates a protective rust coating. Architects: Harry Weese & Assoc. Honor.

2 Like the New England fishermen's shacks they were designed to resemble, this pair of houses (below) blends beautifully into the Nantucket, Mass., moor they stand on. Executed as one project for two related families, they are clad in the island's traditional wood shingles. Architects: Venturi and Rauch. Merit.
Limited Edition
Collector Plates:
Marvelous Wall Decorations and excellent Investments as Well!

It is a well-known fact that some limited collector's plates are not investments but you have to know which ones to buy. We suggested the purchase of the 1969 B & G Mother's Day plate at $9.00 and today, it is worth up to $250.00. We also purchased the 1970 Haviland Christmas Plate at $25.00 which sells for $125.00 and the Goebel Hummel 1971 annual plate for $25.00 and now brings up to $100.00 each.

Collecting isn't a new hobby, either. Bing & Grondahl mark produced their first dated Christmas Plate in 1895 and we were one of the oldest and largest companies specializing in limited edition items, and our subscribers receive a monthly newsletter describing all the fine quality collectibles available. More and more Americans are starting plate collecting not only because they make great wall decorations, but also because they are good investments and future antiques.

Special Bonus: As an incentive for you to buy a collector's plate from Joy's this month, we want to offer the following bonus: if you order any item from this ad, you may also order one Bing & Grondahl Mother's Day Plate at only $3.95. This famous original B & G 'Pussycat' plate that sells for $20 and they are hard to find. We're offering this rare plate to you at less than wholesale because we want you to see the beauty of limited edition items. Offer good for 30 days and not to previous sale, so please order today.

Extra Special Bonus: ABSOLUTELY FREE one-year subscription to our renowned Joy's Letter showing pictures of quality items available and lots of pertinent information about the hobby. Joy's also pays postage, handling and mailing charges for any order. If you'd like to try a sample letter, please send $25 and we will send you one immediately.

Note our special on the Anri hand-carved, painted, music boxes with Swiss movements. They are 6 inches high and are less than wholesale this month. Limit per collector and subject to limited supply.

Tax Deduction: We often help good medical research causes through Joy's. This month, if you'd like, you may deduct $1 from any order you send us if you send it to Scheie Eye Institute, 1000 39th Street, Philadelphia, Pennsylvania 19104. Dr. I. D. Scheie has restored sight to thousands of blind people and you can even deduct this donation from your income tax. Use coupon and send either check or M.O. and join the crowd who are joining in the plate collecting hobby.
NEW CREATIVE CREWEL FLOWER KITS

By Dorothy Lambert Brightbill

Here are three of the prettiest floral pictures ever. The sturdy geranium (below, left) by Diantha Fielding are stamped on off-white homespun, 12 by 18 inches. The nosegay of favorite flowers (below, right) by Robin McGinn is stamped on lime-green homespun, 12 by 16 inches. The terrace pot garden (bottom) is a new embroidery approach, stamped on moss-green homespun, 11 1/2 by 13 3/4 inches. Kits include wool yarn for embroidery, easy-to-follow instructions, stitch charts, color guides. Wood frames are available, unassembled, with special braces for putting them together easily. Colors are as shown.

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For other exciting American Home crafts, order catalog #61014 (see coupon).
I passed up reducing sessions and lost 77 pounds.

By Jerrie Wooley — as told to Ruth L. McCarthy

I yelled from the living room. That hurt. But that’s what got me into action.

I’d been reading those ads about that reducing plan candy, Ayds®, and when a nurse friend suggested I try them, I bought a box of the vanilla caramel kind at our local store.

I’m a great label reader. And when I read that Ayds didn’t have any drugs, but did contain vitamins and minerals, I started on the plan with hope. Stubbornness, too. I was determined to prove to my family I could lose weight without spending a lot of money on weekly sessions.

On the Ayds plan, I took one or two Ayds before meals with a hot drink and they really helped me cut back. However, it wasn’t until I’d taken off 19 pounds that I realized how it showed. We were at my sister-in-law’s for dinner and being from the country, she sets a big table. Well, I didn’t want to insult her by turning down seconds, so I owned up to reducing. She said: “We kind of noticed you were losing” and didn’t force me to eat after that.

I found as the scales went down, I had more energy for doing things in the house and exercising outside. Of course, my doctor was delighted.

Losing over 70 pounds on the Ayds plan sure made my varicose veins operation easier. They had to wrap me in bandages from my thighs down, but at least they didn’t need a crane to get me up.

When I finally got down to 120 pounds, I had a garage sale and unloaded my fat clothes. And somewhere in Louisville, Kentucky, there are some chubby little ladies, who are very happy in my castoffs. Too bad they didn’t buy Ayds and start on the plan. Then they’d never have a hard time finding clothes that fit.

![BEFORE AND AFTER MEASUREMENTS](image)

This is hardly a sitting-pretty pose, but at 7 lbs. this was my best angle.

Some things you can afford in life, and others you can’t. Me? I couldn’t afford to get fatter than 197 pounds. So if I have the money for those group sessions where they talk you into reducing. But I was determined to lose weight.

I’d been a chubby ball from as far back as I could remember. Fact is, I used to think I’d been born with a lot of “fat cells”. But the real reason was I couldn’t walk away from my mother’s delicious cooking. So by the time I got to eighth grade, I weighed near 160 pounds.

My mother finally took me to a doctor and he gave me reducing pills. They helped me lose some, so I could graduate in a “skinny” dress. But shortly after graduation, I gave up the pills and started eating and gaining all over again.

Why, I even got married fat. Young, too. At the age of seventeen. My life from then on was just one diet and reducing pill after another.

At 170 pounds, after my second child was born, I developed bulging varicose veins — which called for an operation. “But not till you lose a lot of weight,” the doctor warned. I got so discouraged at this point, I went home and eventually ate myself up to 197 pounds. It was terrible.

Even my uncle who comes to visit us only once a year noticed it. “Are you staying in the kitchen because you’re ashamed of how you look?” he yelled from the living room. That hurt. But that’s what got me into action.

Now that I’m down to 120 lbs., it sure feels good to get into junior-size clothes.
The textured weave in sun-drenched colors.
Sears Aquarius Draperies.

What a wonderful surprise! Ready-made draperies with the weight and fullness you thought you could find only in custom-made draperies. Aquarius draperies from Sears.

You'll fall in love with the many faces of Aquarius. With its luxurious fullness—as it drapes your windows with deep, rich folds. With its heavily woven texture. With its subtly blended colors—a mixture of both delicate and brilliant hues. All sun-resistant and colorfast. In many sizes, many colors.

