American Home


0 ROOMS... STORIES... RAMATIC DESIGN

LL FOR $39,000

Protein for Pennies: Delicious Fried Bean Dishes

HOW TO CUT LUTTER WITH NEW STORAGE ORGANIZERS

The Oriental Influence for Your Furnishings

NEW WAYS YOU CAN AVOID AND FRAUDS

Resto Decorating Magic with Self-Sti

ROUND-THE-CLOCK COFFEE CAKES
Armstrong introduces
GRAND
NOBLE

So exotically beautiful, it could make you believe in magic carpets again.

If you don’t believe in magic, walk around Grand Noble in your bare feet. You’ll feel magically sculptured, soft pile deep enough to wriggle your toes down into.

You’ll be amazed at the magical tricks the silky, soft fibers play with light and shadow. Like the finest velvets, Grand Noble carpets alternately absorb the light or reflect it... depending on where you happen to be standing. The color subtly appears to change its value as you walk from one end to the other. So every step becomes an adventure... a kaleidoscopic journey you’ll never grow tired of.

Grand Noble is made of dense, heavy pile specially chosen for durability and stain resistance. And Grand Noble has its own thick foam cushioning on the back for comfort and quiet underfoot.

You can have Grand Noble as a room-size rug with luscious, thick fringe or as wall-to-wall carpet.

Grand Noble carpet, rugs—for people who want a little realistic magic in their lives.

Want to see more of Grand Noble? We’ll send you a free color brochure. Write Armstrong, 7402 Elliott Ave., Lancaster, Pa. 17604.

The furniture is from Thomasville which, by the way, is now part of the Armstrong Indoor World.
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COVER: Spectacular for entertaining or homey for neighborly coffee breaks, our round-the-clock “Coffee Cakes” (pages 60-61) offer all-time, anytime enjoyment. Nutrition-rated recipes are given for all. Photographer: Rudy Muller.
Salem refreshes naturally.

- Naturally grown menthol.
- Rich natural tobacco taste.
- No harsh, hot taste.

HOW TO AVOID LAND-SALES FRAUD

Heard about the land boom? Feel you’re missing out on a good thing? Think you ought to grab a piece of land somewhere, anywhere? If so, you may be a sitting duck for the land promoter. He offers a free weekend to inspect his parcel, suggests that prices are about to go up and warns that not many choice lots are left. New regulations from the federal Office of Interstate Land Sales Registration will help protect you from fraud, but it’s up to you to take advantage of them. They are summarized below in this month’s consumer-information story.—The Editors.

In recent years the sale of lots for vacation homes has rivaled the great land rush of the 19th century. The boom has attracted sharp operators who attempt to capitalize on the get-rich-quick notions that we’re running short of land and that prices are bound to increase. Some families have found themselves with land under water; others discover there is no access to their lot; still others find themselves saddled with payments never mentioned in the original sales presentation.

Since 1969, when the so-called “Full Disclosure Act” became effective, interstate land sales have been regulated by the U.S. Department of Housing and Urban Development (HUD). However, as the land boom has intensified, the regulating agency, the Office of Interstate Land Sales Registration (OILSR), has had to tighten rules under which lots are advertised and sold. Last December 1, it put into effect a series of new controls to curb the flagrant abuses committed by some segments of the land sales industry. If you’re considering the purchase of a lot, particularly in a highly promoted vacation development, it will pay you to know what the developers are allowed (and not allowed) to do in their effort to sell you a lot. The new regulations apply to all developers now required to register (or modify their registration).

Here is a summary:

1. All advertising must reflect the true character and conditions of the property and must also state that HUD has not passed judgment on the property’s value.

2. If the advertising says that the property can be divided and subdivided, it must also detail the cost and method of doing so.

3. A property report must be given to each buyer. On the first page this warning must be overprinted in large red letters: “PURCHASER SHOULD READ THIS DOCUMENT BEFORE SIGNING ANYTHING.”

4. The property report must disclose the record of any lawsuit against the developer, as well as any health department or disciplinary action taken against him. It must also disclose all other data that would affect the value of the property, such as violations or bankruptcies.

5. The property report must describe any “special risk factors.” For example, it must state that the future value of the property is not assured. If resale is limited by certain restrictions, these must be explained.

6. The developer’s senior executive officer must sign the property report to make it admissible as evidence under the fraud statutes, if such action should ever have to be taken.

7. Financial statements must be submitted on all developments if the total sales of lots involve $500,000 or more. The developer must provide both HUD and the potential buyer with audited financial statements. He must file new financial statements every 12 months, if changes have occurred that affect his financial status adversely.

8. The developer must disclose to a buyer those permits required for completion of the development and for the erection of a house. The developer must also identify the federal, state and local agencies that have authority to issue permits, including environmental agencies.

9. The developer must indicate clearly whether he obligates himself to carry out any promises or proposals made in writing, or whether these are merely expectations.

10. If no engineering report or bacteriological report on the water supply is available, the developer must let the buyer know there is no assurance that either the quality or the quantity of the water supply is adequate.

11. Specific disclosures concerning availability of utilities, sewage, year-round fire protection and flood insurance must be made. The developer must give details about whose responsibility it is to provide these services, assurances, if any, that they will be provided and what they will cost the buyer.

12. The developer must also make specific disclosures concerning physical access to the lot by car as well as legal access.

13. The developer’s salesmen may not tell a potential buyer that lots are “selling fast” if this is not actually the case.

14. The buyer normally has 48 hours in which to void the contract (the “cooling-off” period). Before he can give up this right, however, he must be given a separate document containing a “waiver of revocation rights.” (This provision is designed to protect the buyer from signing such a waiver without realizing it.)

15. A potential buyer must be advised whether he is liable for the full amount of the contract, should he default.

These new regulations do not apply to every plot of land to be sold. They are designed primarily to control the developer who buys a large tract of land and breaks it up into small lots for resale. They do not apply, for example, to any development in which there are less than 50 lots. And even if there are more than 50 lots, the regulations have no bearing if each lot is five acres or more. Nor do they apply to lots on which there is a structure or if there is a contract to build a structure within two years.

“The new regulations,” says OILSR administrator George K. Bernstein, “do not impose an excessive burden on the legitimate, soundly financed developer. They do make it more difficult for the shady operator, promoter or salesman to dupe an unwary buyer.” American Home considers vacation-home land a good investment, primarily if you plan to build a house and enjoy it. But investigate carefully before you buy.
These days you can walk into a corner drugstore and buy fake-it-about-anything. Including fingernails. But why settle for a put-on, when you can have the real things instead? New Knox Drinking Gelatine can grow them for you.

In three out of four cases, it takes nails harder. And the harder they are, the longer they'll get.

Drink Knox any way you like it. It comes in Orange and Grapefruit flavors. In Plain, too. So you can mix it with the taste of your choice — from fruit juice to bouillon to coffee to almost anything.

And if you're counting calories, here's some sweet news. There's no sugar in Knox, not even a grain.

Send your name and address to Knox, P.O. Box 672, Johnstown, N.Y. 12095. In return we'll send you a free booklet called "The Knox Plan For Nail Improvement."

You really should read it, you know. Because what we've told you here . . . well, just barely scratches the surface.

KNOX NAILS CAN TAKE LIFE'S HARD KNOCKS.
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 casement 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.
The Thomas McAteers of San Francisco, California

San Francisco is a vital city—a place for imaginative people and unique ideas. For Dana and Tom McAteer, it's the perfect place to live. Dana owns a shop, Tom two restaurants; these businesses are examples of the kind of personalized effort that gives San Francisco its special air.

*To Put It In.* Dana's shop, features nothing but containers—flowerpots, piggy banks, gift boxes, shelving, tote bags, baskets. "I started the shop because I thought it would be great fun," explains Dana. "This city is full of odd little shops, and somehow it inspires you to get into the act. If you have half a shred of imagination, San Francisco will activate it."

Similarly inspired, Tom and a partner have successfully launched *What This Country Needs,* two downtown restaurants where shoppers and business people can get a fast but delicious lunch. The decor is whimsical, the food is fun—such things as cream of zucchini soup with lemon wafers, or a sandwich of ham, Cheddar cheese and guacamole on black bread. There's wine to drink, and the ambience is pleasant. "It's the kind of restaurant this country needs," Tom grins as he says this.

Both McAteers are native Californians: Dana is from Los Angeles; Tom comes from a family long active in San Francisco politics and civic affairs. The pair met as students at UCLA, married, traveled around Europe, then settled in Australia, where Tom worked in advertising.

In 1971 they returned to San Francisco. (continued)
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Everything you need to make this elegant **SPINNING WHEEL PLANTER** when you join the famous **National Handcraft Society**.

**A Surprise for you every month**

As a Society member, you receive a delightful surprise package every month. And every package contains a new Handcraft Kit with everything you need to make a charming keepsake for yourself, your home...or to give as a gift.

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**National Handcraft Society**
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Yes, please enroll me as a club member for 6 months and send my free Spinning Wheel Planter Kit at once. Also send my first Handcraft Kit for which I enclose $1.25 plus 25¢ postage, shipping and handling. I agree to send you this same amount each month. I understand that if my club payments do not reach you in time each month I will receive my Kit C.O.D. I understand that you guarantee not to drop me from the list of members unless I notify you of my resignation and that you will immediately refund my $1.25 for any Kit that does not satisfy me.

Name: ___________________________ (Please Print)

Street: ___________________________

City: ___________________________ State: __________ Zip: __________

**LIFESTYLE continued**

It has become their permanent home. Today, with young sons John and David, they live in a 100-year-old redwood house high on elegant Russian Hill. "We're located on a cul-de-sac off a cul-de-sac," says Tom, "so it's a real retreat."

Extending around the house is a shady yard offering plenty of space for the boys to play in. Tom and Dana tend a little batch of fruit trees and a garden of ferns, azaleas and rhododendrons. According to Dana, "Standing in the yard, you'd swear you were deep in the country, it weren't for the giveaway grind of cable cars."

Inside, their home has large, bright rooms with high ceilings and spare furnishings in naturals and browns. Here and there are the hooked rugs and quilts Dana has made, plus things she and Tom have gathered lovingly during their travels in Europe and Asia. To take advantage of spectacular views of the city, all windows have been left bare.

The spacious home is perfect for the large-scale entertaining the McAteers prefer to hosting small dinners. "Big parties are easier," Dana claims, "as long as you have the room and are organized"—and, of course, as long as your husband is in the restaurant business: For one party, Dana borrowed two huge restaurant pots and cooked up a special stew for 60 people.

Both McAteers work a full day, but Dana always takes time off during working hours to come home and play with the children. In their spare time, they enjoy playing tennis or exploring the city, looking into shops and trying out restaurants. Tom plays handball, flies his own plane and frequently kayaks down rough northern rivers.

On only a moment's inspiration, the couple will take off to Lake Tahoe for skiing, or to Acapulco to laze in the sun.

NOW!
CHUCK WAGON
CHUNKY CHICKEN FLAVOR

BECAUSE "NIBBLERS" AND "GOBLERS" BOTH LOVE CHICKEN.

Now, there's a second Chuck Wagon... Chuck Wagon Chunky Chicken Flavor. A Nibbler is a dog that likes to eat a little now and more later. He likes his Chunky Chicken Flavor Dinner dry. That way it stays fresh and delicious in the bowl all day. A Gobbler likes his Chunky Chicken Flavor Dinner with warm water. He likes to gobble down those tender chunks, crunchy biscuits and tasty broth. Dogs love the flavor of chicken, so give them Chuck Wagon Chunky Chicken Flavor.
FROM HOME BASE

A FAN FOR ALL KITCHENS

There’s nothing homier than the smell of baking bread. But some other cooking odors are less pleasant, especially when they go stale after a while. That’s why every kitchen needs an exhaust fan. Here are some guidelines to help you choose and install the right one for your kitchen.

To begin with, you’ll get the best results from a fan that is ducted to the outside. This fan is far more efficient than the ductless systems that recirculate the same air and depend on a series of filters to get rid of grease, smoke and undesirable odors.

Most ventilating fans are installed near the range or cooktop, since that’s the heart of the problem. One factor in choosing a fan, then, is the location of your range. Another factor is the feasibility of installing the fan’s ductwork to the outside. The fan should be located so this route is as short and straight as possible.

There are three types of ducted fans to choose from: hood, wall, and ceiling. Makers of all three include such companies as Air King, Broan, Emerson Electric, Fasco, Kich-N-Vent, Miami-Carey, Montgomery Ward, Nautilus, NuTone, Rangaire, Sears, Swanson, Thermador, Ventrola.

**Hood fan.** This type—a hood or canopy over the range or cooktop—is more efficient than the other two, because it is located closer to and directly above the source of air contaminants, and because the hood shape channels these contaminants into the fan. It is usually a metal unit 24 to 48 inches wide, 5 to 24 inches high and 20 to 30 inches front to back. To suit different range placements, there are four standard hoods: the peninsula, flared on three sides; the pass-through, flared front and back; the island, flared on all four sides; and the most common type, the wall-mount, normally flared in front. Custom models are also available from many companies.

Most hood fans can be ducted either horizontally or vertically and are controlled by a switch on the hood or adjacent wall. An exception is the wall-mounted roll-out hood: Designed to vent high-oven ranges and positioned just above the upper oven, this unit turns on automatically when the hood is rolled out, and turns itself off when it is rolled back flush against the front of the oven.

A hood unit is usually larger and more conspicuous than a wall or ceiling fan, but it can easily become a decorative element in the kitchen. You can get hoods in the major appliance colors and in several metal finishes—all in styles to suit almost any kitchen decor.

**Wall fan.** This unit is smaller than the hood type and is designed to blend in, chameleon-like, with its surroundings. Mounted behind or beside the range, and operated with a pull chain or wall switch, this round or square fan is 8 or 10 inches across and fits almost flush with the wall. It is most efficient when located on an exterior wall—usually the most economical location, too, since no ducting is needed. For use on interior walls, there are vertical or horizontal ducts.

**Ceiling fan.** This resembles the wall type in size and shape. It too, fits flush against the mounting surface; usually it’s housed in the ceiling or inside a cabinet over the range. (The latter arrangement means some loss of cabinet storage space, however.) Controlled by a separate wall switch, the ceiling fan can be ducted either vertically or horizontally, depending on roof design and kitchen location.

Cost is, of course, important when
True Menthol:
U.S. Gov't. tests show only one menthol cigarette lower in both tar and nicotine than 98% of all other menthols sold. True is the one.

Shouldn't your next menthol be True?
True to their name, the blocks on our patchwork quilt seem to tumble and change shape when viewed from different angles. Traditional in feeling, Tumbling Blocks Patchwork will bring visual delight to any room, colonial or contemporary. The cotton patches are pre-cut from selected fabrics in color combinations of red (above, on quilt and pillow sham), blue or yellow (right). Kit, for quilts, pillows, pillow sham or wall banner (inset, top) come with full instructions; pillow kits and banners include backing. The quilting itself is a simple operation, since you do not outline every block. Because of the block pattern, quilts have a pleasant deckle-edge effect, and can be used with or without a dust ruffle. The smallest quilt—meant for a crib—might also serve as an afghan or throw. The wall banner is a bright new idea. It silhouettes red blocks on blue, blue on red, or yellow on white, and would be a cheerful focal point for a bedroom, or for any room.

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<th>Item</th>
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<td>Queen Quilt</td>
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<tr>
<td>Pillow Sham</td>
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<td>Wall Banner</td>
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<th>YOU ENJOY THESE SAVINGS</th>
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YOUR HOME

WHERE DOES ALL THE ENERGY GO?

If you are reading this issue at home, look around you. The house you live in—together with all the houses in the country—consumes nearly one fifth of all the energy produced in the United States. Although hard to believe, it's true. We've become so accustomed to low-cost energy that we've never considered it a commodity whose cost or availability must be reckoned in our day-to-day decisions.

Now all that has changed. Energy in every form is becoming increasingly expensive, and there is less and less of it. Where does it all go? The most sizable amount runs our factories—there is not much you personally can do about that. Nor can you lower the energy needed to power our commercial buildings: theaters, shops, offices. But you can do a lot about reducing the energy drain at home.

To make a start, you need a clear picture of just where energy is used in the home. Here's how it breaks down:

- Space heating: 57%
- Water heating: 15%
- Refrigeration: 6%
- Cooking: 6%
- Air conditioning: 3%
- Clothes drying: 2%
- Other electrical: 11%

You can see very quickly the three general areas in which savings can be made: heating and cooling, water heating, and the everyday use of appliances (primarily those concerned with food handling—refrigeration and cooking). In each of these areas, the amount of energy used is determined by two factors:

1. the type of equipment or system you now have and how efficient it is;
2. your normal pattern of use, whether economical or extravagant.

You can change both factors to effect energy savings; you can replace or upgrade inefficient systems or equipment, and you can change your pattern of equipment use. In the first case, some of the changes will cost money; in the second, the cost is more likely to be a minor inconvenience.

For appliances, the best advice is to start by reading, or re-reading, the use-and-care manuals that came with your appliances. They describe exactly how to use each appliance most efficiently. If you've lost any of these manuals, write to the company and ask for another (be sure to include the appliance model number). The use-and-care manual will also tell you if any regular maintenance is required—cleaning, adjusting, oiling. A properly working product is clearly more efficient. Beyond this general advice we have prepared a complete chart (page 20) of the average energy consumption—and it's cost—of each appliance plus a list of very specific operating tips (page 36). Compare your own pattern with the national average—it will help you see where you might make savings.

Heating and cooling, which use 60 percent of all the energy in the home, were recently covered in detail in AH (November 1973 issue). Here, in brief, are the important steps to take to improve efficiency in these areas: Add as much insulation as you can; add storm windows or double-paneled glass if you don't have them (and leave storm windows up all year, if you use air conditioning); weather-strip and caulk every air leak; close off unheated (or uncooled) spaces; protect glass areas both summer and winter, using appropriate shades, draperies, blinds or exterior shading devices; control moisture both summer and winter, using appropriate shades, draperies, blinds or exterior shading devices; control moisture both summer and winter; ventilate attic spaces, particularly in summer; have heating/cooling equipment checked regularly.

Some of our suggestions involve investing money now for future savings. And in the years to come there will certainly be new energy-saving materials and appliances that may well cost extra. In considering such expenditures, we urge you to adopt the principle known as life-cycle costing. Under this plan, the original cost of materials (or of appliances) is considered only one part of their total cost. Operating expenses during their estimated lifetime are the other.

In a sense, life-cycle costing is just another argument—provable in dollars and cents—for buying good quality. It is almost always less expensive in the long run. Every rise in the cost of fuel and electricity only underlines the value of life-cycle costing.

