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**COMPLETE HOME REMODELING GUIDE**





Floors, ceilings, carpets, & furniture—





all from The Indoor World® of Armstrong.

## The Armstrong Interior Designers answer three of the most-asked decorating questions.

Every day, we receive letters from you, asking us about your decorating problems.

We study them carefully, and when we design the rooms for Armstrong ads, we try to solve some of the real decorating problems we know you have. On these four pages, you'll see how we solved three such problems . . . all different, all real, all from you.

Only an archway (no door) separates my dining area from my living room. How can I create two separate "rooms" and still marry them?

Most newer homes . . . the ones with a living room/dining area . . . have this problem. One easy, and effective, way to solve it is with the carpet treatment we've used here: wall-to-wall carpet in one room and a compatible fringed rug in the other. We chose the same design—Persian Medallion from our Grand Noble™ Collection—for the wall-to-wall carpet in the living room and used it as the fringed area rug in the dining room.

If you study the picture closely, you'll see some other effective ways in which we've married the rooms. The dramatic black in the linoleum floor and walls in the dining room is picked up in the living room chair rail and baseboard. The same fabric design is used at the windows in both rooms and repeated on our Thomasville upholstered furniture. Generous use of ferns also relates the two areas and echoes the fresh greens in the carpet and floral fabric. The two rooms are furnished in an eclectic mix from our Thomasville furniture line. The Mediterranean dining room is from a collection called "Portfolio."

More questions and more  
answers on the next page . . .







## More decorating answers — from Interior

My kitchen has handsome dark wood cabinets, which I don't want to paint. What can I do to lighten and brighten my dark kitchen?

First, take full advantage of outdoor light. We've eliminated curtains altogether and dressed the window area with hanging plants, which help to bring the outdoors in.

A fresh, white ceiling can also work wonders. It's surprisingly easy and inexpensive to have one installed. Or, you can do it yourself. The handsome design shown here, called Gourmet, is perfect for a kitchen.

It's a vinyl-coated tile, so it's easy to keep clean. A fresh coat of white paint for the walls, which we've coordinated with the floor, adds a sunny note. The floor is our



Garden Court design in Solar. It's the sunny floor that shines with waxing. It keeps its shine for longer than an ordinary vinyl floor. First, add the gleam of copper pots and pans, and you have what the Armstrong Interior Designers call "Sunshine Kitchen."

Floor designs copyrighted by Armstrong



## Questions — and the Armstrong designers.

front door opens directly into  
living room. How can I create  
entrance area without spend-  
ing a fortune on construction?

out the simplest and most  
effective way we know is to  
create the illusion of a wall. Here  
we've done it with an attractive  
hard-working divider of desk-  
case-storage units from our  
modern furniture line.

floor treatment is important.  
Sunstone design in Solarian  
creates an "entrance," set apart from  
Armstrong Omen carpet in the  
living room. While the object is  
to make an obvious distinction be-  
tween the two areas, it is still  
important to tie them together vis-  
ually. Here, we did it by using  
members of the same color family  
for everything . . . floor, carpet,  
upholstery, rattan furniture, and  
wall covering are all in varying  
neutral shades.

For more ideas? Write to Arm-  
strong, 7405 Pine St., Lancaster,  
PA 17604. We'll send you our  
free World literature package.  
It may help solve some of  
your decorating problems.

# Armstrong

CREATORS OF



THE INDOOR WORLD®







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**AHP**  
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When you walk into most furniture stores to look at a sofa, they usually have one thing in mind. To sell you a sofa. Any sofa.

Unfortunately, they're not too concerned whether that sofa looks as good in your living room as it does in their store. That's your problem.

At our Ethan Allen Galleries we think your problem is our problem too. Because as far as we're concerned, we're not just in the business of selling furniture. We're in the business of decorating homes.

And you'll sense that dedication to decorating the minute you walk through our doors.

First you'll see that every piece of furniture is expertly incorporated into dozens of beautifully decorated rooms. Not only to make the furniture more attractive. But to give you an honest feel of how each piece works within a different home environment.

The next thing you'll discover is that we don't have any furniture salesmen. Instead we have expert home planners. People who are trained to help you solve your decorating needs.

Of course, if you have swatches or pictures or a room plan in mind, that will help them help you. But even if you don't, they know all the right questions to ask you.

And no matter what you need to go with your new sofa—from draperies to end tables to ash trays—you'll find it under the same roof. With the same expert home planner to help you.

So visit your Ethan Allen Gallery soon and see a wide variety of beautiful sofas. We'll make sure the one you fall in love with at the store, looks just as beautiful when you get it home.

**Ethan Allen Galleries.**

We can help you have the home you want.

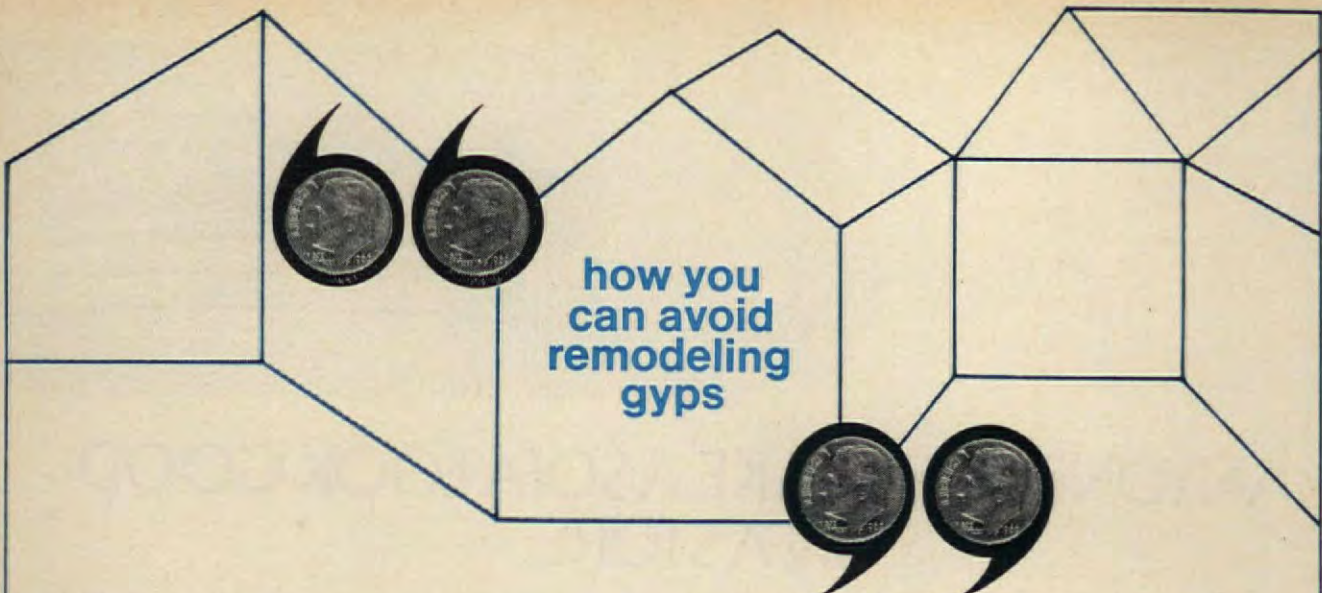
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## how you can avoid remodeling gyps

To keep your next big home repair or remodeling project from becoming a major financial—and emotional—disaster, it is essential to know how to deal with home remodeling and improvement contractors. First, you must learn to recognize, and thus avoid, those glib, unethical fly-by-night operators who prey on so many unsuspecting homeowners. Second, you should know the technique of dealing with apparently reliable and otherwise cooperative contractors—and thus avoid serious misunderstandings that may occur because a firm agreement is not spelled out in writing, before a job begins.

It is often said that the easiest way to avoid pitfalls is to deal only with a reputable, experienced contractor who is well established in your community. But this may be easier said than done, since most homeowners have had little or no previous contacts with people in this field and tend to be hard put to know how to locate top-caliber contractors. All too often they select a name at random from the phone book or succumb to a sales pitch.

### **The contractor is your key to remodeling success—choose him wisely.**

As a rule, the best procedure is to select a contractor on the basis of personal recommendations from people whose opinions and judgments you respect. Your next best bet is to check with local dealers and suppliers—and wherever possible, try to get recommendations from two or three different ones. Or talk to other tradesmen who are well established. For example, if you have an electrician you like and trust, he may be able to recommend a good plumber, plasterer, painter.

In communities that have an active Better Business Bureau, you might also check with them. Specific recommendations may not be issued, but you can learn if complaints have been made against a particular contractor or firm. Always be suspicious of a fast-talker who wants to sign you up immediately so you can take advantage of a “special” price, or because his men just “happen to be working in the neighborhood.” And if you’re planning a sizable remodeling or repair job, never hire a contractor who lacks a permanent address or telephone number. In an emergency, or if something goes wrong, you should be able to locate him easily.

Finally, don’t even consider a man who can’t prove that he carries adequate insurance. This should include Workmen’s Compensation to cover his employees (otherwise you will be liable if someone gets hurt while at

work on your house), as well as property damage and public liability insurance. If he seems hesitant about this, especially if you are signing a contract, you’ll be wise to insist on receiving a Certificate of Insurance.

### **An estimate should be complete and in writing—and always get more than one.**

It is good practice to get more than one estimate. And make sure that all are based on exactly the same quality materials and the same amount of work to be done. If brand names, sizes, colors or grades are important, these, too, should be specified so they can be part of the estimate—which should be submitted in writing to prevent future misunderstandings. If a guarantee is involved, ask to see it in writing and be sure you understand whether it includes labor as well as materials. Be wary of “unconditional” or so-called “lifetime” guarantees that *seem* to promise permanent immunity against future repair bills, but often really don’t.

While it would seem logical to hire the man whose estimate is lowest, be leery of a price that may be considerably lower than the others submitted. It’s possible that the contractor made an honest mistake. It’s also possible that he will try to make up for it on the job—or try to cut corners somewhere without your knowing. The estimate you accept should include the materials as well as the labor that will be supplied. Also, the terms of payment should be understood clearly by both parties. A reputable contractor should have reasonably good credit with his suppliers (if he buys only for cash, watch out). A deposit or advance payment from you is justified only where large material outlays are required, as in custom-built or special-order units.

### **Pay as work on your house progresses—don’t get “ahead” of the contractor.**

No advance should ever be paid for labor, however. On large projects, the contractor is entitled to weekly payments as work progresses, but never get ahead of him. The balance due him at any one time should always be somewhat less than the work completed and the materials supplied to date. That way, the contractor will always have money coming to him—an important incentive for him to complete the work promptly, particularly near the end of the job. It’s easier to get a contractor back when you owe money. —The Editors



# INTRODUCING CREAMY RICE 'N TUNA.

## A TUNA DINNER A MAN CAN ACTUALLY TAKE SERIOUSLY.

If you've got one of those husbands who doesn't think dinner is really dinner unless it's got big chunks in it, just try the following:

One pan, one package of new Creamy Rice'n Tuna Main Dish Mix and one or two cans of tuna.

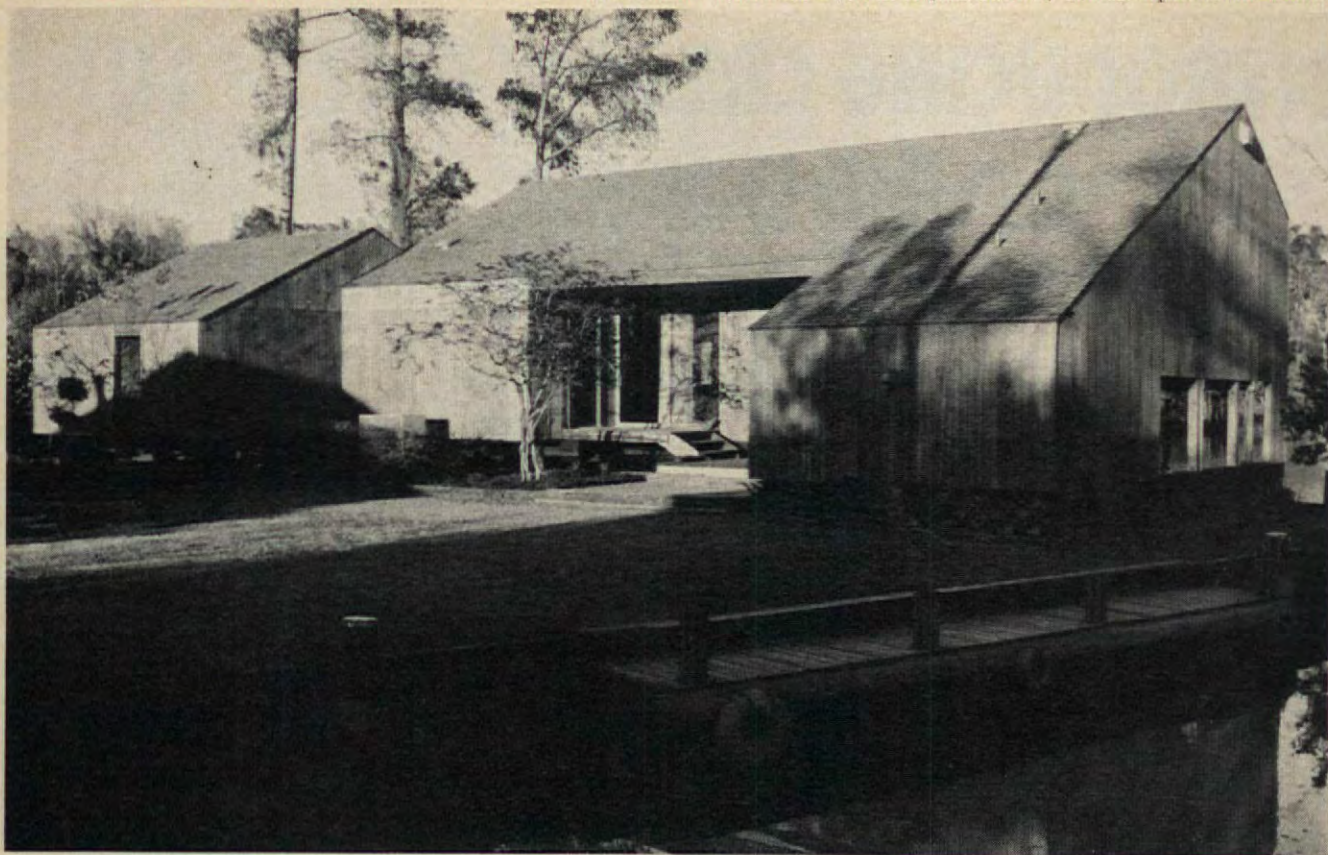
It's delicious. But there's nothing dainty about it.

Just right when you're hungry for something different and your family is just plain hungry.





Louisiana riverside vacation house fronts on a small lane (below), but the back of it (not shown) is wide open to the water.



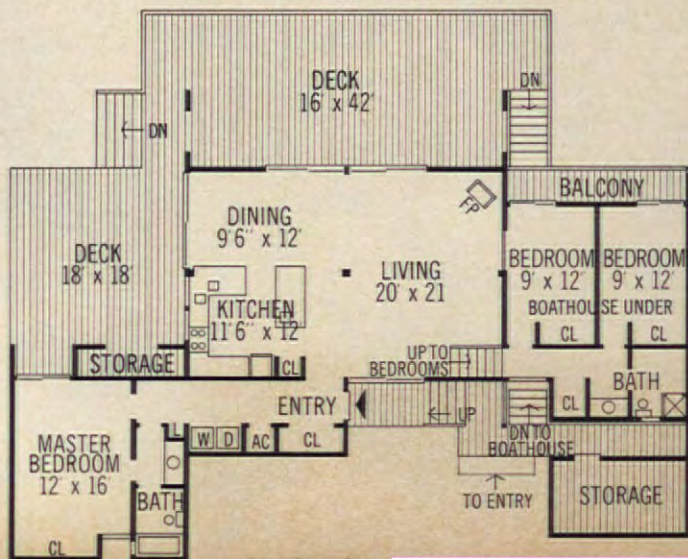
## WEEKEND HOUSE SLEEPS 10 - FOR \$33,500

The water is a way of life for boating enthusiasts Carolyn and Louis Selig, Jr., and their three children. So when they decided to build a weekend retreat at a bend in the peaceful Tickfaw River in Louisiana—just 40 miles from their Baton Rouge home—they asked for a design that, as Louis describes it, would be “part of the river.” New Orleans architect Richard Caldwell gave them just that: a handsome cedar-sided house that extends about six feet over the water. The house and its decking are built on high pilings, and tucked under one side is a spacious boathouse for “*The Maggie*,” the Selig pride and joy. Conveniently and beautifully situated, the house is a magnet for guests, who are always welcome. With bunk beds in one of the bedrooms and living room sofas that open into beds, the house sleeps 10 in maximum comfort. (continued)



High ceiling, open spaces and plenty of glass create an airy living/dining/kitchen area (left).

In floor plan (below), master bedroom suite is a separate wing. Generous decks overlook river.







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WEEKEND HOUSE  
continued

**Spacious retreat  
combines  
simple interiors  
with sweeping  
river view.**



Richard Meek

At fireplace end of living room (above, left), a low window looks into boathouse on lower level. Upstairs bedroom, seen through opening, can be closed off by double doors.

Kitchen (above) has an abundance of counter and storage space, plus a separate bar sink. "It's great for entertaining," says Carolyn, "and I can see the river while I cook."

On the river side of the Selig home are whole walls of sliding glass doors plus generous deck space opening off all the major rooms. This makes for a wonderful blend of lively living indoors with the quiet river outdoors. "Everywhere you look," says Carolyn, "your eyes go beyond the walls to take in the river."

The 1,400 square feet of cedar decking is great for sunning, for the entertaining the Seligs enjoy so much and for just lazily watching the river go by. Tucked under the children's bedroom wing is the boathouse, accessible from both the small entry deck at the front of the house and the large, wide deck at the rear. A low window opens into the boathouse from the living room, adding to the spacious feeling of the home. Throughout the house, old oak flooring and rough-sawn pine barn siding on walls add lived-in warmth.

In all, the Seligs' weekend retreat, with its 1,800 square feet of living space and central heating/air conditioning, cost \$30,000 plus an additional \$3,500 for bulkheading and piling. Louis, the owner of a construction company, was his own contractor. —Jane L. Lawrence



## Furniture for lovers

Lovers of the real thing. In this case beautifully grained wood, hand-rubbed to a clear, warm, vibrant gloss. A natural look no one can paint or rub or beat into the wood substitutes, no matter how hard he may try. And since the substitutes often cost

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The cross-stitch floral alphabet picture (size 14 by 18 inches) is so pretty you can hang it anywhere in the house! And it is so easy to embroider. The blue-and-gold frame is also available. The three little needlepoint pictures are so luscious you won't be able to resist them and they work up very quickly. These come complete with the white plastic frames.

Fruit and vegetable studies in needlepoint; checked background is needlepoint too. The frames come with the kit. Photograph by Ben Swedowsky



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By Eileen Denver Mimoso

The garage sale is one of today's great American pastimes. And with good reason: If you're the seller, you make extra money, get rid of all that stuff you've spring-cleaned out of your house and have fun, to boot! If you're a buyer, you find all sorts of old treasures—books, furniture, paintings, handcrafted items—and *you* are bound to have a good time, too.

Perhaps because many red-blooded Americans are on a nostalgia kick, or because everyone loves a bargain, weekend garage sales seem to dot the landscape, especially now that it's spring. If *you* want to run one, here's how.

First thing, find out if there are any local laws on garage sales. Some communities tax them, or forbid the sale of certain items. If the coast is clear, go ahead.

Think about location. If your house is near a well-traveled road, you've got it made. But if you live out in the backwoods, it might be a good idea to have the sale in town on Aunt Mary's lawn and give her a percentage. Location *on* the property is important, too: If your garage is out back, for instance, have the sale on the front lawn. People going by should see the activity.

Next, enlist some help. There should be at least two of you to answer questions and keep an eye on things in general. Pick on your family, if you can. But make sure the kids are serious about it; helpers who fool around or wander off are no help at all. If friends are going to pitch in, perhaps you could let them put some of their own goodies in the sale—an especially nice idea if you haven't much stuff.

Next comes advertising, and it's all-important. Take out a brief but descriptive ad in your local paper; if your place is hard to find, tell people the way—briefly. Don't list your phone number: That leads to calls from folks who want you to describe your wares, when what *you* want, of course, is for them to come over and have a tempting look-see.

A week or two before the sale, make up some 3-by-5 cards and put them around your own and neighboring towns—in laundermats, in schools and churches, in stores. The day before the sale, have your kids distribute flyers around the neighborhood. On *the* day, put up signs on your property and, if necessary, at the nearest big intersection. All these signs, cards and flyers, by the



## RUN A GARAGE SALE FOR FUN AND PROFIT

way, should be nice to look at, with clear printing and perhaps a decorative flower or two.

A few days beforehand, assemble all your salables and check them over: clean, polish, repair or iron whatever needs it. Don't be shy about putting out whatever you have; it's just human nature to be fascinated with other people's cast-offs. And the most unlikely things are in demand today: anything that smacks of Americana, like old signs, toys, games; anything handmade, like quilts, toys, models.

Next, put prices on everything. If you don't, your customers might just be too timid to ask, and will never know that what they're looking at is an irresistible bargain. But pricing is not easy. Do some back-grounding beforehand, and if still in doubt, go to flea markets, auctions and other garage sales to see what similar items are fetching. *Provide as many bargains as you can, because people can't resist them, and sales generate more sales.* Don't sell stamp or coin collections or anything you think might be really valuable, without getting estimates from a reputable dealer first. You wouldn't want to sell that dusty old glass lampshade for \$10 when it's an authentic Tiffany

and could easily bring you \$500.

Now tag each article. The best method is to use those peel-off, stick-on labels.

Two other things you should do before the day of the sale: Go to the bank and get plenty of change; collect lots of newspapers and paper bags for wrapping and bagging.

It's best to begin your sale early in the morning. If you start at 9:00, though, have everything ready by at least 7:30 because, believe it, there will be early birds. Your biggest rush will be early on the first day, when there are plenty of bargains; after that, things quiet down.

When you set up your show, put as many things as you can on tables, so they're visible and touchable. If the sale is in the garage, make sure the lighting is adequate; and if you're selling appliances or lamps, a testing outlet should be handy. Size and hang up old clothes if you can. Hang or prop up all paintings and prints so they're ready to catch those impulse buyers. If your sale is entirely indoors, put some come-ons outside to attract passersby. All valuable small items should go inside a glass case, if possible. Remember that no matter how honest the world is, you'll have to keep an eye on things.

It's a good idea to have one central table where you can keep tags, account books, and newspapers and bags for wrapping. Another helpful idea: Hang signs categorizing things ("Books and Magazines," "Jewelry") and to guide people around ("More furniture in garage," "Watch your step"). And stake out your sales area clearly; otherwise, you'll have people bidding for your lawn mower.

Make up your mind in advance that some people love to haggle. If *you* don't, fine: Set a firm price and say it's firm, *firmly*. As for checks, sometimes they do bounce, so it's best to take a cash deposit and hold the item. To avoid bitterness, hang up a "Cash Only" sign.

A few last words: Do approach the whole enterprise with a sense of humor. Many customers will come, wander about and go away empty-handed. That's the nature of the beast. If *no* one is buying, zip around with your tags and lower the prices.

Most of all, relax and enjoy being a merchant for a day or so. If the weather, your things, your advertising and your prices are all good, the sale will be a success, and you can start planning for next spring.





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

18 mg. "tar," 1.3 mg. nicotine,  
per cigarette. FTC Report, Sept. '72



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# American Home

## Home Improvement Guide: Spring, 1974 7 Most Popular Remodeling Projects

If there was ever an ideal time to remodel, this is it. Due to the gas shortage, you and your family will be rediscovering the pleasures of home and finding ways to make that home and grounds even more attractive and usable. The guide that follows focuses on seven improvements which over the years have proved of outstanding value to homeowners in terms of

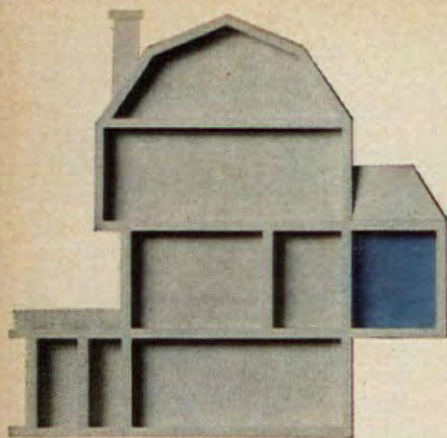
better living and more profitable resale. Some are easy enough to do yourself; others may require the more experienced hand of a professional. But unless you are already the rare owner of the "perfect" house, chances are that at least one of our seven projects — from adding a room to increasing storage — will be of special value to you.

— The Editors.



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## ADD A ROOM

### It could solve your space problems.

When you love your home but are short of space and don't have an attic, sunporch or garage that can be converted into a room, your thoughts turn naturally to adding on. It's always been the best solution to the space problem. Chances are, your community abounds in houses that have sprung wings at the sides or top. But don't take this to mean you can make an addition with a snap of the fingers. Actual construction may not take long, but there's a lot of initial planning to do.

The first question you should ask is in some ways the hardest to answer: Will the addition price the house right out of the market? Overpricing can result either from increasing house size out of proportion to that of neighboring homes or from simply putting more money into an addition than it's worth.

#### "Will the addition price the house right out of the market?"

In either case, would-be buyers will be frightened off. To avoid this, talk to the real estate agent who sold you the house; his judgment is not infallible, but no one else can offer a more reliable opinion.

The second question: Are there any zoning, health or deed restrictions or easements to stop you? Deed restrictions and easements are rare. Many a homeowner doesn't know they exist because they are so well buried in fine print. So check carefully. Your deed may contain a covenant that prohibits any remodeling without the approval of other owners in your development, or it may grant an easement permit-

ting a neighbor the use of a strip of your property for his driveway, in which case you can't build an addition across the strip.

Municipal ordinances that restrict or even prevent plans for an addition are more common. Most apply to ground-floor additions only. Health department regulations stipulate that you must not build within a certain distance of wells, septic tanks and septic fields, for example. Zoning codes place similar restrictions on construction close to the boundary lines of lots. The area within which building is prohibited is called the *setback*, or minimum yard requirement. Setbacks assure that a house is surrounded by a certain amount of open space; if you want to add a wing that extends—even by as little as an inch—into a setback, you must secure a variance from the local zoning board.

Your next problem in making an addition: You have got to come up with a design that is an asset to your home. It's not as easy as it sounds. True, some additions are so simple and logical that a good carpenter or contractor can draw them up. It doesn't take much imagination to figure out how to make a

#### "You have got to come up with a design that is an asset to your home."

one-room addition to the gable end of a colonial house, for instance, or to expand a story-and-a-half house by building a shed dormer across the back roof slope. But if you encounter any problems at all, hire an architect with extensive remodeling experience. He's your best guarantee that the addition will truly blend with the original structure.

Any successful addition should always meet these requirements:

- It must be in scale with the house—neither so small that it looks like an afterthought, nor so big that it is overpowering.

- The design must be compatible with that of the house. You don't want to add, say, an English Tudor wing to a Southern Colonial house. On the other hand, there's nothing wrong with using a somewhat modernized version of an old architectural style—but it must be skillfully done.

- Materials should be compatible, too. This is not to say that your clapboard house can't have a well-designed wing of stone. But when you start mixing materials indiscriminately, disturbing things happen, particularly if your house was built originally of two different mate-

rials. Adding a third can only create a hodgepodge.

- The addition should be conveniently located. If it's a bedroom, for example, it should be close to the other bedrooms. Ideally, access to the addition should be through a hall so that other rooms are not disrupted. A prime example of bad planning is a children's bathroom that opens off the dining room. Equally bad is a bedroom that can be reached only through the living room.

- The addition shouldn't block off light to other rooms. If necessary, set it out from the house and build a connecting gallery. This permits natural light to reach both house and addition; it also increases the privacy of the addition.

#### "What about the all-important mechanical services?"

- On a sloping lot, the addition should not be situated where it impedes drainage and may direct water into the basement.

The final question: What about the all-important mechanical services?

- What about heat? Here you need the help of a heating contractor to determine whether your present system has enough extra capacity. If so, it's simple to extend the ducts or pipes and install new outlets. But if the furnace is too small, you must replace it with a larger unit or install auxiliary heaters. Today, the second alternative is usually easier and cheaper, because there are so many types of heaters to choose from.

- Can you use your present water heater to serve a new bathroom? Don't worry about the size of the heater. Even if it's small, it will probably do, unless you're adding to your family as well as to your house. But if the new bathroom is a considerable distance from the heater, a long time will be needed for hot water to reach it in the morning, and a lot of fuel will be wasted as a result of heat loss in the long pipe run. The most practical way to avoid this problem is to put a separate 30-gallon water heater in the addition.

- Must you install larger electrical service? Maybe yes; maybe no. Ask an electrical contractor.

- Will you have to increase the size of your septic tank and septic field? These are very real possibilities if the addition is to be used as a bedroom, because the law bases the size of both tank and field on the number of bedrooms in the house—and few houses are built with bigger septic systems than they need.