Perfect for patio windows, for case windows or sliding glass doors. Made of 27% cotton, 73% rayon that's easily dry-cleaned.

Discover Aquarius at most larger Sears, Roebuck and Co. stores and in the catalog. And nowhere else.
TRIO OF WINNING DESIGNS

When an architect designs a house for himself, he faces some of the same limitations other clients impose on him: personal lifestyle, budget, choice of site, availability of materials. But his artistic freedom is bound only by his talents. Thus it is no surprise that year after year many winners in our "Homes for Better Living" judging turn out to be the homes architects have designed for themselves and their families. This year is no exception. Six such houses were cited. Three are shown here and examined in detail on following pages.

As with the other winners (complete story begins on page 46), they illustrate similar trends and use of materials, but the lifestyles they provide differ greatly. --Guy Henle
Dedicated conservationists, architect Ivan Poutiatine and his wife, Lochi, were determined to build on a wooded hillside in Mill Valley, Calif.—a rural San Francisco suburb—without disturbing the natural beauty of their half-acre site. Ivan even altered his plans, lowering the roof line 18 inches to avoid cutting off one limb of a California live oak tree. His three-bedroom Honor award winner is paneled, inside and out, with redwood carefully salvaged from a 70-year-old aqueduct, giving the house a weathered look. With 2,400 square feet, its rooms are simply arranged and generous-sized. "I didn't want a house with clever, intricate spaces," says the architect. (continued)
It's a house that children really can enjoy.
CLUSTERED CEDAR PAVILIONS

Resting gently on a two-acre woodland site in Wilton, Conn., this five-bedroom Merit award winner is a model of simplicity. Designed by architect Willis N. Mills, Jr., for his own family of six, it is a cluster of three shed-roof pavilions arranged around a central entry hall. The plan encloses 3,000 square feet on two levels, combining easy circulation with privacy for all. (Lower level, not shown, has bedrooms, bath and playroom for the three Mills boys.) Shingle roofs and cedar walls echo rustic setting.

Plan (below) shows how three “dead-end” wings cut down traffic flow—no room serves as a walk-through. Garage completes entry court, adding privacy buffer.
From entry hall (left), which ties three separate wings together, you can move to any room in the house—or go directly to rear terrace, through doorway at far left.

Living room (left) is airy and informal. Glass wall is recessed three feet under roof extension, thus shaded from sun. The deck beyond glass adds to the sense of space and makes window washing easy.

Betsy Mills prepares an after-school snack for David, 8, and Liza, 12 (below). Spacious kitchen gets working light from clerestory windows.
From the street (opposite) it's easy to see how well Pat Coplans used appropriated space to add width to her house. Stairs allow entry at center of plan. Overhanging bays not only expand interior, but also vary the boxy look of the cedar-sided exterior.

When a lot is only 25 feet wide, it takes superlative design to put a livable house on it. Architect Patricia Coplans, who won an Honor award for her effort, used every inch of width on a San Francisco hill to create this stunning, skylit home for herself.

By adding space "stolen" from an undeveloped street at one side for her entry steps, she was able to devote the entire frontage to her living room. The variance she needed—to use the street space—also allowed the overhanging bays.

Brick terrace at rear (below, left) surrounds glassed-in kitchen-dining room. Design of house is so compact that Pat need walk only a few steps to have coffee on the outdoor patio with her friend Dave Hunter.

Window extension in living room (below), lined with comfortable built-in seating, offers spectacular view of Golden Gate Bridge and the Pacific beyond. Ceiling soars to 26 feet. Here, Pat takes in the panorama, while Dave and his sons huddle over chess.

SKYLIT SPACE SAVER (continued)
With an enviable view to the north, there was no question which way the living room would face. But Pat wanted sun as well as spectacle. Her solution is a south-facing skylight that also brightens the balcony bedroom. Lowered ceiling creates a restful nook beneath bedroom.

Skylight festooned with hanging pots of ivy drenches bathroom with sun. It also enables a bather to gaze at towering eucalyptus trees from large, circular tile tub. Pull-up shades block out sun, when necessary. Door at left leads to sauna.

Pat prefers an open plan: "I don't like doors." "I wanted interrelated areas for living, eating and working," says Pat, and being the architect as well as the client, she got exactly what she asked for. Her rooms flow into each other, and by using skylights and high ceilings, she created a feeling of spaciousness and lofty drama for this 1,800-square-foot, two-bedroom house. Easy upkeep, inside and out, was another consideration. Tile floors and other scrubbable surfaces line interior.
Kitchen is an efficient U-shaped space arranged around counter-high worktable. Dining corner looks down hall toward living-room fireplace. Terra-cotta ceramic tiles cover all floors except living room, richly surfaced in parqueted wood.

Floor plans show how spaces relate. Two bedrooms and bath are on top level (below). On main floor (bottom), living areas flow together with little need for doors or dividing walls. Stairs lead to garage at street level.

Outside, the roof, doors, window frames and downspouts are metal—treated, before installation, with a new long-life enamel coating. Pat chose brick-red color to contrast with diagonal siding of natural cedar, which will be allowed to weather. To keep south-facing bath and kitchen-dining rooms cool during the heat of the day, skylight glass is coated with a shading tint. At night, from inside, this treatment gives the glass a mirrorlike quality.

PHOTOGRAPHS BY JOHN ZIMMERMAN

Details on building materials, page 90
When Karin and Merritt Blake, two native New Englanders, decided to move to southern California, they took their Yankee traditions with them. Their love of sunning, swimming and sailing made them choose Malibu at the edge of the Pacific, yet the charming Cape Cod house they bought there is a clear reminder of home. "It wasn't easy to find a traditional house in this seaside colony," says Karin, an interior designer. "Now we feel we have the best of both worlds. We love the sound of the surf, and the children have an enormous sandbox as a yard." (continued)
A place with light and breezy living spaces

The house the Blakes found in Malibu was a warren of tiny dark spaces, which they converted to airy openness. Walls were toppled to create a large living-dining room, and bowed windows added to flood the room with light. The fireplace front was completely remodeled. In master bedroom (opposite), which fills floor space over living-dining room, the round window over bed was copied from a house pictured in a book of historic American homes.

Walls throughout were stuccoed and floors refinished. New cedar beams, painstakingly hand-chipped to look old, were left unfinished to mell in the mild salt air. Major remodeling completed, Karin and Merritt fill their rooms with a mix of new and old. Some of the antiques were handed down from parents and grandparents, others were collected since their marriage.

Master bedroom (opposite) has cozy seating area for reading and relaxing. Quilts are antiques. Karin designed ruffled pillows on settee.

