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Ore-Ida suggests four easy ways to be nice to your family.

And to your budget.



CHICKEN BAKE

- | | |
|--|---|
| 1 can (4 ounces) mushrooms | 2 chicken bouillon cubes |
| ¼ cup flour | ¼ cup dairy sour cream |
| ½ teaspoon salt | ½ package (4 cups) frozen Ore-Ida Potatoes O'Brien* |
| ½ cup milk | 2 tablespoons chopped fresh parsley (optional) |
| 2 cups cut-up chunks of cooked or canned chicken or turkey | |

TOPPING:

- 2 tablespoons butter or margarine
- ⅔ cup crushed corn flakes

1. Preheat oven to 400°F. Grease a 2-quart baking dish.
2. Drain mushrooms, reserving liquid in 1-cup measure; add enough water to make 1 cup.
3. In 2½-quart saucepan, stir flour, salt, liquid and milk until blended; add bouillon cubes and cook over medium heat, stirring constantly, until mixture is thickened and bouillon cubes are dissolved. Remove from heat; stir in sour cream until smooth.
4. Combine mushrooms, chicken pieces and frozen Ore-Ida Potatoes O'Brien with sour cream sauce; spoon into baking dish.
5. For topping: In small saucepan over medium heat, melt butter; stir in corn flakes. Sprinkle topping over mixture. Bake 45 minutes or until piping hot and bubbly in the center. Garnish with parsley.

YIELD: 4-6 servings.

*May also be prepared with Ore-Ida Southern Style Hash Browns.



SKILLET MEDLEY

- | | |
|--|---|
| 2 tablespoons butter or margarine | ¼ cup mayonnaise or salad dressing |
| 1 package (16 ounces) frozen Ore-Ida Golden Crinkles®* | 2 teaspoons Heinz Mustard |
| ⅓ cup Ore-Ida fresh frozen Chopped Onions | ⅛ teaspoon pepper |
| 1 can (10½ ounces) condensed cream of celery soup | 1 package (10 ounces) frozen peas, partially defrosted and broken apart |
| ½ cup water | ¾ pound (3 cups) cooked ham, cut in ½" strips or cubes |
| 1 teaspoon parsley flakes | |

1. In large skillet, over medium heat (350°), melt butter; add frozen potatoes, then onions; cook, stirring frequently, for 10-12 minutes until lightly browned.
2. In small mixing bowl, combine undiluted soup, water, mayonnaise, parsley flakes, mustard and pepper, blending until smooth. Pour sauce over the hot potatoes and onions; add the separated peas and ham strips, stirring carefully. Bring to a boil and simmer 5 minutes or until peas are cooked.

YIELD: 4-5 servings.

*May also be prepared with Ore-Ida Cottage Fries.





CREAMY AU GRATIN POTATOES

- | | |
|--|--|
| 1/2 cup Ore-Ida fresh frozen Chopped Onions | 1 can (10 1/2 ounces) condensed cream of celery or cream of mushroom soup, undiluted |
| 1 package (3 ounces) cream cheese, cut in cubes | 1/3 cup shredded Cheddar cheese |
| 1 package (12 ounces) frozen Ore-Ida Southern Style Hash Browns* | |

1. Preheat oven to 400° F. Grease a 1-quart casserole.
2. In 1-quart saucepan, over medium heat, cook frozen onions until tender. Stir in undiluted soup and cream cheese cubes; cook, stirring constantly, until smooth and hot.
3. In casserole, alternately layer frozen potatoes and hot cream sauce ending with a sauce layer.
4. Cover and bake 45 minutes or until sauce is bubbly and potatoes are tender. Remove from oven and sprinkle with shredded cheese.

YIELD: 4-5 servings.

*May also be prepared with the following Ore-Ida products: Country Style Dinner Fries®, Potatoes O'Brien, Cottage Fries.



TATERS ITALIA

- | | |
|---|---|
| 2 cans (16 ounces each) stewed tomatoes | Pinch oregano |
| 1 1/2 tablespoons sugar | 1 package (16 ounces) frozen Ore-Ida Tater Tots®* |
| 1/2 teaspoon salt | 1/3 cup shredded Cheddar cheese |
| 1/4 teaspoon basil leaves, crushed | |
| 1/8 teaspoon pepper | |

1. Preheat oven to 425° F. Grease a 2-quart casserole.
2. In large skillet over high heat, combine tomatoes and seasonings until well mixed and heat to a full, rolling boil.
3. Pour into casserole and arrange frozen Tater Tots® in a single layer on top. Bake 30 minutes or until bubbly in the center. Remove from oven and sprinkle with shredded cheese.

YIELD: 6 servings.

*May also be prepared with the following Ore-Ida products: Tater Tots® with onions, Tater Tots® with bacon flavored vegetable protein.



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American Home

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COVER: "American Glass," exquisite reproductions of early 18th- and 19th-century treasures long prized by collectors, can add charm and jewel-like sparkle to your contemporary American table. See our collection, starting at well under \$1, on pages 45-47.
Photographer: Irwin Horowitz

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HOW TO GET YOUR MONEY'S WORTH IN APPLIANCE REPAIRS

Appliances are machines, and machines will break down. You can minimize the cost of repairs if you face this fact unemotionally and prepare intelligently to deal with it. By following a few simple guidelines, you can protect yourself against both unnecessary service calls and dishonest repairmen. Here are ways to go about it. This is another in our continuing consumer-information series. —The Editors.

When a home appliance breaks down—and it's bound to, at some point—don't panic. Needless service calls can be avoided by calmly reading the appliance use-and-care booklet. You'll find a checklist that asks, among other questions, "Is the appliance plugged in properly? Do the controls need resetting? Has a fuse blown?" It's a good idea to keep all your appliance use-and-care booklets in one place, and to relieve the strain at "crisis time," note the repairman's telephone number on each one. Only after determining that an appliance is truly ailing should you call a repairman.

Choosing a repairman is probably the most important aspect of solving an appliance repair problem, and it's wise to make the choice *before* the breakdown. Here are some points to keep in mind:

Choose an *authorized* service representative, not the jack-of-all trades down the street. A qualified, specially trained repairman is an expert on one make of appliance (or, in some instances, a group of makes). Your use-and-care booklet should contain a list of authorized service centers or provide a toll-free number to call for information or service. If not, check your Yellow Pages under the specific type of appliance needing repair, and then under the brand name. If you still can't locate an authorized service center near you, call your local appliance dealer and ask for his recommendations.

If an appliance breakdown occurs within the warranty period, make sure the repairman you call does "warranty repairs." Not all do.

Be sure you understand the charges before authorizing the repair. Have them itemized and get them in writing. Always get a receipt after a repair is made; keep it to substantiate the service that was performed in case further problems arise. If the cost of the repair includes a guarantee on new parts or workmanship,

make sure the receipt so indicates—and specifies for how long. The receipt is also important if, at some later date, you should make a claim against the manufacturer that the product was defective from the start.

Major appliances, by their size and bulk, require in-home servicing. When calling a repairman, do the following:

Give the year, make and model number of the appliance, and describe as accurately as you can what is wrong.

Be prepared to enumerate previous service problems.

Set a date and time for the service call (be sure to be home). If it's an emergency, say so. If it can wait, accept a reasonable delay.

Ask what the service charge will be and whether payment is required on completion of the work, or if a bill will be sent later. There usually is a flat rate for the trip (or for the trip and the first half-hour of labor), and parts and labor are extra. When you call, you'll normally be told the flat rate per hour for labor. When the repairman determines what the problem is, what parts are needed and how long he'll need to make the repair, he will give a specific estimate.

When the repairman arrives, show him the appliance; then don't bother him with questions unless absolutely necessary. Also, have the appliance as accessible as possible.

If the repairman lacks an essential part and must make a second trip to your home, make sure you are not charged another flat-rate travel fee.

If you have any questions about the charges, call the service company for clarification. If you remain unsatisfied or if repairs are incomplete, write or call the appliance manufacturer. (This is one reason for using an authorized service company.) If the manufacturer does not resolve the problem satisfactorily, you can refer it to MACAP (Major Appliance Consumer Action Panel), 20 N. Wacker Dr., Chicago, Ill. 60606.

Portable appliances are most often small and lightweight enough to carry to a convenient service center. That eliminates the travel fee, but some service centers charge what is called a "bench fee" for examining an appliance and estimating the repair. Inquire first before giving them the appliance. Here are some other tips:

If the appliance breaks down within the warranty period, check the use-and-care booklet to see if you are to take the appliance to an authorized service center or return it to the manufacturer. If you must send the appliance, be sure to pack it well and include a letter explaining the problem—and also detailing the date and place of purchase, your full name, address and phone number. Keep a copy of the letter, and be sure to insure the package for its full value.

If you're in a hurry to get the appliance back, say so—and ask for a specific date for completion of the work. Ask to be notified of delays.

To prevent an expensive repair of an appliance that may not be worth it, ask the repairman to call you if the repair will exceed a stated amount, say \$8 on a \$16 item.

Occasionally you can be your own repairman by replacing simple parts yourself—mixer beaters, refrigerator shelf, blender jar. Consult the use-and-care booklet for sources. Most authorized service centers sell parts over the counter; if not, they can refer you to a source. In either case, know the model number of the appliance and the part description. The part number would also be useful if it's listed in the use-and-care booklet. If not, describe the part just as the booklet does.

If all else fails and you can't locate a parts or service company in your area, write or call the manufacturer. Ask for the Consumer Relations Dept. They will either handle the request directly or put you in touch with the nearest source for parts or service.



Fill'er up this weekend.

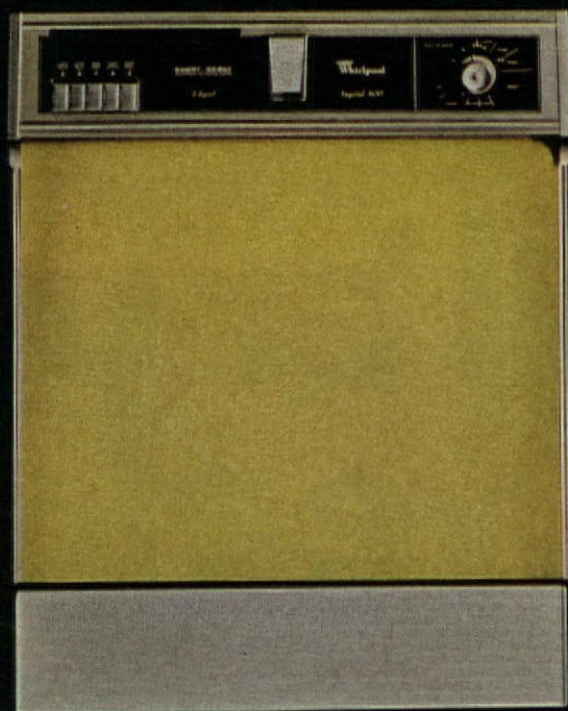
You can still take "pleasure trips" on the weekend, even though there's a fuel shortage. You can go by Long Distance—this way you save fuel and money too. Dial-direct rates are especially low all day Saturday...and Sunday until 5 p.m.

So, pick a place and take a spin this weekend.

Long Distance is the next best thing to being there.



Yes, there is a dishwasher that scrubs pots clean.



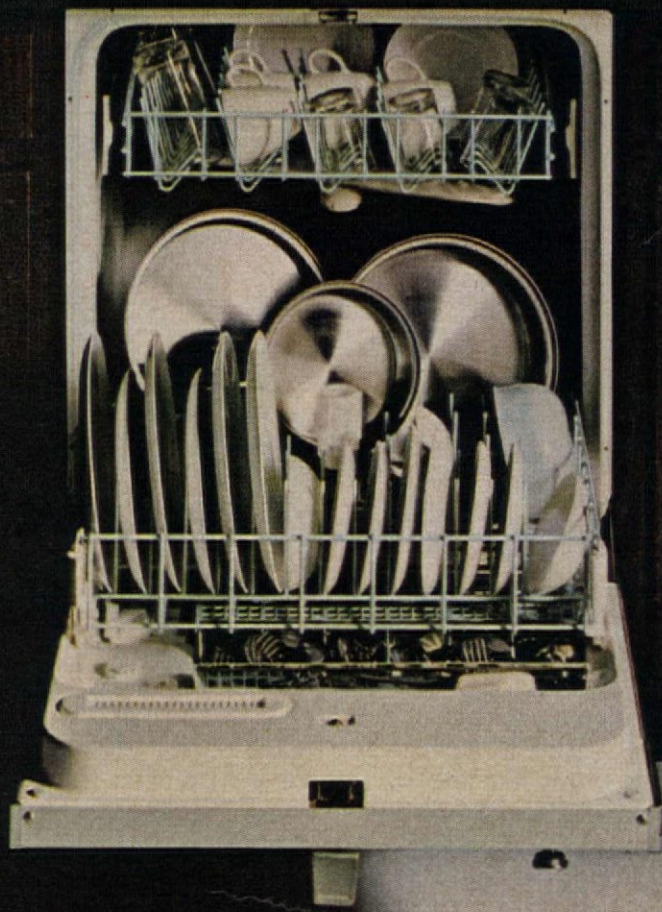
We know you're not going to believe any dishwasher can scour pots, pans and casseroles clean. Especially baked-on macaroni and cheese.

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See.



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For your pet's health see your veterinarian annually.

LIFESTYLE

The Peter Lathams of Newburyport, Mass., believe in renewal and restoration—for both their seaport city and fine old home.



Five years ago, the 200-year-old Lord Timothy Dexter house (left) was a dilapidated mansion that no one wanted. Today, after years of hard work by the Lathams, it is part of the pride of Newburyport—a city that specializes in restoring its 18th-century homes.



The Lathams gather in their library (above), a wonderful, dark-paneled place that's a sort of family room. Most other rooms in the huge old house are painted oyster white "to bring out the fine detailing," Sue explains.



Sue and young Shelley Latham (right) enjoy walking in the Parker River Wildlife Refuge a few miles from Newburyport. "We're an outdoor family," says Sue. "We love walking, skiing, sailing, playing tennis."

Many years ago, Newburyport, Mass., was a bustling ship-building center. But by the middle of this century, it had faded: Its 18th-century homes and fine old waterfront commercial buildings were still intact, but in very poor condition. The small town seemed to need a spark to make it come alive again. Help came in the guise of Sue and Peter Latham—and many other young families like them. Several years ago the Lathams, having outgrown the old farmhouse they had restored in Massachusetts

farm country, were seeking a new home. "We wanted to live in a town that was growing and changing," says Sue, "a place with possibilities."

In a Boston newspaper, she read a story about Newburyport and about the beginnings of the "renaissance" there. The Lathams went to take a look. Peter, an industrial designer responsible for the first aluminum tennis racket, and Sue, an occupational therapist working part-time as a consultant, liked what they saw. All around the old city, young families were buying

up 18th-century houses and working to restore them.

Among the houses for sale was the 1774 Lord Timothy Dexter mansion, a 19-room Georgian-Federal home in sad condition: Its paint was peeling, its shutters sagged, it had a field of weeds for a front lawn. "In spite of the low asking price," Sue remembers, "other home-buyers had been afraid of the place; restoration was clearly an enormous undertaking. But it just rang a bell with us." They bought the house. "It seemed to need us," explains

Peter, "and we weren't buying just the house; we were buying Newburyport, too."

The old mansion itself had a special meaning for the city. The self-titled Lord Dexter had been a rich, 18th-century eccentric celebrated by John Marquand in two novels. Thus the old Dexter house was somewhat famous, its dilapidation a haunting local symbol.

The Lathams and their children—Christopher (Kit) and Shelley, now 14 and 11—moved in and launched their restoration. (continued)



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The Latham family has turned a historic mansion into a cozy, comfortable home.



The house also has a music room where Sue plays the guitar and sings folk songs (left) and Peter plays the piano. Besides loving music, Sue enjoys sewing, painting, photography and creating silver jewelry. Right now she is studying for a master's in art education.



Sue tends some of her many plants in a corner of the high-ceilinged old pantry (above). "I love green things," she says. "We have an ancient greenhouse on the property, which we plan to rebuild so we can grow plants from seeds."

Peter and Kit work on wooden models at the kitchen table (below). As Peter points out, "The kitchen is the busiest room in our house; we all love sitting by the fire, working, eating, just chatting." Around the fireplace are some of the antiques Sue and Shelley have collected on their jaunts.



st job: to remove 16 layers of dirty, peeling outdoor paint. Peter's brother Robert came to the rescue, spraying a solution of hot water and caustic soda to dissolve the layered paint. Then everyone—including a few hired hands—got to work, sanding, replacing old boards, sanding in loosened nails. About half the windows were blown out, their panes removed, the wood frames sanded and the glass put back in and re-puttied. Finally, Peter tackled the remaining job, spraying on 140 gallons of white paint. Inside, the old house needed repainting, papering, refinishing. Sue did a lot of the painting and wallpapering, made most of the drapes and slipcovers: "I may

not be an upholsterer," she admits, "but I sew a pretty tight slipcover." It hasn't been all work and no play, however. The Lathams have had fun in the house right from the start. Each year, for instance, they celebrate Halloween with style, lighting the rooms with candles, setting up loudspeakers to play recorded spooky sounds, displaying a "ghost" in the cupola. And they love using the former mansion for entertaining. "It's a house meant to be filled with people having a good time," says Sue. Sometimes there are big parties, but more often, small ones that wind up on the third floor, which is given over entirely to games like Ping-Pong and something

called "cricket"—a strenuous paddle game Peter devised. After five years of the Lathams, the Lord Timothy Dexter house has "turned the corner," as Sue puts it. And Newburyport has, too. Natives of the city and newcomers like the Lathams have done successful restorations. They've also won a determined fight against the destruction of many old Federal-style commercial buildings down by the water: Through politicking and patience, they've managed to persuade urban renewal authorities to switch from demolition to rehabilitation. Now, after a lot of hard work on everyone's part, Newburyport, according to Sue, is "really feeling good." Much of the old waterfront area

has been restored and now bustles with shops and businesses. And up on High Street, Lord Dexter's house looks the way it was described in Marquand's books. Sue and Peter Latham are committed to life in their small seaport. "It's a community that is saving itself," says Sue. "And it's a total urban community," adds Peter, "with many of the worries and woes of a big city. But because we're small, we have a better chance of solving them. On this scale, an individual matters. I think Sue and I were wooed by the importance of the experiment here. If Newburyport can't solve its problems—and they are similar to those that beset places like New York and Boston—then no city can."

"It's a shame more women don't take up Interior Decorating."

Why should any woman today allow herself to get trapped under a pile of boring household chores or in some dull, underpaid job?

Carin Baugh, of Kennewick, Wash., escaped that trap by becoming an interior decorator. She actually earns as much money as most men do. And she has more fun doing it.

She doesn't have to hassle with commuting; she's only five minutes from the department store where she works.

She sets her own hours; so she can always manage to be on hand if her kids are in a school play or some other event a mother wouldn't want to miss.

And she seldom gets bored because each day is different. One day she's re-decorating a basically fine but run-down old "mansion;" on another she's helping a local business plan their new offices, etc.

When Carin talks about being an interior decorator, she almost sings.

"Every time I meet an unhappy woman I say to myself, 'Isn't it a shame more women don't take up interior decorating as a career?'"

There's room for many more Carin

Baugh. *Forbes* magazine calls home furnishings "perhaps the hottest growth field of the 1970's." And the way things are going, having an interior decorator might soon be as usual as buying a second car.

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Carin Baugh of Kennewick, Wash., is raising two children and yet manages to have an interesting, well-paid job. She's getting more out of life and you can, too.

FROM HOME BASE

GOOD RIDDANCE

Two mechanical workhorses—the disposer and compactor—take the mess and bulky leavings out of every-day kitchen cleanup.

Cleaning up the kitchen invariably means getting rid of trash and all unusable leftovers. Naturally you want to dispose of food waste and empty cans and cartons as soon as possible. Two appliances that make swift work of these jobs are the food waste disposer and the trash compactor. Each performs a different function that measurably—and hygienically—speeds kitchen cleanup with relatively little expenditure of energy.

FOOD WASTE DISPOSER

Installed in the sink, this hard worker grinds up food waste to the accompaniment of running tap water, then whisks it all down the drain. Two types of disposers are manufactured: the *continuous-feed*, which is activated by a separate switch and can be added to at any time, even while in operation; and the *batch-feed*, whose cover must be put in place and twisted or turned to operate. A splash guard at the opening of the continuous-feed type helps prevent waste from backing up out of the machine; a regular cover is not needed when using this disposer. The batch-feed type usually has a larger capacity, but is a little less convenient to use because it must be stopped and the cover removed before additional waste can be put in. This operational disadvantage can be a safety plus, however, since foreign objects are less likely to be ground up in the unit by accident.

Continuous-feed disposers cost from \$28 to \$130, slightly less than the batch-feed types, priced from \$95 to \$150. Installation costs are the same for each type: \$25 to \$50. Disposers are available from Frigidaire, GE, Hotpoint, In-Sink-Erator, KitchenAid, Maytag, Montgomery Ward, National, Sears, Waste King, Westinghouse, Whirlpool and Tappan. Whichever type or brand name you prefer, here are some important points to consider before and after making your choice.

DISPOSER GUIDELINES

Disposers can be installed in most homes unless restricted by building codes. If you're served by a municipal sewer system or have a septic system sufficient to accommodate the added waste, there's normally no problem. But a disposer is usually not recommended for homeowners served by a cesspool.

Before installing a disposer, have your plumbing checked to make sure it's adequate in size and pitch; otherwise you risk waste accumulating in the pipes—and the exasperation of a clogged sink. If there is a grease trap between sink and sewer, it must be removed or the ground-up waste will also be trapped. Be sure, too, when the disposer is installed, that it is properly grounded.

Make sure the appliance you consider is corrosion-resistant; some disposer parts come into contact daily with a variety of chemical agents—food acids, detergents, plus water itself—that can result in corrosion.

To avoid jamming, which can be an irritating problem with some models, look for the style that has swivel impellers. Or if the impellers are fixed, the disposer should have reversible action so grinder direction can be changed to free a jam-up. Look, too, for an overload switch that cuts off the power (continued)

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GOOD RIDDANCE
continued

automatically if the unit should jam.

Most of today's disposers are designed to cope with just about any food waste, including bones, fruit pits and rinds, plus the ordinary accumulation of fats and oils. Check your instruction book for precautions. A disposer works best if you use only *cold* water when operating it. This congeals grease that is then flushed readily through the pipes. Always turn on the tap a few seconds before switching on the unit, and let it continue running a full minute after shutting it off.

TRASH COMPACTORS

All the cans, bottles, cartons and paper you usually toss—and press—into a trash can can be placed instead into an appliance that squashes them into one-fourth their original volume in anywhere from 15 seconds to two minutes. The machine that performs this mighty feat is the compactor, the first all-new kitchen appliance to be introduced in more than 30 years. Compactors are about 15 inches wide, 35 inches high and 25 inches deep. They may be built-in or free-standing, and are available from Amana, Caloric, Frigidaire, GE, Hotpoint, In-Sink-Erator, Kitchen Aid, Montgomery Ward, Sears, Tappan and Whirlpool. Prices are \$200 to \$280; installation, if needed, is inexpensive.

To use a compactor, open the door at the front of the unit and toss in the trash. Then close the door and press the switch. A ram lowers and puts about 2,000 pounds of force on the trash inside, squashing it into a compact little bundle. The inside of the compactor is usually lined with either a plastic-coated paper or heavy-duty plastic bag. When the compactor has done its work, the bag is removed and tied shut.

COMPACTOR CAPABILITY

Compactors can take most kinds of trash, but aerosol cans, toxic or highly combustible items should not be tossed in, nor should odorous food wastes such as raw fish, poultry leavings and citrus rinds. A good general rule: Don't put in anything that you wouldn't put in your wastebasket.

The ease of removing and replacing the liner bags and cleaning the inside of the compactor should be compared before purchase. Some bags must be shaped and their tops folded down to fit the compactor interior. Some insert easily, but a separate metal section must be carefully placed inside the bag before the machine can be used. Still others come with a plastic strap that fits into the unit and becomes a handy sling to grasp when removing the bag. And, of course, the more accessible the compactor's interior portions are—and the smoother and more crevice-free—the easier they'll be to clean.

Compactors may not be indispensable appliances, but they do keep kitchens neater and reduce the number of trips to the trash can. They offer a distinct advantage to families that accumulate an inordinate amount of weekly trash—and are truly a boon to those living in areas that lack local trash and garbage pickup. Ecological studies being conducted in various parts of the country show that compacted trash has many advantages over uncompacted trash. For one, it burns better. Still other studies indicate that the combination of food waste disposers and trash compactors can cut down considerably the cost of municipal garbage collection.

—Jeanne M. Bauer

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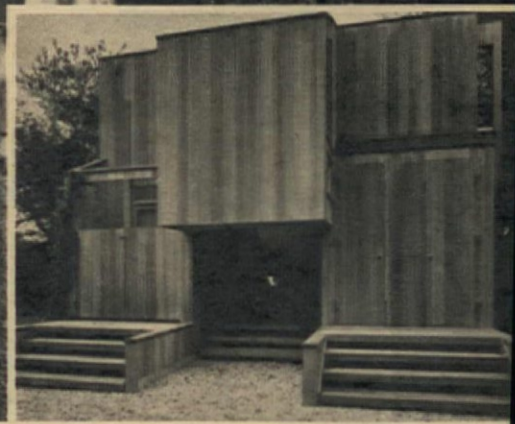
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Warning: The Surgeon General Has Determined
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*According to the latest U.S. Government figures.
Filter and Menthol: 16 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report Sept., '73.

SERENITY
IN A WOODED
SETTING



Front of house (inset, above) offers privacy plus convenience: Steps at left lead to outdoor shower, those at right to generous outdoor closets. Secluded entry is beyond center steps.

How does an architect design a weekend vacation house intended for eventual full-time retirement living? New Yorker Herbert August's solution for his client, a single woman, is pictured above: a handsome home with a lot of living space in just a few rooms.

Set beside a secluded, peaceful pond in Southampton, N.Y., the structure is simple, open, in harmony with its wooded surroundings. The architect was able to keep

within the \$28,000 budget by economizing on space—the house has 1,200 square feet in all. But the effect of his design is roomy and comfortable because its focal point, the living room, rises two stories high, with windows, sliding glass doors and outside decks that open it up wide to a vista of woods and nearby water. The two second-floor bedrooms are small, but connect via shuttered openings with living room. (continued)

Sorry Sears, PPG, Sherwin-Williams, Lucite,TM and Dutch Boy...TM

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The leading independent paint testing laboratory has judged Glidden Spred Satin flat latex wall paint best overall.

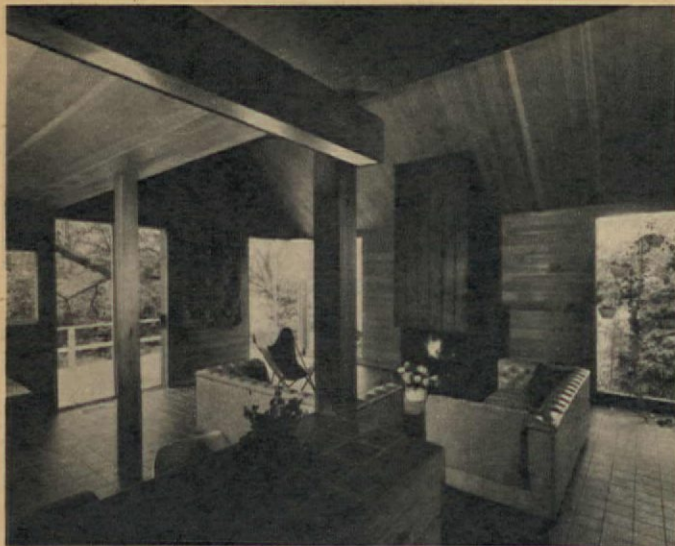
They compared six leading latex wall paints for what you want in wall paint. Ease of application. Washability and durability. Ability to cover old colors. Best looking

finished appearance. Total them up and Spred Satin ranks best overall.

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THE LEADING INDEPENDENT PAINT TESTING LABORATORY PROVED IT.