Assuming you are able to carry out most of our suggestions here and on the following pages, how much can you save? Estimates range from 20 to 40 percent of your annual energy bill (not counting gas and oil for your car). If your utility bills (gas, oil and electricity combined) were about $500, this could mean savings of $100 to $200. Not all of this is money in hand—in some cases we ask you to spend money to save money. But in the long run you will make a major cut in your operating expenses.

And Congress may help you with the money you spend for insulation, storm windows, etc. They may make such investments, up to $1,000, tax-deductible. Watch for news on this.

—Guy Henle
Micronite filter.
Mild, smooth taste.
America’s quality cigarette.
Kent.

The wattage rating of an appliance determines how much energy it uses at any one moment. But a low-wattage appliance that runs continuously may well use more total energy each year than a high-wattage unit used occasionally. The chart below, developed by AH from data supplied by the Electric Energy Assn., shows you the average usage of the most common electrical home appliances. The cost per year is based on the national average electric rate (2.3¢ per kilowatt-hour).

You can calculate your own usage and cost as follows: Find the wattage of your appliance (from serial plate). Multiply wattage by estimated hours you use it each year.* Multiply wattage by estimated hours you use it each year. Multiply this by your electric rate (if you cannot find it, call the service representative at your local utility). It will be given in cents per kilowatt-hour (1,000 watts used for one hour); divide the final figure by 1,000.

<table>
<thead>
<tr>
<th>FOOD PREPARATION</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Blender</td>
<td>386</td>
<td>39</td>
</tr>
<tr>
<td>Broiler</td>
<td>1,436</td>
<td>70</td>
</tr>
<tr>
<td>Carving knife</td>
<td>92</td>
<td>87</td>
</tr>
<tr>
<td>Coffee maker</td>
<td>894</td>
<td>119</td>
</tr>
<tr>
<td>Deep fryer</td>
<td>1,448</td>
<td>57</td>
</tr>
<tr>
<td>Dishwasher</td>
<td>1,201</td>
<td>302</td>
</tr>
<tr>
<td>Egg cooker</td>
<td>516</td>
<td>27</td>
</tr>
<tr>
<td>Frypan</td>
<td>1,196</td>
<td>155</td>
</tr>
<tr>
<td>Hot plate</td>
<td>1,257</td>
<td>72</td>
</tr>
<tr>
<td>Mixer</td>
<td>127</td>
<td>102</td>
</tr>
<tr>
<td>Oven, microwave</td>
<td>1,450</td>
<td>131</td>
</tr>
<tr>
<td>Range with oven</td>
<td>12,200</td>
<td>96</td>
</tr>
<tr>
<td>Range with self-cleaning oven</td>
<td>12,200</td>
<td>99</td>
</tr>
<tr>
<td>Roaster</td>
<td>1,333</td>
<td>154</td>
</tr>
<tr>
<td>Sandwich grill</td>
<td>1,161</td>
<td>28</td>
</tr>
<tr>
<td>Toaster</td>
<td>1,146</td>
<td>34</td>
</tr>
<tr>
<td>Trash compactor</td>
<td>1,380</td>
<td>24</td>
</tr>
<tr>
<td>Waffle iron</td>
<td>1,116</td>
<td>20</td>
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<tr>
<td>Waste disposer</td>
<td>445</td>
<td>67</td>
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<table>
<thead>
<tr>
<th>FOOD PRESERVATION</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Freezer (15 cu. ft.)</td>
<td>341</td>
<td>3,504</td>
</tr>
<tr>
<td>Freezer (frostless, 15 cu. ft.)</td>
<td>440</td>
<td>4,002</td>
</tr>
<tr>
<td>Refrigerator (12 cu. ft.)</td>
<td>241</td>
<td>3,021</td>
</tr>
<tr>
<td>Refrigerator (frostless, 12 cu. ft.)</td>
<td>321</td>
<td>3,791</td>
</tr>
<tr>
<td>Refrigerator/freezer (14 cu. ft.)</td>
<td>326</td>
<td>3,488</td>
</tr>
<tr>
<td>Refrigerator/freezer (frostless, 14 cu. ft.)</td>
<td>615</td>
<td>2,974</td>
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<table>
<thead>
<tr>
<th>LAUNDRY</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Clothes dryer</td>
<td>4,866</td>
<td>205</td>
</tr>
<tr>
<td>Iron</td>
<td>1,008</td>
<td>143</td>
</tr>
<tr>
<td>Washing machine (automatic)</td>
<td>512</td>
<td>201</td>
</tr>
<tr>
<td>Washing machine (non-automatic)</td>
<td>286</td>
<td>266</td>
</tr>
<tr>
<td>Water heater</td>
<td>2,475</td>
<td>1,705</td>
</tr>
<tr>
<td>Water heater (quick recovery)</td>
<td>4,474</td>
<td>1,075</td>
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<tr>
<th>COMFORT CONDITIONING</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Air cleaner</td>
<td>50</td>
<td>4,320</td>
</tr>
<tr>
<td>Air conditioner (room)</td>
<td>860</td>
<td>1,000</td>
</tr>
<tr>
<td>Blanket</td>
<td>177</td>
<td>831</td>
</tr>
<tr>
<td>Dehumidifier</td>
<td>257</td>
<td>1,467</td>
</tr>
<tr>
<td>Fan (attic)</td>
<td>370</td>
<td>786</td>
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<tr>
<td>Fan (circulating)</td>
<td>88</td>
<td>489</td>
</tr>
<tr>
<td>Fan (rollaway)</td>
<td>171</td>
<td>807</td>
</tr>
<tr>
<td>Fan (window)</td>
<td>200</td>
<td>850</td>
</tr>
<tr>
<td>Heater (portable)</td>
<td>1,322</td>
<td>133</td>
</tr>
<tr>
<td>Heating pad</td>
<td>65</td>
<td>154</td>
</tr>
<tr>
<td>Humidifier</td>
<td>177</td>
<td>921</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>HEALTH &amp; BEAUTY</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Hair dryer</td>
<td>750</td>
<td>51</td>
</tr>
<tr>
<td>Heat lamp (infrared)</td>
<td>250</td>
<td>52</td>
</tr>
<tr>
<td>Shaver</td>
<td>14</td>
<td>129</td>
</tr>
<tr>
<td>Sun lamp</td>
<td>279</td>
<td>57</td>
</tr>
<tr>
<td>Toothbrush</td>
<td>7</td>
<td>71</td>
</tr>
<tr>
<td>Vibrator</td>
<td>40</td>
<td>50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOME ENTERTAINMENT</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Radio</td>
<td>71</td>
<td>1,211</td>
</tr>
<tr>
<td>Radio/record player</td>
<td>109</td>
<td>1,000</td>
</tr>
<tr>
<td>B/W TV (tube)</td>
<td>160</td>
<td>2,188</td>
</tr>
<tr>
<td>B/W TV (solid state)</td>
<td>55</td>
<td>2,182</td>
</tr>
<tr>
<td>Color TV (tube)</td>
<td>300</td>
<td>2,200</td>
</tr>
<tr>
<td>Color TV (solid state)</td>
<td>200</td>
<td>2,200</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOUSEWARES</th>
<th>Est. Kw-hr. Used Per Year (at 2.3¢)</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item</td>
<td>Average Wattage</td>
<td>Average Hours Per Year</td>
</tr>
<tr>
<td>Clock</td>
<td>2</td>
<td>8,760</td>
</tr>
<tr>
<td>Floor polisher</td>
<td>305</td>
<td>49</td>
</tr>
<tr>
<td>Sewing machine</td>
<td>75</td>
<td>147</td>
</tr>
<tr>
<td>Vacuum cleaner</td>
<td>630</td>
<td>73</td>
</tr>
</tbody>
</table>

*Thermostatically controlled units cycle on and off. Estimates of "hours of use" are based on the time the heat element is "on" and will be less than actual switch-on time.
If your attic isn't insulated, insulate it yourself with 6" of Fiberglas. A home with 6" of Fiberglas insulation in the attic costs up to 30 percent less to heat than an identical home with no insulation. (Costs less to cool, too.)

Take an average 1000-sq.ft. home in Chicago, for example. Going from no insulation to 6" of Fiberglas insulation in the attic could cut heating costs as much as $130 a year.

If you already have some insulation, increase it to 6". You'll save, too.

Ask for Owens-Corning Fiberglas insulation. It's pink. And it comes in standard widths for easy do-it-yourself installation. (Cost for Fiberglas insulation 6" thick: about 15¢ a square foot at your local building material dealer.)

Or if you prefer you can have your local insulation contractor install Fiberglas insulation.

Send for free fuel-saving facts. Fuel savings vary by region. To find out how much you could save—and how to do it yourself—clip the coupon.

Owens-Corning Fiberglas Corporation
Att: A. O. Meeks
Fiberglas Tower, Toledo, Ohio 43659

Please send me a free computer analysis of heating and cooling savings in my area. Plus a free “do-it-yourself” booklet.

Name________________________
Address_______________________
City_________________________
State__________________________
Zip___________________________

Owens-Corning is Fiberglas
Furniture for lovers

Furniture that's crafted of warm, beautiful, natural wood. No plastic substitutes. You'll love it for the same reason you love that kind of people. We call it "Staccato." It's a very today design, with a geometric pattern of squares and oblongs standing out in bold relief for a striking three-dimensional facade. Pieces for bedroom as well as dining room. For folders of "Staccato" and other Lane furniture send 25c to The Lane Co., Dept.M02, Altavista, Va. 24517.

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

Like it hot, but...

Heating water for washing, bathing, dishwashing and laundering consumes about 12 percent of all the energy used throughout your house. Whatever you can do to save hot water—and there is a lot—will put money in your pocket and contribute to conserving our country's energy supply.

For example, when you bathe, do you have to fill the tub to within 3 inches of the rim? Do you have to stand under the shower a full 10 minutes? Experts estimate that nearly half the hot water that pours from pipes in the typical American home is used for bathing. If you cut this use by a third, you'd make a major saving in fuel required to heat water.

Another substantial hot-water saving can be made in the laundry. You might, for instance, switch to cold-water washing—or at least use the warm-water setting as much as possible. Use the water-level control to fit the right amount of water to the size of the load. Plan for full rather than partial loads. For best results, balance the load with clothing of varying sizes, but be sure that all fabrics in a single load require the same treatment. Pretreat very soiled or stained clothes, or use the soak cycle to loosen stubborn dirt, so you won't have to wash them twice or use an exceptionally long wash time. Measure detergent accurately—too little leaves clothes dirty, too much overloads the washer so you have to add water to get rid of the detergent. If your washer has a suds-saving feature, by all means use it.

Use similar water-saving procedures if you have a dishwasher. Limit dishwasher use to once a day or only when a full load of dishes has been accumulated.

If you have extra cycles on your dishwasher, use only a single wash unless you have heavily soiled pots and pans. Scrape food from dishes rather than rinse. Check the filter screen regularly and remove any food particles that may be blocking a free flow of water. And if you wash dishes by hand, don't do it under continuously running water. Fill a pan or the sink, then spray-rinse.

If you don't have a dishwasher, consider reducing the water-heater temperature from the usually accepted 140° to 150° range to 110° to 120°, hot enough for the pleasantest bath or shower and other warm-water needs. You can move it back up on laundry days, but you'll make big savings on all the other days.

Note, however, that a dishwasher requires the hotter temperature to clean and disinfect properly, and you can't push the temperature up every time you want to do dishes.

Additional hot-water savings that, all told, may be substantial can be achieved through a simple repair and improvement program.

If you have an oil-fired water heater, be sure it is inspected and adjusted annually. (Because of the simpler mechanism, this is unnecessary with a gas or electric heater.)

Stop faucet leaks. In the course of a year, a hot-water faucet with a one-drop-a-second leak will waste fuel—and approximately 650 gallons of water. Fixing the typical faucet found in all but the newest houses is one of the easiest repairs you can make. Any home-repair book will explain it.

Unfortunately, some of the newer faucets are harder to repair—mainly because they are designed in unfamiliar ways. If you find the manufacturer's name, you can (continued)
For people who can't leave well enough alone, look what you can do with a Banquet Turkey Cookin' Bag entree.

Giblet gravy and sliced turkey. Nobody makes it faster or better than Banquet, but if you want to make it fancier, here's how:

Take one Banquet Giblet Gravy and Sliced Turkey Cookin' Bag entree from your freezer and prepare. Oven-melt Monterey Jack Cheese on one slice of sour dough bread. Top with turkey, then add gravy. Garnish with parsley, pimiento and a sprinkling of curry powder. Serve with Snow peas, kumquats, accompanied by an avocado and Cherry Tomato salad.

Banquet. When you start with great food you end with a great meal.

Banquet Foods Corporation, St. Louis, Missouri 63101
Just off the presses... the new 1974 Wilton Yearbook

184 big 8 1/2" x 11" pages in full color show you how to decorate cakes the way the professionals do.

You can create every cake pictured here and many many more.

The new edition of Wilton's wonderful Cake Decorating Yearbook teaches you step by step, in words and pictures, using many of the special techniques developed in the famous Wilton School for professional cake decorators. You are told what tools you need, how to use them, how to create flowers, fancy borders, and write messages in frosting.

The Wilton Way works. Mrs. Robert Scott, 9 Rock Cut Road, Newburgh, N. Y. 12550, writes:

"I'd like to close saying 'Thank you, Wilton.' The many, many compliments I receive, the ribbons from the fair, the money I receive are all partly yours!"

Delight your family and dazzle your friends with the newest cake creations from the 1974 edition of Wilton's wonderful Yearbook.

WATER HEATING: SOME LIKE IT HOT BUT continued

get repair information or parts directly from him. Or you can call a plumber.

If you're installing a new clothes washer, locate it as close to the water heater as possible. You don't have as much leeway with a dishwasher, but the same holds true. Thus you can keep the hot-water line as short as possible to minimize loss of heat as the water moves from heater to appliance. No matter where the appliances are placed, you should insulate all hot-water lines—at least those that are used frequently. The best insulation is thick, rigid fiber glass or cellular sleeves that snap around the pipes. Fiber-glass tape is of little value if used only in a single thickness: you must have at least a half-inch of insulation to cut heat loss appreciably.

Equip shower heads with water regulators—they cut down flow without reducing pressure. The simplest device is a short length of pipe that slips into the pipe behind the shower head. Or if you need a new shower head anyway, get one with a built-in volume regulator. Comparable controls can be used in lavatory and sink faucets.

If your water is hard—as most is in the United States—take the necessary steps below to prevent the accu-mulation of scale in the water heater; scale can increase fuel consumption as much as 25 percent. In addition, hard water makes it difficult to wash clothes really clean, thus forcing you to wash them more often.

In areas where the water is only moderately hard, it's reasonably simple to de-lime a storage-type water heater about once a year. Ask your water-heater dealer or manufacturer for directions. Tankless heaters must be purged by a serviceman. In areas where the water is extremely hard, consider installing a water softener. This will eliminate scale in the heater and in piping throughout the house. Furthermore, you will enjoy all the other advantages of soft water: cleaner dishes, no spotting of counter tops and other surfaces that water touches, no lime deposits in pitchers and coffee makers, longer-lasting fabrics, more lustrous hair.

When your water heater finally needs to be replaced, make sure the one you buy is heavily insulated. This is more important with electric heaters; gas and oil heaters lose more heat up the flue than through the tank walls. If you install an electric heater, it should be a de-luxe model with a rated heat loss of no more than 4 watts per square foot. Since this information is not printed on the nameplate, ask your dealer.

Finally, if you add a wing to your house, consider adding a small water heater to supply the new wing rather than running a long, heat-wasting pipe from your present heater. Because of what you save on piping, this won't cost as much as you might think, and could well pay for itself over the years by reducing fuel use.

By the same token, if you're building a new house that has a spread-out plan, you might save money in the long run by installing two small water heaters in different parts of the house rather than one large central heater with long pipe runs.

Using less hot water in all these ways provides the most immediate measurable savings of energy, but conserving water of any kind—hot or cold—reduces energy use over the long run. Complete community water systems require major expenditures of energy in such procedures as pumping, aerating, filtering, treating and disposing (of sewage). And water itself is a commodity that's in short supply in some communities. For these reasons, be water-wise throughout the house, whether you're dealing with hot or cold.

—Stanley Schuler

FOR MORE ABOUT THE ENERGY SQUEEZE, SEE PAGE 36.
the summer of 1903. Miss Deanna Durdov hid her cigarettes in the family greenhouse, behind the Pinus Ponderosa. Or was it the Austrian fern?

You've come a long way, baby.

VIRGINIA SLIMS.

Slimmer than the fat cigarettes men smoke.

17 mg. tar, 1.2 mg. nicotine av. per cigarette, FTC Report Sept.'73
Who softens your softener while your softener is busy softening the water?

Morton does.
With Morton® Pellets and new Morton® Super Pellens, for rusty water problems.
Most leading water softener manufacturers and dealers recommend Morton products.
That’s because they’re free of the impurities that can harm your softener.
After all, they’re made by the same people that make Morton table salt.
And you can’t get any purer than that.
In your search for a new home, the key man in most cases will turn out to be the real estate broker or salesman. He will be at the center of your house-hunting effort, particularly if you are searching in an unfamiliar community. A good broker, or his agent or salesman, can probably provide more useful information about the area and its services than any other single source. He can lead you to homes that are for sale within your price range and meet the other criteria you set.

SEEK RELIABILITY

The best route to finding a reliable broker is through a personal recommendation from someone who has dealt with the broker before and has found him conscientious and reliable. Your employer or prospective employer may have a list of brokers who have found homes successfully for others. Brokers with whom you have dealt in the community you are leaving are another good source of reference.

If you do not have access to any of these sources, you can contact the chamber of commerce or the realty board in the community where your search is centered and ask for a list of brokers specializing in the kind of house you are looking for. Should you want to check the qualifications of any broker to whom you've been referred, you can consult the local Better Business Bureau.

HOW MANY BROKERS?

As a house hunter, your problem is to gain exposure to as many houses as possible of the type you are seeking and in the price range you can afford to pay. Ideally, your problem would be simplified if you could put yourself in the hands of a single broker who would show you all the available houses suitable for your needs—and no others. But this ideal is seldom possible in most communities of any size. Your aim as buyer should be to find one or more brokers with the best selection of houses that meet your specifications.

The broker's role is frequently misunderstood. In each of the 50 states he is a licensed professional, but educational qualifications and experience requirements vary widely from state to state. In some states real estate salesmen must also be licensed and must work for a licensed broker. There are more than half a million real estate brokers, salesmen and practitioners of related skills in the country. They include executives of large realty companies whose business is nationwide or regional, and they also include part-time housewives and students who show houses on weekends.

SHOULD YOU USE A BROKER WHEN BUYING A HOUSE?