—Stanley Schuler



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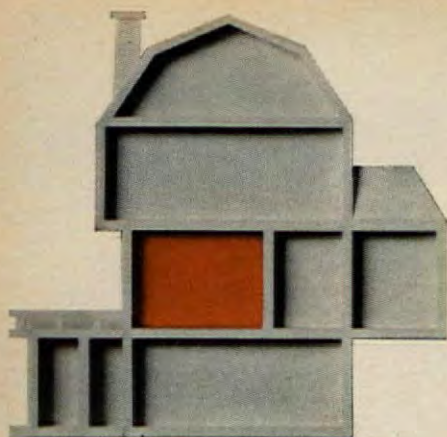


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# REMODEL A KITCHEN

## Map out your own plan to get the best results.

Because a really functional, comfortable kitchen is a necessity to good living, this has always been the most popular room in the house for remodeling. If you're about to remodel *yours*, there's one basic rule to remember: To make sure your new kitchen is all your daydreams suggest it can be, you must really take an active part in redesigning it.

Many homeowners think that kitchen planning is so complicated that it must be left to professionals. What they wind up with is a kitchen that's mechanically adequate, but not particularly suited to their own special habits, needs and desires. The proper role of professional planners—architects, decorators, appliance and cabinet dealers—is to perfect the plan that *you* initiate. So start mapping out your own beautiful kitchen; it's easier than you may think.

### "What do you want out of your new kitchen?"

First, have answers to some basic questions that will affect your planning. How much are you willing to spend, for instance? The bare minimum for modernization is about \$2,200, but this figure applies better to families simply replacing kitchen equipment than to those putting in kitchens like those shown on pages 54-59.

What do you want out of your new kitchen? How do you plan to use it? Will it be just for preparing meals, or for eating, laundering, preserving and storing frozen foods, too? Will it also be the hub for family gathering, for entertaining

friends and for television viewing?

Do you have any preferences or physical characteristics that might affect kitchen design? Will more than one person be using the kitchen at one time? What will you be storing there? (Don't just guess; make up a list.)

Which appliance models do you want? Figure this out before you start planning, because the size and design of the new appliances you're having installed will influence your planning.

You must also understand the fundamentals of good kitchen planning. The "perfect" kitchen does not result from a slavish adherence to rules. In fact, one weakness of too many cabinet and appliance dealers is that they stick closely to outdated planning rules, which produce only stereotypes. Today, it seems clear that a kitchen may be better suited to its owners if it flaunts some of the accepted practices. Nevertheless, it's important for you to know and understand the fundamentals of good planning.

• The core of every kitchen is the cooking area, and nothing should interfere with it. Its furnishings are limited to the range, refrigerator,

### "The 'perfect' kitchen does not result from a slavish adherence to rules."

sink, dishwasher, disposer or compactor and the cabinets and counters essential to using these appliances.

• In small kitchens the work area takes up the entire room, in large kitchens, only a part of it. But in either case the area must be arranged so that no one gets in the way of work and nothing extraneous to the area adds to its size or complicates its layout. For example, heavy traffic through the area—from the back door, say—should be barred. If you can't change the traffic route by relocating doors, arrange the work area so traffic doesn't cut across it. Similarly, the area should not incorporate a freezer, laundry, breakfast bar or barbecue; such things impede normal kitchen work.

The work area should be small enough for efficiency but large enough to allow ease of movement plus ample storage and counter space. If appliances and cabinets are placed against facing walls, the floor space between them should equal the width of the doors when open plus about 2 feet of walking space. (So if a 30-inch-wide refrigerator is opposite a 24-inch-wide base cabinet, the floor space between them should be about 78 inches.)

• Ideally, the range, sink and refrigerator should be arranged in a triangular plan connected around two sides by counters. This gives a continuous surface and makes for a smooth flow of work.

• Regardless of the arrangement of fixtures and appliances, minimum counter space should be provided: *next to sink*—30 inches on both sides; *next to range*—24 inches on the side adjacent to burners, 12 inches on the other side (if burners are centered or you have a built-in cooktop, 18 inches on both sides); *next to built-in oven*—18 inches on both sides; *next to refrigerator*—24 inches on the latch side. If two appliances share a counter, it is necessary for you to add the requirements of each and subtract no more than 12 inches.

• To save steps, the range should be close to the dining room or wherever you eat; the refrigerator should be close to the door through which groceries are brought.

• The range should be put where it doesn't create a hazard and where ventilation can be provided readily. Avoid placing it with a wall on one side, since this will limit work space and create the hazard of scorching the wall. And don't put it under a low window with curtains that might catch fire, or at the open end of a counter or peninsula where people passing might brush hot pots to the floor. To assure the most efficient removal of smoke and odors in cooking, the best position for a range is against an outside wall with a ventilating fan above the back-splash. The only alternative is to

### "The core of every kitchen is the cooking area, and nothing should interfere with it."

locate it within 10 feet of an outside wall. Then you can install a vent fan in the ceiling or in a hood overhead and duct the fan to the outdoors.

• The refrigerator should not be placed between the range and sink, because it will block the flow of space between them. Put it at the end of the counter in the work area. And make sure the refrigerator door opens *away* from the counter, so you don't have to walk around the door when you want to get at things inside.

• Place the dishwasher on the left side of the sink if you normally scrape dishes by holding them in your left hand while scraping with the right. Reverse the arrangement if you usually hold the dishes in your right hand.

• If a counter forms an L, try not to install an appliance less than 1 foot from the corner; (continued)



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## Careful planning plus a grasp of a few fundamentals will net you a remodeled kitchen that is beautiful, comfortable, efficient—and uniquely yours.

the appliance will be hard to use, may strike the cabinets on the other side of the corner when opened and will obstruct use of the counter deep in the corner. The only appliance suitable for installation right in the corner of a counter is a special two-bowl sink that in effect wraps around the corner.

- Storage space in the work area should be large enough to hold all the food, utensils and tableware you regularly use there. Items used only occasionally are best stored elsewhere.

- Choose base cabinets with drawers rather than doors; they are much easier to see into and reach into. To improve the accessibility of wall cabinets and also gain storage space, install 36-inch-high cabinets 15 inches above the counters. (Normal practice is to hang 30-inch cabinets 18 inches above the counters.)

### **"Once you understand the fundamentals, you're ready to plan your new kitchen."**

- The total square footage of the work area should equal the width of the appliances plus their adjacent counter space, multiplied by the depth of the appliances and base cabinets plus the space required to walk in front of them when the doors are open. When the most popular sizes of appliances are installed, the minimum space needed for a work area is as follows: If all appliances and cabinets are on one wall—6 by 15 feet; if they are arranged on two parallel walls—9 by 10 feet; if the work area is L-shaped—8½ by 9½ feet; if it is U-shaped—7 by 10½ feet.

Once you understand the fundamentals, you're ready to plan your new kitchen. Begin by measuring the existing space, noting the length of each wall, then the lengths of the various segments of each wall (from a corner to a window, a window to a door). Draw a basic plan of the room on graph paper according to the measurements you have taken.

Now check walls, floors and ceilings to establish the locations of all radiators, registers, thermostats, pipes, drains, lights, switches, outlets and so on. Mark these on your plan. Finally, if you want to keep any existing counters or cabinets, draw them in, too, and your basic

plan is complete. Place tracing paper over it so you can sketch in tentative plans for the new kitchen. Before you do, consider these dos and don'ts:

- Don't hesitate to make structural changes if they will yield a more efficient kitchen. Moving doors and windows is not difficult or expensive. It's even easy to move walls, provided they are not load-bearing.

- Don't let the existing wiring and heating stymie your plans. The wiring will probably need redoing anyway to accommodate new equipment. And while heating alterations are sometimes difficult, there are other ways to heat the kitchen if radiators or registers can't be moved. (You can install built-in electric, for example, or heat-pump room conditioners, gas- or oil-fired space heaters or gas-fired wall furnaces.)

- Be sure to consult a plumber if you want to make a radical shift in the position of the sink. The supply lines and drain are movable, but the vent line could be a problem.

Now draw your new kitchen on the tracing paper placed over the old plan. Locate main appliances first, then sketch in counters, wall cabinets and items that stand outside the work area (freezer, breakfast table, storage, etc.). Study your new plan and imagine yourself working in the kitchen. Draw another plan—and another and another until you've hit one that seems completely right. Then put it aside for a few days. After that, if it still looks good to you, it's time to talk to kitchen dealers. They will

### **"Study your plan and imagine yourself working in the kitchen."**

want to see and measure the kitchen for themselves, which is fine. But you should insist that they try to perfect your plan rather than come up with an original one of their own design.

Your next step is choosing the equipment and materials. The materials for counters, cabinets, walls, ceilings and floors must meet one test: practicality. (We've noted a growing tendency to ignore this, and it's too bad, because practicality doesn't cancel out attractiveness. With the wonderful new materials available today, there's no reason why your kitchen can't be

made both pretty and practical.)

Everything should be durable, water- and grease-resistant, easy to clean. In addition, since plenty of light is essential to cooking and cleaning-up duties, colors with high reflectance values should predominate; otherwise you will have to increase the wattage of the lighting, thus boosting power consumption.

Because so many different jobs are involved, installation of a new kitchen is, on a small scale, much like the construction of a house. You can do some of the work yourself—principally the demolition of the old kitchen, laying the new floor, painting and wallpapering. But the rest of the work is best left in the hands of a general contractor or an assortment of subcontractors you hire.

A complete overhaul of the kitchen takes four or five days at least. During that time the mess will gradually spread to all corners of the house—or at least of the floor your kitchen is in. But there are several things you can do to make life easier:

- Don't change your plans once you've told the contractor to get to work.

- Hang on to your old refrigerator and keep it connected until the

### **"There's no reason why your kitchen can't be made both pretty and practical."**

new one is in. It's a good idea to do the same with the range, if you possibly can.

- Try to persuade the workmen to enter and leave the kitchen by the back door only.

- Roll up the rugs between kitchen and basement or utility room, and cover the floor with brown building paper.

- Roll up the rugs and cover all furniture in rooms next to the kitchen.

- Sweep up the kitchen when the men leave at night. It may be their job, but you can't count on them to do it.

- Stay out of the kitchen and leave the workmen alone. If there are questions, answer them, of course. But save your complaints for the boss.

Bear in mind that it will all be over soon—and what a wonderful place the new kitchen will be for you and your family! —Stanley Schuler





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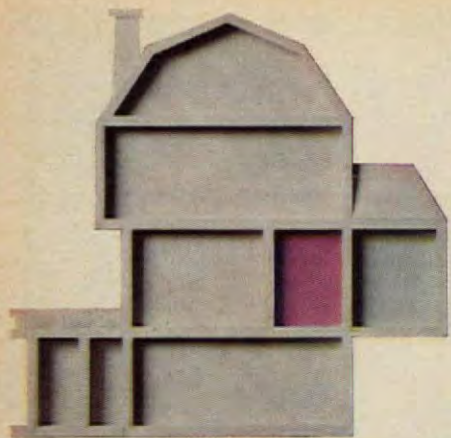


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## ADD OR REDO A BATH

**It's one improvement most homes need.**

There's many a home that cries out for a complete bathroom makeover or for the addition of a small second bath. If your home is one of them and the time is ripe, here are some thoughts to consider:

First, don't be hidebound by convention; be open-minded and flexible in planning a bathroom that's new or just like new. Where, for example, can you put a second bath? You don't need much space: Minimum size for a half-bath is about 2 by 4 feet and for a full bath with standard tub, about 5 by 7 feet. Why not convert a downstairs closet into a handy mini bath?

Most people instinctively feel that a bathroom must be on an outside wall so it can be lighted and ventilated through a window. But when exterior wall space is at a premium, it's a shame to waste it on an extra bathroom. So don't

### **"Why not convert a downstairs closet into a handy mini bath?"**

hesitate to consider an interior location—under a stairway, at the inner end of a long room or in the corner of an entrance hall. Most building codes now permit an interior bathroom, provided there's an exhaust fan for ventilation. And even more efficient ventilation is possible if a self-ventilating toilet is installed.

Other locations for a small extra bathroom are in a corner of an attached garage, in a breezeway or in a small addition, perhaps in the basement. You can even tuck a bath into another bathroom that is larger than you really need. This is called compartmenting; it allows

two people to use the same bathroom at the same time with more or less complete privacy. Many arrangements are possible: toilet or lavatory in one compartment, other fixtures in the second; toilet and lavatory in one, lavatory and tub in the other; toilet and lavatory in both with a tub in one or the other. What you do depends on the space you have and the fixtures you need most. One section should open into the other; both can open on the hall.

To keep down installation costs for a new bathroom, strive for a location near existing plumbing pipes. Keeping the pipe connections short is about the best possible way to save money.

Be open-minded, too, when you redo a bathroom. Don't be locked in to new fixtures that resemble the old ones or to the same fixture locations, for example. Try different combinations; take advantage of new ideas, if you can, like one of the new, compact one-piece shower stalls. And consider twin lavatory bowls built into one wide counter; these can be a boon for handling morning traffic. Even with just one lavatory bowl per bathroom, building it into a storage cabinet and surrounding it with a wide expanse of counter top should be a top-priority consideration. Try for a width of at least 3 to 4 feet. Remember that the piping below takes

### **"Keeping the pipe connections short is about the best possible way to save money."**

up some of the storage space, so if you need maximum storage, install the lavatory at one end of the counter, rather than in the middle.

Another basic bathroom hint: Don't buy cheap fixtures. You'll regret it if you do: They're hard to keep clean and attractive, and they don't work efficiently. Specify good-quality (but not the most expensive) fixtures and fittings; their small extra cost will be repaid many times over in easy upkeep and in virtually total satisfaction. Most bathroom products are made in three price ranges—low, medium and high. It's almost always best to avoid the cheapest models, because they're usually deficient in quality. By and large, the middle price range will give you excellent quality; stepping up to the highest-priced models gives fancier styling, not necessarily extra quality.

Faucets, especially, should be of sturdy design and quality, because they are usually subject to harder use than anything else. The cheapest ones are generally made of questionable zinc or aluminum alloys and have a finish that quickly shows

wear. For relatively little extra money, you can step up to the middle-range faucets and get high-quality solid brass plus an excellent chrome finish and superior valves for controlling water flow.

Here are some tips for getting other good-quality fixtures:

- A lavatory with a vitreous-china bowl is best because of its gleaming, easy-to-clean, virtually unscratchable surface. Next come the

### **"Don't buy cheap fixtures. You'll regret it if you do."**

bowls of enameled cast iron or steel. There are also new fiber-glass and other rigid plastic bowls that are serviceable if purchased from a reputable maker. Incidentally, don't get a mini lavatory to save a few dollars; buy at least a 20-by-24-inch size—the minimum needed to wash one's hair or bathe a baby.

- By all means, avoid the cheapest-model toilets. A few dollars more will give you a good "reverse-trap" or "siphon-jet" design: specify an elongated model rather than the smallish, round type. Spending considerably more for a high-priced model will yield luxury in the form of next-to-noiseless operation and guaranteed no-overflow. The premium price you pay for a wall-hung toilet permits easy floor cleaning.

- A cast-iron tub with porcelain-enamel surface costs more than a steel tub with the same finish, but is usually better because it's more rigid and durable and doesn't make as much noise when water pours into it. If the members of your family are big or take frequent baths, buy one at least 16 inches deep and 32 inches wide rather than the usual 12-or 14-by-30-inch model. If you're not confirmed tub bathers and especially if you're squeezed for space, look into a square or almost-square tub; some measure as little as 32 by 38 inches.

- Fiber-glass bathtubs and shower stalls are also worth looking into. Many of the former are surrounded on three sides by fiber-glass walls molded right into the tub, so you don't have to worry about cracks around the tub rim. Joints are also eliminated in the shower stalls. But stick with a brand name, because some new, little-known companies are turning out fiber-glass units of questionable quality.

- Good old ceramic tile, now available in an infinite variety of colors and patterns, is generally unbeatable for protecting the walls around the bathtub and shower. It's also recommended for use—up to about 4 feet above the floor—behind the lavatory and toilet. If your water contains



## Tuck in a mini bath or make an old bathroom look new.

iron, however, staining of the grouted joints is often troublesome. In this situation, consider tub and shower walls that are made of unbroken sheets of tough, laminated plastic.

- For the floor, use either ceramic or vinyl tile or vinyl sheets. Ceramic will never wear out, but vinyls cost less and are warmer underfoot. Some people also consider it a trifle less slippery when wet.

- Good lighting is essential—particularly over the lavatory. In the best installation, lights are placed on either side of the bathroom mirror and on the ceiling 12 to 18 inches out from the wall. Even better is a luminous ceiling with a wall-to-wall bank of fluorescent tubes mounted above a translucent glass or plastic diffusing panel. You can save money, however, and get lighting that's almost as good by installing a surface-mounted ceiling fixture over the lavatory.

- For safety's sake, install new electric outlets and switches. Make sure they are out of arm's reach of the tub, shower stall and lavatory.

- Heating for a new bathroom can usually be provided by running a duct or pipe from the existing system. If this isn't feasible, install an electric heater in a wall or ceiling.

- Consider putting in a small ventilating fan to clear the air and carry off moisture. This will help prevent the problem of mildewing and fogging in any bath.

What about the cost? A new half-bath can be installed in an existing closed-in space for about \$1,250 to \$1,750. A new bathroom can be installed for about \$2,500 to \$4,000; remodeling an existing one costs somewhat less. The exact price depends on the new piping required and on such variables as the fixtures, fittings and trim. The cost of structural changes is additional.

To save money on bathroom projects, get at least two bids from reputable contractors. Discuss with them how they can save you money. Will a change of fixture location save time and material, for instance. What if you strip the room in advance, or put in the flooring and do the painting yourself?

Experienced workmen are generally required to do the essential plumbing and install the fixtures. Occasionally, a really good do-it-yourself family can do the work on its own. If yours decides to tackle it, be sure to conform to the local building code. (You must, of course, secure a permit before

**"Occasionally, a really good do-it-yourself family can do the work on its own."**

you start work and have the installation inspected before you close in the walls.) And be certain you're physically up to the job; tubs—especially those made of cast iron—are heavy and awkward to handle.

Almost any homeowner, however, can paint a bathroom, put down floor tiles, cover walls and install a medicine cabinet. And it's even a relatively easy matter to put ceramic tile on walls. How much you can save by such work will vary, but it will be enough to cover the extra cost of colored fixtures, luminous ceiling or other niceties that spell the difference between a "working" bathroom and a showplace.

—A. M. Watkins



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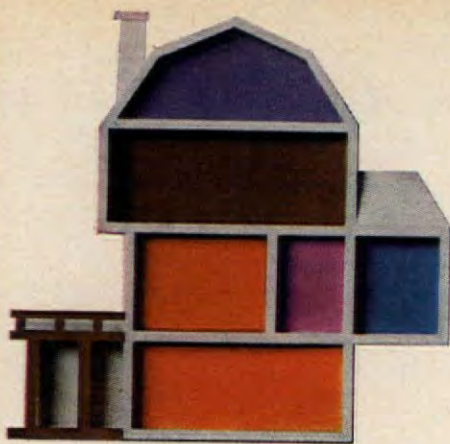
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## PUT UP SIDING

**Treat your home to a beautiful new face.**

If you'd like a change in the exterior look of your house that color alone can't make, there's one sure cure—prefinished siding. It's available in an incredible range of styles, colors and materials, so you're sure to find a combination that's perfect for your needs.

Most sidings today have coatings that last anywhere from 15 to 20 years, and many will *never* need repainting or refinishing. Although some forms of prefinished siding are designed primarily for new construction, most can go directly over your old siding, even if it's in disrepair. This reduces installation costs considerably.

The factory-finished sidings most widely sold for houses fall into five categories: aluminum, vinyl, mineral fiber, hardboard and plywood. The two most popular—aluminum and vinyl—are usually sold only through dealer-installers. You can obtain the others through your local lumberyard and at many building-supply stores. Consult your Yellow Pages.

**"It's available in an incredible range of styles, colors and materials."**

When you're out shopping for siding, remember that individual contractors or dealers tend to specialize in one or two brands. So check with several places to get the complete picture and compare prices. Many lumberyards also stock only one or two brands, but they'll usually have brochures and descriptive material on the others available and

can order whatever you want.

Aluminum is the most widely available re-siding material. It has a tough, semipermanent acrylic or baked-enamel finish and comes in either horizontal clapboards or vertical boards. The clapboards, which are especially popular, come either in narrow widths or in double widths molded to look like two or more narrow boards. All the boards are designed so they interlock to form watertight joints, and most brands are available with mineral-fiber backer boards that help to insulate a house against cold and noise. Unless there are peculiar construction problems, it is usually best to use backer boards with aluminum siding.

As a rule, the finish on aluminum siding carries a factory guarantee of from 10 to 25 years, depending on the brand and quality. However, to avoid disappointment and possible aggravation later on, you should demand a copy of the guarantee, read it carefully and make sure you understand exactly what it covers. For example, the finish is usually guaranteed against blistering, cracking or chipping for the life of the contract. But if a color is involved, it probably is *not* guaranteed against fading—which may occur to some degree after a period of years.

Siding made of solid vinyl—in the form of clapboards, vertical boards and strips that look almost exactly like cedar shingles or shakes—is one of the newest additions to the market and is gaining in popularity. Because its color is an integral part of the material and goes all the way through, there is no coating or finish that can blister, peel or chip; consequently, painting is never required. In addition, because of its resilience, vinyl is more resistant to damage from impact than aluminum. It is generally less noisy when hail or rain pounds against the house, and there is no danger of electrical shock as there sometimes is when you use aluminum siding. (For this reason, aluminum siding must be grounded.)

On the other hand, the cost of vinyl in most parts of the country is 10 to 15 percent higher than top-quality aluminum. Like aluminum siding, it should be installed with backer board if you want to improve the comfort conditions in your house.

Mineral-fiber siding is a modernized version of one of the oldest types of prefinished siding—what was once called the asbestos-cement shingle. Always a durable material, it has been greatly improved with special additives and binders to pre-

vent powdering, shrinking or cracking. It now comes with a tough acrylic coating in a wide selection of colors, textures and patterns—most of which simulate wood shingles, although clapboards are available, too. These generally will cost you less than either vinyl or aluminum.

Exterior hardboard and plywood sidings, both finished and unfinished, have been around for some time. But it is only in recent years that they have been produced with durable acrylic or plastic finishes that are covered by long-term guarantees comparable to the guarantees that are found on prefinished aluminum.

Hardboard siding is available in beveled horizontal strips to be overlapped like clapboards, and in large panels with vertical grooves that make it look like board construction. It is available in assorted colors, as well as in popular white, and can be installed easily by any carpenter or competent do-it-yourselfer.

**"Most sidings today have coatings that last anywhere from 15 to 20 years."**

Prefinished plywood siding usually costs more than hardboard but less than aluminum or vinyl. Like hardboard, it's available either in individual beveled strips or in big panels. There are also textured horizontal sidings with a factory-applied stain, and 4-by-8-foot panels surfaced with a stone aggregate that doesn't require refinishing.

When getting estimates from contractors or dealers for putting up prefinished siding, make certain the prices quoted include the cost of the total job and not just of the siding alone. Bear in mind, too, that most re-siding jobs also call for new trim pieces, corner pieces and other accessories to give a really finished look to a house. If these elements are not part of the estimates you receive, you may be in for a rude shock when a bill for all the extras is presented upon completion of the project.

You may or may not want existing soffits, overhangs or window trim covered, but if you do, make sure that this work is specified—in writing—in the estimates. Merely getting a per-square-foot price when comparing materials or contractors is not of much use; the amount of labor required to cut and fit the material can vary a great deal from one house to another and can often account for more than half the total cost of the job. —Bernard Gladstone



## Dress up your home with this COLONIAL INN SIGN you assemble and personalize

Early American inn signs, like the Eagle and White Horse pictured, told weary travelers in colonial times that good food and lodging were at hand. You can personalize your home in the same hospitable spirit with an easy-to-assemble kit. Wall-mount your sign outside or in your den or family room.

Or use the separate black aluminum scroll bracket to hang the sign on a tree or post. Finished size: 16 by 21 inches.

The kit includes precut solid wood parts, paint, lettering guide, everything needed to assemble and stain, plus instructions. Use the supplied eagle decals, or paint the horse pattern, if you wish.—Ann B. Bradley



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Quality craftsmanship—the key to monogrammed crystal. The old method of engraving Old World craftsmanship today's modern technology for a delicate look of fine quality, permanently etched into the crystal, completely dishwasher safe. Both "fire-polished" edges on each piece ... a feature of the expensive handmade glass. The right glass for every occasion. A gracious combination of stems

blends beautifully with contemporary or traditional table settings—provides the right glass for every occasion. And the charm of your initial on each stemmed glass adds a personal touch as it "brings things together."

## And that's just the beginning!

When your introductory crystal setting arrives, note the exquisite quality and richness. You'll receive another identical setting automatically, about once a month—always on approval. Pay only after you decide to keep each shipment. And here's the best part. Each additional 4-piece personalized setting is yours for only \$5.98 plus shipping and handling. Cancel any time after examining your introductory setting. Complete open stock available as with all fine crystal, including other shapes and sizes. Elegant matching accessory pieces, too.

## Buy as many as you want—as fast as you want, and save money too!

No fixed number of settings to buy—you alone decide how many you want and how fast you want them. Four settings—six—eight or more—it's all up to you. What's more, with your introductory setting you'll even see how you may complete your set sooner—at important savings.

Start your personalized crystal set now—for just \$1. Remember—no matter where you shop for crystal, we believe you'll never find the unique combination of quality, convenience and value that is available to you now through the exclusive Homeward House Crystal Shop Plan. Don't wait. Mail coupon today with just \$1 to start your set of elegant Litchford Crystal stemware.

## How to Select Truly Elegant Monogrammed Crystal

1. Check the engraving. Is it permanently engraved and dishwasher safe?
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Each piece of your crystal glassware is packed with utmost care to arrive in perfect condition. Each shipment will contain complete instructions on how to replace, at no charge, any crystal received broken.

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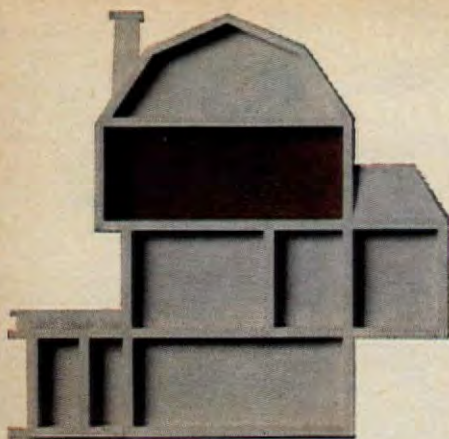
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## PANEL A ROOM

**The cost is amazingly low, the job is easy.**

The American homeowner has discovered paneled walls, and the rush is on. Take a trip through one of the paneling "centers" that are springing up in shopping areas all over the country and you'll quickly discover three reasons why the popularity of this remodeling grows and grows.

First, today's paneling doesn't cost much. You still have to pay extremely high prices for scarcer and scarcer solid wood paneling, but plywood and hardboard materials are surprisingly cheap. One reason for this is that some of the

**"Any effect you can dream up for your walls is there in sheet form, ready to be installed."**

most popular paneling sheets can be made from wood that would otherwise be pure scrap.

Second, the variety and selection are tremendous. Every kind of wood is available either in actual wood form or as a reproduction. Bricks, stone, tile, terrazzo, stucco, murals, you name it—just about any effect you can dream up for your walls is there in sheet form, ready to be installed.

Third, application is easier than ever. Many full-sheet (4-by-8-foot) paneling materials today are relatively thin and therefore lightweight and easy to handle. The recent introduction of mastic adhesives has made putting up paneling as simple as wallpapering—maybe simpler. A typical family can panel a wall—or an entire room—without any professional help other than advice from a paneling dealer plus in-

structions found in leaflets or on accompanying labels.

Actually, you could be only about a weekend away from new paneling, whether your need is for an upstairs study, a basement playroom or an accent wall in the living or dining area.

It's difficult to estimate exact costs of paneling, but a good middle-of-the-road figure is 30 cents a square foot. Some materials are more expensive: You might spend \$70 or \$80 for a sheet faced with genuine teak, even more for rosewood. However, you can buy some excellent imitations of these high-priced woods, and the cost to you will run close to that 30-cent figure.

The least expensive paneling materials, by and large, are those using lauan, a tropical wood sometimes called Philippine mahogany or tropical hardwood. This wood, with color and grain similar to genuine mahogany, grows by the jungleful, and though huge, it's easy to handle in plywood mills. It tends to run clear—that is, free of knots or blemishes—and can be sliced thinner than many woods. The result is an entirely effective sheet that may be half as thick as other paneling materials. In one finish or another, it's as little as \$7 or \$8 a sheet.

Both final cost and ease of installation are influenced by the fact that most paneling today comes prefinished. It has been stained by mass-production factory methods far more efficient than are available to the homeowner. Over the stain the factory sprays a protective transparent coating (usually a quick-dry lacquer). As a result, you never have to touch the paneling, once on the wall, unless it's had some rough treatment.