Bath (above), with new pine-framed stained-glass windows and old wicker chair, oak commode and medicine chest, is a quiet retreat. Floor is green and white Mexican tile.

Emily's room (right) has antique bed covered with a ready-made spread. Doll atop hand-painted armoire was her great-grandmother's.
COOKING LESSON No. 58 By Jacques Jaffry

STEAK DIANE

Be a star at your next dinner party, or give top billing to the man of the house. Follow these steps, and either of you can do a rave tableside act in minutes. Accompany it with French fried potatoes, green salad, dry red wine, a green vegetable. A superb finale: strawberries in wine, and coffee.

Put 3 tablespoons butter or margarine in large chafing dish set over a burner (or 2 burners, if possible). Heat until foam begins to subside.

Cook 2 or 3 steaks 1 minute on each side; remove. Repeat with other steaks.

Melt rest of butter or margarine in pan. Add shallots or green onions. Cook 1 minute, stirring constantly.


Add 2 tablespoons lemon juice to sauce remaining in pan.
STEAK DIANE
6 boneless sirloin or shell steaks
(each ½ inch thick)
Salt
Pepper
8 tablespoons butter or
margarine
1/4 cup minced shallots
or green onions
1 teaspoon dry mustard
1 tablespoon Worcestershire sauce
2 tablespoons lemon juice
2 tablespoons chopped parsley
1 tablespoon finely cut chives

Trim steaks of all fat. If you wish, pound steaks between 2 pieces of wax paper with wooden mallet to ¼-inch thickness. Dry steaks with paper towels. Sprinkle with salt and pepper on both sides.

Add 1 teaspoon dry mustard.

Add 1 tablespoon Worcestershire sauce. Mix well.

Return steaks to pan. Cook 1 minute on each side. Transfer to warm platter or serving plates.

The glorious results—tender, rare and juicy: how to win friends and captivate people in a matter of minutes.
Delicious dinners for six can be beautifully simple and quick when you combine fresh ingredients and canned, packaged or frozen foods. You'll have a meal to present with pride, and no one will suspect your shortcuts. Starred recipes in menus shown and for two more begin on page 80.

EASY "CONVENIENCE" COOKING
By Frances M. Crawford
Gordon Smith

MENU (left)
Shrimp Green Goddess*
Ham Steaks in Cream Sauce*
Duchesse Potatoes*
Peas and Mushrooms
Chocolate Charlotte*

MENU (right)
Tuna-Stuffed Tomatoes*
Baked Chicken*
Kernel Corn with Sweet Peppers
Green Beans Lyonnaise*
Floating Island*

Gordon Smith
PASTA

By Lucy Wing

Say "pasta," and you think "Italy," though people everywhere use this versatile, low-cost staple. Consider this international trio (from top): Greek pastitsio, lamb between macaroni layers; folded noodles in a Mexican dry soup; Chinese pork soup with vermicelli. Recipes for these and more begin on page 82.
Micronite filter. Mild, smooth taste. For all the right reasons. Kent.

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If you’d like a low-calorie food that’s a source of many nutrients, look to lettuce—particularly the outer leaves. It supplies healthy amounts of vitamins A and E, some C, small quantities of B vitamins, calcium, iron and other minerals.

**BUTTERHEAD**
Lettuce of this family is loosely headed with soft, pliable leaves that have an oily feel and a delicate buttery flavor. The heads are not especially crisp and are quite easily bruised. The best-known butterhead is *Boston* (below). Its leaves are often used as cups to hold individual salads. The outer leaves are a deep dark green, the inner ones shade almost to white.

**CRISPHEAD**
Varieties in this group have firm heads and a brittle texture. The leaves overlap in a smooth, regular manner to form heads six or more inches in diameter. The leaves, coarse with prominent ribs, are medium green on the outside, shading to pale green in the center. The widely distributed *Iceberg* (above) is the best known.

**LEAF**
This type, also called looseleaf or bunching, does not form a head. The light green, raggedy-edged leaves are arranged loosely around the stem with only the young ones at the center overlapping to any extent. Leaf lettuce has a very short market season and does not transport well. Easy to grow, it is a favorite of many a home gardener.

**COS OR ROMAINE**
The elongated head and long, narrow leaves make this lettuce easy to recognize. There are two varieties: the self-closing, whose leaves curve inward at the tips—and the loose closing, which does not form a closed head. The leaves of both look coarse but are tender and sweet. The outer ones are dark green and shade to almost white at the root end. The light, golden-yellow inner leaves are very tender and flavorful, a favorite in tossed salads.

**TIPS ON HANDLING**
Lettuce should be refrigerated as soon as possible after buying to insure crisp texture, good color and top flavor. Peel off any bruised outer leaves, and remove the core. For the crisphead type, hold the head core end down and whack it on the kitchen counter. Lift or twist out the core. Rinse, cored end up, under running cold water. Drain. For the more easily bruised heads, like Boston, cut out the core with a sharp knife; hold the head, core cavity up, under running cold water and spread the leaves apart gently. Drain thoroughly.

Store in an airtight container, a tightly closed plastic bag or the vegetable compartment of your refrigerator. Lettuce will keep three to eight days. Freezing is not recommended.

In use, lettuce can be cut into wedges or chunks, shredded or torn apart to mix in a salad. Tearing is preferred, because it keeps the leaves from darkening at the cut edges.

Another prized member of this family is *Bibb* (above)—a tiny cup-shaped lettuce with distinct color, flavor and crispness. The leaves are deep, rich green on the outside, blending to a whitish-green toward the core.
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be repeated this season.
1 tablespoon flour
1 tablespoon melted butter or margarine
\[ \frac{3}{4} \text{ cup heavy cream} \]
\[ \frac{1}{2} \text{ tablespoons minced shallots or green onions} \]
6 fully cooked, \( \frac{3}{4} \)-inch-thick ham filets
Soured. Makes 6 servings.

Goddess dressing. Serve separately.

Garnish with watercress, if desired. Makes 6 servings.

**HAM STEAKS IN CREAM SAUCE**

2 tablespoons butter or margarine
6 fully cooked, \( \frac{1}{2} \)-inch-thick ham steaks (about 2 pounds)
2 tablespoons minced shallots or green onions
\( \frac{1}{2} \) cups heavy cream
2 tablespoons minced butter or margarine
1 tablespoon flour
Duchesse Potatoes (below)

Melt 2 tablespoons butter or margarine in large skillet over medium heat. Brown ham steaks lightly on both sides. Remove steaks. Add shallots or green onions to fat left in skillet. Cook 2 minutes, stirring frequently. Add cream and pepper. Bring to boiling. Blend melted butter or margarine and flour until smooth. Add to sauce. Stir until sauce is thickened and smooth. Makes 6 servings.