CHOOING A BROKER

More than 90,000 realty professionals are members of what is by far the largest organization in the field, the National Association of Realtors. Brokers who are members of the association are entitled to use the copyrighted designation "Realtor" in their professional capacity. They may also belong to any of about 1,800 local Boards of Realtors and frequently to state or regional bodies as well. To qualify as a Realtor, a broker must meet certain standards set by the national association apart from state licensing requirements. He must also subscribe to the association's code of ethics and adhere to certain professional standards.

There is another well-known group of professional brokers, the National Association of Real Estate Brokers, which has as its copyrighted designation "Realist." The association has a code of ethics, an emblem and an international membership, although it is much smaller than that of the Realtors.

What do these designations mean to the prospective home buyer? There is no reason to assume that a broker lacks qualifications simply because he is not a Realtor or Realist. Many brokers have elected not to affiliate, and such nonaffiliation does not necessarily reflect on their competence or qualifications.

The real estate broker customarily receives his entire remuneration, particularly in home sales, in the form of a commission on the transaction. The commission rate is a negotiable item between broker and seller and usually is 5 or 6 percent. Although the broker is legally entitled to receive his commission, under the laws of most states, from either seller or buyer, in practice he represents the seller and gets his commission out of the price.

Doesn't the commission add to the cost of the house? Couldn't you buy for less if the seller were to receive the full price without the commission's being deducted? Not necessarily. Such savings are for the most part illusory. Prices of homes, like every other commodity in a free market, are determined by supply and demand. A house for sale that has considerable buyer appeal will be taken readily at the market price, whether or not a broker is involved in the transaction. One that is not appealing at the asking price will be sold only if the seller accepts a lower price. Each house on the market competes with all the others. True, the seller who feels he has a true bargain may undertake to market his house without the help of a broker, since he can avoid paying the commission. But many sellers in such circumstances do not. They value the broker's services in screening out "lookers" who visit houses on the market with no serious intention of buying, and they are willing to pay a broker for handling the paperwork that is involved in a home selling-buying transaction. (continued)
For these reasons you can generally assume that houses you are shown by a broker are priced at the market level. Moreover, from your point of view as a buyer, especially in a community with which you are not familiar, it is extremely difficult to seek out and find individual sellers offering houses that match your needs in location, size, price and the many other factors that an experienced broker takes into consideration when assessing your requirements.

Often when you visit a broker’s office to explore listings, you are asked to fill out a questionnaire whose purpose is to detail your needs. Assuming that you have been directed to a conscientious broker, the few minutes you spend filling out such a form can be most productive. The more detailed the information you give him, the easier it will be for him to rule out houses for sale that would be unacceptable to you, thereby saving you time.

**ESTIMATED PRICE**

It is most important to give the broker an accurate range of the prices you’re prepared to pay. Just because asking prices are usually higher than the final selling price, don’t supply an artificially low estimate of what you are willing to spend, figuring that you can always go higher if the broker shows you something specially desirable. This only wastes your time and that of the broker.

Many would-be home buyers are wary of real estate brokers, agents and salesmen, feeling that they will do everything in their power to have a piece of property. Generally, these fears are warranted. A good broker knows that painting a rosy picture of a not-so-rosy locale, or making a dilapidated house out to be a sound one, will rarely clinch the sale. The conscientious broker also realizes that the buyer of a house becomes a part of the community, and that satisfied clients are the best source for new prospects.

**OTHER ASSISTANCE**

In addition to showing you houses on the market that fall within your stated requirements, the broker may be helpful in other ways. He can usually supply complete information on property-tax rates, municipal services provided, transportation facilities, proximity to schools, shopping, houses of worship and other essentials.

The broker also serves as your most convenient means of access to other professionals whose services you will need in buying a house. Most commonly, you will need a mortgage. Most brokers have contacts with local banks, savings and loan associations and mortgage brokers that can be used to find the best obtainable loan. It may be difficult to shop for a loan in an unfamiliar community.

**APPRAISALS**

If you want to have a house appraised (beyond any appraisal that might be required for Federal Housing Administration mortgage insurance or a Veterans Administration mortgage guarantee), the broker can direct you to an appraiser. Should you want to have a house inspected by a professional engineer as to soundness—a good idea with houses more than 10 or 15 years old—to determine whether a desired addition or alteration is structurally possible, the broker can find one for you. The matter of casualty insurance is also one in which your broker can help. In many instances he deals in property insurance or has an affiliation with an insurance agency.

Many home buyers expect that the real estate broker, as the middleman in the transaction, will handle all the details. This is true up to a point, but don’t expect the broker to act for you. Both buyer and seller should be represented by competent legal counsel. In some states brokers are permitted to draw up legal documents used in home transfers; in other states they are not permitted to do so. Regardless of who draws up the documents, you as buyer should have a lawyer of your own choice go over all the papers you are going to sign. He should represent you at the signing of the contract, if possible, and certainly at the title closing when you take final possession of the house.

**THE FINAL STEPS**

When you have made your selection, you are ready to make an offer to the seller through the broker. Here takes place the familiar ritual dance of American home buying—the offer and counter-offer, a duel of wits and wills that may go on for weeks. But much of the game is really superfluous. Most experienced brokers can forecast quite accurately what a given house in their area will eventually sell for, so he can be of considerable help at this point. He generally knows when an asking price is firm and when it’s negotiable. His main object is to effect sales, not to maintain high prices. When he notifies you that your offer has been accepted, you’re on the road to owning a new home. —Glenn C. Fowler


**MEAT-CUT NAMES GO NATIONAL**

New standards mean money saving.

Shopping the meat counter can often be frustrating. With names differing every place you shop, confusion can result in overspending or unwise choices of meat cuts.

All this is about to change. An industrywide committee comprising executives of meat-packaging processors, retail firms and industry trade organizations, with assistance from the U.S. Department of Agriculture, the White House Office of Consumer Affairs and the Council of Better Business Bureaus, has been at work a year on a system that will standardize meat labeling. They have reduced the number of commonly used names—many fanciful, some allegedly deceptive—to a master list of about 315. Adoption of this official name guide by meat retailers is voluntary, but it is hoped and believed that all major stores throughout the country will be using it by the end of the year.

What you will be seeing is a label that shows, first, the kind of meat (beef, veal, pork, lamb); next, the section of the animal from which it comes; finally, the recommended retail name. Gone will be the fancy names—Delmonico, Spencer, Beauty—you once encountered. On the weight-price label the designation will look like this:

**BEEF RIB**

**EYE STEAK**

There are few exceptions to the rule. Names that have become traditional and accepted, over the years, may still be used. So you will continue to see terms like “Porterhouse Steak,” “Filet Mignon” and “French-Style Chops.” And in areas where a name has become accepted and confusion might arise were it eliminated, it can be added to the standard information. For example, the California Roast is a popular item in some localities. To assure his customers that he still sells this, the retailer will put the accepted terminology on the weight-price label:

**BEEF CHUCK**

**UNDER BLADE ROAST**
Then he may, if he chooses, add "California Roast" to the label or put it on a separate sticker. As a further aid, most stores participating in the program will have illustrated charts conveniently displayed to show the carcass, the primary cuts and their locations on the carcass, the names of most retail cuts and some recommendations of proper cooking methods. (A small-scale adaptation of the beef chart appears below.)

With all this information available right at the point of purchase, we should all become more knowledgeable shoppers and more versatile cooks. —Frances M. Crawford

**Retail Beef Cuts — Where They Come From, How to Cook Them**

<table>
<thead>
<tr>
<th>Retail Cuts</th>
<th>Use</th>
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<tbody>
<tr>
<td>Chuck Short Ribs</td>
<td>Roast, broil, panbroil, panfry</td>
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<td>Rib Steak, Boneless</td>
<td>Roast, broil, panbroil, panfry</td>
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<td>Rib Eye (Delmonico)</td>
<td>Roast, broil, panbroil, panfry</td>
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<td>Short Loin</td>
<td>Roast, broil, panbroil, panfry</td>
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<td>Tip</td>
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<td>Shank Cross Cuts</td>
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<td>Brisket</td>
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<td>Short Ribs</td>
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<td>Skirt Steak Rolls</td>
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| Ground Bee
SELF-STICK PAPER POWER

It's the secret of "presto decorating."

The self-sticks — pressure-sensitive, adhesive-backed wall papers and plastics—make room rejuvenating easy and fun. And they're handsome, too, as you'll see in our "presto-decorated" rooms later in this issue. In choosing a self-stick just right for you, remember that wall irregularities will show through the shiny, solid-color self-sticks; patterned coverings completely hide what goes on underneath. (We used busy polka dots in a bath to disguise the square pattern of the covered-over tile.)

For starters, make sure your wall surface is clean, smooth, non-porous. Precat plasterboard or water-based, painted walls with varnish or shellac for firm adherence. To test your wall for paint type, apply a small piece of self-stick; if particles of paint cling to the adhesive, the paint on the wall is water-base and the surface should be treated as described.

Before applying the self-stick, which comes in 18-inch widths, cut it to wall-height strips. Then start in a corner, dropping a plumb line from ceiling to check straightness. Position your first strip precisely on the vertical; apply it from top to bottom, gradually removing the backing and smoothing out the bubbles (a soft, clean dustpan brush is good for smoothing). Apply the next section, overlapping it ½ inch (overlap all sections: self-sticks can shrink). Repeat, using a razor to cut around or shape over irregularities.

These basics are all you need to transform a room, but here are a few "special effects."

HERRINGBONE IMPACT

A pattern on your walls can really bring a room to life. Try a big herringbone design (it looks smashing in our dining alcove) or try stripes, a plaid, a check. Work out your design on paper first, deciding on widths, angles and colors. We worked with 9-inch-wide stripes—each half the width of the self-stick. To make the V-patterned herringbone, drop a plumb line where you want the stripes to meet. Measuring carefully, draw and apply two stripes that meet precisely in a V. With this as a guide, apply the other stripes above and below it, overlapping and smoothing them down as you go. For a fluid, stylish look, continue your pattern over moldings, doors, even light switches. Or add some contrast by painting the moldings and doorjambs in a coordinating color; we used the yellow of our herringbone pattern.

CEILINGS AND FLOORS

Self-sticks can work wonders on a ceiling (as they do in our kitchen and bathroom), but manufacturers don't usually recommend it, as the weight of the paper will eventually cause it to draw away from the ceiling. However, we solved the problem by reinforcing ceiling corners and seams with spray adhesive; wallpaper paste or staples would do the job just as well. A molding around ceiling edge will also help hold on self-stick. Self-sticks on the floor are even more spectacular, as our red-and-white nursery shows. Experiment on paper until you come up with a pattern you like; then plot your colors and go to work. The floor should be clean and relatively even; most floors are nonporous, so no other preparation is needed. We started with a wood floor (see A, below, for a section of it). First we laid down full widths of red self-stick (B). Next we put down 5-, 3- and 2-inch-wide strips of white self-stick, laying them in that order at 5-inch intervals (C). Across these we put down more white strips, cut to the same size and laid in the same order, at 3-inch intervals (D).

No matter what pattern you choose—checkerboard, stripes, even a plaid—you should protect your floor art with a coat or two of varnish or polyurethane. But before you apply any coating, test for an adverse chemical reaction; some of these products contain a solvent that eats through plastic. Try a bit of the coating on a sample piece of self-stick that you've mounted on a board. If there is a bad reaction (it will happen immediately), try another kind of protective coating. Actually, floor wax will give some protection.

TULIP CUTOUTS

Self-stick cutouts are fun in any room. We tried tulips in the nursery; you might go for sunflowers in a kitchen or birds in a bath. Whatever you pick, sketch out your design on cardboard, then trace it onto the self-stick. For our nursery, we scattered 3-inch-high white tulips over the red dado and 6-inch-high red tulips on the white wall. —Christine B. Roth
**FLOOR SAVERS**

The "caster family" prevents floor/carpet damage.

Furniture legs can be real trouble-makers—crushing the pile on your carpets, leaving rust spots, scratching and denting your hard-surface floors. But you can protect your carpeting and floors with any one of a number of efficient "savers" available today. Some—the cups, tips and glides—also muffle noise and prevent furniture skidding. Others—the various casters—allow tables into carts and making heavy pieces movable for cleaning. As a rule, use the metal ones on carpeted floors (they slide easily), and the plastic ones on hard-surface floors (they won't mar). Plastic savers in clear plastic, in wood-grained or in colors (usually white, black, gray or brown), are available in clear plastic, in metallics or in colors (usually white, black, gray, brown or green), at 45¢ to $1.10 for four.

**CUPS**

Cups come either round (as at far right, above) or square; use them under wooden or metal legs ¾ to 2½ inches thick. Their bases can be smooth (A), carpeted (B) or fingered (C): For best protection, use the smooth and carpeted types on short-pile rugs or hard-surface floors; use the fingered ones—the "fingers" provide crush prevention—on deep-pile rugs. Cups made of metal, rubber or plastic are available in clear plastic, in wood-grain-finished metal or in colors (usually white, black, gray, brown or green), at 45¢ to $1.10 for four.

**TIPS**

Tips (D) are for wooden or metal legs that are ¼ to 1¼ inches thick; they should fit snugly. For those dinette sets with double metal legs, there are even special linked twin tips. Made of rubber or plastic, all tips come in white, black, gray or beige at 30¢ to 90¢ for four.

**NAIL-ON GLIDES**

There are two kinds of glides: the nail-on type for wooden legs and the swivel glide for wooden and metal legs. Both range in size from ¾ to 1½ inches across and cost from 30¢ to $1.20 for four.

The simplest glide for a wooden leg is the three-pronged (E) or the one-nail (F) stainless-steel button. Other simple one-nailers are made of rubber or plastic, with bases that are smooth, carpeted or fingered. One stainless-steel glide (G) even has a set-in rubber pad to reduce noise and absorb vibration.

**SWIVEL GLIDES**

Swivel glides are made to fit angled legs, though you can use them with straight legs. They're usually plastic or metal with a plastic base, and some have an adjustable stem that compensates for uneven legs. The tubular swivel glides (H) fit over hollow metal legs and are secured by an internal clip; the metal tube is finished in brass or nickel. For use with solid-metal legs, there's an all-plastic tubular glide that's made to force-fit. This one also fits wooden legs, but the nail-on glide (I), designed especially for wood, works better. The swivel ferrule (J) for tapered wooden legs is a cross-breed: It looks like a tall tubular glide, but the leg is actually secured by a nail recessed in the base.

**CASTERS**

Here the choice is between the wheel- and the ball-type caster. Ball casters are stronger, their design and finish more attractive, but they normally cost more.

Both kinds are available in metal, hard rubber or plastic, with wheels or balls ranging from 1¼ to 3 inches in diameter. As a rule, use the larger diameters to support heavier loads, but check the weight guide on the caster package just to be sure. Wheel casters come in clear plastic, in metallics or in colors (white, black, gray, brown); ball casters usually come with a metallic finish in brass, copper or chrome. Prices range from $1.60 to $10 for four.

Make sure you buy casters that have the correct fastening for the particular leg or base you have. There are two basic types: the stem fastener and the plate. For wooden legs, use the stem type with a sawtooth socket (K): Drill a hole in the bottom of each leg and hammer in the socket until the saw teeth are embedded in the wood; then tap in the caster, which will snap in place. For hollow metal legs, use the stem type with the grip-neck socket (L) and tap one into each leg; the casters snap in place. For flat wood bases, use casters that come with mounting plates (M); these attach with screws. All socket and plate fastenings shown here on wheel casters are available with the ball-type caster (N).

For wooden furniture pieces that have bases with insufficient space for the mounting plate—pieces like credenzas or TV consoles—get the special L-shaped brackets that can be screwed into the inside corners of the base. Attach casters to these brackets.

—Siew-Thye Stinson
It is an indisputable fact of life that household storage space diminishes in direct proportion to the accumulation of possessions. With the help of products now on the market, widely available in furniture, hardware and department stores, you can make storage space and possessions come out even—and at the same time add efficiency, color and good looks to your home. These products are not actually furniture in the traditional sense. Nor are they strictly utilitarian storage accessories to be hidden away behind closet doors. They fall into a special category of storage units that can best be described as “thing organizers.”

STACKING CUBES

Heading the lineup are (1) Crawford’s stacking cubes of high-impact molded plastic in equally high-impact hues of red, white, yellow or black. Three 15-inch cube designs are included in the modular system: an open model; one with two dividers to use horizontally or vertically; and one with three drawers (opposite, top). The drawers are also sold separately, to mix or match in the shelf cubes for greater color flexibility. Cubes, priced from $15 to $30, may be stacked in multiples to form a storage wall, or used individually for a host of purposes—the three-drawer cube as an end table or bedside stand, the shelf cube with open end up for a magazine rack, the open cube as a waste-basket or a planter (or turn it upside down and it’s a smashing pedestal for a modern sculpture or an oversized plant).

First cousins to the Crawford cubes are (2) Amoco’s Cubicals—also molded plastic, in red, white, yellow or black. Sold separately as full cubes (13½ inches), half-cubes and drawers, they feature a unique interlocking system that permits assembly into bookcases, end tables, desks, room dividers. Special screws packaged with the components accomplish the assembly. Colored plugs to cover unused screw holes, and posts to serve as mini feet, are also included. A notable feature of this modular system is its ability to bridge open areas—essential for creating a double-pedestal desk or assembling a storage wall around a window or heating grille. The line includes half-cube drawers, a deep shelf two cubes long and a five-bottle wine rack that fits inside an open cube or stands handsomely on its own (opposite, center). Prices for individual components range from $6 to $14.

New to the American market are (3) Falaset’s molded plastic storage components imported from Finland. The red, yellow, blue, green, black or white modules come in a versatile assortment of sizes and shapes to provide put-away space for room in the house. Units range in price from $15 to $30 each.

The storage-cube design principle, utilized in (4) E-Z-Do’s system of steel-reinforced fiberboard units, is considerably less expensive. A set of four 13½-inch cubes—open, three-drawer, three-half-cube/shelf/door units—is about $17, complete with metal fasteners for grouping.

From (5) Pearl-Wick come Stak’n-Stor components in two-tone styling of yellow and white, black and white, red and white—and an all-walnut wood grain—selling for about $22 per unit. Each measures 20 by 20 inches and 12 inches deep.

BUSINESS BORROWED

Brought home from the office and adapted for residential use are (6) Akro-Mils’s two-drawer file cabinets called Wild-Files, which look anything but businesslike in red, yellow or black polystyrene, with oversized circular finger pulls for the smooth-gliding file drawers. Use them as end tables in a family room or office, night tables in a bedroom, a toy bin in the nursery. Each unit measures 16 inches wide, 17 inches deep, 27½ inches high and it costs about $50.