You'll appreciate prefinishing most of all in one of the textured paneling varieties. Both plywood and hardboard manufacturers have now learned how to duplicate with extreme accuracy the roughness of rough-sawn woods, the charmingly beat-up look of "antiqued" pine, the natural texture of such woods as oak, ash, elm and sycamore, the worm holes of wormy chestnut, the 19th-century look of old barnboards. These textures are part of the manufacturer's prefinishing process, giving us paneling beauty that we could never afford—or find—in its authentic form.

Installation today is quick and simple. The adhesive system gives the best results: With a squeeze-type gun, you apply a squiggle of mastic to the wall along points where the edges of each panel will fall; then you put dabs of mastic

over the area between these points, spacing the dabs at 1-foot intervals. Put the panel up and drive it in with small, "invisible" finishing nails at the edges and in the V-grooves or other "joinery" elements.

Almost without exception, these paneling grooves are spaced at 16-inch intervals, although paneling design makes the spacing look random. This 16-inch interval coincides with the standard spacing of studs in residential wall construction; thus you can locate a stud, position a piece of paneling so that one edge is centered on the stud, and be fairly sure that there will be a stud under a groove at 16 inches, at 32 inches and at the other end of the sheet of paneling.

All of this, of course, is a tremendous saving in time, labor and money over the old system of putting paneling over furring strips—lengths of 1-by-2-inch lumber nailed horizontally across the studs. Today, furring strips are rarely necessary on ordinary walls unless you are installing solid-wood paneling. On masonry walls, furring strips are necessary, however. "Finish a Basement," page 32, tells you how to put paneling on masonry.

If you are paneling new, unsurfaced walls, you must consider noise transmission: Because plywood and

**"You could be only about a weekend away from new paneling."**

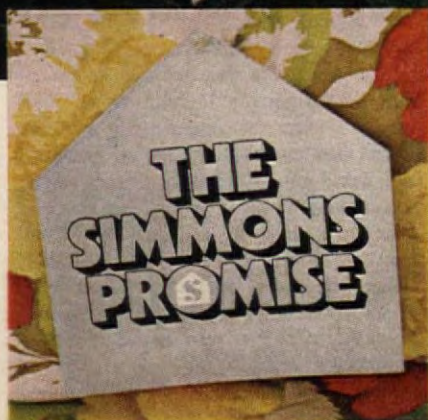
hardboard paneling are lightweight, noise passes through them readily. If noise in one room would be a bother in the next room, you'll have to make some provision for toning things down. Fortunately, it's neither difficult nor expensive: All you do is nail up sheets of gypsum board. Use ½- or ¾-inch board for normal sound control; get more control with two layers of 3/8-inch board. Then cover with the finished wall material.

Most people panel an entire room, but there are other interesting and attractive alternatives. You might panel just one or two walls in a room, for instance, using the plain smoothness of paint on the others for contrast. Or you might create a wainscot effect, paneling up 30 to 42 inches from the floor, then painting or papering the wall above. Top off the wainscot with molding. Sometimes you can get an excellent effect by combining wainscots on one or two walls with full paneling on the others. Whatever effect you try for, today's advances in paneling production assure you that the work will be easy and the final product handsome and durable. —Jackson Hand




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## FINISH A BASEMENT

**You can make the transformation to a cheery family room.**

No area of home improvement falls more clearly into the world of do-it-yourself than converting an ugly, dark basement into a cheerful family activity room. Every phase of the project—from putting down a smooth, colorful floor to putting up bright, attractive walls and a ceiling that houses pleasant light—involves simple materials and simple techniques. And the work goes fast.

It's almost certain that your activity room will run across one end of the basement—the end opposite the furnace and utilities. This means you'll have three masonry walls to handle and one partition to build.

Dressing up masonry walls that are in good repair can be done with

**"Every phase of the project involves simple materials and simple techniques."**

cementitious-paint or paneling. The former is a waterproofing cement-base material you mix with water to a pancake-batter thickness, then apply with a bristle brush. The brushing action works the mixture into minor cracks and irregularities, producing a pleasantly textured surface. You can get it in various pastel shades, add color to the white mixture or give the wall a final coat of latex paint. But stick to white or light colors, since basement areas usually need lightening up.

Paneling is especially good if your masonry walls are hopelessly rough and ugly. "Panel a Room," page 30, tells all about paneling, but masonry walls present special problems.

First, it's advisable to install a continuous moisture-vapor barrier of tough polyethylene sheets before you put up the paneling. Then you should use horizontal wood furring strips to provide a level surface with an air space behind the paneling. Apply furring with masonry nails (if the wall is made of concrete blocks) or with ribbons of a special mastic adhesive that holds paneling to furring.

Naturally, you can't do much to dress up a basement wall that leaks, but waterproofing is simple. The easiest material to use is hydraulic cement, a special mixture that sets in minutes. If the cracks are small, just scrape them open with an old screwdriver and smear in cement. Fill wide or deep cracks in two or three layers, applying each new layer as soon as the previous one sets.

Hydraulic cement even plugs running-water leaks: Mix it in small wads and force them into the hole; hold them in place with your hand until they set, then use a putty knife to slice them off level with the surface. Epoxy patching material is also excellent for filling hair-line cracks: Put it on a dry wall and it will keep the wall dry ever after.

Building a partition across the fourth wall is simple if you use some unorthodox tricks: Start by spiking a line of 2-by-4s to the undersides of joists where the top of the partition will be. Then use a plumb bob to establish a line on the floor exactly beneath the 2-by-4s. Run a

**"Building a partition across the fourth wall is simple if you use some unorthodox tricks."**

thick squiggle of paneling adhesive along the line and carefully position 2-by-4s on it, leaving an opening for the door. Cut 2-by-4 studs  $\frac{1}{8}$  inch longer than the distance between timbers on the ceiling (the top plate) and those on the floor (the soleplate). Spacing the studs 16 inches center to center, stand the bottom ends in place on the soleplate and hammer the top ends into position against the top plate. The slight overlength will produce a squeeze fit. Then secure the studs with nails driven diagonally into the plates. After framing the door opening, cover the partition framework with plywood or hardboard paneling or gypsum board.

Today's ceiling systems make it easy for you to top off your new room. Systems consist of lightweight, easy-to-handle acoustical tiles (in stucco-like or smooth finishes) that rest in a metal framework suspended from ceiling joists.

Lighting units are designed into the ceiling systems. Most are recessed between the joists to produce a flush ceiling and plenty of soft fluorescent light. But if you don't have room for fully recessed fixtures, some systems have shallow lights that project just 1 or 2 inches below the ceiling.

The floor comes after walls and ceilings are finished. If your concrete floor is smooth or has only minor cracks and rough areas, think in terms of paint or, better still, of the vinyl or asphalt tiles that can be laid directly over the concrete. To smooth rough areas, there is a cement/sand mix containing a special additive that makes it workable in extremely thin layers. (Ordinary cement products won't work; thinly layered, they dry before they harden.) Mix a small quantity at a time and feed it into the cracks, troweling it smooth. Use a broad-edged spackling knife instead of a trowel or putty knife to level "pockmark" toughness caused by scaling concrete. When the patches are dry, you can then put down the tile according to the manufacturer's instructions.

If your floor is very rough, it may be necessary to call in a professional. He might decide to trowel a thin layer of sand-mix over the entire floor or to put down "sleepers"—lengths of 2-by-4s that are embedded in mastic and over which a new plywood floor is nailed. Either way, when the professional has finished the hard part of the job, you can put down the tile.

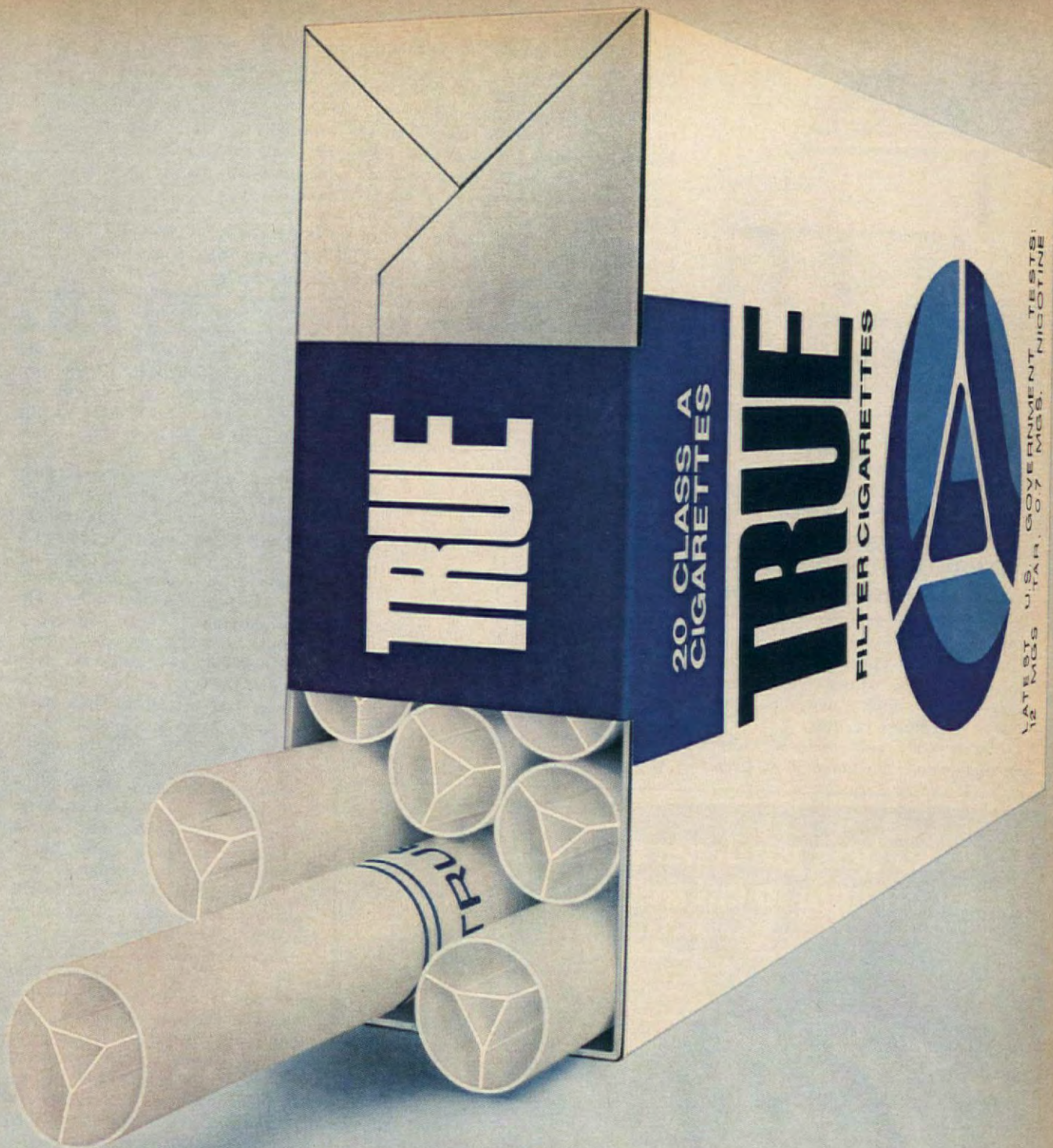
Because of the heat given off by the furnace and ducts or pipes, most basements are fairly warm. When you put in a partition and ceiling, however, you may block off the heat

**"Today's ceiling systems make it easy for you to top off your new room."**

and thus may find it necessary to provide a heat source right in the new room. One way to do this, if the furnace area is very warm, is to install simple flow-through grilles in the partition. But if the furnace area is generally cool, more extensive measures requiring a professional are called for. As in providing heat for a new addition to a house (see "Add a Room," page 18), there are several alternatives. You can have new registers or radiators linked to your heating system, or you can have thermostatically controlled electric or gas space heaters installed.

The final result of your work—walls plus ceiling plus floor—will be a warm and friendly room you'll all enjoy.  
—Jackson Hand





## The True Theory:

Formulate a cigarette so low in tar and nicotine it could become America's best-selling low tar and nicotine cigarette. It worked.

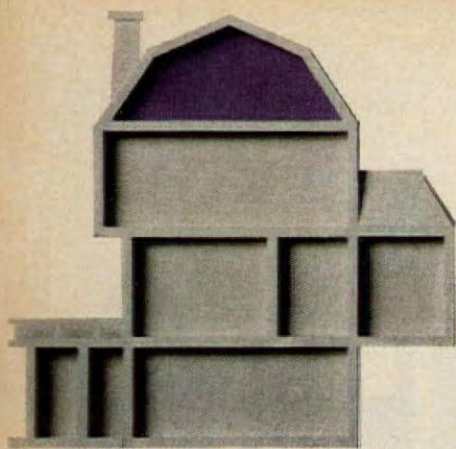
Shouldn't your next cigarette be True?

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## INCREASE STORAGE

Create as much space as you need—plus more.

What family doesn't need more storage space? Getting it means, first, improving the closets you already have, then building new ones wherever your house permits.

Start with your shallow clothes closets. You can make these bigger

than they are simply by installing a new door—or pair of doors—that extends to the ceiling and to within about a foot of each side wall. Then replace the old closet shelf with a new one the depth of the closet, and above it add a second shelf, just as big. Now you've quadrupled shelf space and you've got access, through that big door, to every square inch of it.

Deep closets are less amenable to expansion, but if you can make them more convenient, they will seem bigger, too. Pull-out clothing carriers are the simplest answer. The carriers are installed in a closet perpendicular to the middle of the door, so you can slide them all the way forward into the room. These clothing carriers, though designed for deep, narrow closets, are equally good in deep, wide closets if you expand the door opening to expose the entire interior. Then install several clothing carriers across the back wall.

Deep closets can also be improved by installing narrow tiers of shoe racks or swinging trouser and skirt hangers in the front corners, just inside the door.

But if you've already worked miracles with all your closets, and *still* need space, it's time to add a

new one. The first step is to find a suitable place for it. There are several possibilities in most houses. One of the best is in a corner—especially a rather cramped corner made almost useless by the fact that the room door, when opened, swings back into it.

**"More storage space starts with improving the closets you already have."**

Some other ideas: If you have a fireplace that juts a foot or more into a room, build closets in the alcoves on either side. Or if you have a big bedroom, build closets on either side of a window in one of the end walls, and put in cabinets above and below the window.

Closet dimensions—particularly the width and height—are largely dictated by available space. The ideal depth for clothes is 24 to 27 inches; for linens and cleaning equipment, 20 inches; and for most other articles, 12 to 16 inches. The door generally should extend to within 6 to 12 inches of the side walls, allowing you access to items stored at the ends of the closet.

Once you establish closet location and dimensions, construction will go fast. The wall framing is done with 2-by-4s or 2-by-3s, and consists of soleplates nailed to the floor, top plates nailed through the ceiling to the joists and vertical studs nailed to both plates. Space the studs 16 inches center to center. Cover the walls on the outside with gypsum board, plywood or hardboard. On the inside, use gypsum board or cedar boards.

The final step is installing the shelf and rod. In a conventional closet the shelf is a 12-inch board mounted 68 inches above the floor. It is supported at the ends and back on 4-inch-wide boards or special shelf moldings. A clothes rod is installed 2 inches below the shelf just back from its front edge.

Consider building shallow closets. Closets that are only 12 to 16 inches deep normally stir little interest from families in dire need of storage space. Though it's natural to assume that storage capacity increases in direct ratio to closet cubage, you'll find it true only in principle, not in practice. As a rule, the larger the closet, the less efficiently it is used.

Although very shallow closets are mainly for storing such things as linens, cleaning equipment, cooking utensils, vases, card tables and chairs, they can also be used for clothing if you equip them with a few 10- to 16-inch pull-out clothing carriers. —Stanley Schuler

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He could have had anchovies or tuna fish or canned cat food. Nothing worked.

Then I opened a package of Tender Vittles — liver, I think it was. It's the moist cat food that comes in a foil pouch — in six delicious flavors.

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# KNOW HOW

## WISE WAYS TO FINANCE HOME IMPROVEMENTS

**You can keep costs to a minimum.**

New roof, refurbished kitchen, two extra rooms and a bath, finished living space in a basement or attic—how do you pay for the remodeling you need? That depends on how much money is involved, how fast you can pay it back and how much interest you are charged. Here are seven alternatives for financing improvements, arranged on a scale of increasing cost.

**1** Contract for the whole job and pay for it in cash—that's simplest and least expensive. If your home improvement costs \$5,000, you pay only that much, no financing charges. Or you might schedule the work in five equal phases, one year apart, and plan to save ahead for each phase. If you do, you must reckon with inflation, for construction costs rise some 9 to 11 percent each year.

**2** Get a passbook loan. Money on deposit in a savings account or in long-term savings certificates serve as collateral. The interest is usually 2 to 2½ percent more than the rate a bank or savings and loan pays on your savings. Thus, if your savings account now pays 5¼ percent, a passbook loan at 2½ percent above would cost 7¾ percent. Interest on your savings continues, however, offsetting all but the 2½ percent incremental interest. A \$5,000 loan paid back at \$88.73 monthly for five years at 2½ percent net interest, plus principal, totals \$5,324.

**3** Life insurance policy cash values provide another inexpensive, easy-to-arrange loan. You'll find the actual value in a table buried in the small print of any cash-value policy you own. Or call your insurance agent for help. So-called permanent insurance policies permit borrowing up to the cash value plus dividends at a stipulated interest rate, usually around 5 percent. Ask your agent for a loan application form. Return the form, and the money is available.

Accumulate cash in a savings bank and pay off principal and interest quarterly, semiannually or yearly.

**4** Title I loans insured by the Federal Housing Administration (FHA) provide home-improvement money on a graduated scale—the higher the loan, the lower the interest rate. Thus, if you can get it, a \$5,000 FHA-insured loan repaid over five years would call for monthly payments of \$104.61. Interest plus principal would total \$6,276.01. Due to delays for required approvals, the mountains of paper work involved and the limited interest yields, few banks participate in the Title I program. But federal credit unions find the terms acceptable, despite the limit of 12 percent interest on loans. Reason: FHA does much of the loan processing and assumes all of the risks.

**5** Collateral loans on stocks or negotiable bonds (not U.S. Savings Bonds, however) reduce the lender's risk and lower your cost. Collateral loans typically go for 9½ to 12 percent interest or about 1½ to 2 percent above prime rate. At 11 percent interest, a \$5,000 loan repaid in monthly installments of \$108.71 total \$6,522.50.

**6** State-chartered credit unions lend money to any member in good standing. If anyone in your family belongs to a credit union through an employer, a home-improvement loan can be arranged—and paid off through regular payroll deductions. The paychecks are collateral.

**7** Banks have developed their own home-improvement loan programs to supplant Title I FHA loans. The cost is 12 to 18 percent, depending on state laws limiting interest and the local demand for loans. Since banks accept the risk without FHA or other insurance, rules vary—so shop-

ping for loans makes good money sense. Interest charges, approval policies, maximum repayment times and loan-to-equity ratios differ among banks. One institution may limit the repayment period to five years; another will go for as long as seven; some for longer periods. One bank may limit a loan to not more than double your paid-in equity. For example, if you paid \$3,000 down when you bought your house and have since reduced the principal by another \$2,000, you could be eligible for a maximum home-improvement loan of \$10,000 under one bank's plan. Banks will ordinarily switch you to a bank credit card plan if you need less than \$1,000. A second mortgage will be expected to secure loans exceeding \$1,000 or some higher limit, depending on the policy of your bank.

—Merle E. Dowd

### TIPS FOR SAVING



To keep home-improvement expenses down, borrow only as much as is necessary; pay for part of your improvements from current income or savings; pay for part of an improvement with "sweat equity"—work you do yourself. **Caution:** Check out all other cost alternatives before arranging loans from any of the following: A finance company charges 24 to 36 percent interest on the first \$300 to \$500, less as loan amounts rise; builder financing, when part of a total package, costs 6 to 10 percent more than when building and financing are contracted separately; refinancing means extra expenditures because of added settlement costs and also because of today's high mortgage rates.



Nearly 80 percent of the cost of painting a house is labor. So if the exterior of your place needs painting, consider doing it yourself. Make it a family project, to be done during the warm months or apportioned over a year. Young people can do porches, decks, foundation masonry, ground-floor windows. Adults can paint the sides and the higher spots where ladders will be needed.

Perhaps the whole house does not need paint—just the sides this year, or the porches. Normally, a house should be repainted every four or five years, but often the finish on some parts of it is destroyed sooner by unusual conditions: breaks in the siding, leaks in the roof, plugged gutters, rusted downspouts or poor surface preparation by previous painters.

The single major cause of paint failure is moisture—water that

## PAINT YOUR OWN HOUSE AND SAVE 80%

**It's a pitch-in project  
for the whole family.**

works its way between the paint and the surface it covers. Blistering, peeling and cracking are caused by moisture passing through the walls from inside the house, or leaking into walls from outside—through faulty seals around windows and doors, blocked gutters, rusted spouts and poor roof flashings. Before repainting, you must scrape off the loose paint, wire-brush the entire area, then sand it down to bare wood or metal.

When peeling and cracking occur in exterior areas not exposed to weather—porch ceilings, roof overhangs and other out-of-the-way locations—the cause can be traced to accumulated salts and mildew on the previous coat of paint. Before repainting, use a wire brush to scrape away the loose paint. Then you must scrub the affected areas with a solution of 1 quart liquid household bleach and  $\frac{1}{2}$  cup powdered household detergent in a gallon of warm water. When the surface dries, sand it and wash thoroughly with a garden hose.

Chalking and flaking can be detected easily on wood and masonry simply by rubbing the surface with the palm of your hand. If you pick up chalky or flaky paint and bare spots appear underneath, you will need to repaint. Prepare the surface by vigorous action with your wire brush. Follow with a thorough wash, using a pressure nozzle on your garden hose.

### SURFACE PROBLEMS

Mildew on paint takes the form of dark, dirty-looking spots. It occurs mostly in damp locations shielded from direct sunlight. To test spots for mildew, apply household bleach to a small area. Mildewed spots will bleach out; dirt will not. Never paint over mildew; it's fungus that will pass through the fresh coat and create a condition worse than before. Remove the fungus by washing the surface with a solution of  $\frac{2}{3}$  cup trisodium phosphate (TSP, available in paint stores),  $\frac{1}{2}$  cup powdered detergent, 1 pint liquid household bleach, plus warm water to make 10 quarts. Apply thoroughly. **Caution:** Use rubber gloves, goggles and old clothing.

Woods such as cedar, redwood and Philippine mahogany contain natural dyes that will bleed or pass through paint, causing unsightly pigment stains. Remove by

bleaching; then wire-brush and prime to halt further staining. Rusted nails, metal railings and iron and steel decorations will also stain paint. Remove and replace nails that project above the surface and drive others about  $\frac{1}{8}$  inch below the surface. Putty the holes; wire-brush and steel-wool other rusted metal.

Estimate how much paint you'll need. Measure all sides of your house and add the figures. Then measure the height from the ground to the eaves. Multiply the distance around the house by the height, and note the total. If you have gables, multiply their width by  $\frac{1}{2}$  their height. Add the two totals; divide by the number of square feet each gallon of paint will handle (see can label).

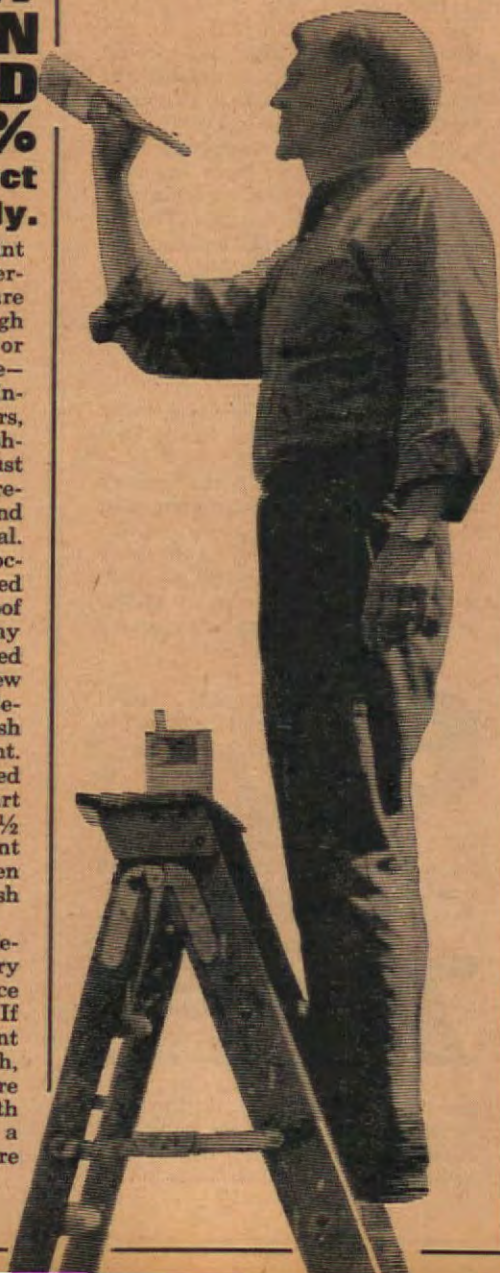
The type of paint you select should depend on what has been used before. If the surface is new and unpainted, however, opt for a top-quality acrylic latex water-base paint. It is easy to apply, and because of its porosity allows inside moisture to escape, so there is no blistering, peeling or cracking. Acrylic latex paints dry quickly; you can probably get two coats on in the course of one sunny day. You can also use these paints on surfaces that are in good condition, covered previously with alkyd or oil-base paint.

### TOOLS TO USE

Good tools are important. Whatever you need, be sure to buy the best you can afford. In addition to paint applicators (see opposite), you should have sandpaper, steel wool, a wire brush and scraper to remove old paint and clean surfaces; a hammer, a nail punch, a can of glazing material and a putty knife, a cartridge of flexible sealant and a caulking gun. Have drop cloths, mineral spirits or other solvent, rags and paint buckets, each with a paint pot hook. Depending on the job, you may need a step-ladder and/or extension ladder.

Practice using your paint applicators before you go to work. Dip the bristles of your brush about  $\frac{1}{4}$  their length into the paint; don't rub them over the edge of the bucket. A good brush will hold the paint without dribbling; it will apply the paint evenly and smoothly. If you're using a roller, don't overload it with paint and don't roll too fast.

Mix plenty of paint and in the right colors. Colors—even shades of white—vary slightly from can to can, so mix several cans of the same color together. Stir thoroughly and try to prepare enough for the job you plan. Don't fill your bucket more than halfway. Before painting, prime all repaired or previously unpainted areas.





Learn how to use your ladders. Stepladders should not be a problem if you open them fully, but extension ladders require care and forethought. Don't stand the feet too close to the house, or the ladder may topple backward with you on it. Be sure the extension catches are solidly engaged. Always place the ladder on level ground and never at a right or left angle. If the ground slopes, you can lengthen one leg of the ladder by firmly clamping a piece of 2-by-4-inch wood to it. When painting, make sure your footing is secure.

### STEP BY STEP

Do your outside painting when it's neither too hot nor too cold. Never paint in direct sunlight or when the temperature is below 50° F. Paint sides of house first. Start at the top; work across and down. Do gables, peaks, eaves and overhangs as you go. This will reduce the number of times you'll move your ladder. Never paint in strips, top to bottom; this will create overlaps that are visible when paint dries.

Paint windows and doors next. Use a trim gloss, either latex or alkyd, depending on previous paint. Paint window sash and trim with your 2-inch brush. For a sash window, lower the upper section and paint the guides it slides in. Then raise the lower section and paint those guides. Paint the vertical and horizontal bars (called muntins), the sash frames, casing and sill—in that order. Open and close the sash twice daily until windows operate freely. Casement and awning windows are painted in much the same way.

When painting panel doors, start with upper panels; paint moldings first, then flat parts. Do all panels. Next, do the frame and edges. Paint the door casing last. Use a narrow brush for panels, a wider one for frame.

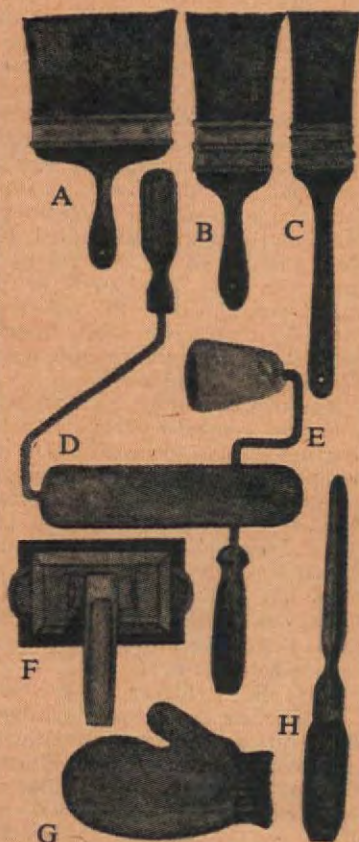
Gutters, downspouts and flashings require special treatment if they are unpainted. First, remove their factory coating of oil by using a cloth soaked in mineral spirits (available at paint or hardware stores). When dry, these surfaces should be covered with a metal primer, then painted. If painted previously, wire-brush loose paint down to the metal before priming and painting.