Low-ceilinged kitchen and dining area (above) opens into soaring living room. Spare furnishings add to interior sweep. Sliding glass doors at left lead to deck. Fireplace was designed by architect.



Shuttered openings into bedrooms on second floor (right) improve ventilation on hot summer days, allow bedrooms to share in the roominess of the two-story space. Kitchen at left opens off living room.

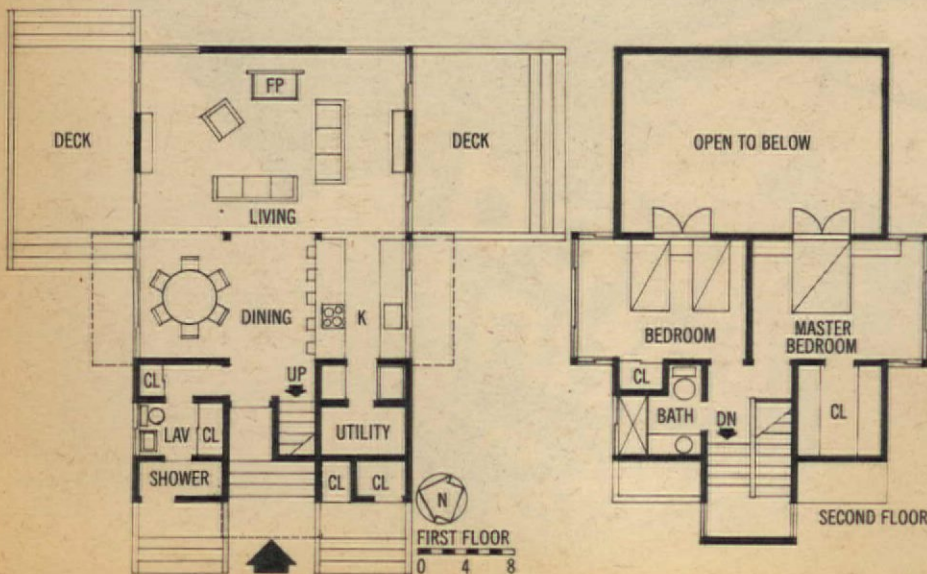
The openings enlarge the bedrooms; each room has a window wall and view, to add to the sense of space.

August's client wanted to keep housekeeping at a minimum, so the architect used low-maintenance materials: outside, red cedar siding with weathering gray stain; inside, Douglas fir and waxed red cedar for the walls and ceilings, quarry tile flooring throughout the first level and an oak floor on the second.

For summertime convenience, he gave her an outdoor-opening shower plus closets for stashing beach equipment and gardening gear; indoors, he provided plenty of storage space—especially important later, when she will use the house year-round. Finally, this trim vacation home is heated and fully insulated, ready and willing to take on winters. —Jane L. Lawrence



Each of the bedrooms (above) has an expanded view, created by extending windowed bays beyond the side walls (see plan). Seat under window is built in.



Because of its open design, house gives the impression of being larger than its 1,200 square feet (floor plans, left). Yet there is privacy as well as openness: Bedrooms, which normally overlook living room, can be closed off handily. Interior space is limited, but first-floor living area is expanded by decks on two sides.

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who design Oneida's finest sterling. Knives are heavyweight yet perfectly balanced, with hollow handles and serrated blades . . . forks and spoons have perfectly finished edges. Luxurious enough for formal dining, yet practical enough for everyday use—and dishwasher safe!

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No fixed number of settings to buy—you alone decide how many you want, and how fast you want them. Choose *Lisbon*—romantically Latin, with raised floral motif highlighting antiqued center panel

. . . or *Mansion Park*—luxuriously traditional with a graceful floral arabesque design.

Mail the coupon today with just \$1 to start your set of Stainless by Oneida.

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best—casual, smart, colorful and durable. All of our items are available nationally; prices are approximate.
—J.M.B.

BABY WALKER
Here's a marvelous helper for a toddler just learning to walk. Made of ABS plastic in zingy yellow/orange, the unit is propelled by casters. Inside seat adjusts up as baby grows. By Fein Sales, it is \$25.

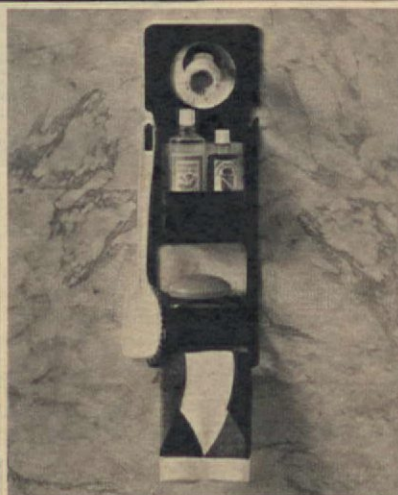
CLASSIC POT RACK
This 10-inch half-circle of lightweight Lucite attaches to the wall, holds 3 to 6 pots. In smoke, white, yellow or clear, it's \$8 by Thermalene.

ALUMINUM POTS
These feature two plastics: Teflon no-stick interior in new "classic white"—plus handles of black, heat-resistant phenolic plastic. Wear-Ever's 8-piece set is \$50.

BLENDER
It has a base of ABS plastic in white, avocado or harvest gold. Half-pint blend-and-store jars are of clear Lexan—glasslike but shatterproof and dishwasher/freezer-proof. Waring blender with regular-size glass jar is \$35; the plastic jars are \$1 each.

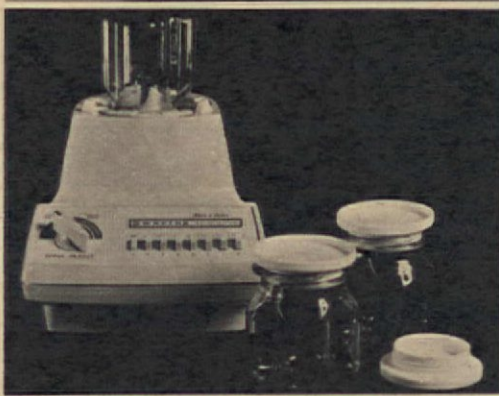
CEILING TILES
These, for kitchens, are vinylcoated. Armstrong's white acoustical "Gourmet" tiles are 58¢ a square foot.

FLOORING
With "Mirabond" no-wax surface, this flooring wears well. Armstrong makes it in 6- or 12-foot widths for about \$8 a square yard.



SHOWER CADDY
Strong, water-resistant Lucite hang-all comes in clear, white, blue, brown, black or yellow. It is 20 inches high; \$10 from Martin S. Garment.

WALL TILES
These are self-adhesive, made of high-impact polystyrene, in "Renaissance Marble" pattern: beige or green. Tiles, 12 inches square, are 6 for \$3.50 from Lustra Tile Corp.



BATHROOM SINK
Made of hard, lightweight melamine, it resists scratches and chemicals, won't rust. "Contura" self-rimming 19-inch sink comes in 12 sparkling colors. By American Standard, it's about \$30.



"DEDA" VASE
Beautifully sculptured in ABS plastic, this Italian import makes a large (14½ by 8¼ inches), dramatic accent piece. In white, yellow, green or black, it's \$12.50 from Heller Designs.

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AH3-74

SHORTCUT GUIDE TO SCISSORS AND SHEARS

Check this catalog of cutters—from diminutive egg scissors to the toughest garden pruners.

Long or short, curved or straight, pretty or plain—household scissors and shears take on a different look depending on the job they're cut out for. By the way, scissors are smaller than shears, with blades 3 to 6 inches long; shears are heavier, with blades 6 inches or more.

Below is a rundown of some of the best of both types, from companies including Clauss, Disston, Griffon, Hoffritz, White and Wiss. (Note: Our drawings, for simplified recognition, are not in exact scale.)

KITCHEN CUTLERY

1. *Kitchen or utility shears* (\$6 to \$8) snip herbs, cut sticky foods. Styles range from single-purpose shears to one real zinger that's also a bottle opener, screwdriver, nutcracker and hammer. With these shears, as with any for kitchen use, look for rust-proof stainless-steel blades.

2. *Poultry shears* (\$8 to \$35) cut and disjoint fowl, usually have a curved blade and spring or lever action. Spring-action types should lock closed for safe storing.

3. *Lobster shears* (\$5 to \$7) have thin, pointed blades for cutting shells.

4. *Egg scissors* (\$10 to \$12), small and decorative, neatly lop off the ends of soft-cooked eggs.

5. *Grape shears* (\$10 to \$17), also small and pretty, will cut and hold a bunch of grapes. They're nice to use when serving grapes with cheese.

SEWING CUTLERY

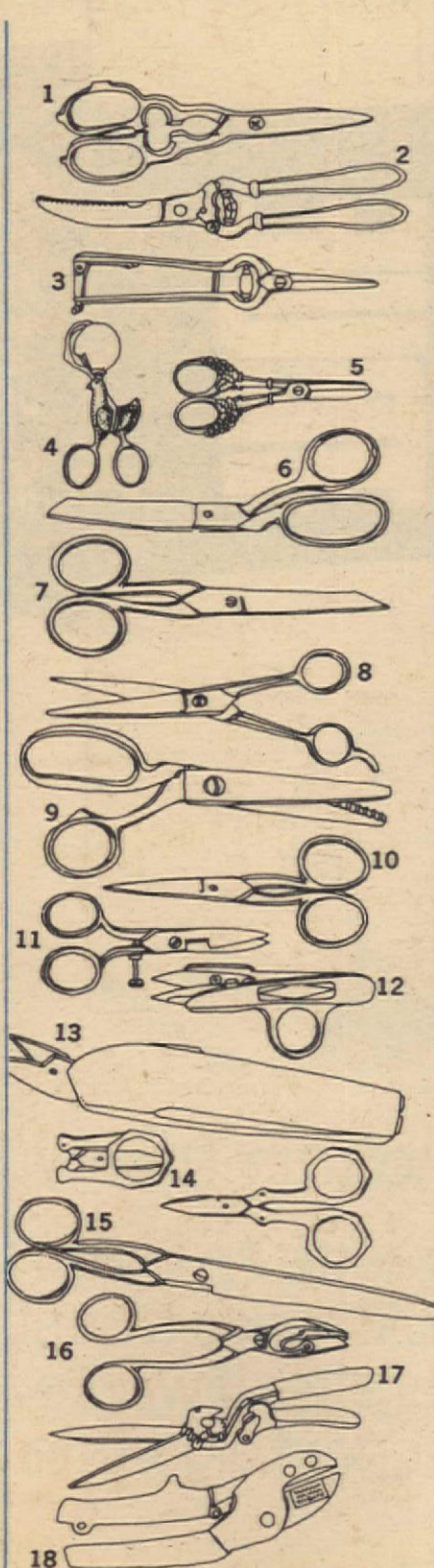
6. *Dressmakers' shears* (\$6 to \$12) cut fabric and have a bent handle that lets the lower blade rest on the table as you cut. Some come with one especially sharp blade to keep synthetics from shifting.

7. *Sewing scissors* (\$5 to \$10) are excellent for most small jobs. Some, for trimming, have one sharp and one blunt point to prevent snagging; others have two sharp points for cutting close to the stitch line.

8. *Lingerie shears* (\$8 to \$14) are lightweight and usually have a finger guide for control and accuracy. One blade is serrated for cutting sheer fabrics without stretching or slipping.

9. *Pinking shears* (\$8 to \$15) give a ravel-resistant sawtooth edge. (Some variations create a ravel-resistant, scalloped edge.)

10. *Embroidery scissors* (\$3 to \$7)



are small, with slender blades and sharp points that are ideal for use in fine needlework.

11. *Buttonhole scissors* (\$5 to \$10) have a notched blade, plus a set-screw and locknut that adjust to desired buttonhole sizes.

12. *Thread clippers* (\$5 to \$7) are lightweight and fit in the palm—ideal to keep by the sewing machine.

13. *Electric shears* (\$6 to \$20) are good when you do a lot of fabric cutting. They're either electric or battery-run; some may be used either way. The more versatile adjust to fabric thicknesses.

MISCELLANEOUS CUTLERY

14. *Pocket scissors* (\$4 to \$14) are tiny, perfect for all kinds of useful jobs. Some are blunt tipped; pointed ones come with a sheath. One handy version (shown folded and unfolded) has a carrying case.

15. *Paper shears* (\$5 to \$15) have especially long blades for cutting a good, straight edge.

16. *Flower shears* (\$4 to \$9) are made to cut and hold flowers.

17. *Grass shears or edgers* (\$3 to \$27) are big and heavy-duty, often with Teflon-coated blades to prevent sticking or rusting. Those with contoured handles and vinyl grips are most comfortable to use. Some (not shown) come with long handles and roll on wheels for easy trimming.

18. *Pruning shears* (\$3 to \$13) have a snub nose for tough cutting jobs. The best come with vinyl handles and Teflon-coated blades.

TIPS ON USE AND CARE

Use scissors and shears to do the particular cutting job they were meant for. Don't cut cardboard with sewing shears or parsley with paper shears.

Treat scissors and shears with respect. Don't chomp your shears into the straight pins when you're cutting out a pattern, for instance.

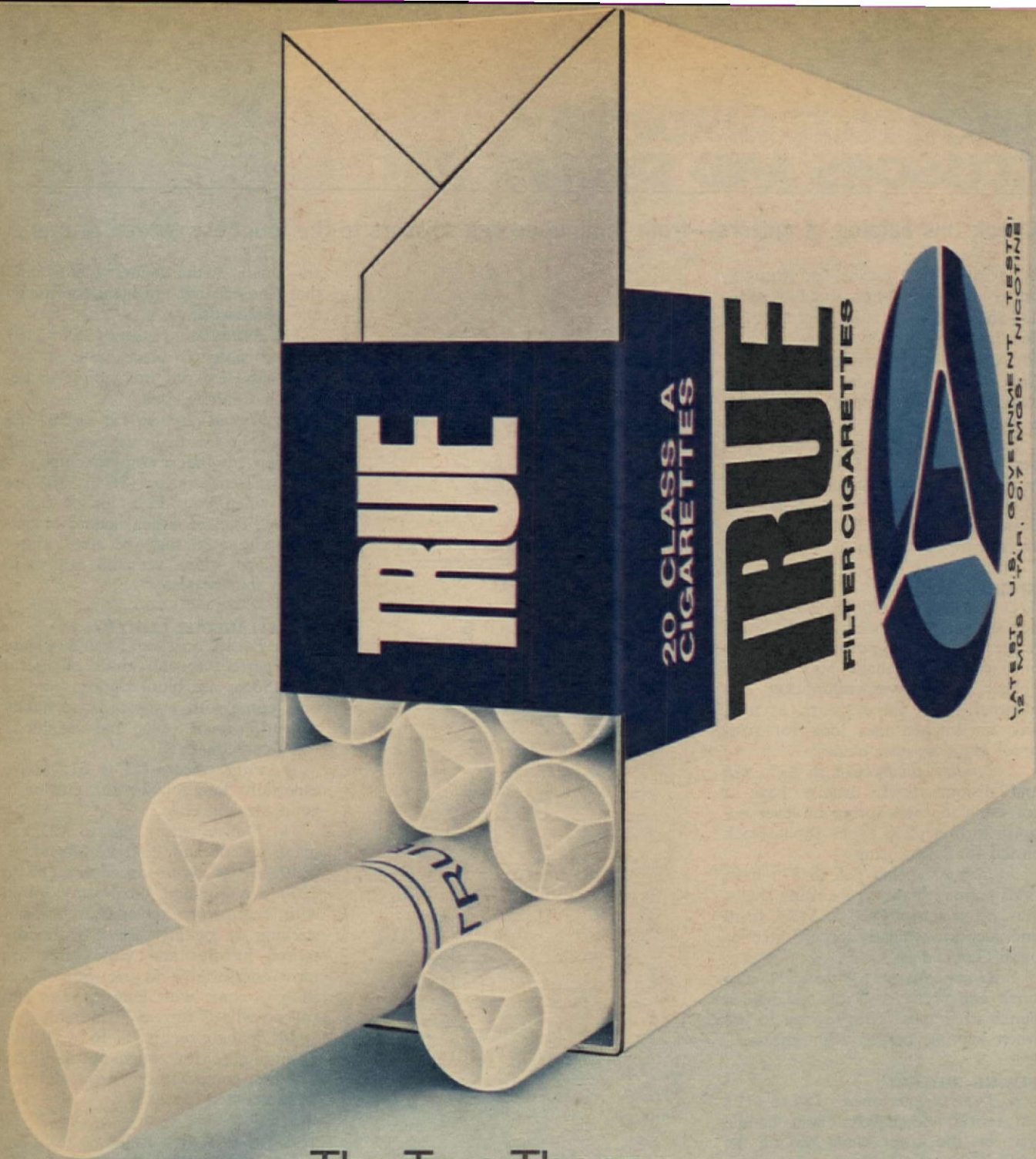
Occasionally, oil the screw joint where scissors blades meet.

Wash and dry kitchen shears after each use.

To protect them and you, store with points sheathed.

Be sure garden shears are clean and dry before storing.

Take scissors and shears to a professional for sharpening; some manufacturers do it. —Jeanne M. Bauer



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KNOWHOW

The plain old hamburger may soon be extinct—its replacement the soybean/beef burger. Every bit as tasty and nutritious as ground beef, the blended burger meat available in many supermarkets is 10 to 30 cents a pound cheaper. Nutrition experts are saying it's the food of the future.

But why? And what exactly is the soybean/beef burger? For that matter, what is a soybean?

Grown in Eastern Asia for 4,000 years and now our own country's third largest crop, the humble soybean is one of nature's richest sources of protein, rivaling meat, fish and cheese. It is chock full of vitamins and minerals, is low in saturated fats and has virtually no cholesterol. Nutrition-wise, there's nothing better than the little tan bean; as far as taste goes, however, it's a washout—bland and just the slightest bit bitter.

But that blandness is its big secret; the bean is very adaptable. It can be processed into soy meal (used for most of our livestock feed), into soy flour (used in commercial bakery products, cereals, prepared mixes, baby foods, diet foods), or into soy oil (used in margarines, mayonnaise, salad dressings, cooking and salad oils). And finally, it can be made into "textured vegetable protein," the colorless, tasteless, high-protein meat stretcher that turns plain ground beef into the soybean/beef blend.

MEAT EXTENDERS

Textured vegetable protein has been around for years; it is made by extracting the basic proteins from the soybeans and spinning them into fibers that are cut and dried into flakes. These are used plain as a meat extender, or can be perked up with artificial flavorings, colorings and extra nutrients to make meat substitutes.

The meat extenders got their big start in 1971 when the U.S. Department of Agriculture approved their use in school-lunch programs; soon, millions of school lunches featured main dishes—Sloppy Joes, stews, tuna salads, chicken pies, meatballs—that were stretched as much as 30 percent by the addition of textured vegetable protein flakes.

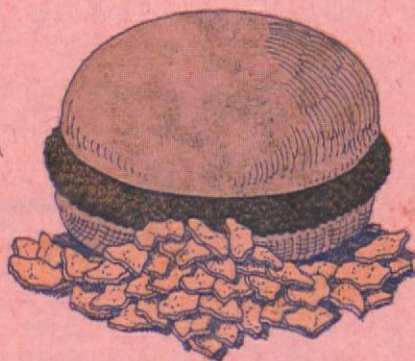
The stretchers hit the supermarkets after the meat boycott last spring and they've been selling well ever since. The supermarkets buy them from companies like Ralston,

SOYBEANS: THE MEAT STRETCHERS

Get more burgers for less money.

Archer-Daniels-Midland or General Mills. They hydrate the flakes, mix them in a 25/75 percent ratio with ground beef and market the mix under such names as "Burger Blend" or "Burger Plus."

Once you get the blend home, you store and use it just like ground



beef. You can make it into meat loaf or meatballs, or use it with ground-beef convenience dishes. Not only do you get more hamburgers per dollar, but you also get another bonus: The hydrated flakes absorb the juices of the cooking meat, so there's less shrinkage and your burger is very juicy.

Soon a cheaper alternative to the supermarket blend will be available. A number of major manufacturers plan to introduce packaged textured vegetable protein flakes, so you can do your meat stretching at home. One brand will sell for 49 cents a box and stretch 4 pounds of ground beef into 5½ pounds of burger blend—that's 1½ pounds of nourishment for only 49 cents—quite a bargain! Now the packaged flakes, which can be stored on a pantry shelf, are made only

for mixing with beef. But as demand grows, manufacturers expect to come out with extenders tailor-made for chicken, ham and pork.

All the blends are nutritious, of course. But how about taste? The supermarket blend is quite good, we found, especially when spiced and served with a sauce or an added attraction like cheese, sliced tomato or lettuce. The home blend tastes fine, too, as long as the proper proportions are used and the ingredients are mixed thoroughly.

MEAT SUBSTITUTES

Textured vegetable protein can also be made into meat substitutes, as mentioned earlier. These have been around for years and at least one—bacon bits—is probably at home in your kitchen. Health-food stores have long stocked Worthington Foods' "meatless meats"—chicken, beef, ham, pork and franks—all made from textured vegetable protein or other soy derivatives. The meat substitutes are quite good, we found, although they do not exactly duplicate the flavor of the meats. Used with a sauce, or in dishes like chicken pot pie, beef stew or ham salad, they are excellent.

Consumers, a bit wary of the magic meat extenders at first, have been coaxed by high nutritional value and low prices. Now they're buying—and enjoying—them. And the demand will probably grow: A Cornell University study predicts that meat extenders and substitutes may represent 10 percent of our domestic meat consumption by 1980.

Come meat shortages or come higher prices, it looks as if the nutrition experts are right: The soybean/beef burger is the food of the future. —Eileen Denver Mimosa

BEAUTIFUL BURGERS

For making and freezing shapely hamburgers, Tupperware now has the Hamburger Press Freezer Set (about \$2). You put ground meat into the round plastic keeper, apply the press and presto!—a perfect patty. Then you snap on a second keeper and press again. Five in all stack up in your freezer.

TABLE TALK

Even the most stylish custom-look tables are easy to make.

A custom-look table can begin as a cube, an unfinished piece, a worn reject or something you make yourself. Decorating it is as easy as stapling, painting or gluing—and you can use almost anything: patchwork, wood veneers, rich-looking fabric, colored paper or self-stick, as shown on pages 48-51. There, you'll find decorating tips for four of our tables; these remaining two are somewhat complicated, calling for more patience than skill for a smashing effect.

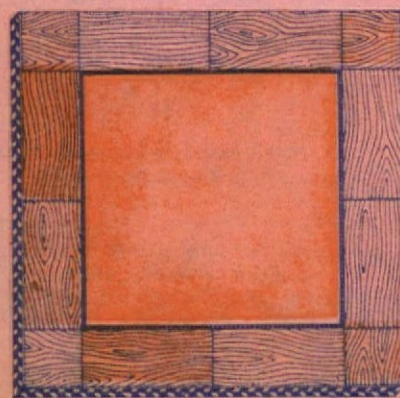
SUEDE COVER

To make the side table pictured on page 50 (top, left), we started with an unpainted Parsons table (18 by 48 inches, 30 inches high) in knockdown form. Here's how to cover it, using 4 yards of cotton suede in 36-inch width. First, staple fabric along the inside of legs, wrap it around tightly and slip-stitch to attach. Next, cover tabletop, stapling fabric under one end and stretching it along the top until taut; then staple under other end. You can miter the corners, as we did, for a professional look.

Once the legs and top are covered, assemble the table according to manufacturer's instructions. Plot a design for upholstery tacks along table edge and down each leg. (We added sparkle with a series of irregular groupings.)

MARQUETRY TOP

The veneered and inlaid coffee table on page 51 can be made from three pieces of 3/4-inch plywood: two measuring 16 (high) by 48 inches for sides and one 48-inch square for top. Assemble the



components so that the table resembles a broad, inverted U.

Here's what you will need to decorate: graph paper, aluminum-oxide sandpaper (medium-grade and very fine), brown alkyd paint and brush, tracing paper, soft and hard pencils, masking tape, X-acto knife and blades, wax paper, benzine, wood filler, clear varnish, leather-look self-stick vinyl. Combination package of veneers #108 (eight types, in various colors) is \$8.95 from: Albert Constantine & Son, Inc., 2050 Eastchester Rd., Bronx, N.Y. 10461. (New York State residents add local tax, New York City dwellers add 7 percent sales tax.) A catalog, available for 50 cents, lists the special veneer saw, glue and roller you'll need and the wood inlay borders (#B66 and #B58) we used.

Supplies at hand, you're ready to begin. First, draw your design to scale on graph paper. (Our design consists of one basic square, below, reproduced four times.) Sand plywood table, smoothing any rough edges. Brush on paint; let dry. Apply a second coat. When surface dries, outline the design—copy ours or create one of your own—in hard pencil on the painted top. Now you must transfer this design to the veneer pieces that will decorate the tabletop.

Make a tracing of the design with soft pencil. Turn tracing over and tape to veneers. Using a hard pencil, carefully trace the reverse side of your traced pattern and the design will transfer. Cut out veneer pieces; use veneer saw for straight lines, a sharp X-acto knife for curves. Place all pieces on tabletop to make sure you have cut them correctly to form the complete design. Now cut inlay borders to frame your design; use thick inlay along the edge and thin inlay inside the design.

Apply veneer glue to the tabletop according to can instructions. Let dry. Put glue on veneer pieces, with wax paper underneath to prevent sticking. When glue dries, apply veneers, starting at one corner of tabletop and progressing by area, not by color, over entire surface. Position each piece precisely, following the penciled lines of design. Caution: Veneer glue holds fast; once the pieces adhere, they will be very difficult to move. Use veneer roller to press the pieces in place evenly. Remove excess glue with a cloth dampened with benzine, and fill any crevices that remain with wood filler. Sandpaper veneered sections of tabletop until smooth; use medium-grade sandpaper first, then very fine. Remove sandpaper dust with cloth and benzine. Apply three coats of varnish; let dry and sandpaper between coats. To finish, we applied leather-look self-stick vinyl to the center of each square. —Barbara Weinfuss

HANDY HANG-IT-ALL CHART

FOR SOLID WALLS

STEEL-PIN HANGER Plastic bar with four or more sharp pins to penetrate hardwood or soft masonry (cinder block, porous concrete, soft brick), not plaster. Hangs lightweight items exerting downward pressure only.

PLASTIC ANCHOR Small, bullet-shaped cylinder that holds screw in place in masonry, plaster or ceramic tile wall; will also work reasonably well in plasterboard. For lightweight objects not subject to great outward pressure.

FIBER PLUG Straight cylinder of jute interwoven with metal strands, often called "Rawl" plug after most common brand. Use and holding power similar to plastic anchor, above, but in more sizes for varying strengths.

LEAD PLUG Ridged cylinder of lead with a tapered head. Small center hole allows screw to make its own threads; expanding plug against sides of hole. Use in concrete, concrete block or cinder block, for medium-weight objects.

LEAD SHIELD Similar to plug above but is grooved to provide actual screw thread. Designed for use only in masonry walls—to support weighty shelves, equipment, as in basement or garage.

FOR HOLLOW WALLS

NYLON ANCHOR Small plastic cylinder so formed that it bends in middle as the screw reaches the far side and starts pulling it back. Use on plasterboard or thin wood paneling, for light- or moderate-weight objects.

JACK NUT Designed specifically for use on thin wood surfaces, such as hollow-core doors. Short metal flange becomes permanent bolt-hole in wall door. Holds medium-to-heavy objects (such as mirrors), depending on wall.

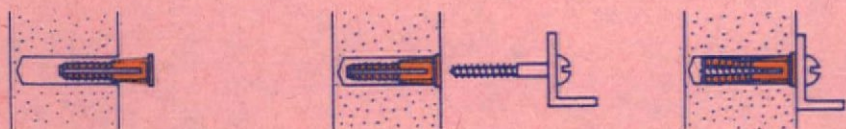
MOLLY BOLT Named after a common brand. Works like jack nut above. Comes in various sizes for use mainly on plasterboard walls. Ask for special Molly wrench. Holds medium-to-heavy objects.

TOGGLE BOLT Typical toggle bolt has two wings that compress while passing through wall, then spring open behind it. For use in plaster or plasterboard wall, but needs substantial depth behind it. Will support heavy weight.