**DUCHESS POTATOES**

6 servings instant mashed potatoes
3 egg yolks, beaten

Prepare mashed potatoes according to package directions, omitting milk. Beat in egg yolks; beat until smooth. Shape into 12 mounds on lightly greased cookie sheet by molding with spoon or pressing through pastry bag. Heat in 450°F oven until golden brown. Makes 6 servings.

**CHOCOLATE CHARLOTTE**

2 packages (3 ounces each) ladyfingers
3 tablespoons green créme de menthe or orange liqueur

1 package (4 ounces) instant chocolate pudding mix
1 package (2 ounces) whipped topping mix
\( \frac{1}{2} \) cup marscapone milk


**SHRIMP GREEN GODDESS**

1 package (8 ounces) frozen, shelled and deveined shrimp

2 tablespoons butter or margarine
\( \frac{3}{4} \) cup mayonnaise or salad dressing
\( \frac{3}{4} \) cup bottled Green Goddess dressing
Cook shrimp according to package directions. Drain well. Arrange in serving dish on bed of lettuce leaves. Mix mayonnaise or salad dressing and Green Goddess dressing. Serve separately. Lemon wedges may be served, if desired. Makes 6 servings.

**Duchesse Potatoes**

2 tablespoons butter or margarine
1 small bay leaf
1 small clove of garlic
2 cans (10 1/2 ounces each) condensed cream of potato soup
2 cups milk


**GREEN BEANS LYONNAISE**

2 packages (10 ounces each) frozen French-cut green beans
2 tablespoons butter or margarine
2 cups sliced onion (2 large)
\( \frac{1}{2} \) cup minced butter or margarine

Place green beans in skillet. Add sliced onion and curry powder. Cover with a circle of wax paper. Cook over medium heat 5 to 6 minutes or until beans are tender. Correct seasoning to taste. Pour over Ladyfingers; serve. Makes 6 servings.

**STRAWBERRIES ROMANOFF**

9 strawberries with whipped cream topping

Wash and hull strawberries. Place in small bowl. Sprinkle with sugar. Add orange juice and liqueur. Chill 1 hour stirring a few times. Turn strawberries and juice into serving dish. Decorate strawberries with whipped cream topping. Makes 6 servings.
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EASY "CONVENIENCE" COOKING continued

MELT lard or shortening in large skillet over medium heat. Fry uncooked noodles or vermicelli, half at a time, until golden brown. Drain on paper towels. Heat oven to 350°F. Sauté onion and garlic 1 minute in fat remaining in skillet. Drain liquid from tomatoes into skillet; cut up tomatoes; add to skillet. Stir in undiluted broth, green chili peppers and salt. Bring to boiling. Arrange noodles in shallow baking dish or casserole. Spoon tomato mixture over noodles. Cover dish with aluminum foil or enclose in roasting wrap. Bake 30 minutes or until noodles are tender and liquid is absorbed. Serve as an accompaniment to meat in place of rice or potatoes. Makes 6 to 8 servings.

CHINESE PORK NOODLE SOUP
(pictured on page 76)
1 cup catsup
1/4 cup soy sauce
2 tablespoons sugar
1 tablespoon dry sherry
1/2 teaspoon salt
1 clove of garlic, crushed
3 strips boneless pork, each 6x2x1 inches, cut from loin or shoulder
1/2 package (1 pound) vermicelli or very thin spaghetti
1 tablespoon sesame-seed or pure vegetable oil
3 cans (13 1/4 ounces each) chicken broth
2 tablespoons soy sauce
1 can (8 1/2 ounces) sliced bamboo shoots, drained
1 bunch watercress, washed and trimmed

Combine catsup, soy sauce, sugar, sherry, salt and garlic in shallow dish. Add pork strips, turning to coat all sides. Cover. Marinate several hours or overnight. Heat oven to 375°F. Line baking pan with aluminum foil. Place pork on roasting rack in pan. Reserve marinade for basting. Roast pork1 hour or until tender, turning and basting occasionally with marinade. Cover pork with foil if it browns too quickly. Cut pork diagonally into thin slices.

Cook vermicelli or spaghetti according to package directions; drain. Place in shallow 6-quart casserole. Add oil and toss gently. Bring chicken broth and sauce to boiling in saucepan. Pour over vermicelli. Arrange bamboo slices, watercress and peanuts on top of vermicelli. Bake 5 minutes or until all ingredients are hot. Serve as a luncheon or supper main course. Makes 4 servings

MINESTRONE ALLA FIORENTINA
4 slices bacon, diced
1 large onion, chopped, or 1 cup frozen chopped onion
2 cups diced potatoes (2 small)
1 cup diced celery
1 cup diced carrots
2 cans (10 1/2 ounces each) condensed beef broth
2 soup-cans water
1 can (1 pound) whole tomatoes
1 can (8 ounces) tomato sauce
2 cans (1 pound, 4 ounces each) white kidney beans
1 cup elbow macaroni, tubettini or ditalini
Salt

Cook bacon in kettle or large saucepan until golden. Add onion. Sauté 1 minute. Add potatoes, celery and carrots. Cook 5 minutes, stirring occasionally. Add broth, water, tomatoes and tomato sauce. Bring to boiling. Cover. Simmer 25 to 30 minutes or until vegetables are tender. Add kidney beans and macaroni. Cook 15 minutes. Season to taste with salt. Serve in warmed soup bowls. Makes 10 to 12 servings.
MICOTTI WITH MUSHROOM SAUCE
package (8 ounces) manicotti shells (8 shells)
cups (1-pound carton) ricotta or cream-style cottage cheese, drained
package (8 ounces) mozzarella cheese, diced
large egg
tablespoons chopped parsley
teaspoon salt
jar (about 1 pound) spaghetti sauce with mushrooms
tablespoon instant minced onion
teaspoon garlic salt
teaspoon sugar

Cook shells according to package directions until just tender. Pour off
boiling water from pan; add cold water to cover shells. Combine ricotta or
cream cheese, mozzarella, egg, parsley and salt in bowl. Remove shells from water,
at a time; drain well. Fill with cheese mixture using a teaspoon. Heat oven to
350°. Combine spaghetti sauce, minced onion, garlic salt and sugar. Spoon half
the sauce into 13x9x2-inch baking dish. Arrange filled manicotti in single layer,
with remaining sauce. Cover dish with aluminum foil or enclosed in roast­ing
wrap or bag. Bake 30 minutes. Let stand 10 minutes for easier serving.
Makes 4 servings.