HOBBY HOLDERS

Hobbies that make for an interesting family can also make for a messy home. Help is at hand in another “thing organizer” borrowed from the office and slacked up for domestic use: small-scale stacking drawer units. One of the nicest we’ve seen is (7) Stac-A-Drawer, also from Akro-Mils, in blue, orange and gold—colors calculated to brighten any family room or den. Outside dimensions of a three-drawer polystyrene unit are 10 inches wide, 12 inches deep, 5½ inches high. It tucks neatly into wall shelves or lines up compactly on a counter or tabletop. Contents can be filed according to drawer color. Price: $8.50.

The smallest items often present the biggest storage woes. You coin and stamp collectors, craft hobbyists and do-it-yourself addicts will find the answer to your special storage needs in (8) Quik-Pik cabinets—miniature steel-frame chests with tiny, individual see-through drawers fashioned after industrial small-parts storage systems. Akro-Mils makes seven different models, with nine to 50 drawers, ranging in price from $5.35 to $15. Two decorative models, with colorful polystyrene cases, are also available, as are clear polystyrene utility boxes with hinged lids and partitioned interiors. These fit a host of personal needs—for storing costume jewelry, cosmetics, hair-care paraphernalia, you name it.

MAIL-ORDER AIDS

Magazine and catalogue mail-order ads are a fertile source of unusual “thing organizers.” Recent offerings include (9) an ingenious 32-inch-long wall rack for storing four pairs each of skis and ski poles. Spaced pegs hold equipment upright, protecting it from damage and warping. This find, in pine and hardwood, sells for $11 in antique pine finish, $8 unfinished. Other mail-order discoveries include (10) a pattern file box ($1.29), with index outside and room inside for 15 patterns; (11) sturdy magazine files ($5), titled and sized for a year’s issues of your favorite publications; (12) a hinge-lidded see-through bobbin case ($1.19), with compartments for 34 bobbins.

Most thoughtfully designed is (13) an organizer for home-sewing centers, to hang on the wall or stand on a worktable (opposite, bottom). Made of yellow molded plastic, it has individual compartments for shears, pattern markers, seam rippers and the like; there’s a wide compartment, with a removable pincushion front to keep patterns and instructions booklets in order, and additional cubbyholes contain thread spools, bobbins, buttons, bindings, needles. It’s a priceless find at $8.

SEAT STORAGE

Seats that store, or chests that seat, have been around a long time; the big news here is in the styling, toned up with piano-hinged lids, tufted cushion tops and handsome casters, so they’re as decorative as they are useful. One worthy of mention is (14) Lane’s walnut-veneer hassock on casters, available nationally at retail stores. Measuring 16 by 16 inches by 17 inches high, and priced at $70, it has a black-cushioned vinyl seat that reverses to a chessboard. Beneath the seat there’s storage space for chessmen, checkers and numerous other board games, or if preferred, a sizable quantity of record albums.
LISTENER'S CATCH-ALL

Storage organizers made to order with the stereo savant in mind are new home entertainment centers. One unit (15), by Hirsch, measures 6 feet wide, 16 inches deep, 30 inches high. It has six shelves to accommodate turntable, tuner, amplifier, tape deck and speakers, with closed cabinet space for records and cassettes. In sturdy steel, it has a rich wood-grain finish ($50).

THE PUT-AWAYS

When storage needs are a sometime thing, there are products that assemble and/or unfold to satisfy a temporary requirement, then disassemble and/or fold up to put away until they're needed again. In this category you're likely to find folding bedspread valets, foldaway luggage stands and collapsible garment racks. Notable here is (16) Spiegel's foul-weather garment rack with its own built-in drip tray to catch runoff from boots and umbrellas. This $13 take-apart (32 inches wide, 16 inches deep, 62 inches high) pays for itself over and over again by sparing floors and carpets the ravages of tracked-in water and mud.

Another unique addition to the folding storage-items market is (17) Shape Craft's snap-together wine rack of rigid plastic in white, yellow or brown, with compartments for a dozen bottles ($7.50). When the last bottle is drained, unsnap the parts and store them flat in a drawer or on a shelf until new purchases are made and the supply is replenished.

BATH SPACE SAVERS

There's no room in the house more in need of organization than the bathroom, and no room in which it's harder to find space to do it. One item that makes the most of minimal floor area is (18) Beylerian's Mini-Combo in white or yellow plastic. It's a cylindrical, stackable storage unit measuring 16 inches across, with two sliding-door compartments. One can double as a stool; a stacked pair can turn an unused corner into a repository for bathroom sundries ($17.50 each). A good companion piece is (19) Allibert's two-drawer, wall-hung shelf unit of white wipe-clean plastic with removable glass top. It's 24 inches long, 23 inches deep, 5 1/4 inches high and costs $13.

Killing two birds with one stone, there's (20) Shelfmaker's "down-under" cabinet (price $11), which hides pipes and converts unsightly unused space into bonus storage area. It's a two-shelf all-white metal unit with pebbled or clear plastic sliding doors. The same manufacturer offers (21) a matching cabinet to suspend on its own jack-spring poles above the toilet tank ($15).

Other tank-top units rest directly on the tank. One model (22), in white enameled steel by Ransburg ($13), has a raised decorative edge so the top may be used as an open shelf. Then there's (23) Crown's back-of-the-door towel ladder with its own built-in sliding-door cabinet, projecting only 3 1/2 inches from the door. This all-steel accessory comes in a baked-enameled finish—in white, black, pink, brown, blue or avocado—and retails for $20.

Look, too, for bathroom "thing organizers" in crystal-clear Lucite and acrylic, with a clean, slick look: (24) single and double wall shelves in three sizes, (25) a wall-hung magazine rack, (26) compartmented tank-top trays to hold cosmetics and bath accessories, (27) a two-shelf shower caddy that hangs securely over the shower head. Prices are $4.50 to $16.

UNCLUTTER CLOSETS

In-the-closet "thing organizers"—garment bags, shoe caddies, hatboxes and the like—are familiar notions-department items. Not so familiar are hardware kits that rearrange space within the closet to expand its usable capacity.

These kits, sold in hardware and department stores, include (28) brackets and hanging poles for both long and short garments, as well as brackets for deep and shallow shelves to install above, below and alongside the hanging storage areas. One line of closet organizer kits (29), sold exclusively in department stores around the country, comes with a handy instruction booklet illustrating the many arrangements possible with the kit components. Prices range from $15 to $20.

THE STAY-AT-HOME DECORATIVE TRUNK

The latest, hottest item in decorative "thing organizers" has just turned up in, of all places, a department store luggage display. Far too good-looking to turn over to heavy-handed porters, it's a (30) brass-bound, leather-handled, cedar-lined trunk, from Union Trunk of Canada, made of gleaming mirror-finish steel (below).

The stay-at-home trunk comes in four sizes, all of them perfect end table or coffee table dimensions. Prices range from $50 for the 19-inch cube to $95 for the commodious model that's 43 inches wide, 25 inches deep, 21 inches high. Flattering to any decor, contemporary or traditional, this shiny storer offers infinite possibilities—a mothproof blanket chest, a silver safe (the locks really lock!), a vault for out-of-season clothing. But it's so great-looking, you'll want to buy it for its decorative impact alone.
Brighten winter by "cutting up" a cake, drinking a "Snowshake" warm-up, feeding the birds and getting some preseason help with your golf swing.

SHAPELY CAKES
Hearts and flowers, bunnies, balloons—start with Baker's new Cut-Up Cake Party Book and you can bake, cut to shape and decorate these and 22 more. The paperback has party hints and recipes, too, all for $1.25 at stores and newsstands. Or send 60c (no stamps) with your name and address to: Baker's Cut-Up Cake Party Book, Box 5021, Kankakee, Ill. 60901.

SHOPPING VIEWS
Let it snow, blow or whatever. You can shop the whole earth by catalogue without braving one element. For starters, try Maria Elena de la Iglesia's colorful Catalogue of American Catalogues (Random House, $10; paper, $4.95). It tells where to buy almost anything through mail order—from antiques and games to handcrafts, hobbies, household helps and toys. Then Harold M. Hart's big, seductively illustrated Catalogue of the Unusual (Hart, $6.95; paper) follows up with 351 pages of buying guidance for hundreds of fascinating items—as practical as a boot rack or a pop-up tent, as improbable as a camel tooth fossil or a yarmulka for a dog. Between the two books, you're good for long hours of browsing from now till spring thaw.

SMOOTH SIPPING
Given the exotic ingredients—brandy, fresh cream, creme de cacao—and some expert mixing, you can stir up your own Brandy Alexanders. But Mr. Boston's new milk and brandy-based "Snowshake" is lots easier, comes blended, bottled, ready to chill and pour straight up or on the rocks. And it's very smooth by the fire.

MORNING CALL
A sleek new digital alarm has understanding built right in: Its good-morning beep is stilled hy &e sound of your voice telling it to cease, shut up or turn off in any language. But you can't just lie there: The thing re-beeps every two minutes till you follow up with a twist of the manual switch. It's $69.95 from Vox Industries, Box 735, Independence, Iowa 50644.

A garage or workshop wall. Its self-adjusting friction rollers hold three tools in place. In yellow, orange, beige or avocado, it's by Royal Krafts International, $2.49 at leading stores.

WHAT'S LEFT?
Left-handed fishing mitts, guitars, measuring tapes, baseball gloves, fountain pens, even greeting cards—life for the forgotten folk is becoming less contorted each day, as special products, shops and services crop up all over the place. One of the best-stocked is Manhattan's The Left Hand, a cheerily unassuming store at 145 East 27th St., N.Y.C. 10016, with a mail-out catalogue that includes left-oriented corkscrews, steam irons, toy-pistol holsters, potato peelers, carving knives, even knitting and crochet books. Another good lefty's helper is The Aristera (that's Greek for both "left-handed" and "fine") Organization, 9 Rice's Lane, Westport, Conn. 06880, which dispenses some 65 lefty-hand items by mail order only. Best sellers are their exclusive garden/kitchen shears, right-spiraled notebooks, a book on southpaw golfing, colorful pot-holder mitts with the thumbs in the right place and nifty new handwriting instruction kits for small southpaws.

BIRD BUFFET
Strictly for the you-know-who's: a really good-looking new series of winter seed feeders. They're nicely architectured, with nonglare windows and a choice of tile-like, shingle-textured or barn-shaped roof. Windproof and highly weather-resistant, they hang or mount on a pole or a platform. Rubbermaid makes them for $6.

HANGING HANDLER
No need to bore holes or thread strings. Now you can simply and neatly store mops, brooms, rakes, brushes—anything with a handle—on "Hang All." The box-shaped unit attaches easily to the back of a closet door or to a garage or workshop wall. Its self-adjusting friction rollers hold three tools in place. In yellow, orange, beige or avocado, it's by Royal Krafts International, $2.49 at leading stores.

SWING TRAINING
Before spring greens the greens, you can start brushing up on your golf game: Just let Bell & Howell's new "Swing Like a Pro" program lend a hand. All you do is shoot a super-8 or regular 8-mm movie of your beautiful, or unbeautiful, swing and send it to the B & H Pro/Am Sports Division in the special two-way mailer you can pick up from a participating dealer. An expert staff that includes the Ladies' Professional Golf Association's Sharron Moran will analyze and return your film with written comment—all for only $1 including development of the film.
The longer you smoke, the more you’ll like KOOL Longs.
Those extra puffs in long-size cigarettes can taste extra hot. But Kool Longs are refreshing for all their length. They’re the only ones with the taste of extra coolness.

Lady be cool.
YOUR APPLIANCES

MAKE EVERY WATT COUNT

About 25 percent of the energy used in an average house is consumed by appliances. How you use yours can make a radical difference in their energy demands. Here are some tips on conserving:

RANGE OVENS AND BROILERS
Large frozen roasts, poultry and casseroles should be thawed first to reduce cooking time. (Thaw in the refrigerator for best results.)

Preheat oven and broiler only when necessary. (Roasts, casseroles and other large items don't require preheating; baked goods do.) Preheat no longer than 10 minutes.

Be sure oven-door gaskets are still keeping heat in effectively.

Cook entire meals in your oven or broiler to get the most out of each one.

Double or triple recipes, and freeze surplus for later use. (If you bake three cakes at once, you'll use less energy than baking each separately.)

Don't open oven door needlessly while cooking. An average peek causes temperature to drop 25° to 75° F.

Use your oven rather than surface units, when possible. It's better insulated and is cycled to be "on" only part of the time it's in operation. Exception: When cooking small items, use a portable appliance (frypan, broiler).

When possible, warm food and plates with retained heat after you've turned the oven off.

Use the self-cleaning cycle infrequently, and use it in late evening when energy demands are lessened.

Be sure the pilot light on your gas range is adjusted properly.

By turning your electric oven off just before cooking is over, you can use residual heat to complete the job.

RANGE SURFACE UNITS
Place pan on surface unit first; then turn on the heat.

Use the right size pan for the unit. Flat-bottomed, straight-sided pans with tight-fitting covers are best.

Use high heat to bring foods to a boil; then reduce heat to simmer.

Use a minimum of water when cooking; it will heat more quickly.

When boiling water for tea or coffee, heat only as much as you need; use a teakettle or a covered saucepan.

Glass-ceramic pans require lower heat settings than metal cookware.

Thermostatically controlled surface units save energy; they cycle on and off.

A pressure cooker cuts down the cooking time of most foods.

When cooking is finished, check the signal or indicator to make sure units are turned off.

With a gas range, set burner control so the flame heats the pan bottom, but does not lick the pan sides.

A steady blue flame indicates a properly adjusted gas burner. A fluttery or orange flame could mean that an adjustment is necessary.

With an electric range, turn surface unit off just before cooking is done; let residual heat finish the job.

REFRIGERATOR-FREEZER
Position appliance away from range and direct sunlight. Be sure there's room for proper air circulation around models with back-mounted condenser coils.

Fill the unit with food, but be careful not to overfill.

Be sure food packages do not block air vents in chill or freezer sections.

Keep condenser coils, which may be at the back or the bottom, free of dust and lint.

(continued)

Fresh. Either you are or you aren’t!

With Norforms™ you can feel sure.

It’s The Internal Deodorant™ that lasts up to 10 hours!

• Feminine odor starts inside. Norforms stops it there.

• It’s the tiny vaginal suppository that takes only 10 easy seconds to use.

• Norforms...quicker, more effective than a douche, and works like no spray or powder ever can.

• And Norforms stops odor even during your period. (They won’t interfere with your tampon or napkin.)

• Norforms keep on deodorizing, refreshing when you need them most...every day.

• That’s feeling fresh. That’s feeling sure. Freshness, where you need it, when you need it.
NOW YOUR LEGS CAN HAVE SHEER ENERGY.

Introducing the new pantyhose with all-day massage.

It's great feeling Sheer Energy massaging your legs all day when you're on your feet all day. It makes your legs feel more energetic.

Here's how our all-day massage works. First of all, we use our new Springknit™ Yarn (it's specially made to feel really springy on your legs). Then we knit it in a special way. Starting at your ankles, our yarn hugs your legs closely, gradually widening as it goes up to hug the shape of your legs perfectly. It's this springy, hugging action of our yarn together with the movement of your legs that causes our all-day massaging action.

Our energetic pantyhose come in lots of sheer leggy shades like Coffee, Nude, Suntan, Taupe and Black. They look soft and natural and feel skin smooth. And Sheer Energy last on and on, so you can go on and on with your shopping, working and so on. You can even wear them dancing all evening.

Now here's the payoff. Sheer Energy are just $2.99!* Who else would give your legs an all-day massage for so little? Sheer Energy are ready to go at the Legs® Boutique.

Size A fits most women 5'0" to 5'4"
Size B fits most women 5'5" to 5'9"

Just look at the height-weight chart on the bottom of the package to find your correct size.

*Far trade price in those states where allowed by law.
Make Every Watt Count continued

Put in cooled food only, unless a recipe calls for quick chilling.
Keep temperature no colder than necessary. Chill section should average 30° to 40° F., freezer 0° to 10°.
Open the door only as often and for as long as is absolutely necessary.
Check door gasket to see that cold air isn’t escaping. Close a dollar bill in the door. If it pulls out easily, a new gasket is needed.
Frost-free refrigerator-freezers generally use more energy than manual-defrost models.
If your freezer isn’t frost-free, defrost before a quarter-inch of ice accumulates.
When leaving for a long vacation, turn unit off, clean it and leave door open.

Clothes Dryer
If your dryer has an electronic sensor that turns the appliance off at the proper degree of dryness, use this rather than the timed-drying setting.
Vent the dryer to the outside, if possible.
Use the “damp dry” setting to prepare clothes for ironing without sprinkling.
Clean the lint filter after each load.

Room Air Conditioner
Choose the proper size unit for the room you want to cool. Check the unit’s Energy Efficiency Ratio (EER) before you buy. To compute it yourself, divide watts into BTU’s—the result should be between five and 12. The higher the number, the more efficient the unit.
Don’t block the flow of outside air with shrubbery—or inside air with draperies or furniture.
Use blinds, shades or awnings on windows in direct sunlight. Keep doors shut, and close draperies or curtains on windows without air conditioners.
Don’t leave air conditioner on when no one is home.
By setting the unit to maintain a temperature of 75° F. instead of 72°, you will cut energy use 15 percent—or 5 percent for every degree.

Don’t leave thermostatically controlled appliances plugged in (frypans, for example). It’s too easy to leave the dial slightly “on,” causing a leakage of electricity.
For conserving energy when using dishwashers and clothes washers, see our water-heating story, page 22.
We are committed to energy conservation, but also believe in “people power” conservation. We think you should consider your own time and energy when deciding whether to do a job by hand or to buy an appliance to do it automatically. —Jeanne M. Bauer

New decorating ideas for your whole house.

For new homes, old homes, all homes—a colorful 16-page booklet full of exciting ways to do, or do over, almost every room with beautiful American Olean ceramic tile. For 10¢ you’ll see ideas galore for your entrance foyer right through to your kitchen, and of course, plenty of baths, baths, baths! Ceramic tile. It’s the natural thing to use.

Ceramic Tile. It’s the natural thing to use.™

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1919 Cannon Avenue, Lansdale, Pa. 19446
Here’s 10¢ Please send “Decorating Ideas.”
Name __________________________
Street __________________________
City ____________________________ State ______ Zip____
□ We’re building. □ We’re remodeling.

American Olean
A Division of National Cryotile Company

—Jeanne M. Bauer
Hostess Helpers special offer!

Handsome special pieces in Oneida Community Stainless to match your favorite pattern from the Betty Crocker Coupon Catalog.