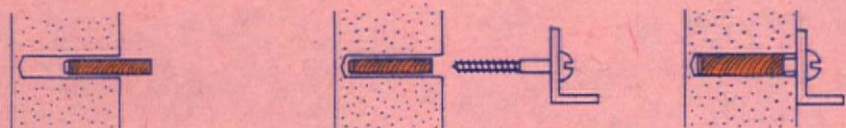
Here's wall-hanging hardware to use if there's no wood to fasten to.



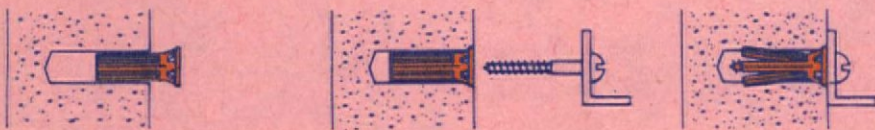
Unit shown comes with center screw that is removed while pins are driven into the wall, then reinserted afterward. Hangers are made in many conformations: hooks, loops, holders for wire, etc.



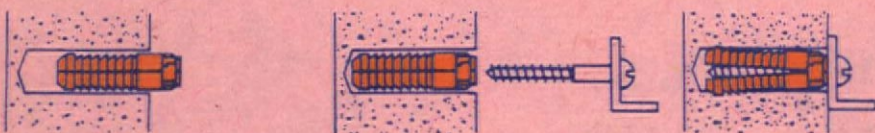
Drill clean pilot hole the same thickness as anchor, but slightly longer. Tap anchor in until flush with wall. Screw must be sized to fit anchor. As screw is driven in, the anchor splits and grips the sides of pilot hole.



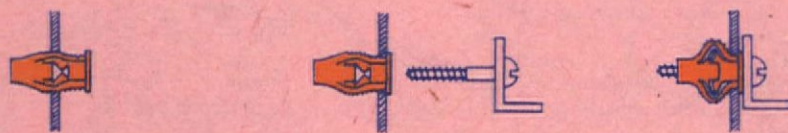
Fiber plug should fit neatly into pilot hole and set in just below face of wall. Screw will seat itself firmly into jute and metal strands. (L-shaped brackets shown hung in each sequence of chart are for example only.)



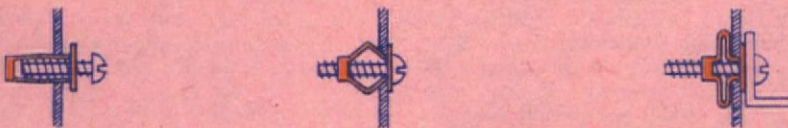
Use star drill or masonry bit in power drill to make clean hole same size as plug. Tap in plug flush with wall and drive in screw. Plan placement carefully for this (and two above) so the screw can remain once it's put in.



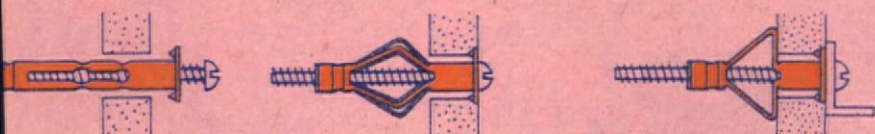
Installation similar to lead plug, above. Hinged unit divides; grooves grip sides as screw is driven in. Unlike above, screw can normally be removed from shield and reinserted. Larger shields call for "lag" screw with bolt head.



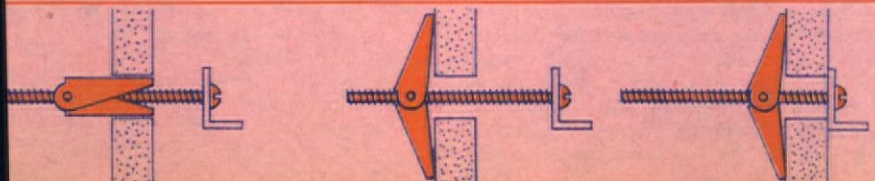
Anchor shown here being applied to paneling. Drill hole slightly smaller than full diameter of anchor (it will compress). Hold lip against face of paneling as screw is driven in. An alternative version takes screw-type nail.



Drill hole exact size of jack nut. Insert bolt (without object to be hung) and drive in until wings of nut are brought firmly against back of paneling. Remove bolt, pass through object to be hung and reinsert into threaded hole.



Drill hole exact size of Molly. Pull wings up tight, as above (without object to be hung). Use wrench, if necessary, to keep frame from turning. Molly, which makes fixed bolt-hole, must be knocked out to be removed.



Drill hole for wing nut to pass through. Put bolt through object to be fastened, screw on wing nut, insert. After wings open, pull back on bolt to hold wings as you tighten. Wings are lost if bolt is removed.

—Stanley Schuler

Color-finished wood furniture can produce some dazzling decorative effects:

When you're contemplating a decorating project, whether it's furnishing an entire house or refreshing a single room, color is probably one of your first considerations: color for walls, upholstery, curtains, floor coverings. But you're missing out on a lot of decorating drama if you overlook the potential of color for wood furniture as well.

Color finishes have been around almost as long as furniture itself. Court and peasant styles alike, dating back to ancient civilizations, established the precedents. The materials and techniques of earlier eras have all but disappeared, preserved and perpetuated only by a handful of dedicated craftsmen, and today's color finishes, like today's furniture, are mechanically produced with modern materials and methods. But now as in the past, color-finished furniture remains unparalleled in its capacity to fire double-barreled decorating excitement into interiors.

VARIED FINISHES

Color finishes on currently manufactured traditional pieces are usually mat or dull surfaced, sometimes antiqued and frequently distressed as well. Some pieces also are embellished with scenic designs, floral motifs and striping. Color finishes applied to modern furniture are almost invariably shiny, lacquerlike, highly reflective. In addition to these surface treatments, there are penetrating high-pigment stains that impart color to wood while letting the grain show through; these are associated with colonial and some provincial styles. Fool-the-eye paint finishes used in modern and various period designs are created to imitate other materials: marble, malachite, tortoiseshell, lapis lazuli, bamboo, even highly grained or inlaid woods.

Why choose a painted finish? Four specific circumstances favor the choice.

1. When period authenticity calls for color: French Louis XV and XVI, Italian 17th and 18th century, Windsor, Hitchcock, Sheraton, Pennsylvania Dutch and the various provincial styles are examples.

2. When period authenticity does *not* call for color—but a piece looks better than in its original finish. For example, a colored finish can be most flattering to furniture created during the late 19th and early 20th centuries, when painted finishes had all but disappeared. Salvation Army rejects with a Victorian flavor—dark, heavy, perhaps overdone—can frequently be turned into decorative focal points through

the judicious application of lightening and brightening color. Dark, depressing Gothic, too, can be improved with color, which often underscores attractive detailing otherwise lost in deep staining.

3. When the raw wood is flat or unattractively grained—beech, poplar and pine are in this class.

4. When, in an old piece, the original finish is so badly damaged or stained that restoration is difficult, impossible or not worth the effort.

COLOR IMPACT

Within the context of an overall decorating scheme, colored furniture can have a remarkable effect. It can warm up or cool off a room, make an area either tranquilizing or stimulating, enlarge a space or reduce it in scale. Furniture finished in the same color or value as the wall behind it becomes smaller, less important in appearance, while

FUNCTION AND STYLE

Picture, for example, a sedate Chippendale dining room, prim and proper in dark wood finishes and correctly traditional fabrics. Now picture the same room with chairs alone refinished in an offbeat, untraditional color, reupholstered in a related modern plaid or a geometric. And the effect? A complete transformation, without adding a single new item of furniture.

Incidentally, we think of 18th-century colors as grayed or subdued in value, as in antiques of the period, when in actuality the colors were originally fresh and bright, but have been softened by the passage of time. So there's your license to go bold. Paint-finished furniture can be used decoratively to spotlight a collection: Coalport china, for example, shows off to perfection in a formal 18th-century English breakfast, color-keyed in-

Achieve
impact
with

PAINTED

the same pieces when color-contrasted with the background color come on strong, dramatic, exciting. Some decorating situations call for color in small doses, spotlighting one piece, for example, to make a bold statement in a setting of neutral colors and natural wood tones. Style enters the picture here, too: One ornate period piece in living color can be eloquently effective in a starkly modern setting, and vice versa.

On the other hand, the decorating problem may call for color saturation: For instance, finishing a roomful of disparate pieces all in the same color can establish a unifying relationship among them, pulling the whole scene together. Suitability should play a part in your choice of color: A lacquer-red wall-to-wall storage unit may be a tour de force in a den or family room, but a disturbing distraction in a bedroom, where a serene tone is more appropriate. A deadly dull room, furnished from stem to stern with style-matched, finish-matched furniture, can be revitalized by refinishing the most important piece of the group in an eye-catching color. When authenticity palls, depend upon anachronistic color to replace the stuffy museum atmosphere with an eclectic ambience.

side and out to the marvelous greens and corals of the china. The blue - and - white scheme of Dutch porcelain, on the other hand, lends itself to a color-finish treatment of informal or provincial furniture. If emeralds, rubies and sapphires turn you on, imagine what their colors, in brilliant trompe l'oeil furniture finishes, can do for your decorating scheme. Two eye-foolers seen recently in a department store furniture display: an oversized Parsons table in shimmering tortoiseshell, a ceiling-high étagère that looked as though carved from a single huge chunk of malachite.

LEARNING AIDS

Do-it-yourself color finishing can be as simple as spray-can painting or as involved as the classic Chinese Coromandel lacquering, which requires at least a dozen separate procedures and more than a dozen different materials and tools. The rewards of doing it yourself are twofold: the possession of attractive, one-of-a-kind furnishings and the satisfaction of having participated in their creation. Art supply shops and paint stores are a source for how-to brochures prepared by the manufacturers of finishing materials. Further help for the novice

flowers, stripes, scenics or fool-the-eye imitations of wood, marble, stone.

is as near as the public library or neighborhood bookstore, and may also be forthcoming from classes offered by art schools, college extension courses and adult education programs. Here are three recent volumes on the subject that might be worth adding to your home library: *All About Antiquing and Restoring Furniture* by Robert Berger (Hawthorn, \$6.95), *The Complete Book of Furniture Repair and Refinishing* by Ralph Parsons Kinney (Scribner's, \$8.95), *How To Paint Anything* by Hubbard H. Cobb (Macmillan, \$5.95). An indispensable manual for the serious craft student is *The Art of the Painted Finish for Furniture and Decoration* by Isabel O'Neil (Morrow, \$19.95). Materials lists, tool requirements, techniques and procedures are spelled out fully—and are as easy to read and follow as any recipe. The book would be well

standing feature. Most require little more than dusting and time-to-time wiping with a damp cloth. However, it's important to follow the manufacturer's maintenance recommendations, as finishing materials and their upkeep vary from one company to another. Many furniture makers give special attention to the tops of chests and tables, treating them for extra resistance to stains and scratches; others provide kits for touching up occasional nicks.

BUYER CHOICES

Recognizing the growing demand for color, manufacturers are expanding their offerings in color-finish lines, and enlarging the range of colors that is available. Matched suites still prevail, especially in the area of youth furniture—scaled-down, pieces featuring childproof plasticized finishes and mar-resis-

IN-THE-RAW REWARDS

Unfinished-furniture stores have begun upgrading the quality of their merchandise, increasing the range of design selections and expanding customer services to meet growing demands. Some have their own finishing shops and will custom-color purchases to order; others will make pieces to customers' specifications as well. Herein lies one distinct advantage of buying in-the-raw furniture: Finish colors, whether applied professionally or by loving hands at home, can be matched exactly to samples, providing greater choice than available in ready-made, already-finished furniture and more opportunity for developing and reiterating a color scheme throughout a room—in painted-to-match curtain poles or window shutters, on mirror frames, wastebaskets and other decorating accessories.

A RAINBOW OF OPTIONS

Today's bumper crop of color-finish furniture offers something for every room in the house, for every taste, for every budget . . . as elegant as an antiqued lacquered Chinese cabinet or as casual as a rush-seated Italian cafe chair . . . as angular as a super-striped Parsons table or as curvaceous as a lipstick-red bentwood rocker . . . as bold as a wall-to-wall storage unit or as delicate as a cane-seated Directoire bench . . . as costly as a Queen Anne chest-on-legs reproduction for \$6,000 or as inexpensive as a \$16.95 paint-it-yourself provincial footstool . . . as modern as a burnt-orange grandmother clock or as traditional as a blue-banded bergere. Why search for the pot of gold at the end of the rainbow when the rainbow itself will add to your decorating? —Carol L. Crane

FURNITURE

a smart buy... easy for do-it-yourselfers.

worth the price if only for its superb color photographs.

EASY PRACTICALITY

Aesthetics aside, paint-finished furniture is as practical as it is decorative. Antiqued painted finishes, in which the patina of age is reproduced on the wood's surface with paint and then sealed in beneath a protective coat of varnish, don't require the continual waxing and polishing demanded by high-shine, natural-wood finishes; dust and grime simply wipe off with a slightly dampened cloth.

Physically distressed pieces — on which hard edges are blunted, curves flattened and surfaces scarred to duplicate time's ravages — grow old gracefully, as the mishaps of daily living blend unnoticeably into the patina provided by the manufacturer. Authentic lacquered finishes resistant to acid, alcohol, heat and cold seal the wood inside many layers, making it impervious to damaging moisture.

One authority cites the example of lacquer ware recovered in 1848 from a sunken ship and showing no signs of deterioration despite long submersion in salt water. While this treatment is not recommended for present-day lacquer finishes, easy maintenance remains an out-

tant tops. In contrast with previous offerings, these and most other suites have more sophistication and less saccharine sweetness. A significant departure from prosaic matched suites is noteworthy: Correlated lines in which a wide selection of similarly scaled, design-related (rather than matched) pieces are offered in both natural wood and color finishes, to be used together. These are helpful to the homemaker who wants a mix but doesn't trust her own judgment.

WHAT'S NEW IN COLOR FINISHES

Furniture makers and retailers around the country have become attuned to the trend toward painted pieces. Here are some of the distinctive pieces you're likely to find in stores now: a small-scale spinet piano in a choice of six paint-pot colors, by Everett; a full-length cheval mirror by Burlington House decorated with contrasting striping and backed by a bulletin board; a tall, glass-enclosed, glass-shelved china cabinet by Baker, with lighting inside and chinoiserie decoration outside; a home entertainment center—stereo, FM/AM radio, cartridge tape player and two speakers—housed in a painted, decorated, antiqued Venetian console, from Magnavox; an Oriental-flavored chest framed with bamboo turnings and trimmed with silk-screen sprays of flowering bamboo, by Basic-Witz; storage units designed for bunching, colored in way-out neon shades, by Drexel; similar units, emblazoned with red/white racing stripes or with wicker-pattern door/drawer detailing, from Schoolfield.

HOW TO SPEAK "HOME-BUYING"

House-hunting? Check this A to Z list of the many words you must know.

ABSTRACT OF TITLE Summarized history of the legal *title* to property; shows changes of *title*, records of *liens* and *encumbrances*.

ACCELERATION CLAUSE Condition in a *mortgage* that may require the balance of the loan to become due immediately, if regular payment is not made.

AMORTIZATION Systematic payments to reduce the loan principal of a *mortgage*, along with each payment of *interest*. Amortized payments are usually the same each month, but during the early years the portion for *interest* is higher. In the later years the portion for principal is higher.

APPURTENANCES The *ease-ments* or other rights considered part of a property, which pass to the purchaser.

ASSUMPTION OF A MORTGAGE Agreement by a buyer to pay remaining payments on an existing *mortgage*. The seller remains obligated if the buyer fails to pay, unless the lender agrees to release him.

BINDER An advance agreement to purchase property on terms usually involving *earnest money*.

BUILDING LINE Distances in from the ends and/or sides of a lot beyond which construction may not extend. The building line is determined by *zoning law*.

CC AND R's Abbreviation for "conditions, *covenants* and restrictions" relating to property. These define limitations and rights agreed to for the protection of all owners in a subdivision or community.

CLOSING COSTS One-time costs paid at the closing day, usually paid by the buyer. Closing costs may include charges for *title insurance*, *title search*, attorney's fees, credit report, preparation of documents, property *survey*, loan origination service and either closing service or *escrow*.

COMMISSION Money paid to real estate agent (usually by seller) as compensation for finding a

buyer and completing the sale. Usually a percentage of the sale price—6 to 7 percent on houses, 10 percent on land.

CONDEMNATION Taking of private property for public use by a government unit, with compensation to owner.

CONDOMINIUM An individually owned unit within a multi-unit structure or community that carries with it a share of ownership in common areas and facilities. Individual units may be mortgaged separately.

COOPERATIVE A multiple dwelling, usually an apartment building, belonging to residents through their ownership of shares in a corporation. Residents occupy but do not own individual units and cannot mortgage them separately.

COVENANT An agreement restricting the owner's rights in using his property, generally within a subdivision or community.

DEFAULT Failure to make payments as agreed; may lead to penalty assessments or *foreclosure*.

DEPRECIATION Decline in value of a house due to wear and tear, adverse changes in the neighborhood or factors beyond the control of owners.

EARNEST MONEY Money paid to a seller by a potential buyer as a *binder* to demonstrate serious interest in a property. If the deal goes through, earnest money applies on down payment. If the deal fails, money may or may not be forfeited, depending on the terms of purchase agreement.

EASEMENT Rights of a person or company to make use of the land of another for limited purpose.

ENCROACHMENT An obstruction, building or part of a building that intrudes beyond a legal boundary onto neighboring private or public land; or a building extending beyond the *building line* as defined in codes.

ENCUMBRANCE Claim or liability (such as *lien*, a judgment

or unpaid taxes) that affects *title* to property.

EQUITY Value of property less remaining principal of *mortgage* and any other loan against it.

ESCROW Holding of money and/or documents by a neutral party while conditions of intended contract are met.

FHA Federal Housing Administration, an agency of the Department of Housing and Urban Development. It insures home *mortgage* loans, sets minimum standards for insured homes, administers other federal housing-related programs.

FIXTURE Equipment or furnishing that is permanently attached to a building and thus becomes part of the property when it is sold.

FORECLOSURE Act of depriving a trustor or mortgagor of the right to redeem a property, primarily because of failure to make payments as agreed.

GRACE PERIOD A period after due date for *mortgage* payments during which payment may still be made without penalty.

INTEREST Payment for the use of money, usually expressed as an annual percentage rate.

JOINT TENANTS Persons sharing ownership of a property in such a way that on the death of one tenant, the property goes to the surviving tenant. (or tenants).

LAND CONTRACT Agreement to purchase real estate on an installment basis with *title* remaining in the original owner's name until buyer completes all payments.

LIEN A claim by one person on the property of another as security for money owed, usually for materials or labor.

METES AND BOUNDS A system of describing the boundaries of property by starting at a known point and measuring in specified directions.

MORTGAGE A *lien* or claim against property given by the buy-

er to a lender as security for money borrowed. The buyer, in a mortgage agreement, is the mortgagor; the lender is the mortgagee.

MORTGAGE, CONVENTIONAL A mortgage loan not guaranteed by the *FHA* or *VA*, thus with no restriction on the rate of interest.

MORTGAGE, OPEN-END A mortgage with a provision that permits borrowing additional money in the future without refinancing a loan or paying additional financing charges. Open-end provisions often limit such borrowing to no more than would raise the balance to the original loan figure.

MORTGAGE, SECOND A claim or *lien* on property to secure a loan beyond an original mortgage. Since it offers the lender less security than a first mortgage, it usually calls for a higher interest rate and a shorter repayment period.

NOTE Document signed by borrower stating terms of the loan—amount, time for repayment, interest rate.

OPTION Contract providing a right to buy or lease property at a specified price for a limited period.

PITI Abbreviation for "principal, interest, taxes and insurance," the four basic house expenses involved in negotiations for a mortgage.

PLAT Map or chart of a lot, subdivision or community.

POINTS A point, sometimes called a "discount point," is 1 percent of the amount of the mortgage loan. For example, if a loan is \$25,000, one point is \$250. Points are charged by a lender to raise the yield on his loan at a time when money is tight and interest rates are high but there is a legal limit to the interest rate that can be charged on a mortgage. Buyers are prohibited from paying points on *FHA*- or *VA*-insured mortgages (sellers can pay, however), but on conventional mortgages points may be paid by either buyer or seller—or split between them.

PREPAYMENT Payment of mortgage loan (or part of it) before due date. Mortgage agreements often restrict the right of prepayment either by limiting the

amount that can be prepaid in any one year or charging a penalty for prepayment.

REAL PROPERTY Land plus improvements—anything built on it, affixed to it or growing in it.

REFINANCING Process of paying off one loan with the proceeds from another loan. Refinancing may be desirable if interest rates fall or property has increased in value enough so that more of the equity can be taken out in cash. But paying off the loan may involve a prepayment penalty.

RIPARIAN RIGHTS Privileges (such as fishing and boating) that go along with land bordering a lake, stream or other body of water.

SALES CONTRACT Basic legal agreement between buyer and seller. It should present exact list of items included with the house; make provisions for paying hazard insurance, taxes and utilities; enumerate closing costs; define the conditions of sale and the provisions for releasing each party from the agreement if contingencies are not met; set a date for the closing. The sales contract is the prime agreement; the final closing merely confirms the original agreement reached in the sales contract.

SETBACK Distance from the property line, usually along the front or sides of a lot, which limits the positioning of a building on the lot.

SETTLEMENT COSTS An all-inclusive term for costs paid by both seller and buyer in the transfer of property. In addition to closing costs paid by buyer, settlement costs include real estate agent's fee, prepayment penalty, and points, if any, paid by seller.

SPECIAL ASSESSMENT Tax levied against real property for a specific purpose, such as providing sewers or paved streets.

SURVEY On-site measurement of lot lines, dimensions and position of house on lot, including determination of possible encroachments or existing easements. A survey is often required by the lender to assure him that a house is actually sited on the land according to its legal description.

TITLE Evidence in the form of a deed or other certificate of a per-

son's legal right to ownership of property.

TITLE INSURANCE A contract to make good a property owner's loss resulting from defects in a title. Title insurance usually calls for the insurer to defend the property owner's title at no cost if the title is challenged in court.

TITLE SEARCH Detailed review of title records, generally at the local courthouse, to assure that the property is bought from the legal owner and to determine if any liens, special assessments, other claims or outstanding restrictive covenants are on record.

TRUTH-IN-LENDING ACT Title I of the Consumer Credit Protection Act is known as the Truth-in-Lending Act and became effective July 1, 1969. It requires a lender to state the finance charge as an Annual Percentage Rate, comparable to simple or bank interest, so it can be more easily understood. Finance charges include interest, loan fee, amount paid as discount points, and service or carrying charges. Other important information that must be disclosed under the law includes the amount of each periodic payment, the date payments are due and the conditions under which late charges or other penalties will be imposed. The law also provides that a credit transaction involving a share in real property may be rescinded in writing within three days.

VA Veterans Administration, which operates a loan guarantee program (GI loans). This permits honorably discharged veterans (and their widows) to obtain low down payment loans at controlled interest rates.

WARRANTY The seller's limited-time guarantee of the quality of the house—usually a new house.

WARRANTY DEED Deed guaranteed by the seller that the title conveyed is as represented by the deed. A general warranty deed includes a covenant whereby the seller protects the buyer against faults in the title. In a special warranty deed the seller agrees only to protect the buyer against claims made by the seller.

ZONING Procedure for classifying real property for various uses usually in accordance with a land-use plan that has been approved by a governing body for a sizable area.
—Merle Dowd

The GOOD LIFE

While March winds blow, you can see a soup-er movie, sip a glass of champagne, become a "sprouter"—and conserve heat in clever new ways.



TOP TUREENS

Museums all over the country have shared the beauties of the fascinating Campbell Museum collection of antique tureens, bowls and serving utensils since its inception by the soup folks in 1966. The tureens are truly special—fabulous pieces that were, in the 18th and 19th centuries, one measure of a family's wealth. Now a new color film, *Artistry in Tureens*, details the reproducing of two of the collection's finest—one in English silver, the other in German porcelain. Prints for showing at meetings, classes and exhibits are free from Modern Talking Picture Service, 1212 Ave. of the Americas, New York, N.Y. 10016. Meanwhile, the real things keep a date this month at the Seattle Museum of Fine Arts, move on to the Los Angeles County Museum for April and May, then home to Camden, N.J. The Campbell Museum is open Monday to Friday, year round. Admission is free.

THE BUBBLY

Americans too often save champagne for state occasions, says the Baroness Madelaine de Mumm, whose very name means fine champagne. "Actually," she explains, "champagne helps make ordinary times special." It's easy to serve, she points out ("chilled in ice, but not icy"), and it looks beautiful in a flute or tulip glass ("they keep the bubbles"). Before dinner, she says, it goes superbly with any hors d'oeuvre that has a "quiet" flavor: caviar, crabmeat on toast, scallop quiche, chicken terrine, even gefilte fish "if it is delicate." A dry champagne ("our Cordon Rouge or one of your good California ones") is perfect with seafood, too.

GOOD SPROUTS

They're delicious, nutritious, nonfattening and cheap (how does 2 cents a serving strike you?). And you can grow them at home in a crockery casserole or cookie jar. Gay Courter's *The Bean-sprout Book* (Simon and Schuster, \$2.95) gives the why's and how's of sprouting beans, seeds or grains, plus dozens of recipes, some of which (a Rock Cornish-hen stuffing, for instance) sound so tasty they make it hard to stay patient through the three to five days it takes for that first crop to sprout.



PRIZED PIG

A clearly gifted hand-blown glass pig (he comes in a can) will happily turn terrarium or penny bank. And he looks especially winsome as a candy jar stuffed with gumdrops or with striped peppermints. His corked snout makes simple, nondestructive work of role changes. Pig-in-a-Can, imported from Finland by Synergistics Research Corp., comes in clear, blue or green; he's \$10 at department stores.



GREENHOUSING

Steal a March on spring? You can if you have a greenhouse. If you haven't, and want one, *Building Hobby Greenhouses*, U.S. Department of Agriculture Bulletin No. 357, should get you started. It covers the pre-construction ground thoroughly, tells all about sizes (from window types to giant free-standers), placement, materials, costs, design, climate and light control and more. Cold frame and hotbed facts, too. It's 25 cents from U.S. Government Printing Office, Washington, D.C. 20402.

PRETTY PAYMENT

They won't make bill-paying a pleasure or balance your joint account automatically, but they can make the whole process prettier. "They" are the Together Series of color-illustrated checks. New from American Bank Stationery, they're backgrounded with a choice of mistily romantic mood scenes. Practically speaking, you can have them for an added 10 cents each time you order new checks through many East and West Coast banks.

WARM THOUGHTS

To help stretch your fuel through still chill days, here are three inventive new heat conservers: In your fireplace, a "Thermograte" of welded hollow pipes cradles the fire, circulates warm air to double the normal heat output. In regular (\$99.50) and small (\$69.50) sizes, it's from Thermograte Enterprises, 51 Iona Lane, St. Paul, Minn. 55117. . . . If yours is a forced-air furnace, clear-plastic deflectors for floor and wall registers can steer warmth into rooms, away from windows. They're from deflect-o, about \$2 each at hardware stores. . . . And to install over basement window wells, there are ABC's domed Plexiglas Cov'r-Liters that keep out dirt, hold in heat, can even be used as miniature greenhouses. One size fits all standard area walls and wells; each is about \$20 from hardware or garden-supply stores.

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New Raleigh Extra Milds joins Raleigh Filter Kings and Longs in offering free B&W coupons. These coupons add up fast for valuable gifts like this sterling silver Duchin table lighter.