MACARONI SALAD
package (8 ounces) elbow macaroni
cup mayonnaise or salad dressing
tablespoon cider vinegar or lemon juice
teaspoon salt
teaspoon pepper
cup diced celery
cup diced green pepper
der-cooked eggs, sliced

Cook macaroni according to package directions. Rinse with cold water; drain
well. Combine mayonnaise or salad dressing, vinegar or lemon juice, salt and
pepper in large bowl. Add macaroni, celery and green pepper. Toss gently
until well coated with dressing. Chill just before serving, spoon into serving
bowl. Top with eggs. Makes 8 servings.

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TUNA MACARONI CASSEROLE
2 cups small shell macaroni (8 ounces) or 1 package (8 ounces) elbow macaroni
2 cans (6½ or 7 ounces each) tuna, drained and flaked
2 cans (10½ or 10¾ ounces each) condensed cream of mushroom soup
½ cup milk
2 tablespoons diced pimiento
2 tablespoons sliced green onions
1 tablespoon lemon juice
½ teaspoon salt
½ cup grated Parmesan cheese


APPLE KUGEL
Europeans use noodles to make many delectable desserts like this.

1 package (8 ounces) wide egg noodles
% cup softened butter or margarine
1 package (8 ounces) cream cheese
% cup sugar
4 large eggs
1 cup half-and-half or 2 cups milk
1 tablespoon lemon juice
1 teaspoon vanilla
% teaspoon salt
1 cup golden raisins
2 tablespoons butter or margarine
% cup graham-cracker crumbs
2 baking apples, pared, cored and thinly sliced

Cook noodles according to package directions. Drain; return to pan. Add % cup butter or margarine; toss gently until noodles are coated. Heat oven to 350°. Beat cream cheese in large bowl until fluffy. Beat in sugar gradually. Beat in eggs, 1 at a time until blended. Stir in half-and-half milk, lemon juice, vanilla and salt. Fold in buttered noodles and raisins. Turn into buttered 13x9-inch baking dish. Bake 20 minutes. Melt 2 tablespoons butter or margarine in small saucepan. Add cracker crumbs. Remove kugel from oven; sprinkle with crumbs; arrange apple slices on top. Return to oven; bake 25 minutes or until custard is firm. Cool 30 minutes on wire rack. Serve warm or chill and serve cold. Makes 12 servings.

QUICKY CARBONARA
¼ lb. bacon
2 lbs. olive oil
2 lbs. butter
1 clove garlic, pared
2 cups julienne strips of ham (about ½ lb.)
1 pkg. (8 oz.) spaghetti, cooked and drained
½ cup grated Parmesan cheese
¼ cup chopped parsley
% tsp salt
% tsp. pepper
3 eggs, beaten
% cup sliced ripe olives
2 pimientos, sliced

Brown bacon in electric fry pan; drain, crumble and reserve bacon; pour off fat. Add oil, butter, garlic and ham to pan. Sauté lightly. Add spaghetti, bacon, cheese, parsley, salt and pepper; stir well. Turn off heat. Pour eggs over and quickly toss to coat spaghetti evenly. Add olives and pimientos; toss. Decorate with parsley. Serve at once. Makes 4 to 5 servings.

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PASTA continued

CHICKEN LO MEIN
1 package (1 pound) linguine or thin spaghetti
% cup pure vegetable oil
1 teaspoon salt
2 whole chicken breasts, skinned and boned
% cup pure vegetable oil
2 cups sliced mushrooms (¼ pound)
4 cups sliced Chinese or celery cabbage
2 tablespoons soy sauce
2 tablespoons cornstarch
1 can (10½ ounces) condensed chicken broth

Cook linguine or spaghetti according to package directions. Heat well. Heat % cup oil in large skillet (preferably with nonstick finish). Add half the linguine and salt; cook until lightly browned, turning occasionally with pancake turner or broad spatula. Remove; keep warm. Brown and remove other half of linguine or spaghetti. Keep warm with first batch.

Cut chicken breasts crosswise into thin slices. Heat % cup oil in large skillet over medium heat. Sauté chicken pieces and mushrooms in hot oil, stirring constantly. Add cabbage; cook only until tender crisp. Combine soy sauce, cornstarch and undiluted chicken broth in small bowl. Mix until blended. Stir into chicken mixture in skillet. Cook until sauce has thickened. Spoon over browned linguine or spaghetti. Makes 4 main-dish servings.

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**FOOD QUESTIONS YOU ASK**

I came across the word "buckle" in an old cookbook. What does it mean?

**Mrs. D. Schaefer Godfrey**

Buckle is a combination of sweet fruit and dumplings, something like cobbler. A dessert—sometimes called Slump, Grunt or Flummery—in many of America's oldest cookbooks, but is rarely mentioned today.

How do I create the proper "climat" for bread making? Recipes always say to let dough rise in a place that has an 80 to 85 degrees. How to achieve this warmth?

**T. Leblanc Elmhurst, Ill.**

You can do any of the following:

1. Set bowl of dough into an unlit oven with a large pan of hot water on a rack beneath it.
2. Fill a large pan two-thirds with hot water; place a wire rack atop pan and set bowl of dough on rack.
3. Put bowl in a deep pan of water, making sure the water is not hot.
4. Set bowl in a draft-free place near, but not on, the range radiator. Since temperature and humidity may differ each time you do this, timing times may also differ.

When I open a jar of applesauce and store it in the refrigerator, it gets moldy very quickly. Why?

**Mrs. John Comins Kingsford, Mich.**

The applesauce spoils because it has a high sugar content that reacts with the humidity and bacteria in the air. Once you've opened a jar of applesauce, says the Processed Apple Institute, you should try and use the remainder within three or four days. If you can't use it fast, freeze the leftover portion putting the date on the outside of the container. It will keep up to one month.

How can I tell if clams, oysters or mussels in the shell are alive when I buy them?

**Mrs. J.P. Wilbur West Slope, Or.**

The "mouths" of the shells should be shut or, if open, should shut when touched. If clams, mussels or oysters don't react this way, they are not alive and shouldn't be purchased.

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out" waistline, even those resistant-to-exercise problem areas like
upper arms and thighs! You couldn't get more effective treatment at ex-
pensive spas or health clubs.

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Instantly, you begin to feel a soothing warmth, an invigorating "tingling"
sensation. You just know something wonderful is happening. And it is! 26
double-action oh-so comfortable pads are vibrating — "massaging" soft,
saggy muscles 2,000 times each and every minute. You can actually feel
muscles tighten, begin to firm like they were when you were young. And
because local blood circulation is improved, you feel so much better. You
look younger, peppier, too!