Railings, ornamental iron and metal windows should be sanded or rubbed with steel wool. If new, use mineral spirits to remove the oil coating. Apply metal primer, then paint with a product that adheres to metal and prevents rust.

Shutters, storm windows and screens are easier to work with if laid flat. Remove them, scrape off bad paint and, where necessary,

## PAINT APPLICATORS

The right ones ease the job.



Here are the basic tools of exterior house painting. Which you choose depends on what you paint and the paint you use. For large, rough areas (stucco, masonry), use a 6-inch-wide block brush (A); for large smooth areas (siding), a 4-inch-wide wall brush (B). For narrow areas (windows, eaves), a 2-inch-wide long-handled flat sash and trim brush (C) is ideal. A 9-inch-wide roller (D) makes quick work of large areas; it comes in varying pile depths for different surface textures. A 3-inch-wide cone-shaped roller (E) gives sharp, straight lines at corners. The newest device is an all-purpose applicator foam pad (F) measuring 3½ by 7 inches. Since it cuts close to edges, it is particularly effective on shingles and clapboards. Some versions come with guide wheels (as shown) for easy trimming. A paint mitt (G), worn like a glove, will paint over pipes and railings quickly. A 2-inch-wide foam brush (H) is a cheap, disposable tool for minor jobs. Always read instructions on applicator covers before using.

—Siew-Thye Stinson

sand to bare wood. Prime and paint. Do one side; dry, do other side.

Masonry can be painted—and repainted—successfully, but careful preparation is necessary. New masonry should not be painted until it has aged for several months. It may be necessary to remove the white salts from the surface with a wire brush and wash it clean with a garden hose. If masonry has been painted before, brush away all loose and/or chalky paint, then prime and finish.

Porch floors, steps and decks take a beating. Carefully repair and replace all rotten and broken wood. Scrape away loose paint and prime areas where bare surfaces have been created. Cover with at least two coats of a good acrylic latex or alkyd floor paint. Even more durable are epoxy enamels.

### CARE OF TOOLS

Your brushes should be cleaned after use each day and wrapped in polyethylene so they'll stay soft. Brushes used in water-base paints should be washed in liquid household detergent and warm water. Brushes used in alkyd and oil paints should be cleaned with solvent the paint manufacturer recommends for thinning. After paint is off, remove the solvent with detergent and warm water. When your paint job is finished, let brushes dry completely; then comb out bristles with wire brush.

Rollers should be cleaned after use each day—and before paint hardens. Depending upon your paint, clean with either detergent or solvent solution and rinse with warm water, as above.

### WHEN TO USE A PRO

Some painting jobs should be turned over to a professional. For example, don't take chances if your house has three stories, is built on a steep hillside or has an unusual, complicated shape and you're a beginner. Talk over your problems with a local paint dealer; he'll know many of the dependable local men who do painting. When you hire a painting contractor, tell him exactly what you want—quality of paint, surface preparation and number of coats. List the areas you want painted. Have him visit the premises when you're home. Give him a time schedule, but make allowances for unpredictable weather and be a little flexible about when the job should be completed. Tell him you want shrubs, walks and premises returned to their original condition. He should be insured against property damage and bodily injury and carry Workmen's Compensation. Make an inspection after the job is done and before final payment.

—Richard C. Sickler



# THE EASY PATH TO ORGANIC GARDENING

**Relearn the  
growing rewards of  
a simpler time.**

How far should you go with organic gardening? In this ecologically oriented era, it seems only reasonable that Mother Nature should breathe more freely—minus some of the sprays and chemicals she's been plied with these past decades. First, understand that organic gardening is not a new phenomenon. Until the relatively recent advent of insecticides and artificial fertilizers, it was the only way to garden. But the time of indiscriminate use of chemical cure-alls is over. It is now necessary to relearn the methods used by gardeners of the pre-pesticide era.

## ACID OR ALKALINE

To begin gardening organically, you must know the pH (acid or alkaline level) of your soil. Different plants require different degrees of acidity or alkalinity to prosper. To measure the pH, you may use a home testing kit—available at garden centers or through seed catalogs—or send samples to a commercial soil-testing laboratory, a county or district office of the Agriculture Cooperative Extension Service, a state agricultural college or your county agricultural agent. Depending on results, lime to sweeten, or sulfur compounds to acidify, can bring pH in line with plant requirements.

Proper soil composition is also vital. Good garden loam is  $\frac{1}{3}$  sand,  $\frac{1}{3}$  soil and  $\frac{1}{3}$  organic matter. Pick up a handful that is slightly moist. When pressed, it should ball together and then crumble with the slightest pressure from your thumb. Whatever the condition of your soil, it can be remedied by adding either sand

or humus. To increase fertility, add humus rich in nutrients—such as dehydrated manure from a garden-supply center or compost from your backyard (see box).

Sound care and feeding of the soil is the basis of gardening without chemicals, but it's the slight manipulation of nature that will insure your success. For example, insects can be their own worst enemies and, at the same time, your best friends. By buying and encouraging beneficial predatory species on your property—they're available from direct-mail sources listed in horticultural magazines—you can eliminate unwanted insects without lifting a hand or a spray can. The "good guys" of the insect world include the ferocious (at least to aphids, mites and scale insects) ladybug, the praying mantis, dragonfly and lacewing.

You can encourage birds to help with pest control by feeding them, starting in late winter when insects are not plentiful, and by providing water and nesting materials so they'll be on hand when the insect population surges again. Toads are other gardeners' allies. They like a shallow pan filled with water and, for shelter, an up-turned clay flowerpot with an entrance hole cut in its side.

For the gardener who would avoid poison sprays and synthetic fertilizers, natural organic materials are readily available. Pyrethrum, derived from a chrysanthemum species, is the most common one. It is a handsome, daisy-like flower that was once called the insect plant. Its pulverized blossoms kill aphids, whiteflies, leaf-

hoppers and thrips when sprayed on plants, but are harmless to man. Ryania is another effective natural insecticide. A dust made from the roots of this Latin American shrub incapacitates a wide variety of insects: squash bugs, Japanese beetles, elm leaf beetles and cabbage loopers.

Derris root, a woody climber with purple-and-white flowers, produces the insecticide rotenone. The root is ground into a powder that wards off spiders, spider mites, spittle bugs, pea weevils, chinch bugs, harlequin bugs, houseflies.

Companion plantings, which as-

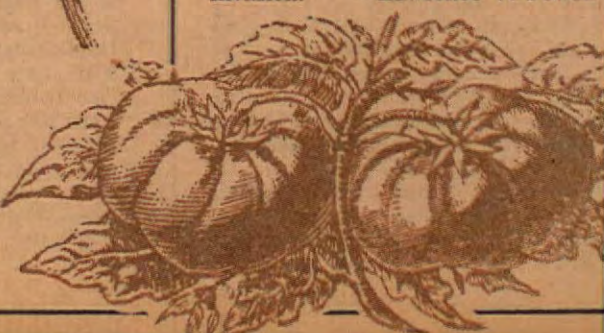
## COMPOST

Raising compost can become as demanding as the culture of orchids. But it needn't. After all, any organic matter, from leaves and grass cuttings to kitchen food waste, piled in a dank corner of the garden will become a compost sooner or later. You can aid the process, first, by cutting off grass at the roots from a 4-foot-square in a hidden corner of the yard.

**Pile alternating layers 6 inches thick of garden/kitchen refuse and soil.** Shovelfuls of dehydrated manure added to each soil level will increase fertility. Make the center of the pile slightly concave to catch rainwater, since extreme dampness is essential to composting. Layered through the summer and left to decompose through the winter, the pile will produce some compost for use the following spring, but will take three years to decompose fully. Shortcut methods exist, but with the variables of climate and location, none but this straightforward approach is foolproof and so easy.

sist in controlling insects, are other weapons in the organic gardeners' arsenal. Marigolds, asters, chrysanthemums, cosmos and coropsis are among the plants whose flowers repel a wide variety of insects. Most aromatic herbs achieve the same effect. Intersperse these throughout your garden or use them for edging to fend off insect invasion.

—Lawrence V. Power





# SAFEGUARD YOUR HOME AGAINST EMERGENCY

**Get the right  
security system.**

Most families have some form of homeowners' insurance, but every family has possessions that are irreplaceable. Regardless of your circumstance there is a security system to give you some protection against fire and burglary.

There are inexpensive systems (under \$100) that you can install easily yourself. They detect fire and will sound a local alarm—bell or siren—to warn you. Systems that detect break-ins are more expensive, since windows and doors must be elaborately "bugged" against intruders. No effective protection costs less than \$200.

Self-installed systems will provide some measure of protection, but none takes advantage of advances made in security systems during the past decade. While these new systems cost more (\$500 and up, installed), they qualify as home improvements, thus can be financed by a home-improvement loan (see "Wise Ways to Finance Home Improvements," page 37).

## COMPONENTS

All modern systems have four basic components: detectors or sensors to "feel" the presence of danger, a control panel or "brain" to direct the defense, a communicator to sound the alarm and an energy source to power the system.

The detectors or sensors determine the existence of an emergency while the danger is still incipient. The earlier a fire is detected, the better your chances of reaching safety. Similarly, the sooner an

attempted break-in can be sensed, the greater the likelihood of halting a burglary. Some fire detectors are sensitive to high temperatures or to rapid temperature changes; others respond to smoke or gas.

There are two types of intrusion detectors: *perimeter* and *movement*. Perimeter devices include magnetic switches that trigger the system when doors and windows are opened at unauthorized times. Or glass panes in doors and windows can be fitted with virtually invisible (or decorative) tape that "senses" when they are broken.

Movement detectors provide a second line of defense, or in some cases a less costly alternative to complete perimeter protection. Some devices emit and monitor ultrasonic, infrared or microwave beams: Any movement in range of the device will affect the beam and set off the system. Also, pressure-sensitive mats can be placed under rugs to detect footsteps.

The control panel of a modern system analyzes the detectors' "reports" to determine the type of emergency and relay data to the communicator. It also resets the system automatically, so it can respond to a new emergency.

The communicator gets the message to someone who can and will act on it. The type most commonly found in homes today is the Emergency Tape Dialer, a more sophisticated version of the ordinary tape recorder. Most emergency dialers have two-track tape cartridges, one triggered by fire, one by intrusion. Each track seizes the regular telephone line, dials a prerecorded number (police, fire station, answering service, neighbors), plays a programmed message, hangs up, then seizes the line to dial other prerecorded numbers.

Another form of communicator lets you be your own sensor—and trigger the system when danger is sensed. This is a panic button. It can be installed in your house, usually in more than one location. Or it can be a portable radio transmitter, no bigger than a cigarette pack, triggered from wherever you might be in the house.

Virtually all modern security devices depend on a home's electrical supply for energy. Each system requires little power, even when triggered, but since power *must* be available at all times, a system should contain an emergency source.

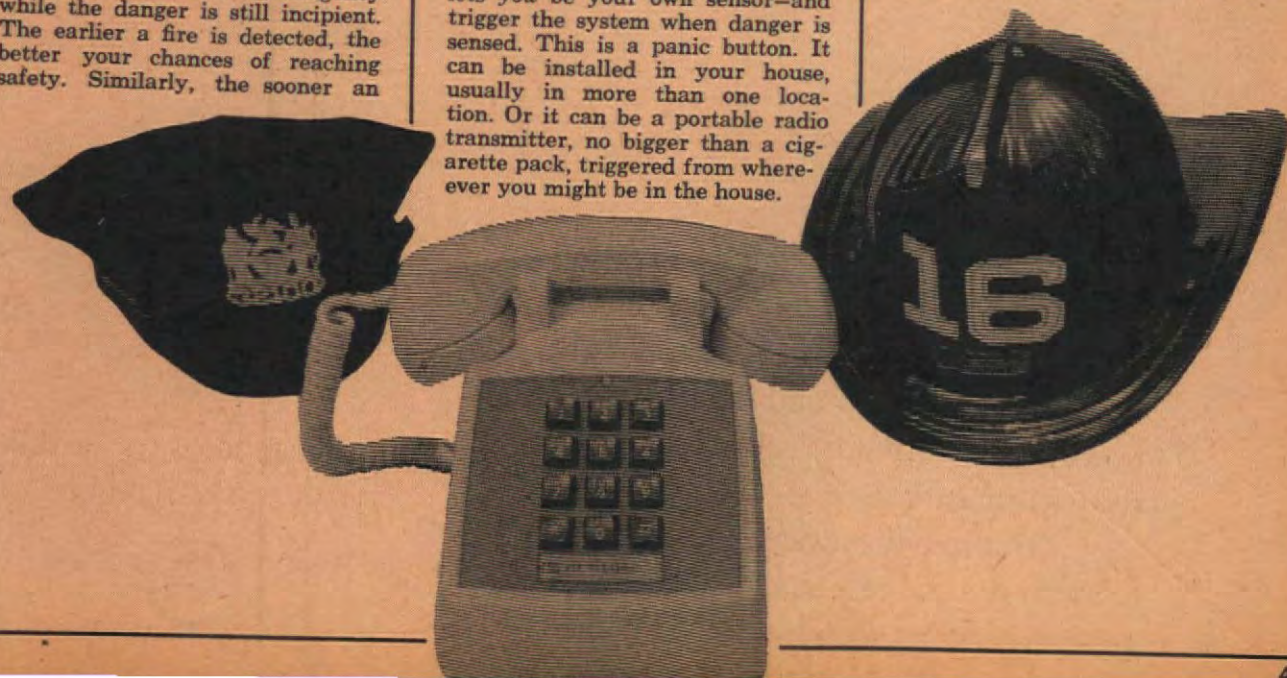
Most security systems have a so-called arming station that turns the mechanism on and off. Normally, a system is armed when everyone is out and after the family has gone to bed at night—and disarmed at other times so that normal home activity will not trigger the alarm. The number and location of arming stations are a matter of preference and convenience, but the master bedroom is certainly one desirable location.

## BUYING GUIDELINES

The system you choose for your home should include means to prevent false alarms. Even with built-in deterrents, your family should understand the system thoroughly. Here are some other points to consider if you opt for a fire/burglary detection system:

- The fire system should have the capacity to be always armed.
- The panic button should be wired to set off the system at any time, whether it's armed or not.
- A fire emergency should override a break-in.
- Even in systems using communicators, a fire should always set off an audible local alarm.

If all this information makes you want to holler "Help!" be aware that help is readily available. Every major city has professional security equipment dealers—installers. Most dealers service wide geographic areas, so no community is uncovered. Your best source is your Yellow Pages; look under "Alarm Systems."—Frank B. Smith







Moving away can be an adventure for children—the trip to the new home, the excitement of meeting new friends. When one gets older and learns how rare true friends really are, the parting isn't so easy.

But moving away doesn't have to mean the end of a friendship. Not when you can keep in touch by Long Distance.

Long Distance is the next best thing to being there.





# WHAT'S NEW

THESE LATEST HOME PRODUCTS WILL HELP MAKE YOUR LIFE EASIER, SAFER.

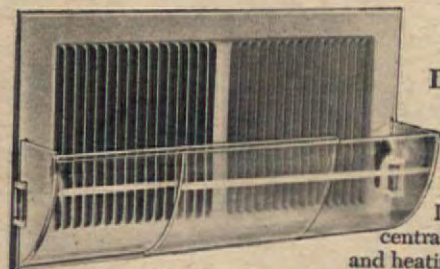
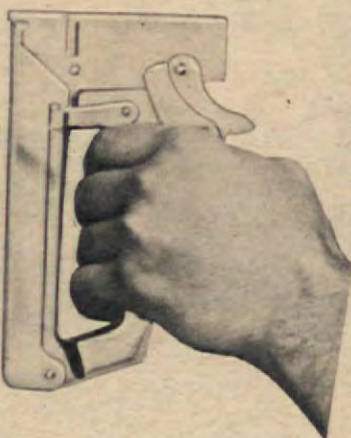


## METAL SAWHORSE IS STURDY, HANGS UP.

A good, strong sawhorse, indispensable for many home projects, has always been clumsy to have around. No more. The all-metal Stanley 7101 Sawhorse folds up and hangs on the wall when not in use. It's 36 inches long and either 24 or 30 inches high. The top is predrilled so a wood plank can be attached; the legs have plastic tips to protect floors wherever you're working. It's about \$11 (Stanley Works, New Britain, Conn. 06050).

## THE WHAMMER IS A HAMMER

Now there's something better than a hammer for installing paneling, insulation and small moldings that are put up with nails. The Whammer is loaded like a staple gun with a strip of special nails, each little more than 1 inch long. You press the handle and the device drives in and countersinks the nails. Work goes fast—faster than you could hammer—and the Whammer can't mar surfaces. It costs about \$20 (Swingline, Inc., 32-00 Skillman Ave., Long Island City, N.Y. 11101).



## DEFLECTORS IMPROVE COOLING/HEATING EFFICIENCY

If your house has central air conditioning and heating with wall or ceiling registers, you can get clear plastic deflectors that will save energy by directing the cool or warm air right where you want it. The deflectors are held in place with magnets so they can be reversed easily: You point them up for air conditioning, down for heating. Air Control Deflectors are available from \$2.50 to \$5 (Leigh Products, Inc., Coopersville, Mich. 49404).



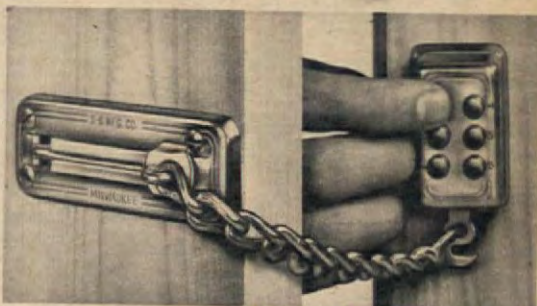
## AN ELECTRONIC WATCHMAN PROTECTS YOUR HOME WHEN YOU'RE NOT THERE

The CareTaker, a battery-powered electronic device, can automatically telephone any preset private number to warn of fire, heating-system failure or an intrusion in your home or vacation house when you're away. The person answering hears a signal activated by a sensor and can take appropriate action. If the line is busy or no one answers, the device re-dials every few minutes. The CareTaker, which anyone can hook up, costs \$129.50 (Dytron, Inc., 223 Crescent St., Waltham, Mass. 02154).

## HEAVY-DUTY VACUUM CLIPS TO DOOR OR WALL

Now you can have the convenience of a central vacuum system: Hang-Up Vac goes on a special clip behind a door or on a wall and sees to clean-up needs with an 18-foot hose. Extra clips are available for different locations, as are extensions for the hose.


There are two models, both heavy-duty: One is for dry pick-up only, one for wet (water & suds). Both are able to pick up things that would ruin an ordinary vacuum—ashes, sand and shavings. A full range of accessories is also available. Depending on the model, Hang-Up Vac costs from about \$60 to \$90 (Shop-Vac Corp., 2323 Reach Rd., Williamsport, Pa. 17701).



## PUSH-BUTTON CHAIN GUARDS YOUR DOOR

Most chain door guards can be worked only from the inside. Protec King is one that can also be opened from the outside—but only by someone who knows the proper push-button sequence to release the chain. The door guard can be secured as you go out by slipping bar at end of chain up into button mechanism. The combination is easy to change. Price: about \$5. (S-B Mfg. Co., 11320 Watertown Plank Rd., Milwaukee, Wisc. 53226).



A woman with short reddish-brown hair, wearing a green long-sleeved top and matching pants, is bent over in a lush green forest, picking colorful flowers. In the background, a waterfall cascades over rocks. The scene is serene and natural.

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

Those extra puffs in long-size cigarettes  
can taste extra hot. But KOOL Longs  
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They're the only ones with the taste  
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Lady be cool.



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

17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report Sept. 1992



Spectacular transformations, but no structural changes

# THE MAGIC OF DECORATING



## Super-dab, Before

Skilled decorating completely revamps a '40s house in Ridgefield, Conn. In dining room, pictured before (inset) and after (above), flowing tieback draperies match the warm rust-colored walls.



## Superlative, After

This effect, plus sheer undercurtains, conceals two doors and a cumbersome radiator in the window wall. Deep crown molding in contrasting white adds the finishing touch of elegance.

continued







By Helene Brown

## Bedroom Brightened

A 15-by-15-foot bedroom should be easy to decorate, but here each wall is broken by doorways and closets, the window is peculiarly situated, the ceiling slopes to 5 feet (inset: before). For unity, walls and ceiling are covered in the same paper; doors are painted to match wallpaper background (opposite). The Franklin stove and white lacquered shutters on window (below) add focus.

Dashes of orange, pink and baby blue complete the picture.





## Kitchen Spruce-up

A kitchen in out-of-date gold and green is reborn with new ceiling and wall covering in a yellow/white pattern. The cabinets are a matching yellow.



## Dréary into Cheery

Open storage replaces cabinets around window: white peg-board and white enameled shelving, both practical and pretty. Floor is white no-care vinyl.







## Living room Flair

A high window, low window and awkward corner fireplace mark this odd-proportioned 11-by-26-foot living room. High window gets a unit that contains built-in seating and storage to mask window's strange placement (above). Low window gets blue-and-white draperies and Roman shade that cover entire wall but allow access to outdoor view. Fireplace now becomes a plus (left). Plastic beams that look authentic add a traditional tone.



Furnishings throughout, House of  
Simmons and affiliates, N.Y.C.;  
Selig, Bloomcraft, Greef Fabrics.  
Antique furniture, The Yellow  
Monkey, Cross River, N.Y.

Shopping Information, page 77

## Den Splendor

Strong pattern and color turn a room without character (inset: below) into an inviting den/guest room (right). A bold cotton plaid is stapled over layers of old wallpaper. Windows are highlighted by glossy brown moldings and softly shirred Austrian shades. Table lighting replaces ceiling fixture. Handsome crown molding provides further definition.









# TULIP JOY IN EASY, APPLIQUÉ

These scene-stealing appliqué pillows are so easy to make you'll whip one up in an afternoon. Cost: \$3 to \$5. Use remnants of everyday materials and a dash of ingenuity—plus a simple machine stitch for appliquéing. Blossoms on three of them are colorful fabric scraps; all four were designed for us by Kathryn Stoll. Clockwise from below: bee's eye view of a full-blown parrot tulip on blue-jean background; fabulous flicker of red-and-orange tulips on low-cost white duck; two blooms inspired by the elegant striped tulip, splashed on recycled denim—the trim is ticking, framing is pleated white duck; lush peony tulip, bow-knotted in striped ticking, set off by the dotted fabric of a dinner napkin, with blue ruffled border. Directions begin on page 80 —Ann B. Bradley

Larry Couzens











A spacious,  
sunny  
gathering spot  
created from two  
separate rooms



**MELLOW  
CHARM  
FOR A  
KITCHEN  
WITH HEART**





John Zimmerman

The three California kitchens here and following offer ideas galore for remodelers everywhere. This one, in a 39-year-old Los Angeles house, involved removing a seven-foot partition between kitchen and informal dining room, so the two areas became one. New appliances and stainless-steel sinks were installed. Double sink has a large and small compartment; single sink has a gooseneck faucet for flower arranging. The original cabinets were refinished, new cabinets were added and all woodwork was painted sparkling white. The used-brick facing and antique-look lighting in place of old fluorescent fixtures give the room a lived-in feeling. Further details and floor plans, before and after, are on page 90.

*Traditional butcher block and dark-painted ceiling beams add to old-fashioned appeal that makes kitchen (above) particularly inviting, the center of activities in the house. Expanded counter spaces are topped partly with stained wood, partly with elegant Portuguese tile. Informal dining area (inset, opposite) flows out of kitchen. Window and door glass let in the sun and also provide great garden views. Door at far right leads to formal dining room.*





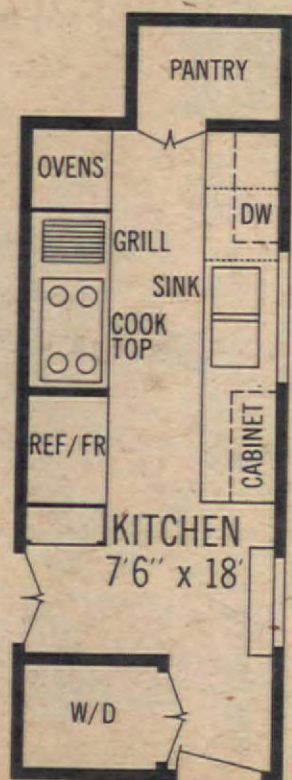
Rambling  
country  
kitchen in a  
sliver of space



# EFFICIENT IN PLAN, WARM IN LOOKS

Wood in a variety of tones and finishes dominates this splendid galley kitchen in Beverly Hills, Calif., giving it a look—and an illusion of size—expected only in a large country house. Used-brick facing on walls provides textured background for antique-finished pine. Upper cabinets have lights to show off old leaded glass doors; lower cabinets have beautiful heringbone inlays on sloping fronts. Floorboards were scavenged from demolition sites—fitted, bleached and sealed with polyurethane. The counter top is of laminated teak.

Interior designer Judy Wilder made use of every available inch in remodeling this two-wall wonder. Window side (opposite) has sink, cabinets and work surface; inside wall (right) holds refrigerator-freezer and built-ins: stainless-steel cooktop, grill and wall ovens. Plan (below) shows how both a pantry and laundry area were included in the long, narrow space.









The kitchen, hall and lanai of a house in the Balboa, Calif., beach community were merged—and the surf-bathers' shower was sacrificed—to form a combination kitchen/living-dining room/office, with much more room all around. Interior designer Joan Neville used blue paint on cabinets and appliances to unify various elements in the kitchen

and set it apart visually from the other spaces. Compact living-dining area, with sliding glass doors leading outdoors to a small enclosed patio, achieves elegance with decorative French and English antiques, rich fabrics and magnificent grained woods. Office area in corner is set off by an Oriental rug. Details and plans are on page 90.

## EXUBERANT FLOW-TOGETHER DESIGN

*Stained-glass window, dark beams, ceramic tile backsplash and antique hand-carved wood panels mounted on doors to pantry and under-sink utility cabinet give*

*remodeled kitchen (opposite) a gracious European flavor. Dining setup links kitchen to living/office areas (below). Flooring is vinyl-asbestos tile in a brick pattern.*



A kitchen  
at the core  
of multipurpose  
living



## BONED STUFFED CORNISH HENS

- 6 Rock Cornish hens (1 to 1¼ pounds each)
- ½ pound chicken livers
- 2 tablespoons chopped shallots or green onions
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 4 tablespoons butter or margarine
- 2 cups cooked rice
- ¼ cup chopped parsley
- ¼ teaspoon leaf thyme, crumbled
- 1 cup thinly sliced onion (1 large)
- 1 cup thinly sliced, pared carrot
- Salt
- Pepper
- 2 tablespoons melted butter or margarine
- 1 can (10¾ ounces) condensed chicken broth

## COOKING LESSON

No. 66

By Jacques Jaffry

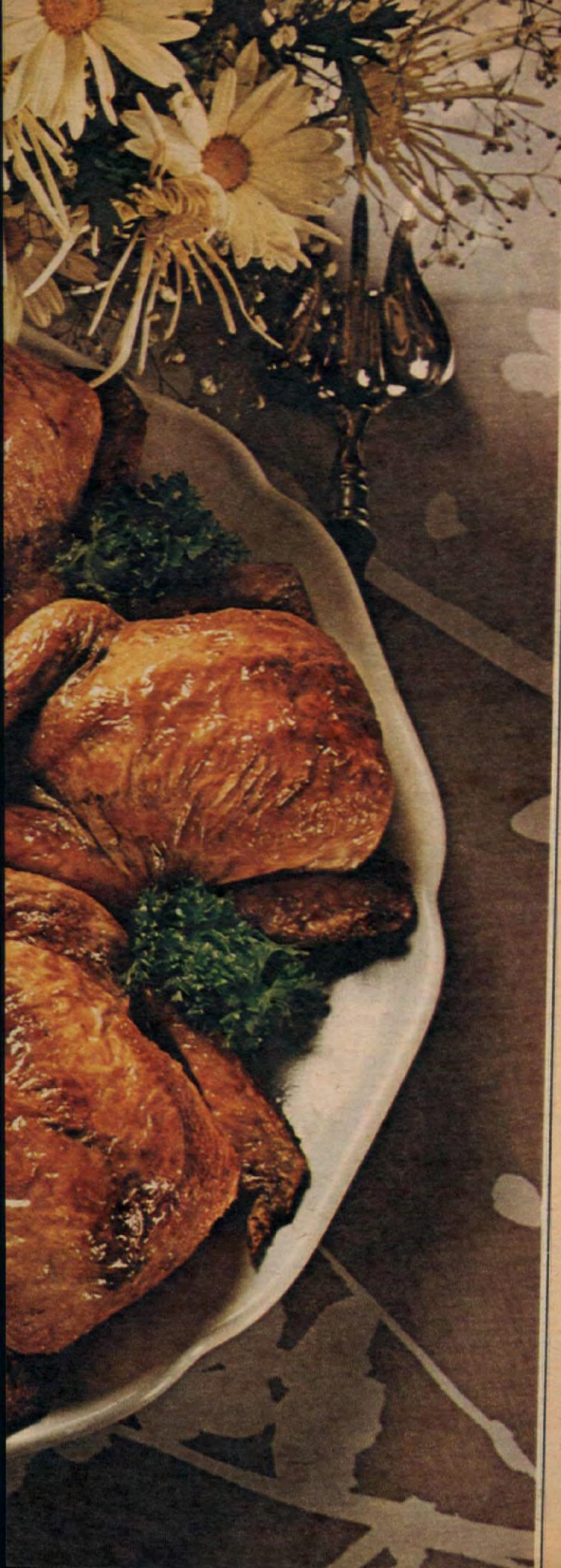
Here's a stellar dish that tastes even better than it looks. What's more, it is just as easy on the food budget as it is to enjoy.