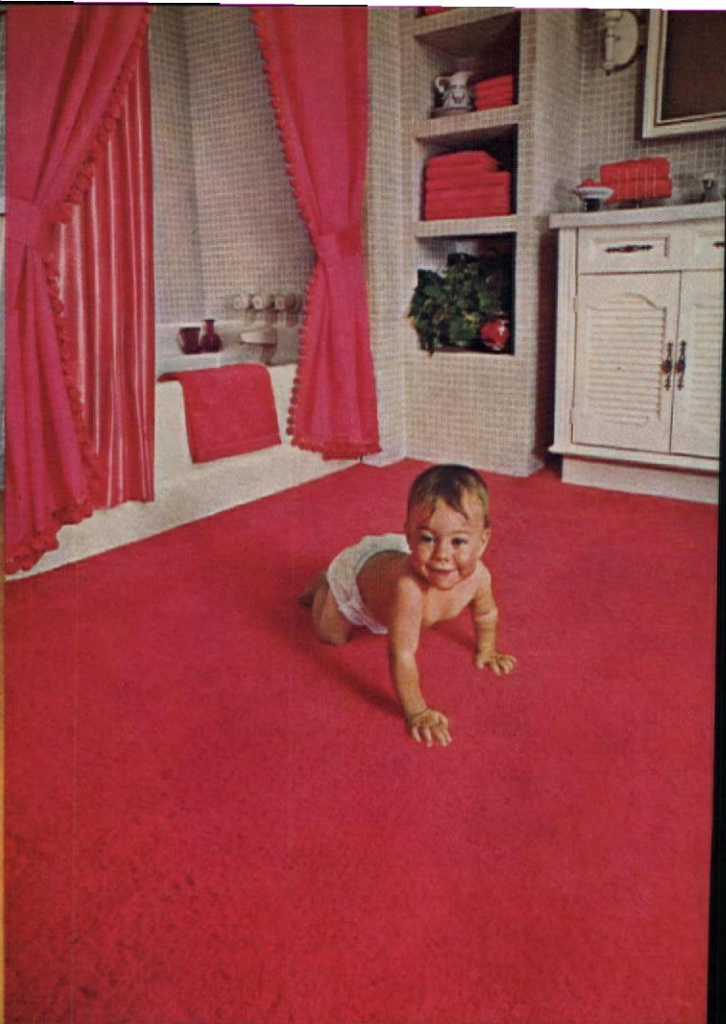
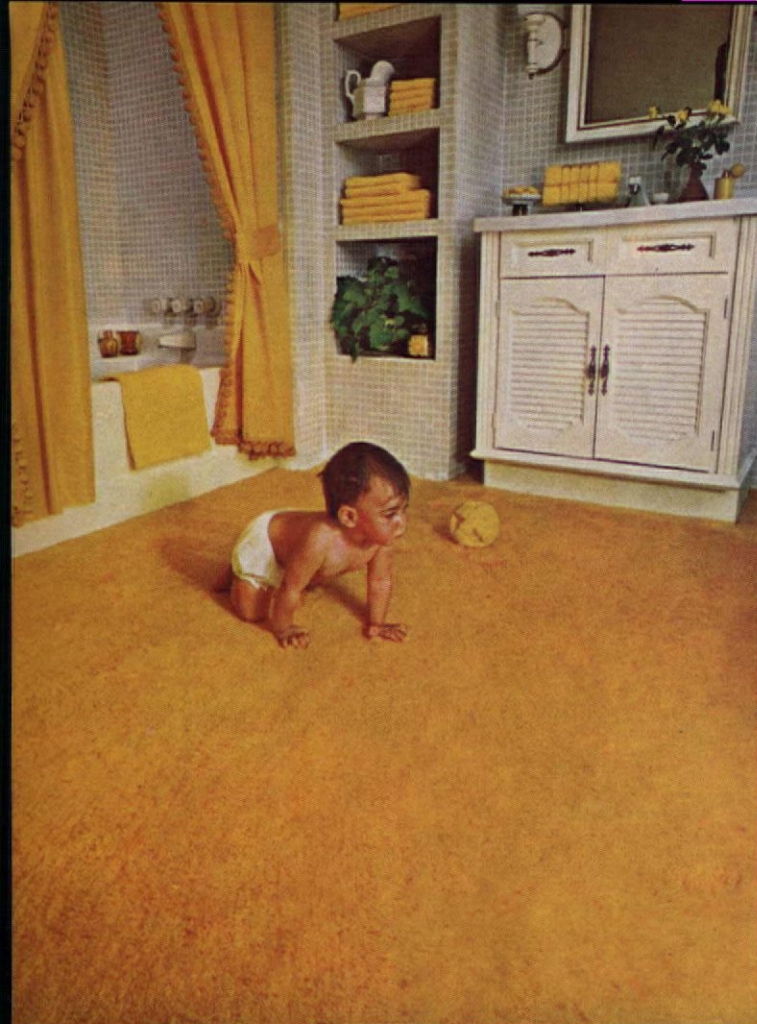
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Extra Milds, 14 mg. "tar," 1.0 mg. nicotine, av. per cigarette, by FTC method; Filter Kings, 16 mg. "tar," 1.2 mg. nicotine; Longs, 18 mg. "tar," 1.3 mg. nicotine, av. per cigarette, FTC Report Sept. '73



Sears Cloud Supreme Bath Carpets.

Beautiful bathroom floors you can throw in a washer.

Splendor in the bath. It starts with Sears Cloud Supreme Carpeting. A fluffy, deep plush that comes in 15 luxurious colors. (It's even backed with a thick polyurethane foam cushion for extra softness underfoot.)

And what a joy to keep clean! Cloud Supreme Carpeting is 100% DuPont® nylon — machine-washable, machine-dryable.*

It costs under \$30 for an average 5 foot by 6 foot bath floor. And you can install it yourself. All you need is an ordinary pair of scissors.

You can choose color-coordinated accessories too. All at most larger Sears, Roebuck and Co. stores and by catalog.

*Cloud Supreme 5 by 6 foot carpet samples have been machine washed and dried in home laundry equipment by and to the satisfaction of the Good Housekeeping Institute.



Sears

DECORATING NEWSLETTER

This year's furniture story features simplicity and flexibility: Look for natural woods, seating that's plump, soft and low—and upholstery in unexpected places.

Lucky you, if this is your year to shop for living, dining or family room furniture! The styles debuting now in stores across the nation are a pleasure to look at and will be a delight to live with. Everything is toned down, cleaner, more functional. Flexibility is the keynote throughout: Upholstered sectional units and ottomans, for example, can be combined in various wonderful ways, and the pieces are simple and casual enough for family rooms as well as living rooms.

The overall feeling is neat and sophisticated rather than wildly different. At the high end of the new pared-down look are Selig's bentwood glass-topped dining table and covered dining chair (below, left). Beautifully functional, they exemplify today's simplicity. Besides the table (\$155) and chair (\$110 up), Selig's collection includes four cocktail-size tables (\$165 to \$176) and another dining chair with tufted seat and back (\$187 up).

THE FAT LOOK

The trend in upholstery is to the soft and curvy. Sofas and chairs are lower, with fat arms, plump cushions and backs. For comfort, the new designs are unbeatable. One of the manufacturers who wants you to sink into that comfort is Directional Industries, whose two-cushion sofa (below, right) is just a happy collection of cushy pillows mounted on an upholstered base. The sofa is \$585 up. Directional has another one that achieves the soft

look by gathering the fabric luxuriously. It goes for \$565 up.

Thayer Coggin's approach to soft and curvy is to upholster *everything* in their sectional seating grouping—even the legs. A bit more tailored than Directional's sofas, these totally upholstered pieces (\$210 to \$320 up) are so neatly designed and scaled that they can adapt to any setting.

Founders has introduced two plump, low-slung beauties. One sofa is a version of the Chesterfield with a tufted back (\$750 up); the other has a curved back that wraps right around into plump arms (\$850 up). Both sit on bun feet for added roundness.

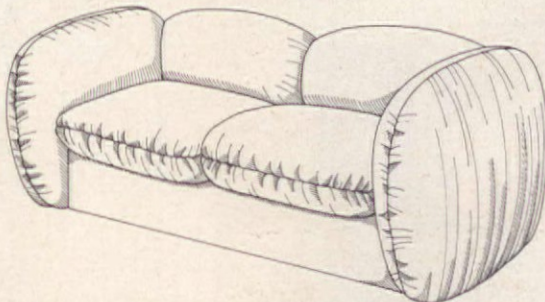
AND THE NATURALS

The new softness has teamed up with the evolving "natural" look, and the two mesh beautifully, as several of the latest designs show. Kroehler has partnered "butcher block" (a tough, high-pressure plastic laminate) with vinyl in a handsome seating collection. On the sofa (\$549 up), love seat (\$299 up) and chair (\$199 up), the sides are "butcher block," the seats and backs button tufted. For a really clean, total effect, Kroehler also has a coordinating group of tables and storage pieces (\$30 to \$120) that handsomely combine "butcher block" with chrome. Directional's contribution to the trend is a soft and sumptuous sofa (\$650 up). It has a single cushion, low curved back and curvy arms that wrap over and (continued on page 90)

The two-cushion sofa by Directional epitomizes the trend toward the soft and plump.



Selig's dining table is molded oak with a glass top; the coordinating chairs are covered in vinyl or a choice of fabrics.



THE TAKING OF PELHAM ONE TWO THREE

a novel by
John Godey

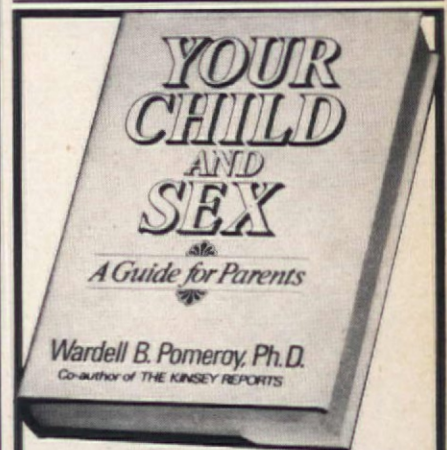
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DECORATING Q's & A's

How can I change the dusty rose counter tops and flooring in the kitchen of my new home? I don't really like the color. My appliances are white, the cabinets light wood.

*Mrs. J. Jones
New York, N.Y.*

Make a change by covering your counter tops with a self-adhesive plastic in a solid color like green. Paper two walls with a green-and-white plaid vinyl; paint the other two white. Put white no-wax sheet vinyl on the floor. Hang curtains in a green-and-white print.

How can I perk up my kitchen? The wallpaper (which must stay) is light blue, gray and white, the curtains are blue, and the cabinets are varnished in a yellow tone.

*Mrs. T. Dobson
Burlington, Vt.*

Add cheer to your kitchen by picking up the blue and white in the wallpaper: Paint your cabinets blue, hang curtains of white polished cotton with blue trim, and cover your floor with no-wax sheet vinyl in a white-brick pattern.

Can you offer some alternatives for redoing my wood living and dining room floors? I don't care for the color that shellac gives.

*Mary T. Callahan
Seattle, Wash.*

You might try staining your floors (strip them first) a subtle dark brown; this tone goes with many color schemes. Or you might like the brighter effect of painting the floors, especially if they're not in tip-top condition. Paint them a solid color and, if you really want adventure, spatter dots of another color over the first. Protect with a polyurethane finish.

How can we give some contrast to the interior of our newly bought, 20-year-old home? We have wood furniture and early American accessories, and the walls are knotty pine.

*Nancy Sarkisian
San Francisco, Calif.*

Be bold and paint over the knotty pine, using a light, bright color scheme (buttercup yellow and white, perhaps, or apple green and peach). Use lots of fabrics to soften the impact of all that wood furniture. For example, you can skirt a table, chair or sofa. Colorful pillows, green plants and some flowers will add further contrast.

What colors will coordinate with my zingy new pinkish-plum bedroom rug?

*(Mrs.) R.J. Terrana
North Bellmore, N.Y.*

For impact, decorate in plum and white. Against white walls, use a large-scale plum-and-white check for curtains and bedspread; cover a round table or dressing table with a plum-and-white floral fabric; repeat on throw pillows. Add white accessories and a touch of lime green.

How can we brighten up the bathroom in our new apartment? There are black tiles on floor and walls; both sink and tub-shower are green.

*Mrs. Daniel Conroy
Chicago, Ill.*

Apartment bathrooms are rarely a decorator's dream come true, but transforming them can be easy. Cover your walls with a yellow gingham vinyl paper and put down wall-to-wall carpeting in lemon yellow. Buy or make an outside shower curtain in a yellow floral pattern and use floral towels to match.

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

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SUPER BIRD, SUPER BUY: TURKEY

Once turkey was just for holidays and special occasions. Now, because of its price, availability and exceptional versatility, the traditional American bird is showing up at everyday meals. Sometimes it's a whole roast, sometimes a breast of turkey or a light-meat/dark-meat roll. Other times, turkey steaks, slices or parts are the main attraction. Here is a rundown of turkey buys at your supermarket, some of which are pictured in our food pages, beginning on page 66.

First, of course, there are whole turkeys—fresh, chilled and ready to stuff, or frozen and either stuffed or stuffable when thawed. Both types come basted or unbasted, the first in sizes from 6 to 24 pounds, the second from 5 to 16 pounds. You can also buy whole birds that have been fully cooked and smoked. Sold frozen, *smoked turkeys* usually weigh 6 to 12 pounds, are ready to thaw and eat cold—or heat and serve. (*Smoked entire breasts* are also available.)

If yours is a family of white-meat lovers, you might choose *breasts of turkey*, which are normally frozen and may be basted or unbasted. Closely trimmed entire breasts (with bones), they weigh 2 to 8 pounds.

Then there are the *turkey roasts*—boned, rolled white and dark meat that is usually frozen. These roasts may be sold plain (3 to 5 pounds) or with a separate packet for making giblet gravy (about 3 pounds). You can also buy *pan roasts*—white or white and dark meat packed in disposable aluminum-foil pans for roasting. These come either basted or unbasted and weigh about 2½ pounds. Or you might prefer the *butter-basted pan roasts* (about 2 pounds), which are boneless breast or breast and thigh layered with butter.

For even more particular family palates, you can buy *turkey parts*. Frozen and ready to cook, there are drumsticks (2 to 2½ pounds), wings (2 to 2½ pounds), thighs (about 1½ pounds) and hindquarters (2 to 6 pounds), including drumstick, thigh and oyster.

Quick and easy cooking needs suggest *turkey steaks, cutlets and fillets* all frozen and ready to cook. The

steaks are cross cut from the breast; the cutlets are boned and skinned ¼- to ⅜-inch-thick pieces of breast meat; the fillets are the natural ones found under breast meat. Also quick are the heat-and-serve frozen *turkey slices*—12 ounces of breast and thigh pieces packed in gravy.

Or you might want to try the very newest of all turkey products—*ground turkey*. This is dark meat ground with proportions of skin and fat.

Last and simplest of all are the *ready-to-serve turkeys*, which are precooked and need only be heated and served. They come in 2- to 5-pound rolls of white or dark meat or both.

When you choose turkey, you can be sure you're getting a good-nu-

trition buy. Turkey contains more protein than all other cooked meats. It is rich in niacin and good in riboflavin and a source of iron and phosphorus. Turkey is also low in calories.

As for storing and thawing frozen turkeys or parts, there's one rule to remember: Check the package label and follow directions. Frozen birds should be kept in the freezer at 0° until ready to thaw. Thawing is best done in the refrigerator section, slowly—allow about 24 hours for each five pounds of turkey. If you don't have time for this, place the meat (in its original wrap) on a rack in a shallow pan and let it stand in a cool room, away from heat, until thawed.

—Frances M. Crawford

No dishwasher detergent can prevent water spots.

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—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.



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SAVING WAYS TO LIGHT YOUR HOME

You spend an average \$32 a year for lights. Think of saving some of that—and increasing efficiency in the process.

When you burn a 100-watt bulb for 10 hours, you consume 1 kilowatt-hour of electricity for which the utility charges you roughly 3 cents. To produce that kilowatt, they have burned roughly 1 cup of oil.

An impressive statistic? Not really. But it helps to clarify how a little thing like a light bulb contributes to the energy crisis and adds to the average homeowner's \$32 annual bill for

lights alone. Happily, the steps you can take to lower the bill involve little or no sacrifice. On the contrary, some will even give you more light than you presently have.

Start with the easiest step of all: Turn off lights when you leave a room. This used to be done uniformly, when a kilowatt-hour cost a lot more than 3 cents. But it still saves more light (and money) than anything, and is an

easy habit to get into. After all, why should you burn a light that isn't doing any good?

Keep lamps and light fixtures clean. When diffusers, shades, reflectors or even bulbs themselves become coated with dirt and dust, you get less light than you're paying for. And you may be tempted to turn on another light.

Outdoors, remove or prune back foundation plantings that block windows and necessitate lighting up even on sunny days. This will also improve the appearance of your home, and may let in winter sun to help reduce your heating bill. True, it may raise indoor temperatures in summer, depending on the direction you face, but so do lights.

LIGHTEN INTERIORS

Consider redoing your interiors in lighter colors. Without changing a single light source, you can greatly increase the light level in a room just by changing the color. The amount of light a surface reflects is called its "reflectance value." This is stated in percentages and depends on the color of the surface. Ceilings, for example, should have reflectance values of 60 to 90 percent; walls in living areas, 35 to 60 percent; floors in living areas, 15 to 35 percent. In work areas, minimum wall reflectance should be 40 percent; floors, 25 percent.

To help you judge, the reflectance values of a few sample colors are: white, if new and clean, 90 percent; lemon yellow, 65 percent; peach, 53 percent; apple green, 51 percent; sky blue, 42 percent; brown, 24 percent.

LOOK TO EFFICIENCY

Use more efficient fixtures and lamps. For example, if you mount a fixture on a ceiling or suspend it below, light is directed up, down and to the sides. As a result, you need bulbs that use only about 1 watt of electricity for each square foot of floor space. On the other hand, if you recess fixtures into the ceiling, the wattage of bulbs must be doubled or even tripled to give you the equivalent amount of light.

There are similar differences in the amount of light that lamps give, depending on the design and translucency of their shading. One lamp has been designed for maximum efficiency—the Better Light Better Sight desk lamp, which uses a 200-watt incandescent bulb. (continued on page 43)

From Land O'Lakes Karen Engle's oatmeal blueberry pancakes.



Lightly Salted,
Unsalted or
Whipped.

Karen's easy recipe starts with pancake mix and America's No. 1 butter. The naturally delicate sweet cream flavor of Land O Lakes brings out the oatmeal-goodness of this country style recipe. Look for it and other butter-good pancake recipes inside specially marked Land O Lakes Butter cartons.

A taste of the Country.



OATMEAL BLUEBERRY PANCAKES



- | | |
|-----------------------------------|---|
| 1 c. pancake mix | 2 tbsp. melted |
| 1 c. quick-cooking oats | Land O Lakes |
| 2 tbsp. firmly packed brown sugar | Sweet Cream |
| 3/4 c. milk | Butter |
| 2 eggs | 1/2 c. fresh or well-drained frozen blueberries, thawed |

Preheat griddle. In medium bowl combine all ingredients; mix well. (Batter will be thick.) Fold in blueberries. Pour batter onto hot, lightly greased griddle using about 1/4 cup per pancake. Spread batter to 1/4-inch thickness. Bake until bubbles break and edges are cooked. Turn and bake on other side.

Yield: 8 to 10 pancakes

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\$12.00 Worth of Famous-Name Cosmetics . . . Beauty Guide Magazine . . . Bonus Offer . . . mail the coupon today and see what a dollar can do for you!

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| ★ Age Group | Hair Group | Skin Tone | Skin Type |
| <input type="checkbox"/> 16-19 | <input type="checkbox"/> Blonde | <input type="checkbox"/> Light | <input type="checkbox"/> Dry |
| <input type="checkbox"/> 20-25 | <input type="checkbox"/> Brunette | <input type="checkbox"/> Medium | <input type="checkbox"/> Oily |
| <input type="checkbox"/> 26-32 | <input type="checkbox"/> Redhead | <input type="checkbox"/> Dark | <input type="checkbox"/> Normal |
| <input type="checkbox"/> 33-39 | <input type="checkbox"/> Silver | | |
| <input type="checkbox"/> 40 plus | <input type="checkbox"/> Black | | |

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CANADIANS: Mail coupon with \$1 in envelope to U.S.A. address. Future Beauty somewhat higher than U.S.A. Shipment and service from Canada.

LIMIT: ONE INTRODUCTORY BEAUTY KIT PER FAMILY

*Based on manufacturers' suggested retail prices.

SAVING WAYS
continued from page 40

It gives the most usable, glare-free light per watt and is ideal for anyone doing desk work.

WARM UP TO FLUORESCENTS

Switch to fluorescent lights wherever possible. They're about four times as efficient as incandescents, give off much less heat and last seven to 10 times longer. The objection to fluorescent's cold white light isn't as valid as it used to be. Light from Warm White and Deluxe Warm White tubes comes close to incandescent light.

Another problem with fluorescents is the size and shape of the tubes. But this doesn't prevent the installation of many attractive types of fixtures, such as valance lights over windows, wall brackets and cove lights over unbroken walls, soffit lights over vanities and counters, and luminous ceilings to light entire rooms. General Electric has begun production of a new 40-watt fluorescent called the Mod-U-Line. Because it is bent into a narrow U shape, you can squeeze two tubes into a 2-foot-long space between joists, or studs, and thus create a compact fixture producing as much light as two 150-watt incandescent bulbs. Power consumption is 75 percent lower.

EXPLORE NEWEST SOURCES

Still newer types of light sources promise even more exciting results. One is a mercury-vapor bulb that fits an incandescent socket. It gives off a light much like that of a Cool White fluorescent tube, but a little more flattering. Westinghouse, one of several makers, calls its bulbs Beauty-Lites and makes them in various sizes. For instance, a 100-watt Beauty-Lite produces more than twice as much light as a 100-watt incandescent. But the most startling feature of the mercury light is that it has a life of 24,000 hours as opposed to the incandescent's life of about 750 hours.

Another new long-life source is a metal-halide bulb that gives approximately twice as much light as a mercury-vapor bulb. The smallest size currently available is the 175-watt made by Sylvania. It screws into a larger socket, which is called a "moul" base.

At the moment, few people in the lighting industry expect that mercury-vapor and metal-halide lamps will en-

joy widespread use inside the home. Like fluorescent tubes, both require ballasts, and both are expensive. Another objection is: Both take about three to five minutes to attain full brilliance, whenever they are turned on. They start out like bright moonlight and gradually build up. For this reason, they may be more valuable when used outdoors.

CONSIDER LONG-LIFE LAMPS

But experts can be wrong. If you want maximum light at minimum operating costs and don't object to the long warm-up period, you can easily convert a conventional incandescent floor or table lamp to a high-efficiency, long-life mercury-vapor lamp. Here's how: Attach an H-38 mercury

ballast, available at lighting-supply stores, to the base of the lamp. Then connect a two-wire cord with a plug to the input side of the ballast. (It has two wire leads, one marked "120," the other marked "common.") Use plastic wire nuts to make the connection.

Then connect the output side of the ballast to the lamp socket. You can use the existing cord or a new one. Simply make sure the wire from the lead marked "lamp" goes to the gold screw on the socket and the one from the lead marked "common" goes to the silver screw. Screw in the mercury vapor bulb. Use either an H38MP-100/N or an H38MP-100/R. The latter gives off a slightly cooler colored light. Cost of bulb and ballast is approximately \$30. —Stanley Schuler



Furniture for lovers

We have no quarrel with modern technology. But we think people will always love the beauty of real wood. Compare the color and grain character of veneers on these "Novacraft" tables, for example, with the plastic or printed finishes being used today.

Lane
The Love Chest People

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

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



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Kings, 15 mg. "tar," 1.2 mg. nicotine; Longs, 18 mg. "tar," 1.4 mg. nicotine, av. per cigarette, FTC Report Sept. '73

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

AMERICAN HOME March, 1974

AMERICAN GLASS

The blown and pressed glass popular in early America has long been prized by collectors. Happily, today's glassworks are turning out exquisite—and modestly priced—reproductions. The handsome pieces we have brought together are available at better stores, or may be ordered from museum sources.
(continued)

Clockwise from top: hurricane shade (\$21.50), Williamsburg; Moon and Star basket (\$12), L. E. Smith Glass Co.; handled "spider" (\$3.75), Imperial Glass Corp.; baroque-pattern tumbler (four for \$12.50) and decanter (\$15), Metropolitan Museum of Art.



By Christine B. Roth

Our collection reproduces fine designs that were favorites in the 18th and 19th centuries. Many of the pieces are crafted using the old techniques, tools and materials, and their colors are true to the jewel-like originals. In each photograph, clockwise from top, we show them with reproductions of old fabrics, but they are certain to be at home on your 20th-century American table.

1. Canary-yellow Sandwich glass Dolphin candlestick (\$15), Halley's Comet bowl (\$18.50), Thistle plates (four for \$24) and Bellflower pitcher (\$48), all Metropolitan Museum of Art.

2. Amethyst "flip" glass (\$20), Metropolitan Museum of Art; amethyst water jug (\$24.85), Williamsburg; green Argus goblet (\$6), Fostoria.

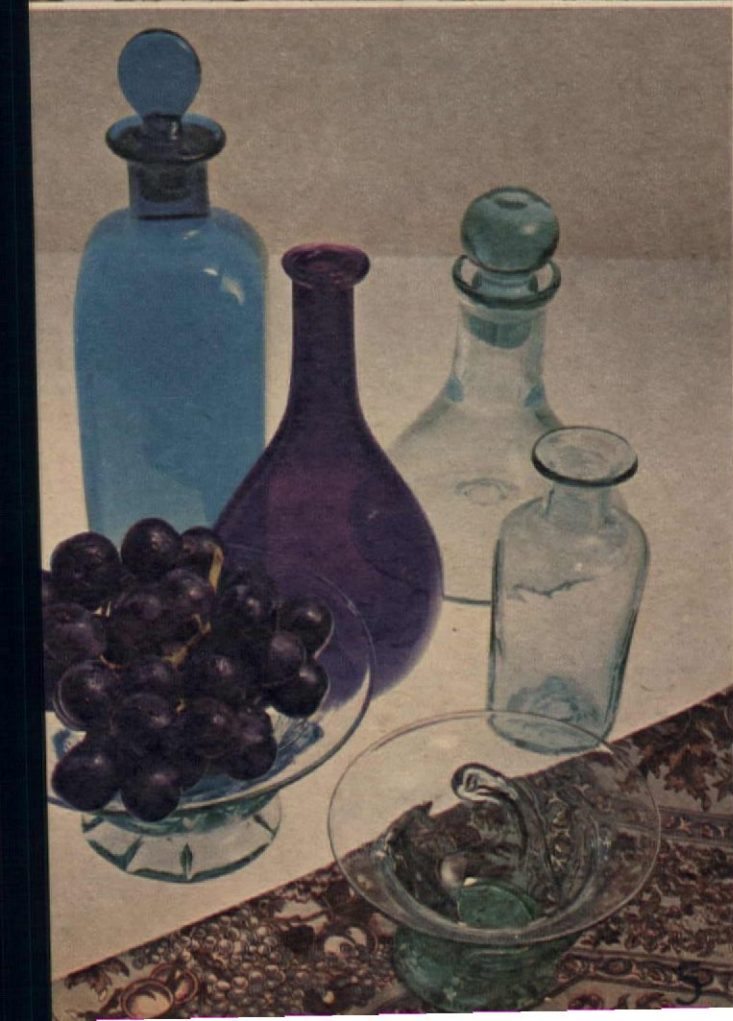
3. Square crystal decanter (\$28.85), Williamsburg; crystal bowl with cobalt rim (\$14), Liberty Village; small sapphire pitcher (\$7.95), Metropolitan Museum of Art; blue Argus dessert dish (\$5), lead crystal Pannelled Diamond Point plate and goblet (\$6 each), all Fostoria; sapphire Magnet and Grape covered sugar bowl (\$16), Metropolitan Museum of Art.

4. Amber Moon and Star pitcher (\$6.50), L. E. Smith Glass Co.; amber Manhattan plate (80¢) and small serving bowl (50¢), both Bartlett-Collins at Turco's Color Cupboard; amber Old Williamsburg goblet (\$4.75), Imperial; trumpet-shaped amber wineglass (\$7.50), Liberty Village; lipped sapphire finger bowl (\$9.80), Williamsburg.

5. Sapphire decanter (\$26.50), amethyst flask (\$10), both Williamsburg; South Jersey green decanter (\$22), medicine bottle (\$5.50), small and medium Lily Pad bowls (\$14, \$22), all Liberty Village.