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You must look in the mirror and be delighted with what you see . . . you
must be convinced that The Tingler "massage" band has helped
you . . . or your money will be refunded without question. For a
figure that looks and feels younger, order now! One size fits
all — men and women. Packs flat for traveling. Plugs in
anywhere.

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Enclosed is check or m.o. for $29.
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Band(s) (#013428) @ $29.95 (plus
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I am not delighted, I may return
band(s) within 10 days for a com-
plete refund.

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Also Gives Prompt, Temporary Relief In Many Cases from Pain and Burning Itch in Such Tissues.

There's an exclusive formulation which actually helps shrink the painful swelling of hemorrhoidal tissues caused by infection. In many cases, the first applications give prompt, temporary relief from itching and pain in hemorrhoidal tissues.

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If You Suffer From A Single One Of These Torturous Symptoms Of Nerves, Tension Or Depression, Do you know WHERE THE FACTS BELOW MAY BE THE MOST IMPORTANT YOU HAVE EVER READ IN YOUR LIFE!

Because they reveal, for the first time, how your nerves have tricked you into the following mental symptoms:

- constant nervousness and over-irritation... indications of conditions in your self and others... feelings of unreality... over-worrying... obsessions with one or two horrible thoughts...

A hopeless feeling that your entire personality is contaminated... or that you are helpless to interpret the strange tricks of vision... strange things as far finer and stronger people than they ever were before!

And the churning stomach... palpitations... never-ending headaches and all the physical symptoms of panic at even the slightest thing... -- NOT with medical formulations or hospitalizations at all! The way to treat ALL these symptoms is NOT with drugs... NOT with shock... NOT with medical formulations or hospitalizations at all! The way to treat ALL these symptoms is to change the way your nerves and mind have set up that panic raw!

And the is done (as proven by this internationally-accepted physician on thousands of patients) in four simple steps! The first of which lets you stop fighting destructive symptoms (which only intensifies them in an ever-spiraling cycle) and relatively do them raw!

And—and—and... how your nerves have tricked you into the following physical symptoms:

- curling hands...numbness...choke feeling in the throat... inability to take a deep breath... inability to pass air... hand shaking... panic waves... knots in your chest...

And—and... how to banish it in minutes... and enjoy eating your food you wish to once again! Physical weakness—perhaps the most dreaded of all symptoms—and (surprisingly) perhaps the fastest of all to banish!

How to deal with the twin monsters of fatigue and guilt! And leave behind emotional exhaustion... morning depression... thoughts that once raced around and around in your mind with nothing to follow them back again. And this IS done (as proven by this internationally-accepted physician on thousands of patients) in four simple steps! The first of which lets you stop fighting destructive symptoms (which only intensifies them in an ever-spiraling cycle) and relatively do them raw!

And the final goal: How to develop the kind of nervous control that automatically turns panic raw!

And—Every One Of These Nervous Symptoms Can Be Controlled... And Then Diminished... And Then Eliminated—ONLY BY AS LITTLE AS THIS ONE SINGLE INSIGHT INTO THEIR HIDDEN CAUSE!

And that insight is this:

If you suffer from any of the nervous symptoms listed above, then you must understand at once that your nerves are not ill... they have not deteriorated... they have not lost their true physical health... in any way! What has happened to them instead is that they have simply become OVER-SENSITIZED —“rubbed raw” by too much outside irritation... and are now ready to discharge emotional or physical symptoms of panic at even the slightest thing... -- NOT with medical formulations or hospitalizations at all! The way to treat ALL these symptoms is NOT with shock... NOT with medical formulations or hospitalizations at all! The way to treat ALL these symptoms is to change the way your nerves and mind have set up that panic raw!

Thus, the depression... indecision... loss of confidence... inability to take a deep breath... inability to pass air... hand shaking... panic waves... knots in your chest... -- NOT with medical formulations or hospitalizations at all! The way to treat ALL these symptoms is to change the way your nerves and mind have set up that panic raw!

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Whitetailed deer
Family gathering of a deer family is stunningly depicted by famed wildlife artist, Douglas Allen. Softly colorful print is 18"x24". And it's magnificent! Also available, American Bison (18"x24"), or Caribou (16"x21"), $3.95 each. Autographed, $4.95 each. Add 75¢ hdlg. America's Wildlife, Dept. AH9, Box 266, Bernardsville, NJ 07924.

By gin, it's Joe!
Whoever is your tender barkeep, his name is hand lettered on this wood grain Bartender Plaque, plus a caricature drawing from photo you send (returned unharmed). Be sure to state name, color of eyes and hair. Plaque measures 10"x15". Cheers to a smashing gift! $14.50. Bruce Bolind, Dept. AH9, Boulder, CO 80302.

Pocket screwdriver
An initial-engraved screwdriver is about as elegant (and convenient!) as one can get in the tool territory. A tiny, trim 2", but it's very big on uses! Open fids, lighters, etc. Fits in his pocket. No iron, Cadet Blue stitched in white. Sizes 10-20.

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The Hip Cycle lets you relax comfortably while you pedal off the inches. It’s the easy way to firm up all those problem areas—waistline, hips, legs, thighs, calves.

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The Hip Cycle is easy to use, easy to store. When you’re through exercising, just fold it up and tuck it behind a door, under a bed, in a closet. It folds down to a compact 28" x 20" x 1¼". It’s light, easy to carry, folds out and ready to use in a second. It comes with instructions to show you how easy it is to pedal those inches away.

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Irresistible!

White ceramic kitten adorned with blue floral sprays is topped with a charming, tiny yellow bird. It's the cat's meow for a candy dish, flowers, or simply a pretty decoration poised on a shelf or table. 8" long, about 5" high. A delightful and very different gift. $3.95 plus 50¢ hdg. The Added Touch, 12 A Water St., Bryn Mawr, PA 19010.

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Personalized leather-covered knife is handsome as well as useful! Black leather cover is topped with his initials (specify) on solid golden brass plate. Inside is knife, scissors, screwdriver, nail file, and bottle opener. 2¾", $2.98 plus 35¢ hdg. Country Gourmet, Dept. A9, 512 So. Fulton Ave., Mt. Vernon, NY 10550.

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A charming mini memento for the bride's big day—an exact replica of her wedding invitation reduced and reproduced in silver or gold. Charm is ¾" x 1¼". Nice for a wedding program or momento. A cherished gift! In sterling silver, $13.95. In 14K gold, $35.95. Add 50¢ hdg. each. From Holiday Gifts, Dept. 609-C, Wheatridge, CO 80033.