# BONED STUFFED CORNISH HENS

Pungently stuffed Cornish hens are a delicious main attraction to spark any dinner party. Now with step-by-step directions, you can learn to bone them—as professional chefs do—and serve your guests whole golden hens that need no carving.







1. Cut a slit down back of hen from neck to tail with a small, sharp knife.

2. Cut through shoulder joint to separate wing from shoulder. Scrape flesh from the shoulder bone with a knife.

3. Cut against backbones and scrape and cut flesh away from one side of bird.

4. Continue scraping down to the leg joint. Cut through joint with knife or poultry shears.

5. Cut along rib cage until you reach the edge of the breast. Stop here, being careful not to cut through skin. Repeat on other side of bird. Lift almost free carcass and cut along ridge of breastbone. Take care not to cut through skin that covers the bone.

6. Place bird, skin side down, on board. Scrape flesh from thighbone. Sever at the joint and remove the thighbone.

7. Cook chicken livers, shallots or green onions, salt and pepper in 2 tablespoons butter or margarine 3 minutes over high heat. Stir often. Turn onto board. Chop finely. Mix with rice, parsley and thyme. Divide filling among hens, heaping it in center. Bring skin up over filling. Tie legs together. Heat oven to 450°. Heat 2 tablespoons butter or margarine in shallow roasting pan. Add onion and carrot. Cook 2 minutes. Brush hens with melted butter or margarine. Sprinkle with salt and pepper. Place, breast up, in pan. Roast 20 to 25 minutes, basting often with pan juices. Place hens on warm platter. Pour fat from pan. Add broth to pan. Bring to boiling, scraping pan to dissolve brown bits. Cook 5 minutes. Strain. Garnish hens with parsley, if desired. Makes 6 servings.





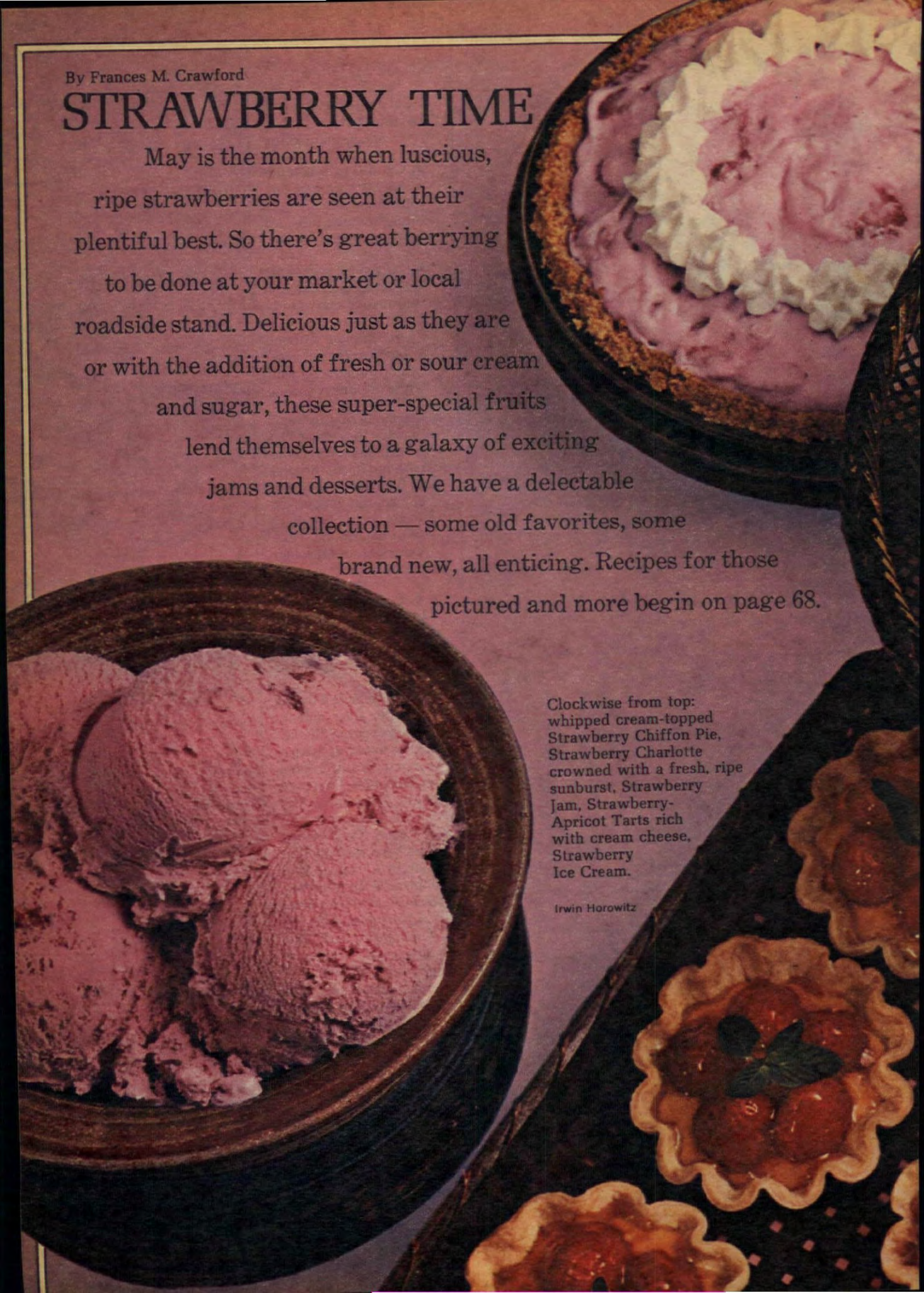
By Frances M. Crawford

# STRAWBERRY TIME

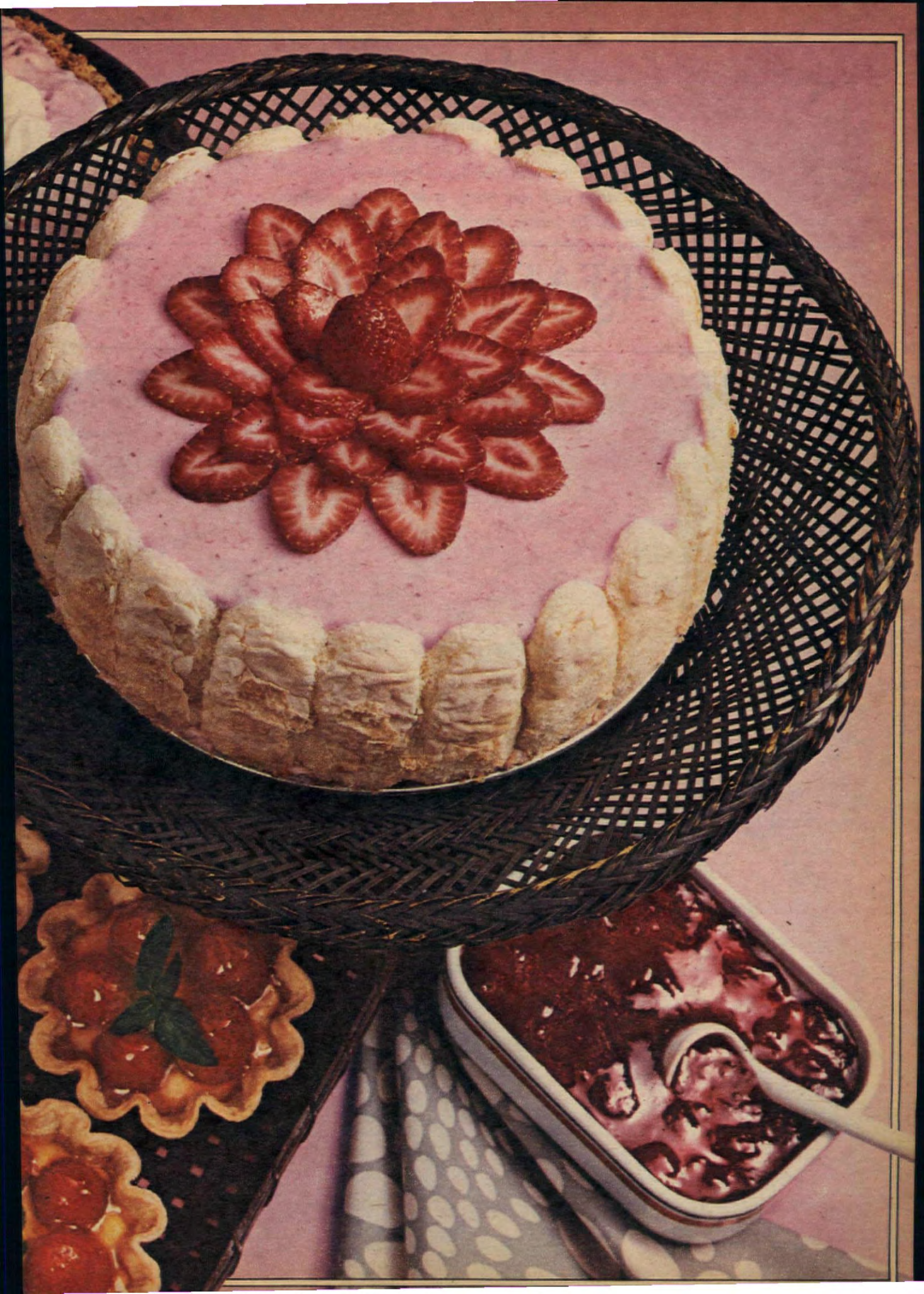
May is the month when luscious, ripe strawberries are seen at their plentiful best. So there's great berrying to be done at your market or local roadside stand. Delicious just as they are or with the addition of fresh or sour cream and sugar, these super-special fruits lend themselves to a galaxy of exciting jams and desserts. We have a delectable collection — some old favorites, some brand new, all enticing. Recipes for those pictured and more begin on page 68.

Clockwise from top: whipped cream-topped Strawberry Chiffon Pie, Strawberry Charlotte crowned with a fresh, ripe sunburst, Strawberry Jam, Strawberry-Apricot Tarts rich with cream cheese, Strawberry Ice Cream.

Irwin Horowitz









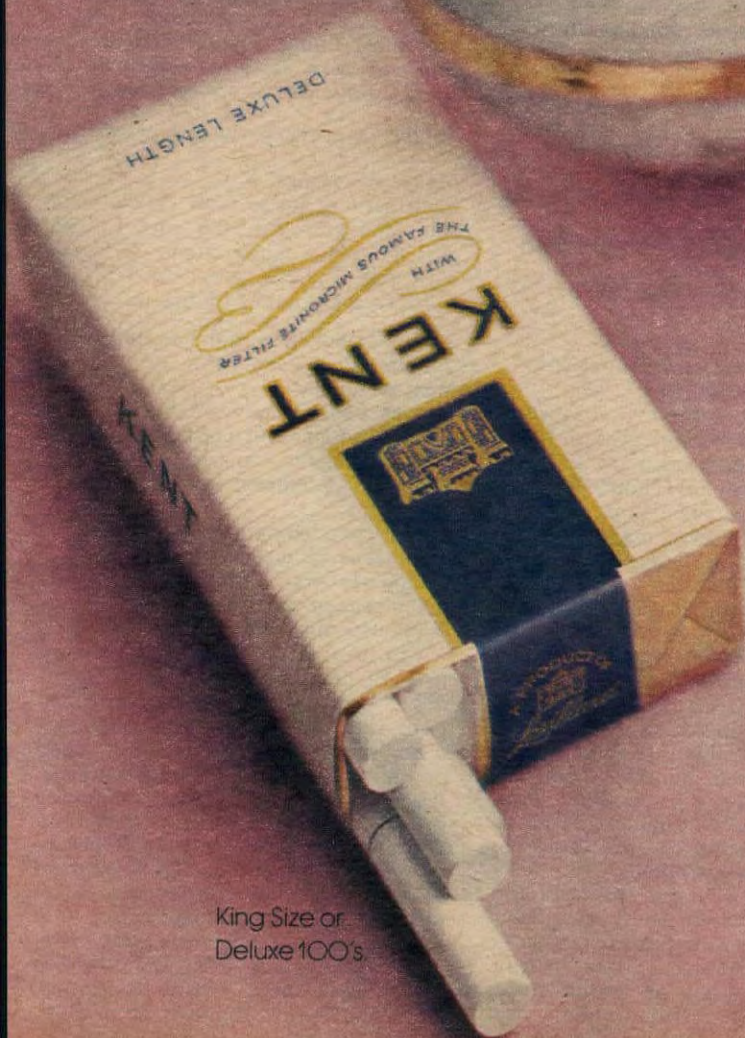
By Lucy Wing

Swiss Steak is an all-American way to make less costly beef cuts juicy and appealing. Turn chuck or round into a dish as special as Deviled Swiss Steak Deluxe (below). Served with red-skinned potatoes, broccoli, sliced onion and pan gravy, it is ideal for company or family. Its recipe, plus more, begins on page 66.

## GREAT BEEF BUY: SWISS STEAK







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Kings: 16 mg. "tar," 1.0 mg. nicotine; 100's: 19 mg. "tar,"  
1.2 mg. nicotine av. per cigarette, FTC Report Sept. '73.

Warning: The Surgeon General Has Determined  
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# KEY TO NUTRITION RATINGS

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

## DEVILED SWISS STEAK DELUXE

(pictured on page 64)

Makes 8 servings.

Each serving made with chuck—515 cal.; 32.9 gms. P.; 36.9 gms. F.; 9 gms. C. Source of niacin. Made with round—401 cal.; 35.5 gms. P.; 24.5 gms. F.; 9 gms. C. Source of riboflavin and niacin.

- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 pounds boneless round or chuck steak, cut 1 1/2 inches thick
- 2 tablespoons pure vegetable oil
- 1 cup sliced onion (1 large)
- 1 cup water
- 2 beef bouillon cubes
- 1/2 cup bottled steak sauce
- 3 tablespoons Dijon-style mustard
- 2 tablespoons brown sugar

Combine flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil in Dutch oven or heavy skillet over medium heat. Brown meat well on both sides. Add remaining ingredients. Bring to boiling, stirring until bouillon cubes and sugar are dissolved.\* Cover. Reduce heat to low. Simmer 2 1/2 to 3 hours or until meat is tender when pierced with a 2-tine fork. Transfer meat and onions to platter. If desired, garnish with red-skinned potatoes and broccoli. Skim fat from sauce. Pour into sauceboat.

\*To cook in oven bag: Heat oven to 350°. Put meat and liquid in large oven bag. Close bag. Place in pan. Make holes in bag as manufacturer directs. Bake 2 hours or until tender.

## BELGIAN BRAISED STEAK

Makes 8 servings.

Each serving made with chuck—533 cal.; 34.4 gms. P.; 36.9 gms. F.; 10.7 gms. C. Made with round—418 cal.; 36.9 gms. P.; 24.5 gms. F.; 10.7 gms. C. Both are sources of riboflavin and niacin.

- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 pounds boneless round or chuck steak, cut 1 1/2 inches thick
- 2 tablespoons pure vegetable oil
- 1 can (12 ounces) beer (1 1/2 cups)
- 1 can (10 1/2 ounces) condensed beef broth
- 1/2 cup instant minced onion
- 1 clove of garlic, crushed
- 1 bay leaf
- 1/2 teaspoon leaf thyme, crumbled

Combine flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil in Dutch oven or kettle. Brown meat well. Add beer, undiluted broth, onion, garlic, bay leaf and thyme.\* Bring to boiling. Cover. Simmer over low heat 2 1/2 to 3 hours or until meat is fork-tender. Transfer meat to platter. Discard bay leaf. Skim fat from surface of broth. Thicken broth, if desired, with 2 tablespoons flour blended with 1/4 cup water. Add to broth; cook until thickened and bubbly. Correct seasoning to taste with salt and pepper. Pour into sauceboat.

\*To cook in pressure cooker: Follow recipe to this point in 6-quart pressure cooker. Close cover securely. Pressure-cook 35 minutes at 15 pounds. Cool cooker immediately according to manufacturer's directions. Finish recipe as directed above.

## SWISS STEAK EN CASSEROLE

Makes 8 servings.

Each serving made with chuck—527 cal.; 29.8 gms. P.; 37.4 gms. F.; 11.3 gms. C. Source of vitamin A, thiamine and niacin. Made with round—442 cal.; 32 gms. P.; 27 gms. F.; 11.3 gms. C. Source of vitamin A, thiamine, riboflavin and niacin.

- 2 1/2 pounds boneless round or chuck steak, cut 1 inch thick
- 1 cup dry red wine
- 2 tablespoons pure vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon dried leaf rosemary, crumbled
- 1 clove of garlic, crushed
- 6 slices bacon
- 1 package (1 pound 8 ounces) frozen vegetables for stew
- 2 tablespoons all-purpose flour
- 1 cup water
- 2 beef bouillon cubes or 2 envelopes instant beef broth mix

Cut meat into 8 serving-size pieces. Place in glass or stainless-steel bowl. Add wine, oil, salt, rosemary and garlic. Cover. Marinate 1 hour. Remove meat from marinade. Wipe dry with paper towels. Reserve marinade.

Cook bacon in large skillet until golden brown. Drain; crumble; reserve. Brown meat in fat left in skillet. Remove meat to 3-quart casserole as it browns. Add frozen vegetables and crumbled bacon to casserole. Heat oven to 350°. Discard all but about 2 tablespoons fat in skillet. Sprinkle with flour. Mix well. Stir in reserved marinade, water and bouillon cubes or broth mix. Bring to boiling. Pour over meat and vegetables in casserole.\* Cover. Bake 1 3/4 to 2 hours or until meat is fork-tender.

\*To cook in oven bag: Follow recipe to this point, but place meat and remaining ingredients in large oven bag. Close bag. Place in pan. Make holes in bag as manufacturer directs. Bake 1 1/2 hours or until meat is tender.

## SWISS STEAK PIE

Makes 6 servings.

Each serving made with chuck—690 cal.; 36 gms. P.; 47 gms. F.; 29.5 gms. C. Made with round—599 cal.; 38.2 gms. P.; 36 gms. F.; 29.5 gms. C. Both are sources of thiamine, riboflavin and niacin.

- 2 pounds boneless round or chuck steak, cut 1/2 inch thick
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons pure vegetable oil
- 1 can (14 ounces) beef broth
- 2 packages (8 ounces each) frozen peas in cream sauce
- 1 package (8 ounces) refrigerated crescent dinner rolls

Cut meat into 6 serving-size pieces. Mix flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil in large skillet or Dutch oven. Brown meat well. Remove meat as it browns to a 12x8-inch baking dish. Heat oven to 375°. Pour broth over meat. Cover dish with aluminum foil. Bake 1 hour. Remove from oven. Stir in frozen peas. Unroll rolls; do not separate along perforations. Overlap dough rectangles along long sides. Pat along overlap and perforations to form a smooth 12x8-inch rectangle. Place over meat filling. Press dough firmly to rim of dish. Return to oven. Bake about 20 minutes or until golden.

## CALIFORNIA-STYLE SWISS STEAK

Makes 6 servings.

Each serving made with chuck—474 cal.; 30.5 gms. P.; 36.6 gms. F.; 3.5 gms. C. Made with round—383 cal.; 32.8 gms. P.; 25.6 gms. F.; 3.5 gms. C. Both are sources of niacin.

- 2 pounds boneless round or chuck steak, cut 1/2 inch thick
- Meat tenderizer
- 3 tablespoons pure vegetable oil
- 1/2 cup chopped fresh or frozen onion
- 1 clove of garlic, crushed
- 1 can (10 1/2 ounces) condensed beef broth
- 1/4 cup chopped parsley
- 2 tablespoons diced canned green chili peppers
- 1 tablespoon cornstarch
- 2 tablespoons water

Cut meat into 6 serving-size pieces. Prepare meat with tenderizer according to package directions. Heat oil in large skillet or Dutch oven over medium heat. Brown meat well. Add onion and garlic. Cook 2 minutes, stirring frequently. Add undiluted broth. Bring to boiling. Cover. Simmer over low heat 50 minutes or until meat is fork-tender. Transfer meat to serving platter. Keep warm. Skim all fat from surface of pan juices. Add parsley and chili peppers. Mix cornstarch and water until smooth. Stir into juices. Cook, stirring constantly, until thickened. Remove from heat. Correct seasoning. Pour over meat.

continued



# KRAFT SALAD DAYS ARE HERE.

It's the time of year for all the freshness and ripeness of the garden. The time to celebrate nature's goodness.

Celebrate the plump, ripe, red tomato by filling it with your favorite salad mixture. Tuna salad, ham salad, chicken, salmon or egg

salad—each fills a tomato with flair. And Miracle Whip Salad Dressing gives each one a lively touch of difference.

Try a "starburst" tomato with tuna salad, as shown here. Cut a tomato into six sections—

—and fill with tuna salad. Or cut a tomato vertically into four slices—not quite all the way through—and fill with egg salad.

No matter how you slice it, the tomato is a wonderful way to celebrate Salad Days. Just use your imagination . . . and Miracle Whip!



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## SWISS STEAK PIZZAIOLA

Makes 6 servings.

Each serving made with chuck—499 cal.; 31 gms. P.; 34.9 gms. F.; 14.3 gms. C. Made with round—408 cal.; 33.5 gms. P.; 23.9 gms. F.; 14.3 gms. C. Both are sources of thiamine, riboflavin, niacin, vitamins A and C.

- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds boneless round or chuck steak, cut 1 inch thick
- 2 tablespoons olive or pure vegetable oil
- 1 can (1 pound 12 ounces) tomatoes
- 1 teaspoon sugar
- 1/2 teaspoon dried leaf oregano, crumbled
- 1 clove of garlic, minced
- 1 1/2 pounds zucchini, sliced
- 1 tablespoon chopped parsley

Combine flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil in large skillet or Dutch oven. Brown meat well. Add tomatoes with their liquid, sugar, oregano and garlic.\* Bring to boiling. Cover. Simmer over low heat 1 1/4 hours. Add zucchini. Cook 20 minutes more or until meat is tender. Remove meat and zucchini to platter with slotted spoon. Sprinkle with parsley. Skim any fat from surface of pan juices. Thicken, if desired, with 1 tablespoon cornstarch blended with 2 tablespoons water. Add to juices; cook until thickened and bubbly. Pour into sauceboat.

\*To cook in pressure cooker: Follow recipe to this point in 6-quart pressure cooker, but use smaller can of tomatoes (1 pound); add zucchini. Close cover securely. Pressure-cook 20 minutes at 15 pounds. Cool cooker immediately according to manufacturer's directions. Finish recipe as directed.

## SWISS STEAK ROYALE

Makes 6 servings.

Each serving made with chuck—753 cal.; 36.5 gms. P.; 50.4 gms. F.; 36 gms. C. Made with round—662 cal.; 38.8 gms. P.; 39.4 gms. F.; 36 gms. C. Both are sources of thiamine, riboflavin and niacin.

- 2 pounds boneless round or chuck steak, cut 1/2 inch thick
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons pure vegetable oil
- 1 envelope (1 3/8 or 1 1/4 ounces) onion-soup mix
- 1 1/2 cups water
- 1 package (8 ounces) medium egg noodles
- 2 tablespoons butter or margarine
- 1/2 pound mushrooms, quartered
- 1 cup (1/2 pint) dairy sour cream

Cut meat into 6 serving-size pieces. Mix flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil

in large skillet or Dutch oven over medium heat. Brown meat well. Add soup mix and water.\* Bring to boiling. Cover. Simmer over low heat 1 hour or until meat is fork-tender. Cook noodles according to package directions. Drain. Toss with butter or margarine. Spoon onto serving platter. Arrange meat over noodles. Keep warm. Add mushrooms to sauce left in pan. Cook until tender, stirring occasionally. Stir in sour cream. Lift mushrooms from sauce with slotted spoon to platter. Pour sauce into sauceboat. Sprinkle mushrooms with chopped parsley, if desired.

\*To cook in pressure cooker: Follow recipe to this point in 6-quart pressure cooker. Close cover securely. Pressure-cook for 15 minutes at 15 pounds. Cool cooker immediately according to manufacturer's directions. Finish recipe as directed above.

## SWISS STEAK BARBECUE STYLE

Makes 6 servings.

Each serving made with chuck—560 cal.; 30 gms. P.; 37.6 gms. F.; 23.9 gms. C. Source of riboflavin, niacin and vitamin C. Made with round—469 cal.; 32.4 gms. P.; 26.6 gms. F.; 23.9 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 2 pounds boneless round or chuck steak, cut 1/2 inch thick
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons pure vegetable oil
- 1/2 cup chopped fresh or frozen onion
- 1 cup diced green pepper (1 large)
- 1 can (10 3/4 ounces) condensed cream of tomato soup
- 1/4 cup dark corn syrup
- 2 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce

Cut meat into 6 serving-size pieces. Mix flour, salt and pepper. Rub or pound flour mixture into meat, using a mallet or edge of saucer. Heat oil in large skillet or Dutch oven over medium heat. Brown meat well. Add onion and green pepper. Cook 2 minutes, stirring frequently. Add undiluted tomato soup, corn syrup, vinegar and Worcestershire; mix well.\* Bring to boiling. Cover. Simmer over low heat 1 hour or until meat is fork-tender. Transfer meat to serving platter. Skim any fat from surface of sauce. Pour sauce into sauceboat.

\*To cook in pressure cooker: Follow recipe to this point in 6-quart pressure cooker. Close cover securely. Pressure-cook 15 minutes at 15 pounds. Cool cooker immediately according to manufacturer's directions.



## STRAWBERRY-APRICOT TARTS (pictured on pages 62-63)

Makes 6 servings.

Each serving: 538 cal.; 7.8 gms. P.; 32 gms. F.; 58 gms. C. Source of vitamin C.

- 1 package pie crust mix
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup light cream
- 3 tablespoons sugar
- 1 tablespoon grated lemon peel
- 1 quart firm, ripe strawberries, washed and hulled
- 1/2 cup apricot preserves
- 1 tablespoon lemon juice

Heat oven to 375°. Prepare pie crust mix according to package directions. Cut into 6 equal-size pieces. Roll each to a 6-inch circle; line 4-inch fluted tart pans; trim pastry even with edge of pan. Prick pastry with fork. Put a piece of wax paper in each shell; fill with raw rice or dried beans to keep shell from buckling during baking. Bake 10 minutes. Remove rice or beans and wax paper. Prick pastry again with fork. Bake 10 to 15 minutes or until tart shells are crisp and golden brown. Cool in pans; remove.

Combine cream cheese, cream, sugar and lemon peel in small bowl of electric mixer; beat until smooth and creamy. Spread cheese mixture in bottom of tart shells; chill well. Place strawberries, stem ends down, over cheese layer. Combine apricot preserves and lemon juice in small saucepan; heat very slowly until soft enough to brush over tops of strawberries. Glaze strawberries carefully. Chill.

## STRAWBERRY ICE CREAM (pictured on page 62)

Makes 1 gallon.

Each cup: 213 cal.; 4.3 gms. P.; 4 gms. F.; 42 gms. C. Source of vitamin C.

- 1 quart firm, ripe strawberries, washed and hulled
- 1/3 cup sugar
- 1/3 cup sifted all-purpose flour
- 1/4 teaspoon salt
- 2 cups sugar
- 2 cups milk, scalded
- 6 eggs
- 3 teaspoons vanilla
- 4 cups heavy cream

Mash strawberries with 1/3 cup sugar; let stand while preparing custard mixture. Mix flour, salt and 2 cups sugar in top of double boiler; blend in milk. Cook over simmering water, stirring constantly, about 5 minutes or until thickened; cover; cook 5 minutes longer. Beat eggs slightly; stir in hot mixture; return to double boiler; cook 1 minute longer. Cool; add vanilla. Blend in cream and strawberry mixture. Freeze according to directions of manufacturer of your ice-cream freezer. After ice cream freezes, paddle can be removed and freezer packed with salt and ice. Ice cream will keep for 3 to 4 hours with this packing.





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morgasbord**

**Chinatown  
Vegetables**

**Gazpacho  
Salad**

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## STRAWBERRY TIME continued

### STRAWBERRY CHARLOTTE

(pictured on page 63)

Makes 10 servings.

Each serving: 296 cal.; 3 gms. P.; 19 gms. F.; 30.7 gms. C. Source of vitamin C.