Add extra elegance to special meals with these Hostess Helpers. Try Grapefruit Flambe served with the special fruit spoon—perfect for brunch. The graceful seafood forks add an extra special touch to your seafood entrees. And imagine how beautifully the dainty coffee spoons will set off your after-dinner coffee. Special savings make this a wonderful time to order all three four-piece sets.

Hostess Helpers are available in the six exclusive patterns shown below. Each four-piece set is only $2.25. Save by ordering any combination of 3 sets for $6.25. If not entirely satisfied, return merchandise within 10 days and your money will be refunded.

Add to your set from time to time with individual pieces from open stock at big savings with Betty Crocker Coupons found on more than 175 General Mills products.

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General Mills, Inc., Box 314, Minneapolis, Minnesota 55460

☐ I enclose $2.25 (check or money order) for each set.
☐ I enclose $6.25 for any combination of 3 sets.

PLEASE INDICATE NO. OF SETS AND PATTERN CHOICE BELOW:

4 Coffee Spoons
4 Seafood Forks
4 Fruit Spoons

Name ____________________________
Address ____________________________
City ____________________________ State ______ Zip ________

To assure delivery give zip code. Offer good only within USA. Offer expires April 15, 1974.
Fashioned symbolic weathervanes from metal, choosing subjects that reflected local interests: barnyard animals for farming communities, marine life and ships for seacoast areas. Farmhands often whiled away long winter evenings whittling scraps of wood into toys or tools. Others, more skilled, found full-time employment carving ships' figureheads or Indians to "guard" cigar shops. Traveling portrait painters, or limners as they were called, found a market for three-quarter profile likenesses, but could just as readily produce a tavern sign or stencil a parlor wall.

Women made artistic contributions of their own, stitching graphically illustrated diaries into their distinctive quilts and samplers. Some of these unschooled artists, both men and women, signed their works; others merely left them behind to become part of the legacy of a primitive art form at its peak.

The Whitney Museum show was assembled by Alice Winchester and Jean Lipman, each a long-time authority on Americana in all forms. Together they culled the nation's leading museums and private collections to gather the more than 300 works that make up the exhibition. The two have collaborated on a book, The Flowering of American Folk Art 1776-1876, published in hard cover by Viking Press ($19.75). A paperback edition ($10) is available and serves as the exhibition catalogue.

The show, made possible by a grant from Philip Morris, Inc., leaves New York in late March, traveling to the Virginia Museum of Fine Arts in Richmond (April 22 to June 2) and to San Francisco's M.H. de Young Memorial Museum (June 24 to September 15).

-New Focus on American Folk Art

The first exhibition to survey the entire range of American folk art opens this month at the Whitney Museum of American Art in New York City. Marcel Breuer, the architect who designed the Whitney, created the settings for this unique presentation, called "The Flowering of American Folk Art 1776-1876."

Superb examples of country arts and crafts made for the most part by ordinary people—untutored and unsophisticated in the arts—are featured in the show's four main categories. (A color sampling is pictured elsewhere in this issue.) There are pictures painted, drawn and stitched; sculpture in wood, metal, stone and bone; furnishings; and decorations for the home, inside and out. Together they tell the story of the way Americans once saw themselves, their families, their communities, their way of life.

"Folk art" is a term that covers nearly everything people tried to create for themselves. Village smiths...
Decoupage, the 18th-century craft of applying cutouts to wood, is easy to do. You can create lovely things like our recipe file box (it’s 5¼ by 4 by 3½ inches), round trinket box, stamp holder or switch plate. Each Leslie Linsley kit comes with wood item, designs to cut out as shown, paints, brushes and simple instructions.

Akin to decoupage is the decal technique you lift a picture, design or motto from paper and apply it to another surface. Our memento kit lets you superimpose a wedding announcement (shown) or any printed memento over a floral design you apply on the oval plaque. Our domes kit offers complete materials for two oval plaques, two backboards (each 6 by 8½ inches), plus your choice of two seascapes (shown) and two florals one is on table). If you can use scissors, sandpaper and a paintbrush, you can easily master traditional decoupage or the newer decal technique. Choose your kit from coupon below—and have fun.

Leslie Linsley’s guide to decoupage (below), with 96 pages and 17 color plates, is also available.

American Home
Dept. 5073, 4500 N.W. 135th Street, Miami, Florida 33035

Please check kits desired:
Kit 61811 Trinket Box (Round) @ $5.98 each plus .55 post. & hdg.
Kit 61812 Recipe File Box @ $9.98 each plus 1.25 post. & hdg.
Kit 61813 Stamp Holder @ $5.98 each plus .55 post. & hdg.
Kit 61814 Switch Plate @ $4.98 each plus .55 post. & hdg.
Kit 61815 Decoupage Book @ $3.95 each plus .55 post. & hdg.
Kit 61816 Memento Decal Plaque @ $6.95 each plus 1.25 post. & hdg.
Kit 61817 Domes Decal (Deluxe) @ $8.95 each pair plus 1.25 post. & hdg.

61014 Catalog of needlework and other kits @ $1.00 each

Sales tax, if applicable
Total enclosed $__________

You may use your charge card for any purchase over $4.98.

American Home
61014 Catalog of needlework and other kits

For a complete catalog of other exciting American Home crafts, order #61014 (see coupon).

Print name __________________________
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He starts life as a kitten, of course, and at birth weighs about four ounces. His mother takes complete charge of him from the moment he's born. Except for her own meals, she needs no assistance from humans. She keeps him warm, dry and clean, sees to it that he gets his share of her milk and sleeps almost as much as he does.

For the first 10 days, or until his eyes open, the new kitten nurses, sleeps, nurses and sleeps again. Then when vision comes, the kitten starts to become more active. He can already hear, taste and smell, and now he sees—but not very much. All he sees is a blur, but it inspires him to move about, inch about really, for he still lacks both strength and coordination.

By his 14th day, the kitten sees distinctly, but everything he sees is limited to tones of whites, blacks and grays. All cats are color-blind.

Day by day, the kitten gains strength. When he's a month old, he's able to walk around on steady legs, play with his littermates and do limited exploring on his own. And he requires more and more food. The wise owner starts weaning by offering a meal a day to the kitten. Each week the quantity of food and the servings are increased. By the end of the eighth week, the kitten is completely weaned and no longer needs his mother. This is the ideal time for introducing the kitten to his new home.

The kitten grows in a hurry and is considered an adult at eight months. The average male is not ready for breeding at eight months, but most females are ready at six and seven months, some earlier than that, while still rated as kittens. No matter the breed, the average cat's life-span is 17 years. But it's not unusual for cats to live into their 20s, and rare ones achieve the 30s.

Breed, inheritance factors and health are all important in every cat's adult size. Males in the pink of condition average between seven and 10 pounds; females run about a pound lighter. But 15-pounders aren't rare, and every so often a giant-size 25-pounder comes along. Almost always, overweight is caused by a wrong diet and lack of exercise, so it's not the cat's fault. Overeating is seldom the problem. He eats just enough to satisfy himself and no more.

If he's a proper cat, his front paws boast five toes each, and the rear ones have four. He always moves about on his toes; no cat has ever been accused of being flatfooted. Each toe is host to a retractable claw, and these claws are one of the cat's few imperfections. They come in handy for tearing things apart, fighting and climbing trees, but they aren't designed for descending a tree feet first.

His tail runs from nothing at all (a good Manx) to about 11 inches, and it comes in a variety of styles: stubby, long and thin, curled and kinked. Experts have always regarded the cat's tail as his balancing agent, but that doesn't explain why the tailless Manx is as good on balance as any other cat. Other authorities argue that the tail is there as a means of communication, as sort of tail signals from one cat to another. Now medical research has come up with a theory: The tail is there to assist the cat's circulatory system. That doesn't explain the Manx, but he may be the exception.

There's no confusion about those whiskers that are found up front. His whiskers and eyebrows provide him with the most delicate sense of touch in the whole animal kingdom. They are his guides in total darkness, and the foundation of the popular myth about cats being able to see in complete blackness. Every other hair on his body, tail included, is also sensitive to touch, particularly those on his front paws.

His sense of hearing is also superior. High frequencies are his specialties, and often when man thinks things are too quiet, the cat finds the world too noisy. He has a most unusual and mysterious ear. Somehow, the portion known as the inner ear gives the cat a unique balance and protects him against motion. Altitude won't make him dizzy, and he's never carsick or seasick. This helps explain why, when he falls a short distance, he usually lands on his feet.

And his is a very special eye. When hurt or ailing, a thin membrane known as a third eyelid closes over and protects the entire eyeball. In darkness, the pupil expands to soak in the ultraviolet rays man cannot distinguish; in bright light the pupil closes to a mere slit and thus shuts out excess rays. The cat's shining eyes that peer out of the darkness at you are shining because iridescent cells on the retina are reflecting the available dim light. So it's a special eye, and an odd one, too—odd because the color of a kitten's eyes at birth are always blue. The color will darken or change completely.

While some cats are brighter than others, the average cat rates a place or two behind the average dog in intelligence. He's more difficult to train than a dog, but does this mean that he's stupid, stubborn or just too wise and independent to always please? And he will stare at something or just waiting for a stray thought?

We're sure of one thing: He's more adaptable than a dog and better able to take complete care of himself. He can be a pet one day and wander off for weeks and months, then return home and become the complete pet again. It's a strange way to prove his intelligence, but perhaps all it proves is that there's a bit of gypsy in every cat. From the book "Catnip: Selecting and Training Your Cat," by Kurt Unkelbach. Copyright © 1970 by Kurt Unkelbach. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J.
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RAINBOW A DINING ALCOVE

The jewel tones of "Mactac-Marvalon" were fashioned into a stunning herringbone pattern that covers walls and even camouflages a door, creating a bright corner out of a once-dreary alcove (above). Table and chairs are by Artemide of Burlington Industries, rugs from Bloomingdale's, N.Y.C.

PRESTO DECORATING

Today's great self-stick coverings can spell instant good looks, as the five smashing rooms on these pages demonstrate. The self-sticks have as much style as expensive wallpaper, and come in a vast array of colors and patterns—all wonderfully washable. Presto decorating instructions for these rooms are in our KNOW HOW section.—Helene Brown

continued
COLOR UP
A GUEST ROOM

Clopay's tangerine-tone "Fantasy" self-stick brightens a small guest room (below); carpeting by Burlington stretches the color wall to wall. Armchair is from Thomasville's Four Corners collection, available nationally; all other sources are New York City. French cottons by La Provence de Pierre Deux for bed, pillows and tiebacks, plus plants and brown-stained bamboo shades soften the effect of intense color. Brass lamp is from The Herco Art Mfg. Co., painted wicker table from The Gazebo, white Indian-cotton drapery fabric from Far Eastern Fabrics.

BEFLOWER A KITCHEN

Dark, old-fashioned kitchen (opposite) gets a total facelift with Decor-Aid's bright "Dutch Blue" self-stick covering walls, wood cabinets and ceiling. Adding white accents is a counter top that gleams with Con-Tact's "Polished Patent," plus Congoleum's vinyl "Janiero" on the floor. Natural-look butcher block from J & D Brauner, Bazaar de la Cuisine accessories, Thonet stool from Design Research and charming Hubert des Forges flower prints (all sources New York City) add to country-fresh appeal.
CREATE A BRILLIANT BATH

Polka-dot self-stick by d-c-fix is smoothed over all surfaces—even tired old tiles—to create this contemporary bathroom (below). Glued over the outmoded medicine cabinet is a picture frame covered with Con-Tact’s “Polished Patent.” Carpeting, bath towels and seat cover are by Fieldcrest; geometric rug is by Regal. Completing the look, from New York City: light fixture, Koch & Lowy; guest towels, Bloomingdale’s; shower-curtain fabric, 10 Swedish Designers, Bonniers.

SPARKLE A NURSERY WITH STYLE

Clopay’s red “Adhere” tulips the white walls and creates a dado in the delightful nursery (right). Con-Tact’s “Polished Patent” makes the tulips on the dado, topped with ribbon from Hyman Hendler. Same red and white self-sticks plaid the floor. More tulips are on quilt, from Nova Scotia’s “Suttles and Seawinds,” and on the Boussac of France fabric. From New York City are the wicker cradle, FAO Schwarz; patch pillows, turtle, bent-wood bench and wicker rocker, The Gazebo.
George and Jacque Hampton regard their new house in Mill Valley, Calif., almost as a stage that can be altered to suit their changing needs. "We didn’t want rooms with labels," says George to explain the design. "They are really just spaces we can make into anything we want." To illustrate, he points to what is now a combination family room and conservatory. "This used to be a bar—before that it was working space.”

When the Hamptons acquired their wooded three-quarter-acre site on a steep slope, George, a designer, was determined to plan a house that would express their free and open approach to family life. Relying on contractor Arthur M. Sestak for technical advice, he spent weeks shaping and reshaping the house on the dining table of their apartment. In the final 2,344-square-foot design, living areas are grouped around a 12-by-16-foot center well that rises dramatically to a 27-foot-high ceiling. From her kitchen on the middle level, Jacque can see Heather, 4, and Noelle, 1, in any one of seven rooms. (continued)
"I'm up here almost every night working, but I really don't feel isolated."

When George is in his study (above), he is still in touch with the family. From his desk he can lean over the rail and see what the girls are watching on TV, or call to Jacquie in her study across the well.

"I used a straightedge, enamel paint and lots of masking tape."

George's first attempt at supergraphics (below) enlivens the second-floor bathroom. This led to an assignment to decorate the lodge at a Mount Shasta ski resort.
The location of the kitchen was the Hamptons' major design concern. They wanted all living areas arranged around it. Family life means a great deal to them, and even though George's work may involve him at all hours, he makes a point of dining with the children every evening. "I think it's important to be together," he says. "I ask the girls what they've been doing and tell them what's happened to me.'

But the house is also carefully planned to give George and Jacquie time to themselves. Each has a balcony study reached only through the master bedroom.

Keeping within a $39,000 budget and having a house that was easy to maintain were two basic considerations. These dictated the use of redwood plywood as exterior siding and fir plywood as interior wall finish. Width of the main glass wall (12 feet) was determined by the standard size of glass (6 feet).

Because of the open ceilings and lack of interior partitions, there was a real problem in bringing the plumbing, heating and wiring up to the second and third levels inconspicuously. George enclosed them all in two boxed-in columns, one each side of the dining area, which create a kind of a bay window.

Deck areas—for sunning, entertaining and children's play—were added after the Hamptons had moved in, but before Noelle was born. As George recalls: "We wanted to see how the sun moved and also to give Heather a chance to stake out her own territory."

"Since we had such a small site and the house had to be three stories, we decided to open it up so we could communicate vertically."

Success of George's flexible design is clearly illustrated in floor plans (left) and in photograph (opposite), taken from front corner of Jacquie's study on third floor. Directly across is George's study; dining room below it flows into kitchen and family room. On first floor is spacious living room, where George and Jacquie are shown reading to the children.

PHOTOGRAPHS BY FRED LYON
By Barbara Weinfuss  Americans today are fascinated with chinoiserie—Oriental and Oriental-inspired design—which speaks so eloquently of tradition, craftsmanship and ageless beauty. Here, in classic blue and white, is just a sampling of the accessories and furniture being shown now. We found our pieces—some of them old, some new—in New York City; most of them, except for the antiques, are available nationally.

**THE CHINESE INFLUENCE**

Set off by “Chinese Leopard Toile” cotton (above) from Brunschwig & Fils are a pottery jar lamp, Chapman Mfg. Co.; two ceramic Foo Dogs, Isobel Worsley, Inc.; an antique Chinese rug with dragon theme, Rugs of All Nations.

Cohoma’s “Pompano” cotton (left) sets the stage for a made-in-China lacquered table, May Lee Industries; antique temple jar, bowl, vase, dishes, Lord & Taylor; two antique porcelain ginger jars, Isobel Worsley, Inc.; wicker tray, Henri Bendel; “Lar Kembang” napkin fabric, China Seas; “Blue Dragon” china, “Bamboo” sterling, Tiffany & Co.

Classic “Peking” design rug (above) features a traditional flower motif and shows the beautiful workmanship typical of the People’s Republic of China. Imported by May Lee Industries, it is a small area rug hand-knotted of fine Chinese wool.
The art of the Orient has inspired lovely needlework. Grouped around a Chinese Chippendale chair (from Jeffco) are many examples you can make yourself: framed needlepoint tapestry, custom canvas from Woolworks, Inc., rug, five pillows from designs in Maggie Lane's book *More Needlepoint by Design* (Scribner's, $10); dark-blue flowered pillow from a kit by Needlepoint, U.S.A., at Bonwit Teller. Linen-cotton fabric on chair seat is "Istambul" by Brunschwig & Fils.
In the first century of American independence, country people found creative expression in the objects they made for daily use, working in a variety of materials from wood and metal to fabric and clay. In time, the outpourings of these self-taught craftsmen were recognized collectively as folk art. Here are a few of the more than 300 paintings and decorative objects by folk artists on view until March 24 at New York’s prestigious Whitney Museum of American Art.

1. In painting a young St. Louis woman, about 1830, an artist captured the elegance of her furnishings as well as the detailing on her lace-trimmed gown.

2. Watercolor of fruit in a blue compote was probably done in New England or New York, about 1840.

3. A man feeds an ear of corn to a chained bear in this primitive watercolor from Pennsylvania, painted about 1870.

4. In 1857, friends of a girl in Katonah, N.Y., made her an album quilt, a corner of which appears here. Her house, dog and favorite flowers are all portrayed in gay applique cutouts.

5. In 1872, a patriotic farmer in upstate New York hung a wood-and-metal gate painted like the U.S. flag at the time, with 38 stars.

6. A sideboard table was given a superlative finish that resembled fine-grained wood and inlay, about 1835.

7. This painted chalkware cat, circa 1850, once sat atop a country mantel.

8. Pennsylvania Dutch dower chest made in Berks County in 1803 features legendary unicorns, horsemen and tulips.

9. Graphic shape and bold color are evident in this detail from a watercolor, "Two Soldiers," painted about 1810.
EGG ROLLS
1 egg, slightly beaten
2 cups flour
1/2 teaspoon salt
1/2 cup cold water
3 tablespoons peanut or vegetable oil
1/2 pound lean pork, chopped or finely diced
1/4 pound raw shrimp, shelled, deveined and chopped

2 cups chopped Chinese cabbage, or 2 cups fresh or canned bean sprouts
1 cup chopped celery
4 green onions, chopped
1/2 teaspoon salt
1/4 teaspoon monosodium glutamate
1 teaspoon cornstarch
1 tablespoon soy sauce
Oil for frying

COOKING LESSON No. 63 By Jacques Jaffry

EGG ROLLS
To most people, these classic Chinese delicacies are irresistible hors d’oeuvres. Now you can make them easily at home just by following our step-by-step directions.
1. Reserve 1 tablespoon egg. Mix remainder flour, salt and water with fork until all dry ingredients are moistened. Knead until smooth. Wrap in plastic wrap. Refrigerate 30 to 40 minutes.