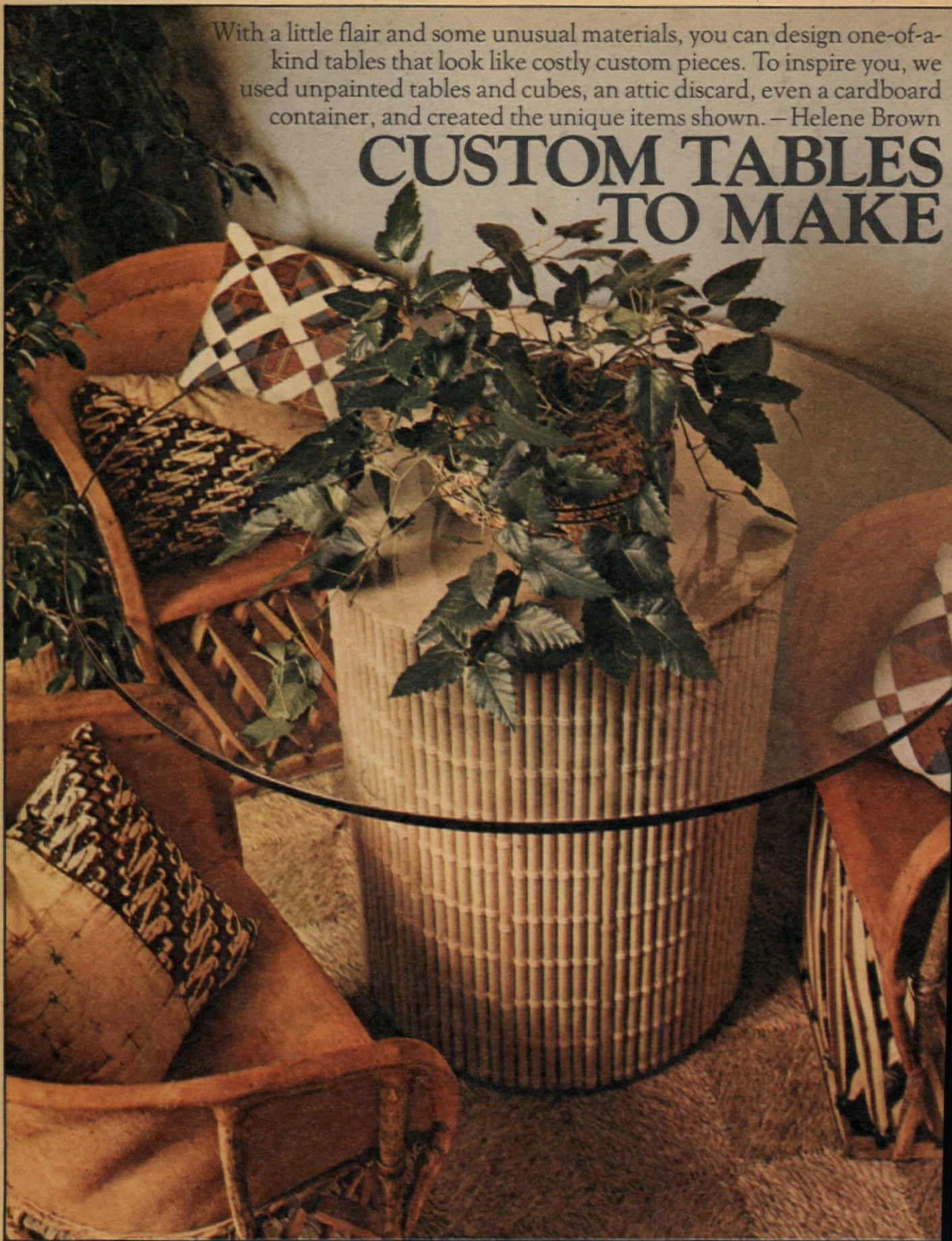
6. Crystal Cape Cod ice pitcher (\$10), Imperial; pale amethyst Lily Pad pitcher (\$35), South Jersey green threaded-neck pitcher (\$28), both Liberty Village; amber Sunbursts and Quilted Diamonds pitcher (\$8.75), crystal pitcher with cobalt rim (\$6.50), both Metropolitan Museum of Art; amethyst (\$11.30) and light sapphire (\$9.30) pitchers, both Williamsburg; sapphire Magnet and Grape creamer (\$14), Metropolitan Museum of Art.





With a little flair and some unusual materials, you can design one-of-a-kind tables that look like costly custom pieces. To inspire you, we used unpainted tables and cubes, an attic discard, even a cardboard container, and created the unique items shown. —Helene Brown

CUSTOM TABLES TO MAKE



To make this elegant dining table, we glued strips of bamboo molding around a reinforced drum carton (the kind movers use) and topped it with three-quarter-inch plate glass. Cheaper but no less attractive than bamboo is half-round molding from a lumberyard. Using the latter, total cost is about \$175.



We turned an unpainted table into an "heirloom" desk by topping with old patchwork. You can use printed fabric cut to fit or fashion your own patchwork by gluing squares of scrap fabric and ribbon to table. Cover with quarter-inch plate glass. Total cost, fabric version: about \$120



For this coffee-table trio (above), unpainted cubes are covered in gift wrap of various patterns and finished with three coats of varnish. Total cost: about \$25 each.

Unfinished Parsons table (above, left) is covered in cotton suede and decorated in a design of upholstery tacks. Fabric staples on easily (for materials list and directions, see "Table Talk," page 28). Total cost: about \$8

An old cocktail table gets a new look (left) with a coat of paint and a pretty scarf. We placed center of scarf on table center and folded edges under. Topping the scarf is quarter-inch plate glass that has been cut to measure. Total cost: about \$35.

Decorative originals from various materials can be yours at do-it-yourself price



Three-quarter-inch plywood is the basis of this marquetry table. After constructing table, we marked out design. Wood veneers and self-stick paper were applied, accented by inlay strips also used as table edging. Instructions are in "Table Talk," page 28. Total cost: about \$40.

LIVING WITH THE WARMTH OF



As the crafts movement soars in popularity, more and more people are molding a way of life around the handmade and the beautiful. For some, it means creating their own furniture or pottery. For Carol and

Peter Schwartzott, it means a flair for design—plus Carol's magnificent weaving and the work of craftsmen friends—that has turned their home in Niagara Falls, N.Y., into a fascinating treasure. (continued)

HANDMADE BEAUTY

The Schwartzotts (below)—Peter, Carol, Gretel, 3, and Jennifer, 4—curl up with Carol's woven pillows. Peter, an artist and college teacher of design, is also the driver in an auto-racing team.



The Schwartzott living room (above) is a showcase for crafts. Most fabulous are Carol's woven pieces—the pillows and the two "forest forms" set into pedestals at far left. Her work is sold to craft shops and has been featured in many shows.

On living-room shelves (above) and throughout the house are pieces by other craftsmen. "We love trading," says Carol, "a woven pillow for a pot, a wall hanging for a fantasy ceramic."

**A craft-minded family
loves living with the
ancient—and very modern—
art of weaving.**



Gretel watches her mother work at the big loom (opposite). "I find my craft wonderfully relaxing and rewarding," Carol explains. She spins much of her own yarn, coloring some of it with natural dyes. Most of her work is in neutrals—grays, beiges, browns. Summers, she's often joined in her workshop by apprentice weavers learning the craft. "My girls are learning, too," says Carol. "They should grow up with an appreciation for things that people can make."



Recessed cabinet (above) shows off some of the colorful Americana that Peter and Carol also collect. "We really enjoy living with the crafts and artifacts of yesterday—and of today," says Carol. Drawing displayed on the middle shelf is one of Peter's—part of what he calls his "Egg Man" series. He has won many awards for his original drawings and designs.

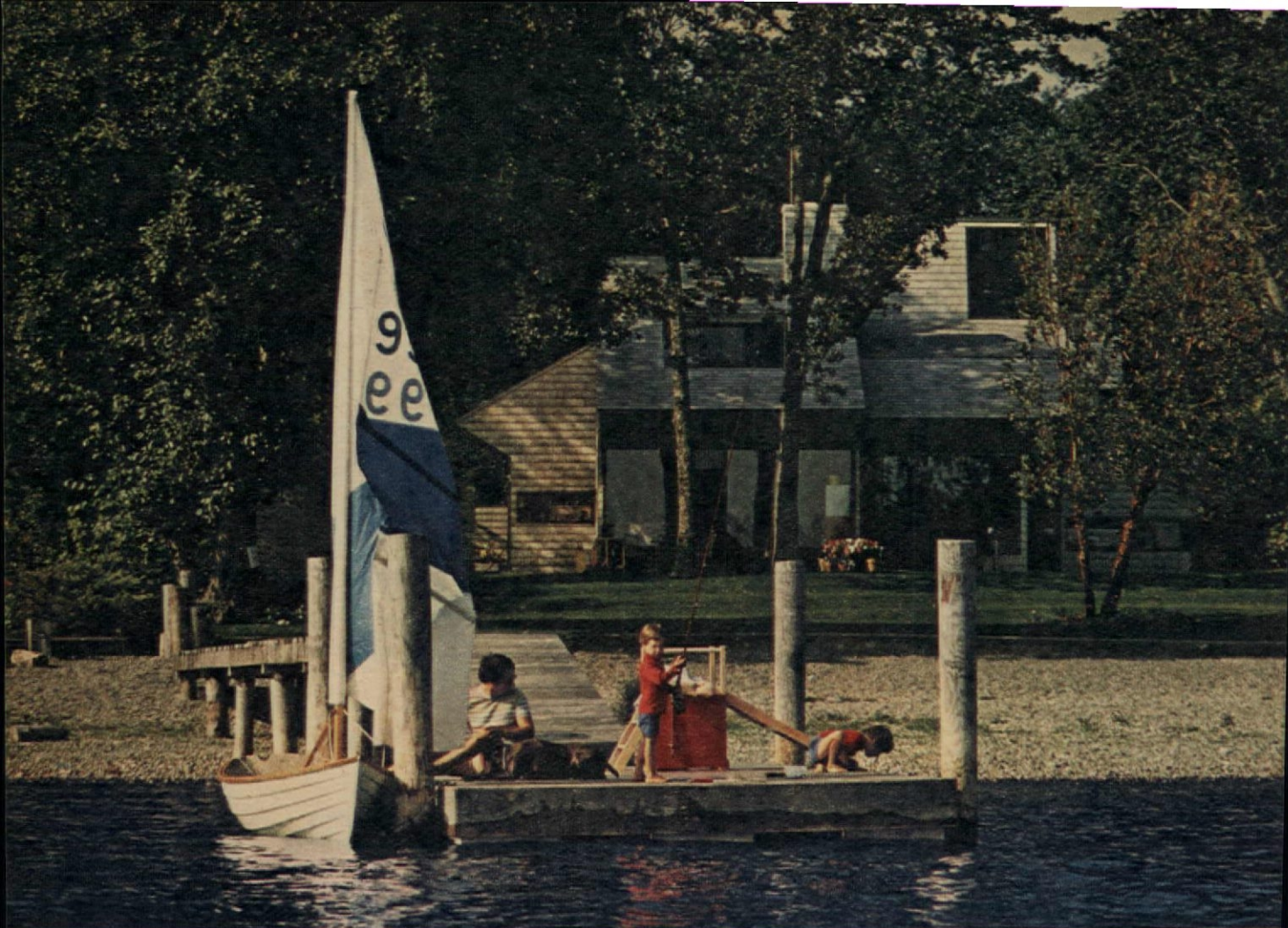
Schwartzott kitchen (left) is warmed by the glow of old wood and wicker furniture that Peter and Carol have bought and restored. Here, as everywhere in the house, are the plants that Carol prizes and carefully tends.

PHOTOGRAPHS BY LARRY COUZENS

At craft shows Carol often gives loom demonstrations. "People are fascinated by craft techniques," she points out, "and are learning to love beautiful handmade things." Carol also weaves wall hangings,

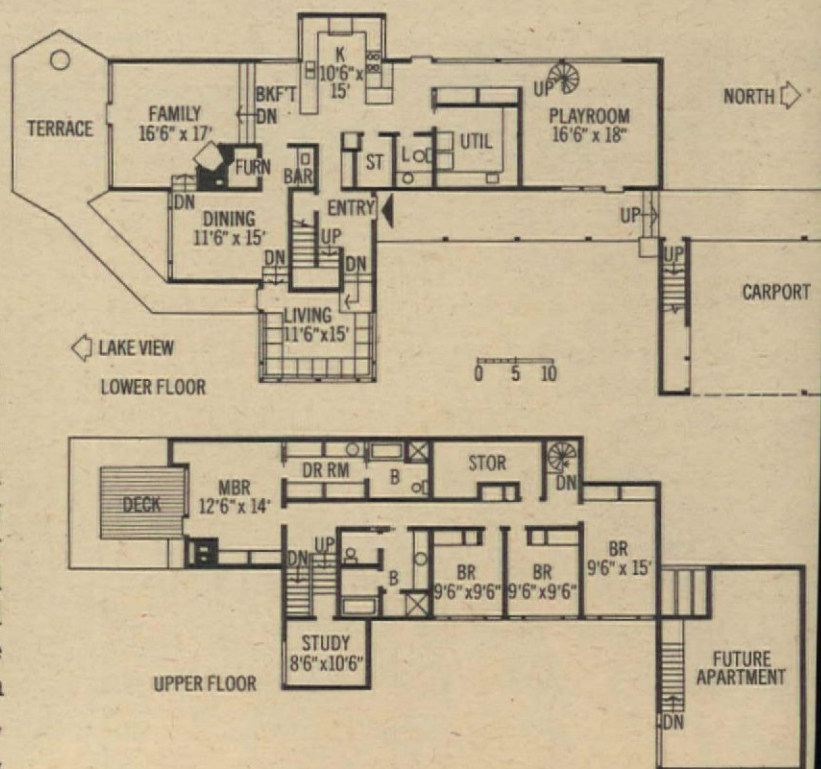
which are being snapped up by designers. They've discovered, she adds, that "the clean, solid lines of contemporary design find their perfect counterpoint in the warmth of weaving." —Eileen Denver Mimoso





A HOUSE TO MAKE PARENTS HAPPY

Today's changing lifestyles are clearly reflected in custom-design houses whose owner preferences determine the specific types and sizes of rooms. This four-bedroom lakeside home in Tacoma, Wash., shows how a young couple has provided for a life of their own within a basically child-centered plan. Suzy and Jurgen Huck asked architect Alan Liddle to minimize formal living areas and give extra space to a playroom for sons Jay, 5, and Brandy, 3—and to large kitchen, breakfast and family rooms where all the Hucks can come together. The parents have a separate master suite with its own deck and nearby study.



Family, dining and living rooms on lower floor of plan (above) all have lake view, as do master bedroom and study. Spiral stairway connects playroom and boys' bedrooms. "Parent country" on upper level is set by baths and stairwell. Future apartment will house visiting family.



With frontage on American Lake, the Hucks have their own dock (opposite), where sailboat is moored. Brandy and Jay also do a lot of dock fishing. Here they are joined by their father and by Onde, the family pointer.

Even in childproof playroom (left), the boys are within easy call of their parents in kitchen or family room. Up the spiral stairs are their bedrooms. Outside is a walled-in play area/garden, which Suzy can see from kitchen, to keep an eye on the boys.

John Zimmerman



Dramatic profile of cedar-shingled house (above), with its deep overhangs, results from a Huck restriction — no gutters that would collect falling leaves and fir needles. Deck outside master bedroom appears a deep cavity in roof. Picture window in dormer brings natural light into study.



The open kitchen (above) has an efficient, step-saving U-shaped design, plus an abundance of counter space and cabinets. At far right is a built-in desk, in foreground a comfortable breakfast table that opens into spacious family room, three steps down, as seen in floor plan, opposite.

BABA AU RHUM

2 cups all-purpose flour
1/4 cup warm water
(105° to 110°)
1 package active dry
yeast
1/4 teaspoon salt
2 eggs
1/4 cup melted butter
or margarine
2 tablespoons sugar
1 cup water
1 cup sugar
1 teaspoon lemon juice
1/4 cup dark rum
Strawberries
Whipped cream



COOKING LESSON NO. 64

By Jacques Jaffry

BABA AU RHUM

This delicate, melt-in-the-mouth cake, made with yeast and richly redolent of rum, is a dessert fit for a king. And it is said that a king did invent it — and name it for one of his heroes, the legendary Ali Baba. Whatever its origin, Baba au Rhum has been a popular dessert in many parts of the world since the early 19th century. It is quite easy to make and well worth the step-by-step preparation set forth at right.

Perfect when served plain, it becomes superlative when embellished with fruit and cream.

1. Sift flour into a warm mixing bowl. Make a well in the center. Put warm water, yeast and salt in well. Stir to dissolve yeast. Add eggs, butter or margarine and 2 tablespoons sugar. Mix thoroughly.

2. Knead dough by lifting and slapping it back into bowl. Dough will be sticky at first, but will become smooth gradually.

3. Knead until dough detaches from sides of bowl. Shape into ball. Place in bowl; cover with towel. Let rise in warm place



(85°), free from draft, about 45 minutes or until doubled in bulk. Punch down.

4. Put dough in buttered 6-cup baba or fancy mold. Cover. Let rise 30 minutes or until doubled. Bake at 375° for 30 to 35 minutes. While it bakes, heat water and 1 cup sugar, stirring to dissolve sugar. Remove from heat. Add lemon juice and rum. Cool. Unmold baba. Set in soup plate. Prick with 2-tine fork. Pour rum syrup over baba. Cool, basting with syrup until cake is soaked. Set on serving dish. Garnish and serve with strawberries and whipped cream. Makes 8 servings.



TURKEY- A MULTIPLE CHOICE

By Lucy Wing

If turkey is a favorite at your house, the varied and conveniently packaged parts now in markets are your best buys for enjoying it, multiple-choice fashion, anytime. Choose the cuts you prefer and create great dishes like these.



Clockwise from top, center: Turkey wings, barbecue sauced; boned drumsticks Americana, baked with stuffing and gravy; batter-coated turkey cutlets with a Mandarin Chinese touch; tournedos from a boned breast, poached and laced with Marsala; frozen turkey roll with vegetables, Nicoise style. These and more recipes calling for turkey parts begin on page 69

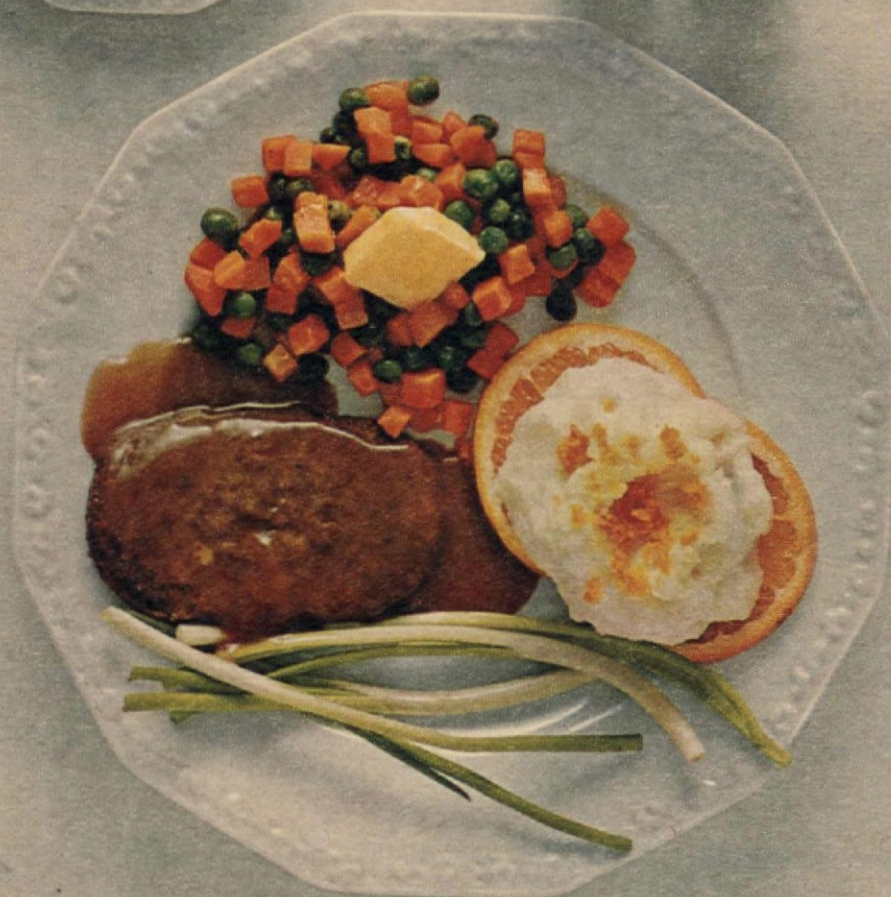




WINNING WAYS WITH POTATOES

By Frances M. Crawford

Consider the versatile potato. It combines well with many foods, can be prepared in various ways and is always available — frozen, packaged or fresh. It's fat-free, has only about 100 calories — ounce for ounce no more than an apple — and offers vitamins B-1 and C, niacin and iron. Serve potatoes often and as creatively as shown, left to right: packaged au gratins in a colorful medley; frozen hash browns, ham and cheese as a super baked supper; fresh potatoes in a hearty main-dish salad. Recipes for these and more begin on page 66



For people who can't leave well enough alone, look what you can do with a Banquet Salisbury Steak.

Salisbury steak. Great as it comes from the Banquet package and maybe even greater when you fancy it up. All you need are a few minutes and this easy recipe:

Take one Banquet Salisbury Steak Dinner from your freezer. Heat 25 minutes, then add $\frac{1}{2}$ crushed garlic clove to gravy. Add orange juice to potatoes, top with grated orange rind. Add a pinch of thyme to peas and carrots, top with butter. Saute Salisbury Steak in Worcestershire sauce, butter and oregano, then heat dinner for additional 10 minutes. Banquet. When you start with great food you end with a great meal.

Banquet Foods Corporation, St. Louis, Missouri 63101



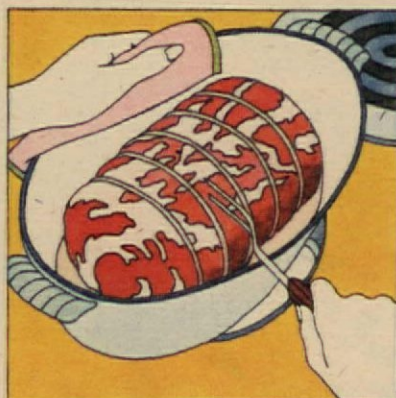
THE ABC'S OF BRAISING



Braising, cooking in moist heat, is the ideal way to cook the less tender meat cuts—and even some of the tender ones. Just brown meat in a little fat, coating with seasoned flour first or simply seasoning afterward. Then add a small amount of liquid, cover kettle or Dutch oven tightly and simmer slowly (or cook in a slow oven) until meat is tender. It's this long, slow cooking that allows steam to tenderize the meat, as in the following recipe.

POT ROAST, ITALIAN STYLE

- 1/4 cup fat or pure vegetable oil
- 5 pounds boneless pot roast (chuck, rump or round)
- 2 stalks celery, finely chopped
- 1 cup finely chopped, pared carrot
- 2 cups chopped onion (2 large)
- 1 clove of garlic, halved
- 2 bay leaves
- 1/2 teaspoon leaf basil, crumbled
- 2 teaspoons leaf oregano, crumbled
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (1 pint 2 ounces) tomato juice
- 2 cups water
- 8 carrots, pared
- 8 potatoes, pared and halved
- 2 cups celery pieces



1. Heat fat or oil in large heavy kettle or Dutch oven.
2. Add meat. Brown on all sides.
3. Add chopped vegetables. Saute for 5 minutes.
4. Thread garlic on wooden pick.
5. Add bay leaves, basil, oregano, salt, pepper, tomato juice, water.
6. Cover pan tightly. Boil; reduce heat so liquid only simmers.
7. Simmer 2 1/2 to 3 hours or until meat is almost tender when tested with a 2-tine fork.
8. Add whole carrots, halved potatoes and celery pieces.
9. Cook 30 minutes or until meat and vegetables are tender.

10. Remove meat and vegetables to heated platter. Keep warm.
11. Remove and discard garlic and bay leaves from gravy in pan.
12. Skim fat from surface of gravy. Spoon some gravy over meat and vegetables, if desired, and serve the rest separately. Or pour all gravy into a sauceboat.



13. If you wish to thicken, measure gravy and return it to pan. For each cup you have, blend 1 tablespoon flour to a smooth paste with a little water. Stir slowly into gravy. Cook, stirring constantly, until gravy is thickened and smooth. Makes 8 to 10 servings.

HERE'S A TIMETABLE TO GUIDE YOU IN BRAISING BASIC CUTS OF MEAT

CUT	AVERAGE WEIGHT OR THICKNESS	APPROXIMATE TOTAL COOKING TIME	CUT	AVERAGE WEIGHT OR THICKNESS	APPROXIMATE TOTAL COOKING TIME
BEEF			LAMB		
Pot roast			Breast, stuffed	2-3 pounds	1 1/2-2 hours
Arm or blade	3-4 pounds	2 1/2-3 1/2 hours	Breast, boneless	1 1/2-2 pounds	1 1/2-2 hours
Boneless	3-5 pounds	3-4 hours	Riblets		1 1/2-2 1/2 hours
Cubes	1-1 1/2 inches	1 1/2-2 1/2 hours	Neck slices	3/4 inch	1 hour
Short ribs	Pieces (2 by 2 by 4 inches)	1 1/2-2 1/2 hours	Shanks	3/4-1 pound each	1-1 1/2 hours
Round steak	3/4-1 inch	1-1 3/4 hours	Shoulder chops	3/4-1 inch	45-60 minutes
Stuffed steak	1/2-3/4 inch	1 1/2 hours			
PORK			VEAL		
Chops	3/4 to 1 1/2 inches	45-60 minutes	Breast, stuffed	3-4 pounds	1 1/2-2 1/2 hours
Spareribs	2-3 pounds	1 1/2 hours	Breast, boneless	2-3 pounds	1 1/2-2 1/2 hours
Tenderloin			Riblets		2-3 hours
Whole	3/4-1 pound	45-60 minutes	Chops	1/2-3/4 inch	45-60 minutes
Filets	1/2 inch	30 minutes	Steaks or cutlets	1/2-3/4 inch	45-60 minutes
Shoulder steaks	3/4 inch	45-60 minutes	Cubes	1-2 inches	45-60 minutes

Blue Bonnet or B_____?

European cooking experts can't tell the difference.

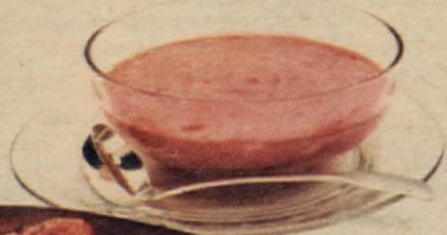
Here's a money-saving coupon to help you do your own tests.

We sent Blue Bonnet® Margarine to Europe where chefs, food editors and gourmets tested it against their best high-priced spread in exacting, side-by-side tests. In sauces, in cooking, in baking, the experts almost unanimously agreed: "No difference."

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test you can devise, that Blue Bonnet truly tastes like the best high-priced spread. We know that once you try Blue Bonnet, you'll want to keep using it.

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STORE COUPON

Save 10¢
on any Blue Bonnet® Margarine

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3542

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TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud.

10¢

10¢

KEY TO NEW 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.

POTATOES

continued from page 62

CHICKEN-POTATO CASSEROLE

Makes 6 servings.

Each serving: 411 cal.; 30 gms. P.; 11.3 gms. F.; 46.7 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 1/2 cup flour
- 2 cans (10 3/4 ounces each) chicken broth
- 1/2 cup dairy sour cream
- 1 can (4 ounces) sliced mushrooms
- 1 can (6 to 8 ounces) water chestnuts, drained and sliced
- 2 pimientos, diced
- 3 1/2 cups diced, cooked chicken
- 1 package (1 pound) or 1/2 of 2-pound bag frozen Southern-style hash-brown potatoes (4 cups)
- 1 cup frozen peas, thawed
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped parsley
- 1 can (3 ounces) Chinese noodles

Heat oven to 400°. Blend flour to smooth paste with a little chicken broth in large saucepan. Stir in remaining broth. Cook, stirring constantly, until mixture thickens and boils 1 minute. Blend in sour cream. Add mushrooms, water chestnuts, pimiento and chicken; heat. Stir in potatoes, peas and seasonings. Turn into 2-quart casserole. Bake 45 minutes or until potatoes are tender. Top with parsley and noodles. Bake 3 to 5 minutes longer or until noodles are hot and crisp.