- 2 envelopes unflavored gelatin
- $\frac{1}{2}$  cup water
- 1 quart firm, ripe strawberries, washed and hulled
- 1 cup sugar
- 2 teaspoons lemon juice
- 1 teaspoon vanilla
- 4 drops red food coloring
- 1 package (3 ounces) ladyfingers
- 2 cups (1 pint) heavy cream

Soften gelatin in water 5 minutes. Slice enough strawberries to make 4 cups; reserve. Puree remaining berries in electric blender or with food mill. (Puree should measure about  $1\frac{3}{4}$  cups.) Combine softened gelatin, strawberry puree and sugar in medium-size saucepan. Cook over low heat, stirring occasionally, until sugar and gelatin dissolve. Remove from heat. Stir in lemon juice, vanilla and food coloring. Chill in refrigerator or over ice water until mixture thickens and mounds when spooned.

Line sides of 8-inch springform pan with split ladyfingers, rounded sides out. Whip heavy cream; fold into gelatin mixture. Pour about half the strawberry-cream mixture into lined pan. Quickly spread half the reserved, sliced strawberries in a layer over cream. Top with remaining cream mixture. Refrigerate 2 to 3 hours or until filling is firm. Remove sides of pan. Arrange remaining sliced strawberries over top in sunburst design.

### STRAWBERRY CHIFFON PIE

(pictured on page 62)

Makes 8 servings.

Each serving: 242 cal.; 2.9 gms. P.; 13.8 gms. F.; 29.4 gms. C. Source of vitamin C.

- $1\frac{1}{3}$  cups crushed vanilla wafer crumbs
- $\frac{1}{4}$  cup softened butter or margarine
- 2 tablespoons sugar
- 1 pint firm, ripe strawberries, washed, hulled and sliced
- $\frac{1}{3}$  cup sugar
- 1 envelope unflavored gelatin
- $\frac{1}{4}$  cup water
- 2 egg whites
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  cup heavy cream, whipped
- 4 drops red food coloring

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

Combine strawberries and  $\frac{1}{3}$  cup sugar; let stand 15 minutes or until juice runs freely; strain juice into saucepan. Soften gelatin in water 5 minutes; add to strawberry juice; heat until gelatin is dissolved; cool. Add sliced strawberries to cooled mixture; chill until mixture mounds when spooned. Beat egg whites until foamy; beat in  $\frac{1}{4}$  cup sugar gradually. Con-

tinue beating until meringue forms stiff, glossy peaks. Fold thickened strawberry mixture into meringue; fold in whipped cream and food coloring; pour into cooled crust. Garnish with additional whipped cream, if desired.

### STRAWBERRY-RICE BAVARIAN

Makes 8 servings.

Each serving: 250 cal.; 4 gms. P.; 13 gms. F.; 29.8 gms. C. Source of vitamin C.

- 1 envelope unflavored gelatin
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- $\frac{3}{4}$  cup evaporated milk
- $\frac{1}{2}$  cup water
- 2 cups cold, cooked rice
- 1 cup ( $\frac{1}{2}$  pint) heavy cream, whipped
- 1 pint firm, ripe strawberries, washed, hulled and sliced
- Few drops red food coloring

Oil 6-cup mold lightly. Combine gelatin, sugar and salt in medium-size saucepan. Stir in evaporated milk and water. Cook over low heat, stirring constantly, until gelatin dissolves. Chill mixture until partially set. Fold in rice, whipped cream, strawberries and food coloring. Pour into mold. Chill 2 to 3 hours or until firm. Unmold.

### COOKED STRAWBERRY JAM

(pictured on page 63)

Makes 8 glasses.

Each glass: 590 cal.; 1 gm. P.; 1 gm. F.; 167 gms. C. Source of vitamin C.

- 2 quarts fully ripe strawberries, washed and hulled
- 1 package ( $1\frac{3}{4}$  ounces) powdered pectin
- 7 cups sugar

Prepare eight 8-ounce jelly glasses and lids or covers, as directed below. Crush strawberries, one layer at a time, in large bowl, so each berry is reduced to pulp. Measure, packing into cup. There should be  $4\frac{1}{2}$  cups. If there is not quite enough, add water to fill the last fraction of cup needed. Put into 6- to 8-quart kettle. Stir in pectin. Cook over high heat, stirring constantly until mixture boils hard. Stir in sugar. Bring to full rolling boil (a tumbling boil that cannot be stirred down). Boil hard 1 minute, stirring constantly.

**To seal with paraffin:** Remove jam from heat. Skim off foam with metal spoon. Stir and skim, by turns, 5 minutes to cool slightly and prevent floating fruit. Ladle quickly into glasses, leaving  $\frac{1}{2}$ -inch space at top. Cover at once with  $\frac{1}{8}$ -inch melted paraffin. Cool; cover glasses; label. Store in a cool place.

**To seal without paraffin:** Use jars with 2-piece metal lids. Remove jam from heat. Quickly skim off foam with metal spoon. Ladle boiling hot jam into jars, leaving  $\frac{1}{8}$ -inch space at top. Place lid on jar; screw band on tightly; invert jar. When all jars are filled, stand them upright; cool. Shake gently after 30 minutes to prevent floating fruit. Label. Store in a cool place.

### NO-COOK STRAWBERRY JAM

Makes 6 glasses.

Each glass: 463 cal.; .66 gms. P.; .66 gms. F.; 126 gms. C. Source of vitamin C.

- 1 quart fully ripe strawberries, washed and hulled
- 4 cups sugar
- 1 package ( $1\frac{3}{4}$  ounces) powdered pectin
- $\frac{3}{4}$  cup water

Prepare six 8-ounce jelly glasses and lids or covers, as directed below. Crush strawberries, one layer at a time, in large bowl. Stir in sugar. Mix pectin and water in small saucepan. Bring to boiling; boil 1 minute, stirring constantly. Stir into strawberry mixture. Continue stirring 3 minutes (a few sugar crystals will remain). Ladle quickly into prepared glasses. Cover at once with tight lids. Let set at room temperature (it may take 24 hours). Refrigerate. Use within 3 weeks.

### TO STERILIZE JELLY GLASSES

Check glasses for nicks, cracks and sharp edges on sealing surfaces. Wash jars and lids or covers in hot, soapy water. Rinse. Put jars and lids or covers in large kettle. Cover with water. Bring to boiling; boil 10 minutes. Turn off heat. Leave jars and lids or covers in water until ready to fill. Remove from hot water with tongs. Invert jars on paper towels to drain. Jars should be hot and dry when filled.

### TO FREEZE STRAWBERRIES

Select firm, ripe, red berries with good flavor. Wash berries, a small amount at a time, in ice water. Drain in colander, then spread berries on paper towel-lined jelly-roll pans. Sort and remove hulls. Freeze according to one of these methods:

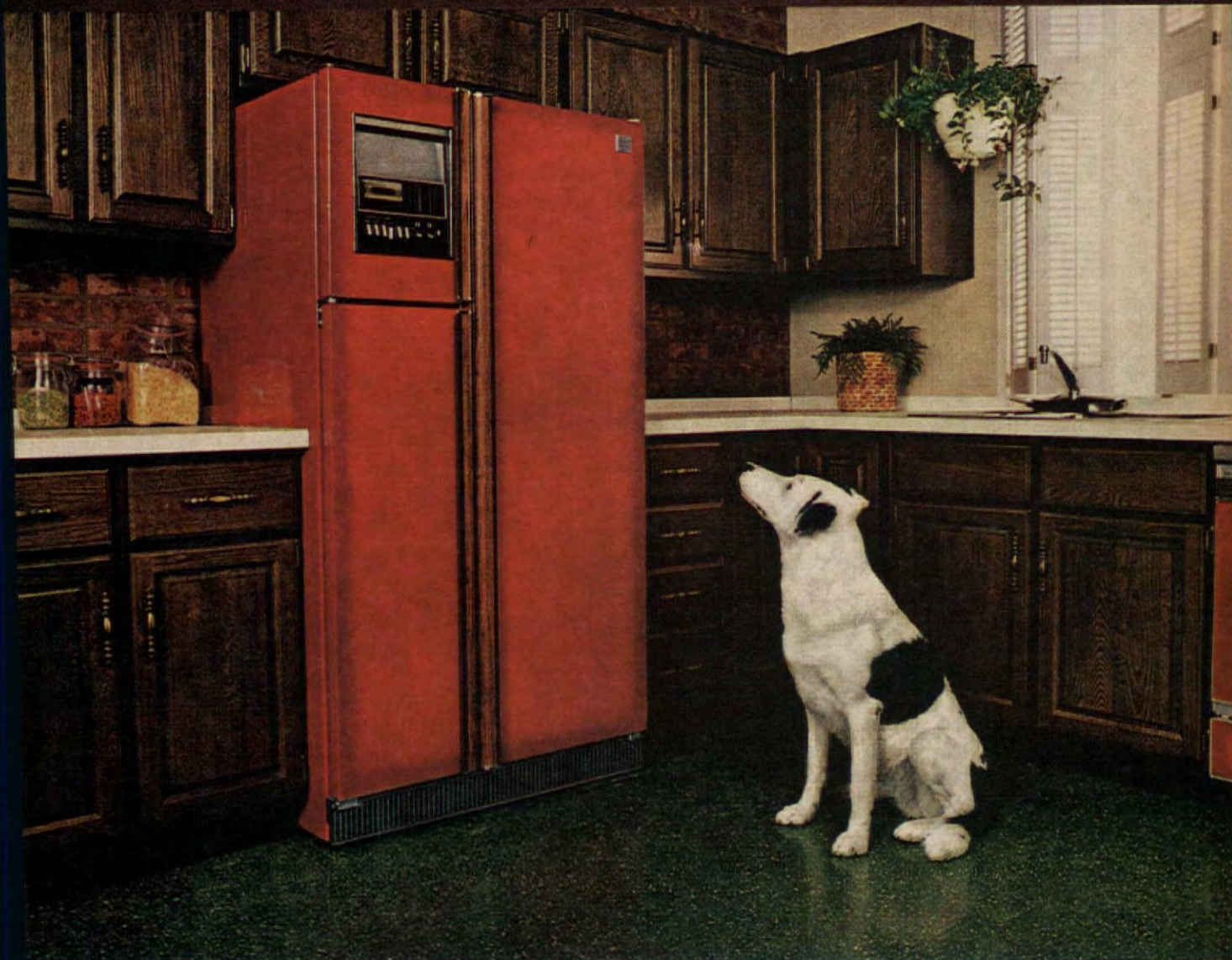
**Dry sugar pack:** This is the method preferred for berries you'll use in salads, in fruit cups or over cereals. It can be done one of two ways. Slice fruit into shallow dish or bowl. Sift sugar over berries ( $\frac{1}{2}$  cup sugar for 1 quart strawberries). Fold gently just until sugar dissolves. Fill containers; label; freeze. Or layer sliced berries and sugar into containers. Add sugar lightly at first, then increase it near the top. Shake container to distribute sugar. Label and freeze. It is a good idea, with either of these methods, to note the amount of sugar on the label so you can make recipe adjustments, should you use the berries in baking.

**Syrup pack:** Stir 4 cups water and 3 cups sugar until sugar dissolves. The syrup needs no cooking and may be made ahead and refrigerated. Put  $\frac{1}{3}$  cup syrup into pint container. Add whole strawberries, leaving head space for expansion during freezing. Add syrup, as needed, to cover fruit. To keep fruit under syrup, put a piece of crushed wax paper or freezer paper on top and press fruit down before sealing lid.

**Dry pack:** Spread strawberries on cookie sheet in single layer. Freeze until firm. Fill containers to top.



# Frigidaire and General Motors present the first refrigerator that talks back.



We've added an unusual accessory to our 3-door refrigerator. A portable AM-FM radio, cassette tape player and recorder that fits neatly into the top freezer door. We call it the Frigidaire Conversation Piece.

Instead of leaving important messages on notepaper and hoping they'll get seen, you can record them on tape and be sure they'll be heard. You'll also be able to play your favorite taped music. Record recipes and play them back while you cook. Or learn a language while you bake. It might even be able to teach an old dog a few tricks. And because the radio is in the door, think of the extra counter space you'll save.

Like every Frigidaire refrigerator, this one has rugged interiors built to take years of tough treatment. It's completely Frost-Proof, too. And because it's backed by the engineering skills and technology of General Motors, it's as beautiful as it is dependable. The hydrators and the food compartment covers have the beautiful look of smoked onyx. And the shelves are elegantly trimmed with the look of teakwood.

If you're looking for a refrigerator that combines brilliant innovation with reliability, Frigidaire is the refrigerator to buy.

For more information, write to Frigidaire, Box 999, Dayton, Ohio 45402.

Or go to your Frigidaire dealer and see our new refrigerator. It has a lot to say for itself.







# YOUR PERSONALIZED COMPUTER DIET

**Sweeping the country: A safe and sane new diet based on the foods you like best.**

By Evan Frances and  
Eileen Denver Mimoso

Now you can get a diet that is tailor-made to your eating habits and your personality. No more regimens of grapefruit and cottage cheese, when you *hate* grapefruit and cottage cheese. No more juggling calories, no more choosing a vegetable from Column A and a meat from Column B. The Cadence Computerized Diet lets you eat the foods you love—to lose the pounds you hate.

The innovative brains behind this miracle program are a concerned woman doctor and a busy computer. Georgina Faludi, M.D., a distinguished obesity specialist, has been treating overweight people on an individual basis for more than 12 years. Her method is to conduct an in-depth interview with each patient, then work out a meal-by-meal diet for them. She has had remarkable success in bringing patients to their ideal weight and maintaining it. "But I wanted to help many more people," she explains, "and how could I do that without time-consuming individual interviews and diets?"

The computer was the answer: Now you, too, can have an "interview" with Dr. Faludi and get a diet designed just for you. It's simple: First, you fill out a detailed questionnaire on yourself; this is put into a computer that has already been fed with data based on the doctor's long experience in treating overweight people. In seconds, the computer works out a safe, meal-by-meal 21-day diet in booklet form that is yours alone.

The Cadence diet, introduced just a few months ago, has been phenomenally successful so far. "I think it's because it treats people like the individuals they are," says

the doctor. "Most reducing programs are the same for everybody. But you can't prescribe the same diet for an active 6-foot 2-inch businessman and a 5-foot 1-inch secretary who sits all day."

Nearly 40 percent of the people in this country are overweight, and each of them is a special case. A good diet must allow for their different needs. A woman from Illinois, writing in for a questionnaire, sums up the appeal of the new diet: "At last there's a program based on my case history—I feel as though I've got my very own diet specialist!"

To get *your* own computerized diet, you supply a bit of preliminary information on a coupon (see next page) and send it in, along with \$14.95. (To participate, you cannot be pregnant and must be over 16.) In return, you receive a long, confidential questionnaire that covers your physical makeup, medical and dieting history, exercising and eating habits.

The questionnaire ends with a list of close to 200 foods. Next to each, you check off: "Like to eat often," "Like to eat occasionally," "Eat if I have to," "Absolutely dislike or am allergic to." The whole thing is much like the patient history you would give Dr. Faludi in an interview, but in this case it's the computer that does the work, making up a diet based on all the factors you've listed.

The diet booklet you receive begins with personalized advice about the way you should eat and exercise, and about any problems your case may present. Then there's a 21-day breakfast/lunch/dinner diet (snacks are provided for, if you've indicated that you're a confirmed snacker). In the back of the booklet is a list of substitutions you can make.

The diet, which comes with a three-month, money-back guarantee, is completely balanced nutritionally. You don't have to count calories; the computer does that for you. You don't have to pick, choose and tabulate. (This is what intrigued a Washington, D.C. woman in sending for her questionnaire: "Don't tell me to look up tables and do calculations—I'll find an excuse not to do all that work. Just tell me what to do, meal by meal, and I'll do it.")

The response so far to the computerized diet proves that it fills a pressing need. Being overweight is a problem, of course, and many people today are beginning to realize that it is more than a mere matter of looks. "Overweight shortens life," says Dr. Faludi. "It is the greatest contributing factor to cardiovascular death—our nation's single largest killer." (continued)

*Dr. Georgina Faludi, the woman behind the new computer diet, has been treating overweight people for years. She heads the Obesity and Diabetic Clinics at Hahnemann Medical College and Hospital in Philadelphia and is also a busy wife and mother of 2 active sons.*



Marvin Koner



# THINK THINS

LESS "TAR" THAN MOST  
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20 FILTER  
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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.

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



COMPUTER DIET continued  
Attempting to lose weight, the average overweight person in this country has been on at least six diets, with only temporary success. Diet books, fad programs, obesity drugs, melt-away-fat devices—they're all just props to the weight-losing effort. There's only one real answer, according to Dr. Faludi: "You must retrain your eating habits, learn to pace yourself—eating what you like, but eating less. If you follow the Cadence diet exactly, you can use it for the rest of your life without ill effects. Soon enough, your new eating habits will become almost second nature to you."

At the end of 21 days, you can simply repeat the meal-by-meal plan or pay the cost of a new 21-day

program based on what's happened so far. On a follow-up questionnaire, you list your new weight and note any diet changes you might wish—more meat, maybe, or less tuna fish. This goes back into the computer and out comes a new program. "The computerized diet is a bit like a custom-made suit," explains Dr. Faludi. "A little seam here, a little seam there, and it all fits perfectly."

"Ideally," she adds, "every overweight person should see a diet specialist, but that's expensive and often impossible. The computerized diet is the next best thing. If you fill out the questionnaire honestly and follow the diet you will lose weight—safely, slowly and permanently."

## 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.

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**Introductory Offer,  
\$14.95!**

**\$19.95 After July 15**

## COMPUTERIZED PERSONALIZED DIET

**Cadence Computerized Diet  
Dept. AH, P.O. Box 1057,  
Opa-locka, Florida 33054**

I have read the *American Home* article about the Cadence Computerized Diet. I understand that the best advice on dieting can be obtained from my own doctor. However, I am interested in trying the Cadence diet, which is based upon my personal diet history and food preferences, in order to lose weight and retrain my eating habits.

I am giving the following preliminary information about myself. Please send me the special questionnaire form described in the article. I understand that this entire personal weight-loss program is completely guaranteed, and if I am not satisfied at any time during the first three months, I may return it and get every cent of my money back. I am enclosing a check or money order for \$14.95 plus 60¢ for mailing, payable to Cadence Computerized Diet, or charge my: (check one) \_\_\_\_\_ Diners Club; \_\_\_\_\_ Master Charge; \_\_\_\_\_ Carte Blanche; \_\_\_\_\_ BankAmericard; \_\_\_\_\_ American Express. Account No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

name (please print) \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_ zip code \_\_\_\_\_

### FILL THIS IN NOW!

1. What is your sex? M ☐ F ☐  
Present weight \_\_\_\_\_ pounds.  
Age \_\_\_\_\_ Height \_\_\_\_\_
2. I would like to lose \_\_\_\_\_ pounds.
3. How would you define your body frame? Big-boned \_\_\_\_\_ Medium \_\_\_\_\_ Small \_\_\_\_\_. What is your wrist measurement? \_\_\_\_\_ inches.
4. How long have you been overweight? \_\_\_\_\_
5. Have you been on a diet in the last 12 months? \_\_\_\_\_. How much did you lose? \_\_\_\_\_ pounds. Did you keep the weight off? \_\_\_\_\_. How much of it did you gain back? \_\_\_\_\_ pounds. How fast? \_\_\_\_\_ months.



# 7 HOME TRUTHS ABOUT INSULATION

Misconceptions about insulation are accepted almost as folklore. Here are the facts.

**1** Insulation does *not* cause paint to peel or walls to rot. Moisture vapor is migrating continually through exterior wall, ceiling and floor sections, whether or not insulation is used. The direction of such migration depends on the relative vapor pressures inside and outdoors. Most of the time this moisture migration phenomenon is of little consequence. However, the use of insulation in a wall reduces the temperature of the inside surface of siding or sheathing in winter because it cuts heat loss from within. Under some conditions, moisture vapor could condense on the inside surface of the sheathing, siding or framing.

Vapor condensation problems can be avoided by controlling the production of water vapor within the home. For example, failure to vent a clothes dryer causes excessive moisture vapor production. Similarly, hanging the family wash inside the home produces excessively large amounts of water vapor, as does the unwise use of humidifiers. Any of these practices can cause water vapor problems with or without insulation.

**2** Wall insulation should *not* be installed so that there is an air space on each face and at the top and bottom of the insulation. It is not necessary—in fact, it is quite undesirable—for air to be able to circulate around insulation within a cavity. The proper installation method is to press the insulation back against the wall sheathing (vapor barrier facing inside) with the top and bottom of the insulation snugly against top and bottom wall plates. As a matter of fact, if an air path does exist on both faces of the insulation and at the top and bottom, it provides a bypass for heat to enter in summer and to escape by convection in winter. In addition, water vapor moves rapidly around the vapor barrier and the insulation, which is an undesirable situation.

**3** An air space alone is *not* a good insulator. Air spaces less than  $\frac{3}{4}$  inch thick are not considered to have insulating value. Increasing the thickness of an air space, bounded with nonreflective surfaces, to more than  $\frac{3}{4}$  inch does not appreciably improve the thermal-

resistance value of the air space. A  $3\frac{1}{2}$ -inch-thick air space in a wall has virtually the same resistance value as a  $\frac{3}{4}$ -inch space. A  $3\frac{1}{2}$ -inch (R-1.0) plain air space has a thermal value about equal to a  $\frac{3}{8}$ -inch thickness of insulation. ("R" refers to the resistance factor in insulation; the higher the "R" number, the better the insulation.)

A reflective foil face on insulation improves the thermal resistance of a building section if the foil faces at least a  $\frac{3}{4}$ -inch-thick air space. But  $3\frac{1}{2}$  inches of insulation with foil and air space in ceilings are *not* equal to 6 inches of insulation without foil, despite frequent claims to the contrary. For example, if R-11 insulation is installed in the ceiling with the foil side down and in such a manner that there is always a  $\frac{3}{4}$ -inch air space between the foil and adjacent surface, the reflective foil surface would add about two units of resistance or a total of R-13 (winter-time heat flow conditions). On the other hand, blanket insulation with a nominal thickness of 6 inches has a resistance value of about R-19.

**4** Fifteen-pound building paper is *not* a vapor barrier, although it can be a temporary water barrier. The rate at which water vapor passes through a material is described as its "permeance" and is referred to in perms. By definition, a vapor barrier must have a permeance rating of 1.0 perms or less. Thus the lower the perm rating, the better the moisture vapor barrier. The permeance of asphalt-treated sheathing paper is 3.3 perms or more and that of 4-mil polyethylene is 0.08 perms. Building paper, because it is used on the cold side, needs to have a relatively high permeance so that moisture vapor can pass through. However, its permeance is not low enough for it to be adequate for use as a ground-cover vapor barrier, although 55-pound roll roofing paper is an adequate vapor barrier for ground cover as is 4- or 6-mil polyethylene.

**5** Properly installed insulation on masonry walls below grade will *not* cause rot. Masonry walls can be insulated whether above or below grade by following this procedure:

For 1-by-2-inch furring strips, masonry wall insulation nominally 1 inch thick (R-3) of the pressure-fit type is available without a vapor barrier. (In this case, use a separate 2-mil polyethylene film or foil-backed gypsum board for the vapor barrier.) For 2-by-2-inch furring, R-7 insulation with vapor barrier may be used. When R-7 insulation is compressed to  $1\frac{3}{4}$  inches ( $1\frac{1}{2}$  inches plus  $\frac{1}{4}$  inch of shim), its thermal resistance is reduced to about R-6. For the R-7 insulation with vapor barrier, staple a blanket flange to the face of furring strip. When the R-7 is used, furring strips can be 24 inches on center, since the compressed insulation provides support for "thin" paneling.

**6** Blanket insulation flanges properly stapled to the face of furring strips will *not* cause nail popping in gypsum board. Nail popping is caused by shrinkage of framing lumber as it dries or by not nailing gypsum board tight to furring strip faces as it is being installed. The insulation flange should fit tight against the furring strip while nailing. The "double"-nailing gypsum-board installation method helps to assure that the board will be tight to the furring strip.

**7** Insulation does *not* prevent the burner of a gas or oil furnace or boiler from working properly, *nor* does it prevent a fireplace from drawing. In some dwellings with storm doors and windows and tight-fitting weatherstripping, it may be necessary to introduce fresh air for combustion purposes. The presence or absence of insulation does not have any effect on the amount of air infiltration into a dwelling.

This material was excerpted from the *Insulation Manual* produced by the NAHB Research Foundation, a subsidiary of the National Association of Home Builders. The manual, of value to homeowners, builders and building officials, outlines techniques which, if followed, will enable dwellings to have more uniform temperatures at lower energy costs—and to use less fuel oil, gas and electricity. For a copy of the manual, send \$4 to: NAHB Research Foundation, Inc., P.O. Box 1627, Rockville, Md. 20850.



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Acct. No. \_\_\_\_\_

INTERBANK NO. \_\_\_\_\_

(Find above your name)

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

Until today, opulent beauty like this was restricted to the Rajahs and Maharajas of India, or the very wealthy! The photograph above can only begin to convey the dazzling richness of the reds, the greens, the golds... the almost 3-dimensional depth of the design! Each has been hand-loomed and meticulously block-printed by skilled, unhurried Indian craftsmen trained for generations in the arts of looming and printing. You can almost feel the texture of the stately branches, scent the intoxicating perfume of the wondrous blossoms, hear the exquisite songs of the exotic birds. How elegantly, this lush "Garden of Eden" panel enriches your home!

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## 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.

### THE MAGIC OF DECORATING

Page 45. From House of Simmons: Chairs, #Q624-15D, Selig Mfg. Co., Leominster, Mass., covered in "Whitcomb" Indigo Zepel treated by Bloomcraft, N.Y.C.; drapery fabric—"Grasscloth" in copper, and curtain fabric—"Tergal" in snow, Bloomcraft, N.Y.C. Table, butler's tray, Welsh cupboard, The Yellow Monkey, Cross River, N.Y.; chandelier, #3781, Lightolier, Jersey City, N.J.; carpet, "Rare Choice" in Rusticana, E.T. Barwick, Chamblee, Ga.; baskets, JoJo Shop, N.Y.C.; pewter plates, Wilton Armetale, Columbia, Pa.; flatware, Oneida Heirloom Stainless, Oneida, N.Y.; prints, J. Pocker & Son, Inc., N.Y.C.; amber goblets, plates, Bartlett-Collins Co., N.Y.C.

Pages 46-47. From House of Simmons: Mattress, foundation, Beautivest® by Simmons, N.Y.C.; love seat #992-65, "Fun" fabric in Mandarin, Selig Mfg. Co., Leominster, Mass.; wallpaper #7130, Greef Fabrics, Port Chester, N.Y. End table, desk, tea table, chair, The Yellow Monkey, Cross River, N.Y.; carpet, "Grand Master" in Bisque, Congoleum Industries, Kearney, N.J.; Franklin stove, Model 301-S "Franklin," United States Stove Co., South Pittsburgh, Tenn.; fireplace tools, Williamsburg Craft House, Williamsburg, Va. All sources N.Y.C.: Needlepoint rug, A. Morjikian Co.; floor tiles, "Corrillo," Elon, Inc.; prints, J. Pocker & Son, Inc.; bedspread, "America," Fieldcrest Mills, Inc.; afghans, The Elder Craftsmen; pillows on sofa, A. Morjikian Co., Mazaltov's and The Elder Craftsmen; flowered napkin, pillows on bed, D. Porthault, Inc.

Page 48. Wall covering, Imperial Glendura "Patchwork" prepasted vinyl, Imperial Wallcoverings, Inc., Newark, N.J.; light fixture, #3530, Lightolier, Jersey City, N.J.; goblets, "Panelled Diamond Point," Fostoria, Moundsville, W. Va. All sources N.Y.C.: Flooring, "Contemplation" vinyl, GAF Corp.; rug, Bloomingdale's; bentwood stool, The Woodshed; dishes, wood utensils, porcelain molds, casseroles, mason jars, pitcher, The Pottery Barn; antique baskets, The Gazebo; wicker heart baskets, cooper molds, pans, utensils, Bazaar de la Cuisine; bread board, La Cuisiniere.

Page 49. From House of Simmons: Hide-A-Bed sofa, "Cambridge" fabric in blue corduroy, Simmons, N.Y.C.; drapery fabric, "Tymesmouth," Greef Fabrics, Port Chester, N.Y. Table, chairs, brass trivet, chest in bookcase, wood box in front of sofa, The Yellow Monkey, Cross River, N.Y.; carpet, "Andante" in sapphire, Monarch Carpet Mills, Chamblee, Ga.; urethane beams, "Plymouth" antique walnut finish, Paeco, Inc., Perth Amboy, N.J.; mirror, fireplace accessories, Williamsburg Craft House, Williamsburg, Va. All sources N.Y.C.: Pitcher on windowsill, La Cuisiniere; antique kilim rug, The Pillowry; prints, J. Pocker & Son, Inc.; antique baskets, JoJo Shop and The Gazebo; needlepoint pillows, Woolworks, Alice Maynard, Mazaltov's; afghan, strawberry pillow, The Elder Craftsmen.