4. Place 1 square with a corner pointing toward you. Put 2 to 3 tablespoons cooled filling on dough, slightly below center. Brush edges of dough with reserved egg.

5. Fold the corner nearest to you, up and over the filling.

6. Fold the left-hand corner over, then fold over the right one.

7. Roll toward top corner to form cylinder. Repeat with rest of squares. Cover with a damp towel until ready to use. Heat 2-inch depth oil or shortening to 375° in deep heavy pan or in a skillet. Cook rolls 3 or 4 at a time, until crisp and golden. Drain. Serve with duck sauce and horseradish. Makes 12.

A crisp, golden crust envelopes pork, shrimp, vegetables in delicate egg rolls.
Perfect for round-the-clock enjoyment are these spectacular coffee cakes, clockwise from the Spiced Pecan Ring below: Lemon Glazed Pinwheels, Raspberry Cardamom Cake, Walnut-Filled Ginger Kuchen and Sunburst Pear Cake.
By Lucy Wing

COFFEE CAKES

What can be a sweet for breakfast, dessert at brunch, a tidbit at your morning kaffee-klatsch or afternoon tea, or a most enjoyable late-night snack? Coffee cake—the all-time, anytime delight. Bake one of the beauties pictured—they’re rich throughout with such good things as fruits, preserves or nuts. Some even glisten with sugar frosting. All are hard to resist. Recipes for these and more follow.
Dried beans are definitely in order when you want more protein for less money. Turn them into hearty soups for lunches or suppers. Or create delicious main dinner dishes—with a small amount of meat added to give a super protein boost. Below, left to right, are Lamb and Lima Stew, Barbecued Pinto Beans, Minestrone. These recipes and more follow.
After losing 101 pounds, I weigh less than when I was 22 years old.

By Mary Falt Smith — as told to Ruth L. McCarthy

For someone like me who’s gone through life being called Piano Legs, the Beef Trust and a Sherman Tank, it’s almost unbelievable to lose 101 pounds and weigh less now than when I was married — at the age of 22.

Fortunately, my husband Smitty was never interested in a real skinny bride. He married a girl who liked to cook and loved to eat. Why, it was nothing for us to have a lavish meal with homemade bread or muffins and hot baked pies, then go into the evening snacking on pretzels, potato chips and beer.

Oh, I realized I was over-eating, but somehow my fat never bothered me much. Maybe because I knew I was loved and felt secure. Then, Smitty and I decided to go to Maine on a vacation and I wanted a pants suit for traveling. Well, I shopped and shopped, saying each time I left the house: “I’m off to Tent City.” But at size 24½, I found nothing. And for the first time in my life, I admitted that being fat was no joke.

After Maine, when we got back home to Pearl River, New York, I decided to try to lose some weight. A friend suggested that reducing-plan candy, Ayds®, since one of the “girls” had lost 20 pounds on the plan and couldn’t say enough good things about it. Things like Ayds contain vitamins and minerals; that they have no drugs; and that the Ayds plan leaves you really satisfied.

Frankly, with the tremendous amount of weight that I had to lose, I was certain that the Ayds plan wouldn’t work for me. Nevertheless, I bought a box of the vanilla caramel Ayds at the drugstore and began following the plan. The only person I told was my neighbor.

It was not until I’d taken off 25 pounds, however, that my other neighbors began to notice. My family, too. I’ll tell you, those Ayds candies really helped curb my appetite.

I did one thing differently on the Ayds plan and it worked perfectly for me. At breakfast, instead of chewing my Ayds, I’d put one into a cup of hot tea and it looked just as if I’d added milk and sugar. Tasted delicious, too, and all I had was 26 calories. At lunch, I’d go back to chewing Ayds with tea; then I’d have a lettuce and tomato salad and cold roast beef or chicken. Then at dinner, I would have Ayds and tea again with meat, a green vegetable and salad. Why, with the help of Ayds, I was even able to cut out all those starches I used to have and, honestly, I didn’t even miss them.

You know, it took me only a year to go from 235 pounds to 134, thanks to the Ayds plan. And it was when I hit that low figure that I couldn’t resist getting out an old snapshot and comparing what I looked like when I was in my twenties with what I look like today. That’s when I decided to color my hair, buy a new pants suit and be what I am — a “liberated” woman who still loves to cook for her man.

BEFORE AND AFTER MEASUREMENTS

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<tr>
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<td>?</td>
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</tbody>
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*Mary does not remember what her measurements were when she was in her twenties.
COFFEE CAKES

continued from page 61

KEY TO NUTRITION RATINGS

To assist you in meal planning, each of our recipes not only lists the number of servings, but also the calorie (cal.), protein (P.), fat (F.) and carbohydrate (C.) content one serving provides. A recipe will also be designated a vitamin source if a serving supplies 20 percent or more of the recommended daily allowance (RDA).

RASPBERRY CARDAMOM CAKE
(pictured)

Makes 10 servings.
1 cup ground walnuts
1/2 cup diced candied orange peel, finely chopped
1/4 cup unsifted all-purpose flour
2 tablespoons sugar
2 tablespoons softened butter or margarine or liquid margarine
2 1/2 cups buttermilk biscuit mix
1 teaspoon ground cardamom
1/2 cup raspberry preserves
Heat oven to 350°. Mix almonds, crumbs, 1 tablespoon sugar and butter or margarine in small bowl. Combine biscuit mix, 2 tablespoons sugar, eggs, milk and cardamom in bowl until well mixed. Spread batter in greased 12x8-inch baking dish. Spoon preserves over batter surface; spread carefully, leaving 1-inch edge plain all around. Sprinkle almond crumbs around edge of batter and in diagonal design over preserves. Bake 25 minutes or until cake springs back when lightly touched with fingertip. Serve warm.

WALNUT-FILLED GINGER KUCHEN
(pictured)

Makes 8 servings.
Each serving: 469 cal.; 10 gms. P.; 19 gms. F.; 32 gms. C.
1 package active dry yeast
2 cups flour, yeast, brown sugar, salt
1/2 cup milk
1/2 teaspoon ground nutmeg
2 tablespoons softened butter or margarine
1 tablespoon sugar
1 1/2 cups graham cracker crumbs
Mix yeast, flour, sugar, salt and milk gradually. Beat on low speed of mixer until smooth and fluffy. Remove 1 cup batter; stir into walnut mixture. Spoon plain batter into prepared pan. Spoon walnut filling in ring on top of batter in pan. Bake 50 minutes or until cake springs back when lightly touched with fingertip. Cool on wire rack 15 minutes. Loosen cake around sides of pan. Place serving plate over cake. Invert. Remove pan. Sprinkle cake with confectioners' sugar, if desired. Serve warm or cold.

LEMON-GLAZED PINWHEELS
(pictured)

Makes 8 servings.
Each serving: 241 cal.; 2.2 gms. P.; 11.4 gms. F.; 34 gms. C.
2 tablespoons softened butter or margarine
1 tablespoon finely grated lemon peel
2 packages (8 ounces each) refrigerated crescent dinner rolls
3/4 cup flaked coconut
1 cup confectioners' sugar
2 tablespoons lemon juice
Heat oven to 375°. Combine butter or margarine, lemon peel and 1 tablespoon sugar in small bowl. Unroll both packages of rolls on floured board. Do not separate dough along perforations. Overlap dough rectangles about 1/2 inch along long sides. Pat along overlap and perforations to form a smooth 12x14-inch rectangle. Spread rectangle with thin layer of butter mixture; roll into a 1/2-inch uncoated all around. Sprinkle with coconut. Roll up, jelly-roll fashion, from long side. Pinch edges to seal. Place on foil-lined cookie sheet. With serrated knife, cut roll into 16 slices, roll into 1 1/2-inch rounds. Cook on very low heat until golden. Cool slightly on wire rack. Combine 1 cup confectioners' sugar and lemon juice. Add either more sugar or juice to make consistency spoonable. Tint with yellow food coloring, if desired. Spoon over warm pinwheels.
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Twist
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"It is a long time since I read a book that caused me to laugh aloud and a few pages later to cry my eyes out. Robert Newton Peck’s A DAY NO PIGS WOULD DIE made me do both," said Ilka Chase. That just about sums up the sentiments of everyone who read this beautifully written, critically-acclaimed novel.

A DAY NO PIGS WOULD DIE is the gentle, heartwarming story of Rob Peck, a 12-year-old Vermont farm boy raised as a Shaker. The novel was a selection of two book clubs in hardcover, and will be a forthcoming major motion picture from 20th Century Fox.

Author Sloan Wilson said: "My daughter, 8, my wife and I all loved A DAY NO PIGS WOULD DIE. It’s nice to read a book about a boy who loves and respects his father. All fathers will be grateful."

**COFFEE CAKES continued**

**ORANGE ANISE SQUARES**

Makes 9 servings.

1/2 cup softened butter or margarine
3/4 cup sugar
2 large eggs
2 cups unsifted all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
3/4 cup milk
1 tablespoon anise seeds, crushed
1/2 teaspoon ground nutmeg
1/2 cup orange marmalade

Heat oven to 350°. Grease and flour 9x9x2-inch baking pan. Beat butter or margarine, sugar and eggs in large bowl of mixer until fluffy. Add flour, baking powder, salt, milk, anise and nutmeg. Beat on low speed until dry ingredients are moistened. Beat on medium speed until fluffy and blended. Pour into prepared pan. Bake 30 minutes or until cake springs back when lightly touched with fingertip. Remove from oven. Spread top with orange marmalade. Serve warm or cold, cut into squares.

**STREUSEL COFFEE CAKE**

Makes 9 servings.

1/2 cup milk
1/4 cup water
1/2 cup butter or margarine or 1/2 cup liquid margarine
2 to 2 1/2 cups unsifted all-purpose flour
1/4 cup sugar
1/4 teaspoon salt
1 package active dry yeast
1 large egg
1/2 cup softened butter or margarine or 1/2 cup liquid margarine
1 cup unsifted all-purpose flour
1/2 cup brown sugar, firmly packed
1/2 teaspoon ground cinnamon

Heat milk, water and 1/2 cup butter or margarine in saucepan over low heat until very warm (120° to 130°). Combine 1/2 cup flour, 1/4 cup sugar, salt and yeast in bowl. Add milk mixture gradually to dry ingredients. Beat on low speed of mixer just until blended. Add 1 cup more flour and egg. Beat on medium speed for 3 minutes, scraping bowl occasionally with rubber spatula. Stir in enough flour, about 1/2 to 1 cup, to make a stiff batter. Spread batter in well-greased 9x9x2-inch baking pan. Combine 1/2 cup butter or margarine, 1 cup flour, brown sugar and cinnamon in small bowl. Sprinkle evenly over batter in pan. Cover with towel. Let rise in warm place (85°) for 1 hour or until doubled in bulk. Heat oven to 350°. Bake 35 minutes or until cake springs back when lightly touched with fingertip. Serve warm, cut into squares.

**CINNAMON RAISIN BUNS**

Makes 6 servings.

2 cups unsifted all-purpose flour
6 tablespoons sugar
1 tablespoon baking powder
1/2 cup butter or margarine
1/2 cup canned applesauce
1 large egg yolk
1/2 cup seedless raisins
1/2 teaspoon ground cinnamon
1 egg white, slightly beaten

Combine flour, 4 tablespoons sugar and baking powder in bowl. Cut in butter or margarine with pastry blender until mixture resembles coarse crumbs. Combine 1/2 cup applesauce and egg yolk; stir into dry ingredients with fork until mixture clings together in a ball. If mixture is too dry to hold together, add milk, a teaspoon at a time. Turn dough out onto floured board. Knead gently 10 times or until smooth.

Heat oven to 375°. Roll dough out to a 12x14-inch rectangle. Spread with 1/4 cup applesauce. Mix 2 tablespoons sugar, raisins and cinnamon; sprinkle over applesauce. Roll up, jelly-roll fashion, from long side. Pinch edges firmly to seal. Cut into 12 equal slices. Place slices, cut side down, in greased 8-inch layer-cake pan. Brush top with egg white. Bake 25 minutes or until golden brown. Serve warm or cold.

**DRIED BEANS continued from page 62**

**BARBECUED PINTO BEANS**

(pictured)

Makes 6 servings.

1 pound pinto beans
6 cups water
1 teaspoon salt
1 pound boneless beef shank, thinly sliced
1 teaspoon salt
1/2 cup catsup
1 tablespoon light brown sugar
2 tablespoons Worcestershire sauce
1 teaspoon chili powder
Dash of hot-pepper sauce
1 lemon, thinly sliced
1 onion, thinly sliced

Wash beans; place in large kettle. Add water, 1 teaspoon salt and slice beef. Simmer, covered, 11/2 hours.

Heat oven to 350°. Drain beans, reserve liquid. Turn beans into 2-quart casserole. Combine 1 teaspoon salt, catsup, brown sugar, Worcestershire, chili powder, hot-pepper sauce and 1 cup reserved bean liquid; pour over beans. Bake, covered, 30 minutes; arrange lemon and onion slices over top. Bake 20 to 30 minutes longer or until beans and meat are tender.

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Each group of five will come smartly packaged in clear lucite display case along with fascinating historical background of each subject commemorated . . . details worth preserving together with your valuable ingot collection.

REMARKABLE INVESTMENT POTENTIAL!

This remarkable opportunity to acquire ingots of artistic and historical significance in Silver and Gold is at a time when leading economists and investment advisors are predicting silver and gold will continue to become even more valuable in the years to come. Collectors have already realized bonanzas. A 1970 Christmas Ingot, for example, was issued for $12.00 and is now being re-sold for $185. A 1972 Thanksgiving Ingot containing 1 oz. of silver originally sold for $4.50 and is now trading at about $62. So please act promptly to share in the excitement of building a magnificent collection in silver and gold at a guaranteed cost. Your order can only be accepted if it is received in time, to be included within the edition limits. Order yours today!

Deluxe Version: 24KT Gold on Pure Silver

The beauty of these silver ingots is made even more exquisite and the ingots made more valuable with gold layered on pure silver. Only 5,000 of each will be minted. Each will also be individually serially numbered and each will cost just $12.50.

Examine Your First Ingot (or all 5) for 10 Full Days with No Risk!

A UNIQUE OPPORTUNITY TO BUY SILVER AND SAVES

Send me all 5 Pure Silver Ingots (a full 2,400 grains) for only $34.50 plus $1.00 for postage and handling.

Send me all 5 with gold layered on 2,400 Grain Silver Ingots for only $56.75 plus $1.00 for postage and handling.

I WANT TO CHARGE ORDER TO MY:

BankAmericard Master Charge Accnt. #
Interbank #

Good Thru Good Thru

ACCT. #
(Unit above your name)

Address Zip

City State

Interbank 

Interbank 

A Strictly Limited Offer

"OUR GREATEST AMERICANS"

Shown Actual Size

Good Thru Good Thru

ACCT. #

AM 2/78

A UNIQUE OPPORTUNITY TO BUY SILVER AND SAVES

Send me all 5 Pure Silver Ingots (a full 2,400 grains) for only $34.50 plus $1.00 for postage and handling.

Send me all 5 with gold layered on 2,400 Grain Silver Ingots for only $56.75 plus $1.00 for postage and handling.
MINESTRONE
(Minerale)


2 cups Navy beans
4 quarts cold water
5 beef bouillon cubes
1½ cups chopped celery
1 can (1 pound) tomatoes, chopped
1 teaspoon basil, crumbled
1 teaspoon oregano, crumbled
2 teaspoons salt
3 medium-size carrots, thinly sliced (1 cup)
4 small unpeeled zucchini, sliced (2 cups)
1 package (10 ounces) frozen peas
1 package (10 ounces) frozen cut green beans
⅛ of small head cabbage
Grated Parmesan cheese

Wash beans; place beans, water and bouillon cubes in large saucepan. Bring slowly to boiling. Simmer, covered, 1 hour or until beans are soft. Heat oil in large skillet; add onion, celery and garlic. Sauté 5 minutes stirring often. Add to beans; add remaining ingredients, except cheese. Simmer, covered, 1 hour longer or until beans are almost tender. Drain beans, reserving liquid. Discard onions and carrot. Heat oven to 300°. Place one slice of salt pork in bottom of earthenware bean pot or casserole. Pour in beans. Combine molasses, brown sugar, mustard, salt, pepper and 2 cups reserved bean liquid. Mix well. Pour over beans (beans should be covered—add more liquid if necessary). Stir gently. Score rind of remaining pork slice every ½ inch with cuts 1 inch deep. Push into beans, leaving rind exposed. Cover. Bake 4 to 5 hours, adding more liquid if level lowers. Uncover last ½ hour.

LENTIL SOUP


1 pound lentils
3 quarts cold water
1 clove garlic, minced
1 large onion, chopped (1 cup)
3 stalks celery, thinly sliced (1 cup)
3 large carrots, pared and coarsely grated (2 cups)
1 ham bone (with some meat on it)
2½ teaspoons salt
1/2 teaspoon dried thyme, crumbled
2 tablespoons chopped parsley
Lemon slices

Wash lentils; place beans, water and bouillon cubes in large saucepan. Bring slowly to boiling. Simmer, covered, 1½ hours or until beans are soft. Heat oil in large skillet; add onion, celery and garlic. Sauté 5 minutes stirring often. Add to beans; add remaining ingredients, except cheese. Simmer, covered, 30 minutes and stirring occasionally. Sprinkle each serving generously with Parmesan cheese.

DRIED BEANS continued

BOSTON BAKED BEANS

Makes 8 servings.

4 cups pea or Navy beans
2 quarts water
2 medium-size onions
2 whole cloves
1 medium-size carrot, pared
½ pound salt pork, cut in 2 slices
1 cup molasses
1/2 cup dark brown sugar
2 teaspoons dry mustard
2 teaspoons salt
½ teaspoon pepper


Dried beans; place in large kettle. Add cold water, garlic, onion, celery, carrots, ham bone, salt, pepper and thyme. Simmer, covered, 2½ to 3 hours or until beans are tender. Remove ham bone; cut off any meat from bone; dice. (You should have about 1½ cups.) If desired, purée through sieve or puree in blender. Return diced meat to soup. Heat; season to taste. Serve with a sprinkling of parsley and thin lemon slices.

Any detergent, even the best, can leave water spots. Because water spots start to form in the rinse cycle, long after your detergent has gone down the drain.

Jet-Dry can prevent water spots. Because Jet-Dry works in the rinse cycle—it makes rinse water sheet off your clean dishes without leaving drops behind.

No drops, no spots.