POTATO SALAD BOWL

(pictured on page 62)

Makes 6 servings.

Each serving: 520 cal.; 8.5 gms. P.; 41.7 gms. F.; 34 gms. C. Source of thiamine, niacin, vitamins A and C.

- 6 medium-size potatoes (2 1/2 pounds)
- 1 cup olive oil
- 1/2 cup red wine vinegar
- 3 teaspoons salt
- 1 1/2 teaspoons dry mustard
- 1/4 teaspoon pepper
- 1 package (10 ounces) frozen cut asparagus
- 1/2 large sweet onion, sliced and separated into rings
- 2 pimientos, diced
- Boston lettuce
- 2 tomatoes, cut in wedges
- 3 hard-cooked eggs, cut in quarters
- Pitted ripe olives

Scrub potatoes well. Cook in jackets in boiling, salted water until just tender. While still hot, peel and slice

in 1/4-inch-thick slices. Combine olive oil, vinegar, salt, mustard and pepper for dressing. Pour about half over hot potato slices. Cover; chill well. Cook asparagus until just tender; drain; chill. Combine sliced onion, pimiento and remaining dressing; cover; chill well. At serving time, line salad bowl or platter with lettuce. Arrange potato slices in center. Spoon asparagus and onion ring mixture around potatoes. Alternate tomato and egg wedges around rim. Garnish with ripe olives. Spoon dressing remaining in potato and vegetable bowls over salad. Sprinkle with chopped parsley, if desired.

POTATO-VEGETABLE MEDLEY

(pictured on page 62)

Makes 6 servings.

Each serving: 178 cal.; 6 gms. P.; 7.3 gms. F.; 23.3 gms. C. Source of vitamin A.

- 1 package (5.5 ounces) au gratin potatoes
- 2 tablespoons butter or margarine
- 2 1/4 cups boiling water
- 2/3 cup milk
- 1 1/2 teaspoons Worcestershire sauce
- 1/8 teaspoon pepper
- 1 package (10 ounces) frozen mixed vegetables
- 2 tablespoons chopped parsley

Empty potato slices into large skillet; sprinkle with packet of cheese sauce mix from package. Add butter or margarine, water and milk; stir to blend. Heat to boiling, stirring often. Simmer, covered, 25 minutes or until potatoes are almost tender, stirring often. Add remaining ingredients; simmer, covered, 5 minutes longer.

COUNTRY SCALLOPED HAM AND POTATOES

(pictured on page 62)

Makes 6 servings.

Each serving: 368 cal.; 16 gms. P.; 23.6 gms. F.; 24 gms. C. Source of thiamine and vitamin C.

- 3/4 cup frozen chopped onion
- 3 tablespoons chopped green pepper
- 1 can (10 3/4 ounces) condensed cream of chicken soup
- 1 package (3 ounces) cream cheese, cut in small cubes
- 1/4 cup milk
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon pepper
- 1/2 pound cooked ham, cut in julienne strips (about 2 cups)
- 1 package (1 pound) or 1/2 of 2-pound bag frozen Southern-style hash-brown potatoes (4 cups)
- 1 package (10 ounces) frozen cut green beans, cooked and drained
- 6 slices process American cheese

Heat oven to 400°. Butter a 2-quart casserole. Cook onion and green pepper in small saucepan until tender (about 15 minutes). Blend in soup, cream cheese cubes, milk, Worcestershire and pepper. Cook, stirring constantly, until cheese is melted. Layer half the ham, potatoes and beans in casserole; top with 3 slices cheese; pour half the sauce over mixture. Re-

peat layers of ham, potatoes and beans; pour on remaining sauce. Bake 45 minutes or until potatoes are tender and casserole is browned. Cut remaining 3 cheese slices into triangles; arrange on top of casserole. Bake 8 to 10 minutes longer or until cheese melts.

SCALLOPED POTATOES FRANÇAIS

Makes 6 servings.

Each serving: 292 cal.; 11 gms. P.; 20 gms. F.; 17.7 gms. C. Source of vitamin C.

- 4 cups very thinly sliced potatoes* (about 1 1/2 pounds)
- 1 clove of garlic, minced
- 1 1/2 cups shredded Gruyère cheese (1/4 pound)
- 2 tablespoons butter or margarine
- 2 eggs, slightly beaten
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup light cream
- 2 tablespoons grated Parmesan cheese

Heat oven to 300°. Butter shallow 1 1/2-quart casserole or baking pan (about 1 1/2 inches deep). Drop potato slices into boiling water; boil 3 minutes; drain well. Arrange half the potato slices, garlic and shredded Gruyère cheese in casserole. Dot with 1 tablespoon butter or margarine; repeat layers. Combine remaining ingredients, except Parmesan cheese. Pour over potatoes. Sprinkle with cheese. Bake, covered, 50 to 60 minutes or until potatoes are tender and custard is set.

* NOTE: It is easiest to slice potatoes on slicer or slicing blade of a grater.

BEEF-POTATO SCALLOP

Makes 6 servings.

Each serving: 509 cal.; 29.5 gms. P.; 31.4 gms. F.; 27 gms. C. Source of riboflavin and niacin.

- 1 1/2 pounds ground beef
- 1 tablespoon pure vegetable oil
- 1 1/2 cups chopped fresh or frozen onion
- 1 package (about 5.5 ounces) scalloped potatoes
- 1 1/2 cups hot water
- 1 1/2 cups milk
- 1 can (8 ounces) tomato sauce
- 1 1/2 tablespoons dried parsley flakes
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/2 cup grated Parmesan cheese


Heat oven to 325°. Brown beef in oil in large skillet. Add onion; cook until tender. Spoon off any drippings. Remove from heat; sprinkle contents of seasoned sauce mix from packaged potatoes over meat; stir in hot water and milk gradually. Heat to boiling, stirring constantly. Add tomato sauce, parsley flakes, salt, pepper and garlic powder. Grease 2-quart casserole generously. Spread half the potato slices in casserole. Top with half the beef mixture; sprinkle with half the cheese. Repeat layers. Bake, uncovered, 50 minutes or until well browned and bubbling. continued

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POTATOES

continued

CANADIAN BAKE

Makes 6 servings.

Each serving: 317 cal.; 10 gms. P.; 15.6 gms. F.; 35 gms. C. Source of thiamine and vitamin C.

- 2 packages (12 ounces each) shredded hash-brown potatoes
- 5 tablespoons butter or margarine
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped green pepper
- 1/4 cup minced onion (1 small)
- 6 to 8 ounces sliced Canadian bacon
- 3/4 cup catsup
- 2 tablespoons brown sugar
- 2 tablespoons vinegar

Heat oven to 350°. Break potatoes into medium-size chunks. Melt 3 tablespoons butter or margarine in shallow casserole about 10 inches in diameter. Toss potatoes, salt, pepper, green pepper and onion. Spread evenly in casserole; dot with remaining 2 tablespoons butter or margarine. Bake 30 minutes; stir to separate potato pieces. Bake 15 minutes or until potatoes are almost tender. Arrange overlapping slices of Canadian bacon over potatoes. Combine remaining ingredients; spoon over bacon slices. Return casserole to oven. Bake 20 to 25 minutes longer.

POTATO CURLS

Makes 4 servings.

Each serving: 198 cal.; 3.8 gms. P.; 6.8 gms. F.; 31.4 gms. C. Source of niacin and vitamin C.

- 4 large potatoes, pared
- Fat for frying
- Salt
- Pepper

Cut around and around potatoes with vegetable peeler to make thin curls or spirals. Soak in ice water 15 minutes. Heat fat to 375°. Drain potato curls and dry very thoroughly. Fry curls, a few at a time, until golden brown and tender. Drain on paper towels. Keep warm in 300° oven until all are fried. Season with salt and pepper. Add a sprinkling of vinegar, if desired.

BAKED HASH WITH EGGS

Makes 6 servings.

Each serving: 725 cal.; 41.3 gms. P.; 47 gms. F.; 33 gms. C. Source of riboflavin and niacin.

- 1 tablespoon pure vegetable oil
- 2 pounds ground beef
- 1 cup frozen chopped onion
- 1 package (1 1/2 pounds) frozen potatoes O'Brien
- 1 cup chili sauce
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 6 eggs
- 2 tablespoons milk
- 6 slices process American cheese

Heat oven to 350°. Heat oil in large skillet with ovenproof handle. Add beef and onion; cook until meat loses its pink color. Spoon off any drippings. Add potatoes, chili sauce, salt and pepper. Bake, covered, 45 minutes. Press back of spoon or small ladle into hash to make 6 depressions. Slip 1 egg into each hollow. Pour a little milk over each egg. Bake, uncovered, 20 minutes. Place one slice of cheese over each egg. Bake 5 to 8 minutes or until cheese melts and potatoes are tender.

BARBECUED CHIPS

Makes 6 servings.

Each serving: 160 cal.; 4 gms. P.; .34 gms. F.; 12 gms. C. Source of niacin and vitamin C.

- 4 large potatoes, unpared
- 3/4 cup catsup
- 1 tablespoon brown sugar
- 1 tablespoon mild vinegar
- 2 teaspoons prepared mustard
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/8 teaspoon pepper

Heat oven to 425°. Scrub potatoes well, slice into 1/2-inch slices. Line jelly-roll pan with aluminum foil; grease foil. Place potato slices on foil in single layer. Combine remaining ingredients. Brush mixture generously over potato slices. Bake 45 to 50 minutes or until potatoes are tender. Serve hot. Good with grilled steak, barbecued pork chops or spareribs, hamburgers or frankfurters.

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TURKEY
continued from page 61

TURKEY AMERICANA
(pictured on page 61)

Makes 8 servings.
Each serving: 670 cal.; 54.5 gms. P.;
24.8 gms. F.; 36.7 gms. C. Source of
Vitamin A, thiamine and riboflavin.

- 4 frozen or fresh turkey drumsticks
(about 1¼ pounds each), thawed
if frozen
- 1 cup cut-up celery
- 1 cup cut-up pared carrots
- 1 tablespoon salt
- 2 packages (6 ounces each) chicken-
flavor stuffing mix or 2 packages
(7 or 8 ounces each) herb-seasoned
stuffing croutons or mix
- 1 can (10¾ ounces) condensed cream
of chicken soup

Rinse turkey; pat dry with paper
towels. Place turkey, celery, carrots
and salt in kettle. Add enough cold
water to cover. Bring to boiling. Cover.
Cook over low heat 1 hour or
until turkey is tender. Prepare stuffing
mix according to package directions.
Grease a 2-quart shallow oval or 13x
9x2-inch baking dish. Line dish with
stuffing. Heat oven to 350°.

Lift turkey from broth with slotted
spoon or cutting board. Cool until
easy to handle. Cut each drumstick in
half in same direction as the bone.
Remove bone; pull out long, bone-
like tendons from meat. Arrange
boned turkey over stuffing in dish.
Strain broth through fine sieve or
cheesecloth. Reserve ½ cup broth;
use remainder in another recipe. Com-
bine reserved broth and undiluted
soup. Spoon mixture over turkey.
Cover dish with foil. Bake 20 min-
utes or until heated. Garnish with cel-
ery leaves, if desired.

TURKEY VEGETABLE LOAF

Makes 8 servings.
Each serving: 254 cal.; 27.75 gms. P.;
9.3 gms. F.; 14 gms. C. Source of thi-
amine.

- 1 package (8 ounces) frozen mixed
vegetables with onion sauce
- 3 slices bread, diced (about 2 cups)
- 2 pounds frozen or fresh ground
turkey, thawed if frozen
- 2 cups soft bread crumbs (4 slices)
- ½ cup minced onion (1 medium)
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 eggs, slightly beaten

Prepare vegetables according to
package directions; add diced bread.
Toss until well mixed. Heat oven to
375°. Combine turkey, crumbs, onion,
salt, pepper and eggs in large bowl
with fork. Pat mixture evenly into a
2x14-inch rectangle on aluminum
foil. Spread vegetable mixture over
turkey surface, leaving a 1-inch edge
free of filling all around. Roll up, be-
ginning with short side, pressing firmly
at each turn and lifting off foil. Leave
on foil after rolling; lift with foil onto
shallow baking pan. Make sure seam
side is down. Bake 1 hour.

continued



Fill up the family cookie jar!

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So good 'n so easy to make
with Kellogg's Rice Krispies and
Nestlé's Semi-Sweet Chocolate Morsels.

- ¼ cups regular all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup regular margarine
or butter, softened
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups KELLOGG'S®
RICE KRISPIES® cereal
- 1 6-oz. pkg. (1 cup) NESTLÉ'S®
SEMI-SWEET CHOCOLATE
MORSELS
- 1 cup seedless raisins (optional)

3. Bake in moderate oven (350° F.)
about 12 minutes or until lightly
browned. Remove immediately
from baking sheets; cool on wire
racks.

Yield: about 3½ dozen Crunchy
Jumble Cookies, 2½" in diameter.

- 1. Sift together flour, soda, and salt. Set aside.
- 2. Measure margarine and sugar into large
mixing bowl; beat until well-blended and
smooth. Add egg and vanilla; beat well. Add
sifted dry ingredients; mix until combined.
Stir in Rice Krispies cereal, Semi-Sweet
Chocolate Morsels and raisins. Drop by level
measuring-tablespoon onto lightly greased
baking sheets.



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TURKEY continued

TURKEY A LA NIÇOISE

(pictured on page 60)

Makes 8 servings.

Each serving: 506 cal.; 56.9 gms. P.; 24 gms. F.; 8.9 gms. C. Source of vitamin C.

- 4½ to 5-pound frozen boneless, rolled and tied turkey roast, thawed
- 2 tablespoons pure vegetable oil
- 1 cup dry white wine
- 1 can (13¾ ounces) chicken broth
- 1 clove of garlic, crushed
- 1 bay leaf
- ¼ teaspoon leaf thyme
- 2 packages (9 ounces each) frozen whole green beans, thawed
- 1 can (1 pound) whole tomatoes
- 1 can (5¾ to 6 ounces) pitted ripe olives, drained
- 1 teaspoon sugar

Pat turkey dry with paper towels. (If gravy package is included with turkey, save and use in another recipe.) Heat oil in Dutch oven or kettle. Add turkey. Brown on all sides. Add wine, broth, garlic, bay leaf and thyme. Cover. Simmer over low heat 2 hours or until turkey is fork-tender. Remove turkey to platter; remove string. Keep warm. Strain broth through fine sieve or cheesecloth. Skim fat. Return 2½ cups broth to pan. Bring to boiling over medium heat. Add green beans. Cook just until tender. Drain tomatoes, reserving liquid. Cut tomatoes into pieces. Add tomatoes and liquid, olives and sugar to pan. Heat through. Remove vegetables to platter. Correct seasoning of sauce.

TURKEY MANDARIN

(pictured on page 61)

Makes 8 servings.

Each serving: 340 cal.; 30.9 gms. P.; 6.28 gms. F.; 38.7 gms. C. Source of thiamine, niacin and vitamin C.

- 1½ cups unsifted all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon monosodium glutamate
- 1½ cups cold water
- 2 pounds frozen or fresh turkey cutlets, cut about ¼ inch thick
- Fat or oil for frying
- ¼ cup sugar
- 3 tablespoons cornstarch
- ½ teaspoon ground cinnamon
- 1 can (11 ounces) mandarin oranges
- 1½ cups orange juice
- 2 tablespoons sliced almonds

Combine flour, baking powder, salt and monosodium glutamate in large bowl. Stir in water gradually until smooth. Add more water, a teaspoon at a time, if batter is too thick for dipping. Thaw turkey if frozen; pat dry with paper towels. Heat 1 inch fat or oil to 375° in electric skillet or large skillet over medium heat. Dip turkey into batter, one piece at a time. Lower into hot fat or oil. Fry several pieces at a time until golden, turning once. Drain. Keep warm in oven. Repeat until all pieces are fried.

Combine sugar, cornstarch and cinnamon in saucepan. Drain oranges;

reserve ¾ cup syrup. Stir syrup and orange juice into sugar mixture. Cook over medium heat, stirring constantly, until sauce thickens and boils 1 minute. Add oranges. Heat through. Arrange cutlets on platter. Spoon on some sauce; sprinkle with almonds. Pour remaining sauce into sauceboat.

CHILI BARBECUED WINGS

(pictured on pages 60-61)

Makes 6 servings.

Each serving: With vegetable oil—421 cal.; 59.3 gms. P.; 12 gms. F.; 15.8 gms. C. Source of niacin. With liquid margarine—404.5 cal.; 59.3 gms. P.; 10.8 gms. F.; 15.8 gms. C. Source of vitamin A and niacin.

- 6 frozen or fresh turkey wings (about 1 pound each), thawed if frozen
- ¼ cup pure vegetable oil or liquid margarine
- 1 bottle (12 ounces) chili sauce
- 1 cup frozen chopped onion or 1 large onion, chopped
- ½ cup chicken or turkey broth
- ½ teaspoon salt
- ¼ teaspoon hot-pepper sauce

Heat oven to 325°. Rinse turkey; pat dry with paper towels. Separate wings at joints. Place in foil-lined, large roasting pan or 2 small baking pans. Brush wings with 2 tablespoons oil or margarine. Bake 1½ hours. Turn. Brush with remaining oil or margarine. Bake 30 minutes more. Combine remaining ingredients. Brush on wings. Bake 30 minutes or until tender, brushing and turning wings frequently. Arrange on platter. Garnish with parsley, if desired.

TURKEY STEW

Makes 8 servings.

Each serving: 353 cal.; 40.6 gms. P.; 15 gms. F.; 11.3 gms. C. Source of vitamin A, thiamine, riboflavin and niacin.

- 2 frozen or fresh turkey thighs (about 2 pounds each), thawed if frozen
- 4 tablespoons pure vegetable oil
- 3 cups water
- 1 bay leaf
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 package (1 pound 8 ounces) frozen vegetables for stew
- 1 teaspoon rubbed sage
- ¼ cup all-purpose flour
- ¼ cup water

Rinse turkey; pat dry with paper towels. Remove bone and skin of turkey. Cut into 1½-inch chunks. Heat 2 tablespoons oil in kettle or Dutch oven over medium heat. Brown half the turkey chunks. Remove. Add remaining oil; brown remaining chunks. Return turkey to kettle. Add 3 cup water, bay leaf, salt, pepper. Bring to boiling. Cover. Simmer 1 hour or until chunks are tender. Add water to keep chunks almost submerged.

Skim residue and fat from surface. Discard bay leaf. Add vegetables, sage. Cook 20 minutes or until tender. Blend flour and ¼ cup water; stir into stew. Cook, stirring, until thickened.

TURKEY TOWNEDOS IN MARSALA

(pictured on page 60)

Makes 6 servings.

Each serving: 385 cal.; 60.2 gms. P.; 12.8 gms. F.; 3.3 gms. C. Source of niacin.

4-pound frozen or fresh turkey breast, thawed if frozen	3 tablespoons butter or margarine
6 slices bacon	½ cup chicken or turkey broth
Flour	¼ cup Marsala
Salt	1 tablespoon cornstarch
Pepper	

Rinse turkey; pat dry with paper towels. Remove bones carefully from turkey so skin and flesh remain intact. Use bones in making soup or broth, if desired. Place boned turkey, skin side down, on cutting board. With very sharp knife, cut into 6 crosswise slices, about 1 inch thick. Since the slices will vary in size, remove some meat from larger slices and add to small slices. Shape into uniform steaks. Wrap 1 slice of bacon around each; secure with wooden picks or string. Sprinkle steaks with flour, salt and pepper.

Heat butter or margarine in large skillet over medium heat. Brown steaks on both sides. Add broth. Cover. Cook over low heat about 15 minutes or until fork tender. Transfer to warm platter; remove picks or string. Keep warm. Blend Marsala and cornstarch. Stir into liquid in skillet. Cook, stirring constantly, until mixture thickens and boils 1 minute. Skim fat from surface. Strain sauce over steaks. Garnish with watercress, if desired.

CABBAGE ROLLS

Makes 6 servings.

Each serving: 340 cal.; 31 gms. P.; 12.5 gms. F.; 22.9 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

1 frozen or fresh turkey thigh (about 2 pounds), thawed if frozen	1 head of cabbage (about 2½ pounds)
2 tablespoons pure vegetable oil	1 package (12 ounces) frozen rice medley or 1 package (7 ounces) frozen rice and peas with mushrooms
1 cup water	2 packages (⅞ to 1½ ounces each) chicken or turkey gravy mix
1 chicken bouillon cube or 1 envelope instant chicken broth mix	

Rinse turkey; pat dry with paper towels. Remove skin and bone. Dice turkey. Heat oil in large skillet over medium-high heat. Add diced turkey. Cook, stirring occasionally, until all pan juices evaporate and turkey browns. Add water and bouillon cube or instant broth mix; stir until dissolved. Cover. Cook over low heat about 20 minutes or until turkey is tender. Place enough water in kettle to cover cabbage. Bring water to boiling. Remove core of cabbage. Lower cabbage into boiling water. Simmer gently until leaves separate easily. Remove from water with slotted spoon. Cool. Cook rice according to package directions.

Trim thick center vein from 12 large cabbage leaves. Chop remaining cabbage. Add to turkey in skillet. Cook until cabbage is tender. Remove from heat. Spoon off all liquid from skillet. Add rice mixture to cabbage and turkey. Toss gently. Place a mound of turkey mixture in center of each leaf. Roll each into a tight roll. Fold ends under to enclose filling. Place rolls, seam side down, in greased 13x9x2-inch baking dish. Heat oven to 350°. Prepare gravy mix according to package directions. Pour over rolls. Cover dish with foil. Bake 20 minutes or until heated.

continued



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TURKEY continued

CREAMED TURKEY SOUP

Makes 8 servings.

Each serving: 365 cal.; 14.6 gms. P.; 26.3 gms. F.; 17.9 gms. C. Source of Vitamin A.

2 pounds frozen or fresh turkey parts, thawed if frozen

Leftover turkey bones (optional)

¼ cup butter or margarine

2 cups sliced celery

1½ cups sliced, pared carrots

1 cup frozen chopped onion or 1 large onion, chopped

4 cups frozen chopped hash brown potatoes (½ of a 2-pound package)

2 teaspoons salt

1 teaspoon poultry seasoning

¼ teaspoon pepper

1 pint light cream

Rinse turkey; pat dry with paper towels. Place turkey and bones in large kettle. Add water just to cover. Bring to boiling. Cover. Cook over low heat 1½ hours or until turkey is tender. Remove turkey and bones with slotted spoon to cutting board. Cool until easy to handle. Remove skin and bones; dice meat. Strain broth into large bowl. Skim fat from surface.

Melt butter or margarine in same kettle over medium heat. Add celery, carrots and onion. Cook 5 minutes, stirring often. Measure 8 cups broth (if needed add chicken broth to get 8 cups); return to kettle. Add potatoes and seasonings. Bring to boiling. Cover. Cook until vegetables are tender. Add diced turkey and cream. Heat through.

TURKEY WITH SPICE SAUCE

Makes 6 servings.

Each serving: 380 cal.; 53.6 gms. P.; 10.8 gms. F.; 12.4 gms. C. Source of thiamine, riboflavin and niacin.

¼ cup white or red wine vinegar

¼ cup dark corn syrup

¼ cup water

½ teaspoon ground cloves

¼ teaspoon ground nutmeg

¼ teaspoon ground allspice

2 bay leaves, finely crumbled

1 envelope (4/5 ounce) meat marinade mix

3 small frozen or fresh turkey hind-quarters, thawed if frozen

1 can (10¾ ounces) condensed chicken broth

Combine all ingredients except turkey and broth in large shallow dish or bowl. Rinse turkey; pat dry with paper towels. Separate drumsticks from hindquarters. Place in spice mixture. Pierce pieces with 2-tine fork. Marinate 30 minutes, turning often.

Heat oven to 350°. Remove turkey. Reserve marinade. Place pieces, skin side down, in shallow pan. Bake 30 minutes; turn. Bake 30 minutes or until tender. Cover pieces with foil if they darken too quickly. Remove turkey to platter. Keep warm. Place pan over medium heat. Add broth and marinade. Bring to boiling. Simmer 2 minutes. Strain.



Do You Love Everyone But Yourself?

Everyone seems to have a claim on your time and affection. When you're not mothering the children (no matter what their ages), there's the many-faceted role of wife. Perhaps you must please an employer as well. No wonder it sometimes seems there's no care and attention left for you. So you may feel, forlornly, a little less loveable than you'd like.

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Discover Oil of Olay and give yourself some well-deserved attention. Don't be surprised if such pampering makes you seem more loveable, first to yourself and then, very quickly, to those you care about most.

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DuBARRY[®] EYE CREME STICK
Extra rich emollients for delicate eye area. Easy to apply. \$2.50 Plus... DuBARRY[®] HAND SILK HEALING[®] CREAM

ALBERTO[®] BALSAM SHAMPOO
Conditions as it cleans to leave hair fresh, clean and healthy looking. \$.69.



CORYBAN-D[®] NEW NASAL SPRAY. The Pharmacists most recommended cough-cold products with Vitamin C. \$1.29



EMPIRIN[®] COMPOUND
When colds and flu cause aches and pain, count on Empirin[®]... Compounded to relieve pain. 50's. Tamper-proof top.



EXTRA!
Amazing new LINDY[®] W-2 BALL PEN
Exclusive patent. Permanent on paper yet guaranteed to wash out in water.

Use This Coupon for A Friend

Mail to: **FANTASTIC OFFER, BOX 390A RADIO CITY STATION NEW YORK, N.Y. 10019**

ORDER PROMPTLY SUPPLIES ARE LIMITED PLEASE PRINT CLEARLY

Please send me ALL 16 PRODUCTS ILLUSTRATED. I enclose check or money order for \$3.95 plus 70c postage. 100% money back guarantee

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Offer expires Sept. 30, 1974. Allow 5 weeks for delivery. No cash or stamps please. © VALUE PACKAGE 1974

For You and Your Family

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ORDER PROMPTLY SUPPLIES ARE LIMITED PLEASE PRINT CLEARLY

Please send me ALL 16 PRODUCTS ILLUSTRATED. I enclose check or money order for \$3.95 plus 70c postage. 100% money back guarantee.

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Offer expires Sept. 30, 1974. Allow 5 weeks for delivery. No cash or stamps please. © VALUE PACKAGE 1974

Now—for the first time—an international Jet-Setter reveals the “inside” story:

How The Beautiful People Get Rid Of Both Cellulite And Ordinary Fat—Without Dieting!

Yes, the Beautiful People cannot afford to be fat!

Those stunning, sleekly-slim couples who grace the pages of the fashion magazines and society columns . . . who spend each new Season in New York and Cannes and Saint Moritz and Saint Tropez . . . who live surrounded by a horde of admirers and photographers must remain youthful and slim right up to 50 . . . 60 . . . 70!

And yet they eat lavishly, feasting on exotic cuisines as they travel the globe, but always retaining their fantastic figures.

And, if you were to ask them what they do to maintain their Beautiful People Bodies, the answer would always be the same: “I don’t do ANYTHING; I don’t diet!”

That’s right! The Beautiful People Don’t Diet! They enjoy the finest food in the world and yet the needle on the scale barely moves! How do they do it?

For the first time, Luciana Avedon (former Princess Pignatelli and now the wife of the European cosmetics executive, Burt S. Avedon) reveals the “BEAUTIFUL PEOPLE MIRACLE FORMULA” responsible for all those lusciously svelte figures on the society pages. How they NEVER go on fad diets, NEVER take dangerous amphetamines, diuretics or diet pills, and NEVER give up their favorite foods either! How they simply go right on eating the foods they like—but in a special way that keeps them always fashionably slim, without their having to jump on and off the diet merry-go-round. To give just a few examples:

One California socialite says: “I always keep my weight fluctuation within two pounds. It’s bad for the face when you go up and down.” Another stunning fashion leader says: “I weighed more at age 25 than I do now.” (She’s now 37!) Another says: “Sitting down to nothing but clear soup or health food depresses me; it makes me feel like an invalid.”