Pages 50-51. From House of Simmons: Hide-A-Bed sofa, "Marlboro" brown velvet, Simmons, N.Y.C.; upholstered coffee table #62-06 in velvet with glass top, "Driftwood," Selig Mfg. Co., Leominster, Mass.; fabric on walls—"Temptation" in black, Wash and Use, fabric on window—"Paisley Patch" #801 brown, Bloomcraft, N.Y.C. Chest, chair, armoire, The Yellow Monkey, Cross River, N.Y.; carpet, "Satin Image II" in Cognac, Roxbury Carpet Co., Chattanooga, Tenn. All sources N.Y.C.: Bokhara rug, A. Morjikian Co.; afghan, The Elder Craftsmen; pillows, Mazaltov's, Woolworks, The Elder Craftsmen; antique baskets, JoJo Shop; prints, J. Pocker & Son, Inc.

continued



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NO TURNING!**

## ZESTY CORN-CRISPED CHICKEN

Make it the quick 'n easy Dip, Roll, Bake way using Kellogg's Corn Flake Crumbs and Kikkoman Soy Sauce.



Have ready—3-lb. frying chicken, cut up. Wash chicken pieces and dry thoroughly.

**DIP** chicken pieces in mixture of 1 egg beaten with ¼ cup KIKKOMAN® SOY SAUCE.

**ROLL** dipped chicken in 1½ cups KELLOGG'S® CORN FLAKE CRUMBS. Place in a single layer, skin side up, in well-greased or foil-lined shallow baking pan; do not crowd.

**BAKE** in moderate oven (350°F.) about one hour, or until tender. No need to cover pan or turn chicken while baking. Serve with additional Soy Sauce, if desired.

**YIELD:** 6 servings Zesty Corn-





## Look Younger Than Friends Your Age

Now and then, you like to be a step ahead of your friends. There are moments when you think dreadingly, "I'm just another face in the crowd," and the very idea upsets you. You'd like to set yourself apart from your friends.



Now you can, in a wonderfully satisfying way. You can ease away skin dryness which can make a woman look older. And your friends will never know how you achieved this triumph unless you tell. Simply discover the secret benefits of a unique beauty blend, a secret known to younger-looking women from Bangkok to Baghdad. Now share the secret of these fortunate women who have experienced the lovely results of this remarkable liquid.

The complexion-cherishing formulation, developed by beauty researchers, is known in the United States as Oil of Olay beauty lotion. Your skin almost drinks in the precious fluid. Its abundance of natural moisture, with its tropical oils and other emollients, penetrates the highly-visible surface layer of the skin. There it works with nature to help maintain

the delicate oil-moisture balance needed for your most youthful look.

Oil of Olay soothes away the dryness that accents the lines and wrinkles that can make you look older than you should. Your complexion becomes more supple and radiant from the first days you use the blend. Faithful users like to let Oil of Olay work its wonders at least twice a day. In the morning, as a fast-penetrating, non-greasy makeup base to let cosmetics stay beautifully fresh for hours. At night, to soothe and soften during quiet, relaxed hours of sleep.

You will find Oil of Olay at your drugstore. It isn't a moment too soon to begin to look younger than friends your age.

### Beauty Hints

*For a quick morning eye-opener, splash your face with cold water, pat not-quite-dry and gentle on Oil of Olay. You won't mind quite so much facing the inevitable morning rush in the kitchen.*

\* \* \*

*If your hair has been cut recently, newly shaped close-to-the-head short and neat, don't forget to put Oil of Olay® on your sensitive, now-exposed earlobes.*

## SHOPPING INFORMATION continued

### MELLOW CHARM FOR A KITCHEN WITH HEART

Pages 54-55: Wall ovens, Chambers Corp., Oxford, Miss.; warming drawer, Thermador Div., Norris-Thermador Corp., Los Angeles, Calif.; surface units, Jenn-Air Products, Inc., Indianapolis, Ind.; refrigerator-freezer, Frigidaire, Dayton, Ohio; dishwasher, KitchenAid Div., Hobart Mfg. Co., Troy, Ohio; disposer, In-Sink-Erator Div., Emerson Electric Co., Racine, Wis.; sink, Elkay Mfg. Co., Broadview, Ill.; NuTone Food Center, NuTone Div., Scovill Mfg. Co., Cincinnati, Ohio; can opener, Trade Wind Div., Norris-Thermador Corp., Los Angeles, Calif.; flooring, Armstrong linoleum, Armstrong Cork Co., Lancaster, Pa. All sources Los Angeles, Calif.: Tile, LATCO Products; brick facing, International Tile & Supply Corp.; baskets, Gazebo; country chairs, dining table with lazy Susan center, Millie Hampshire.

### EFFICIENT IN PLAN, WARM IN LOOKS

Pages 56-57: Wall ovens, Thermador Div., Norris-Thermador Corp., Los Angeles, Calif.; surface units, Gaffers and Sattler, Inc., Los Angeles, Calif.; grill, Waste King-Universal, Los Angeles, Calif.; refrigerator-freezer, GE, Louisville, Ky.; dishwasher, KitchenAid Div., Hobart Mfg. Co., Troy, Ohio; sink, Elkay Mfg. Co., Broadview, Ill.; disposer, The Maytag Co., Newton, Iowa; washer, dryer, Westinghouse Electric Corp., Mansfield, Ohio.

### EXUBERANT FLOW-TOGETHER DESIGN

Pages 58-59: Range, Caloric Corp., Top-ton, Pa.; warming drawer, Thermador Div., Norris-Thermador Corp., Los Angeles, Calif.; infrared food warmer, Corning Glass Works, Corning, N.Y.; refrigerator, GE, Louisville, Ky.; dishwasher, Waste King-Universal, Los Angeles, Calif.; appliance refinishing, Appliance Refinishing Co., Santa Ana, Calif.; flooring, vinyl asbestos tile, Amtico, N.Y.C.

### STRAWBERRY TIME

Pages 62-63: All sources N.Y.C.: Baskets, ceramic bowl, Diane Love; pie plate, rectangular dish; Hubert Des Forges; napkin fabric, Design Research, Inc.

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## HELPFUL KITCHEN BOOKLETS

Need some help in the kitchen? The latest consumer mini books, most of them free for the writing, can have you adding happy variety to your family meals or creating spectacular desserts to wow party friends. One booklet suggests that you try brown rice instead of white, for a nourishing change of pace. Produced by the Rice Council of America, it's called *Brown Rice*, and it contains 14 great new "ricepes"—plus nutrition information as a bonus. Brown rice is cholesterol-free, says the book, has more food energy than white rice and is lower in fat and sodium. It's free from: Rice Council, P.O. Box 22802, Houston, Tex. 77027.

Sandwiches can be extra-special, as the Scandinavians know. A handsomely designed booklet, *Sandwiches of Norway*, comes up with 30 fresh and different sandwich approaches inspired by Norwegian specialties. There are recipes for hot and cold supper sandwiches, full-flavored hors d'oeuvres, canapés, and hearty breakfast sandwiches. For a copy, send 25 cents to: Sandwiches of Norway, Box 7770, San Francisco, Calif. 94120.

Looking for variety when planning the week's menus? Why not sample *Canadian Bacon*? That's the name of a pocket-size recipe booklet that tells how to make such taste surprises as Bacon Roasted in Apple Butter and Bacon Teriyaki. Fully cooked, cured and lightly smoked, Canadian bacon supplies more edible meat per pound than almost any other meat. To receive this free 12-page booklet, send your name and address to: Canadian Bacon Council, Rose Packing, RR #3, Barrington Rd., Barrington, Ill. 60010.

Now you can cook with CARE, and the world will be the better for it. The money you spend to buy the *We CARE Cookbook* will help feed many hungry, needy children worldwide. This 93-page paperback cookbook contains recipes popular in the United States and in CARE-aided countries, from the early 1800s to the present. For your copy, send \$3 plus 30 cents postage to: *We CARE Cookbook*, 18581 McFarland Ave., Saratoga, Calif. 95070. School or service clubs that wish to use this book as a fund-raising project can write to the same address for more information.

In 1918 the Metropolitan Life Insurance Company created a cookbook aimed at helping homemakers shape sensible eating habits for their families. Today, 81 million copies later, that cookbook is on the scene again, completely revised for the '70s. The 64-page *New Metropolitan Cook Book* features meal-planning tips, recipes and buying information and preparation guides. It's free from: Metropolitan Life Insurance Company, 1 Madison Ave., New York, N.Y. 10010.

Learn the art of flaming and create desserts your guests will long remember. *Cointreau Secrets of Flaming Desserts* shows you how to use the orange-flavored liqueur to create dazzling specialties like Crepes à la Meringue and Croquembouche Flambé. For a free copy, write: Cointreau, Ltd., Lawrenceville, N.J. 08648.

—Colleen E. Wallsh.



## The trouble stopper. Anchor® PermaFused® fence.

If there's one thing you want to avoid for your children, pets and property, it's trouble.

You want your toddler in the yard, not wandering across streets. You want your dog there, too, not on other people's lawns. You want outsiders — people and animals — to stay outside.

Your best bet is a trouble stopper, an Anchor PermaFused fence.

Its neat-looking square posts on ends, corners and gates eliminate the ladder-like wraparound bands on conventional round posts. The rugged square-frame gate has welded corners that won't loosen or sag.

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The trouble stopper. Only your Anchor man has it, along with other quality Anchor fences. Just mail this coupon today for our brochure and a vinyl sample to see and test. From Anchor Post Products, 7405 Eastern Avenue, Baltimore, Md. 21224.



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## NEW PROTECTION FOR HOMEOWNERS

The average homeowner can insure his property against fire and theft at a fairly reasonable price. But few families, until now, have been able to afford adequate protection against floods. Loss of life and property from flooding accounts for 90 percent of the so-called "natural disaster" damage recorded in the United States each year. And the number rises, as more and more families settle in previously undeveloped areas where flood and mud-slide risks are great. To offset this rise, and to provide maximum protection for property bought or built with federal funds, a new Flood Disaster Protection Act became law last December.

The basic thrust of this law is to assure the widespread availability—and purchase—of low-cost protection that 1) provides fuller coverage of insured property (up to \$35,000); and 2) enables flood victims to be reimbursed quickly for property losses. Subsidized flood insurance for a single-family dwelling costs 25 cents for every \$100 of coverage. Thus the owner of property valued at \$20,000 can purchase that much flood protection for only \$50 annually.

The 1973 law calls on HUD to gather information on flood-prone areas and supply it to the communities concerned. These, in turn *must* apply promptly to join the federal flood-insurance program or furnish proof that areas cited are no longer flood risks. Once a community submits an application, insurance to any homeowner, no matter how his house is financed, can be issued within six working days of the application's receipt. Policies can be purchased from any licensed agent or broker.

Homeowners in flood-prone areas of such communities are being urged to buy the subsidized insurance. If they do not, they become ineligible for federal mortgage insurance or guarantees, and will be unable to borrow from any federally insured or regulated lending institution when either building or buying property.

A policy purchased under the new federal umbrella covers losses resulting from a flood, which is defined as "a general and temporary condition of partial or complete inundation of normally dry land areas from 1) the overflow of inland or tidal waters; 2) the unusual and rapid accumulation or runoff of surface waters from any source; or 3) mud slides which are caused or precipitated by accumulations of water on or under the ground."

No policy covers water or mud damage unless caused by flooding in the area where insured property is situated. Nor does it cover losses from floods, mud slides or erosion already in progress when insurance is applied for; sewer backup damage—unless the backup is triggered by flooding; flood or mud-slide damage resulting from problems associated with the property itself—or from problems that lie within the property owner's control.

Flood loss claims may be filed either with the local insurance agent or broker who sold the policy, or with the insurance company that issued it.



# Wear this Zolatron Simulated Diamond Ring 30 Days Free Without Risk

## SPECIAL OFFER

to readers of this magazine

**FULL ONE CARAT \$10.**  
SIMULATED DIAMOND  
(SET IN GENUINE TIFFANY SILVER MOUNTING)

*Zolatron must convince everybody  
that it's a genuine diamond  
...or you pay nothing!*

The One Month Free Trial Certificate printed at the bottom of this ad entitles you to test and enjoy a ZOLATRON simulated diamond with no risk or obligation.

**You are invited to wear it  
and judge for yourself**

Wear it! Prove it yourself—in the privacy of your own home. Marvel at the pure, dazzling color and fiery sparkle! Show it to your best friends. Watch their eyes pop out with excitement! After all they have no way to suspect it isn't the genuine article—a natural diamond worth a little fortune.

ZOLATRON is completely different from those phony looking paste or plastic stones glued into cheap costume jewelry. It's *distinctly different* and you can prove it yourself. The tough, grueling test that follows will convince you: (A) Drop this dense, man-made stone into a cup of acetone nail polish remover. See for yourself how it comes out undamaged! (B) *Count each facet.* It has a total of 58 genuine facets—the same number found in a natural diamond! (C) Observe how *brightly* a ZOLATRON shimmers even in moonlight! (D) Examine it carefully under a *high-powered*, illuminated magnifier. You won't find a single speck, crack or bubble.

Yes! We dare you to compare its fiery sparkle with costly diamonds! Not even one diamond out of a hundred extracted from the fabulous Kimberley Mines can beat it for color, clarity or flawless perfection. That's why even an expert might confuse it for a regular Kimberley diamond.

**Get yours for less than 1%  
the value of a costly diamond!**

Believe it or not—now you can get a ONE CARAT ZOLATRON — set in a fabulous Lady's Solitaire Ring for only \$10. This is a **LIMITED OFFER** subject to the terms and conditions printed below. The average retail price for a one carat diamond gem is \$1250.00 or more. Yet the resemblance between a diamond and a ZOLATRON is so striking that only an expert can really tell them apart!

**Don't let the low price  
confuse you!**

Just because ZOLATRON costs only \$10, please don't confuse it for a cheap, dull fake. This man-made stone is not another plastic or paste jewel. ZOLATRON is one of the world's most dazzling and convincing simulations. Produced by Master Craftsmen, then mounted by hand into a genuine, Sterling Silver Ring. When you see it, you'll agree—it's truly an impressive ring of rare beauty and elegance! And each ring is made to give you a lifetime of wear and enjoyment. Of course, ZOLATRON is different from natural diamonds, but the most pleasant difference of all is that you can own a ZOLATRON for only \$10—not \$1250.00.

**Even Millionaires Wear  
Simulated Diamonds**

Countless thousands of wealthy persons wear simulated diamonds but they keep the secret to themselves. Those "genuine" diamonds your friends are wearing may not be so genuine after all! ZOLATRONs are so unbelievably real looking that they may even fool certain ex-



perts at times! That's why so many rich persons, movie and TV actors and actresses, wear simulations. They impress their friends and fans—while avoiding the risk of burglary or loss. Of course, wealthy people own natural diamonds. But they lock them up in a bank safety box!

**The Gift of a Lifetime  
for Someone Special!**

ZOLATRONs last a lifetime and so do precious diamonds. ZOLATRONs make thrilling, exciting gifts for special occasions: an anniversary... an engagement... or just a delightful surprise for that *someone special*! She'll never know this ZOLATRON isn't a genuine diamond—*unless you tell her!* Best of all, this *Gift of Happiness* costs only \$10, while supplies are available. By choosing a ZOLATRON ring you save plenty for a down payment on a car, or even stocks or real estate. So many smart people have

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Stocks on this ring are *limited*. Please clip coupon certificate and rush it by Air Mail *if possible*. This way you're sure to get yours without delay.

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Wear and enjoy your ZOLATRON ring up to 30 days—without any obligation! Compare it. Test it. Show it to your best friends. If anyone can detect it from a genuine diamond, simply return it and get your **money back** instantly.

one penny. **NOTICE:** only ONE ring to each customer at this price.

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Use fabric scraps or swatches to create the charming appliqued pillows shown on pages 52-53.

Scale: Each square equals 1 inch.

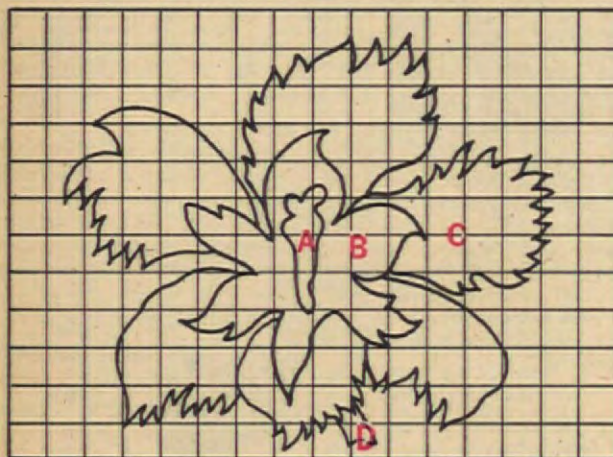
### PARROT TULIP

(Finished size, 12 by 16 inches)

**Materials:** ½ yard navy denim; pink, purple, red, dark green scraps; 60 inches ½-inch cording; pillow form.

**Procedure:** 1) Cut two 12½-by-16½-inch pieces of denim for pillow front and back. 2) Enlarge and trace appliqué shapes (see diagram) onto fabric; cut out. 3) Arrange appliqué shapes on pillow front; baste. Machine-sew edges with satin stitch. 4) For tube binding, piece a 2-inch-wide bias strip length of pillow perimeter. Fold lengthwise, right sides facing; sew ½-inch seam along fold. Turn to right side. 5) Insert cording. 6) Pin front and back pillow sections, right sides facing, binding in between; sew, leaving 8-inch opening. 7) Turn to right side; insert pillow; slip-stitch closed.

**Color key:** A-pink; B-purple; C-red; D-dark green.



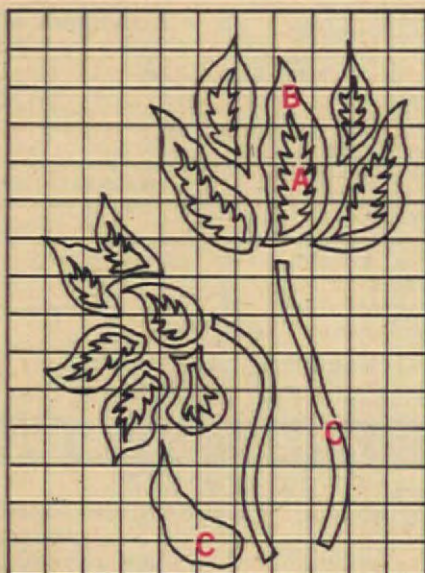
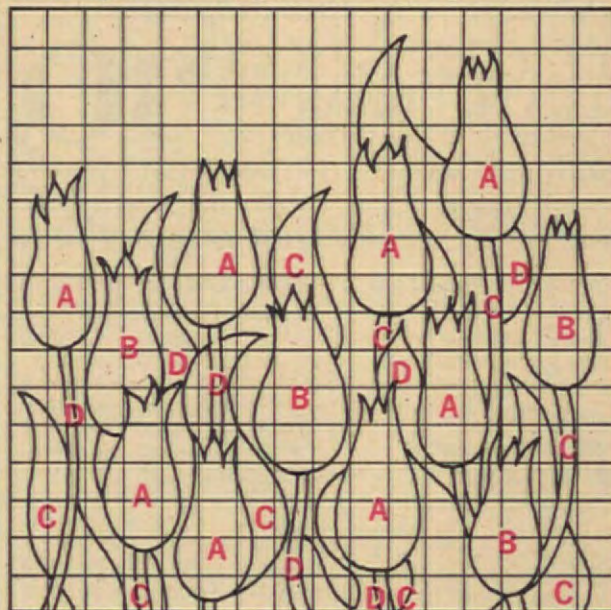
### TULIP GROUP

(Finished size, 16 inches square)

**Materials:** ½ yard 54-inch white cotton duck; red/orange, red, green and dark green fabric scraps; 65 inches ½-inch cording; pillow form.

**Procedure:** 1) Cut two 16½-inch squares of white cotton duck for the pillow front and back. 2) Follow steps 2 to 7 of Parrot Tulip, using the white cotton duck to make the tube binding.

**Color key:** A-red/orange; B-red; C-dark green; D-green.



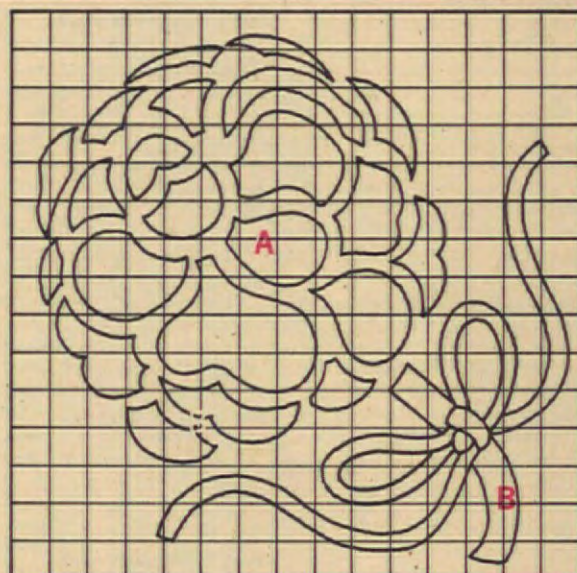
### STRIPED TULIPS

(Finished size, 11 by 15 inches)

**Materials:** about ½ yard faded denim; ½ yard white cotton duck; dark pink, white, dark green fabric scraps; ¼ yard striped ticking; pillow form.

**Procedure:** 1) Cut two 11½-by-15½-inch pieces of denim for pillow front and back. 2) Follow steps 2 and 3 of Parrot Tulip. 3) Add machine stitching (zigzag or satin) 1 inch in from edge of front; appliqué on a ½-inch strip of bias-cut ticking ½ inch in from edge. 4) Piece 2-inch-wide strip of duck for ½-inch pleating around pillow; fold; press, pleat. 5) Follow steps 6 and 7 of Parrot Tulip, substituting pleating for binding.

**Color key:** A-dark pink; B-white; C-dark green.



### PEONY TULIP

(Finished size, 15 inches square)

**Materials:** 2 large dotted napkins; ticking scraps; ½-yard navy cotton; 1 yard ½-inch cording; pillow form.

**Procedure:** 1) Cut napkins to 15½ inches square. 2) Follow steps 2 and 3 of Parrot Tulip. 3) Cut and piece long 3-inch-wide strip of navy cotton for ruffle; fold in half, press, gather to fit. 4) Follow steps 6 and 7 of Parrot Tulip, substituting gathering for binding. 5) Cut 1½-inch bias-cut ticking strip 1 yard long. Right sides facing, fold in half lengthwise; sew ½-inch seam along fold. Turn to right side. 6) Insert cording; slip-stitch ends. 7) Tie into bow; tack to pillow front.

**Color key:** A-ticking; B-navy.





*When I saw this photo, I sure wanted to cut off some of my 178 pounds.*



*Now I'm 118 pounds, my husband loves to be first on the dance floor with me.*

# I cheated on weekends and lost 60 pounds.

By Diane Gabriele — as told to Ruth L. McCarthy

**I**t was always on Sundays for me. Saturdays, too. I'm talking about the cheating I used to do when I finally decided to reduce. You see, no matter how strict I was with my diet Monday through Friday, I'd weaken on weekends. On Saturdays, visiting my folks, I'd eat Pennsylvania Dutch goodies. And on Sundays with my husband's family, I'd eat Italian-style. Yet, believe it or not, I still went from 178 to 118 pounds. But I never could have done it just on my own. I had to have a plan for losing the weight.

I didn't have a weight problem until I began having children. My first three were born in just three years, so the pounds accumulated fast. And when I carried my fourth, my husband Jim was out of work

five months, so I ate out of worry. Then when he went back to the job, I was so happy, I stuffed myself.

The only person who thought I looked great was Jim's godfather. When we'd go over to his house, he'd say: "Eat. Eat. God bless you. You eat." Then he'd pat me and say: "You get nice and fat."

But there were others who sent darts right through me with their remarks. Yet each time I looked in a full length mirror, I would just turn to my best side and refuse to see my bulges and my heavy thighs.

Well, that's the way I kidded myself, until one day I borrowed one of Mom's dresses and couldn't fit into it. What a shock, since I always thought of her as bigger than I. But it was just

the shaking up I needed to make me do something about losing.

Fortunately, I'd been reading the ads about people who had lost weight on the Ayds® plan, so I decided to try it. I bought a box of the chewy vanilla caramel Ayds candies at the drug store. And since they contain vitamins and minerals, but no drugs, I wasn't afraid to eat them.

It was June and two things made me want to take off weight by August. First, Jim's vacation. And second, a pair of hip huggers he'd bought for me in size 16, too small to fit. But I didn't want Jim to know, so each time he'd ask me to try them on, I would say "Later . . . later," until he didn't ask me any more.

Well, once on the plan, I took one Ayds with a hot drink (tea for me) before each meal, and it actually helped my stomach stop growling. That doesn't sound nice, I know, but I had the kind of stomach that was always talking to me. But on the Ayds plan, I was able to cut down on what I ate and still feel satisfied.

For instance, at breakfast, I'd have one Ayds and tea, then a boiled egg and juice. At lunch, one Ayds, tea and maybe a tuna fish salad and fruit. Then at dinner, Ayds and tea followed by meat, a green vegetable, sometimes a potato and a salad. And in the evening, Ayds and tea, and perhaps a pretzel. There was no starving myself at all, and the weight began to come off — and off.

By August, when it was time for vacation, I'd lost 26 pounds on the Ayds plan and said to Jim: "See, my hip huggers fit!" When we got back home (to Norwood, Pa.) though, I learned the best thing of all. Thanks to the Ayds plan, I hadn't gained a pound. I'd controlled my weight even away from home.

That's when I decided to change the Ayds plan to suit my life. I stayed strict with myself on weekdays, but cheated a little on weekends. And it worked, believe me.

In the end, I lost 60 pounds on the Ayds plan and I'm the talk of every wedding and wake I go to. Not that I'm the one who brings up the subject. It's that everybody who sees me slim asks how I lost the weight and I have to tell them — the Ayds plan. And I'll tell you this: it's wonderful knowing that people notice just as much when you lose as when you gain.

## BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	5'5½"	5'5½"
Weight	178 lbs.	118 lbs.
Bust	38"	33½"
Waist	30"	25"
Hips	42-44"	34"
Dress	18	8-10





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Here's 10¢ Please send "Decorating Ideas."

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
☐ We're building. ☐ We're remodeling.

**CERAMIC TILE**  
**American Olean**  
A Division of National Gypsum Company

## SPRING & SUMMER TRAVEL PLANNER

Are you thinking of taking a vacation trip? Most people are. To help you plan, we have listed six major vacation areas below. Please check the free information you would like and circle corresponding numbers listed under the space for your name and address. And to guide us in providing more travel information in the future, please answer the questions in the coupon below.

### 1 MASSACHUSETTS PLANNER

A colorful vacation guide and poster point the way to more all-around vacation value for the entire family.

### 2 NEW YORK VACATIONLANDS

This 96-page all-color booklet lists the more than 500 tourist attractions that are available to visitors to the Empire State.

### 3 SOUTH CAROLINA TRIP KIT

Here's a packet with descriptive material on campgrounds, state parks, beaches, mountains, golf courses, historic houses and gardens—plus a big full-color travel booklet and South Carolina highway map.

### 4 CONNECTICUT HOLIDAY

Along with a vacation brochure that lists points of interest and local accommodations, there's also a comprehensive road map for the fuel-wise planning of interesting side trips.

### 5 TRAVEL RHODE ISLAND

This vacation kit has brochures detailing the boating, swimming, scuba diving, saltwater fishing, camping, golf, music festivals and house tours—plus a tourist guide and map.

### 6 ORLANDO, FLORIDA, INN

A brochure describes the family vacation features of The Rodeway Inn, close by the wonders of Disney World: family-plan rates, children's menus and activities, swimming pool.

Mail to: American Home Travel Planner

P.O. Box 8586, Philadelphia, Pennsylvania 19101

PLEASE SEND ME THE ITEMS CIRCLED. All items are free. (Allow 3 to 5 weeks for delivery, include your zip code.)