There's liquid Jet-Dry for dishwashers with dispensers or solid Jet-Dry for machines without.

So if you want to see what spotless really means—try Jet-Dry Water Spot Preventer.

Jet-Dry Water Spot Preventer.
Using this strategy, every other model (with the exception of one or two) who faithfully followed it for ten days lost ten big pounds—just start! Another (a perfectionist) went from 133 to 97 pounds! Another, who was bottom-heavy, not only shed ugly pounds all over her body—but spot-exercised the flab right off her bottom so perfectly that she now does baking soda ads!!

And this "FroZen Slenderness" Is Only
The Beginning Of The Stunnig New
Beauty These Top Models Can Give You!

For example:

Of all women, a successful model must always be a healthy, sexually vibrant, powerful storage tank of energy! She must be able to "turn on the dazzle" at a moment's notice—despite the fact that she has been dashing all over the city, toning pounds of clothes, a make-up kit, and often a wig box! Here are the "glamour vitamins" that turn on such amazing stores of physical vitality—ready to go to work for you within seconds after you read page 42!

Not even an $80-an-hour model afford the slightest trace of dandruff! After trying all the expensive treatments and preparations, here's how they simply rinse the ugly flakes away, at home, in seconds—for pennies! (Page 63.)

And glasses are out too! Weak eyes, aging eyes, dull eyes can cost a model her career! These top models believe that most women take to spectacles simply because of lazy eye muscles, just as most women take to girldes because of lazy body muscles! And if you want to escape the "eye-glass-prison"—perhaps far faster than you've ever dreamed—check page 86 the moment you get this book!

And how about strong, sexy teeth! Did you ever hear, for example, of the new sealants that can be applied to your teeth in seconds, to shield them from all harm? (See page 73.)

SPECIAL BONUS SECTION: Tips from top models that may solve your rough, red problem forever! They say bluntly that there is simply no excuse any longer for hands that are anything but silken smooth—and nails that are as hard as glass-prison—perhaps far faster than you've ever dreamed—check page 68 the moment you get this book!

And how about strong, sexy teeth! Did you ever hear, for example, of the new sealants that can be applied to your teeth in seconds, to shield them from all harm? (See page 73.)

PLUS, of course, the same "million-dollar-hair" for your hair as well! Including a natural-fruit way to keep your skin exquisitely white and fine-pored! And a simple little action that builds a natural-shield against dandruff right into your hair... for pennies! (See pages 79, 80.)

Here are special, super-effective slimmers for the stomach, legs, hips, calves, derrière, arms, bosom—and especially that embarrassing "belly-stomach bulge" that otherwise grows larger and larger! Also two startling "limber-uppers" for neck lines and for bags under your eyes that you must try at once if you suffer from either one!

Here are special, super-effective slimmers for the stomach, legs, hips, calves, derrière, arms, bosom—and especially that embarrassing "belly-stomach bulge" that otherwise grows larger and larger! Also two startling "limber-uppers" for neck lines and for bags under your eyes that you must try at once if you suffer from either one!

Incidentally, if you want to smooth out lip wrinkles, also check page 103 at once!

And this is still just the beginning! We just don't have room enough here to mention all the professional beauty secrets revealed at last in this eye-opening book! For example:

To eliminate dandruff, bumpy-looking complexion with nothing but water...

How to get rid of "early morning wrinkles and bags," in minutes....

How to build a voice as seductive as your new body—a complete mini-course...

How to achieve the illusion of a perfect face (for example, if you have a receding chin, how to "add" it to your face)...

How to blend your own shampoo, skin creams and facials, that cost almost nothing, but far out-perform the expensive kind...

And Much, Much More! But Read Them All—Prove Them All, From Cover To Cover—Without Risiking A Penny!

This book is for people who want to get things done! You owe it to yourself to read the SMPLS BOOK!
LAMB AND LIMA STEW
(pictured)

Makes 6 servings.

Each serving: 743 cal.; 36 gms. P.; 40.4 gms. F.; 60.9 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

1 tablespoon pure vegetable oil
2 small lamb shanks (1 1/4 to 2 pounds)
1 pound large, dried lima beans
1 1/2 teaspoons salt
1 quart water
1 large onion, cut in eighths
1 green pepper, seeded and chopped
3 cups sliced celery
5 small onions, peeled
1 can (8 ounces) tomato sauce
1 jar (4 ounces) pimiento
1 teaspoon poultry seasoning
2 teaspoons vinegar
1 1/2 teaspoons salt
1/2 teaspoon pepper

Heat oil in large saucepan; brown shanks well; spoon off any fat. Rinse beans; add to shanks. Add 1 1/2 teaspoons salt and water. Bring to boiling. Simmer, covered, 1 1/2 hours. Remove from heat. Drain, reserving liquid; return 1/4 cup bean liquid to pan. Add remaining ingredients. Push whole onions under surface of liquid. Simmer, tightly covered, 1 hour 30 minutes or until meat and vegetables are tender. Add reserved bean liquid during cooking, if necessary, to keep beans moist.

GARBANZOS AND FRANKS

Makes 6 servings.


1 pound dried garbanzos (chick peas)
1 1/4 quarts water
1 teaspoon salt
2 large onions, sliced
1/2 cup butter or margarine
1 teaspoon turmeric
1/2 teaspoon chili powder
1/4 teaspoon ground ginger
1/4 teaspoon dried mint, crumbled
1 1/2 teaspoons salt
1 teaspoon sugar
1/2 teaspoon pepper
1 can (1 pound 12 ounces) tomatoes with puree
1/2 pound frankfurters, cut in chunks
1 lemon, thinly sliced or cut in wedges

Wash beans; place in large saucepan. Add water and 1 teaspoon salt; bring slowly to boiling; simmer, covered, 2 1/2 hours or until beans are tender. While beans cook, sauté onions in butter or margarine in second saucepan 5 minutes or until golden. Add seasonings, tomatoes and frankfurters. Drain garbanzos, reserving liquid. Add drained beans to tomato mixture. Simmer, covered, 30 minutes. Add reserved bean liquid during cooking, if necessary, to keep beans moist. Serve with lemon slices or wedges.
Start Collecting Today — With Thousands Of Other Americans —
For Marvelous Decorations & For Real Potential Profit Too!

1973 Haviland-Parlon Christmas. Only 5,000 for world distribution. Fine Limoges. $37.50
1973 Bing and Grondahl Mothers Day. A must for every collector. $16.50
1974 Bing and Grondahl Mothers Day. A tender mother/kitten scene. $24.00 (see special $9.95 offer)
1971 Bing and Grondahl Mothers Day. Ever popular among Hummel figurine collectors. $32.50
1974 Haviland-Parlon Christmas. Finest Limoges Porcelain from France. Excellent value. $30.00
1973 Hummel Annual. Ever popular among Hummel figurine collectors. $32.50
1974 Goebel Hummel Annual. Hand made and hand painted by famous Hummel artists. $40.00
1973 Hummel Annual. From the original Berta Hummel tinting. Fine porcelain. $17.50
1974 Berta Hummel Mothers Day. From the original Berta Hummel painting. Fine porcelain. $17.50
1974 Goebel Hummel Mothers Day. Hand made and hand painted by famous Hummel artists. $40.00
1974 Berta Hummel Mothers Day. From the original Berta Hummel tinting. Fine porcelain. $12.00

Each Plate Is Produced In A Limited Quantity And Then The Mold Destroyed

Limited Edition Collector Plates

When Limited Quantities Are Gone, There Will Be No More Available

Every Limited Edition Collectors Plate shown here is for the collector with an eye for beauty and an instinct for investment potential. Some are handmade, some hand painted and some serially numbered—each is a masterpiece from a world famous art plate maker such as Bing and Grondahl, Haviland, Goebel-Hummel and Dresden.

WHY DO LIMITED EDITIONS INCREASE IN VALUE?

Each year quality companies like those represented here, produce a limited number of a specifically chosen plate before destroying the mold. Because the demand for these beautiful plates usually exceeds the supply, many “sell out” and become hard to find. As a result, prices rise. We’ve sold many in recent years that have increased in price by over 500%.

We think we’ve been pretty successful in helping our customers make right choices. We sold the 1971 Goebel Hummel Annual Collectors Plate for $25.00 and it now brings up to $200.00. The 1970 Haviland Christmas Plate we sold for $27.50 is up in price by 600% and the 1972 Haviland-Parlon Christmas Plate is up 400% in one short year. The 1969 Bing and Grondahl Mothers Day Plate we sold for $9.00 is now worth up to $285.00 (and we just heard from the Bing and Grondahl Company that the 1974 Mothers Day plate shown in this ad will be made in an equally limited quantity as the 1969 one).

Joy’s predicts that this and most of the plates shown here will be sold out fast to smart collectors.

EXTRA SPECIAL OFFER

As an incentive for you to start your Limited Plate Collection, Joy’s wants to offer you the scarce and beautiful 1971 Bing and Grondahl Mothers Day Plate at an unbelievably low price! Please look at this rare plate (shown at top) which is almost impossible to obtain. When you can find one, they bring around $24.00, but to get you started in this enjoyable hobby you may buy one (limit 1) at only $9.95 when you order any other item from this ad. This offer will never be repeated and is subject to limited supply so please order today to avoid disappointment.

MAIL NO-RISK COUPON TODAY!

JOY’S LIMITED EDITIONS
Joy’s Ltd., Merchandise Mart Plaza, Dept. 3393, Chicago, Illinois 60654

Please rush me your following Collector’s Items indicated:

2 New Berta Hummel Originals

Berta Hummel Childrens Cup. For that special child. Fine porcelain. $12.00
Berta Hummel Music Box. Great Mothers Day gift with Swiss movement. $17.50

I understand that if I’m not completely satisfied I may return any Collector item within 10 days for a full refund. Enclosed is check or money order for $________. Joy’s will pay full postage and handling.

Name __________________________
Address _________________________
City ____________________________ State ______ Zip ________

Illinois residents add 5 1/2 sales tax.

Please rush me your following Collector’s Items indicated:

2 New Berta Hummel Originals

Berta Hummel Childrens Cup. For that special child. Fine porcelain. $12.00
Berta Hummel Music Box. Great Mothers Day gift with Swiss movement. $17.50

I understand that if I’m not completely satisfied I may return any Collector item within 10 days for a full refund. Enclosed is check or money order for $________. Joy’s will pay full postage and handling.

Name __________________________
Address _________________________
City ____________________________ State ______ Zip ________

Illinois residents add 5 1/2 sales tax.
New Zealand Amazing Exotic
TREE TOMATO
(Cyphomandra Betacea)

Grows Huge
Hanging Clusters of Succulent, Red Tree Tomatoes
Borne in
Successive Waves
Month After Month
• Grows As A Tree—Outdoors!
• Grows With Tropic Ease—Indoors!
• Foot-Long Exotic-Shaped Leaves Add Unique Decor to House
• Produces Fruit Up to 10 Years
• Bears a Colorful Array of Flowers from Spring to Fall

FROM NEW ZEALAND’S FAMOUS HORTICULTURAL CULTURE RESEARCH GROWERS COMES
AMAZING NEWS: WELLINGTON’S RARE—EXOTIC—ASTONISHING TREE TOMATO IS
now available in the U.S.A.!!

And in a newly-developed super-hybrid variety that yields up to 40 lbs. (hundreds of tomatoes) per year—thousands of tomatoes up to 10 years—FROM ONE TOMATO TREE!

An astonishing South American tomato fruiting tree that gives stunning blossoms for months, blossoms year round in the North, grows as a tree outdoors and with tropic ease indoors, now is perfected and made available by New Zealand plant scientists, to you in the U.S.A.

South America’s luscious tree tomato was discovered by Brazilian Indians, brought to riches, fullest flavor and lusciousness by Portuguese missionaries and hybridized to a super-resistant super-easy-to-grow variety.

Who Put All Those Tomatoes In
That Itty Bitty Seed
Imagine one seed does produce over 400 lbs. of tomatoes in one lifetime.

And New Zealand’s super Tree Tomato is so easy to raise that 80% of normally-planted seeds take. So easy it will grow inside anywhere a philodendron will grow! So easy that outside in actual tests seeds thrown at random in plowed fields, it grew naturally with no human care.

Each seedling grows to 3 or 4 ft., indoors or up to 8 ft. outdoors or you can stop the growth of the tree at any height you wish between 3 and 8 feet. It is super-disease-resistant. Imagine running exotic-shaped leaves up to one foot long! Imagine the constant changing show. First the lovely leaves — then a shower of delicate fragrant flowers — and finally a beautiful array of juicy luscious tomatoes.

A Family Delight
Enjoy delicious, mouth-watering salads, fresh ripe sauces, special jams and desserts — all winter long. See huge hanging clusters of succulent red and plum and juicy tree tomatoes in successive waves month after month.

Accept our introductory offer. Frankly we want everyone who enjoys delicious tomatoes to enjoy this super-hybrid Tree Tomato!

And we are shipping you a full season’s supply of these super seeds for $1. But the Tree Tomato, up-to-now too rare and difficult to obtain, is in demand. It’s first come, first served.

90-DAY MONEY BACK GUARANTEE
GREENLAND STUDIOS
5158 Greenland Bldg., Miami, Fl. 33054
Please ship me a full season’s supply of Tree Tomato seeds. I understand that if not completely satisfied with growing progress, I may return within 90 days for a prompt and complete refund. Enclosed is check or m.o. for $1. (Please add 25c postage per pkg.)
Name
Address
City
State
Zip

SPECIAL OFFER—Rush 2 full-season supplies of Tree Tomato seeds for only $2. (We pay postage—postage included."

DRIED BEANS continued

LENTIL BEAN POT
Makes 6 servings.

1 pound lentils
2 quarts water
3 cups diced cooked ham
2 tablespoons pure vegetable oil
3 large onions, sliced (3 cups)
1 clove garlic, minced
1 pound carrots, sliced (2 cups)
1 green pepper, seeded and sliced (1½ cups)
2 stalks celery, sliced (1½ cups)
1 can (1 pound) tomatoes
2 teaspoons salt
1 teaspoon rosemary, crumbled
1/4 teaspoon pepper

Wash lentils; place in large saucepan. Add water. Bring slowly to boil; reduce heat; simmer 5 minutes. Turn off heat; allow beans to stand 1 hour. Heat oven to 325°. Brown ham in oil in large skillet. Add onions and garlic; sauté 5 minutes, stirring often. Drain lentils, reserving liquid. Combine lentils, meat mixture and remaining ingredients in 2-quart casserole. Add 1 cup liquid drained from lentils.

Bake, covered, 2 hours or until vegetables are tender, stirring often. Add reserved bean liquid during cooking if necessary, to keep beans moist.

KIDNEY BEAN BAKE
Makes 6 servings.
Each serving: 582 cal.; 43.6 gms. P.; 47 gms. F.; 50 gms. C. Source of this mine, riboflavin and niacin.

1 pound dried kidney beans
2 quarts water
1 cup chopped onion (1 large) or 1 cup frozen chopped onion
1 teaspoon salt
2 cups bulk sausage meat
1 1/2 pounds boneless veal, cut in small pieces
2 cloves garlic, crushed
1/3 cup minced parsley
1/3 cup salted pork
1/2 cup brown sugar

Wash beans. Add water, onion, salt, pork and salt. Simmer 1/2 hours until beans are tender, stirring occasionally. Remove and discard salt pork. While beans cool, shape sausage meat into small balls; brown lightly in oil. Add veal and garlic brown lightly. Add parsley, salt, pepper and wine. Simmer, covered, 1 hour. Drain beans. Drain meats, serving liquid. Heat oven to 350°. Layer beans and meats in 2-quart casserole; add 1 1/2 cups reserved meat liquid. Bake, covered, 1 hour or until beans and meat are tender. Add reserved meat liquid, during cooking, if necessary, to keep beans moist.

72
NOW! USE FOODS YOU LOVE— TO LOSE FAT YOU HATE!

New, hospital-tested, medically-proven
PERSONALIZED COMPUTER DIET must trim up to 40... 60... 80... 100... pounds off your body— OR YOU DON'T PAY A PENNY!

Yes, you use foods you love — to lose fat you hate! And you keep that weight off, as long as you go on eating what you like to eat, the way the computer tells you to eat it!

Our Diet Computer actually takes foods you’re eating now... and matches them up with an individually-designed, but hospital-clinically-proven diet program that makes them help you LOSE WEIGHT instead of add on fat! Like this...

Because now we have perhaps the most powerful diet-tool yet invented! The Diet Computer USES THE FOODS YOU LOVE, TO LOSE THE FAT YOU HATE!

What we have done is this — we have retained one of the country’s leading diet specialists... a physician of outstanding competence, working with one of the major medical centers in the United States.

In her many years of medical practice, this physician has had phenomenal success in bringing patients down to their ideal weight again, even if they came to her as a last desperate resort — and keeping them at that ideal weight for years!

Could this same method, she wondered, be transferred to anyone... anywhere... without the necessity for face-to-face contact, but with a personal tailoring, and rate of success second only to that face-to-face personal treatment. Like this:

First, she had to adapt the heart of her plan — the personal interview — to paper! So it could simply and easily be filled in by the overweight person at home, and so that person could put in the exact information this doctor needed to design a PERSONAL, TAILOR MADE DIET for You'll break the "Yo-Yo Cycle." forever!

So what we bluntly promise you is this:

1) This Personalized Computer Diet integrates foods you love into a medically-proven program that will trim weight off your body at a medically-acceptable rate... and that will keep trimming off that weight 'till you lose what you want — still eating foods you love — whether that ideal weight loss be 20 pounds off... 40 pounds off... 80 pounds off... even 100 or more pounds less than you weigh today!

2) It does it with perhaps the greatest degree of safety of any diet ever offered to the public outside a doctor's office.

And 3) once you attain this ideal weight, then the same foods you love (in different proportions, of course) will keep you thin, for as long as you go on eating them this scientifically-designed way! You'll break the "Yo-Yo Cycle," forever! And your friends, will BEG you to tell them the secret!

But Prove it yourself, entirely at our risk!

 Simply fill out, right now, the brief Preliminary Questionnaire given you below. This will enable our Diet Computer and the physician supervising it, to send you a complete, extensive Personal and Individualized Diet History and Food-Preference Form! Which, when it is returned to you, will bring...

1) My scientifically-designed Diet History and Food-Preference Form! Which, when it is returned to you, will bring...

2) A complete, individual, Personalized-Diet Computer Diet built especially for you!

I also understand that this entire Computerized Personal Weight-Loss Program is completely guaranteed! That IF I am not satisfied at any time during the first three months, I may simply return it for every cent of my money back!