Friendly frog

He may not turn into a prince, but this decorative frog is a charmer! Of natural rattan with flirty marble eyes, he's perfect for pretend flowers, greens, or super guest soap holder. 10"x8", $6.95 plus $1 hdg. White, green, pink, yellow, orange, blue, or black, add $2. Catalog, 25¢. Fran's Basket, AH9, 89 W. Main, Rockaway, NJ 07866.

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Heavenly shoe, sassy-cute

You'll feel like an angel walking in this soft-as-a-cloud casual cuddler made and laced with super soft, genuine cowhide leather! Built-in crepe sole and heel. Natural, black, white. 4-10½, M; 5-13, W; 5-10½, N. $12.90 plus 80¢ hdg. Old Pueblo Traders, 600-A9H-S. Country Club Rd., Tucson, AZ 85716.

One for the books

The heaviest man on record was a breathtaking 1,069 lbs., and one of 3,000 amazing facts in the new Guinness Book of World Records. Contains major Olympic records recently broken in Munich, Germany. Over 350 pages, 600-page hard volume. $5.95 plus 60¢ hdg. Book of World Records, EG-3, 1966 Broadway, New York, NY 10023.
New! 15 Minute Beauty Renewal Plan

A Unique 3-Way Facial Rejuvenating Beauty System Guarantees remarkable results with one “15” Minute Treatment. You must see and feel results within 15 Minutes—your Chinline and Neckline will firm and shape, Facial Tissue and Muscles will come alive—prematurely dry skin will be re-hydrated...or the Beauty Renewal Plan costs you nothing—

—Every Penny Back!

“15 Years Ago: My total facial appearance was tired and old looking.”
AGE 26

“Today: My husband and friends say I look younger than 15 years ago.”
AGE 41

“I look younger than 15 years ago!”

...without resorting to plastic surgery,” says Joanne Cox.

“I saw results instantly. The 15-minute Beauty Renewal Plan helped. It rejuvenated me like magic!”

And here’s how you can test FREE—and see for yourself within “15 MINUTES” how our “BEAUTY RENEWAL PLAN” can preserve your natural beauty of face and skin—as well as help roll back your years to new facial beauty!

WHAT WILL YOUR PLAN DO FOR YOUR FACE?
Just what the name says: Renew it! In 15 minutes you’ll see proof that your sagging chinline and neckline start firming up. See tension, strain, “frown-lines” and “laugh lines” start disappearing from your face. You’ll marvel at how fine lines, creases, blemishes, begin improving. You’ll witness your facial roughness, flaking, and sun and wind damage disappear, and your face becoming satiny soft as a new born baby, as though by some miracle of youth.

HOW DOES THE PLAN WORK?
It works by giving your face the trio of treatments that it so desperately needs (one without the other will not do to maintain and help renew facial beauty).

1. NATURAL Moisturization from our Natural “Skin Food” Creme.
2. NATURAL Facial Shaper, helping you to relax your face and realign your chinline and total face.
3. NATURAL Exercise for firming facial and chinline tissue. The Key Word is "NATURAL" because there isn’t one element of the “15-Minute” Beauty Home Renewal Plan that’s not 100% Natural. All these 3 Beauty Aids working together are in harmony with Mother Nature and her Natural way of helping create facial beauty.

THESE ARE THE NATURAL ELEMENTS OF OUR PLAN THAT HELP PRESERVE AND RESTORE YOUR FACIAL BEAUTY

1) NATURAL Avocado Complexion Renewal Creme — The richest skin moisturizer ever created, then made RICHER with Vitamin E, Vitamin A, Aloe Vera Gel, plus Amino Acids for skin penetration and much, much more. The base is a custom formulation of avocados, wheat germ and other natural oils and moisturizers, all whipped to shear lightness. Its job: to instantly sweep away tiny skin imperfections and work tirelessly to help clean up dull, pebbly and dehydrated aging skin.

2) NATURAL Facial Shaper/Relaxed—The instant you wear it—you’ll feel a face lift. It eases your face into a natural state of smoothness and relaxation, relieving stress and tension, relaxing frown lines and forehead wrinkles. Automatically teaches you to hold head high, realigning your neck and chinline to help avoid further sagging and wrinkling which lead to facial disaster. It’s featherlight, a joy to wear, feels and acts like a “second skin”—for a lifetime of serene and radiant loveliness.

3) NATURAL “15-Minute” Facial Rejuvenation Booklet — A scientifically documented, fully copyrighted booklet of original home beauty renewal tips, techniques and procedures. Special massage brings new color to your face... Simple exercises firm, uplift and reshape facial, neck, chinline and throatline muscles... Your key to totally “Renewed Facial Beauty!”

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That’s all it takes...15 minutes, you’re done! Your face is moisturized, tissues firmed, skin moisturized, tension and stress lines relaxed...your natural beauty starts returning. And this pleasant pampering treatment activity works its magic twenty-four hours a day.

OUR GUARANTEE TO YOU!
One “15-Minute Treatment...whether you’re 20 or 80 — you must see and feel these positive results — Or Money Back!

• Sagging chinline and necklace starts firming!
• Skin creases, dry skin lines, blemishes, start disappearing
• Damage due to air, sun and cosmetic pollution repaired
• Stress, tension leaves your face
• Frownline, forehead wrinkles relax
• Chinline and neck line are realigned, avoiding further sagging and wrinkling of facial tissue

SOUNDS TOO GOOD TO BE TRUE?
IT IS TRUE! Discover Today at Our Expense. What Our “15” Minute Beauty Renewal Plan Can Do For You In The Privacy Of Your Own Home. A regular $19.98 value, for a limited time only, the entire 3-Way Plan is yours for just $9.98 with this coupon.

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Yummy good 'n easy

Make Rosettes, festive Scandinavian cookies. Fit handles to patterned irons and dip from batter to fryer. Crispy good, sprinkle these delicate delicacies with powdered sugar. A dessert delight or snack sensation! Complete set, recipes, instructions. $7.95 plus $3.50 hdig. Catalog, 25¢. Suburbia, Dept. 130, 366 Wacousta, St. Paul, MN 55101.

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Gorham silverware drawer pads of Pacific Silvertouch will keep your silverware neat, clean, and handy. And, you'll always be ready for last-minute company! The board size (14x12x21/2") holds 108 pieces, $6.98. The jumbo size (17x14x2") holds 120 pieces, $7.98. Add 95c for hdig. each. Holiday Gifts, 609-D, Wheatridge, CO 80033.

The Wow family fryer!