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_

zip code \_\_\_\_\_

Items requested: 1 2 3 4 5 6

• Did you and/or members of your family take a vacation trip in the past 12 months? Yes \_\_\_\_\_ No \_\_\_\_\_  
Domestic \_\_\_\_\_ Int'l \_\_\_\_\_ How many trips? \_\_\_\_\_

• If you traveled domestically, what means of transportation did you use? Auto \_\_\_\_\_ Airplane \_\_\_\_\_ Train \_\_\_\_\_  
Bus \_\_\_\_\_ Camper or mobile home \_\_\_\_\_

• What accommodations did you use other than a camper or mobile home? Hotel \_\_\_\_\_ Motel \_\_\_\_\_ Home of friends or relatives \_\_\_\_\_

• If you traveled internationally, what means of transportation did you use? Airplane \_\_\_\_\_ Ship \_\_\_\_\_ Auto \_\_\_\_\_  
Cruise \_\_\_\_\_ Bus \_\_\_\_\_ Train \_\_\_\_\_

• Where did you go on that international trip? \_\_\_\_\_

• Traveling internationally, did you use a travel agent? Yes \_\_\_\_\_ No \_\_\_\_\_ A packaged tour? Yes \_\_\_\_\_ No \_\_\_\_\_

• Within the next six months, are you planning to take a domestic pleasure trip? Yes \_\_\_\_\_ No \_\_\_\_\_

• Within the next six months, are you planning to take an international pleasure trip? Yes \_\_\_\_\_ No \_\_\_\_\_ If so, where?  
Bahamas \_\_\_\_\_ Bermuda \_\_\_\_\_ Canada \_\_\_\_\_ Caribbean \_\_\_\_\_  
Europe \_\_\_\_\_ Hawaii \_\_\_\_\_ Mexico \_\_\_\_\_ Pacific \_\_\_\_\_ Central or So. America \_\_\_\_\_



**"When we found out what AARP did for people over 55, my wife didn't mind telling her age."**

*"After a friend of ours told us about AARP, I said to my wife, 'Irma, everybody's having fun but us.' So I clipped out a coupon just like the one on this page. And got our AARP memberships. I wish we had done it 5 years earlier."*

#### **What's AARP?**

AARP is the American Association of Retired Persons. A non-profit association of more than 6 million people. Rich people. Poor people. People on the go. People who like to stay put. It's one of the few organizations that offers you the opportunity to give so much of yourself, and at the same time provides so many benefits and services.

#### **What does it give?**

Primarily it gives you the opportunity for a new kind of life. A way to explore new interests. To save money on medicines, travel, auto and health insurance. To meet new people. But, most of all, it's a way to maintain your individuality, and your dignity.

#### **How does AARP work?**

To become enrolled in AARP all you have to do is clip and mail this coupon. Your membership costs you \$2 a year. That's it.

#### **What kind of benefits or services?**

Well, there's AARP's travel service. There's information about a recommended Life Insurance Plan and an \*Auto Insurance Plan designed for mature persons. Eligibility for a Group Health Insurance Plan to help supplement Medicare. There's a home-delivery pharmacy service, to provide prescriptions and over-the-counter medications and supplies at

**Join AARP.**  
**The new social security**  
**for people 55 and over.**



*Irma and Peter McNulty*

reasonable prices. There's Mature Temps, a service to help you get part-time work. You even receive subscriptions to *Modern Maturity* magazine and the *AARP News Bulletin*.

#### **All you have to be is 55 or over.**

We don't care who you are, where you live, or what you do, if you're 55 or over you can be a member of AARP. And find the purpose and involvement you've been looking for.

So tell us your age. Because joining AARP is the best way we know to start feeling younger.

\*Auto Insurance available in all states except Massachusetts. Only statutory coverage available in North Carolina and Texas.

#### **American Association of Retired Persons**

1909 K Street, N.W.  
Washington, D.C. 20006

Gentlemen: I am 55 or over.

Please enroll me as a member of AARP. I understand that it makes me eligible for all AARP benefits and privileges.

Enclosed find: ☐ \$2 (one year dues)

☐ \$5 (3 year dues) ☐ Bill me later.

Name \_\_\_\_\_ (Please Print) DCPD

Address \_\_\_\_\_

City \_\_\_\_\_ Birthdate \_\_\_\_\_

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

One membership entitles both member and spouse to all AARP benefits and privileges.  
(Only one member may vote.)



## Double Hanging Bracket

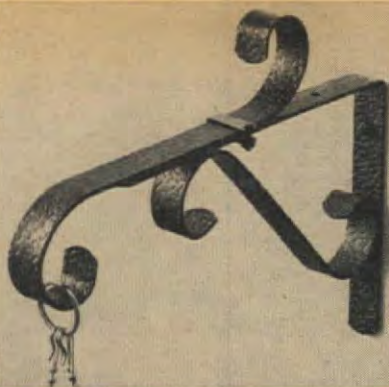
HANDSOME ANTIQUE-DESIGN STEEL,  
ADJUSTS FOR SUPER SPACE-SAVING!

It's the double-duty bracket! One hanging hook is permanently fixed, the other slides from 7" to 10" away from wall, has a clamp to hold it where you want! Double-strength, too—supports up to 25 lbs., lifetime black finish is oven-baked for permanence. Perfect for hanging plants, baskets—blends with any decor! Made in U.S., matching screws incl.

#7536—Double Hanging Bracket \$3.49  
Add 45¢ post. & hdlg., N.Y. res. add taxes

**Lilly's Garden**

Dept. A54,  
510 S.  
Fulton Ave.  
Mt. Vernon, N.Y. 10550



If tweezing your brows and  
applying eye makeup makes  
you frantic... Fret no more!!



This marvelous Magic Focus mirror was developed by a noted eye doctor, for a woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. The doctor hand-ground prescription lenses and silvered them to provide a distortion-free optically perfect mirror. It is now available in both compact form (as pictured) or on a stand with a flexible, adjustable "goose-neck" arm for "hands-free" grooming. It allows you to apply eye makeup without glasses, regardless of your prescription or need for bifocals. 2 1/2" diameter white and gold compact has plain mirror on one side—Magic Focus mirror on the other. \$3.98 each; 2 for \$7.75. Add 50¢ postage. Standing model has 4" diameter Magic Focus mirror; brass arm; white base and trim. Cost is \$14.95 plus \$1.00 postage. Try either one! The results will amaze you!

FERRY HOUSE, Dept. H5, Briarcliff Manor, NY 10510



### ADDRESS LABELS with NICE DESIGNS

Any Initial, American Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose (Also, Texas Flag, Maple Tree, Treble Clef, Palette). Up to 20 letters per line, 4 lines. Printed in black on white or gold gummed labels 1 1/2" x 1 1/2". 500 on white or 250 on gold, \$2 ppd. Or on Deluxe Size, 1 1/2" long, \$3 with design or \$2 without, ppd. Specify Initial or Design desired. Via Air-1st, add 39¢ per order. Bruce Bolind, 165 Bolind Bldg., Boulder, Colo. 80302. [Since 1956, thanks to you!]

## FURNISHED IN EARLY AMERICAN?

Send 25¢ For Famous  
Sturbridge Catalogue  
"1,000 Items For  
Furnishing An Early  
American Home"

Everything in Early  
American. All by mail at  
modest prices. Money-  
Back Guarantee even includes  
shpg. chgs. both ways.



HUNDREDS OF  
GIFTS WITH AN EARLY  
AMERICAN FLAVOR

**STURBRIDGE YANKEE WORKSHOP**  
the Nation's Center for Early American



EARLY AMERICAN SCENES come to life in easy-to-do cross-stitch samplers. Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions. Framed size 10" x 10". Allow 3 weeks for delivery.

Red Barn Kit (shown)	\$1.75
Little Red Schoolhouse Kit	\$1.75
Covered Bridge Kit	\$1.75
Old Mill Kit	\$1.75
Lighthouse Kit	\$1.75
Spirit of '76 Kit	\$1.75
Minute Man Kit	\$1.75
Wood frame, 10"x10", mahog. finish	\$1.50
Wood frame, 10"x10", maple finish	\$1.50

PLUS 50¢ POSTAGE & HANDLING

Pa. Res. Add 6% Sales Tax.

Sorry No COD's

### VICTORIA GIFTS

12-A Water St., Bryn Mawr, Pa. 19010



### Genuine Leather SPECIAL

Glove-soft, hard-to-find genuine leather slip-on. Elasticized for snug fit, foam-cushioned insole, resilient sole, heel. Black, White, Bone, Pink, Lt. Blue. Sizes 5-10.

REG. \$7 SPECIAL PRICE \$5

Add 80¢ postage

Satis. Guar. Sorry no COD

### OLD PUEBLO TRADERS

600-A5R-S. Country Club Tucson, Az. 85716



\$17.95  
plus \$1.50  
postage

SEND 25¢  
FOR  
CATALOG

### RATTAN SWAG LAMP

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

VISIT OUR  
"NEW"  
WARE-  
HOUSE  
SHOW-  
ROOM

FRAN'S  
BASKET  
HOUSE

### Inviting!

Slip into this Victorian Voile evening dress, so delicious, you'd swear your fairy godmother had waved a magic wand, princess! Polyester and cotton voile. Fully lined. Machine wash and dry. Basic orange or blue. 8-18; 14 1/2-26 1/2. \$28. With long sheer sleeve, \$30. Add 80¢ hdlg. Vicki Wayne, 610-A5V-S. Country Club, Tucson, AZ 85716.



LYNN HEADLEY—Editor

## AMERICAN HOME MARKET PLACE

### Victorian clothes rack

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, 605-D, Wheatridge, CO 80033.



### Count your blessings!

A treasured tradition is The Memory Mug that's custom-engraved to count the children with name and birth date for each. Of polished aluminum with traditional glass bottom. 4 3/4" high. Room for any number of names. Mug, \$1.98. Name-and-date engravings, each 50¢. Add 35¢ hdlg. Vernon, Dept. A51, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



### Make your own curtains

Here's a curtain "call" you simply can't resist, and it saves you money! Beautiful, decorative all-over embroidery on 60" wide white dacron. Buy it from 3-yd. to 15-yd. lengths. Prices start at \$4.95 per yd. For sample swatches, \$1 (deduct it from first order). R.S. Embroidery, Dept. AH-54, 716 Eight St., Secaucus, NJ 07094.



### Posie pretty anywhere!

A flourish of tiny flower calico print in a colorful 6" ruffle sets off this easy-care, round tablecloth of unbleached muslin. Matching curtains and bedspreads available! Ruffle in basic blue, red, brown, or gold, 90" across, \$25; 96", \$28; 104", \$35. Add \$1.75 hdlg. Free brochure and color swatches. Country Curtains, AH5, Stockbridge, MA 01262.



### Sign of good taste!

Zodiac pendant with your sun sign is framed in elegant filigree suspended from matching 25" chain. 22K gold plate! Symbols spaceage etched for clarity of detail. Stunning! Specify sign or birthdate. \$6.99 plus 70¢ hdlg. Two for \$13.50 plus \$1 hdlg. Windsor House, Dept. AH5, 3947 Austin Blvd., Island Park, NY 11558.



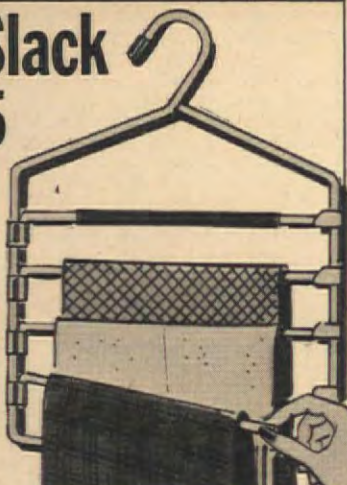
contin



## Amazing New SPACE-SAVER!

# Swing-Out Slack Rack Holds 5 Pairs Of Slacks Wrinkle Free!

Chrome Plated Steel Rods  
Swing Out At A Touch...  
Locks Securely in Place!  
— What A Convenience!



At last, the newest, neatest most compact way to hang 5 pairs of slacks in the space of only one pair — all on one hook! Imagine the convenience of just taking out one rack and choosing the pair of slacks you want with a flick of the finger. Each of the 5 gleaming chrome plated steel rods has a ribbed rubber tubing to prevent creasing... and holds the slacks securely so they won't slide off! Each hanger rod locks securely in place, but swings open at a touch so it's easy to hang up or remove slacks. They stay wrinkle free, ready to wear.

### ORDER FOR THE WHOLE FAMILY — SAVE \$\$\$ ON 2 OR MORE!

You'll never know what you did without this amazing new space saving convenience. The price is only \$3.98 each (and certainly well worth the cost of saving space these days) and comes to you on a full no-time-limit money back guarantee if you are not completely satisfied. But wait! Order one for each member of the family and save! Two for just \$6.98, or 4 for only \$11.92 (that's a \$4.00 savings right there). But hurry, you must order now. At these tremendous savings, they're sure to go fast.



SLACK RACK (Z58628X) ONLY \$3.98 each  
2 for \$6.98 + 4 for \$11.92 (SAVE \$4.00)

Hanover House, Hanover, Penna. 17331

### MAIL HANDY COUPON

HANOVER HOUSE, Dept. Z-321  
Hanover, Penna. 17331

Kindly rush \_\_\_\_\_ Slack Rack(s) (Z58628X) for only \$3.98 each plus 50¢ postage and handling on full money back guarantee if I am not completely satisfied.

- ☐ **SAVE! Order TWO** for just \$6.98 plus 75¢ p.p. & hdg. You save \$1.00. Same money back guarantee.  
☐ **TREMENDOUS FAMILY SAVINGS! Order FOUR** for just \$11.92 plus \$1.25 p.p. & hdg.  
Pa. and Md. residents add sales tax. Enclosed is \$\_\_\_\_\_

Name \_\_\_\_\_ please print

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

☐ Send FREE catalog of other fine gifts. (Z89938X)  
© HANOVER HOUSE, 1974

## SATISFACTION GUARANTEED

Clean, Safe, Cozy...  
And Oh-So Private!

# Kitty Cottage

## Decorative Litter Cover-up!

- Colorful
- Practical
- Hygienic
- A Roomy 22x17x14 1/2"

READY FOR  
IMMEDIATE  
OCCUPANCY

# \$4.99



Your Cat's Private Hideaway  
Covers Up John,  
Stops Scattered Litter Mess!

Personal hideaway for the fussy feline in your family! A charming housing for kitty's privy to keep her safe from prying eyes when nature calls... And what a comfort to her master too! Hides unsightly toilet pan from view, prevents mess'n scatter of litter all over the place as puss enthusiastically "covers over" after. Quaint, colorful Cottage, an attractive barn red with jet black trim, is constructed of sturdy, dura-ply water repellent kraftboard that is light enough for easy moving around, but rugged enough to hold a whole family of playful cats as they wait their turn. Measures a big 22x17x14 1/2".

Kitty Cottage (Z60921X) \$4.99

Order now on full money-back guarantee if not completely delighted.

Hanover House, Hanover, Penna. 17331

### MAIL HANDY NO-RISK COUPON TODAY

HANOVER HOUSE, Dept. Z-320  
Hanover Bldg., Penna. 17331

Kindly rush \_\_\_\_\_ KITTY COTTAGES (Z60921X) for just \$4.99 plus 75¢ to help cover postage and handling, on full money back guarantee if not totally delighted.

- ☐ **SAVE! Order TWO COTTAGES** for just \$8.99 plus \$1.25 postage and handling. Same money back guarantee.

Enclosed is \$\_\_\_\_\_ Penna. & Md. residents add sales tax.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

☐ Send FREE catalog of other fine gifts. (Z89938X)  
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# TURN YOUR BARE WINDOW

INTO A

# Delightful Sunlit Garden



Double Decker Shelves  
Makes  
Your Window  
An  
Exciting  
Garden  
Showplace

YOURS  
COMPLETE  
ONLY  
**\$4.98**

Now your house plants get all the light and sunshine they need, and at the same time create a dazzling window display. Exquisitely scrolled white metal brackets hold a pair of 22" by 4" deep super strong shelves. Unit hooks quickly and easily right over your window... no installation needed. And it won't interfere with opening or closing the window.

### DAZZLING DISPLAY FOR PRIZED PLANTS, COLLECTOR'S PIECES

Just think of all the marvelous uses... display fine china and glassware... those exquisite decorator pieces you've been collecting... even books and records. And at this low price, order several... they're great for double windows. But hurry, order now. Supplies are limited and they're sure to go fast. Money back if not completely delighted.

Double Decker Window Shelves (Z54023W) ..... only \$4.98



### TREMENDOUS SAVINGS!

They're great in pairs or as gifts! Give each window in your home that smart decorator look. And here's how to save more:

2 for only \$9.25  
4 for only \$15.98  
(you save \$4.00)

### MAIL HANDY COUPON

HANOVER HOUSE, DEPT. Z-322  
Hanover Bldg., Hanover, Penna. 17331

Please rush \_\_\_\_\_ Double Decker Window Shelf(s) (Z54023W) for the amazing low price of only \$4.98 each plus 90¢ postage and handling.

- ☐ **SAVE! Special Offer: Order TWO Window Shelves** and for just \$9.25, plus \$1.50 postage and handling. Save over \$1.00. Great as gifts or in pairs.

**TREMENDOUS SAVINGS! Order FOUR Window Shelves** for just \$15.98 plus \$2.00 postage and handling.

Enclosed is \$\_\_\_\_\_ Penna. & Md. Residents Add Sales Tax.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ (please print)

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

☐ Check here for FREE catalog of fine gifts (Z-89938X)

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### HANOVER HOUSE NO-LIMIT CONSUMER GUARANTEE

We take such pride in the merchandise we offer, that we're completely confident in offering this NO-LIMIT guarantee: If at any time you are not satisfied for any reason whatsoever with your order, please return for a full refund of your purchase price. A satisfied customer is our greatest reward. So order now with confidence.



**"SAVE YOUR HEART"**



with a **STAIR-GLIDE®** stairway elevator

**RENTAL-PURCHASE Program Available**

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 3 days. STAIR-GLIDE® . . . the nation's largest selling stairway elevator!

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

WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

**AMERICAN STAIR-GLIDE® CORP.**  
201 West 80th Terrace, Dept. AH-5  
Kansas City, Missouri 64114

**ADJUSTABLE T.V. POLES**

Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep, 17" high. Black decorator pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers!

Made in U.S.A.  
**\$12.95**  
plus \$1 postage

We ship in 24 hrs.  
Extension for higher ceilings, add \$2.00

Write for FREE catalog

**Holiday Gifts**  
Dept. 605-A  
Wheat Ridge, Colo. 80033

**MINI-PHONE**



The world's smallest telephone. Functionally equivalent to and interchangeable with any standard telephone regardless of the type or system used. Equipped with dial, bell, standard cord and plug, ready for instant use.

**ONLY \$59.95**  
Shipping charge \$1.50

**SEND FOR FREE CATALOG**  
Big Variety of other phones

**GRAND COM INC.** Dept. AH5  
324 — 5th Ave., N. Y. 10001

## Have a Beautiful Lawn Control Lawn Diseases . . . and Lawn Pests

An easy to understand manual for homeowners, tells how to control destructive insects and lawn diseases that destroy lawns. Full color illustrations for easy diagnosis of lawn problems. Explains chemicals to use, and how to mix and apply them. Written by two international authorities. With the information they give you can spot trouble you're having, and have the guidance to restore your lawn to its former healthy and beautiful condition. Order from this ad. \$2.95 ppd.

## HOW TO FIX Your Lawn Mower

with Briggs & Stratton engine

**SAVE MONEY** on high cost service work. Troubleshooting chart with exploded views pinpoints service information, allowing quick diagnosis of mechanical trouble. Order from this ad. Only \$2.95 postpaid.

Technical Publications Div., Dept AN-574  
1014 Wyandotte, Kansas City, Mo. 64105

## CURTAIN CHARM BALL FRINGE ON UNBLEACHED OR WHITE MUSLIN

20", 25", 30", 36", 40" long. **6.50 pr.**  
2 pairs to window as shown . . . **13.00**  
45", 54", 63" long. **8.50 pr.**  
72", 81", 90" long **10.00 pr.**  
Valance 9"x80" **2.75**  
Unbleached 80" wide per pr. White muslin 74" wide per pr. For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of pure white or off-white muslin retain their crisp appearance with a minimum of care. Please enclose check or money order. Sorry, no COD's. Mass. res. add 3% sales tax. Postage and handling: under \$10 add \$1, for orders \$10 and over add \$1.75. Send for free brochure showing other curtain styles, bed ensembles and tablecloths. Satisfaction guaranteed.

**COUNTRY CURTAINS**  
Dept. 50 Stockbridge, Mass. 01262



## SAVE HUNDREDS OF DOLLARS

Build this traditional barn 14 ft. x 20 ft. x 14 ft. 9 in. high. Designed for those who need more space, yet locate well in any home area. Plans call for two 4 ft. double doors and a 4 ft. dutch entrance door, 4 in. concrete floor, plywood loft floor, plans and material list for \$3.75. Also plans for 14 ft. x 20 ft. one car garage barn showing a 9 ft. over head garage door \$3.75. **HAMMOND BARN BOX 584 DEPT. AH 29 NEW CASTLE, INDIANA, 47362**

## Stitchery delight!

Grandmother's Sampler (shown), "if mother says no ask grandmother," or Grandfather's Sampler, "if all else fails, ask grandpa," are marvelous to colorfully cross-stitch on stamped oyster linen. Each kit has all you need plus 8½"x15" wood frame. \$3.75 for each kit. Add 45¢ hdlg. Victoria Gifts, 26-A Water St., Bryn Mawr, PA 19010.

## Graduate framed in purple!

Toss my tassel, here's a gift to cap 'em all for proud relatives—a purple, silk moire mortarboard with a 2½" goldtone frame for the graduate's picture, matching tassel, and brass tag engraved with his or her (print) first name and date. 4x4" cap. \$3.98; 3, \$9.98. Add 45¢ hdlg. Vernon, Dept. A51, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

## Easy-make candy molds

Pure rubber candy molds are not only easy to use, but they make professional-looking candy mints. Make 'em in minutes and inexpensively! With free no-cook recipes. Order daisy, rose, heart & arrow, leaf, bunny, or chick. \$1.25 each mold; 3, \$2.85; 6, \$5.10. Judy's of California, Dept. 354, Box 728, Lompoc, CA 93436.

## Decorative frog!

He may not turn into a prince, but this friendly frog's a charmer! Hand-woven natural rattan with flirty marble eyes, he's ideal for pretend flowers, greens, or super guest soap holder. 10"x8". \$7.95 plus \$1 hdlg. White, green, pink, yellow, orange, blue, or black, add \$2. Catalog, 25¢. Fran's Basket House, AH5, Rt. 10, Succasunna, NJ 07876.

## By gin, it's Joe!

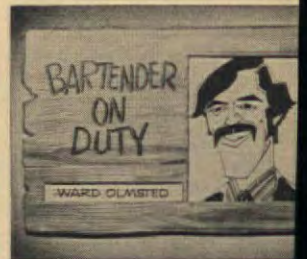
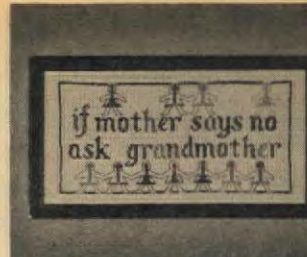
Whoever is your tender barkeep, his name is hand lettered on this wood grain Bartender Plaque, plus a caricature drawing from photo you send (returned unharmed). Be sure to state name, color of eyes and hair. Plaque measures 10"x15". Cheers to a smashing gift! \$15. From Bruce Bolind, Dept. AH-5, Boulder, CO 80302.

## Toothpaste dispenser

This pretty porcelain dispenser is just what the economy doctor ordered to avoid waste and do it so attractively! Just slip your tube of any-size toothpaste into the slot of the dispenser and turn the key. No mess either! 2" wide. \$3.50; 2 for \$6.75. Add 50¢ for hdlg. Ferry House, Dept. AH5, Briarcliff Manor, NY 10510.

## Crown your collection

Princess Anne Wedding stamps—beginner or collector wants these most-talked-about issues of the year. All 22 low values complete from the Crown Colonies and Great Britain. Offered at \$2.95 to introduce approval service of other world-wide stamp sets. Buy any or none; cancel service anytime. Kenmore, FA-701, Milford, NH 03055.







### Treat your china

To this neat and safe storage caddy! Made of metal with soft vinyl cushioning, caddy prevents chipping and breaking, and such a space saving, organized way to store a complete dinner service for eight! 9" high; 11½" across. Great for everyday dinnerware, too! \$3.49 plus 75¢ hdlg. Holiday Gifts, Dept. 605-D, Wheatridge, CO 80033.



### Shop New England!

Early American Handbook Catalogue is filled with over 1,000 pictures (many in color) of furniture, china, glassware, lamps, etc., from this famous New England shop. New 64-page catalogue includes dining, living, bedroom furniture in cherry, pine and maple, books, supplies and more. 25¢. Sturbridge Yankee Workshop, AH1, Sturbridge, MA 01566.



### Cutting corners?

Learn custom upholstery, then you can repair, reupholster, renew sofas, chairs, etc., at big savings. "Heal" cuts, burns, tears like new in minutes. Ideal for hobby or home business, spare or full time. No classes; train at home. No salesman. Write for free training book. Modern Upholstery Institute, Dept. EAH, 1205 W. Barkley, Orange, CA 92669. AH Mkt Pace — May 1974 —



### Bright outlook!

This light works without electricity and provides brightness for dark stairways, halls, attics, etc. Uses 4 "AA" batteries (not included) so, should power fail, you'll always have light! Put it on the wall with just a screwdriver and exactly where you want light! \$2.98. W. Yarbrough, Dept. AH5, 5768 Venice Blvd., Los Angeles, CA 90019.



### Jigsaw photo puzzle

Going to pieces trying to think of something special for a party or gift? Try a photo jigsaw puzzle—it's a fun-fest putting it together. Great to have one of the guest of honor! Send photo, negative, b&w or color (returned). 8x10". B&W, \$2.98; hand-colored, \$3.98. Cadlyn's, Dept. AHE-5, 2077 New York Ave., Huntington Sta., NY 11746.



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continued

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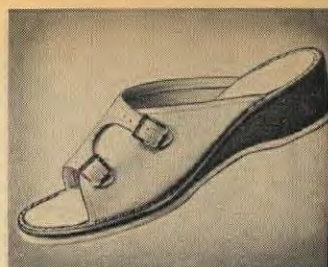
## LILLIAN VERNON

Dept. A51, 510 S. Fulton Ave., Mt. Vernon, N.Y. 10550



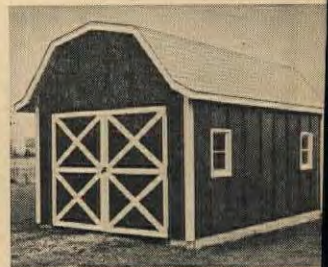
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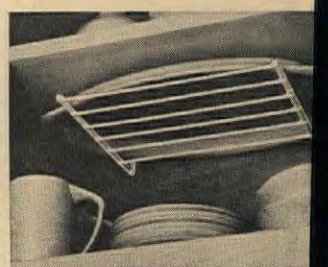
### Black standard phone

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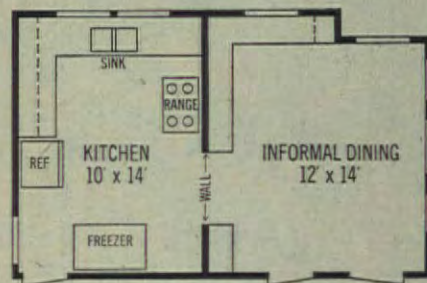
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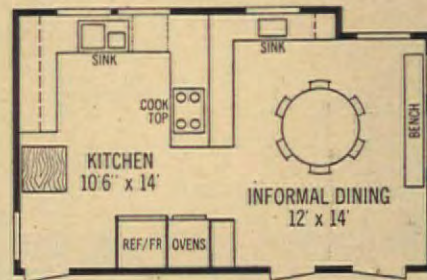
# Remodeled kitchens renew two California homes

Nothing interrupts the flow of space—or the view.

The basic shape of the kitchen pictured on pages 54-55 was unchanged by the remodeling. But removal of the partition separating kitchen and informal dining room created an openness that never existed before, as seen in the floor plans (before and after) at right. To preserve the sweep of space and access to garden views, the old free-standing range was replaced by wall ovens and by a cooktop that could be vented through the base cabinet, with no need for an overhead hood. New storage was kept below counter height. A separate refrigerator and freezer were replaced by a single combined unit, which has proved an efficiency plus. It is also a space saver, making room for the addition of a workhorse butcher block.

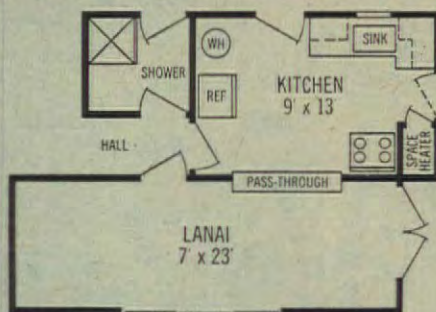


before

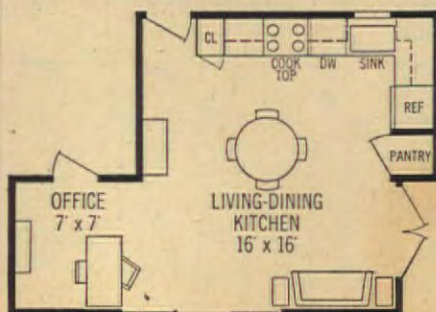


after

One large room is designed to do the work of four.



before



after

The seaside house kitchen pictured on pages 58-59 was once cramped and enclosed. The focus of the remodeling was to open it up to other living spaces, as seen in the floor plans (before and after) at left. By taking down walls and reducing the number of interior doors from six to three, a kitchen, hall, shower and lanai became one large room comprising living-dining space, an office corner and an L-shaped kitchen area. The most significant alteration was the removal of some 15 feet of load-bearing wall between kitchen and lanai. To compensate, a large overhead beam was installed to carry the essential structural load.







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