And another Italian Beauty confesses: “Take away pasta and I would die!”

But yet they know how to splurge like this without incurring disaster on the scales! They get their food kicks—constantly—but their figures never show it!

They eat the finest food in the world (even the delicacies and “tempters” you’d be horrified to touch), but they do it in a way that never lets them put on more weight than they can simply “peel off” in a few days any time they decide to!

(In fact, these Beautiful People secrets of delicious figure-maintenance are so powerful that, when one young, overweight model was introduced to just one of them, she lost 22 pounds in one month and stayed at that weight from then on! And another young girl, when shown how, lost 20 “impossible” pounds in two short months, even though not a single meal demanded special preparation!)

So, From Now On, Forget About Debilitating Diets! The Beautiful People Don’t Use Them—Why Should You?

Once again, let us emphasize that the Beautiful People think dieting is a “bore.” They eat well—very well—and they are not fat! They wouldn’t think of doing without their favorite foods and the needle on the scale barely changes!

Why then shouldn’t you follow their plan and lose weight—pounds and pounds and pounds of it! The process is the same, even if you start with a 50 pound handicap. And you do it all by yourself (without “fat” doctors, or the group therapy approach of diet clubs). And, yet, (to repeat once again) you do not “sacrifice” the foods you love for a single minute!

Yes, you can still enjoy parties, restaurants, business lunches or dinners, and “super-relaxed” vacations. You can eat all the foods you usually

do, and still find the pounds and inches gradually, but permanently, melting off!

Listen, As The Beautiful People Tell You How To:

Condition yourself by developing your own built-in “Fat Radar” so the minute your weight starts to shoot up, you shoot it down!

Take off fat while it’s still “soft” . . . before the body has had a chance to make it part of the muscle structure. Before it marbleizes, as in a fat steak, and becomes even harder to lose!

Make the natural diuretic power of food even MORE effective, so that accumulated tissue water drains out of your body faster and you NEVER get that bloated look!

Lose tons of weight—all in the right places—and NEVER get “scrawny” looking in the face. Actually melt unwanted pounds right off your body, and still retain that “youthful” bloom in your face the Beautiful People way!

PLUS . . .

How to be thin as a model, and still have the energy and stamina of a truck driver!

The Beautiful People’s special “Secret Elimination Diet” that detoxicates your system . . . drains out internal poisons . . . at exactly the same time that you are painlessly losing weight!

The Beautiful People “Easy-Diet Plan”, a permanent part of your life, so that you continue to lose weight for as long as you wish, and yet NEVER feel deprived!

How to prevent your body from automatically “adjusting” to your first massive weight loss, so that it actually prevents you from taking off even more pounds.

What to do if you are a “sandwich fiend” and don’t want to cut them out of your diet.

Why the Beautiful People make sure that they never lose more than 18 pounds at a time.

How they painlessly “retrain their nervous system so that they don’t go on eating binges during an “anxiety attack.”

The most carefully guarded Beautiful People secret: how to lose weight super-fast, purify your body, and heighten your senses to a new state of awareness at exactly the same time!

The hypnotherapy approach to weight loss!

How the Beautiful People lose weight while they are traveling.

How the Beautiful People keep their children from developing unhealthy and fattening eating habits.

What the European Beautiful People do at once when their skin looks bad, they have trouble sleeping, or just feel dreadful.

Why the Beautiful People feel that American men are a “disaster” . . . And, what Beautiful People Males “over 30,” do to retain their very special attractiveness.

The Beautiful People “cure” for sporadic over-indulgence. In other words, how to eat your cake, and have a knock-out figure too!

Yes, The Beautiful People Have Been Looking Fabulous For Years THIS Way. Now You’ll Learn How, WITHOUT RISKING A PENNY!

You are just as capable of keeping younger, prettier, slimmer and more attractive as any of the Beautiful People you’ll read about in this book. And once you know their “secrets”, you’ll be well on your way to joining the ranks of all the Beautiful People all over the world, who realize that being beautiful also means being slender.

Return the No-Risk Coupon today!



The exquisite authoress: Luciana Avedon, the former Princess Pignatelli

SPECIAL ADDED BONUS:

How The Beautiful People “Smooth Away” Ugly Cellulite, The EASY Way!

Yes, while these Beautiful People are incredibly slim and supple at all ages, they have also learned how to FREE themselves of ugly and distorting CELLULITE! (Cellulite, as you may know, is “orange peel fat”—the hard lumps of hideous fat that stick to the back of the thighs, knees, arms, buttocks and back.)

This is not ordinary fat, by any means. And it can’t be gotten rid of by ordinary means. Instead, its bumpy, hard lumps become trapped in immovable pockets just beneath the skin. It’s found on almost 90% of the women in the world! But not the Beautiful People! Why?

BECAUSE OF THESE TWO SIMPLE “CELLULITE CHASERS” THAT YOU CAN USE YOURSELF IN A FEW MINUTES A DAY!

No, you don’t need fancy doctors, or expensive health spas to bid farewell to these unsightly globules. You can achieve spectacular results simply by following these two simple steps beginning on page 26:

First, attack the cellulite you’re carrying around right now through this special self-massage treatment designed to break it up and quickly “wash” this figure-distorting mess right out of your body!

Second, follow the unique Anti-Cellulite-Food Program that will actually help your natural circulatory system to rid your body of annoying substances BEFORE they can build up and become IMMOVABLE CHUNKS OF FAT!

Both these Cellulite Fighters are yours, as just one section of this great Beautiful People Over-All Body Beauty Plan . . . to try at our risk!

IMPROVEMENT BOOKS CO., Dept. 5271
13490 N.W. 45th Ave., Opa Locka, Fla. 33059

MAIL NO RISK COUPON TODAY!

IMPROVEMENT BOOKS CO., Dept. 5271
13490 N.W. 45th Ave., Opa Locka, Fla. 33059

Gentlemen: Please rush me a copy of THE BEAUTIFUL PEOPLE’S DIET BOOK, #80108, by Luciana Avedon and Jeanne Moll! I understand that the book is mine for only \$5.98 complete. I may examine it a full 30 days at your risk or money back.

Enclosed is check or M.O. for \$_____

YOU MAY CHARGE MY:
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Acc’t # _____ (Find above your name)

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Expiration date of my card _____

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(Florida residents please add 4% sales tax.)

ABOUT THE AUTHOR

Roman-born Luciana Avedon, the former Princess Pignatelli, was educated in Switzerland. She has been a fashion designer and coordinator, and is currently a beauty consultant. Her first book, *The Beautiful People’s Beauty Book*, was a best-selling title here and abroad.

GIVE GLUE ITS DUE

No matter what your repair needs are, somewhere there's a glue right for you.

With today's technology, it is possible to stick almost anything to almost anything. What's important is to choose exactly the right glue for the right material. Unfortunately, glue labels are not always specific enough to be helpful.

Glues—or more appropriately, adhesives—have their specialties. Some do a limited job excellently. Others do a wide variety of things quite satisfactorily. Here is an elementary look at an assortment of glues that can help you get things together around the house. All are available in hardware or stationery stores.

Cellulose cement: That's what is in those tubes of so-called household glue, such as Duco, which are used for many of those little fix-it jobs of everyday living: the lid of the sugar bowl, the legs or tails of the ill-fated glass menagerie. This glue dries quickly, and as it is transparent, a little sloppiness hardly counts. Its hold will be less than tenacious on anything subjected to high heat or very much moisture, however. Don't expect the sugar bowl mend to survive a dishwasher splashdown, for example. Another caveat: Cellulose cement has a sharp nail-polish smell. That's its acetone content, which can harm the finish on furniture, so use with care.

Epoxy: Widely available in varying strengths and drying times, this twin-tubed glue is comparatively expensive, but it can do more things better than many other glues. It joins such items as large areas of metal to metal, towel racks to tile and hardwoods to each other. That sugar bowl lid, for instance, will sail through the dishwasher in one piece when properly epoxied. And broken ovenware can go back to the oven after an epoxy repair. To use, squeeze equal amounts from Tubes A and B, mix and apply according to label directions, making sure the broken parts are held together properly for about two hours.

Fabric menders: These mend cotton, wool, canvas, leatherette and some upholstery. (Some users say they also work effectively on sheer fabrics.) Devcon Patch is such a glue. You can use fabric menders to put on patches, put up hems, do appliqué and various other avoidance-of-sewing jobs. These glues are both water- and heat-resistant, but a dry-cleaning machine might be their nemesis.



FROM GH: MAKE A DAZZLING SET OF JEWELRY

Good Housekeeping
Bulletin Service
Box 2317, F.D.R. Station
New York, N.Y. 10022

Enclosed is my check or money order for \$_____, payable to Good Housekeeping. Please send me ___ Squash Blossom Jewelry kit(s) at \$6.95 each.

Name _____

Street _____

City _____

State _____ ZIP _____

Allow 3 to 4 weeks for delivery.

H.M. SPECIALTIES

For only \$6.95 you get a lot of fashion when you make this beautiful beaded jewelry, which is patterned after the traditional American Indian "Squash Blossom" design. And you'll be surprised how easy it is to make. You just slip the beads onto safety pins, then attach the pins to each other. The pins are cleverly incorporated into the design of the jewelry. Everything you need for the pendant, bracelet and earrings is in a kit. It includes turquoise-colored and silver-colored beads, safety pins, clasps, earring backs and easy-to-follow instructions. The complete kit: \$6.95, including postage and handling. Use coupon to order.

Plastic menders and cements: Not all plastic menders work on all plastics. Devcon claims their Plastic Mender to be all-purpose, however, mending the gamut from vinyl, acrylic, phenolic—to styrene. Other plastic menders are limited to the vinyls—the plastics of beach balls, shower curtains, rainwear, inflatable toys and the like, leaving you to buy a special polystyrene cement for the hard plastic common in toy models and refrigerator containers. To glue styrene, you use a material that actually welds it (Styroweld is one brand name). The cement softens the plastic, and you simply join the broken pieces for a strong seam.

Resorcinol resin glue: Considering its waterproof strength when hardened, this two-part glue has a handy feature while still liquid. As with latex paint, the brushes and mixing containers you use can be washed out with plain cold water. This glue (Borden's calls theirs Elmer's Waterproof Glue) comes in a two-can combination. One has a dark reddish liquid, the other a fine powder. (In mixing, be careful not to puff the powder into your eyes.) Developed for taxing marine use, this is the glue you want for the back gate, the porch swing or any other wood item that must withstand weather. Neatness counts; this glue leaves dark red stains.

Rubber cements: These range from the familiar office variety to heavier-duty types used for patching holes in rubber articles, attaching metal letters to stone storefronts, etc. There are two major types. The synthetic-base adhesive dries flexible and strong (Goodyear's Pliobond is one) and is good for mending ripped rugs, attaching rubber weatherstripping to the car door or even putting a patch on workclothes. The rubber-base adhesive sets hard. One such brand, Miracle Adhesive, works well on metal, concrete, brick, tile and glass.

White glue: This is polyvinyl resin glue, the commonest wood glue (Elmer's Glue-All is one). Chalk-white as a liquid, it dries perfectly clear. It is used best on porous materials—such as fabric, softwood, paper, cork and leather. White glue is relatively inexpensive and easy to use. No household is complete without a squeeze-bottle of this standby stickum. Caution: It should not be placed in contact with metals because it has a corrosive effect; excess heat weakens it, and it is not waterproof.

Other glues: There are dozens upon dozens of specific glues for specific repairs. If your hardware dealer doesn't stock a glue for your particular need, ask to see his catalog—or shop elsewhere. Remember, if at first you don't find it, stick to it . . . or something like that. —Denise McCluggage

MAIL 10 DAY NO-RISK COUPON TODAY!

GREENLAND STUDIOS 5248 Greenland Building, Miami, Florida 33054

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

NAME _____

Oil Pastel Sets (#9760) @ \$2.98 (Add 55¢ postage per set)

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Large 9x12" Artist's canvas boards (#11487) @ 2 for \$1. or 5 for \$2. ppd.

CITY _____ STATE _____ ZIP _____

Large 9x12" heavy pastel art paper pads of 25 sheets (#11488) @ \$1. per pad or 3 pads for \$2. ppd.

(Florida residents please add 4% sales tax.)

SAVE \$1.10 Enclose only \$5.96 for 2 Oil Pastel sets and we will pay the postage. Extra set will make a wonderful gift.

A Special Introductory Offer for only \$2⁹⁸

60 PROFESSIONAL OIL PASTELS

New Professional Dustless Type



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

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

OFFER WILL NOT BE REPEATED THIS SEASON

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

NEEDLEWORKER'S DELIGHT

8 OF OUR MOST POPULAR KITS

If you're like so many of our needleworking readers, these kits will strike your fancy. Each includes yarn or floss, needle, stitch chart, instructions. Frames and stretchers assemble easily.



"CHURCH IN THE WILDWOOD" is a crewel portrait of "The Little Brown Church in the Vale." Immortalized in song, the church still stands near Nashua, Iowa. The 16-by-20-inch design is stamped on homespun. "Church in the Wildwood" kit (#61717) is \$8.98; wood-brown and gray frame (#61718) is \$6.98. Save! Order kit and frame for only \$14.98. Stretcher (#63023) is \$1.98. Bonus: A picture of the church and a copy of the song are in each kit.



"GAME BIRDS" (top) and "Wild Ducks" are a handsome pair of designs to delight the sports-minded in your family. Both 11-by-14-inch "prints" are stamped on cotton to be embroidered in fast cross-stitch. "Game Birds" kit (#66915) and "Wild Ducks" kit (#66914) are each \$5.98. Frames in walnut-finished flat wood molding (#61224) are \$2.98 each.



"PASTEL FLORAL" needlepoint pillow has white continental-stitch background. Flowers are in canvas stitch with crewel centers. The colorful design, 14 inches square, works up quickly. Pillow backing is not included in kit. "Pastel Floral" kit (#66906) is \$13.98; pillow form (#66341) is \$1.98.



"TO LOVE AND BE LOVED" cross-stitch sampler is as beautiful as the message it bears. Cheery flowers and birds surround the loving adage. The 16-by-20-inch design is stamped on cotton. "To Love and Be Loved" kit (#66947) is \$5.98; frame in walnut-finish with gold trim (#66331) is \$5.98 and the stretcher (#63023) is \$1.98.



"ABC FLORAL" is a charming, easy-to-do cross-stitch design you'll love to hang anywhere in your home. The 14-by-18-inch alphabet and flowers picture is stamped on cotton. "ABC Floral" kit (#66911) is \$4.98; blue and gold frame (#61650) is \$5.98.



"COOPER-HEWITT" is one of our most famous museum samplers—and one of the loveliest. Antique samplers are rare and costly finds—so why not make your own heirloom? The beautiful design, 16¾ by 21¾ inches, is stamped on creamy white linen. "Cooper-Hewitt" kit (#61160) is \$8.98. Frame in black-finished wood molding (#61161) is \$9.98.



"MOTHER AND CHILD" is an expressive picture of a mare and her foal in a quiet meadow. The design is an innovation in simple cross-stitchery: Instead of filling in the entire subject, you leave blank spots that become part of the unusual effect. The 11-by-14-inch design is stamped on cotton and works up quickly. "Mother and Child" kit (#66976) is \$5.98; the walnut-finished frame (#61224) is \$2.98.

Fill out coupon and enclose check or money order. Sorry, we are unable to handle Canadian or foreign orders.

American Home Dept. 5147
4500 N.W. 135th Street, Miami, Florida 33059

Please send the following kits (print your choices below):

Quantity	Kit #	Item	Unit Price	Total
_____	_____	_____	\$ _____	\$ _____
_____	_____	_____	\$ _____	\$ _____
_____	_____	_____	\$ _____	\$ _____

Please add postage/handling: 50¢ per kit, \$1 per frame, 35¢ per stretcher
#61014 Colorful catalog, other kits @ 50¢ ea.
Sales tax, if applicable _____

Total enclosed \$ _____

You may use your charge card for any purchase over \$4.98.
 BankAmericard
Acct. No. _____
Good thru _____
 Master Charge
Acct. No. _____
Good thru _____
Interbank No. (Find above your name) _____

print name _____

address _____

city _____

state _____

zip code _____

For other American Home crafts, order #61014 (see coupon).

Thirty years before we developed new Peak Toothpaste, you probably used our secret ingredient.

It's baking soda.

Baking soda: the natural cleanser and sweetener that people used to brush with, and that dentists still recommend. Both for cleaning teeth and as a soothing rinse for mouth and gums.

Be prepared. Peak is 97% natural ingredients, principally pure baking soda. It

tastes pleasant, but different. Be prepared. Peak leaves your whole mouth—not just teeth and breath, but even mouth tissues and gums—feeling different. Feeling naturally cleansed and sweetened. Naturally refreshed.

Uncomplicate. Try new Peak: the first modern toothpaste with the natural goodness of baking soda.



15¢ P-345

15¢

STORE COUPON

15¢ off
on any size package
of new Peak Toothpaste.

NOTICE TO DEALER: You are authorized to act as our agent for the redemption of this coupon in accordance with the terms thereof. We will reimburse you for the face amount of the coupon, or if the coupon calls for free goods, we will reimburse you for such free goods, plus 3¢ per coupon for handling; provided you and the consumer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchase of sufficient stock of our brand(s) to cover coupons presented for redemption must be shown upon request and failure to do so will at our option void all coupons submitted for redemption for which such

proof is not shown. This coupon is non-transferable and good only on brand(s) specified. Coupons will not be honored and will be void if presented through outside agencies, brokers or others who are not retail distributors of our merchandise, unless specifically authorized by us to present coupons for redemption. Consumer must pay any sales tax. Coupon void if use is prohibited, restricted or taxed. Coupons may be presented to our salesman for redemption or mailed to:
COLGATE-PALMOLIVE COMPANY
P.O. Box 1799, Louisville, Ky. 40201
Offer expires March 31, 1975.
Cash value 1/20 of 1¢.

15¢

15¢

P-345

© 1973, Colgate-Palmolive Co.

“It’s 2 A.M. and I feel rotten. Who has time to read medicine labels?”

When it comes to reading medicine labels, it’s easy to make excuses. And that’s too bad. Because the label information is there to help you.

The medicine label tells you what it’s for, how much to take, and how often to take it. It’s important information.

Fact is, there’s no excuse for ignoring the information on your medicine labels. It’s there for your health. Just like the medicine.



HELP ABOUT THE HOUSE

PARQUET NEEDS PREPARATION

Can we put down new parquet directly over resilient tile now on our basement floor? The basement tends to be damp.

David F. Depcik
Chicago, Ill.

It's ill-advised to lay any kind of flooring directly over resilient tile. In your case it would be a disaster because of the moisture that's likely to be permeating the concrete-slab floor below.

First, remove the baseboards, if any. Then rip up the resilient tile. A square-edged garden spade will do the job. Clean the concrete floor, then coat with unfibred asphalt roofing cement, available at building-supply stores. When cement dries, lay parallel rows of 1-by-2- or 1-by-3-inch wood furring strips across the floor. Spacing from the center of one strip to the center of the next one should be 16 inches. Strips should be treated with wood preservative and stuck down in ribbons of asphalt cement.

Over the strips stretch a continuous sheet of heavy polyethylene film, sold at lumberyards. Trim sheet so it extends up the wall a few inches on all sides as super moisture protection that will eventually be covered by baseboards. Sandwich the sheet by nailing a second layer of furring strips right over the first. Nail down sub-floor of 1/2-inch exterior-grade plywood, and lay parquet blocks on it. When floor is in, restore baseboards.

HALT ROOF LEAKS EASILY

A recent storm tore several asphalt shingle tabs on my roof. Must I replace them to prevent leaks?

Albert Pearson
Salt Lake City, Utah

Probably not. Under each tear, spread a layer of fibred asphalt roofing cement, available at building-supply stores. Cut pieces of aluminum flashing metal a bit smaller than a shingle tab and push them up under each torn tab. The top edge should extend an inch or more above the butt of the tab in the next row above. Press the flashing into the roofing cement and spread more cement on top to hold down the torn tab.

END SQUEAKS UNDER CARPETING

How do we eliminate squeaks from wood subfloors that lie directly under wall-to-wall carpeting?

Mrs. J. E. Allbritten
Huntsville, Ala.

In most instances you'll have to take up the carpeting and drive screw nails through subfloors into the joists. But where floors extend over a basement or crawl space, you can stop squeaks simply by driving wood shingles between the joists and the subfloors.

BRIGHTEN ACOUSTICAL TILE

What type of paint should we use on our acoustical ceiling?

Mrs. H. J. Graham
Newark, N.J.

You can paint an acoustical ceiling with any kind of interior paint. Alkyd and casein are particularly good, latex a little less so, as it tends to clog the holes and pores in the tiles. (However, if you're mindful of this, you can clear the holes with a toothpick before paint hardens.)

Clean ceiling thoroughly before painting. Then brush or roll on the thinnest coat that still gives adequate coverage.

WARPED DOOR IS LATCHABLE

How can we fix a closet door that is warped so badly it won't latch?

R. P. Jonson
Houston, Tex.

There is no way of correcting the warp, but you can make the door latch. You'll have to move the stop

that is nailed to the latch side of the doorjamb.

Work from inside the closet, so the marks you make with screwdriver or chisel won't show. After the stop has been removed, pull the door until it latches (make sure you have a "partner" to let you out, unless the door has an inside knob). Then draw a pencil line along the edge of the jamb. Renail the stop along this line.

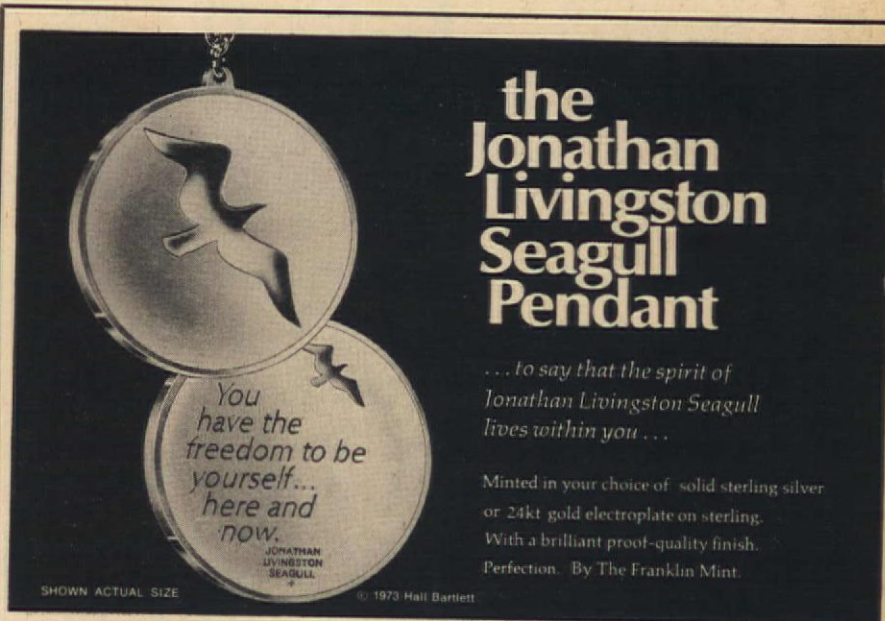
THAT RADIATOR CAN BE SILENCED

How do we stop a steam radiator from "hammering" when the heat comes up?

Mrs. L. Mullaney
Boston, Mass.

Such noises are usually caused by condensing water that accumulates in the radiator. Slip blocks of wood under legs at one end of the radiator to tilt it toward the control valve, so water can drain back to the boiler. If this doesn't eliminate the hammering, your problem is more serious and a plumber should be called.

For help with a home-maintenance or repair job, write to: Dept. HAH, American Home, 641 Lexington Ave., New York, New York 10022. Letters are answered promptly; those published are selected for their broad general interest.



the Jonathan Livingston Seagull Pendant

... to say that the spirit of Jonathan Livingston Seagull lives within you ...

Minted in your choice of solid sterling silver or 24kt gold electroplate on sterling. With a brilliant proof-quality finish. Perfection. By The Franklin Mint.

The Franklin Mint
Franklin Center, Pennsylvania 19063

Please send the following Jonathan Livingston Seagull pendants, complete with neckchains:

QTY. Solid sterling silver pendants at \$17.50 each \$ _____

QTY. 24kt gold on sterling pendants at \$25.00 each* \$ _____

*Neckchain 22kt gold on sterling

Total of order \$ _____

Please add your State sales tax \$ _____

Remittance enclosed \$ _____

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Mr. _____
Mrs. _____
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Rush "Candle Clock(s)" #14118 @ only \$7.98 + 75¢ postage and handling each. Enclosed check or m.o. for \$

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ADDRESS _____

CITY _____ STATE _____ ZIP _____

SAVE \$1.50—Order 2 "Candle Clocks" for only \$15.96, and we pay all postage & handling. Extra clock is impressive gift for someone special! (Florida residents please add 4% sales tax.)

Special Offer for Collectors

AUTHENTIC MUSEUM-PIECE
REPLICA OF A RARE MEDIEVAL

CANDLE CLOCK

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Here is an exciting conversation piece and rich decorative accent for your home or office! Used throughout the middle ages by the Nordic and Anglo-Saxon countries. Its invention is credited to Alfred the Great. The principle seems primitive, but IT WORKED then and IT WORKS now. As "time candle" burns, it casts an ever-changing shadow on the plaque behind it; telling the hour of the day! Ancient parchment look achieved on the time plaque adds to the authenticity of this exceptional piece destined to be a provocative focal point wherever it is placed. Includes both candle and instructions! Limited supply, so order now.

PLANNING YOUR NEW HOME

Dreams of building a new home are best fulfilled when they are based on real considerations. For example: Is the new house for a growing family or an adult household? Is it a place to relax on weekends and vacations or a place for year-round living?

While some design problems can be corrected inexpensively, many others unfortunately cannot. They can be avoided, however, if you anticipate your needs before you buy a site or sign a contract.

Here are some points to consider seriously. If yours is an active family, the traffic pattern will be important—to avoid congestion, or having to troop through the living room to reach other rooms in the house. Zoning, too, will be important—having a physical separation of areas, such as sleeping and living, so that one zone can be private and quiet while activity hums elsewhere. Consider grouping rooms that have associated functions. Are there possibilities for expansion if you have a growing family? Is storage space sufficient for present and projected future needs? Here are more hints for the new-house builder:

Building site. If the site you've chosen is sloped or has other special physical characteristics, the house must fit, or you must pay an architect to adapt its design. Watch for problems with rock formations, sewage or easements, for example. Check trees you may want saved—drive stakes around them as protection from overly enthusiastic bulldozer operators.

Architect and/or builder. Building a house has many technical ramifications and involves large expenditures of money. An architect can relieve you of much of the responsibility of the undertaking. He will be glad to discuss his fees and services with you. Certainly, if you are designing your own home, an architect's services will be necessary to prepare plans and materials lists.

If you choose to deal directly with a builder, however, make sure the firm you select is reliable and well-recommended. As prices vary, it would be wise to have two builders give firm estimates. Before giving plans and materials list to a builder for estimates, go over them carefully to try and anticipate any changes. Be sure you tell the builder the type and quality of plumbing fixtures, hardware and roofing you want. Ask to see brochures or samples of what he proposes to use. Changes later can mean extra cost.

Financing. Before signing a contract with your builder, discuss his bid with your lending agency to make sure the terms are acceptable. Also, to avoid surprises later, discuss closing costs and lawyer's fees with the agency. The usual contract is a lump sum to which later changes or extras are added separately. The builder will expect payment on a periodic basis, according to a fixed schedule.

Records. It's a good idea to set up a permanent file folder in which to keep a plot plan, set of house plans and cost records. All will be needed in future alterations or for tax records, should you ever sell your house.

These and other home-building guidelines can be found in the *American Home* house-plans book, which also includes a catalog of 52 AH house plans—contemporary designs, colonials, vacation homes, award winners. For a copy, send 50¢ to: American Home House Plans, Dept. 2923, 4500 N.W. 135th St., Miami, Fla. 33059. Ask for catalog #31000.