Charge my: (check one) □ Diners Club □ Master Charge □ Carte Blanche □ BankAmericard □ American Express

Acct. No. ________ Exp. Date ________

(If you print) Interbank No. ________

Mr. ________ Mrs. ________ Miss ________

Address ________ City ________ Zip Code ________

FILL IN THIS PRELIMINARY QUESTIONNAIRE NOW!

1. What is your sex? □ M □ F

Pre-Weight: ________ Pounds (in stocking feet)

Height: ________ feet ________ inches

Age: ________ Years

2. How would you define your body frame? □ Big □ Medium □ Small □ Petite

3. Do you consider yourself a Big Average Small ________ eater? ________

4. Which meals do you eat each day? Breakfast □ Lunch □ Dinner □

5. Do you eat between meals? Yes ________ No ________ How many times ________

6. How long have you been overweight? Since: □ Marriage □ Pregnancy □ Divorce... or since the age of... ________ years?

7. Have you been on a diet in the last 12 months? □ On a strict diet... □ You lost ________ pounds. Did you keep that weight down? □ How much of it did you gain back? ________ lbs. How fast? ________ months.

8. List the five foods you dislike most and could do without in your diet:

9. Are you now under a doctor's care, or do you now take prescription drugs? Yes ________ No ________

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Cadence Personalized Diet
Box 1086, Opa-locka, Fla. 33054
EASY-CARE! 100% WASHABLE!

Go-Everywhere Pantsuits & Jumpsuits
THE FASHIONS YOU WANT AT THE LOW PRICES YOU WANT

STYLE 40339—FLORAL PANTSUIT!
Jacket is screen-printed, tops slimming pants, Machine-wash, no-iron bonded knit. Colors: Navy/Lavender/White top, Lavender pants; or Navy/Red/White top, Navy or Red pants. 8-18 $8.98; 14½-24½ Only $9.98

STYLE 40238—SCREENED PRINT STARBURST TOP pantsuit, solid tone pull-on pants. Fashioned from 100% machine washable bonded Orion—wear without worry! Colors: Navy or Forest Green. Sizes: 8-18 Only $8.98; 14½-24½ Only $9.98

STYLE 40412—GARDEN FRESH bonded acrylic knit pantsuit has flowers, bows luxuriously screenprinted. Comfy pull-on pants. Washes like dream! Colors: White top with Red/Blue print; Red or Blue pants. 8-18 $8.98; 14½-24½ Only $9.98

STYLE 40384—DAZZLING STRETCH JUMPSUIT—so slimming! Warm 'n wonderful 100% washable bonded nylon and acetate. Elastic waist, front zipper, self-tie, 2 large pockets. Colors: Red or Navy. Sizes 8-16 Only $12.98; 14½-24½ Only $13.98

Act Now 2 WAYS TO ORDER: PREPAID — USE YOUR CHARGE CARD —

Greenland Fashions
4500 N.W. 135th St., Miami, Fla. 33099

Dept. 5284

Name
Address
City
State
Zip

Style No. Size 1st Color 2nd Color Price

Add 85¢ postage per style TOTAL

(Please add 4% sales tax.)

Good Thru —

INTERBANK NO.
(Find above your name)

Send following, on Moneyback guarantee.

□ PREPAID: I enclose the full price PLUS 85¢ postage for each style.

□ BANKAMERICAN
Acct. No.

□ MASTER CHARGE
Acct. No.

□ INTERBANK

Good Thru —
BEGONIA HANGING BASKET

FREE

(GENUINE BELGIUM PENDULA BEGONIA)

Starts A Valuable Experimental Membership In WORLD'S LARGEST GARDENING PLAN

FOR INDOOR OR OUTDOOR PLANTING

Easy Growing—Needs Little Sunlight

Truly beautiful heavenly Red trailing Begonia — the variety that blooms indoors or outdoors with a myriad of exquisite Red Flowers which cascade all over the hanging basket into a living “falls” of vivid color, enhanced by a background of fresh green foliage. This offer brings healthy large Belgium tuber plus a large 8-inch hanging basket that produces the most successful, colorful, gay and brilliant of all Indoor Begonia Gardens. Truly valuable... Yours free... when you fill out and mail the application blank below or attached card to start your experimental membership in Flower-of-the-Month.

ORDER ON CREDIT
No Risk. Everything Guaranteed

MAIL THIS MAIL THIS MAIL THIS
MEMBERSHIP MEMBERSHIP MEMBERSHIP
APPLICATION TODAY

FLOWER-OF-THE-MONTH Is operated on the complete trust of its members. This entitles you to charge your merchandise and not pay for it until you have received and inspected your purchase. You get your valuable trial membership, your Introductory Begonia Basket and your FREE GARDEN NEWS each month. We know you will be satisfied with the fine quality of each selection and as thousands of members have found out, you can make tremendous savings year after year. Join today by mailing Coupon or attached card now.

FLOWER-OF-THE-MONTH, Dept. BF-1402 Grand Rapids, Michigan 49502

Please send me the BEGONIA HANGING BASKET postpaid and enroll me as a member in Flower-of-the-Month. I will receive FREE every month the informative GARDEN NEWS announcing next month’s selection and the low priced alternates available. If I do not want the selection, I merely return the reject form supplied. All I need do is purchase a minimum of 4 items during the next 12 months after which I may drop my membership at any time. I also receive a Double Dividend Coupon with each monthly selection. My membership entitles me to all other privileges and benefits, including FREE GARDEN NEWS MAGAZINE each month.

NAME
ADDRESS
CITY
STATE ZIP

FLOWER-OF-THE-MONTH, Dept. BF-1402
Grand Rapids, Michigan 49502

Here's What FLOWER-OF-THE-MONTH Does for You

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By Mike Senkew

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How your Horoscope can bring you wealth, love, success and happiness.

by Norman P. Kennedy

Did you know your horoscope could mean the difference between happiness or sorrow, between success or failure?

Picture a long room with doors at each end. In this room there is money, attractive persons of the opposite sex, books that tell you the secret of happiness and many other valuable artifacts. But, also in this room are bottomless pits, traps, hostile persons and dangerous beasts chained in various places around the room. You must walk through this room, but you may take out of anything you can.

Now if you had a choice, would you choose to 1) go through the room blindfolded or 2) go through the room with your eyes open and with written instructions on which places and people to visit or avoid.

Of course, all of would pick the second choice in a case such as this. Isn't it ridiculous, then, that we would choose to go through life, the same situation, blindfolded? Even when there is a means to go through life with a map, we use our eyes wide open! The means provided is astrology. The map is our astrological horoscope.

How does it work? Nature's cosmos imprints each of us at the time of birth - when the umbilical cord is cut. We then receive the influence of that part of our mother. Why or how we presently do not know. The movement of the large solar bodies then times potentials for events in our lives. Astrology does not cause events but is timing of events. But, it's not fortune telling. It's a prediction of potentials which free will can override.

What does a natal horoscope analysis by a qualified astrologer contain? Your natal horoscope analysis will give you the best psychological analysis of yourself that you can get today. Because, in controlled experiments in 1960, astrologers beat psychologists in predicting case histories.

In addition, a natal horoscope analysis includes discussions on the following: financial outlook; taxes and inheritances; early home environment; relationships with family, relatives and parents; love life and marriage; children; career and occupation; hopes; wishes and goals; and subconscious attitudes. In a major analysis, a one year forecast is also included. Many people think that astrology only appeals to the superstitious and ignorant; Nothing could be farther from the truth. In fact, studies show that astrology appeals most to intelligent and logical people. Famous scientists Galileo, Carl Jung, Johannes Kepler, Roger Bacon, Tycho Brahe and Albert Einstein all believed in astrology.

Your horoscope can help you be in the right place at the right time. Your horoscope can help you avoid disasters while guiding you to your beneficial opportunities.

Did you know that astrology helped the allies win World War II? The allies employed astrologers. The axis powers started out employing astrologers. But, this was ceased early when the famous astrologer, Karl Ernst Krafft, predicted the exact time and place of an attempt on Hitler's life in 1939. Hitler thought the astrologers were conspiring against him, so they were imprisoned.

Hitler turned back to astrology—too late. He read his horoscope in the last moments of the war as Berlin burned around him.

More on avoiding disaster, came these stories from a recent article in the Miami Herald newspaper. The story of Mrs. Kelly, a Miami computer programmer, who heeded the advice of her horoscope which warned her of a wrong medical diagnosis. She avoided an unnecessary operation that would have left her a cripple.

The Miami Herald also tells the story of astrologer Clifford McMullen, who is George McGovern's personal astrologer. He warned McGovern that if he ran for president, that he would win the democratic nomination, but he avoided the choice is yours.

How TO GET YOUR NATAL HOROSCOPE FOR ONLY THE COST OF MAKING COPIES.

Send me your exact time and place of birth, your exact address, and your credit card information, and I will cast and analyze your natal horoscope for research purposes. You may have duplicate copies of your horoscope for only $3.00—the cost to make your dupes, plus handling costs. You get the expensive casting and analyzing process—FREE, because of the fact that we must produce your horoscope for research anyhow.

Your natal horoscope will consist of nine pages and over 3,000 words. Your natal horoscope will contain your psychological analysis and a discussion of the following: Your love life; financial outlook; marriage, family and children's relationships; career and occupations; hopes, wishes and goals; and subconscious attitudes. Your horoscope of this type would cost up to $75 if done by an astrologer.

I will cast your horoscope with the help of our 360 - 65 I.B.M. computer, which contains over 24 million bits of information. Your horoscope will not be the worthless type found in newspaper horoscopes. Your natal horoscope will be from your exact time and place of birth you and you alone.

Till now we have been ALTERNATELY NO CATCH. I need this information for my astrological research, I am looking for certain planet configurations. If you are chosen as a research subject, you will not get your natal horoscope. Out of every 10 questionnaires, 1 you fill out and return this questionnaire, you will be entitled to extra bonuses.

There is no need to worry about finding out an unavoidable coming disaster thru your chart. As mentioned, astrology deals in potentials. Your free will can override potentials if you know about them. In any case, the policy of qualified astrologers is positive astrology. If there is something negative in your chart, you are told what you can do to make it positive.

To get your horoscope thru this special opportunity, please send a copy of your birth certificate and a $3.00 cost to make your duplicate copy. You can get it for only the cost to make your horoscope. You get the expensive casting and analyzing process—FREE. The article below will tell you why. The means are available, but the choice is yours.

For an additional $3.00 cost to make my duplicate copy.

Send your birth certificate to:

INTERNATIONAL ASTROLOGICAL ASSOCIATION
6233 Whippla Ave. N.W.
Canton, Ohio 44720

NAME 1

DATE OF BIRTH

NAME 2

DATE OF BIRTH

ADDRESS

CITY

STATE

ZIP

CITY

STATE

ZIP

DATE OF BIRTH

TIME OF BIRTH

TIME OF BIRTH

AM

PM

AM

PM

I submit my birth data for research.

I am now eligible to promptly receive my 3,000 word natal horoscope for only $3.00 cost to make my duplicate copy.

One or two names from my household may be submitted. (Limit of 2 - no exceptions)

If you have any questions, call me, John F. Ford, president, The International Astrological Association, at (216) 494-4282. Thank you!
For girl talk
Queen Anne, mini French cradle phone, combines beauty with utility. It measures 6" across the base in a rich selection of brass, white, yellow or red. Comes fitted with cord and plug. Ready to use. $49.95 plus $1.50 for shipping charges. Free catalog available. Grand Com, Dept. AH-2, 324 Fifth Avenue, New York, NY 10001.

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Bird Feeder is an eye-catching and small bird-attracting crystal clear 6" sphere with four feeding stations. Funnel meters visible seed to proper depth and prevents spillage. You can see when it's refill time! Holds up to 4 lbs. of seed. With hanging fixture and chain. $7.98 plus 50c handling. Collier's, Dept. AH-2, 585 Skokie, Skokie, IL 60076.

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Ready to turn favorite old comforters or quilts out to pasture? They can be restored to "new" with a special air-fluffing and sterilizing process and recovered in lush satin or cotton. Size can be adjusted. Down-proof interlining. Send 50c for swatches, illustrated brochure and details. J. Schachter, Dept. AH2, 115 Allen St., New York, NY 10002.

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You work both the design and background of this delightful needlepoint scene. Made for us in Denmark, the kit includes design on white double mesh canvas, tapestry yarn to work design, pale blue background yarn, needle and instructions. Finished size: 12" x 12". Only $10.95 plus 75c postage.
The Stitchery Dept. AH202 Wellesley Mass. 02181

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HARRIET CARTER
Plymouth Meeting Pa. 19462

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A double take!
Zoom in on a Double Hanging Bracket on which to display your plants, etc. Adjustable, one hanging hook is fixed; the other slides from 7" to 10" away from wall. Clamp holds it securely where you want it. Antique-design steel. Oven-baked black finish. $2.98 plus 35¢ hdg.

Jigsaw photo puzzle
Going to pieces trying to think of something special for a party or gift? Try a photo jigsaw puzzle, it's a fun-fest putting it together. Great to have one of the guest of honor! Send photo, negative, b&w or color (returned). 8x10". B.W. $2.98; hand-colored $3.98. 8x11". B.W. $5.98; hand-colored $10.98. Send photo, negative, B&W, to

Laboratory, Dipt. AH, Box 508, Tex. 77005.

POSTAGE STAMP WONDERS
“America the Beautiful” stamp collection. Scare 1037. Miniature Sheet, plus other U.S. Commemorative stamps of famous wonders of America. Also lovely ecology stamps on conservation of water, soil, etc. 10c. Also, other stamps to examine. Buy any or none, return balance, cancel anytime. Plus free catalog. H. E. Herns, Dept. E-203.

Let’s face it
Unsightly hair on arms, legs and face can be downright embarrassing. Perma Tweez, an easy do-it-yourself electrolysis device, safely and permanently removes unwanted hair, and does it without puncturing the skin! Appears in various medical journals. $16.95. General Medical Company, Dept. AH-13, 5701 W. Adams Blvd., Los Angeles, 90014.

Fit for relief
Wooden shoe stretcher with movable “plugs” for exact spots where corns and bunions ache. rivalry shoes in the proper places. Fits right or left. Men’s; regular (over size 9). Women’s: regular; large (over 7). $3.99 each plus $1 hdg. Two, $7.78 plus $1.60. Windsor House, AH2, 3947 Austin Blvd., Island Park, NY 11558.

Postage stamp wonderama

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DEAR

American Home

INSPIRED INPUT

We think we have a good story that will inspire some of your readers. My husband and I were given a two-story house three years ago. We had to move it to a lot we owned, and to do so we had to take off the top story— and rebuild it on site. My husband did his own wiring, plumbing and plasterboarding; he also rebuilt the top story (see photograph below of progress). I bricked my kitchen and porch, painted, wallpapered, and put up more than 800 fence pickets for our fence. We're in the house now—and we love it.

(Mrs.) Pat Rocha
Selma, Calif.

MEMORY MAKING

I thoroughly enjoyed reading your December '73 issue. The various Christmas articles brought back so many fond memories. Thank you.

Beverly Newell
Westport, Conn.

ELECTRICAL "HEAT"

You must be kidding! An article on the fuel-oil crisis and conserving energy and an article on electrical "gadgets" nor can opener referred to many fond memories. Thank you.

Carol E. Czech
Webster, N.Y.

We have to get rid of the idea that we need electricity to open a can— and then worry about our flabby arms that get no exercise. Let's have less emphasis on electrical appliances.

Beth Solniker
St. Louis, Mo.

There are many different ways to conserve energy—no one is the only way for each consumer (see "Your Appliances: Make Every Watt Count" earlier in this issue). And neither the "gadgets" nor can opener referred to expends a significant amount of electricity in the short time they are normally used. What seems to you a frivolous gadget might seem an ab- solute essential to your neighbor—in helping her save time or do her work more efficiently. It's the people who make no attempt to conserve—in any way—whom we're really concerned about.

BIRD CALL

As an avid garden clubber, I am always on the lookout for interesting program and special feature material to present to the members of our garden club. One such article, "Gardens on the Wing," appeared in your October issue. I am going to try to obtain as many copies of that article as I can to distribute to our members at a future meeting. We are earnestly pursuing conservation themes in our programs this year, and particular interest has been expressed by our members in making provisions for birds within the garden.

Lynn C. Felton
Roslyn Hills Garden Club
Roslyn Hills, N.Y.

ANTIQUES ACCLAIM

I hope you continue your articles on antiques, decorating with antiques, public restorations and such. Your writers in these departments are doing beautifully. Is it only the opinion of women I know and meet that these departments are so helpful and informative? I hope it's countrywide! Thank you for all the good reading.

Mrs. Bernard Bender
Manitowoc, Wis.

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Ore-Ida suggests two easy ways to be nice to your family.
And to your budget.

SKIPPER'S CASSEROLE

- 2-3 teaspoons Heinz Worcestershire sauce
- 2 cans (6½ ounces each) Star-Kist Chunk Light Tuna, drained and flaked
- 1 package (10 ounces) frozen peas, partially defrosted and broken apart
- 1 can (16 ounces) frozen Ore-Ida Tater-Tots®

1. Preheat oven to 400° F. Grease a 2-quart oblong casserole.
2. In 2-quart saucepan over medium-high heat, melt butter and cook green pepper and onion until tender but not brown.
3. Stir in flour, salt and pepper until blended. Gradually stir in milk, liquid drained from the mushrooms and Worcestershire sauce; cook, stirring constantly, until smooth and thickened.
4. Add tuna, peas and mushrooms; return to boil; spoon mixture into casserole.
5. Arrange frozen Tater Tots® in a single layer on top. Bake for 30 minutes or until hot and bubbly in the center.

YIELD: 6-8 servings.

POTATO TASTY BAKE

- 2 tablespoons butter or margarine
- 3/4 cup crushed bran flakes
- 1 package (16 ounces) frozen Ore-Ida Golden Crinkles®
- 3/4 cup Ore-Ida fresh frozen Chopped Onions
- 1/4 cup minced fresh parsley
- 1/8 teaspoon pepper

1. Preheat oven to 350° F. Grease a 1 1/2-quart casserole.
2. In large skillet, over medium-high heat, melt butter; add frozen potatoes and heat 5 minutes, stirring occasionally; reduce heat to medium, add onions and cook 5 minutes, or until potatoes and onions are browned, stirring frequently to avoid overbrowning. Remove from heat; gently toss with bran flakes and shredded cheese. Place mixture in casserole.
3. In mixing bowl, beat eggs well; add sour cream, salt and pepper; beat until blended and thickened; pour sauce over potatoes.
4. Bake 20 minutes or until sauce is set but shiny.
5. Sprinkle with paprika if desired.

YIELD: 5-6 servings.

*May also be prepared with Ore-Ida Golden Fries®.

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Good eatin’ from Boise.