Fry 14 hamburgers, or 10 eggs, pies of pancakes, etc., in this big 14" pan. 21/2" deep, too! Aluminum is 1/8" thick so heat spreads evenly from one burner. Bolted-thru, heat-resistant handle. No more "part-time" frying—cook "it all" for all at one time. Fry 14 hamburgers, or 10 eggs, pies of pancakes, etc., in this big 14" pan. 21/2" deep, too! Aluminum is 1/8" thick so heat spreads evenly from one burner. Bolted-thru, heat-resistant handle. No more "part-time" frying—cook "it all" for all at one time.

Christmas letters

With love from you! Handwritten by you and highlighted with photos of family, etc., if you wish—all reproduced on your choice of 50 colorful Christmas letterheads or cards. 100 letters or cards plus envelopes, $16. If photos are used, $20. Send 10¢ for sample and instructions to Christmas Letters, 2923-E Pearl, Boulder, CO 80302.
If you don't believe that
Amazing VITAMIN E applied directly does wonders for these skin problems

Don't take our word for it. Read what users say!


New Low Price. Thousands have paid $6.00 for a tiny half ounce of Vitamin E skin formula. Now get 12 times as much (6 full fluid ounces) for only $7.50. Lasts and lasts!

. . . Crows feet and Turkey neck . . .

My skin is smoother, the wrinkles appear not so deep, such as crows-feet and the turkey-neck is disappearing. Ann Whiteman/Gallup, N. Mex.

“Very remarkable—softer lines—some disappeared entirely. Face is smooth—fine texture and glowing.”

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“I could hardly believe my eyes . . .

“l could hardly believe my eyes when I saw the amazing results. I think it is the best thing that has come along.”

Tricia Crook/McKinleyville, Calif.

“It has helped my skin more than any other product on the market. My skin is clear and soft and I just love it. Thanks.”

Mrs. Monika J. Boyd/Ft. Lauderdale, Fla.

“Absolutely unique in its healing powers.”

Ruth A. Prewitt/Sparks, Nevada

“It will heal and leave no scars.”

Anna E. Benson/Hollywood, Florida

“I began to notice improvement in about 3 days. Most of the lesion(s) are gone . . . my opinion it works fantastic.”

Miss Eloise Wingfield/Newark, N.J.

“It has given better results in a short time than any other lotion, potion, cream or masque I have used.”

Barbara J. Kuhn/Grand Rapids, Mich.

“Absolutely fantastic!!! Product showed results in one week’s time.”

Mrs. Virginia Everett/Charlevoix, Mich.

“. . . As if I have had a face lift . . .”

“My skin feels much better, as if I have had a face lift.”

Mary C. Cetion/Lufkin, Texas

“It preserved my skin in sub-zero Maine weather. I like it very much.”

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“After one week, all blemishes were gone and skin was much healthier looking. Skin was soft and smooth.”

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“Keeps my skin the clearest and softest I’ve ever seen it—makes it look and feel like a baby’s skin.” Wendy Rol/Jasper, Texas

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How can Vitamin E-Added perform the documented miracles you’ve just read? One reason is its unique combination of pure Vitamin E and Aloe Vera—two of nature’s most potent, yet gentle healers. Vitamin E is a recognized anti-oxidant. And oxidation is the process that causes aging in human skin. For centuries, Aloe Vera has been used as a skin treatment by primitive tribes who have long known its soothing powers in almost superstitious awe. Each ingredient enhances the powers of the other. And only Vitamin E-Added combines both wonder-workers in one unsurpassed beauty formula.

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GIANT 6 FLUID OUNCE SIZE

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□ 6 oz. $7.50 □ 12 oz. $13.00
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Our 5 Minute Body Shaper does it... without giving up the foods you love!

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"Beats jogging and working out in gyms — and much safer. I lost 4½ inches off my waist in 14 days." — TOM MINOCHELLO, Famous gym owner

"Miraculous! Weighs less than a pound, simple to use and beats working out in a gym with indifferent exercisers!" — JOSEPH WEIDER, Fitness expert and trainer of champions since 1936

"5" Minute Continuous Rhythm coordinated exercise, lying on your back! That's all you do! That's all your body needs to help make you fit for the lack of activity it doesn't get most of the day. The action is designed to supply your waistline and hipline (where fat accumulates quickest), giving your body a flabby, weak and unwieldy look! With the 5" Minute Shaper, you tighten up your hipline and reshape your total body — fast! You lose inches, gain energy and save on calories and fats and releasing excess water, thereby shaping and firming up your total body! It's safer than strenuous gym workouts, beats low calorie consumption and dangers of gym workouts... or any other vigorous sport.

The unit weighs about 16 ounces and fits any suit-case size. You can carry it with you and fit it in your handbag or glove compartment. And it reshapes your legs to more graceful lines... And firms up shoulders, chin, neckline, arms, as well as enhancing body posture and realigning figure beauty.

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Individual results vary, but during an average 14-day period you can expect to lose up to 4 inches from your waistline and up to 10 pounds from your present weight. It strengthens your heart and lungs, increases stamina and endurance, improves your digestive function and general health. It also shapes you up — from head to toes. For a "5" Minute Exerciser — it sure does a lot.

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GIVE IT SEX APPEAL! COMPLETE KIT ONLY $9.95

BE MORE OF A WOMAN IN JUST 3 DAYS

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☑ I enclose $9.95 for the above, plus $1.00 for shipping and handling. □ SAVE! Order TWO lor only $17.95 plus $1.00 shipping and handling. (No C.O.D. ’s please) Enclosed is ☑ check or ☐ money order for $ .

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IN CANADA: "5" Minute Body Shaper Plan, 2875 Balm Road, Montreal, Quebec .

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ADJUSTABLE T.V. POLES

Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 17' high. Black decorator pole has spring tension rod to adjust to 7'/2 to 8'/2 ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

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To classic elegance with a dramatic knocker in pewter or brass finish!

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You can learn interior decorating and acquire professional know-how in a prestige business. Learn how to furnish a room with a good design, how to use color, etc. Even make custom draperies, covers, etc. Learn in your own home at own pace. No big investment. For free booklet: Custom Decorating Inst., Box 555-WAHZ, Orange, CA 92669.

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If tub, sink or basin require sealing attention, then you'll appreciate "Tape-a-tub" for a neat, tight job. Just press self-adhesive tape onto clean, dry surface where cracks or openings need tape. You'll receive a generous 11-t. roll for $1.95 plus 40¢ hdgl. Anthony Enterprises, Dept. AH-93, 585 Market St., San Francisco, CA 94105.

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Easy to handle, new plastic mesh pool covers. Will last for years. Supplied with grommets. Keep trash, leaves, animals out of your pool. Ideal for above and below ground pools. Cover sizes (not pool sizes) and prices, prepaid.

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