How to collect from Social Security at any age!

Would you like to know how much money you have invested in Social Security right to the penny? Then would you like to know how to get the most from that investment including all the brand new Social Security benefits? Now you can do both by using the short easy coupon at the bottom of this page. Here is the way it works. The left half of the coupon will be sent to the proper government office. They will run a check on your account and then send you a report in a confidential sealed envelope. This report will tell you how much of your earnings have been recorded in your Social Security account year by year. There is no charge for this service, not even postage.

The right half of the coupon will be used as a shipping label to send you a copy of a new book entitled, "How to collect from Social Security at any age." If you think that you have to wait until retirement age to start collecting your Social Security benefits, this book will really open your eyes. Here are some of the little-known facts about Social Security you will find out about in this book:

- How to increase the amount of your payment if you are already on Social Security.
- How to collect your share of the brand new Social Security benefits just passed by Congress.
- How to qualify for Social Security disability pensions at any age.
- How to increase your Social Security benefits.
- How to report your Farm income for Social Security.
- How to make your whole family



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eligible for Social Security benefits, even your youngest children.

- How to replace a lost Social Security card.
- How to replace a lost Social Security check.
- How to get a refund if you have overpaid your Social Security taxes. (Studies show that two out of three people overpay.)
- How to figure out what your Social Security retirement payments should be.
- Should you tattoo your Social Security number on your body?
- What papers do you need in order to file a Social Security claim?
- How ten million people who are only 30 years old, on the average, collect Social Security.
- Should you get a divorce in order to get more Social Security? (a lot of people already have.)
- Should you have two Social Security cards?
- How to get free services which are available from Social Security.
- How to make sure your employer is not cheating you on your Social Security.
- How you may be cheating yourself out of your Social Security

benefits.

- When are the five times you should get in touch with your Social Security office?
- How to work and still get Social Security benefits.
- How to cash in on Social Security even if you've never paid a penny into it.
- How to get hospital and medical insurance for the aged.
- How students between the ages of 18 and 22 can get Social Security cash benefits.
- How to get the special Social Security benefits that are only for veterans.

Although this book can mean hundreds and perhaps thousands of dollars to you, it is priced at only \$3.00. Remember, it is not enough to qualify for your Social Security benefits. To get your benefits you must know how to apply for them. The book tells you how to qualify, who to contact—including all necessary addresses, and what to say. This is a 100% no risk offer. If you do not like the book, return it and your \$3.00 will be immediately refunded. You will still get the confidential report on your Social Security account.

If you do not take advantage of your new Social Security benefits, you are only cheating yourself, after all, you have already paid for them. It is easy to start getting your new Social Security benefits. Just fill out both parts of the coupon below. Mail the coupon and \$3.00 in cash, check or money order to The Good News Publishing Co. 7576 Freedom Ave., North Canton, Ohio 44720. The book will be sent to you immediately by return mail. Your confidential Social Security report will be mailed to you separately as soon as the government has finished checking on your account. Checks and money orders should be made payable to The Good News Publishing Company.



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Please send a statement of my Social Security earnings to:

NAME { MISS _____ MRS. _____ MR. _____	} Print Name and Address in Ink Or Use Type-writer
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1003

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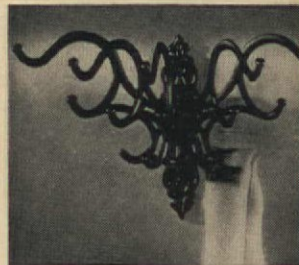


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Stunning cast-iron rack sparks a friendly, attractive touch to hallway, bathroom, kitchen, or bedroom. Reproduced from the colorful Victorian era, it has 5 large swing-away arms with 3 hooks on each for hats, coats, towels, etc. Extends 7 1/2" from wall. 14" wide. \$3.98 plus 75¢ hdlg. Holiday Gifts, 603-B, Wheatridge, CO 80033.



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Visit "The Magnificent World of Art" via this beautiful 20-page full color catalog offering over 200 reproductions of the world's most famous paintings. Offerings all reproduced on textured artist canvas and available in many sizes. Catalog, 35¢. Lambert Studios, Dept. AM10, 910 N. La Cienega Blvd., Los Angeles, CA 90069.



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Nostalgic bracelet cast in Paris from authentic 19th century molds, brings the world of Aubrey Beardsley's gorgeous women into glorious manifestation! 24K antiqued gold-plated, it becomes a treasured heirloom of the future. Delightful to get or give! \$7.50 plus 35¢ hdlg. each. Harriet Carter, Dept. AH-30143, Plymouth Meeting, PA 19462.



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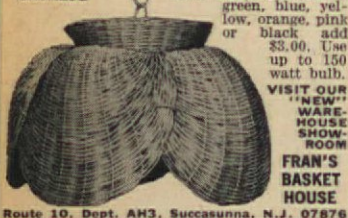
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Today when the dollar buys so little --and when expenses are so high-- many women want to work at home either full time or part time -- but don't know what to do, how to do it.

"Women's Circle Homeworker" magazine is the first magazine, we believe, which will show you how to make money at home on a regular basis. Not only will you be shown various ways to make money -- but you will meet women who are already doing this and who will give you valuable tips on how you can do this too. Various other columnists, authorities, will help in many ways. More important, you will be warned of many pitfalls which befall the ambitious homeworker. There are countless rackets which prey on women; you will find out what they are.

If you are looking for homework -- part time or full time -- you need "Women's Circle Homeworker". Just \$3.00 will buy a full year's subscription. Published bi-monthly it will bring joy to all those who need help.

There are no overnight formulas to making money at home -- no easy "get rich quick" schemes --but there are literally dozens and dozens of successful methods of part time or full time home work that are now being employed by other men and women and now YOU may be able to follow suit. "Women's Circle Homeworker" will give you valuable information on all aspects of home work.

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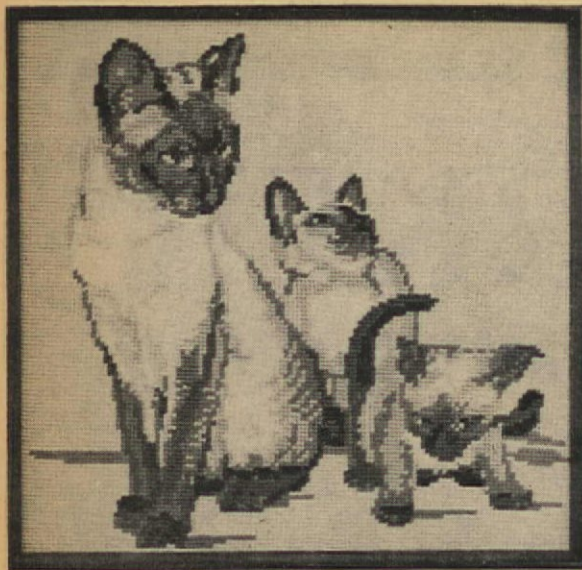
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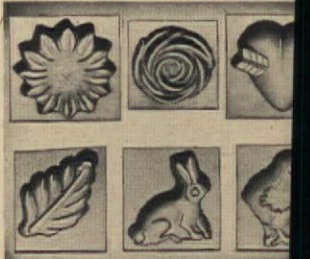
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Before starting, you will actually determine the speed of your weight loss. You can speed it up or slow it down, whichever you prefer. Because no two people are alike - your actual weight loss will depend on your body metabolism, daily living pattern, etc.

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14. Doctor recommended Mega-Vitamin Plan. I lost 14 pounds.
 Miss Hazel Blackerby, Marshall, Mo.

15. I lost 15 pounds, 6" in the hips and 3" in the waist.
 Ruth Wilburn, Henderson, Tex.

16. Lost 20 pounds without strict dieting.
 Ruth Pierce, Clinton, Okla.

17. Lost inches around waist, tummy and thighs without trying.
 Mrs. C. Krause, Oak Lawn, Ill.

18. Lost 10 pounds and hunger is removed.
 Arnette Bolton, Food Service Director, Harrisonville, Missouri

19. Found a difference already. Completely satisfied from one meal to next.
 Inae Higgins, North Bay, Ontario

20. Lost 14 pounds and never felt better.
 James Walsh, Queens Village, N.Y.

21. Am losing bulging tummy. Nothing else worked.
 Redonna Holmes, Parsons, Tenn.

22. Never lost so much weight so fast.
 Katherine Hefflin, Pekin, Ill.

23. All my friends commented on how I lost weight.
 Mrs. S. Cagnon, Prince Albert, Saskatchewan, Canada

24. Mega-Vitamin Plan effective. Lost 20 pounds.
 Theresa Moore, West Jordan, Utah

25. Do not crave for snacks while on Mega-Vitamin Plan.
 Lucille Martin, Decatur, Ill.

26. Weigh 25 pounds less since taking the Mega-Vitamin Plan.
 Mrs. D. Fenwick, Kidder, Mo.

27. Thanks. Lost 17 pounds.
 Mrs. Joyce Wicks, North Bend, Ore.

28. Lost 15 pounds and would like more Mega-Vitamins!
 Lynn Davis, Newberry, Fla.

29. Lost 10 pounds and now wear the Piesees. I always wanted.
 Mrs. A. Childers, Saticoy, Ca.

30. Lost 10 pounds and my husband lost 15 pounds... and it's really satisfying.
 Mrs. G. Aguelo, Lincoln Park, Mich.

31. Started taking them last Monday and dropped 7 pounds.
 Barbara Gaskin, Dallas, Tex.

32. Hooray! A reducing program that really works!
 Mrs. John MacDonald, San Diego, Ca.

33. Lost 15 pounds. No nervousness and no lost sleep.
 Priscilla Thomas, Los Angeles, Ca.

34. Lost approximately 16 pounds.
 Mrs. M. Hegardt, Santa Rosa, Ca.

35. Went to the Doctor last Friday and lost 8 1/2 pounds.
 Gary Milligan, Burleson, Tex.

36. I feel great. Lost 2" from waist.
 Mrs. W. John, Lansing, Mich.

37. Wouldn't believe it if I hadn't seen it with my own eyes. Went from 140 to 115.
 Melody Gonzalez, Gallup, N.M.

38. They keep my appetite under control. Lost 10 pounds. And two inches around waist.
 Anna Basechin, Titusville, Fla.

39. Very pleased... they are wonderful.
 Mrs. Beaulan Geschlidle, Gonzales, Tex.

40. Lost 21 pounds and feel great.
 Virginia Perkins, Donaldsonville, Ga.

41. Doctors report weight has gone from 234 to 202. My doctor wants more information.
 Melvin Morrell, Victorville, Calif.

42. Lost 10 pounds and my husband 10 pounds.
 Josephine Cook, Concord, Ca.

43. Lost 10 quick pounds.
 A fantastic formula.
 Doris Sweet, Denver, Colo.

44. I recommended your plan. Wonderful, working! Mrs. L. Pick, Boise, Idaho

45. Husband lost 20 pounds.
 Mrs. Coblenz, Apple Creek, Ohio

46. Lost 30 pounds on the Mega-Vitamin program.
 Larry Robinson, Lake, W.V.

47. Don't kick it until you try it. Lost 18 pounds.
 Dagmar Schulz, San Luis Obispo, Ca.

48. Lost 25 pounds and felt fine.
 Mary Inman, Arroyo Grande, Ca.

49. At the present time lost 15 pounds.
 Joe Technik, Cedar Rapids, Iowa

50. Since taking them, I have lost 18 pounds and feel great.
 Supply as soon as possible.
 Mrs. W. Bentley, Little Falls, N.J.

51. Only things that have worked. Supply as soon as possible.
 Mrs. W. Bentley, Little Falls, N.J.

Lucy Young, Bakersfield, Ca.

52. Lost 5 pounds. My daughter wants some!
 Mrs. P. Durham, Idaho Falls, Idaho

53. Doing real well—lost 14 1/2 pounds.
 Mrs. James Slattery, Binghamton, N.Y.

54. Unbelievable results! Lost 21 pounds.
 L. Perieri, Morris, Ill.

55. Lost 20 pounds with the Mega-Vitamin Diet.
 Mrs. Jesse Brown, Willingboro, N.J.

56. Started the Mega-Vitamin Plan after physical exam! Lost 15 pounds. Am not a bit hungry.
 Eva Dravet, Gary, Ind.

57. Lost 22 pounds since beginning on the Mega-Vitamin Plan.
 Mrs. K. Church, Seattle, Wa.

58. 2 1/2 weeks ago weighed 203 now 170 without going hungry.
 Mrs. Mansford McElivee, Roanoke, Va.

59. Happy news! It's working. Only good results.
 Mrs. G. Stewart, Lake Ronkonoma, N.Y.

60. Nothing worked as well!
 Mrs. Paul Halverson, Mrs. Arnold Tilley, Maryville, Tenn.

61. Feel so much better. More pep.
 Mrs. E. D. Benson, Redding, Calif.

62. Mega-Vitamins are great. Lost 7 pounds!
 Mrs. Paul Halverson, Forest City, Iowa

63. Plan is Super. Lost 10 pounds and even cheated.
 S. Thody, Milwaukee, Wis.

64. Lost 13 pounds. Tried to lose weight on my own. But it was impossible.
 Mrs. Celia Montgomery, Laredo, Tex.

65. Have lost 7 pounds in seven days.
 Barbara Palmer, Dallas, Texas

66. Everyone is proud of my weight loss.
 Sita Harrison, Brooklyn, N.Y.

67. This morning weighed 21 pounds less.
 K. Doughty, Los Angeles, Ca.

68. Now have something working for me.
 Mrs. Robert Bartsch, Balfour, N.D.

69. Lost 25 pounds since the first of March.
 H. Canterbury, Chicago, Ill.

70. Doctor said formula was really good.
 Mary Thomas, Hot Springs, Ark.

71. Really great! Don't get hungry at all.
 Mrs. W. Rovey, Sacramento, Calif.

72. I never had that hungry feeling. Best results I have ever had.
 Mrs. Gertrude Van Haaster, Buena Park, Ca.

73. So far lost 15 pounds and I am proud.
 Mary Laqua, High Springs, Fla.

74. Ads should stress your program speeds up the weight loss! They work.
 Mrs. Shirley Baugh, St. Louis, Miss.

75. Seven friends on Mega-Vitamin Plan! Lost 8 pounds.
 Darlene Boyce, Bradenton, Fla.

76. Lost 30 pounds and here's my picture to prove it!
 Viola M. Willett, Enid, Okla.

77. It works. It's done so much for me in so little time.
 Barbara Smith, Los Angeles, Ca.

78. They really do the trick.
 Mrs. A. Broach, Richmond, Va.

79. The most successful time of my life. Lost 36 pounds.
 Mildred Meingers, Metropolis, Illinois

80. They worked. Lost 20 pounds!
 Mrs. Malissa Phillips, Soap Lake, Wa.

81. My husband lost 22 pounds.
 Mrs. William Simenson, Starkevant, Wis.

82. Can get back into my first love—the Fashion World.
 E. Mathis, Owensboro, Ky.

83. Never got hungry between meals.
 Alice Tollefson, Tautie, Wash.

84. They are really great.
 Laura Wilcox, Erie, Pa.

85. Lost 15 pounds and 10".
 Feel great.
 Helen Clayton, New Carrollton, Md.

86. Can hardly believe it! I lost 6 pounds.
 Elizabeth Jones, Chester, Pa.

87. When I tell you I lost 20 pounds... that's an achievement.
 Mrs. Leonard Meissen, El Monte, Ca.

88. Wife lost 16 pounds! I lost 25.
 J. E. Blander, Wichita, Kan.

89. Lost 15 pounds.
 Mrs. E. Wicks, Eighty Four, Pa.

90. I was an impossible case. The Mega-Vitamin Plan has made my weight loss successful.
 Mercedes Cue, New York, N.Y.

91. The Mega-Vitamins are terrific. They have cured my appetite.
 Ann Griesedieck, Denver, Colo.

92. Lost 16 pounds without getting hungry. I thanks again!
 Mrs. L. Nester, Morrilton, Tenn.

93. I lost 14 pounds.
 Pearl LeGrand, Okmulgee, Okla.

94. I was skeptical. Have already begun to lose weight!
 Janet Lee Seymour, San Diego, Ca.

95. Took one packet each day and lost 15 pounds.
 Lois Cranmer, Deepwater, N.J.

96. Thank my lucky stars that I saw your ad. Lost 33 pounds.
 S. Williams, Cleveland, Okla.

97. Have found what I have been looking for. Nothing else worked.
 Dorothy Anderson, Vista, Ca.

98. I was skeptical. This is the first time a diet plan has worked.
 Jill Weidner, New York, N.Y.

99. I'm the happiest woman alive. Lost 54 pounds.
 M. Rushing, San Diego, Ca.

100. As a member of the Womens Army Corp, I needed to lose weight. The Mega-Vitamin Plan worked and I have more energy.
 Janet Waterman, Arlington, Va.

200% MONEY BACK GUARANTEE

If, after trying the Mega-Vitamin Plan, you do not lose every single pound you set out to lose, return the empty package for a double your money back refund. That's right, the Mega-Vitamin Plan will promptly refund twice the amount you pay.

100% MONEY BACK GUARANTEE

You may inspect the Mega-Vitamin Plan in the comfort and privacy of your home and at your leisure. If, for any reason, you are not satisfied, return it for a full and prompt 100% refund.

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 P.O. Box 5879, Dept. AH-5
 Sherman Oaks, Calif. 91413

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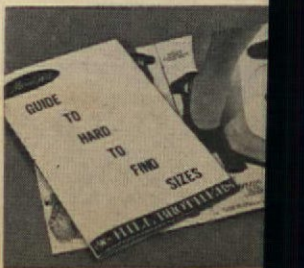
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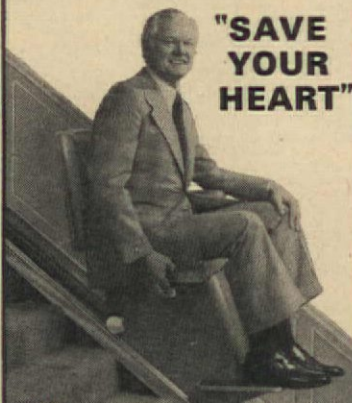
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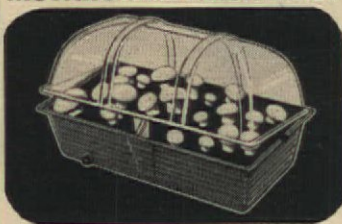
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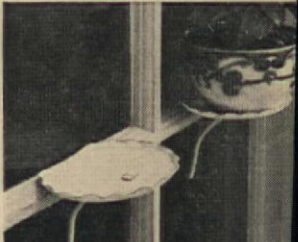
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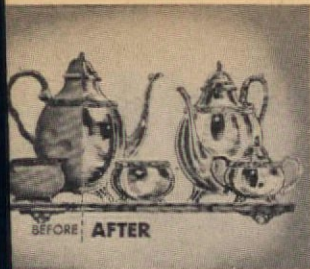


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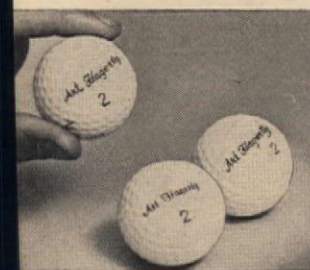
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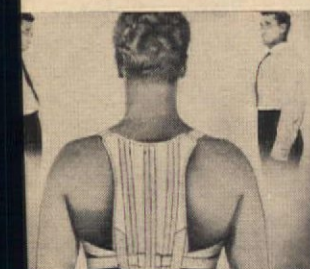
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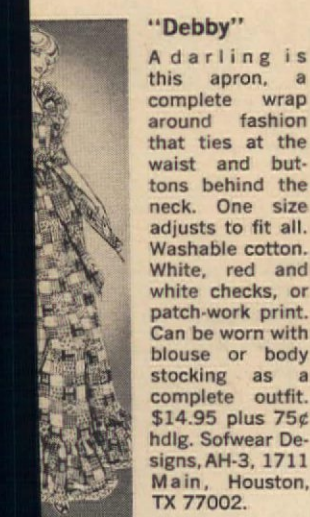
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GREENLAND STUDIOS

5304 Greenland Building, Miami, Florida 33059

DECORATING NEWSLETTER continued from page 37

around real butcher-block side panels.

Selig's plump sofa (\$715 up) features very special panels of Siberian pine. The wood is silky smooth, with soft gray-velvet graining. The effect comes from putting the wood in a room full of ammonia fumes, where it smokes or "pickles" for 24 hours. (It's the same principle that's used on wood in saunas.) The smoking process also gives the wood a special feature: It can be cleaned simply by scrubbing it down with a brush and some soap and water. Nice extra!

FOAM FORMS

Another interesting addition to the plump-and-low trend in upholstered furniture is called "Inner Foam." The super idea of the Dow Chemical Co., this new foam is soft but supportive; chairs and sofas made with it need no frames or springs. Bassett Furniture Industries' Inner Foam Collection, designed by M. Fillmore Harty, features this magic new stuff in all kinds of handsome seating, including the chair (\$199 up) and ottoman (\$66 up) below. The seating is comfortable,



Bassett's chair and ottoman have no springs or wooden frames.

and according to Bassett and Dow, extremely durable.

MORE UPHOLSTERY

Seems as though everything's being wrapped in fabric: Selig, known for their well-tailored upholstery, is now upholstering Parsons tables in all sizes (\$110 to \$198). With glass tops added the results are practical as well as handsome.

—Christine B. Roth

SHOPPING INFORMATION

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

AMERICAN GLASS

Pages 45-47: The following glassware sources offer catalogs featuring most of our choices: The Metropolitan Museum of Art, Box 255, Grace Station, New York, N.Y. 10028, catalog 25c; Turco's Color Cupboard, 212-220 Race St., Philadelphia, Pa. 19106, catalog 25c; Liberty Village, Flemington, N.J. 08822, catalog 25c; (Williamsburg) Craft House, Williamsburg, Va. 23185, catalog \$2.95.

Pages 46-47. All fabric sources N.Y.C.: 1) "Liverpool Birds," 2) "Plantation Calico," 3) "Williamsburg Apples," 5) "Williamsburg Potpourri," all Williamsburg Reproduction cottons by F. Schumacher & Co., or order from Williamsburg catalog (above); 4) patchwork pillows, The Gazebo; 6) "Leaves" hand-blocked glazed cotton, Arthur H. Lee & Jofa, Inc.

CUSTOM TABLES TO MAKE

All sources, N.Y.C. Page 48: Chairs, The Door Store; natural hemp carpet, Bloomingdale's; pillows by Jean Pierre Durante.

Page 49: Patchwork top, America Hurrah Antiques; ribbons, Hyman Hendlar & Sons; table, Furniture-in-the-raw; oil lamp, Elliott Howard Decorative Accents; all the other antiques, chair and prints, Julia Kuttner Antiques.

Page 50. Top left: Rug, The Pillowry; bamboo chair, Schoofield Furniture Industries. Top right: Gift wraps, Hallmark Gallery and Gaylord Specialties Corp.; natural sheepskin rug, Design Research, Inc.; Rodeo chairs, Children's Workbench. Bottom: Queen Annetyle chair, Schoofield Furniture Industries; plaid fabric on chair and pillow, Far Eastern Fabrics, Inc.; flokati rug, Bloomingdale's; blue pillow fabrics, China Seas, Inc.

Page 51: Painting, Ann Kendall Richards Gallery; pillows by Jean Pierre Durante.

BUILDING MATERIALS AND SOURCES

The products listed reflect our continuing regard for quality in building, using the most efficient materials, judged for value, durability and energy conservation.

A HOUSE TO MAKE PARENTS HAPPY

Pages 56-57: Red cedar shingle roof, side

walls, Red Cedar Shingle & Handsplit Shakes Bureau, Seattle, Wash.; "Bleachtox" Shingle Stain, Olympic Stain Div., Comerco, Inc., Seattle, Wash.; spiral stair unit, Columns, Inc. Pearland, Tex.; door hardware, Sargent Co., New Haven, Conn.; outdoor furniture, Brown Jordan, Los Angeles, Calif.; dishwasher, KitchenAid Div., Hobart Mfg. Co., Troy, Ohio; refrigerator, range, Frigidaire Div., General Motors Corp., Dayton, Ohio; sink, American Standard, Inc., New York, N.Y.; "Nevmar" kitchen counter tops, Enjay Fibers Laminates Co., Odenton, Md.; garbage disposer, Waste King Universal, Los Angeles, Calif.

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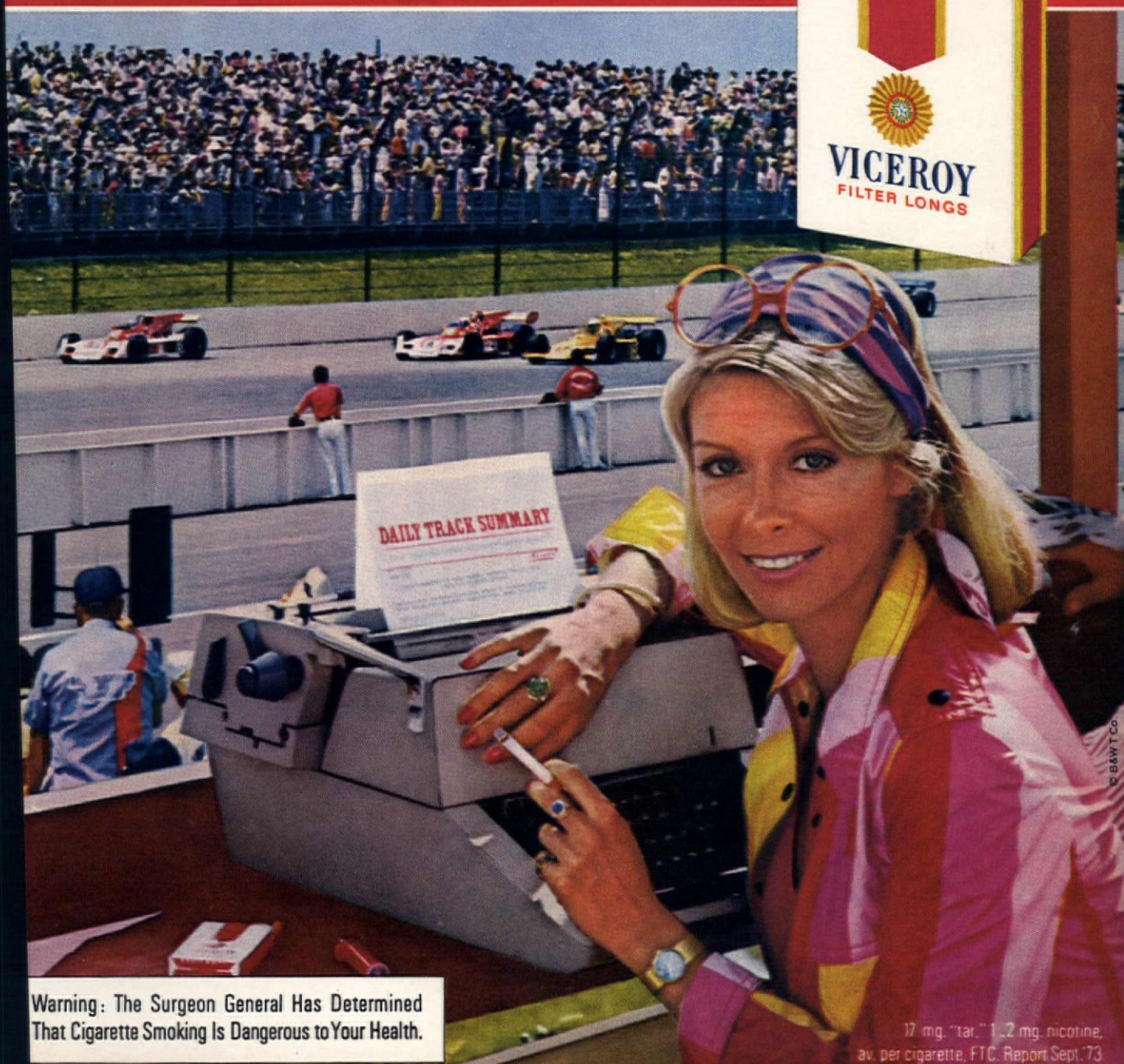
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